

some time there, and this be often repeated, the balance of his bodily temperature will be so destroyed as entirely to deprive him of the power of recovering it, or if he suffer the damp air of evening to reach him when in the same clothing that he wore during the heat of the day, he will soon lose the balance of his temperature.

2' If he take exercise in a damp atmosphere, till he is overcome with fatigue, and then sit down under such conditions till all the heat generated by his exercise is exhausted, the result will be the same. If this be done in a dry, or cold and dry atmosphere, the result is more commonly rheumatism, than chills and fever.

From the facts above stated, there is no doubt that intermittent fever is excited, *not by malaria, produced by the decomposition of animal or vegetable substances, (a time-honored scape-goat for professional ignorance) but by sudden transitions from heat to cold, which are always rendered more injurious by moisture.*

The suggestions made by the effort of nature, styled fever, are to assist her in removing obstructions. The treatment would be by means which cannot do violence to the system, even in a healthy state; to aid nature in restoring the equilibrium. These means must always be varied to suit, not the name of the derangement, but the conditions which are found to exist in each case. There is no specific remedy for chills and fever. Cases have been cured with common salt, in which cases quinine and many other anti-periodic agents had totally failed.

The writer of the above, (who apparently "knows his business"), cured himself and several others, of ague-chills, with common salt, but in this he was guided by the symptoms which indicated the need of an alkali in the several cases. — ED.

* The Physio-Medical School of Medicine, as the title implies, aspires to be guided by nature, in its practice.

AGUE AND FEVER.

According to the late Dr. Trall, Hydropath.

"Ague and fever seem to be especially connected with congestion and functional derangement of the liver and spleen. Enlarged livers and spleens, styled ague-cakes, are very common results of intermittents, although they are not unfrequently detected after protracted or repeated remittents. This disease is common to miasmatic localities; to new countries, where decomposing vegetation abounds; and to places where dense foliage and stagnant water fill the air with carbonaceous and hydrogenous gases; the bad living which helps to produce it, and the huge doses of calomel, arsenic, and quinine, given to cure it, result in a large proportion of those who "westward follow the star of empire," finding their constitutions irretrievably ruined.

Under the head of "Peculiarities of treatment," the Doctor observes, that "The bowels should be well cleansed with tepid injections, and when there is much nausea, or bitter taste in the mouth, a warm water emetic is advisable. The wet sheet, or the immersion, must be resorted to during the hot stage, and the pouring head-bath when there is great determination to the brain, with severe headache. During the intermission, a hot bath, followed by the cold dripping sheet, or cold shower, will generally soothe the nervous system and mitigate the severity of the succeeding paroxysm. As the liver is always in a state of greater or less congestion, the abdominal bandage should be worn constantly. The best diet is wheat-meal bread, cracked-wheat mush, with very little milk and sugar, a moderate quantity of the milder vegetables, and the free use of ripe, sweet apples, either baked or boiled. Grapes, tomatoes, prunes, and dried fruits are not objectionable. The crust of bread, and dry toast, or hard crackers, are excellent to improve the salivary and gastric secretions. Water should be taken freely, exercise should be moderate; over-exertion during the intermission always aggravates the subsequent paroxysms."