

the clean, moist tongue presented in every instance. . . . I have always prescribed the thymol in pill, of which the best excipient is medicinal soap, and, so far, have not given more than thirty grains in twenty-four hours, two $2\frac{1}{2}$ grain pills every four hours. This is a small dose, but I have seen no reason to increase it. This may be done, however, with perfect safety, and, perhaps, with still better results."

Quite as good results have been claimed for naphthalin, but, so far as he knows, it has not been used in the Episcopal Hospital, and, other things being equal, the comparative innocuousness of thymol should entitle it to the preference.

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Dr. Pepper holds that there is no disease more influenced than this in its later course and result by the management of its initial period. Whenever there is the least suspicion that typhoid fever is beginning the patient should have the benefit of the doubt, and from that moment should be treated with strict thoroughness. Sometimes this will induce abortion of the case, for it is one of the diseases which is, so to speak, self-perpetuating, owing to the continual development of the materies morbi in the intestinal canal so long as the contents afford a suitable culture medium.

This condition is much affected by the diet, and by agents which influence the lesions of the intestinal glands. It is well to repeat that from the earliest moment we must insist on absolute rest. Much harm is done by postponing for two or three days the necessary confinement to bed. So should an absolute restriction of diet be imposed at once. It seems to Dr. Pepper that the intestinal canal is kept in the best condition when from the earliest hour the diet has consisted exclusively of milk, light gruels or broths, and pure water. Milk may seem to disagree, but it will then usually be found that it has been given in too large amounts or at too short intervals or that to enable it to be digested it must be diluted or peptonized. For patients with typhoid fever must be fed, not on theory, but according to the observed effects of the food given. Tympany and diarrhea are often the result of excessive or improper feeding, although more commonly they may be caused by the enfeebled state of the muscles of the intestinal and abdominal walls, and by the lesions of the mucous membrane. Under the influence of the unqualified dictum that fevers should be fed, a dictum much more universally applicable to typhus than to typhoid fever, many cases of the latter are injured by injudicious feeding. Not only may tympany and diarrhea be promoted thereby, but the accumulation of imperfectly digested organic matter in the bowels may favor the multiplication of the specific materies morbi, and also the development of ptomaines. This question of feeding is, therefore, the funda-

mental one in typhoid fever, and should be treated with caution and minute attention in each case.

Next in importance seems the administration of some remedy directed to the invariably present lesion of the intestinal glands. Drugs which exert a sedative astringent effect, which do not hurt the stomach, and which are antiseptic either directly or by their action on albuminoids, would seem to be indicated; and Dr. Pepper thinks that some such remedy should form a part of our treatment of every case of typhoid fever, from the earliest hour when we suspect the nature of the case. Creasote, carbolic acid, iodoform, mineral acids, especially muriatic and sulphurous, and nitrate of silver, suggest themselves. In the great majority of cases he much prefers nitrate of silver, and since he revived the use of the remedy in typhoid fever it has been employed so extensively and with such admirable results as to have established its value. It is given from the outset in doses of gr. $\frac{1}{8}$ to gr. $\frac{1}{4}$ thrice daily, combined with small amounts of opium, or belladonna, or nux vomica, according to special indications. He has come to believe that the appearance of dangerous symptoms is rendered less frequent, and the entire course of the disease rendered more favorable by the early use of this remedy in conjunction with an early insistence on absolute rest and carefully adjusted feeding.

When the typhoid symptoms become pronounced, especially the dry, brown, tremulous tongue with weak heart, and paretic tympany, he substitutes, or adds, turpentine. When the tongue remains moist but is flabby and white coated, the bowels torpid, and the secretions scanty, the mineral acids with strychnia in solution seem indicated.

Space forbids mention of the obvious indications in certain cases for other remedies of this group. Alcohol is required sooner or later in most cases of typhoid fever, yet he never prescribes it except when definite indications call for it. These indications are sought in the character of the cardiac action, of the nervous symptoms, of the digestion, and of the pyrexia. By withholding it until called for, and then giving it in small doses, and by cautiously increasing the dose and strength of the preparation used, we secure all possible benefit, and avoid the harm which follows here, as elsewhere, its excessive or untimely use.

Nearly always also there arises in the course of typhoid fever the necessity of controlling the pyrexia. But this necessity will be less frequent in proportion as the elements of treatment already insisted on are early and thoroughly attended to. So long as the temperature remains reasonably low, $102\frac{1}{2}^{\circ}$ to 103° , and no nervous or cardiac symptoms appear attributable to the mere pyrexia, we need pay no special attention to it. But at any time, even during the earliest days, the fever may reach a point requiring interference. If