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### LA GRIPPE AT THE HOSPITAL FOR INSANE, HALIFAX, N. S.

BY GEO. L. SINCLAIR, M. D., *Asst. Supt. Hospital for Insane.*

During the recent epidemic of the above disease, there occurred at this Hospital 88 cases; among the officials—42 cases,—19 males and 23 females; among the patients—46 cases—23 males and 23 females.

The health of the household had been fairly good until January 4th, when the writer was seized with the following symptoms. General malaise, chilly sensations up and down the spine, slight head-ache or a feeling of fulness rather than actual pain. I went to bed early and passed a restless night. Toward morning the headache increased, and pain in the back and loins began. I got up at the usual hour and went the rounds of the wards; the head-ache increased, so did the pain in the back, which now extended down the legs and thighs. In the afternoon the feeling of discomfort was so marked, that I was obliged to lie down. The head-ache was worse, and of a throbbing nature, the skin was dry and hot, the nose stopped up, the pulse increased and the eye balls felt as if they had been forced back in their sockets and were very painful. The temperature taken in the mouth, was 102½, the pulse was 130. There was no thirst, but absolute mental and bodily prostration.

Anticipating in the morning an attack of Influenza, I took a saline cathartic. During the afternoon, I took Tr. Aconite m. 2, Tr. Bellad. m. 2, every two hours. At 10 P. M., the skin became moist, the temp. fell to 100, and the pulse to 86, the active sensitino of pain in the head, back and limbs ceased, leaving a feeling of soreness. I turned in and slept well all night. Next morning my back and limbs felt sore and stiff, but I attended to my ordinary hospital

duties. There was a copious secretion of nasal mucus, and a short dry cough. There was also absolute loss of appetite, and the sight or smell of food produced a feeling of nausea. The third day, feeling well, I went out? Upon my return in the evening, I was again feverish, and had a general feeling of discomfort which was more decided next day, by which time the cough had increased, accompanied by profuse expectoration, and free discharge of nasal mucus. For the next week there existed a condition of marked depression of spirits and absolute inability to concentrate the mind upon any form of thinking or reading, and loss of appetite. At the end of this time, the normal condition of health returned. During the attack I lost six pounds in weight.

I have gone fully into my own case, because it was typical of the majority of cases which occurred here. Following the report of Dr. Elkins, in *British Medical Journal*, Feb. 1st, 1890, the analysis of particular symptoms, showed, *Cerebral*,

Among the sane, a marked mental depression, rendering them unable to attend to their duties, even when not confined to bed. The head-ache was intense, and the pain in the eye-balls very common. In some cases, no sleep was obtained for 36 hours; in a few insomnia lasted longer, and when sleep was procured, the dreams were described as a succession of "night-mares." Among the insane, many were made much more excited, and accusations of having been beaten, were very common.

*Neuro-Muscular Symptoms.*—The back pain with extension to the thighs, might be said to have been universal. It usually lasted 24 hours, and was followed by soreness, which pressure, in many cases, increased. The insane as well as the sane, volunteered the information that the bones and muscles ached and that they felt unable, through weakness, to stand or