

system and regulating the pulse. Although in the early stage of congestive fevers there is no remedy at all equal to aconite in very small but frequently repeated doses,— $\frac{1}{4}$ to $\frac{1}{2}$ a drop every hour.

The treatment of fever *without alcohol* is, in my opinion and experience, not only the most rational, but also, in a very large proportion, the most successful. In the years 1860-61, I had the opportunity of witnessing epidemics of typhoid and puerperal fever; the latter in company with my then tutor, Wm. Freeman, Esq., M.D., M.R.C.S., Eng., the former in company with Dr. William Hume, (since deceased.) The result of my observations in those epidemics was that in nearly every case where alcoholic stimulants were largely used there was great debility with prostration, in some cases death, while in all the cases of recovery the main dependence had been placed in spiritus mindererus and nourishing diluents, chiefly milk. The mortality was about five per cent. In the puerperal fever cases, all those in whose cases blood-letting or leeching was resorted to, died. The use of alcoholics aggravated the local symptoms of metritis and increased the prostration, while opium, spirits terebinthinae, and simple emollient poultices to the abdomen, with simple diet, and spiritus mindererus, almost ad libitum, seemed to act more favourably and favour recovery.

With respect to the prevailing errors in the stimulating or alcoholic theory of practice, Dr. Archibald Billings, London, in "Principles of Medicine," thus writes: "Tonics give strength; stimulants call it forth; stimulants excite action, but action is not strength; on the contrary, over action increases exhaustion. One thing necessary to the recovery of the nervous system in fever is arterial blood. To produce this of good quality, *digestion and free respiration are required.* (Both of which alcoholics interfere with.) The digestion having been disturbed, (as shewn by Carpenter and Beaumont,) it is useless to supply other than fluid nutriment—I have found *milk* the best—until some renewal of the nervous energy takes place. This restoration will not be expedited by (alcoholic) stimulants."

* In 1863 an epidemic of typhoid fever broke out in Franklin, a frontier district, Province of Quebec. I had just graduated, and spent the season in the place treating a number of fever cases, ten of which were typhoid. Among this lot I lost one, a case of typhoid, aged 43 years. I found in all the cases a predisposition to congestion of either the lungs, brain coverings, or bowels (enteritis). My principal remedies were spiritus mindererus (in maximum doses every three hours,) sulph. of quinine with sulphuric

acid—and port wine. I had been taught to believe in the wine treatment. My experience was that, in a number of cases the wine was refused or not agreeable, and, when taken, aggravated the fever symptoms. I accordingly depended in those cases more especially, on quinine and milk diet, with beef tea, to support strength, and liqr. ammonia acetatis to allay fever. All these did well. My patient who died used the same remedies up to the twenty-first day. I stopped the liqr. ammonia acetatis, fever symptoms being all gone, and gave wine (8 oz. in 24 hours) and beef tea freely. Milk was refused by this patient. He grew more prostrated daily; congestion of bowels (enteritis) ensued, and he sank, utterly exhausted, in three days.

That fever may be successfully treated without alcoholic stimulants I have often proven since in general practice, and I am borne out in this opinion by the reports of Dr. Henderson, of Shanghai, and Dr. Bishop, of Naples, who reduced their mortality rate from twenty-eight to seven, by abandoning alcohol as a remedy. Also by Dr. King Chambers, (physician to H.R.H. the Prince of Wales,) who, under the stimulating plan, lost one patient in five. Without stimulants only three deaths in 121. And he thus speaks to his students on the subject: "Above all, I would caution you against employing wine as a substitute for the true restorative treatment. It may be useful as an *adjunct*, but never in its place."

Dr. Higginbotham, F.R.S., Nottingham, says:—"I was educated to the opinion that port wine was absolutely necessary in the low and sinking state of typhus and typhoid fever, and was desirous of forming a wine depot, with the assistance of my benevolent friends." Soon after the typhus fever broke out in a village in Derbyshire, and it was observed that numbers of the rich died, who had been treated with the artificial stimulus of wine, and that the poorer lived, who had little else than natural stimulants, pure air and pure water, and simple (principally milk) diet. The fact was so apparent that it became a common saying: "The doctors were blamed for killing the rich, and the Almighty was praised for curing the poor." From this simple fact I was induced to try the experiment of treating typhoid fever without wine. My treatment of the fever (for four months in the parishes of Barford and Radford) was, attention to free ventilation, cleanliness, particular attention to the digestive organs, commencing with an emetic dose of ipecacuanha, aperients, salines, and in the low stage a decoction of Peruvian bark, and, throughout, a light nutritious diet. "I only lost two patients—*both of them had wine given them by their friends*, as I afterwards discovered." He also