

## TYPHOID FEVER.

### ITS SYMPTOMS AND CARE.

Typhoid fever has been very prevalent in Montreal for some weeks past. The disease is one that usually attacks adults, but many cases occur during childhood. The symptoms are masked in the early stages, and sometimes it is impossible to detect the true nature of the disease until a week or ten days have elapsed. More cases occur after a dry, hot summer. It is infectious, but is not supposed to be contagious. One great source of infection is from drinking water that has been polluted by dejections from typhoid patients. The poison may percolate many feet through the soil and infect the well, river or reservoir. Milk often conveys the infection. Oysters have also been guilty of the same offence.

The child appears languid, has little appetite, complains of no pain, except perhaps a slight headache. This will continue for a week or two and typhoid fever not be suspected unless an epidemic should be prevailing. The temperature may be normal in the morning with a degree of fever at night. This will increase daily until the child shows evidence of severe illness. The head and limbs ache, constipation or diarrhoea is present. A marked symptom is tenderness in the lower part of the abdomen on the right side. There may be some distention. Single rose-red spots appear upon the abdomen. They disappear for a moment on pressure. The tongue is dry and parched, while sordes collect on the teeth. The mouth requires frequent cleansing. Delirium is generally present, and sometimes it is very difficult to control the patient, although this is more pronounced in adults.

The duration of typhoid varies from two to four weeks. If severe the patient becomes greatly emaciated and is a picture of helplessness at the end of the third week. Serious complications sometimes occur. Pneumonia, intestinal hemorrhage, earache, deafness, swelling of glands, or severe diarrhoea may render the outcome uncertain.

The treatment of typhoid fever calls for the most careful nursing. Milk is the ideal nourishment. But it must be fresh and of good quality. Meat broths may be necessary. Pure water may be given *ad libitum*, and will sometimes sustain a patient for days. Buttermilk, Mellin's food and malted milk are allowed. If the temperature is high cold

water sponging will be found agreeable, often quieting the nervous system and producing sleep. Fresh air and absolute quietness are of course necessary. Our allopathic friends have learned to give very little medicine in typhoid fever, thanks to the success of Homœopathy. An old school practitioner recently informed the writer that his great success in fevers in his country practice was due to the administration of cold water and the absence of drugs. Had this man used homœopathic remedies his success would have been even greater. The homœopath is required to individualize each case and use the remedy indicated by the symptoms. Baptisia, Bryonia, Gels, Ars., Rhus, Kali Phos., Arnica are all remedies that may be called for. During the illness of one of our physicians when the crisis was approaching and it seemed as though he could not live another hour the happy administration of opium 6x. caused a decided reaction and helped towards a quick recovery. Many a dangerous symptom has been checked by the proper remedy. Results such as these give the homœopathic physicians complete confidence in their drugs.

A relapse is very apt to occur in typhoid unless strict attention be given to the diet. No solid food whatever should be allowed for at least one week after the temperature has become normal. Then a small scraped beef sandwich might be given at midday and gradually a general diet adopted.

A. R. GRIFFITH, M.D.

### DONATIONS FOR AUGUST.

Mrs. W. E. Phillips, ice cream, cake, lemons, fruit, and \$2 worth of car tickets for nurses; also oil cloth for ward kitchens and box of ticks.

F. Logan Girdwood, flowers.

Mr. R. Reid, marble slab.

Mrs. Duval, bag of apples for nurses.

Mrs. Sheffield, flowers.

W.C.T.U., Central Flower Mission, see donations of flowers.

Montreal Flower Mission, flowers.

Montreal Gardeners' and Florists' Club, flowers.

Home Mission, flowers.

No name, old linen.

No name, flowers.

Every day the inhabitants of Great Britain consume some 60,000 lbs. of tea. This when infused, works out at about 4,000,000 gallons. Britishers consume more tea than all the rest of Europe, North and South America, Africa and Australia put together.