

disorders. It is rather discouraging, also, as the number of remedies vaunted as useful in any particular trouble is generally an inverse proportion to its amenability to treatment. Yet, notwithstanding the discouragements which those who attempt to treat menstrual disorders by drugs often encounter, the physician is many times powerless to treat them in any other way. Dr. Segur has, therefore, rendered good service in collecting the opinions of so many experienced gynecologists, and in giving the results of his efforts to relieve sufferers of this class, and we hope that the paper will be useful to many who may perhaps be able occasionally to cure some of these disorders by one or other of the remedies mentioned by the author.—*Med. Rec.*

PROF. ZIEMSSSEN ON THE TREATMENT OF TYPHOID FEVER.

Memorabilien, Heft 4, 1888.—Ziemssen ascribes the diminution of the mortality to the improvement in therapy. He does not think that this disease now appears in a milder form than formerly, although it does appear much less frequently.

The principal factor in the therapeutical diminution of the mortality he considers the water treatment, in its widest sense, not the cold water alone, and with it increased attention to hygiene and diet. He abhors an indifferent or expectant treatment.

The sick bed should be well arranged, the room, if possible, large, well ventilated, and quiet. Water pillows are best, and a second bed in the same room, so that the patient can change occasionally, is of advantage. A good trained nurse is preferable to "family" nursing. As to the diet, even during the fever, easily digested albuminoids should be allowed. Freshly prepared expressed beef juice is best, and five to seven ounces should be given daily. As to other articles of diet Ziemssen follows the views of most other writers. According to Rank's estimate, the diet of the patients in Ziemssen's clinic consisted of 91 parts of albumen, 76 parts fat, and 100 parts carbohydrates. The large quantity (relatively) of albuminoids is of great advantage to the limitation of the destruction of organic tissue, and in shortening the period of convalescence. Calves'-foot jelly with wine is given frequently. Few medicines are given, and only when special indications for them exist.

Calomel has a decided effect when given at the right time, that is, during the first five days of the disease. The dose is 8 grains (fifty centigrams) given three times in two hours.

In order to determine the temperature of the bath and its indications, the temperature of the patient should be taken *per rectum* every two

hours; two or three minutes suffice for its determination. Begin with a bath of fifteen minutes' duration and a temperature of 82° to 86° F. (22° to 24° R.) The higher the temperature and the severer the brain symptoms, the colder the water, but never colder than 62° F. (14 R.) The writer lays special emphasis on cooling the bath off gradually. Young and robust patients can be placed at once in a bath of 62°-64° F., but not lower, and seldom as low. "The more recent the case, the higher the fever, the more robust the constitution, the cooler the water; conversely, the more advanced the case in point of time, the weaker the constitution, the worse the pulse and the more affected the nervous system, the warmer the bath." Adynamic symptoms are no contra-indication for bathing, but the baths should be warm—up to 86° F. The number of baths average three or four in twenty-four hours. Sometimes one or two suffice, sometimes six or eight are necessary. *The baths are most efficacious at the periods of remission of temperature.* The duration of the bath should be fifteen to, at the most, thirty minutes.

The antipyretics, of late somewhat fallen into discredit, are defended and recommended by the writer, especially antipyrine, which he gives as follows: Five grams (75 grains) are given after six o'clock in the evening, two grams (30 grains) followed in one hour by two grams (30 grains), followed again in one hour by one gram (15 grains.) He praises thallin and antifebrin, but does not think much of quinine, because of its after-effects, not so much the deafness and tinnitus as the "general indescribable *malaise*, especially that referred to the abdominal region." Besides the antipyretic action of the above named drugs, they are valuable for the euphoria which they produce. Kairin and salicylate of soda, as antipyretics, he regards as antiquated.

Brain symptoms of moderate degree call for ice-bags, which, however, are not tolerated by some patients. When the cerebral symptoms are severe, baths are absolutely essential. Insomnia and restlessness are best treated by morphine injections. When there is a tendency to cardiac weakness, excitants are indicated, the best of which is camphor (one-half to one dram sub-cutaneously as oil of camphor) and wine, cognac or champagne.

Severe diarrhoea he treats by clysters of starch and opium (20 drops of laudanum); intestinal hemorrhages, by ice-bags on the belly and ice clysters, which are efficacious by reflex action; no nourishment is given for several days, and thirst is slaked with ice. "Hemorrhages during the period of delayed convalescence (four to six weeks) are of much worse prognostic meaning than those which follow the detachment of the