

"There is no doubt that we can reduce the severity of an attack by giving large amounts of water. At least 100 oz. per day should be given. The diet should be mainly of milk. Four to six ounces of milk diluted with two ounces of lime water may be given every four hours.

To reduce the temperature the patient should have the hair clipped and have a well fitting ice cap applied to the head. Cold sponges or tub baths should be given when the temperature is above 102 2-5. Sponges should be given at intervals of two hours or if tubs resorted to at intervals of four hours. The baths should be given with friction as this greatly stimulates the circulation as it first causes a contraction of the peripheral circulation and afterwards dilatation so that the reduction of temperature goes on for some time after the bath has been given by the warm blood being brought to surface and the cold blood being carried to the internal viscera. The baths further aid digestion, quiet the patient and induces sleep, causes deep breathing and so lessens the tendency to pneumonia, increases oxidization and aids elimination by stimulation of the skin.

The bowels should be moved easily every second day. Purgatives should never be given as this would be breaking one of the fundamental laws in the treatment of inflammation as rest of the inflamed part is always indicated. As the small intestine, chiefly the ilium is the seat of the most disturbance we can see that purgatives would stimulate the parts instead of resting them. McCrae says: "It is interesting to note in many of the patients who have diarrhoea early in the attack has followed the taking purgatives. Further he says "the less interference there is with the bowels at any stage, the less trouble there will be from intestinal disturbance." To cause a loose, gentle movement of the bowels about the best that can be given is a small glycerine enema. This by its hygroscopic action will cause secretion of fluids in colon and will stimulate the large bowel a gentle movement and will also act as a lubricant to any hard fecal masses.

Of medicinal remedies I think we require none with the exception of alcohol and heart tonics when indicated. I think