

**Observations on the nature and treatment of the fevers and bowel complaints which travellers in Greece are exposed to : including remarks on climate, mal aria, the safest period of the year for travelling, and hints for the preservation of health : intended as a medical guide to travellers / by Jown Sommers Down.**

### **Contributors**

Down, John Sommers.  
Francis A. Countway Library of Medicine

### **Publication/Creation**

London : Rowland Hunter, 1823.

### **Persistent URL**

<https://wellcomecollection.org/works/hj82jhvw>

### **License and attribution**

This material has been provided by This material has been provided by the Francis A. Countway Library of Medicine, through the Medical Heritage Library. The original may be consulted at the Francis A. Countway Library of Medicine, Harvard Medical School. where the originals may be consulted. This work has been identified as being free of known restrictions under copyright law, including all related and neighbouring rights and is being made available under the Creative Commons, Public Domain Mark.

You can copy, modify, distribute and perform the work, even for commercial purposes, without asking permission.

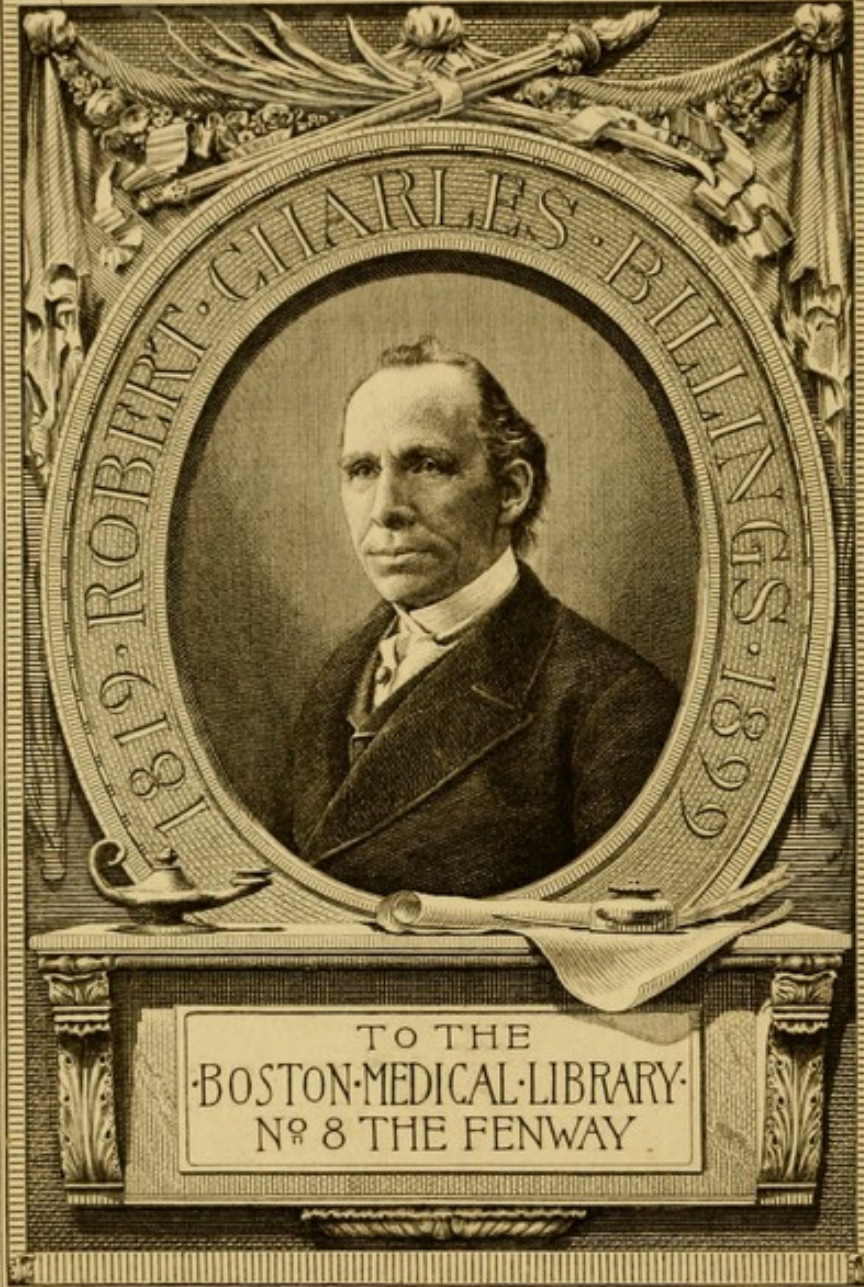


Wellcome Collection  
183 Euston Road  
London NW1 2BE UK  
T +44 (0)20 7611 8722  
E [library@wellcomecollection.org](mailto:library@wellcomecollection.org)  
<https://wellcomecollection.org>

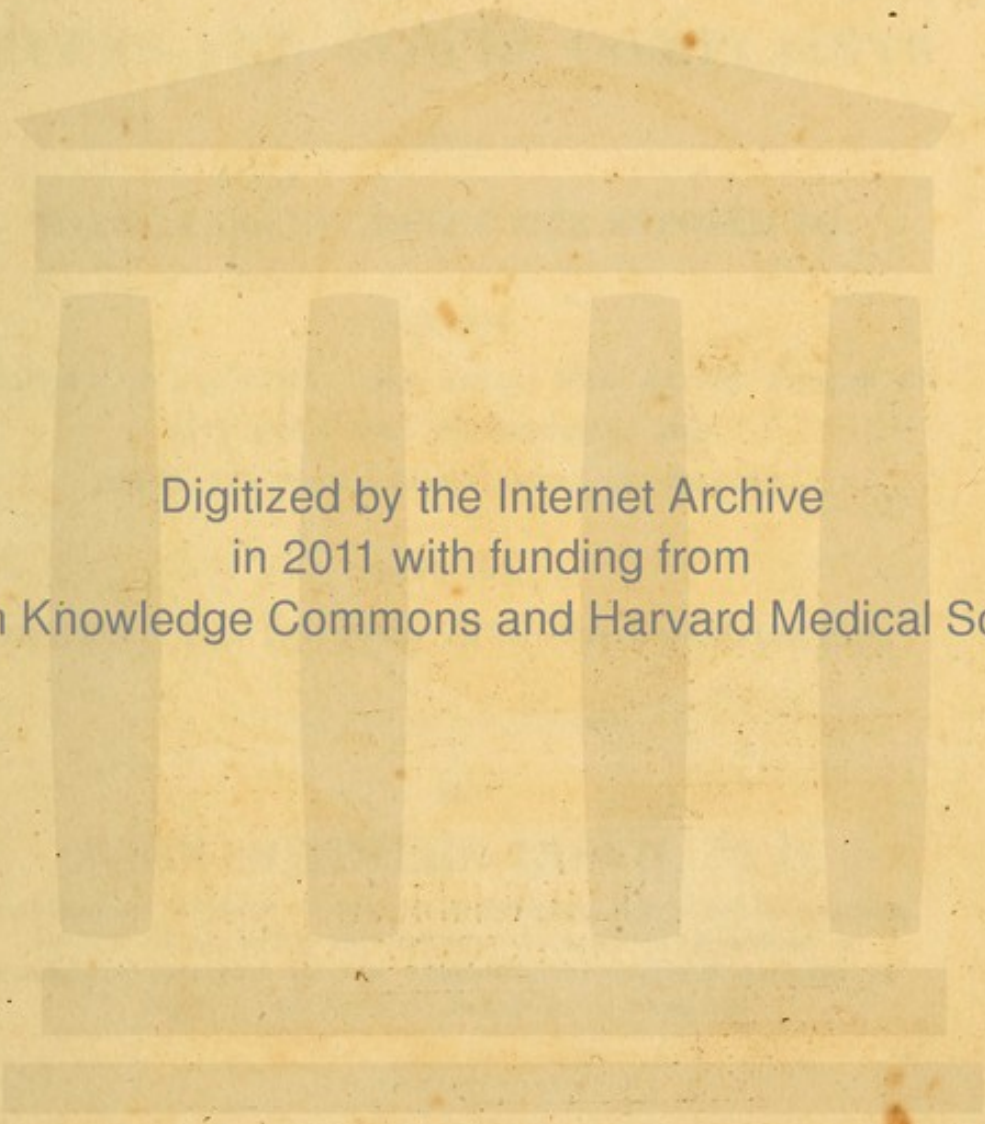




FROM THE FUND BEQUEATHED BY







Digitized by the Internet Archive  
in 2011 with funding from  
Open Knowledge Commons and Harvard Medical School



# OBSEVATIONS

ON THE

NATURE AND TREATMENT

FEVERS AND BOWEL COMPLAINTS

TRAVELLERS IN CLIMATE ARE EXPOSED TO

THESE

REMARKS ON CLIMATE, AND THE NATURE OF THE

FEVER, AND THE TREATMENT OF THE

HINTS FOR THE PREVENTION OF THE

FEVER

MEDICAL GUIDE TO TRAVELLERS

JOHN SOMMER, M.D.

PHYSICIAN IN CHARGE OF THE DISPENSARY FOR THE POOR, AND  
FELLOW OF THE ROYAL SOCIETY, AND OF THE LONDON MEDICAL SOCIETY,  
AND OF THE SOCIETY OF PHYSICIANS, AND OF THE SOCIETY OF MEDICAL  
AND SURGEONS, AND OF THE SOCIETY OF MEDICAL AND SURGEONS,  
AND OF THE SOCIETY OF MEDICAL AND SURGEONS, AND OF THE SOCIETY OF MEDICAL AND SURGEONS,

LONDON

1801

OBSERVATIONS  
ON THE  
NATURE AND TREATMENT  
OF THE  
FEVERS AND BOWEL COMPLAINTS  
WHICH  
TRAVELLERS IN GREECE ARE EXPOSED TO:  
INCLUDING  
REMARKS ON CLIMATE, MAL ARIA, THE SAFEST PERIOD OF  
THE YEAR FOR TRAVELLING, AND  
HINTS FOR THE PRESERVATION OF HEALTH.

Intended as a  
MEDICAL GUIDE TO TRAVELLERS.

---

BY  
JOHN SOMMERS DOWN, M.D.  
PHYSICIAN IN ORDINARY TO HIS ROYAL HIGHNESS THE DUKE OF CLARENCE,  
MEMBER OF THE ROYAL AND IMPERIAL ACADEMY OF GEORGOFOLI OF  
FLORENCE, ASSOCIATE OF THE ANATOMICO-CHIRURGICAL ACADEMY OF  
PERUGIA, AND RESIDENT PHYSICIAN AT FLORENCE.

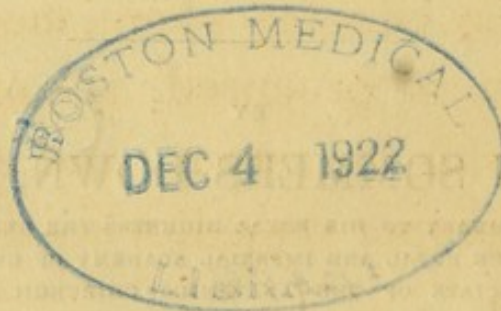
---

LONDON:  
PRINTED FOR ROWLAND HUNTER,  
72, ST. PAUL'S CHURCHYARD.  
1823.



258.0 Bi 50.

11. A. 282



---

LONDON:

PRINTED BY CHARLES WOOD,  
Poppin's Court, Fleet Street.

## P R E F A C E.

---

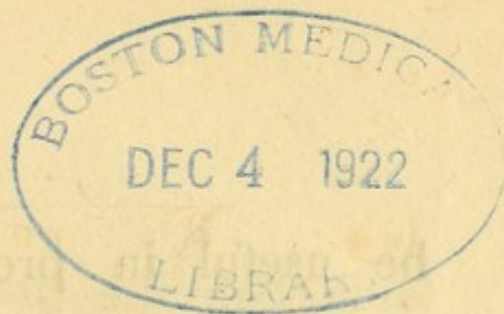
THE object of the following Letters is to give a general outline of the symptoms and treatment of the more dangerous complaints which travellers in Greece are exposed to : complaints, which, in a country where medical aid can seldom be procured, are oftentimes attended with dangerous, and even fatal results, if proper remedies are not timely resorted to.

These Letters were originally drawn up, as medical directions, for a friend of the Author's, previously to undertaking a tour in the Levant ; since which,



the substance of them has been given to several gentlemen engaged in a similar pursuit ; and from all whom the Author has had the satisfaction to hear, that, on several occasions, where the advice of a physician was not to be had, they were found of much use. When it is recollected, that several valuable lives have lately been lost, by complaints induced by travelling at an improper season of the year, and from the want of medical assistance, the Author hopes, that the contents of this little volume may prove of some utility to future travellers, and that, on that account, he will be pardoned for intruding it on the public.

Florence,  
November 4, 1822.



# OBSERVATIONS,

&c. &c.

---

## LETTER I.

Florence, June 10, 1818.

MY DEAR FRIEND;

YOU have at last, I find, made up your mind to undertake the tour you have so long had in contemplation, of visiting Greece and the Grecian Islands; and you may be assured, that whatever information I can afford you in a medical point of view, that may



be useful in preserving your health during your residence in these parts of the world, will be given with much real pleasure. As you justly observe, you will oftentimes be so circumstanced as not to be within reach of medical aid in the event of illness ; and many of the complaints of these countries are of so dangerous a nature, and run their course so rapidly to a fatal termination, that the prompt and judicious employment of remedies is of the greatest moment. Our friend Baron Haller, who had spent so many years in these regions, and whose labours, had he lived, would have so much enriched the arts, no doubt fell a victim to one of these diseases ; and whose life in all probability might have been saved, had



medical assistance been afforded him. Many of our countrymen have been similarly situated; and others have died from complaints induced by travelling at an improper season of the year. I shall endeavour, in as concise a manner as possible, to point out to you the period of the year when travelling may be performed with most safety; to mention to you the symptoms and treatment of the more dangerous complaints you may be liable to, and the means I would recommend you to adopt to avoid them; together with some hints about clothing and diet, and the route I would advise you to take.

Your constitution, I am aware, is not the strongest; and your habits of life are not such as to make you endure



fatigues and privations without suffering: and although I by no means wish to damp an ardour you have long felt of travelling over this highly interesting country, and few are better prepared to do it both with pleasure and advantage than yourself, yet I must candidly tell you, that you will have to encounter more difficulties, and to endure more privations, than perhaps you have made up your mind to, or the books of travellers have led you to expect. But with a mind like yours, eagerly bent on the accomplishment of a favourite object, and full of enthusiasm, they will, I have no doubt, be readily submitted to, and appear to be difficulties of minor importance.

As your plan is not to leave England



until April, and to pass the summer in Switzerland, I would advise you not to come into Italy until the latter end of September; for until this period the heat is excessive, and continues in general to be so until the first rains of autumn cool and refresh the air. Travelling, during these heats, in Italy, is attended with much danger, and fevers and bowel complaints are apt to attack those, who are not habituated to a warm climate, or who commit irregularities in diet. Endeavour to be at Florence about the middle of October, where, for a couple of months, your time may be spent most agreeably. The splendid Gallery, the Museum, the palaces of the nobles, and the rich works of art this celebrated city still contains, will be a great



source of delight to you, who have so refined a taste, and have so long made the fine arts your study. The chaste and severe order of architecture of the palaces will strike you, and you will be charmed with the rich and picturesque scenery of the surrounding country. The manners of the Florentines you will find to differ widely from those of the other Italian cities. They are mild and urbane, and polite and courteous to strangers; and I think you will agree with me, that no city on the continent possesses those advantages, which Florence does, for a permanent residence. Its climate, however, is not suited to you, who have suffered so much from pulmonary attacks; and, before the changeable and cold weather sets in, you must pursue your



journey to the south. From the situation of Florence, built at the foot of the lower chain of the Apennines, and almost entirely encircled by those mountains, covered by snow, the winter is extremely severe and wet, and the spring changeable ; consequently highly injurious in complaints of the chest. The inhabitants are very subject to diseases of the lungs ; and the acute inflammation of this organ, known under the name of *mal di petto*, carries off yearly, in the winter and spring, an amazing number of them, particularly of the poorer class, whose houses are ill calculated to afford protection against the cold and rains of these seasons.

After leaving Florence, you must so manage your time between Rome and



Naples, as to be at the latter place by the beginning of February ; for, from reasons I shall hereafter mention, the months of April, May, and June must be occupied in the ultimate object of your journey, through Greece and its islands.

Different routes are recommended, for which I must refer you to travellers, who have lately written on the subject, as Gell, Hobhouse, Holland, Williams, Hughes, Turner, &c. The one I should advise is by Sicily, Malta, and the Ionian islands, making an excursion over the latter, which will occupy no great length of time, before crossing over to the Morea. Should you have no wish to see Sicily, and dislike the delays and inconveniences attendant on a sea voy-



age, you may go from Naples to Otranto, on the Adriatic, and embark in the government packet boat, which is going regularly to Corfú. Should you prefer the route by Sicily and Malta, at Naples you will find a large packet vessel, with good accommodations, sailing weekly to Palermo. From Palermo you may cross the country to Girgenti, where you will meet speranaros constantly going to Malta; or you may take shipping for Messina, and from thence find a passage to Malta in a merchant vessel. At Malta there are vessels almost daily sailing for either Zante or Corfú; or you may obtain a passage in one of the government packets.

I remain, &c.



## LETTER II.

---

MY DEAR FRIEND;

BEFORE leaving England, you must provide yourself with several articles of dress, which you perhaps may find a difficulty in obtaining abroad. The medicines also, which I shall give you a list of, should be purchased in London, as several of them cannot be obtained genuine, and cannot be depended on in this country. They should be securely packed, in as little space as possible, in a small, portable



medicine chest, so as not to take up much room. As your journey will be performed chiefly on mules, your baggage must be as portable as possible. A camp bed, a small canteen, containing a couple of knives and forks, a teapot and tea-kettle, a metal drinking-cup, and a few large and small spoons, you must provide yourself with. A light, loose dress, made of brown Maltese cotton, or nankeen, is usually worn by travellers ; but as you will often have to cross over mountainous regions, where the air at night is cold and sharp, you will do right to be provided with warmer clothing ; and you will find a large, loose cloth cloak, made after the Spanish fashion, very useful, particularly to repose in at night, if you should be de-



prived of a bed. Three or four pair of strong walking shoes will be necessary, and calico shirts will be preferable to those made of linen. To prevent the bites of musquitoes, which are very annoying in this country in the autumn, and entirely prevent sleep, you should supply yourself with a pair of loose linen trowsers and a jacket, so contrived as to include the feet and hands. These articles of dress, together with the medicines, you should have sent by ship-board, to meet you at Naples, Corfú, or Malta.

A servant, who understands the Romaic, the language spoken in the Morea, you will meet with either at Malta or Corfú. Such a person you cannot well dispense with ; and if one can be



procured, who has already accompanied an Englishman through Greece, he should be chosen. These people are in general honest, obliging, and become much attached. A piastre a day is usually given as wages, with which they find themselves in every thing.

On landing in the Morea, it is usual to have a janissary to attend you, for which an application to the consul should be made. He will act as a guide through the country, and will be useful in procuring mules and lodgings. About a piastre a day is paid to him for his services.

The Grand Seignior's firman, to travel in the Turkish dominions, without which there will be a difficulty in obtaining horses or mules, and sometimes even



lodging and provisions, may be had on application to the British ambassador, or your banker at Constantinople, and may be forwarded to you at Malta or Corfú.

I remain, &c.

### LETTER III.

---

MY DEAR FRIEND;

THE best and safest season for travelling in Greece is the spring, when the climate is temperate and healthy, and when journies may be undertaken without risk or inconvenience. But towards the latter end of June the weather becomes suddenly hot and oppressive, and the heat goes on increasing, until the rains, which fall about the latter end of September, or the beginning of October, cool and re-



fresh the air. August and September are the hottest months, when exposure to the mid-day sun, or taking much exercise out of doors is dangerous, and often causes fevers. These are the months, also, when the effects from *mal aria* are so much to be dreaded. Several parts of Greece are infested with it, occasioning fevers of a highly dangerous nature, sometimes extremely difficult of cure, and always leaving effects which the constitution ever afterwards seldom entirely shakes off.

This noxious air, the nature of which we are at present totally unacquainted with, is for the most part confined to low and swampy situations, and to moist and uncultivated ground. Hills, however, of considerable elevation, and



which have all the appearance of being healthy spots, sometimes are not exempt from it. Its noxious effects on the constitution are greatest during the extreme heat of autumn, and particularly after the sun has gone down, and before sunrise.

Should you unavoidably be exposed to situations where *mal aria* is likely to exist, let me strongly impress on your mind the danger you run of contracting a fever by sleeping in such places. But if this cannot be prevented, those precautionary measures to guard against its effects must be adopted, which have been found by experience to be efficacious:—Never sleep on the ground floor, but choose the highest room of the apartment. Let the windows of



your bed-room be closed, particularly those which front the prevailing wind. Before retiring to rest, let fires be lighted in different parts of the floor; and, if you are accustomed to the pipe, smoking may be indulged in. Before setting out on the following morning, which never should be till the sun has had some influence, take a couple of teaspoonfuls of bark powder in a cupful of milk, or wine and water.

Temperance in all climates is highly conducive to health, but more particularly to be observed in the one you are about to visit. Until your constitution is in some degree assimilated to it, you will do right to live more sparingly than you have been accustomed to do in England. The digestive organs



perform their functions with less regularity, and are more liable to derangements, particularly the liver, in warm climates than in cold ones. Be moderate in the use of wine at first, particularly the light acid wines of the country, which are apt to disagree, and to cause bowel complaints in those who are not accustomed to drink them. A moderate quantity of the ripe subacid fruits will be useful, from their cooling, refreshing nature, and from their tendency to keep the bowels open.

Your daily journies at first setting out should not be too long, so as to induce fatigue ; and, if possible, endeavour to avoid travelling during the hottest part of the day. Fevers from insolation are always highly dangerous, and re-



quire prompt and active remedies. After undergoing much and continued fatigue, also, it is very hurtful all at once to give up exercise. Several travellers, on their return from Greece, have fallen ill from being a long time on shipboard, or shut up within the narrow limits of a quarantine establishment. In such situations take as much exercise as you can, live sparingly, and attend to keeping the bowels in a regular state by the aid of medicine.

I remain, &c.

## LETTER IV.

---

MY DEAR FRIEND;

As fever and bowel complaints are the principal and the most dangerous diseases you will be exposed to, I shall principally direct my attention, in these Letters, to give you a short description of the symptoms which characterise them, and the remedies to be employed for their cure. I shall endeavour so to describe these diseases, as, I hope, will enable you to distinguish them; and, in the event of



no better guide, to put it in your own power to undertake the treatment of yourself; for, as I have already remarked, you will oftentimes be out of reach of medical aid, as the few native physicians you may meet with, as far as my experience goes, by no means understand the treatment of fever, at least when it attacks natives of a northern climate. I may here remark, that the fevers of this country are almost always at their commencement of an inflammatory nature, characterised by determination and congestion of blood in the head, lungs, or viscera of the belly, with great derangement of the biliary organs. Evacuant remedies, therefore, in the early stages of these complaints, are never to be neglected,



particularly in young and plethoric habits. The issue of the disease will often depend on an early and vigorous employment of these remedies ; and their neglect, or an opposite practice, from supposed debility, will lead to fatal consequences.

The native physicians almost always, and at the very commencement of fevers, give the Peruvian bark, and stimulants, without ever paying attention to the secretions of the bowels, or their regular evacuation. Such a practice, where topical congestions, in organs essential to life, exist, must be productive of the most serious mischief.



## F E V E R S.

The fevers may be treated of under three heads :—

1. The Continued, or Bilious Inflammatory Fever, in which the complaint runs its course without any great diminution or abatement of the febrile symptoms, and in which the biliary organs are more or less deranged.

2. The Remittent, in which, during the progress of the disease, there is an abatement of the fever, or a decrease in the symptoms, although not an entire and complete absence of them.

3. The Intermittent, or Ague. Of this fever there are three species :—the quotidian, where the fever daily returns, although not always regularly at the



same hour : the tertian, where there is an interval of a day between the attacks : and the quartan, where there is a period of two days between the previous and subsequent attack.

#### CONTINUED, OR BILIOUS INFLAMMATORY FEVER.

**SYMPTOMS.** Languor ; lassitude ; shivering, succeeded by heat ; headache, with a sense of fulness of the eyeballs, and a redness and uneasiness of the eyes ; pain at the pit of the stomach, increased on pressure ; nausea ; vomiting of a bilious matter ; loss of appetite ; thirst ; a furred tongue ; and a quick, full pulse, are the symptoms which denote the presence of this fever.

These symptoms are more or less violent according to the habit of the in-



dividual, and the force of the disease. It is caused frequently by great bodily fatigue in the heat of the sun, by intemperance in diet, and by a sudden check to perspiration. Exposure, also, to marshy and swampy situations has brought it on.

TREATMENT. The principal object to be kept in view is to endeavour to cut it short, or suspend its progress, or, in default of which, to prevent or remove, during its progress, determination of blood to particular parts, as the head, chest, and bowels.

On the first attack, two of the pills (marked in the Appendix No. 1) should be taken, and about four hours afterwards three ounces of the medicine marked No. 2 in the Appendix, which should be repeated every third hour, till



the bowels are well opened. At bed-time, the pills, marked No. 3 in the Appendix, should be taken, followed, during the night, with frequent draughts of tepid tea, or toast and water, with the view of causing perspiration. By these means the bowels are in general well cleansed, and the skin made to perspire freely, so that the fever is much diminished ; and, by continuing the same treatment for a few days, it entirely goes off. But should the headache increase, the pulse become fuller and quicker, the nausea be distressing, with vomiting, and pain at the pit of the stomach, no time must be lost, if it be possible to have it done, in having blood taken away from the arm, or having a dozen or more leeches applied to



the temples and nape of the neck. The relief, which blood-letting affords in the early stage of the fevers of this climate, is sudden and astonishing. The quantity to be abstracted will depend on the constitution of the patient, and the violence of the symptoms. If he be young and vigorous, and of a plethoric habit, and has not been ill more than two or three days, twenty ounces may be taken at the first bleeding, and the bleeding may be repeated, if the urgency of the symptoms should demand it. The effects of this abstraction of blood are in general an alleviation of all the symptoms—the head, from being pained, heavy, and oppressed, becomes light and easy; and I have oftentimes heard the sick, whilst



the blood was flowing from the vein, exclaim, that a load was removing from it. A copious blood-letting and a brisk purgative oftentimes check the progress of this fever at its very commencement.

In thus speaking of the good effects of this powerful remedy, blood-letting, in the cure of this fever, I wish you to bear in mind, that it is only at the commencement of the complaint that it is to be employed to any extent, and where there is much head-ache, or symptoms indicating congestions of blood in this part, or in the chest and bowels. In the middle or latter stages of the complaint much caution is necessary in its use, for if rashly or incautiously resorted to at these periods, the powers



of the constitution may give way, and so much debility thereby be induced, as not to enable it to struggle with the disease.

When the surface of the body has a hot, burning feel, and there is no perspiration on it, the frequent sponging it over with equal parts of cold vinegar and water will be found very grateful, and will tend to diminish the fever. Should the head-ache continue after the use of evacuants, a towel, kept wet with cold vinegar and water, should be loosely bound round the head. If there be delirium, a blister should be put on the nape of the neck, and the hair should be shaved off the head, which should be kept constantly wet with cold vinegar and water.



If, notwithstanding the remedies we may thus employ, the fever does not abate, but shows a disposition to run on, we must await its crisis, using those means most likely to assist nature in effecting a favourable issue. The bedroom must be kept clean, and well ventilated; and the greatest attention must be paid to the cleanness of the patient's person, by washing daily the face and hands. An inspection of the evacuations from the bowels must not be neglected, and, if they appear dark-coloured and unnatural, a grain or two of calomel may occasionally be given at bed-time, followed by a couple of ounces of the purgative medicine, No. 2 in the Appendix. The bowels should be daily moved, either by a mild laxa-



tive, or by the help of a glyster (No. 4 in the Appendix). A retention of the secretions of the bowels, more particularly when in a morbid state, has great effect in keeping up fever. Cooling drinks should be given freely, as lemonade imperial, the juice of oranges, barley-water, and the various subacid fruits of the country. If the fever be of a protracted nature, chicken broth, sago, or arrow-root jelly should frequently be offered in small quantities; and, if the debility be very great, a little wine and water occasionally, in the event of its not causing an increase of the febrile symptoms, when it is immediately to be desisted from.

In this fever, when it runs on for some days, the eyes and the whole of the



body frequently become of a yellow colour, showing, that there is either an over-secretion of bile, or that its flow into the intestines is obstructed. It is a symptom that requires no very particular treatment, except the employment of mild purgatives, and during convalescence the occasional use of a grain or two of calomel at bed-time.

When the fever has disappeared, if it has left much weakness, the progress towards recovery will be accelerated by a dose, twice a day, of one of the tonic mixtures mentioned in the Appendix, No. 5, together with a simple nutritious diet, a moderate use of wine, and a change to a pure, healthy air.

During convalescence, attention must be paid to a regular state of the bowels,



to avoid intemperance in diet, and not to use too much exercise, until the strength is such as to allow of it. A relapse is oftentimes the consequence of overloading the stomach by too full a diet immediately after recovery, and by not attending to a regular state of the bowels.

#### REMITTENT FEVER.

This is a very prevalent fever in all warm climates. Low, marshy places, acted on by the sun's rays, when the weather becomes on a sudden warm, and more particularly after heavy falls of rain, are most infested with it.

**SYMPTOMS.** It usually commences with languor, listlessness, yawning, and general restlessness, followed by a sense



of coldness, and partial glows of heat. When the fever is formed, the skin becomes pungently hot ; there is much head-ache, particularly over the eye-balls ; there is pain in the loins, and calves of the legs ; the mouth is dry and clammy, with much thirst ; nausea is distressing ; and there is frequent vomiting of bilious matter. There is often a sense of fulness and pain at the pit of the stomach, and tenderness of the parts when pressed on. The pulse are for the most part strong and bounding, and in general beat above one hundred in a minute. These symptoms continue for a time, when perspiration breaks out, and reduces the febrile symptoms. Some hours afterwards a fresh exacerbation takes place, followed by a similar train of symptoms. In this manner the com-



plaint continues for some days, a crisis either taking place, or the fever changing into one of an intermittent, or continued type.

It sometimes happens, that in the first days of the disease the remissions are so slight that they pass unnoticed; but frequently, from the very beginning, a marked remission of the fever is apparent during the twenty-four hours.

The head-ache is often very distressing, accompanied with delirium; a flushed and turgid appearance of the face; a blood-shot and watery eye; throbbing at the temples; stupor; laborious breathing; and vomiting of whatever is taken into the stomach. These symptoms denote a severe form of the disease, and require active remedies.

**TREATMENT.** The chief indications



to be had in view, in the management of this fever, are to prevent or remove congestions of blood in the head, lungs, or viscera of the belly ; to evacuate well the bowels, whose secretions are almost always in a morbid state ; and to watch the period of a perfect remission to give the Peruvian bark, a remedy which is found to have wonderful powers in mitigating the symptoms, and arresting the progress of this fever. But I should wish you clearly to understand, that the bark is never to be resorted to in the first days of the fever, and not until the remissions are distinct, and the bowels have been fully opened, and every symptom of congestion in the organs there mentioned have been removed. Whilst such exist, the bark



will be always highly hurtful, and may ultimately lead to fatal results.

The bowels, as early as possible, should be moved by a brisk purgative (Appendix, No. 1 and 2), which should be repeated till their contents be freely evacuated. If there be much head-ache, with a turgid, bloated appearance of the face, and a strong, bounding pulse, twenty, or even thirty ounces of blood should be removed from the arm, or twelve or more leeches should be put on the temples, and the blood from their bites solicited to flow by means of sponge and warm water. When the fever is at its height, and the skin is dry and burning, a few gallons of cold water may be dashed over the head and surface of the body, which may be re-



peated whenever the heat returns, taking care, however, not to resort to this practice when the skin is moist, or when perspiration is about to come forth. By these means a remission in the symptoms is oftentimes brought about, when the Peruvian bark in powder, in infusion, or decoction, in as large a dose as the stomach will bear, may be administered; which most probably will either prevent a return of the fever, or will render the next accession of it much milder, so that by keeping the bowels lax, and by continuing the bark whenever a remission occurs, the fever will be removed.

If the nausea and vomiting be considerable, with pain when pressure is made at the pit of the stomach, leeches should be applied on this part, followed



by a warm fomentation, by means of flannel wrung out in warm water, and a saline draught (Appendix, No. 6), in a state of effervescence, should be given every half hour. If the vomiting should continue, three or four drops of liquid laudanum may be added to each of the saline draughts, and a blister should be applied to the pit of the stomach, and allowed to remain on ten or twelve hours.

The secretions from the liver and bowels are in general much out of order in this fever, indicated by a dark and greenish appearance of the motions, and sometimes by a jaundiced colour of the eyes and skin. The motions must be looked at; and, if unnatural, the pill, No. 1 in Appendix, followed by No. 2,



Appendix, must be given occasionally, until the evacuations are natural.

Mutton or chicken broth, arrow-root, or sago, should be given at the latter stages of the fever, to support the strength ; but whenever there is much fever, barley-water, or toast and water, or lemonade will be the most proper diet.

I must give you a caution against the employment of emetics in this fever, which, from the constant nausea, may seem to be indicated ; but, as far as my experience goes, they rather increase than allay the irritability of the stomach, and always do harm. In some instances I have seen them produce so much irritability, that no remedy has been able to calm, and the vomiting has continued till death.



During convalescence, if great attention be not paid to diet, and a regular state of the bowels, a relapse is very liable to occur. Much attention is necessary in these respects. The bark may be continued in the dose of a teaspoonful of the powder twice a day, or the infusion of quassia (Appendix, No. 7), for a fortnight or three weeks after the fever has subsided; and care must be taken not to undergo any great bodily fatigue till the strength will admit of it. Change of air, also, will contribute greatly towards recovery.

#### INTERMITTENT FEVERS.

Of the three species of this fever, the tertian is the most common: a paroxysm, or fit of it, consists of three stages, the cold, the hot, and the sweating.



The cold stage begins with an universal feel of uneasiness, yawning, and weakness of the limbs, succeeded by a creeping sensation of coldness in the back and loins, which increases, causing the whole of the body to tremble violently, and the teeth to chatter; the face is pallid and shrunk, and the skin constricted; the breathing is short and laborious; the pulse small and contracted; a dull, confused feel of the head is complained of; or a considerable degree of drowsiness, and even stupor, sometimes comes on; the urine is voided clear and limpid.

After these symptoms have continued for some time, warm flushings, alternating with chills, take place, and the whole body by degrees becomes very hot.



The pulse are freer, and become full ; the face is red and flushed ; there is head-ache, with throbbing at the temples, and sometimes delirium ; the mouth is dry and clammy, and the patient is continually craving drink ; a copious flow of perspiration breaks out, which continues for some time, when the febrile symptoms gradually cease, leaving the patient debilitated from the attack.

Such is the train of symptoms which usually takes place in the paroxysm of this fever, but they may occur in different degrees of intensity, dependent on the habit of the individual. In the first stage, vomiting of a bilious matter is sometimes excessive ; there may be a great degree of stupor, with much depression of strength. In the second



stage, so much blood may be sent to the head as to threaten apoplexy.

Whenever intermittents resist the common means of cure, and are of long continuance in warm climates, the liver and spleen are very liable to become diseased, giving rise to dropsy, and disorders of the bowels.

TREATMENT. The indications are,

1. To clear out the stomach and bowels, by means of emetics and purgatives.
2. To moderate, in plethoric habits, excessive determinations of blood to the brain.
3. To shorten the different stages as much as possible. And,
4. During the intermission, or freedom from fever, to give as much bark



as the stomach will retain ; to render the succeeding paroxysm or fit milder, and to prevent its recurrence altogether.

At the onset of the complaint, during the first stage, an emetic (Appendix No. 7) should be given, the operation of which should be assisted by frequent draughts of lukewarm water. When the shivering goes off, and during the hot stage, an ounce of Epsom or Cheltenham salts, dissolved in about half a pint of water, should be taken, with the intention of cleansing the bowels ; and during this and the sweating stage, lemonade, barley-water, or toast and water, and saline draughts may be drank ad libitum. Should the head-ache be of a throbbing, pulsating nature, and the face flushed, with delirium, during the hot



stage, the head should be kept wet with rags soaked in cold water and vinegar, or twelve or fourteen ounces of blood may be removed from the arm. When the fit is terminated, if the bowels have not been well opened, or if the motions are of a dark, unnatural colour, the purgatives, Nos. 1 and 2, Appendix, should be given; and, after their action, the Peruvian bark should be thrown in, in pretty large quantities, that is, in as large a dose as the stomach can bear without causing sickness. The usual dose is about two drachms every second or third hour, which should be continued until the period of the next paroxysm is expected.

Should the powdered bark not sit well on the stomach, and excite vomit-



ing, the extract (Appendix No. 8), combined with the infusion, or decoction, should be substituted, or sulphate of quinina (Appendix No. 9), which has been found to be equally efficacious as the powder, without deranging the stomach.

During the intermission, as much bark should be thrown in as the stomach will retain. The good effects of this medicine depend in a great degree on the quantity that is given in a short space of time. Two large doses, two or three drachms, with about thirty drops of liquid laudanum, should be given about two hours before the period of the accession of the fever.

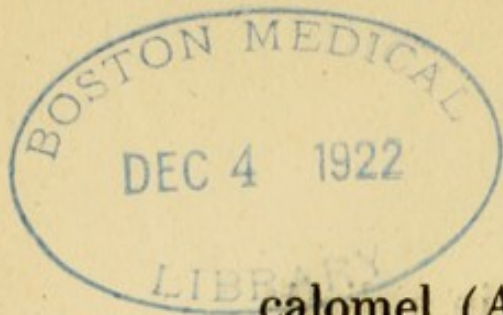
When the bark succeeds in arresting the fever, it will be right to continue



it in the dose of a drachm, or in a diminished dose of the other preparations of this medicine, three or four times a day for a fortnight, as the complaint is likely to return from very slight causes, if the bark has been too soon laid aside. There is always a great disposition left in the habit to renew this fever ; and in damp, cold, changeable weather, a few doses of bark should be taken.

It sometimes happens that this fever resists the bark, and runs on for a great length of time, causing much debility. In such cases, particularly if there be tenderness and pain when pressure is made below the margin of the ribs on the right side, or if there be any visible enlargement of the right side, indicating an affection of the liver, small doses of





calomel (Appendix No. 10), or the blue pill (Appendix No. 11), may be taken every night at bed-time, until some degree of soreness of the gums be indicated ; or the side may be rubbed daily for a quarter of an hour with about a drachm of the strong mercurial ointment till this effect be produced. Some other tonic should be substituted for the bark (Appendix No. 12) ; and change of air should be tried.

In the intermissions, or freedom from fever, a simple nutritious diet should be followed, and the strength kept up by a moderate quantity of sound, generous wine. A regular state of the bowels must not be neglected ; and, should the bark keep them too open, four or five drops of liquid laudanum



may be added to each dose; or, if a contrary effect is produced from the bark, half a drachm of Epsom or Cheltenham salts may be mixed with each dose of it.



## LETTER V.

---

### BOWEL COMPLAINTS.

MY DEAR FRIEND;

IN warm climates, during the summer and autumnal months, bowel affections are very common, arising from heat, and atmospherical vicissitudes. As the pleasurable sensations of perfect health are so intimately connected with a regular and due performance of the functions of the liver and digestive organs, so whenever they are deranged the whole system is thrown



into disorder. Hence arises a number of complaints, which, in popular language, go under the name of bilious. The sick head-ache, the languor, heaviness, and hypochondriacal feelings most frequently may be referred to a torpid state of these organs, or a morbid condition of their secretions. Dysentery, diarrhœa, and cholera frequently are dependent on the same causes.

These bilious complaints may in general be removed by exciting and improving the secretions of the liver, and by removing morbid accumulations from the bowels. The pill (No. 13, Appendix), should be taken every other night at bed-time, followed the next morning, before breakfast, by the draught (No. 14, Appendix), or continued till the



motions show, that the secretions of the bowels are passed in a natural state. These prescriptions may be resorted to from time to time, whenever the bowels are deranged.

Diarrhoea, dysentery or flux, and cholera morbus you will be liable to be attacked with; and dysentery is a dangerous disease of warm climates, if neglected, or not properly treated. On each of these complaints I shall offer a few remarks.

#### DIARRHŒA.

**SYMPTOMS.** Diarrhœa is attended with uneasiness and griping pain in the lower part of the bowels, with the frequent passage of motions in a more liquid state than natural, mixed often-



times with bile and slime, and accompanied with nausea, and sometimes vomiting. It is rarely attended with feverish symptoms.

It is commonly caused by a sudden check to perspiration, as when cold has been applied to any part of the body, but particularly the feet; the presence of indigestible matters in the bowels; unripe, acid fruits; sour, new wine; an increased flow of vitiated bile; and whatever tends to irritate the bowels, are amongst its causes.

TREATMENT. This complaint is in general quickly removed by clearing the bowels of any offending matter that may be lodged in them; by determining to the skin by sudorific medicines and diluent drinks; and by allaying the inor-



dinate action of the intestines by means of opium.

The cure should be begun by a purgative (Appendix No. 15), followed by two or three doses of the solution of Epsom or Cheltenham salts (Appendix No. 16); and at bed-time the sudorific powder (No. 17, Appendix) should be taken, followed by frequent draughts of tepid tea, barley-water, or toast and water. The following day, should the complaint remain, and what is passed from the bowels be in an unnatural state, the purgative may be repeated, followed by the sudorific powder and the warm bath, or a couple of tablespoonfuls of the mixture (No. 18, Appendix) may be taken four or five times during the day, and a grain of opium at night,



if the contents of the bowels are not in a morbid state. Caution is required, at the beginning of this complaint, not to use opiate remedies, particularly if the stools are clay coloured, or black and unnatural.

The diet should consist of sago, arrow-root, and chicken or mutton broth. Solid, animal food, as well as fruits and vegetables, should be avoided.

### DYSENTERY.

**SYMPTOMS.** Severe cutting pains about the lower part of the belly, sometimes so severe, that the muscles of the belly are contracted, and drawn inwards towards the spine. A constant desire to go to stool, which, after much straining, ends in the passage of a slimy,



jelly-like substance, mixed with streaks of blood, and sometimes blood in large quantities ; or the stools may be voided in a watery state, without any appearance of fæces ; or, if they do come away, they are for the most part in little, hard, roundish lumps. Such evacuations, with a general feverish state of the system, constitute dysentery, or flux.

During the progress of the complaint, the stools vary in appearance ; sometimes they are very like the washings of raw meat ; sometimes pure blood is passed ; and at other times they consist of curdly looking matter, not dissimilar to pieces of cheese or suet.

Attacks of this complaint are most prevalent in autumn ; and, like remit-



tent and intermittent fevers, are caused by exposure to exhalations from marshy situations, and by sudden and great atmospherical vicissitudes.

It is distinguished from diarrhoea by the nature of the stools, and from its being accompanied by fever, which seldom exists in diarrhoea, except in a slight degree.

TREATMENT. As dysentery in warm climates is almost always connected with, or dependent on a greater or less degree of hepatic derangement, mercurial remedies have been found, from experience, to possess singular powers in curing this complaint, particularly where combined with diaphoretics and opiates, and assisted by laxatives, the warm bath, and oily, emollient injections.



At the commencement of the complaint, should there be considerable fever, with much blood in the evacuations, a moderate bleeding from the arm, or a dozen or eighteen leeches put on the fore part of the belly will be advisable ; after which, the warm bath should be used, and the patient allowed to remain in it for ten or fifteen minutes. On getting out of it, the body should be well dried, and a flannel shirt put on, which should be worn during the continuance of the complaint. One of the pills (No. 19, Appendix) should be given every two hours ; and, after the third dose, if the bowels be not moved, an ounce, or an ounce and a half of castor oil should be taken ; and, if the tenesmus and pain in the bowels be dis-



tressing, an oily glyster (Appendix No. 20), with the addition of ten or fifteen drops of laudanum, should be thrown up every three or four hours.

The above treatment should be continued until fæculent matter is dislodged from the bowels; and the stools, from being bloody and slimy, and unmixed with bile, assume a natural appearance. These wished-for effects are not generally produced until the gums become tender, and the breath has the mercurial fætor. It is astonishing how speedily the most violent and alarming symptoms of dysentery, where no fæculent matter has been passed for days, even weeks, have yielded, when the effects of the mercurial treatment have manifested themselves on the system.



Arrow-root and sago, rice-water and barley-water, should be the food during the whole course of the disease : and when convalescence is established, much care will be necessary in diet. Animal food, of the lightest and most digestible kind, should be chosen. Some tonic medicine (Appendix No. 5) will be proper during convalescence, and a regular state of the bowels paid attention to.

To prevent a relapse, the feet should be well guarded from wet and cold, and flannel should be worn next the skin ; and the greatest care should be taken to avoid exposure to night dews, and sudden changes of temperature.



## CHOLERA MORBUS.

This distressing complaint is generally very sudden in its attack, and when violent in a few hours produces so much debility, that I have known the most robust men so weakened as not to be able to support the erect posture. It is most prevalent in the months of August and September, when the temperature is high, and when sudden vicissitudes of climate are common. It has been known to rage as an epidemic in hot countries, at this period of the year, when the atmosphere has been suddenly cooled by heavy falls of rain.

SYMPTOMS. Its symptoms are a



gripping pain in the bowels, accompanied with frequent thin, watery motions, which, after the complaint has existed a short time, become bilious. There is frequent vomiting of a similar watery and bilious matter ; and the stomach is so irritable, that it rejects whatever is swallowed ; the muscles of the belly and calves of the legs are cramped ; the patient complains of a stupid, giddy feel in the head, and there is sometimes considerable vertigo and faintness ; the thirst is excessive, and the pulse are small and contracted.

TREATMENT. At the onset of the complaint, diluent, tepid drinks should be taken freely, as tea, toast and water, weak chicken broth, and barley-water,



with the view of diluting the morbid contents of the stomach, and promoting perspiration. Should the cramps be severe, the warm bath should be resorted to ; or flannels, wrung out in warm water, should be applied to the pained parts. As soon as the vomiting is somewhat allayed, the pill (No. 21, Appendix) should be taken, and a glyster of barley-water, containing sixty or seventy drops of laudanum, should be thrown up, which will in general allay the irritability of the stomach. The increased flow of bile into the alimentary passages will be evacuated by occasional draughts of the solution (No 22, Appendix), which I have known the stomach to retain in this complaint,



when other medicines have been rejected.

The bowels are most commonly very torpid after an attack of cholera; some mild laxative should be taken from time to time, as a dose of castor oil, or a little magnesia and rhubarb.



# A P P E N D I X.

---

## FORMULÆ OF MEDICINES.

### N<sup>o</sup> 1.

Take of

Calomel, two grains.

Compound extract of colocynth, three grains.

Mix into a pill.

### N<sup>o</sup> 2.

Take of

Infusion of senna, five ounces.

Cheltenham salts, six drachms.

Tincture of senna, half an ounce.

Mix.

### N<sup>o</sup> 3.

Take of

James's powder, five grains.

Calomel, three grains.

Crumb of bread sufficient to make into two pills.



N<sup>o</sup> 4.

Take of

Tepid water, sixteen ounces.

Cheltenham salts, half an ounce.

Olive oil, a tablespoonful.

Mix.

N<sup>o</sup> 5.

## TONIC MIXTURE.

Take of

Infusion of columbo, six ounces.

Compound tincture of cardamoms,

Compound tincture of bark, of each half an ounce.

Mix.

N<sup>o</sup> 5.

## TONIC MIXTURE.

Take of

Decoction of bark, six ounces.

Elixir of vitriol, half a drachm.

Tincture of gentian, one ounce.

N<sup>o</sup> 6.

## SALINE DRAUGHT.

Take of

Sub-carbonate of potash, one scruple.

Water, one ounce and a half.

Powdered sugar, a teaspoonful.

Mix.

To the above, add a tablespoonful, or half an ounce of lemon juice.



## N° 7.

## EMETIC.

Take of

Tartar emetic, three grains.

Water, three ounces.

An ounce to be taken every quarter of an hour,  
until vomiting be excited.

## N° 7.

## EMETIC.

Take of

Ipecacuanha powder, fifteen grains.

Tartar emetic, one grain.

Water, two ounces.

Mix.

## N° 8.

## BARK MIXTURE.

Take of

Extract of bark, one drachm and a half.

Decoction of bark, six ounces.

Tincture of cardamoms, one ounce.

Mix.

## N° 9.

Five grains of the sulphate of quinina, every  
third hour, dissolved in a tablespoonful of  
cold water.



## N° 10.

Take of

Calomel, two grains.

Opium, quarter of a grain.

Crumb of bread sufficient to make a pill.

## N° 11.

Five grains of the mass of blue pill the dose.

## N° 12.

Take of

Infusion of quassia, six ounces.

Virginia snake root, in powder, one drachm  
and a half.

Tincture of cardamoms, half an ounce.

Mix.

## N° 13.

Take of

The mass of blue pill, three grains.

Compound extract of colocynth, two grains.

Mix into a pill.

## N° 14.

Take of

Compound infusion of gentian, one ounce and  
a half.

Tincture of senna,

Tincture of cardamoms, of each two drachms.

Mix.



## N° 15.

Take of

Calomel, three grains.

Rhubarb powder, one scruple.

Powdered sugar, a teaspoonful.

Mix in a tablespoonful of water.

## N° 16.

Take of

Epsom or Cheltenham salts, half an ounce.

Water, half a pint.

Oil of peppermint, five drops.

Mix.

Half to be taken at a dose, the other half three hours afterwards.

## N° 17.

Take of

Dover's powders, ten grains.

Antimonial wine, one drachm.

Water, one ounce and a half.

Mix.

## N° 18.

Take of

Rhubarb powder, half a drachm.

Magnesia, two drachms.

Liquid laudanum, half a drachm.

Water, eight ounces.

Oil of peppermint, ten drops.

Mix.



N<sup>o</sup> 19.

Take of

Calomel, half a drachm.

James's powder, one scruple.

Opium, three grains.

Mucilage of gum arabic, sufficient to make a mass, which is to be divided into ten pills.

N<sup>o</sup> 20.

Take of

Thick barley-water, or mutton broth, one pint.

Olive oil, two tablespoonfuls.

Mix.

N<sup>o</sup> 21.

Take of

Calomel, five grains.

Opium, two grains.

Mix into a pill, with a little mucilage of gum arabic.

N<sup>o</sup> 22.

Take of

Cheltenham salts, one ounce.

Barley-water, or chicken broth, a quart.

Lemon juice, two tablespoonfuls.

Mix.



R E C E I P T S  
FOR  
INFUSIONS AND DECOCTIONS.

---

INFUSION OF SENNA.

Take of  
Senna leaves, one ounce and a half.  
Ginger powder, one drachm.  
Boiling water, one pint.  
Macerate for a quarter of an hour, and strain.

INFUSION OF COLUMBO.

Take of  
Columbo root, sliced, a drachm.  
Boiling water, half a pint.  
Macerate for two hours, and strain.

INFUSION OF QUASSIA.

Take of  
Quassia shavings, one scruple.  
Boiling water, half a pint.  
Macerate for two hours, and strain.

INFUSION OF GENTIAN (COMPOUND).

Take of  
Gentian root, sliced,  
Dried orange peel, of each one drachm.  
Fresh lemon peel, two drachms.  
Boiling water, twelve ounces.  
Macerate for an hour, and strain.



**DECOCTION OF BARK.**

Take of

Peruvian bark, one ounce.

Water, a pint.

Boil for ten minutes, and strain the decoction before it cools.

**BARLEY-WATER.**

Take of

Pearl-barley, two ounces.

Water, five pints.

Wash the barley well with a little cold water, then boil it for a short time with about half a pint of water; throw this water away, and add five pints of boiling water, which is to be boiled down to one half, and strain the decoction. A little fresh lemon peel, or orange juice and sugar may be added to it, to make it grateful to the taste.

**IMPERIAL DRINK.**

Take of

Cream of tartar,

Refined sugar, of each two drachms.

Fresh lemon peel, one drachm.

Boiling water, one quart.

Strain the liquor when cool.



## MEDICINES, &c.

NECESSARY FOR THE JOURNEY, TO BE  
PACKED IN A PORTABLE MEDICINE  
CHEST.

Arabic, Gum .....	2 ounces.
Antimony, Tartarised, or Tartar Emetic .....	2 drachms.
Arrow-root .....	4 pounds.
Bark, Peruvian, powder .....	4 pounds.
Blue Pill .....	2 ounces.
Bark, Extract.....	2 ounces.
Bark, Compound Tincture.....	1 pound.
Barley, Pearl .....	6 pounds.
Blistering Plaister .....	8 ounces.
Calomel .....	1 ounce.
Cheltenham Salts.....	1 pound.
Cardamoms, Compound Tincture .....	8 ounces.
Carbonate of Potash .....	4 ounces.
Carbonate of Magnesia .....	2 ounces.
Castor Oil .....	8 ounces.
Colocynth, Compound Extract .....	2 ounces.
Colombo Root .....	6 ounces.
Cream of Tartar .....	1 pound.
Gentian Root .....	6 ounces.
Gentian, Compound Tincture.....	4 ounces.



Ginger Powder .....	2 ounces.
Ipecacuanha Powder .....	2 drachms.
Dover's Powder .....	3 drachms.
Epsom Salts .....	1 pound.
Mercurial Ointment, strong .....	4 ounces.
Opium, purified .....	2 drachms.
Opium, Tincture, or Laudanum .....	2 ounces.
Peppermint Oil .....	3 drachms.
Quassia Shavings.....	2 ounces.
Rhubarb Powder .....	1 ounce.
Senna, Compound Tincture .....	4 ounces.
Senna Leaves .....	6 ounces.
Sago.....	2 pounds.
Small Scales and Weights, marked in English.	
Glass two ounce measure.	
Glass pestle and mortar.	
Spatula.	
Four bleeding lancets.	
Lint .....	2 ounces.
Ointment for dressing blisters .....	4 ounces.
Sticking plaister.	
Glyster syringe.	

THE END.

---

LONDON :

PRINTED BY CHARLES WOOD,

Poppin's Court, Fleet Street.







