

**Prophylactics in fever. : Instructions, antidotes, and precautions requisite to sensibly mitigate the virulency of contagious disease, and effectually prevent its general communication.**

**Publication/Creation**

[Whitehaven] : [printed by John Ware], [1791]

**Persistent URL**

<https://wellcomecollection.org/works/qk38aepz>

**License and attribution**

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>

9.

# PROPHYLACTICS

IN

F E V E R.

---

INSTRUCTIONS, ANTIDOTES, and PRECAUTIONS

REQUISITE TO SENSIBLY MITIGATE

*The VIRULENCY of CONTAGIOUS DISEASE,*

AND EFFECTUALLY PREVENT ITS GENERAL COMMUNICATION.

---

THE frequent, extensive, and baneful Prevalency of EPIDEMIC FEVERS which have long infested this Country, exciting the solicitous Endeavour to interrupt their alarming Devastations, was the Motive which persuasively suggested the Expediency of selecting and distributing the following Intimations. It is ardently hoped, FUTURE uniting with PAST EXPERIENCE will incontestibly prove its UTILITY.



## PROPHYLACTICS IN FEVER.

This important Subject may be briefly comprised and considered under the principal Heads of

I. **CLEANLINESS.** As this Mean has been universally accounted most conducive to the salutary Purposes of eradicating **CONTAGION** and preserving **HEALTH**, a diligent Attention to the Circumstances immediately, or remotely, connected with it, ought to be every where strenuously enjoined. The Floors, Walls, Cielings and Furniture of the infected Apartments being kept perfectly free from every Impurity. With this View, the Bed Cloaths and Linen of the **SICK**, frequently changed, should be repeatedly immersed in cold Water; then washed and dried in the open Air, in Order to anticipate and prevent the pernicious Effects of contaminated Effluvia.

II. **VENTILATION.** The frequent Admission of a full Stream of Air will in a great Measure obviate the insalubrious State of it. The Windows and Doors are, therefore, to be occasionally opened; and if distant from the Patient, in sultry Seasons must never be altogether closed.

III. **ANTIDOTES.** In the Apartments of the Sick the Articles requisite to destroy the acrimonious Virulency of Contagion ought to be possessed of pungent and penetrating, yet inoffensive Qualities: of these the Vapours of heated *Vinegar* impregnated with *Myrrh*, or those of *Tar*, with the Effluvia of *Quick-Lime*, occasioned by the gradual Addition of small Quantities of Water, and the grateful Odour of *aromatic Herbs* are the most eligible. The burning moderate Portions of Fuel, and the Explosion of *Gun Powder* or *Nitre* may also be usefully employed; To the above Preservatives, in the Stair Case and other remote Parts of the House might be added the different Modes of

Fumigation by *Sulphur*, *Tobacco*, *Resins*, *incense*, *Juniper Berries*, *Myrrh* and *Camphor*. These last Ingredients, in the Proportion of Ounces of *Juniper Berries* to one Ounce of *Camphor*, and half an Ounce of *Camphor*, should be and burnt upon a Chafing Dish of Coals, and ders. To perfectly eradicate **PESTILENTIAL CONTAGION**, the Chamber (when the Patient moved from it) will require the same Treatment most assiduously executed: Particularly washing with *Cold Water*, *Vinegar*, or *Infusions of volatile Vegetables*. Every Aperture is to be accurately closed, and the Fumes of *Tobacco* rather, as more potent, those of *Sulphur* be admitted. Lastly, after the room has been white washed, it must be constantly ventilated, and, whilst convenient, remain uninhabited. Persons suffering the fatal Effects of such calamitous Distempers are to be privately removed, as soon as Decency and Propriety permit.

The Attendants upon, or Families of the Sick should carefully guard against the various Effects of Debility, Relaxation, and Putrescence, avoidably exposed to **CONTAGION** they probably, be preserved from its baneful influence by the regular Employment of a nourishing and cordial **DIET**; Wine and Spirits being usually taken. Tonic Preparations of *Iron* and *Bitters* are in this Regard peculiarly efficacious, especially before any necessary *Acids* is paid to the Patient. *Acids* and stimulant **BEVERAGES** have been also judiciously recommended. Daily Exercise in the open Air and occasional *Cold Bathing*, particularly



might prove advantageous. ANXIETY should, if possible, by no Means be much less indulged: Tranquillity, and Fortitude of Mind being the preventatives to the destructive Virulent Fevers. Many Instances are recorded, and must have occurred to the mind of every Practitioner where the Imagination, excited by the premature Fate of a Friend and Relation, or the imagination of it, has predisposed to and certainly the immediate Communication of that which, with Impunity, had been prevented from suffering.

In warm Climates and warm Seasons, or where a putrid or bilious Tendency prevails, the Exhibition of *Emetics* is absolutely necessary. In these Circumstances they may, of any Degree of prophylactic Efficacy, be deemed suitable Preparatives to a Course of Tonics; but also, administered at the first scarce perceptible Attack of Disease, the most proper REMEDIES to mitigate its Effects and prevent their future powerful Re-

turn to a Subject manifestly connected with the primary and most beneficial Interests of the Community, several of the above INJUNCTIONS from the clearest Conviction of their Necessity are anxiously wished to be strictly observed when even the Apprehension of Dangerous Infectious Disease is totally removed: Especially as the best general ANTIDOTE to the Effects of Fevers, it is earnestly recommended to the Care of People (with whom these Maladies most frequently originate and virulently obtain)

to admit the Application, at least twice in the Year, of *White-Wash* prepared from fresh burnt *Quick-Lime*, to the well scraped Walls and Ceilings of their Houses. The Expence, attending this decent and wholesome Practice, is remarkably trivial; one Horse Load of Lime (Value Sevenpence Halfpenny) being perfectly sufficient for the Use of at least Twelve Cottages.

IV. PRECAUTIONS. To those who unfortunately reside in the Neighbourhood of Contagion, the Impropriety and Hazard of visiting the Sick (a Conduct almost universally prevalent) must be very obvious; Experience having, in past Ages, unquestionably proved that this imprudent and unnecessary Attention to infected Persons and Places is powerfully qualified to certainly communicate and alarmingly diffuse the Distemper. Upon these Accounts all *Intercourse* and *Connection* with the Patients, their Habitations, Families, and Cloathing should be effectually precluded.

An exact obedience to the preceding Directions has happily promoted the general HEALTH of the Inhabitants of *Whitehaven* and *Cockermouth*; for the occasional Benefit of whose Dispensary Objects they were faithfully extracted from the best ancient and modern Authors. Solicitously inculcated during the accidental Prevalency of epidemic Affections, \* they have sensibly alleviated in such deplorable Circumstances, the inevitable Distresses of suffering Humanity.

\* Since the Year 1783, the salutary Aids of Medicine in *Whitehaven* have been administered to 1524 Indigent Fever Patients.

F I N I S.



PROPHYLACTICS

IN

F E V E R.