AN INAUGURAL DISSERTATION
ON
Simple Intermittent Fever

SUBMITTED TO THE
PRESIDENT, BOARD OF TRUSTEES, AND MEDICAL FACULTY
OF THE
University of Nashville,
FOR THE DEGREE OF
DOCTOR OF MEDICINE.

BY

[Handwritten signature]

OF

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Simple Intermittent Fever.

A paroxysm of simple intermittent fever naturally divides itself into three different stages; severally called from these phenomena, the cold, hot, and sweating stages.

The patient who is on the brink of a paroxysm of fever frequently feels a coldness of the extremities, begins to sigh and yawn, and stretch himself, feels chilly sensations in the back, experiences a sensation of debility and distress about the shigostrium, becomes
weak languid listless and unable to make any bodily or mental exertions. The blood dilutes his superficial capillaries, he grows pale, his features shrink and his skin is rendered dry and rough, drawn up into little prominences, such as may at any time be produced by exposure to external cold. Some experience nausea it may be to vomiting, the patient sometimes continues getting colder until she shakes, the shaking may increase until she is moved by it, accompanied by shattering of the teeth,
His hair bristled slightly from a constricted state of the scalp while the face, lips, and nails are blue, respiration grows quick, the pulse frequent but feeble, the patient complains of pain in the head, back, and loins, all of the secretions are usually diminished, he may urinate often though generally voiding but little, the fluid is pale and aqueous, his bowels are confined, tongue dry and white.

After this state of general distress has lasted for a certain time, it
yields to another quite an opposite kind. The cold and shivering subsides, flushes of heat succeed which begins about the face and neck. By degrees the coldness ceases entirely, the skin recovers its natural color going to increasing heat; the face becomes red and turgid, and the general surface hot, wet, and dry, the temples throb, a new kind of headache is induced, while the pulse becomes strong as well as rapid, the urine is still scanty, but more highly colored; the patient is exceedingly...
uncomfortable and restless. At length another change comes over him; the skin now recovers its natural softness. A moisture appears on the forehead and neck; at length a copious sweat breaks forth from all portions of the body, to the great relief of the patient; the thirst ceases, the urine plentiful, and turbid; the pulse regains its natural force and frequency; the pains depart, and often awhile the sweating ceases; and the patient is well to all appearances. There are various types of
intermittent fever of which I shall speak of the three most common types, which are the quotidien, tertian, and quartan.

When the paroxysm occurs at the same hour, every day the patient is said to have quotidien fever. When it comes on at the same hour every other day he is said to labour under tertian fever.

In the same way when the paroxysm absents itself for two whole days, and then occurs the disease is called a quartan fever. In the quotidien variety the paroxysm
most frequently occurs in the morning, and passes through its different stages in from three to six hours. In the tertian variety it most commonly occurs about noon, and passes through its various stages in four or eight hours. The paroxysm may occur every day or day in the morning and the next day in the evening. Which would make it strictly a double tertian. When the paroxysms occur in this manner it is generally more severe on one day than it is the next. When there are two days intervening between the
Pororosum of fever it most commonly occurs in the afternoon and takes the usual course of the fever passing through its different stages in six or eight hours, and adopting such the patient is well again for two days treatment.

During the pororosum there is not much treatment necessary in the common types of intermitiens, I have known various remedies that have been applied but without much advantage being derived from them. A table spoonfull of the common black pepper administered at the time.
when the first symptom of the paroxysm were felt has been used with some good effect it generally seems to shorten the cold, and hot stages, and by that means the sweating stage comes on sooner. In some instances the paroxysm has been prevented by taking three or four doses of the pepper a tablespoonful for the dose to be taken just before the regular hour for its recurrence. The pepper may produce sweating, and by keeping the patient close in a close room the paroxysm might be prevented.
External warmth is very beneficial in the cold stage, it being what nature would suggest to the common mind, the warmth may be applied in various ways, by wrapping hot rocks or bricks in cloth and applying them to the extremities, the feet, knees, back, and hands, are the most usual modes.

During the hot stage, there is not much treatment necessary. When the fever is very high, I have known sweet spirits of nitre administered twenty or thirty drops with good effect, it would induce sweating and increase the secretions.
The time for the principal treatment of this disease is during the intermission of the attacks, beginning at night after the paroxysm, by giving a purgative of Colonel ten grains or about twelve grains of Blue Saff. In the morning following the use of the purgative we should commence with Quinine in five or six grains doses every two hours, until we have administered fifteen or eighteen grains or until we have produced the specific effect of the remedy, which is the peculiar rolling noise about the head.
I have known the bark of the willow root used with very good effect by taking the root and scratching off the external bark so as to get the internal bark. Take this and put it in a vessel, pour to it boiling water, and let it stand until it has extracted the active properties of the bark. Set it by the fire and drink of it constantly so as to keep in a gentle sweat until after the time for the recurrence of the fever.

The prophylactic treatment that we should use in this disease should be eighteen grains of quinine given every
ninth day, or give one dose of six grains on the night of the eleventh day, and the remainder to be given on the morning of the twelfth. This treatment should be kept up for five consecutive periods.