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YELLOW FEVER:

ITS ORIGIN, IMPROPER TREATMENT, PRE-
VENTION AND CURE:

WITH

Remarks Regarding Burials

IN TIMES OF THE EPIDEMIC.

AND

AN INTERESTING NARRATIVE OF
FACTS.

BY WM. AUGUSTUS SHUBERT.

Late Professor in Madison College, Va.

“ Thus with our bellish drugs,
Death's ceaseless fountains,
In these bright vales, o'er these green mountains,
Worse than the very plague, we raged.
I have, myself, to thousands poison given,
And heard their murderer praised as blest by Heaven,
Because with Nature strife he waged ! ”

—GOETHE'S FAUST.

14839

SAVANNAH:

PRINTED FOR THE AUTHOR BY J. M. COOPER & CO.

1860.

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MR. NICOLAI AND COL. HANLEITER,

OF ATLANTA,

THESE PAGES ARE AFFECTIONATELY DEDICATED

BY

THE AUTHOR.

PREFACE.

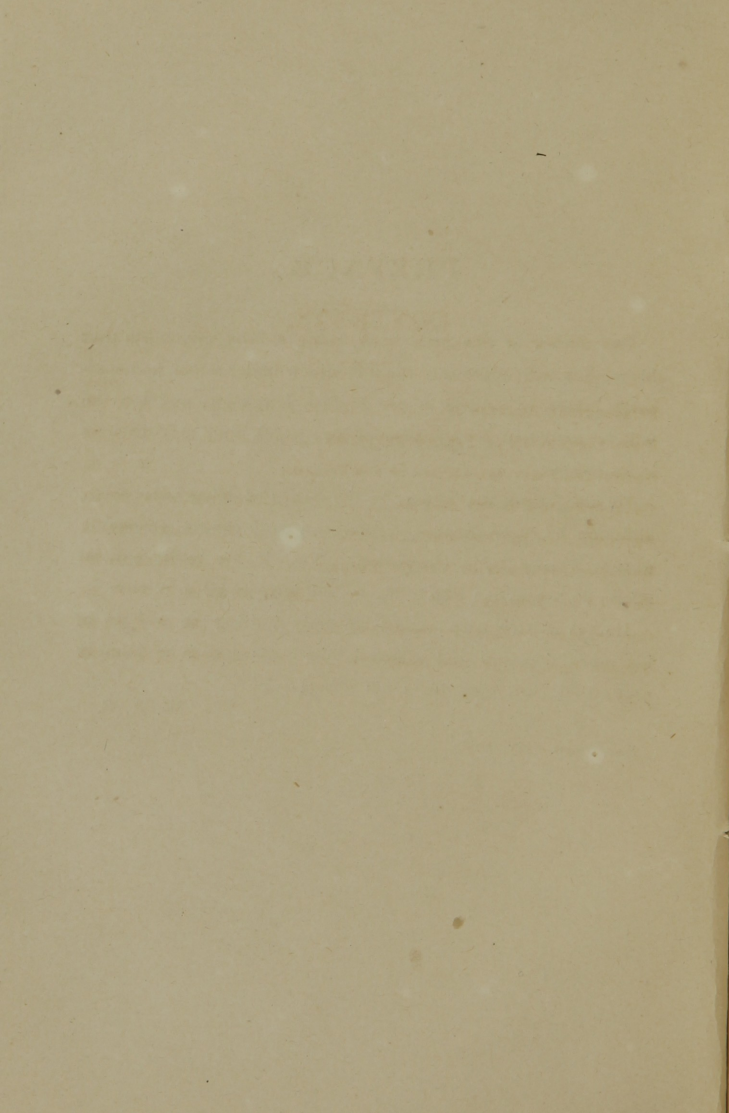
THE author of this little book, being a foreigner, trusts that his readers will appreciate the difficulties under which he necessarily labors, in writing in the English language; and that he will be pardoned for any inaccuracies which they may discover in its pages

He also hopes that it may be the means of doing some good; although he is aware that so humble a work cannot reasonably expect a very large circulation. Yet, if his really earnest efforts do but save a single life, he will have cause to rejoice.

He has written with a heart sincerely desiring the welfare of his much deceived and afflicted fellow-men; and he humbly prays that GOD may bless his efforts.

W. A. S.

SAVANNAH, July, 1860.



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Introductory Remarks.

It is impossible to give an exhaustible description of Yellow Fever, as a plague, or of that form of the disease in which it appears at the present time. The Yellow Fever as a desolating malady, is, in its gradation or collateral causes, and various characteristics, an infinite complex of symptoms or indications, incomprehensible to individuals not gifted with the faculty of perfect intuition.

Many symptoms conjoined with Yellow Fever, are not caused directly by the disease, but, rather, originate from other causes.

For instance, violent headache and delirium, in Yellow Fever and other diseases, are caused by the prevailing habit of the people to expose to the air and wash the head with cold water,* more frequently than the opposite extremity—the feet. Thus the blood, by circulation, is compelled and habituated to collect more in the head than in other organs; and in disease, where often a circulation of an abnormal character takes place,

* To whatever organ of the animal body cold applications are used the most frequently, that organ will obtain, by circulation, the largest quantity of blood.

the blood, in consequence of the above habit, will frequently cause severe congestion, and thus, violent headache and delirium, etc., will take place, (especially if the blood is impregnated with abnormous matter); while the feet must suffer from want of blood and be cold.

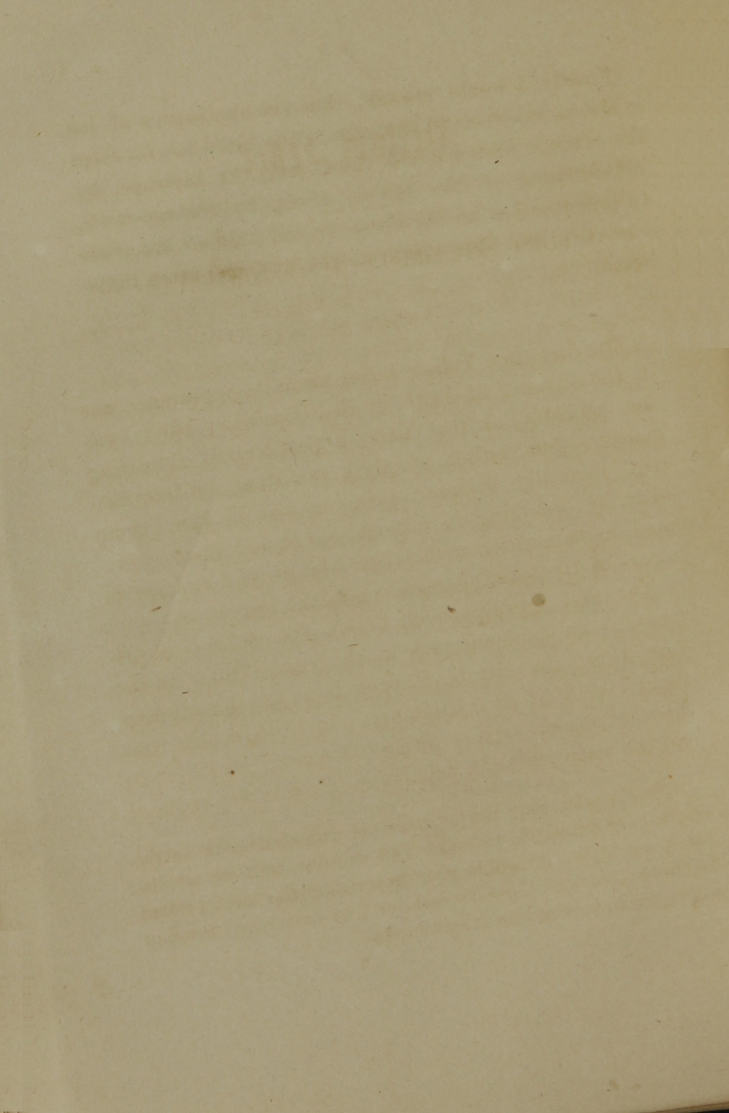
In regard to the fact that drugs cannot effect a cure of the disease, and that only fresh, cold and tepid water must be applied for the purpose of a cure, I venture to state at this place, that I wish not to be understood as recommending the water as a sovereign remedy. The water, etc., are only the agents by which the system may be enabled to *save itself* from destruction, while drugs will hinder the body in its warfare with the disease.* Thus the system is the savor from disease. And in reference to those symptoms which are but indications of an attempt of the system to relieve itself of disease,† I shall only remark here, that fever‡ is the most important of them; and that these indications are not, really, but only apparently dangerous.

* The reader will please to compare what is stated here with what is said of Improper Treatment, and Cure of the Diseases.

† Physicians, therefore, should rather strive to relieve the patient of the *cause* of the disease, than of those symptoms, which will cease of themselves as soon as the cause is removed.

‡ In reference to the nature of fever or fever heat, see bottom note on page 31.

Finally, I would remark, that the application of ice is always injurious. It conducts the blood too far from the exterior system; and thus, will, for instance, by inflammation of the brains, effect, by transposition, an inflammation on the chest, or will produce too great a reaction, and thus aggravate the case, and often cause death.



Yellow Fever.

FIRST APPEARANCE OF YELLOW FEVER,

AND DESTRUCTION CAUSED BY THE DISEASE IN SPAIN, HAVANA,
AND NEW ORLEANS.

The first time Yellow Fever made its appearance was in the summer of 1494, in St. Domingo; but it was not, probably, at that time, a pestilential, desolating malady,—but, rather, simply a remittent, or intermit- tent, fever-like disease: being caused in the human body by breathing in miasma*—exhaled matter, created, in connection with severe heat, in the swamps or moors of the coasting regions of America.

The first appearance of Yellow Fever in New Orleans, as an epidemic, was in the year 1796. In the year 1800, the city of Havana lost, by this disease, about 10,000 of its inhabitants. In 1804, deaths from this disease, in various places, amounted to 125,000; and the same year, the population of Spain was reduced

* People who deny the existence of swamp-miasma as the original, or principal, cause of Yellow Fever, and similar diseases, are either incapable of understanding the most evident fact connected with those diseases, or they have never cared or attempted to inquire into these matters.

1,000,000 : many thousands leaving that country for other parts of Europe. New York and Philadelphia were also visited, heretofore, by the *Vomito* ;* but at the present time, those cities are entirely free from its visitations : while Galveston, Charleston, &c., are yet frequently visited by this grim destroyer.

In New Orleans, from 1796, up to the years 1853 to 1858, the Yellow Fever seems to have increased in its desolating form. The number of persons who died from this disease, in that city, in 1796, seems to have been small ; but in 1799, a large number of the inhabitants perished. In this year (1799) the disease prevailed so extensively as to be mentioned in the annals of the place twenty years afterwards.

The number of deaths from this disease, in New Orleans, in 1817, was about 700 ; but in the year 1819, the number of persons who perished by the vomito, was about 3,000. In 1853, in the same city, 1,400 people died from Yellow Fever, in one week ; and in the same year, in various places near the Mississippi, about 20,000 more persons perished by that disease. In New Orleans, from 1853 to 1858, about 25,000 inhabitants fell victims of this grim destroyer. Those two years will forever be remembered as seasons of great sorrow, caused by Yellow Fever, — especially, amongst the population of Louisiana.

* A term applied to Yellow Fever.

ORIGIN AND PRINCIPAL CAUSES OF THE EPIDEMIC.

The Yellow Fever is, especially in the West Indies and the coasting regions of North America, "at home." But it is, in itself, not so terrific a monster as is imagined by the public, and even a great many physicians.

Even in epidemic form, this fever was, heretofore, a more or less simple disease; but since the cities of North America have become crowded with inhabitants, and their streets, yards, &c., filled with accumulated filth, dirt, and decayed matters, the Yellow Fever has proved to be a most frightful enemy to the population. Through fermentation of this filth and dirt and these decayed matters, are produced new miasmata, exhaling heterogeneal matters. These matters unite with the original evaporation—the swamp-miasma, and by this union, the air, or aërial body, becomes contaminated to such an extent that we inhale a poisoned atmosphere, instead of that pure air, so necessary to our existence. This venomous atmosphere now enters into the mansions, dwelling-rooms and bed-chambers of those individuals who have been alarmed by the new comer—the Yellow Fever.* Here it will join the foul air origina-

* Many people, in times of Yellow Fever, will purposely keep closely shut their doors and windows, in order to prevent the foul atmosphere entering their houses: by which they often suffer from want of ventilation—and so, frequently fall victims of the plague.

ting from transpirations of the body, and from closeness of doors and windows; and now, that air, which was already ruined, is a threefold poisoned atmosphere: a dreadful element, which transforms the simple swamp-fever (the remittent fever-like disease,) into the *Vomito*, or Yellow Fever—a severe enemy, who, does he not find the system armed with youthful strength, the same may conquer and destroy.

But, in most instances, he finds a very feeble adversary: a miserable body, weakened and enfeebled by drugs, improper diet, alcohol, beer, dissoluteness, and other debilitating matters.

Often, however, does the vomito attack an able adversary: a healthy body; but here does the doctor prescribe strong drugs, blood-letting, and, perhaps, abstinence from fresh water, as a beverage, &c., &c., &c.; and so, the less fatal Yellow Fever is transformed into a desolating pestilence.

Thus, by collateral causes, Yellow Fever becomes a destroyer of so formidable a character; while, without accessory circumstances, and in its first degree or state, it is not only a remittent fever-like disease, but, beyond doubt, a remittent, or intermittent, fever, *merely*.*

The second degree of the vomito is a real Yellow Fever; although, by no means, necessarily, a fatal mal-

* See other remarks on this point, under the head of "Characteristics."

ady. But here, already, have taken place additional causes; and here, has the swamp-miasma — either by heavy rains, or great heat, or these causes combined, or some other cause — become more venomous than in remittent fevers; or, the swamp-miasma has united with exhaled matters from other sources: perhaps with exhalations from filthy streets, or dirty yards. Symptoms of this state, are: vomit, of less fatal color, and, by proper treatment, general perspiration.

The third degree is the Yellow Fever as an epidemic; and here have taken place accessory circumstances of import. Exhaled matters from other places, a depraved constitution, and, sometimes, other causes of importance, have joined with the swamp-miasma. The symptoms of this degree, are: vomit, of a more fatal color, black discharges from the bowels, &c.

The fourth, or last, state of the vomito, is the Yellow Fever as a desolating pestilence.* Here have been united a whole regiment of collateral causes; here have taken place swamp-miasmata, exhaled matter from other sources, a ruined constitution, poisoning from drugs, filthy mansions, imprudent diet, excited mind, deprivation of fresh water, the use of stimulants and ardent drinks, and want of ventilation — especially in dwelling-rooms and bed-chambers, &c., &c., &c. The symp-

* There are, in reality, as many degrees of the epidemic, as individual cases of the disease. See "Introductory Remarks."

toms are: vomit, of black-ink color, and, sometimes, of extremely offensive odor, with abnormous discharges from the bowels, bleeding from the mouth, nose, ears, eyes and toes, &c., &c., &c.

CHARACTERISTICS OF THE DISEASE.

The vomito, as a desolating plague, and in its full development, appears, most frequently, in cities: as New Orleans, where streets, yards, and even mansions, become, and are allowed to remain, unclean, and where exhalations of a rigorous nature are common; where the water is very bad; and where hundreds of quacks, under the guise of "Dr.," and "M. D.," and even female physicians, may practice their diabolical systems or fallacies, without being called to account. In short, where accessory circumstances, or additional causes of Yellow Fever, are greatly superior to the same causes in other localities.

These causes especially predominated in New Orleans in 1853,* and, consequently, the epidemic was more fatal there than ever before. It spread over the neighboring States and cities,† and appeared where it had

* See "Experiences and Observations of Eminent Physicians."

† It is not impossible that the same atmospheric causes which affected New Orleans, in that year, may have reached, and transferred the plague, to other localities.

never, previously, been known; and here, the people, not expecting the disease, and not at all prepared to meet such an enemy, fell sure victims of the plague.

Yellow Fever, as I stated above, is closely related to remittent and intermittent fevers. Remittent (or intermittent) fever is the embryo which, in Yellow Fever, in its desolating form, has grown to a powerful man. This is evidently shown by the following facts :

(a) Remittent, or intermittent, fevers prevail where moors, swamps, or standing waters, exist. This is also the case with Yellow Fever: especially, if the swamps are very extensive, as in the rear of New Orleans.

(b) Remittent, or intermittent, fevers are principally caused by impure air, or atmosphere. Yellow Fever likewise.

(c) In times of the epidemic many people are attacked by intermittent, or remittent, fevers, instead of Yellow Fever. This is especially the case before and after the disease appears as a plague; or, in plainer terms, before those causes which will transform remittent and intermittent fever into Yellow Fever, have much spread and increased, or, after they have been greatly reduced.

(d) The more the evident causes of Yellow Fever appear, in times of the epidemic, the smaller will be the number of cases of remittent and intermittent

fevers ; and, in return, the less these causes manifest themselves, the greater will be the number of remittent and intermittent fevers.

(e) Thus, the more additional causes unite with the primitive cause of Yellow Fever, or the cause which produces remittent and intermittent fevers, and the more the collateral causes extend, or spread, the more dangerous and destructive will be the disease. And again : as these causes decrease, or diminish, the more like the remittent, or intermittent, fever will be the Yellow Fever, until it is, finally, transformed into the remittent, or intermittent, fever, itself.

Yellow Fever, in *abstracto*, or in itself, is not contagious nor infectious ; but the original causes of the epidemic may, in some cases, be transferred from one individual to another, by the process of exhalation and inhalation : especially, by crowding many sick into ill-ventilated habitations.

The chill, or shiverings at the onset of the disease, are caused by the entrance of the miasma into the venous system ; a point plainly indicated by the severe pains in back and head.

Headache is caused by irritation produced upon the brain by the action of the miasma ; and this pain is sympathetically transferred to the back. If this irritation continues and increases, these pains will become more and more severe, and finally culminate in delirium ; and

if the entire nervous system be excited by the miasma, (and strong drugs applied), general pains and convulsions will take place.

If heat, shiverings, headache and nausea, are all confusedly mingled at the onset, then the miasma has entered the venous system only in part: while another part is actively striving for admittance; and the remaining part, from some cause continues in the stomach: perhaps from application of nauseous drugs, at the onset; and nausea and vomit are often produced by this administration of drugs, or the action of the miasma.

Abnormal thirst, during the chill, has its origin in the want of a dissolving fluid; and proves the impurity and disorder of the stomach,* and an attempt on its part to dissolve slime, bilious, obstructed, corrupted or decayed matters, and to cast them out, by vomiting or action of the bowels.†

Black vomit, though a symptom of serious nature, does not always denote approaching death: especially if the patient has been free from the use of strong or poisonous drugs. Black vomit, bloody or black discharges from the bowels, bleeding from the nose, &c., originate from severe injuries to the internal organization—especially in the stomach and bowels. These discharges are

* One of the collateral causes of the disease.

† See next paragraph for remarks bearing upon the subject of thirst during the fever-heat.

composed partly of blood, and partly of atoms or particles corroded or decomposed by strong drugs and the poisonous miasma.

Black vomit has not, as a general rule, any very disagreeable odor; *sometimes*, however, it is exceedingly offensive; and in these cases, it is apparently mixed with decayed portions of the vitals of the stomach, or excrements of the bowels. Black vomit takes place under various circumstances; and according to the capacity of the stomach, and the quantity of fluid therein, it will either be *gulped*, or *spouted* up, rather than *vomited*.

The liver* more frequently suffers indirectly, than directly, from the venomous miasma. Especially is this the case, if the miasma (and strong drugs used in the treatment) have entered the venous system. Here has the miasma to remain sometime, and by circulation and excitement of the blood, it will be conveyed to all parts of the sanguine system, that the skin through its powers of exhalation, may rid the body of the disease.

The vital powers being now engaged in the conflict with the perilous foe, are compelled to discontinue the supply of blood to the liver, and consequently, the liver

* The liver is the organ in which the gall is fabricated; and it receives, for preparation of the gall, venous blood, by the mesenteric vein: while for nourishment, or maintenance, it obtains arterial blood from the liver-artery—a branch of the aorta.

must suffer and become diseased from want of nourishment; and the *gally matter*, from which *gall itself* is prepared, remains in the blood, and causes yellowness of the exterior system, or a jaundice or icterus.

Often, also, may the conduction of the venous and arterial blood into the liver be hindered by injuries caused in the system by the miasmata and strong drugs; and thus, yellowness of the skin be produced. Frequently, perhaps, yellowness of the exterior surface originates from decomposition of the blood; and sometimes, from the return of the gall-matter from the gall-bladder into the blood vessels, produced by injuries or excitation, from drugs and miasmata, in or upon the biliary vessels.

Inflammation of the stomach and bowels, in the course of this disease, is caused by a congestion of the blood conducted to the stomach and bowels, for the restoration of these organs from the injuries produced by the miasmata and application of pernicious drugs.*

The greenish fluid and mucous matter, often ejected from the stomach, are secreted by the gall-bladder and pituitous glandules, to involve such drugs and to effect an easy transportation of them, by means of vomiting. Perhaps the same means are sometimes used for the involution or transportation of the miasmata.

* The blood is the material of which the vital powers create and sustain the organic members of the body.

For the purpose of an involution and transportation of the miasmata, and drugs, the patient may sometimes have a burning thirst, or canine hunger; especially, if the gall bladder, and the pituitous glandules are not capable, from some cause or other, of producing a requisite quantity of gall and mucus for the protection of stomach. In such cases, the urine of the patient will often be of abnormous color, and the matter ejected from the stomach be a mixture of acid, water, mucus, greenish or yellowish fluid, and black vomit.

It is said that the tendency to relapse, after convalescence, is a striking feature of the malady; but these indications can only take place when the system at the first attack, by improper treatment, was compelled to desist from its attempts to relieve itself from disease. Here, the system will keep the venomous matter restrained until it possesses new strength for a more determined combat with the foe. Often, also, a new, or different attack from Yellow Fever, may be mistaken for a relapse.

The high temperature of the body, after death, sometimes rising as high as 113 deg.—proves (in our opinion,) nothing less than *apparent* death. By *apparent*, or seeming death, the system, in its fiercely fought battle, has become so entirely exhausted, that it suspends all outward, or manifest, animation. This takes place in order that the system may, if possible, recupe-

rate or recover its exhausted energies, or (as would seem to be the case from the high temperature of the body after death, or rather, *apparent death*, in Yellow Fever,) that it may devote all its remaining powers to the combat against the inward foe.

That the system, in disease, often discontinues some of its vital functions, is a fact known to all learned pathologists; and that it possesses power to suspend, entirely, all appearance of action, is evident from the phenomena of *apparent death*. In Yellow Fever, the system of the patient is too often, not only greatly injured by the disease, but, also, severely excited and abused by a wrong and diabolical form of treatment. And it is in case of high temperature after death, in Yellow Fever, that the system seems to assume the appearance of death, to devote its remaining powers to the warfare against its enemies, and to make its final and utmost attempt to save itself from the impending destruction.

And what term, other than *apparent death*, shall we apply to this phenomena, when the blood is more active than in life, and where, as has been done, nearly five pounds of blood has been taken from the left jugular vein of such a corpse?

Surely, such extraordinary phenomena cannot be found to exist when real death has taken place. And when we consider, besides, that the blood is the agent

by means of which miasmata and other heterogenous matters may be conducted to the skin, and be cast out or thrown off by perspiration, in life; and when we remember that the excitement and activity of the blood in these cases, may be an attempt of the vital powers to dilute or annihilate the poisonous character of the miasmata, and venomous drugs used in the treatment of the disease; or an attempt, desperate, and to the full extent of the powers of the vital energies, to throw off, cast out, and overpower its enemy; and, also, when we reflect that we have no *sure* and *decisive* evidence of the presence of death, but by putrefaction; and that after death has taken place, increased and continued heat is impossible—we can but believe that many, very many, persons, in seasons of Yellow Fever, are buried while yet alive!

PREVENTION OF THE EPIDEMIC.

What a blessing, would it be to the population of North America, if the Yellow Fever, at least, as an epidemic, could be banished entirely and forever and ever from these regions, where it as yet prevailing. But, a careful observer justly remarks: “When a decided change shall take place in the habits of the people, then, and not till then, will Yellow Fever cease to prevail.” Locations near swamps, etc., will, in a warm or hot cli-

mate, produce in the system of man only a severe remittent, or intermittent, or simple Yellow Fever; but the habits of the people have transformed the simple disease into a desolating malady.

Let the inhabitants of New Orleans, Galveston, Charleston and Savannah, be extremely particular in keeping clean their streets, yards, gutters, canals, by-corners, mansions, dwelling-rooms, and bed-chambers, etc., and remove all putrid matter and standing waters. Let the government forbid, by statute, the erection of privies near dwelling houses; the laying out and building of narrow streets and small yards; and the erection of buildings near canals and morasses, with close and lowly rooms, and upon swampy and low grounds; let the government strictly enjoin, (especially amongst the poor,) the thorough cleaning of yards, necessaries: cisterns, and pay particular attention to the purity of the water therein.* Let the people cease to abuse their stomachs by hot, strong, and highly nutritious and indigestible food; let them ignore all fat and greasy sauces and meats, eggs, beer and vinegar, wine and alcohol, pepper and tobacco, much sweet food, as well as stimulants, of whatever description; let them daily wash

* Really, the large sums of money expended by the government and by benevolent persons, in times of epidemic, and often spent in vain, will easily pay for such important preventive measures.

their bodies with fresh water ; drink but water or milk ; abandon all drugs and blood-letting ; and finally, let them indulge regularly in moderate exercise, and pay particular attention to the ventilation of their dwelling-rooms and bed-chambers. Then, and not till then, will our cities be free from the poisonous miasma, and the appalling mortality ; and the Yellow Fever, as a plague, will be known no more.

IMPROPER TREATMENT OF YELLOW FEVER.

True Yellow Fever is an acute malady, and that form of the epidemic which is conjoined with feverish indications and yellowness of the exterior system.* We take acute attacks for *disease*, whilst, in reality they are the *means* by which the system is *relieved* of disease: attempts of nature to heal—to deliver itself from an enemy which has penetrated the body. The foe which has befallen the subject of Yellow Fever is an atmosphere polluted with malarious exhalations, as we have before stated ; and a perilous adversary of a depraved or much abused constitution ; while a perfectly healthy system is capable of overpowering or casting out the united miasmata by means of perspiration.

* From this form of the epidemic, the disease no doubt, derived the name of "Yellow Fever."

The skin is the object of the system in the trial ; and the capillaries are the mediums through which the matter passes into the venous system ; while the blood is the conductor of the miasma (or miasmata) to the exterior system.

But, in a contest of such import, dare not, by any means, conjoin to the venomous and powerful matter, another adversary against the unfortunate victim, if the system would get the victory.

Drugs cannot affect the system favorably in its operation, because they possess not the power to assist nature in its task of throwing off the poisonous matter through the medium of the skin ; nor are they capable of casting out the foe, either by vomiting or action of the bowels ; they have not the power either to destroy the venomous character of the miasmata, or transform them into innoxious matter. But suppose they possessed such power : they cannot, after the miasmata have entered into the system, instinctively pursue them, until they have obtained the mastery, and then engage in a combat with the enemy for the purpose of annihilating its fatal character and eradicating it from the system. Consequently, drugs are not only useless, but exceedingly dangerous. As soon as they have entered the stomach, the system, already poisoned, finds itself attacked by another destructive and powerful enemy.

If the medication is of a simple nature, then the vital powers may continue their important work (against the original foe) without being much disturbed, and may not lose the victory by means of the additional enemy. But the result of a treatment by large doses of quinine, blue-pill, calomel, narcotics, or tincture of iron, cannot but be exceedingly dangerous; for the system is thereby compelled either to divide its vital strength, and devote its energies to the combat with its joint adversaries, or unwillingly to submit, and allow them to accomplish their merciless and melancholy work.*

The use of narcotics, and large doses of quinine, which had been resorted to in former years, was abandoned very early in the season of 1853, when the epidemic so extensively prevailed, by the more judicious physicians. Many, however, still continued this so-called "abortive treatment;" and their patients, who were fortunate enough to recover from the fever, found themselves, even then, in a most wretched condition. Deafness, loss of sight, swelled limbs, and hopeless insanity, being, in many instances, the legacy of the strife.†

The use of nutritious food, of porter, brandy or other ardent stimulants, is also detrimental in its effects. Bleeding is as fatal as the pernicious drugs. Blood is

* Systems able to cope with, and obtain the mastery over, two foes, as here spoken of, are seldom found.

† History of the Yellow Fever during the summer of 1853.

the vital spirit: the medium through which the vital powers perform their functions. The more blood taken from us, the less our vital powers; and the weaker our vital powers, of the less value must be the vital resistance of our system against the enemy.

Neither is castor oil fit to produce a cure; it could only do good, if the miasma could be made to remain in the stomach or bowels,* and without fatal result, until the oil has entered; and if then (in the bowels or stomach,) would take place an involution of the miasma by the oil; and if, finally, the stomach or bowels had the necessary strength to cast them both out together, by vomiting or diarrhoea. But as the latter things are made impossible by the first, castor oil cannot be a curative agent in Yellow Fever. Besides, castor oil is a very nauseous and heavy matter, which cannot but injure, especially a very feeble rectum or stomach; it is, also, incomprehensible, how sensible physicians, while warning people, as a preventive measure, against the use of any heavy or very greasy substances,† can, at the same time prescribe such matters for a cure of the disease. What a great contradiction! While, at the one

* When the disease has appeared, and pains in the head and back have taken place, the miasma has already entered the venous system.

† Learned physicians will, not only in times of epidemics, but always, reject too heavy and greasy food.

time heavy or greasy substances will help to produce an evil, will they, at another time, and according to command of the Doctor, most obediently annihilate the same evil?

Administrations of hot tea, coffee, &c., are very objectionable, because they injure the stomach by means of their burning or heated properties. They can by no means strengthen the system; but they will operate upon the vital powers of the patient, as spurs affect the vital faculties of a jaded horse; and will, rather, produce sweat of anguish, than excite perspiration of a healing nature.

To stimulate the skin by means of coarse towels is not so advisable as rubbing it with the hands, soft towels, or soft woolen cloths; especially, if the patient is weak, and the skin feeble or at all sensitive.

Ammoniated washes will conduct ammonium into the system; while mustard baths, or foot-baths, will cauterize the skin, and guide mustard matter into the body, without producing the necessary re-action, because they are applied warm.

Injections of warm water, soap or salt and water, &c., are much inferior to injections of pure fresh water; while the after effect of fresh or cold water applied upon the animal body, is the production of animal heat, warm water, or any other warm fluid or application, will have an exactly opposite effect. And, while soap or

salt and water, or any other fluid of the kind, will operate corrosively, pure fresh water will produce more favorable results, without causticity.

Applications of ice in cases of severe headache, or congestion of blood, and delirium, are most objectionable.*

To deprive the patient of simple and light food, if he expresses a strong desire for food, is really worse than wrong. This is, alas! frequently done, and speaks but little in favor of the attending physicians or nurses.†

Firing of cannons, and tar-burning cannot effect any good; but will render the foul atmosphere even worse. Besides, the discharge of cannons will excite the minds of the people, especially the mind of the patient—who, too often, without that, is greatly excited.

Finally, from deprivation of fresh water as a beverage, especially where there exists a strong desire for water, have perished, without doubt, a great many patients. The elements of the water are oxygen and hydrogen. The abnormal thirst in fevers shows the need in the system of oxygen and hydrogen.

The hydrogen is needed for transportation of the morbid matter;—in Yellow Fever, especially for transportation of those atoms or particles of the body, which have been decomposed or corroded by strong drugs and

*See "Introductory Remarks."

†The stomach truly knows better than to be hungry without needing the food.

the miasmata;* while the oxygen is necessary for restoration of such organs as have been injured or corroded by drugs and the morbidical matter. Do physicians now deprive patients in fevers of hydrogen and oxygen (water)? then they deprive them of means necessary for their recovery.†

CURE OF THE DISEASE.

Only a natural treatment is capable of effecting real cures of diseases to which we are subject. Other managements will injure, and have slain more victims than the most formidable epidemics, even. A natural treatment is based upon real science, while a contrary management has its foundations in ignorance, pedantic opinion, selfishness, or imposition. In more simple diseases than the Yellow Fever, a perverted treatment proves often not fatal, but a wrong treatment in the vomito, is frequently worse than death.‡ Without treat-

* See under the head of "Characterics."

† Although these facts (based upon Physiology and new and great discoveries,) are not known to a great many physicians, it must, at least, be known, to the most simple practitioner, even, that in case of thirst, especially extreme thirst, a beverage ought to be given, and that fresh water silences thirst the most efficiently.

‡ See "Improper Treatment."

ment, eight may be saved of ten who are curable; by improper treatment, eight will die of ten who might be saved.

But many persons will perish in defiance of the most skilful management even.

1. All bodies, entirely without defensive or recuperative powers or capacity of vital resistance, are sure victims of the grim destroyer. Such patients will be indicated by a calm and regular pulse; by no acute or apparently dangerous symptoms—by want of feverish indications. And such sick do not die from Yellow Fever (fever being impossible without feverish indications); but from poisoning by the venomous miasmata, or rather, from want of defensive powers, or capacity.

2. On the contrary, all patients with high feverish and acute or apparently dangerous symptoms, can be saved by proper management.

The more vital strength the subject of the vomito possesses, the more easy he will conquer the dangerous enemy; and the greater the contest of the system against the penetrated foe,* the more apparently dangerous will be the feverish indications.† And in these cases there

* Late discoveries have most conclusively and indisputably shown, that disease, in general, does not originate from dynamical reasons, but by means of visible matter.

† The fever in disease indicates the heat into which the system has been brought by means of laborious efforts or attempts to overcome the venomous cause of the disease.

is no danger but from improper treatment. Here the system, an able adversary, can conquer its enemy and be saved.

And here is the system the head physician and saver, and all that is left for us to do, is, simply to understand and to follow its prescriptions.

These directions are given by three indications : heat, thirst, and perspiration, thus :

- (a) Refrigeration of the system.
- (b) Quenching of the thirst.
- (c) Cleansing of the skin (from perspiration.)

And these purposes must be effected by fresh water.* The reasons why fresh water should be used are partly stated under the head of "Improper Treatment." Another reason is because the interior and exterior system is in need of refrigeration. After nothing is that patient longing more for than fresh water, because his system demands it for recovery of its health, and to save itself from impending destruction.

The removal of perspiration from the skin, by fresh water, answers here at once, three purposes of import, which no other fluid is capable of doing perfectly :

- (a) Cleansing of the skin from perspiration, which contains the cause of the disease.
- (b) Strengthening and excitation of the system, or

* The water here used must not be ice-cold.

reaction of the vital spirits (the blood), by means of which, the system is enabled to conduct the remaining miasmata upon the skin.

(c) Cooling or refrigeration of the system, overheated by laborious efforts.

3. But in a great many instances the disease is not so easy to cure as in this case. Often are the vital powers of the patient greatly reduced, and thus, vital resistance must be very small. Here are also the feverish symptoms of less value: often, perhaps, hardly to be observed, and here it is of more importance than in the other case, to assist nature in its efforts to relieve itself of disease.

Being in such condition the entire body of the patient has to be washed and rubbed by means of cold water,* and a soft towel. The water should not be *entirely* wrung out from the towel, only so much as is necessary to prevent the water from running over the sick bed. When this has been done, the patient should take rest, and if he feels chilly, he should be covered with warm bed clothes, until he is warm.

But this entire process must not be repeated too often. Twice a day is sufficient, except the patient instinctively

* The water here used should be pretty cold, but after the fever has run high, rather tepid water should be substituted.

desires the repetition more frequently ; and if, finally, the system becomes excited, and the fever has run high, then the patient has to be treated as patient No. 2.

That the skin, in many diseases, is the only agent by which a cure can be effected, is known to all learned pathologists. But especially is the skin the healing medium, in diseases originating from miasmata, or exhaling matters, as is the case in the vomito.

The patient No. 3 does not possess sufficient vital powers, (or rather his vital powers are hindered,) to cast out, or to throw off with ease and entirely, the perilous miasma by perspiration. His skin is feeble, closed, and not able to fulfil its vital functions, not fit to receive the venomous matter for an outcast. His system has to be incited by reaction of the vital spirits to throw the penetrated matter upon the skin ; and his skin has to be cleaned, opened and made active : made fit to obtain the miasma for an out-cast. That rubbing of the skin by means of wet towels will open and produce activity of the exterior system, no sensible practitioner will deny. It will enable the skin to receive the matter from the blood, and will effect an out-cast by perspiration. And that the water is the best detertive, and when cold is able to produce excitation of the system, or rather reaction of the vital spirits, can neither be denied. It will clean the skin, and produce reaction, without conducting into the system heterogeneal matter.*

* See "Improper Treatment."

And the treatment of patient No. 3 must also be applied to those who seem to be entirely without, or past capacity of vital resistance. I mean to patients No. 1, where the venomous miasmata and strong drugs are fulfilling their mortal work, without exciting the system, by a calm and regular pulse. In cases without feverish indications, and which we may call insidious cases, Nature will frequently effect great things, where we may think that everything is lost; and often, where all hopes seem to be banished, a good opening of the skin will effect a cure, and save the patient from death.*

4. Patients who are very low and feeble, have to be washed with tepid water; for cold water would excite them beyond their strength. Such patients have to be managed very carefully, and in washing them, instead of using towels, soft hands, or a very soft sponge (to be used very carefully) should be substituted. Care should also be taken that the water does not run over their bodies. The washing should proceed by one limb or part of the body at a time, care being taken to keep covered the parts washed as soon as rubbing ceases. If these proceedings strengthen the patient, they should be repeated every twenty-four hours; and if the patient desires it, and is greatly progressing thereby, they

* An opening of the skin by means of hot teas, brandies, etc., cannot effect a cure, but must often prove fatal. See "Improper Treatment."

should be repeated as often as once in every twelve hours. But if this process has reduced him, it should be at once discontinued; and nothing should, nor indeed, can any thing be done for him, but to quench his thirst.*

Generally, in an attack of the vomito, the following should be observed: As soon as a person is taken sick, he or she should be bathed or washed in fresh water. In case of a chill, the patient should be immediately put in bed, and warmly covered; and not till he feels perfectly warm should he be washed or bathed. If, in the meantime, the fever has run high, he should be treated as patient No. 2. And if he has little or no fever, and sufficient strength to be managed well, he should be treated as patient No. 3.

In violent headache, constant applications of cold water by means of bleached towels should be used. The water from these towels must not be wrung out entirely, and they must be exchanged as soon and as often as they become heated. In the mean time an injection of fresh water, and washing and rubbing of feet and legs should be applied. If headache is conjoined with delirium, constant washing and rubbing of the chest, abdomen, arms, hands, legs and feet, must

* If he is not too low, an injection of tepid water may be applied.

take place, while the above stated injection, and applications of wet towels must be applied, until alleviation is obtained.

Convulsions always demand an urgent management. In these cases the entire body of the patient, but especially, those parts of the body affected by convulsion, should be rubbed and washed, and more speedily, and with more energy than in above stated cases; the water must be cold, and should not be wrung out at all from the towels used, whilst they (as above) must be exchanged as soon as they become heated. If convulsions continue, and if the patient becomes chilly, the management should be discontinued, and the patient should be rubbed off with dry wool, or woolen cloths; and as soon as this is done, he should be warmly covered. After he has become warm, if the convulsion has not yet entirely disappeared, he should again be rubbed with dry wool, or woolen cloths. Oftentimes convulsion and delirium will appear together, and in such cases this treatment should be conjoined with cold water applications to the head.

In vomit, or black vomit, the patient must wash his mouth after every ejection. He should also drink a small quantity of water after every vomition. In black discharges from the bowels, injections of water must be given; but the quantity of water used for this purpose must not be more than from one half of a pint to a pint;

thus the more feeble and the smaller the patient, the smaller the quantity of water required.

Bleeding from the nose, ears, etc., will, by proper treatment, in cases where a cure is possible, not often happen; besides, these symptoms need no attention, farther than removal of the blood by washing.

As beverage, all patients must obtain water,—as much and as often as they desire it; but in case of high fever, the patient must drink the water slowly—not greedily, to avoid an injury of blood-vessels. Also, injections of fresh or tepid water may be given to any and all patients. Particular attention must be paid to the ventilation of sick rooms, and all excitation of the patient's mind be avoided. He must be treated with utmost kindness, and should by no means be bothered by gaping visitors. If he possess sufficient strength, he should take moderate exercise in the open air; and if he has a strong desire to eat, he should be provided with food; but he must eat light, and no hot food, or greasy soup, or bread mixed with soda or shortening or anything of the kind. And he should not, on any account, partake of food until his stomach demands it.

Finally, I think it my duty to remark here, if people have been seized by the Yellow Fever, they ought never to excite their minds by vain or sad thoughts, for such excitement will always aggravate the case. They should

rather strive to be cheerful, hopeful, and to encourage themselves by looking up to their Heavenly Father, who will forsake none who take him for their refuge.

Observations of Eminent Physicians, &c.

“That the great epidemic of 1853 was not imported into New Orleans, but generated in that city by local causes, and individual conditions, seems to be almost generally admitted by those most competent to judge of the facts.”—*History of the Yellow Fever in New Orleans*, 1853.

“The condition of the streets, gutters and drains, always bad enough in New Orleans, was not worse, at the commencement of the epidemic, (1853,) than at other times, but as the spring advanced, the foul state of the city became the subject of general and bitter complaint.”—*An Author and Practitioner of New Orleans*.

“The stench arising from the foul gutters, and from decaying animal and vegetable matter in the streets, was exceedingly disagreeable.”—*Ibid.*

“Filth, dirt, decayed cabbage stalks, dead dogs and cats, and worse, are the frequent ornaments of our thoroughfares.”—*New Orleans Delta*.

“Physicians in visiting the poor, especially in depressed portions of the city, must have often found the flooring of houses floating, and sometimes, after rains, quite covered with water too filthy and offensive for description; laboratories for generating deadly gases, predisposing to disease, and rendering recovery from any kind of sickness, tedious, too often impossible.”—*Dr. Bennet Dowler, of New Orleans*.

“The poorer classes slept on beds made of cypress anoss, often damp and imperfectly prepared, a mass of rotting vegetable matter.”—*A Physician of N. Orleans*.

“A piece of fresh meat attached to a kite, and elevated a few hundred feet, came down in twenty or thirty minutes completely covered with living, moving vermiform animalculæ, and this circumstance occurred throughout the whole epidemic whenever the experiment was made, which was almost daily.”—*History of Yellow Fever in New Orleans, 1853*.

“That the condition of the atmosphere has much to do with the production of Yellow Fever is conclusively shown.”—*Dr. McFarlane, in his Report to the Sanatory Committee of the Legislature*.

“That the atmosphere at New Orleans, 1853, was peculiarly impure and stagnant, there is no doubt; but this alone was not enough to generate the disease in sound and healthy persons of good habits.”—*A Practitioner.*

“A foul atmosphere produced by decaying animal and vegetable matter; foul drains and dwellings; rotting beds and imperfect ventilation; excessive use of fat meat, and highly nutritious and stimulating food; want of vegetables and fruits in the daily food; and bodies depraved and injured by the too free use of drugs, liquors, dissipation and other bad habits, are exciting causes of the disease.”—*History of the Yellow Fever, 1853.*

“It is impossible that Yellow Fever can suddenly assail an individual without his condition having undergone some morbid changes of vast and vital import.”—*Dr. McFarlane.*

“In no city in the United States is there so much irregularity of living, intemperance in eating and living and so much abuse and exposure of the body to destructive influence, as in New Orleans.”—*History of the Yellow Fever, 1853.*

“Let visitors of New Orleans live temperate, orderly and virtuous lives, and not convert the entire period of

their residence here into one continual saturnalia, and they will enjoy an exemption from disease fully equal to that of the place from whence they came.”—*Dr. McFarlane.*

“The native French and Creole population of New Orleans, who live on little meat, bread, vegetables, and fruits, and do not take much medicine, seldom fall victims to the Yellow Fever. Some of the native French population are now 90, 95 and even 115 years of age.”
—*History of Yellow Fever, 1853.*

“To keep clear of the disease, reason and science teaches us to live on light food, eat less meat, and less fat and syrup, to avoid ardent spirits, irregularities of life, and particularly to keep clear of powerful drugs. If we add to these precautions a little physical training, such as frequent bathing, moderate exercise, and attention to ventilation in our houses and chambers, we may do much to protect ourselves against the fatal epidemic.
—*The same writer.*

“More deaths were no doubt caused by over anxiety to give medicine, than by the want of medicine.”—*Ibid.*

“Let the acclimated person treat his symptoms of Yellow Fever, as he would a common cold, and he is

well in a few hours. But call the disease Yellow Fever, and give him a large dose of quinine, and who would be answerable for his safety?"—*Dr. McFarlane, in his Essay.*

“To be successful by treatment of the disease, the sick room must be well aired, and the sick-bed kept cool. The patient’s clothing must be fresh and clean; all causes of mental excitement should be removed, and the patient ought to be kept as quiet and cheerful as possible.—*A Physician of New Orleans.*

“The use of narcotics, and large doses of quinine, which had been resorted to in former years, was abandoned very early in the season, by the most judicious physicians. Still the so-called “abortive treatment,” by means of large doses of quinine, was much employed, leaving the patient who recovered, in a wretched condition; deafness, blindness, swelled limbs, and hopeless insanity being in many cases the final results.

“Good nursing, reliance upon the defensive and recuperative power of nature, and hygienic management, it must be confessed, saved more lives than medicine. All sensible and judicious physicians within the circle of my acquaintance, relied more upon such agencies than upon drugs. It was even the practice in the Charity Hospital to give no medicine to patients, who were brought into that institution after being four days sick

without medical aid ; and a large number of these cases recovered.”—*Author of the History of Yellow Fever in New Orleans, 1853.*

Yellow Jack, or the Grim Destroyer ;

A NARRATIVE OF FACTS.

I.

It was during a season of this destroying epidemic, that several citizens of a town near the Mississippi, while passing along one of the streets, beheld a female corpse (wrapped up in a blanket) lying on the steps of a gloomy-looking house. It was a girl about sixteen years of age, who had been seized with the fever, and placed into the hands of a cabman to be taken to the hospital. The cabman, a wretched human, loitered on the way, and even stopped at a cabaret to take a drink ; and not before two hours after he had received the patient, did he arrive at the hospital. He stopped in front of the clerk's office, when that officer, a hardened fellow, called out to the girl. “What is your name?” “Where are you from?” but received no reply. “Roll her out, cabman!” cried the clerk. The cabman pulled off the blanket, and a stiff, staring corpse fell heavily on the

seat. The clerk, seeing that she was dead, unconcernedly turned to another cab and said: "Drive up, and let us see what you have got!" while the bearer of the corpse holloaed: "What shall I do with my load?" "Take her home, and let her friends bury her!" was the curt reply. The cabman cracked his whip, and dashed off in the direction of the house where he had obtained the girl. But here she was not received; and the driver not knowing what to do with his burden, took out the corpse, and placing it on the steps, drove rapidly away. She was taken up, and being put in a corporation coffin, was carried to the cemetery and placed in the charge of the sexton.

II.

And while at the lonely grave-yard, the sexton was engaged in putting to earthly rest the unfortunate maiden, he must have heard shouts and songs of jubilee, coming from a beautifully finished road, used for rides of pleasure. The rich and the gay were there enjoying themselves, regardless of the grim destroyer in town, who was causing there so much grief and so many sorrows. There you could have seen so many bitter tears; heard so many distressing sighs; while cries of anguish were annoying the dying victims. There, in the cottage of the poor, you might have seen the dead and the dying, the sick and the convalescent, in one

and the same bed ; there you might have beheld scenes which would have haunted your memory for all time. There, father, mother and child were dying in one another's arms ; and the living babe was sucking death from the yellow breast of its dead mother, while in neighboring houses, corpses were proclaiming their existence by offensive odors ; for none were left to bury them.

And during such incidents of sorrows in town, one of the parties of the pleasure-road, had arrived and stopped in front of a palace-like residence. Here the party entered, and spent the evening by drinking champagne, and other luxuries of the table, enjoying themselves by facetious talk, and by singing, playing and dancing, until the hours of evening had passed, and night had appeared. Among the party was a healthy and rosy looking lady, who was lately married to a rich merchant of the city. She was young and very handsome, and consequently the queen of the party. Her husband had left for the North, and she, feeling lonely, had joined the party, perhaps to banish sad thoughts connected with the present separation from her beloved husband. She had partaken of all the pleasures of the merry party, and reached home at a late hour of the night. The next day, as her husband arrived in the city, and while on his way homeward, a boy walked up and asked : " Are you Mr. N. ? "

" Yes. "

" Your wife is dead ! "

As if struck by lightning, the poor man fell senseless on the floor. He was raised up and taken to a hotel, while one of his friends drove to the boarding-house of his wife.

It was true: there she lay—and the proud, blooming, spirited beauty, was now a yellow, spotted and ugly looking corpse. She had forgotten last evening, that the grim destroyer had surrounded and taken possession of the city, and had indulged in eating and drinking, and other excitements, which rendered her incurable, and caused her death.

III.

About ten o'clock on the same night, two gentlemen assisted by a negro man, were just removing a coffin from a hearse, to place it in the vault of a cemetery near town, when an individual approached and asked—

“What coffin is that?”

“Mrs. N's,” was the reply.

“Great God!” he exclaimed, “I saw her yesterday!” and then was heard from the mouth of the stranger a horrid oath; while the gentlemen quickly got into their carriage and rode back to the city. On their way home, they probably may have passed near by the residence of George L——. George's mother had died, and he himself was ill, and the Doctor had just come to see him. “Doctor,” he exclaimed, “do you really think

she was dead—my poor mother? Have you never known Yellow Fever patients to fall into a trance, and thus be buried alive? I think I have heard such stories of the plague; hav'nt you, Doctor?" The Doctor tried to satisfy him; but no reasoning afforded any peace or consolation to poor George. "O doctor!" he continued, rising in his bed, while he ejected the black vomit freely and easily, at intervals of a few minutes, "it seems strange to me, that my mother died! I did not even know that she was sick, till a few hours before her death. I had been ill, myself, for several days; but as soon as I saw that my mother was affected with symptoms of the fever, I pretended that I was well, and endeavored to induce her to lie down, and permit me to act as nurse. She refused, and denied that she was seriously ill. I laid down upon the bed, and fell asleep. After midnight I awoke, and looking up discovered that the horrible evidences of Yellow Fever were stamped upon every lineament of my mother's face! I sprang from the bed, and placed her upon it; she was fearfully ill, and too feeble to resist. I nursed and tended her myself, for nurse after nurse disappointed us, and to let my dear mother die for want of attention—she who had done so much for me in days and years that had passed—it was impossible! I put hot water to her feet with my own hands—hotter than the hottest water itself—almost boiling, as they are now! But it was of no service; she died. I then rubbed her arms and

hands, and looked into her bright eyes—so bright, even after death—and the body warm; yes, hot—hot for a long time. My poor mother! Almost the only friend, for whom I felt any regard. I may recover, but I do not care to live. I am sick and weary of the world, now that my dear mother is gone. Last night when I stretched myself upon her coffin for the last time, musing on every action of her hard, devoted life, I prayed to God that I might not survive her!”

Finally the Doctor departed, and poor George’s prayer was heard and answered, for in a few hours after, he had left this world for a better mansion above!

IV.

About four hours after George had died, his coffin was put into the tomb of his much-loved mother. Not a great distance from this tomb was the burial place of Mr. K——. He, and three other young men, had assembled, one day, in the splendid establishment of Mr. J——, in C——. Joking like veterans, they spoke of Yellow Fever, and called it “Yellow Jack.” One said: “I am acclimated; I shall not be seized by the epidemic.” Another remarked, “Indeed! I would rather have it than not; for I hear it improves a man’s beauty.” A third, Dr. N——, regarded the matter more seriously, and rebuked the levity of his young friends; while they in return, taunted him with being

scared. Lying on the sofa, while his young friends were amusing themselves in talk, the Dr. fell into a gentle slumber. It was then proposed, by one of the party, that they should get up a Yellow Fever Tableau, by treating Dr. N—— as a patient. Accordingly one got a basin, in which some ink was poured, to represent black vomit; another took a vial; a third (with a nurse who they had procured) stood at the Doctor's head, personating the physician, with his hand on the Doctor's forehead.

But who of the little party thought, while thus indifferently they mocked the grim destroyer, that he already was in waiting to seize them as his victims. The Doctor awoke; was scared; got sick, and in a melancholy frame of mind, left the city, and died soon after, by the vomito. The second of the party was also attacked by the epidemic, and died. In like manner was Mr. K—— seized, and died, and is resting now from his earthly labors near poor George and his dear mother. But, even not now was the Yellow Monster contented; for he sought full revenge, and desired to punish all his offenders. Also the fourth and last of the party was violently attacked by the disease, but was spared to live; and if I am not greatly deceived, was healed forever and ever, from indifference against such a formidable and powerful enemy as "Yellow Jack" who, in his grim severity, not even spared poor George L——, the queen of the party, nor the unfortunate maiden.

