The general symptoms presented were chilliness, frontal pain, prostration, fever coming on suddenly. In 40 cases (or more) red skin, red eyes, red throat; in nearly every case pain in ears, eyeballs, face, legs, arms, back. Some fell down faint in the execution of their ordinary duty, and all presented a characteristic appearance, obvious at first sight. The countenance was dull, heavy, listless, with flushed face, hot skin, and watery eyes. In posture and gait powerlessness was obvious. All complained of cold chills, frontal pain, heavy cold, and weakness of legs. In about twelve or twenty-four hours at most a copious diaphoresis set in with much relief, but rheumatic and neuralgic pains were now complained of, and a distressing paroxysmal cough with scanty expectoration of very thick clear mucus brought up with so much effort as to cause pain in the ribs for many days. Most cases recovered within a week or ten days, but in a few bronchitis, bronchopneumonia, pneumonia, and pleurisy, and in one case nephritis, retarded convalescence for more than a month. The cases presented endless variety; some began with sore throat (in one case abscess of tonsil), some with rheumatic pains and neuralgia (one complained much of the small joints of toes and fingers), some with bilious diarrhoea and vomiting, and others with nasal catarrh. One case began with epistaxis, two with hæmoptysis, one had all the salivary glands inflamed, and two had orchitis. The rash was peculiar in character, sometimes not unlike that of scarlet fever, but generally paler and brighter in colour, more like an erythema, and the forehead and face were often cedematous. It was frequently followed by desquamation, especially about face, neck, and wrists. It was not universal, but covered head, face, neck, chest, and arms, and in only one instance the abdomen, where it was mottled like measles. The temperature in uncomplicated cases did not exceed 102°, except in one case (105°) occurring three or four days after delivery. The prostration was considerable, and in many cases there was tendency to syncope on slight movement, and in a few deathlike coldness of legs and feet. In some cases there were drowsiness, dry brown tongue, and delirium. Some were completely helpless and unable to move from pain in the back.

As regards treatment, I sent all my patients to bed in a warm room, with gruel, beef-tea, and from one to four tablespoonfuls of brandy daily where the cold extremities, or syncope, or dyspepsia appeared to indicate its use. In one case only I gave antipyrin for severe headache, and with good success, but I am doubtful about this drug in prostrating sickness. I gave all cases carbonate of ammonia early, with citrate of potass and liq. ammon. acetatis, followed quickly or even accompanied with quinine pills in one-grain doses three times a day. I found, however, most cases do better with carbonate ammonia and compound tinct. cinchona and chloric ether. For rheumatic symptoms I gave salicylate of soda and ammonia (occasionally two- or three-grain doses potass. iodid. with ammonia). For the bilious cases two grains calomel $\frac{1}{2}$ grain opium, followed in two hours with haust. rhei and a mixture containing sodæ bicarb., ammonia, and chlorodyne. For the cough liq. morphinæ in π v or π x doses; spongiopiline and laudanum and mustard poultices to painful parts. I found also a liniment of chloroform and belladonna very valuable.

THE INFLUENZA EPIDEMIC AT THE "CAPE."

By WILLIAM C. SCHOLTZ, M.D.,

Member of the Colonial Branch of the British Medical Association, Cape Town.

Numerous cases have developed here, presenting symptoms indistinguishable from "Russian influenza." The character of the symptoms varies somewhat, but generally the muscular pains throughout the body are most marked, headache of a very severe and excruciating nature being the most prominent feature, also pain behind the eyes. Later on catarrhal symptoms set in; prostration in all cases very extreme. In my own practice children were very lightly visited. The symptoms generally are developed very suddenly. In my own person I felt perfectly well in the morning, except a slight sore throat; by 2 P.M. I was obliged to take to my bed, and by the evening I felt as if I had been in bed for a week or more. By next evening most of the prominent symptoms had passed away, leaving me utterly weak and prostrate. It was only the following day that running from the nose and eyes set in.

I do not know of one case among hundreds that developed

serious bronchial or pneumonic symptoms. Of course the weather is warm, but somewhat depressing just at present. A large number of the convicts working at the breakwater have suffered severely. I know of several instances where the father and mother have been attacked, and the children—coming in daily and close contact with the parents—have escaped.

I am of opinion, from observations here in Cape Town, that though undoubtedly "feebly contagious," yet the influence of the contagion was largely "miasmatic," the emanation distributing itself more rapidly through the air, personal contagion being a subordinate factor in the diffusion of the disease.

The first cases appeared here early in January. There can be no possible doubt that the introduction of the epidemic by importation from Europe was by means of the passenger boats, as well nigh every steamer arriving here bears a history of having had pretty nearly all the working portion of the individuals down with the influenza. A rather curious point noticed in the last arrival was that, though only one passenger suffered (a naval officer, who, by the way, was a martyr to bronchitis) from the epidemic, with a few exceptions every one of the ship's crew were down.

In Cape Town quite half a dozen of the medical men suffered from the epidemic, a curious contrast to our terrible small-pox epidemic of 1882, when thousands of the public were attacked and not one medical man.

I had one interesting case of a lady, who, at the eighth day after confinement, suddenly took the influenza, with a temperature of 105°, in fact, had all the symptoms of puerperal fever. In two days from the first onset she was entirely well except a slight hacking cough.

As my own case may possibly throw some light on the length of the incubation period, I mention the following dates:—I had very slight sore throat on Wednesday afternoon, January 22nd. On Thursday morning still felt quite well except more marked soreness about the throat. Thursday afternoon I was absolutely down with the attack. By the following Tuesday every symptom was gone. I had very severe coughing and excessive flow from eyes and nostrils. My wife, who had nursed me and had seen no one in the interval, developed head symptoms, pain about the body, and bad cough, on Wednesday and Thursday, January 30th and 31st. On Friday and Saturday her symptoms were most severe. On Tuesday, February 4th, she had lost every symptom. As mentioned before, up to this date (February 12th) my daughter, aged 7, and my son, aged 4, are still perfectly well, and show no sign of the fever.

Through the kindness and courtesy of my friend, Mr. Robert Pett, Senior Assistant Cape of Good Hope Royal Observatory, I am in a position to give you some valuable information in regard to our climate since the beginning of 1890:—

"The instruments are read at 8 A.M. and 1 P.M. The results are: 1. Mean height of barometer during January, 1890, 29.88 in., or 0.05 in. below average. 2. Mean temperature, 68.5° (about the average). 3. Absolute maximum for month, 92°, and absolute minimum for month, 53° (both about the average).

"Prevailing wind, S., but occasional light breezes from N.W. The barometer has been unusually low during January.

"In connection with astronomical work it was noticed that there was an unusual prevalence of cloud accompanying the S. wind at night. The observatory work was much impeded by the presence in the atmosphere of masses of vapour forming between the S. horizon and the zenith, and occasionally extending to the W. horizon. This was noticeable during the afternoons and evenings."

Our weather since the new year has certainly been most trying, especially to people of a nervous and easily excitable temperament. South-east winds are very prevalent at this time of the year, blowing with great fury towards evening, the direction being over Table Mountain across the town into the bay.

In my opinion the incubation period of the influenza is very short, and frequently none can be traced. This would rather favour the impression stated above, that the atmosphere plays an important part in conveying the poison vapour, rather than the supposed growth and development of a microbe.

A PASTEUR INSTITUTE, on the lines of the parent establishment in Paris, was opened in New York on February 16th. The director is Dr. Paul Gibier, who was for many years one of M. Pasteur's assistants. Dr. Gibier will be assisted by Drs. Van Schaick and Lieutard.