

# Fever is friend.

Fever is a friend and not an enemy.

There are many causes of fevers: infection from a germ, cancer, tissue death, foreign proteins or toxic chemicals in the blood, dehydration, increased thyroid activity, muscular or chemical activity.

Fever is a symptom and not an enemy but a friend. Addressing the true cause of a fever will correct it.

In a fever, the internal temperature is elevated as the blood vessels are expanded and the skin blood vessels are constricted.

Creating an artificial fever by an external application of heat, expands the blood vessels of the skin, draws the blood to that area where the macrophages are to fight the germ or infection, it encourages perspiration and removal of waste, increases the white blood cells in skin surface blood, stimulates deep breathing, relaxes muscle tension and shivering.

When the body is attacked by a virus, at the onset of an infection of a virus INTERFERONS are produced. They are not specific to any one virus but they are a substance used in the making of antibodies.

Conditions that decrease heat production include fasting, sleeping and short applications of heat that lessen heat production while increasing heat elimination.

When lizards get an infection, they crawl into the sunshine to elevate the body temperature. If the temperature elevation is blocked by aspirin, more than 75% die, illustrating beneficial function of fever in the defense effort of the body. *Infection and Immunity 18:673-679, December, 1977*

Sweating begins when there is a downward trend in the temperature.

Keep hydrated. Dehydration increases body temperature. In children, a crying spell can increase their temperature, public speakers after speaking for several hours, sleeping for several hours and not drinking water.

The best treatment of fever is alternating hot and cold applications, hot half baths, tepid baths, or infrequently, applications of cool or cold compresses.

Any cold application prolonged over 15 or 20 minutes can cause marked internal congestion especially the heart and lungs. The forcible reduction of fevers by ice cold water applications is not wise.

For children, a full immersion bath is very efficient in the treatment of a fever.

A brief exposure to a hot water bath or fomentations will often treat the underlying infection, bring the blood to the surface, relax the muscles, increase the depth of respiration and reduce the fever.

## *Using Water to Reduce Fever*

**If the fever is 106° or above, follow this procedure:**

1. A tepid or cool bath, or the hot evaporating sheet wrapped around the body, with or without rubbing the skin.
2. **Cold compress to head and neck.**
3. **Ice bag or cold compress to the heart in a feeble patient.**
4. **Cool (95°) rectal irrigation or enema.**
5. **Fresh, cool (60° to 65°) air in the sickroom.**
6. **Cool water (60° or tap temperature) taken by mouth to promote sweating.**

**If the fever is 103° to 105° use any one of the following procedures instead of #1 above: then proceed with #2 to #6 above:**

1. Hot blanket pack of short duration (5 to 10 minutes) to reduce the sensation of chilliness and initiate heat dissipating mechanisms.
2. Short hot bath or repeated hot sponging to bring blood to the surface.
3. Hot evaporating sheet pack.
4. Hot fomentations to the abdomen or spine for five to seven minutes.
5. Cold mitten friction or hot mitten friction.

**If fever is mild, 99° to 103°, produce an artificial fever by any one of the following methods:**

1. Hot half bath, prolonged to the point of elevating the oral temperature to 102° to 104°. Finish the bath with a pail pour of cold water and a dry friction rub, or cold mitten friction.
2. Hot foot bath with blanket pack, to elevate temperature. Finish off as above.
3. Hot fomentations to the chest and spine with cold mitten friction at the end.
4. Hot water or tea to promote sweating.
5. Measures #2 to #6 listed above under treatment of a fever of 106°.

*CAUTION: Do not use hot water treatments for the following persons:*

- *Diabetic – do not apply to the feet.*
- *Paralyzed or unconscious patients – do not use due to danger of burning.*
- *Poor circulation areas.*
- *Heart attack – take care to place an ice bag over the heart before fomentations are used.*

For more information, please visit our website [www.nhtlh.com](http://www.nhtlh.com)