



# A COURSE IN PRACTICAL THERAPEUTICS

By

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## IN MEMORIAM

Since the publication of this volume only a few years ago, we regret to announce the death of one of our members, Dr. F. Kenneth Albrecht, following a tragic automobile accident. Only those who were privileged to work with this brilliant young physician can appreciate the extent of our loss. We have rarely met his equal as a dynamic, enthusiastic exponent of all that is best in American medicine. His career carried him far afield. As Medical Editor of The Williams & Wilkins Company, former Director of Tuberculosis Control of the Kansas State Board of Health, his contributions were outstanding. More recently he was made Editor in Chief of the journal "General Practitioner," but he was denied the privilege of seeing the completion of the first issue. We have included in our revision his complete article on fever, which was his wish. His death has placed a heavy responsibility on the authors. His memory will always remain an inspiration to all those who were privileged to know him.



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## PREFACE TO THE SECOND EDITION

We are grateful to the medical public for their reception of the first edition of this book. In the short time since PRACTICAL THERAPEUTICS first appeared, new remedies and new methods have been offered to the medical profession. The wave of enthusiasm for antibiotics has provided us with several of outstanding merit and others that offer promise. Increasing attention is being paid to such problems as drug sensitivity, bacterial resistance, and the importance of making, where possible, an exact etiologic diagnosis. We have used the visual system wherever possible for teaching purposes and believe that one well chosen illustration is worth a thousand words. In this edition, we have introduced additional illustrations to amplify the text. All through the volume, we have added new material, always attempting to retain the essential format of the first edition.

This volume was the outcome of our course in Clinical Therapeutics. It seems to have been of the greatest value to the general practitioner. We have not departed from the schematic method of portraying each step in the treatment of disease. We have left the arrangement of the book as it was originally presented. The first section is devoted to an elementary presentation of those subjects which we believe are important in the treatment of disease. We insist that the student be familiar with this section, because the principles developed there are applicable to the general management of the patient. Perhaps we shall be accused of emphasizing prescription writing, but the notorious lack of interest in this subject is due to the fact that many are not familiar with its potentialities. We believe that the student, like the artist, should begin by using a simple palette, but there is no reason after he has mastered the rudiments that he should not add as many preparations to his armamentarium as he can successfully manage. We feel the need for emphasis on this subject and in this edition, we have tried to write all formulas in English. If the student will simply digest this first section and extract the substance out of it, he will go a long way to sailing his own craft.

The second section we believe is also fundamental for two reasons. First and foremost the physician must be familiar with the differential diagnosis of a symptom as well as a disease. Too often he must think fast and his abilities to visualize the possibilities of any given symptom and to apply an appropriate remedy are obvious. Secondly, every physician should know symptomatic medication. Almost every day the general practitioner is called upon to exercise his knowl-

edge and judgment in symptomatic therapy. This does not preclude accurate diagnosis and specific treatment. It rather enables us to gain time to make a more complete diagnostic survey. Furthermore it follows one of our most cherished rules, and that is, do something for the patient.

The third section on disease scarcely needs any explanation. It attempts to cover the great body of internal medicine with the exception of the nervous system in more or less specific fashion. We mention some of the methods employed by the neurologist and psychiatrist, but the detailed description, differential diagnosis, and treatment of nervous disease is beyond the province of this book. We have contented ourselves with a brief resumé of this subject.

The final section of the book is devoted to those specialties in medicine and therapeutics which are of value to the student and practitioner. We have selected those which seemed to be most valuable, and those which were most constantly in use. No attempt has been made to elaborate on these suggestions. We have rather attempted to reduce them to the simplest possible terms.

Throughout this book, we have called attention to many proprietary preparations of outstanding merit. Our students are taught U.S.P., N.F. and even the newer remedies accepted by the Council on Pharmacy of the American Medical Association. We teach them to write their prescriptions using wherever possible these remedies. Regarding the use of proprietary preparations, we mention those which seem to be of value for several reasons. Students frequently request the composition and indications of proprietary remedies in common usage. Furthermore, many of these companies are engaged in research of outstanding importance to the medical profession. To ignore these contributions is to deprive ourselves of some remedies which undoubtedly have usefulness and value.

Once again, we must deplore the confusion which arises regarding the trade names of many standard drugs, notably digitalis, penicillin, estrogens, et cetera. We have tried to make it apparent that our students could get along with fewer remedies. Most practitioners become thoroughly familiar with those standard remedies which appear in the U.S.P. and N.F. A knowledge of these preparations is excellent for meeting any situation. Later, he may find other preparations to his liking. But he must realize that therapeutics, like any other art or science, demands that the student master the fundamentals before he branches out in special procedures.

We are indebted to our list of collaborators, each one of whom is distinguished in his own speciality, and which appears on an adjoining page. We also wish to acknowledge with grateful appreciation the following individuals who contributed in no small way to making this book as complete and modern as possible: Prof. Edward L. Bauer, M.D.; Brig. Gen. James P. Cooney, M.C., USA (Chief Radiological Branch Atomic Energy Commission); Lt. Col. William G. Dunnington, M.C., USA (Prof. Military Science and Tactics, Jefferson Medical College); Assoc. Prof. Sherman A. Eger, M.D.; Asst. Prof. C. Calvin Fox, M.D., Assoc. Prof. David W. Kramer, M.D.; T. Burritt Mervine, M.D., Prof. John B. Montgomery, M.D.; James W. Surver, M.D.; John Watson, M.D.; and to Miss Elizabeth Piersol, R. N., Miss Eleanor Meagher (Asst. Dietitian, Jefferson Medical College Hospital); Mr. Sylvester M. Leidich (pharmaceutist); Mr. William E. Loechel and Miss Mary L. Rehffuss (artists); Miss Evelyn L. White, secretary; and our thanks is especially due to Miss Ruth A. Jackson, Secretary, Department of Therapeutics, Jefferson Medical College, whose tireless energy and unceasing effort have made this revision possible.

It is needless to emphasize that we have been compelled to receive aid from some of the pharmaceutical companies manufacturing preparations which today are of vital importance to modern therapeutics. To acknowledge their sources in detail is beyond the province of this volume. We have wherever possible given credit. It is possible that omissions have occurred but they are unintentional.

We are truly indebted to The Williams & Wilkins Company who have spared neither expense nor trouble to enable us to present this revision. If for any reason we have failed to give credit for any quotation in our text, it is an unintentional oversight. We have decided in this revision to follow the example of the First Edition and omit all but the most pertinent of references. The inclusion of thousands of references would only increase this volume beyond its present size which is ample. If the student will learn the text and keep an open mind to the possibilities of modern medicine, he will find himself in possession of an art and a science which knows no limits. We hope that in some way our attempt to present the subject may be an inspiration to those whose essential business is service to mankind.

MARTIN E. REHFUSS, M.D.

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**SECTION I**

**GENERAL THERAPEUTIC**

**PRINCIPLES**