

POSITIVE ASPECTS OF FEVER

- The stimulation and training of the immunological resistance of the body.
- The stimulation and training of thermo-regulation and, consequently, of the blood circulation in all the organs.
- The combating of bacteria and viruses. These are partly retarded in their growth, and partly (as a direct result of the fever reaction) damaged in their metabolism and killed. (Michaela Glockler in "Natural Childhood" Ed. J Thompson)



"In one's own warmth lives the individual ego.
It needs warmth to function and express itself."
Rudolf Steiner

"Pyrexia is "the struggle of the I with the other 3
aspects of the human being" (astral body, etheric
body and physical body)"
Rudolf Steiner

"Give me the power to produce a fever and I will
cure any illness"
Parmenides

"Fever is half the striving of the organism against
disease. It purifies the body like fire."
Hippocrates

ASSESSING FEVER AND ACUTE ILLNESS

The presence or absence of symptoms is a good indication of how an illness is progressing and can help the parent or health practitioner in assessing the child's health.

- Temperature record 2 x day and note where patient is hot.
Are limbs hot?
- Colour pale or rosy
- Response are they alert, active, floppy or listless?
- Breathing is it shallow, deep, regular or irregular?
- Appetite hungry or refusing food?
- Hydration are fluids tolerated? How much urine output per day?
- Bowels are bowels being used at least once a day?
- Skin rashes where on the body and what colour?
- Mood agitated, restless, aggressive or dependent
- Sleeping when and how much?
- Inflammation runny nose, sore eyes, ears or throat
- Abdominal pain nausea, vomiting, diarrhoea (when and how often?)
- Headache when it started? associated symptoms e.g. visual changes, light intolerance

Not all these symptoms will be relevant to each illness or individual situation.

Using the above points as a guideline, parents are able to become familiar with their children's natural illness processes. If in any doubt or symptoms persist, without change please consult a health professional.

Arnica Wrist and Ankle Compress

Indications

- For high fevers when limbs are cold.
- When child is restless and irritable.

Requirements

- arnica ointment
- 4 cotton compress cloths (approximately 2cm x 15cm)
- 4 woolen cloth binders (approximately 2cm x 15cm)
- 4 pieces of tape
- butter knife for spreading ointment
- hot water bottle

Procedure

Apply arnica ointment to one side of each cotton compress cloth and spread with knife so there is a fine but visible coverage of ointment along two thirds of the cloth. Lay four completed cloths so ointment is facing upwards on hot water bottle to warm slightly. Apply first cloth to the inner side of one wrist and continue wrapping cloth around with ointment against skin. Wrap a woolen binder firmly around the outside and secure with tape. Repeat procedure on other wrist. Then follow these instructions for each ankle.

Once all 4 compresses are in place, leave for 1 hour.

If limbs become hot prior to 1 hour, compresses may be removed.

Otherwise, once compresses are removed, wait for a period of 30 minutes and if fever is still rising and limbs are still cool repeat above procedure. Same compress cloths may be used with a small amount of extra arnica ointment added to the cloth.

Once limbs become warm assess whether child is becoming settled and fever is passing.

If fever is subsiding continue with bed rest and maintaining fluid intake.

If fever is still present proceed with Lemon Leg Compress (see handout)

Counter Indication

Some people are, or appear to be, allergic to arnica. The skin reacts with a localized rash, usually red in colour. In this case, stop the treatment and consult a doctor.