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THE

HOMŒOPATHIC

DOMESTIC PHYSICIAN.

BY

CONSTANTINE HERING, M. D.

SIXTH AMERICAN EDITION

BY THE AUTHOR HIMSELF THOROUGHLY REVISED AND REFORMED FROM THE ORIGINAL, AND AUGMENTED BY NUMEROUS ADDITIONS FROM THE FORTHCOMING

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TO

Adolphus Haynel, M. D.,

HONORARY MEMBER OF THE AMERICAN PROVERS' UNION, AND OF VARIOUS OTHER MEDICAL SOCIETIES;

PRACTISING PHYSICIAN IN BALTIMORE, MD.

ONE OF THE FEW SURVIVING PERSONAL DISCIPLES OF SAMUEL HAHNEMANN

ONE OF THE FIRST PROVERS OF OUR MATERIA MEDICA,

AND A

MEMBER OF OUR MASTER S HOUSEHOLD FOR NEARLY A SCORE OF YEARS,

THIS VOLUME IS

DEDICATED

As a Token of Sincere Esteem,

By his Friend,

CONSTANTINE HERING.

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PREFACE.

SINCE the last edition of this work in the English language, (published in 1851,) had been sold, about four years ago, the Author had refused to allow another one to be made, either by the former publishers or others, and declined a great many offers made to him by those who wished to publish a new edition.

The Author found his book, instead of being improved with every new edition, according to his German original work, had by others, trusted with the revision, been altered in direct opposition to his own views; it had been, as he calls it, more and more spoiled, particularly by the absurd introduction of a poor pathology and the most miserable "diagnosis;" and last of all by a deceptive advice in regard to the "doses."

Since the first edition of this book was published, twenty years ago, a host of bookmakers had contrived and published a variety of so-called "domestic books," mostly made after and out of this book as the first. The publishers, one pushing the other in the market, had looked more to their own interest in the sale than to the interest of the cause, and proposed still more of such "improvements," called by the Author "deceptions," while the Author felt more and more disinclined to enter into such disreputable competition.

A popular work has to accommodate itself to the position of the people, but ought never submit to popular prejudices or popular errors, and if a medical work, it should not become an advice how to bungle, and at least not sanction such continual blunders. But nothing else is promoted by all such works, if they contain high sounding names of diseases, with a diagnosis and such like, and this is particularly the case in homœopathy. True homœopathy ought never to be guided by the name of a disease. And as we may see every day, that even physicians themselves are by far oftener by such names misled than

aided in the selection of the right medicine, how then, can persons, not physicians, and for whom these books are intended, ever learn from a few lines in a book how to distinguish one form of a disease from another, and how to make a true diagnosis? It is a complete absurdity even to attempt it. Thus it has been done, and is still done, only for the sake of a more learned appearance. To write in technical terms, is a very cheap way of boasting. But as all men of common sense never trust a doctor whose mouth abounds with technicalities, so they will throw aside a book which pretends to be a clear advice for everybody, and in which there is not a page but swarms with technical terms.

But the worst of all in such homœopathic books, is the addition of the doses of the medicine. It has been said "on both sides of the Atlantic, many have felt it to be a very serious defect in the former editions of this domestic guide," that no directions had been given with regard to the strength of the doses, and particularly the repetition of the same medicine.

The only advice which can be given at all, had been given in the introduction to the book, but they wanted such a direction in every chapter with regard to the different diseases or different medicines. But all such directions in particular, are nothing but wilful deceptions of the people. There is not the slightest doubt among physicians, however great the difference may be in their general views regarding the doses, *that the strength and repetition depend altogether and exclusively on the peculiarity of the single case, and not at all on the name of the disease or the drug.*

How is it possible, that in nearly all such books for family use, a conspicuous part of every chapter is formed by directions, because they are very much liked by the ignorant, whether the medicines are to be taken dry or in water, how often and in how many hours they are to be repeated, &c., if all this depends, never on the disease or the name given to it, but on the character of the case? A physician has to take into consideration the age of the patient, his constitution, his general disposition, his peculiarities, &c.

The homœopathists themselves differ greatly in their views; some cannot get the doses strong enough, some prefer different medium preparations, and some give higher and the highest potencies; all these things are still open questions with them; they differ also with

regard to the rule for the repetitions. But they all do agree that it ought to depend in every single case of a patient, on *the nature of the case, and not on a name.* Hence, all directions given must be general, and can only, in a few instances, be given more in particular.

In a domestic work, a selection has to be made of the more common and more frequently used drugs; the family boxes contain less than one-tenth of the drugs used by homœopathic physicians. The physician should have at his command, a long series of triturations, dilutions and potencies of each of the drugs. For the family box, a selection has also to be made from the most useful gradations of these preparations.

Thus, general rules only can be given, and they have to be studied in the introduction, and followed in each case.

Every one who "feels this as a very serious defect," has to take another book. The Author of this has never been governed by the rule: "As the world wants to be deceived, it ought to be deceived." His intention was to aid the cause, and this alone has induced him to allow his book again to enter into the arena.

CONSTANTINE HERING.

Philadelphia, January 1*st*, 1858.

INTRODUCTION.

THIS book is to be a guide, by the aid of which, in many cases of disease, a cure may be effected with homœopathic medicines. Those whom experience has convinced of the advantages of the system of *Hahnemann*, will soon learn how to make use of it; and those who have had no opportunity of testing the merits of homœopathy, it will give a chance of trying it, instead of the so-called domestic remedies.

It is intended to be an adviser to many in cases of indisposition, when one will not or cannot consult a physician. To persons living in the country, it will prove valuable, when medical aid, especially at night, can be had but with much trouble, expense and delay; but, with this guide at hand, relief may be obtained in many cases of disease.

As this work is intended for the great mass of the community, and to make the homœopathic doctrines intelligible and useful to all, the author has tried to express himself with distinctness and simplicity, in order to be *generally* comprehended. This common-place, familiar style may, to a certain extent, enable a great many to prescribe for themselves. But the contents of this book can make no one a homœopathic physician. It has been said by the opponents of our doctrine, that an acquaintance with the old system of medicine was unnecessary to a homœopathic physician: but this is a great error. No one can be a successful disciple of *Hahnemann*, who is not well versed, as *Hahnemann* himself was, in the learning of the medical schools; and it would be just as impossible for him to act judiciously without a knowledge of anatomy, physiology, pathology, surgery, and materia medica, together with chemistry and botany, as for a man, ignorant of navigation and seamanship, to carry a vessel with safety into port.

If, in giving this work to the public, the author can aid in driving from common use the so-called domestic remedies, such as chamomile,

hoarhound and other teas, paregoric, Epsom-salts, magnesia, and the whole host of so-called simple remedies, and also all the nostrums or patent medicines, some of which are to be found in almost every nursery, and the habitual use of which is such a prolific cause of innumerable drug-diseases, he will have accomplished the chief object of its publication, and have substituted for an irrational and pernicious practice, a judicious and rational one.

Directions for Prescribing.

Examine the table of contents, until you find the chapter where the complaint is spoken of for which you wish to have advice. Do not look for the common name only which may be given to such a complaint by the Old School Doctors. Most of these names are calculated to mislead; but look for the principal symptoms of which the patient complains. In order to facilitate this as much as possible the work is divided into two parts; the *first* treats of the most common causes of disease; the *second*, of diseases occurring most frequently in the different parts of the body. Therefore, when the cause of sickness is obvious, or probable, first examine what is said of it in Part I.; then see what is said of the *disease* in Part II. The latter are treated of in regular succession, commencing with the *head, neck, breast,* and so on downward, enumerating under each head the diseases to which that part is principally subject, and concluding with *General Diseases.*

By bearing this arrangement in mind, the reader will readily find what he may desire. Suppose a case of cold attended with headache and diarrhœa; look first for "Cold" in the first part, chapter second; then for "Headache" in the second part, chapter first; then for "Diarrhœa" in the same, chapter tenth. If a person is taken sick, and the direct cause is not perceptible, but the patient complains of pains in various parts of the body, examine the affections to which these several parts are subject; thus you will readily find the remedy applicable.

There are often several causes, and one remedy is not suitable for them all; in this case give one remedy after another; select first one for the *worst symptoms*, or still better, for the symptoms which appeared *last*, or the cause which acted last. One, who has taken cold, will easily get his stomach out of order; one, whose stomach is

disordered, will easily take cold. Consider then first, the *last cause* as the more important one.

Always give but one remedy, and only when this does no more good, another one.

When the patient appears to suffer from several complaints at the same time, it is well to ascertain and note down all the symptoms, without referring to the book, lest the patient may state something different from what is really the case, and thereby lead to the application of an improper remedy. Having thus noted accurately the complaints of the patient, then inquire minutely into all the attending circumstances. 1st. The precise locality of the pain. 2d. Require of the patient a description of the pain, and to what it may be compared—whether tearing, cutting, beating, throbbing, &c. 3d. The occasion of its getting worse or better, according to the time of day—morning, evening or night—to the weather, whether damp, cold or dry—to the position of the body, whether when still, or in motion—whether before or after eating—after sleep, when touched, pressed, &c. 4th. Note the combination of symptoms, if any; for instance, when coughing is accompanied with headache; or headache with inclination to vomit; or with this inclination, shivering, &c. Having written down these observations, then look into the book for the principal symptoms, and you may find the proper remedy.

Examine "Directions for patients to communicate their cases to a homœopathic physician in writing," at the end of this introduction. You will find there a detailed statement of all questions to which answers are required, and upon which the selection of a real homœopathic remedy depends. This is, to be sure, troublesome, but you can have no success without it; if you succeed without this troublesome examination, it is by chance, not by skill. If a doctor tells you that he is so learned and skilful, that he can prescribe without these questions, that he, for instance, can see by the eyes, tongue, &c., what medicines to give, he is a deceiver, and those who believe in him, show that they know nothing whatever of true homœopathy.

Do not be discouraged because of the difficulties experienced at first in finding a suitable remedy, as these difficulties will vanish as soon as you become familiar with the book.

If you give the wrong remedy, the patient will, of course, not get better, but it is not so bad as under the Old School practice. For

homœopathic medicine will relieve, if it is the right one, but if it is not the right one, it will do no harm. Usually the disease remains as it was, sometimes it changes, you must then look into the book for a more suitable remedy.

You can do harm with a homœopathic remedy only if you give too much of it and too often, or if you give too many of them, one after the other, without waiting for their effects. Let every remedy have its time to act, as often stated in the book, and give consistently nothing else, as long as there is the slightest improvement. The greatest improvement will often take place without any other remedies.

Administration of the Medicines and Repetition of Doses.

The medicines may either be administered dry, by placing them upon the tongue, or dissolved in water.

In most cases, two or three globules should be placed dry on the tongue. For infants, one globule will be amply sufficient for a dose; if the tongue is dry add a few drops of water; even new-born infants are able to swallow that.

Where repeated doses of the medicine at short intervals are required, the appropriate remedies should be administered in solution in water. For this purpose take a clean tumbler which has contained nothing but milk or water, else you must rinse it first with cold and afterwards with hot water, dry and heat it on a stove as much as the glass will bear, and then suffer it to cool. Half fill it with water, as pure as you can get it, put six or eight globules—or if a trituration, as much as will lie upon the point of a penknife—of the medicine into the water, and mix it thoroughly by repeatedly pouring it from one tumbler into another, or if you have only one tumbler, by means of a clean spoon. Keep the tumbler containing the medicine, well covered with a saucer or piece of paper, in a cool place, free of odors of any kind.

When thus prepared, a tablespoonful to adults, or a teaspoonful to children may be given at a time. In violent cases the medicine may be repeated every one, two or three hours; but in chronic complaints or those of long standing, not oftener than once or twice a-day.

After the first dose of every medicine, you should watch closely if, and what changes take place in the patient. In very dangerous and painful cases, wait ten to thirty minutes; in other bad complaints, one to two hours; and in chronic cases one to two days. It is then either better, worse, or the same. If better, give nothing more as long as the improvement lasts. If a sudden improvement ceases as suddenly, and the case gets worse, give another dose; this second dose may in some cases be followed at first by an increase of the complaint, but in a short time by a more decided and lasting improvement.

If a complaint had got better from a remedy given for its cause, but the same cause has occasioned the same trouble again, give another suitable remedy. For instance, if the bad consequences of a fright had been removed by Opium, but a new fright had caused the same symptoms, give Aconitum. If you had taken Bryonia for the consequences of having taken cold, and had been relieved by it, but a fresh cold makes you worse again, take Aconitum.

When the patient, after having taken the medicine once, or oftener, begins to feel better, however little, he should discontinue it, lest the healthful progress of the cure be interfered with by taking too much; but as soon as the improvement ceases the same medicine should be taken again; or in case the symptoms have altered, another more appropriate one.

If the patient is worse after the first or second dose, the symptoms are either the same, but worse, or there are new symptoms instead, or in addition to the former ones. If the latter case, give *another* remedy, but if the former, when the medicine aggravates the symptoms, and makes the patient *temporarily* worse, which is, nevertheless, a good sign, the patient should *cease taking it*, and *wait* for the effects. Should the aggravation be violent, it may be relieved by smelling camphor, or sweet spirits of nitre.

It happens sometimes, that the most violent pains are increased very much by the smallest dose of the suitable remedy; in such cases give a spoonful of black coffee, and as soon as the aggravation has ceased, repeat the remedy, if made worse again, repeat the coffee, and so on until the improvement is permanent. A homœopathic physician of the right stamp, a great master, wrote to the author, that he has given in this way with the greatest success, Colocynthis and coffee for colic; Pulsatilla and Coffea for rheumatic pains in the limbs; and Mercurius

and coffee for faceache; in the last case the cure was complete and permanent only after the fifteenth dose.

In very tedious cases, when the right remedy had been chosen and given in but one dose, and when the patient, after a short aggravation of the symptoms, commenced to grow better, he will sometimes, in a few days or a week get worse again; he who *can now wait*, and gives nothing more, will witness most remarkable cures, which will be the more permanent and complete, the less they were interfered with.

If the beneficial effects of the medicine is interrupted, or ceases entirely, and the patient grows worse in consequence of taking cold, eating improper food, &c., he should take a medicine to counteract the cause which occasioned this interruption, and then again the medicine which he had previously taken.

With regard to the external application of the *Tinctures of Arnica, Ruta, &c.*, a lotion of sufficient strength for most purposes may be made by putting five or six drops of the tincture in half a tumbler of water. It may be applied to the injured part three or four times a-day, or as often as mentioned under each particular case.

While taking homœopathic medicines, strict attention should be paid to the following rules of diet.

Regimen of the Sick during Homœopathic Treatment.

The general rule to be observed is, that patients should partake of light, digestible, nourishing food to satisfy hunger; and of such drink as nature requires to allay thirst; and abstain from everything of a medicinal or injurious nature.

In acute or febrile diseases, only the lightest and most simple kinds of nutriment are proper, viz.:

Pure cold water in preference to all other drinks; or water with the addition of some sugar, raspberry or strawberry syrups, or quince and apple-jelly prepared without spices. Barley-water, rice-water, thin oatmeal gruel, panada, gum Arabic water, whey, milk and water, preparations of arrow-root, sago, tapioca, semolina, or tous-les-mois, all without any other seasoning than a little salt or loaf sugar, or one of the syrups above-mentioned.

Toast-water; the toast should be made from stale bread, either home-made or from bakers who make use of neither potash, soda, or

alum ; the slices ought to be thin and thoroughly toasted, but not too brown, and never black. To make a good toast-water, pour boiling water on the toast while hot and let it stand.

Ice-water is often injurious and increases the thirst. The water, after being filtered if impure, should be cooled if possible without putting the ice in it. Put the vessel, containing the water to be cooled, into another larger vessel, a wooden one is preferable, which contains pieces of ice, and let it remain till sufficiently cold. If this cannot be conveniently done, put a lump of ice in the water and take it out again as soon as the water is sufficiently cooled.

Most kinds of ripe, succulent fruits, possessing little or no acidity, fresh or prepared by cooking, and eaten in moderate quantities : as ripe grapes, sweet apples, pears, peaches, raspberries.

Some kinds of dried fruits : as apples, quinces, peaches, cherries, prunes, dates, figs, &c.

All imported dried fruits, raisins, figs, &c., ought to be well washed before they are used, first in cold and afterwards in hot water.

Sweet oranges when well ripened are allowed, but all decayed, spotted, and sour ones, ought to be avoided.

With regard to apricots, nectarines, plums, gages, watermelons, and cherries, the physician should be consulted.

No fruit whatever should be used in cases of colic, diarrhœa, dysentery, cholera, and in croup, not even in convalescence.

When the more violent symptoms of acute disease have subsided, and the appetite calls for more substantial food, a wider range may be gradually taken in the choice of aliment, and all the articles used which are allowed in chronic or long-continued diseases, *viz.* :

All kinds of light and not too fresh bread, and plain biscuit containing no potash, soda, alum or other similar ingredients ; cakes made of meal, eggs, sugar, and a little butter ; arrow-root, rice and other cakes not raised with fermenting powders ; light puddings and dumplings of wheat, rye, Indian meal, rice, tapioca, sago, oatmeal or bread, without wines, spices, or rich sauces ; hominy, rice, groats and pearl barley boiled with water, milk, or soup.

Potatoes, turnips, carrots, beets, salsify, artichokes, spinach, cabbage, cauliflower, green peas, or beans, the green pods of scarlet and French beans ; and in some cases also, asparagus, mushrooms, dried peas, beans, lentils, millet, haricot-beans, &c.

Milk, raw or boiled, fresh buttermilk, whey, milk posset; but care should be taken not to use milk from unhealthy cows.

Ice-creams with the syrup of strawberries and that of other allowed fruits, and not flavored with aromatics nor colored with cochineal or other injurious drugs.

Pure, plain chocolate or cocoa, and in some cases weak black tea.

Butter, free from any rancid or unusual taste, cream, mild fresh cheese, milk cheese, curds, and other simple preparations of milk; plain custards, pure sweet olive oil.

Raw or boiled eggs and egg-tea, except in diarrhœa.

Soups and broths of animal and vegetable substances otherwise allowed, seasoned with a little salt only; beef tea,* mutton broth, and chicken water, after having been boiled for at least half an hour.

Beef, mutton, all kinds of tongues, venison and wild game, the lean part of ham, pigeons, chickens and turkeys; the latter only in the winter season and not in all cases.

Cod, haddock, whiting, sole, turbot, trout, pike, perch, carp, mackerel, herrings. Salt fish may be taken after having been well soaked in cold water before it is used.

Oysters, raw, roasted in the shell, or boiled in soup.

Salt, and also sugar or molasses, may be used, but always with great moderation.

Should any of the allowed articles of diet disagree with the patient, on account of some constitutional peculiarity, or the nature of the disease, they should be avoided by him, though they may be perfectly wholesome for others.

The patient should not overload his stomach, nor oppress it with various or incongruous dishes. The demands of the appetite for solids are to be satisfied at stated and not too frequent periods, and at no other time.

Regularity in the time of eating is of great importance.

The diet of children at the breast should not be changed during their sickness; but in such cases that of the mother should be regulated according to the preceding rules.

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* In order to make the best beef-tea, the beef should be cut up into small pieces the size of dice and allowed to soak in the cold water for at least twelve hours before it is boiled. See page 362.

ARTICLES FORBIDDEN,

Unless especially allowed by the Physician.

The flesh of all young animals, and particularly veal; geese, tame ducks; the liver, lungs or tripe of animals; turtles, eels, crabs, old smoked or salt meat, sausages, mince pies, rancid butter, strong or decayed cheese, lard, fat pork, roast pig, fried and pickled oysters.

Food prepared from blood, and much animal fat.

All highly seasoned soups, sauces, pepperpot.

Cakes prepared with much butter or with aromatics; pastry, pies; honey, and all kinds of colored confectionary; all kinds of candies, excepting rock and barley sugar.

All kinds of nuts, and fruits not mentioned amongst the allowed articles.

Vinegar of all kinds, salads or cucumbers prepared with it; pickles prepared with spices or greened with copper; parsnips, parsley, celery, radishes, horse-radish, garlic, onions; all kinds of pepper, catsups, mustard, saffron, nutmeg, ginger, lemon or orange peel, vanilla, laurel leaves, bitter almonds, peach kernels or peach leaves, cloves, cinnamon, allspice, fennel, aniseed, sage, thyme, mint, &c.

All kinds of distilled and fermented liquors; coffee and green tea; lemonade and drinks prepared with acids.

All natural and artificial mineral waters.

Colored toys, if the colors are not fixed, are on all occasions to be withheld from children, also vulcanised gum elastic toys.

All perfumery, particularly musk, hartshorn, camphor, paccioli, Eau de Cologne, Eau de Luce, or other aromatic waters, strong smelling flowers, cosmetics and scented or medicated tooth-powder must be avoided.

Tobacco, if used at all, should be used very moderately.

Every medicine, excepting those prescribed by the physician, ought to be avoided; not only all medicines procured at the shops, and all such as are empirical, but every description of domestic medicines, as

all manner of herb teas, syrups, medicated poultices and irritating or medicinal substances applied to the skin.

Blood-letting by the lancet, or by leeches and cups, and laxative injections, except of those of cold or lukewarm water, are likewise forbidden.

Hot baths are to be strictly avoided, especially baths impregnated with herbs, sulphur, and other medicaments. Tepid or cold sponging baths, or rubbing with a wet towel, may be used, by most patients daily. For other employments of cold water the advice of an experienced physician must be sought.

Linen, cotton, silk or leather, worn next the skin is preferable to flannels, excepting for persons much exposed to the weather, or for little children.

The patient should, if possible, use moderate exercise, in the open air for an hour or more daily; and his chamber should be well ventilated every day.

Rooms, papered with yellow paper, or stained or painted yellow, and yellow transparent window-shades or curtains should be avoided, the best color for the walls of a sick room is a light rose-color, particularly alternate stripes of white and light rose-color. The transparent window-shades should be of a grayish or light blue tint.

Physical labor, which gives the mind the proper direction to usefulness, while it exercises the body, should be daily used in chronic diseases as far as the strength will allow of it.

Homœopathic medicines should not be taken too soon after eating; and for about an hour after taking them the patient had better abstain from eating or the use of tobacco, and, if possible, from much mental or bodily exertion.

INSTRUCTIONS FOR PATIENTS

HOW TO COMMUNICATE THEIR CASES TO A PHYSICIAN BY LETTER.

The patient should first describe his complaint in his own way, as though these instructions were not before him, viz: their commencement, progress and presumptive causes. The age and sex of the patient, and whether he be married or single, should of course be communicated to the physician, if these circumstances be not already known. It would be well to mention whether the patient is of a large or diminutive frame of body, meagre or stout, feeble or robust. Whether he is easy to take cold, and very susceptible to other external impressions. Is the complexion florid, or pale, or dark? What is the color and condition of the hair, and the color of the eyes? Concomitant bodily infirmities, as hernia or rupture, prolapsus uteri, curvature of the spine, lameness, &c., should be made known. Is the disposition of the patient mild and placable, or boisterous and violent? firm or yielding, lively and commnnicative, or reserved and taciturn; anxious, apprehensive, or timorous, or irritable, &c.? Are his mental emotions of long continuance, or are they very transient?

The patient is next required to give an accurate and particular description of the incidents or symptoms of his disease, such as pains and other morbid sensations. He should describe precisely the region or part, and on which side of the body they are seated, and how large is the space they occupy. Whether the pains are obtuse, and may be denominated dull or pressing, or whether they are sticking or piercing, rending, throbbing, perforating, pulling or drawing, pinching, snatching, gnawing, cutting, griping, burning, obtusely prickling or crawling, itching, tickling, numb or as if the part were asleep, as if from a sprain

or contusion, or whether they consist of several of these sensations combined, or may be more accurately represented by other terms.—Are the symptoms continued, or do they remit or vary in intensity from time to time? Do they recur at particular times of day, or at certain intervals of one or more days? Is their recurrence, aggravation, diminution or cessation connected with the exercise of any bodily function? Do they arise or disappear, are they increased or diminished by exercise, or during rest, by lying down, or sitting, by stretching out, or bending up the body, by walking, by standing, by warmth or cold, in the open air or within doors, by light, by noises, by talking, by eating, by drinking or swallowing soon after eating, by the motion of the affected part or by touching or pressing it, by mental emotion —fright, anger, during bodily or mental exercise, reading, &c., &c.—Are the symptoms associated with anxiety greater or less? do they impair the powers of thought or recollection, or the due exercise of the senses? (seeing, hearing, &c.)—Are the motions or functions of the affected part in any way impaired or disabled? or is the local disease associated with complaints in other parts, and with what? does it alternate with other complaints? Is the affected part red or swollen? Is the swelling hard or soft or painful to the touch, and does it leave an indentation after pressure with the finger?

During the sufferings of individual parts or functions of the body, (even when these functions are not the principal ones) further information is to be given respecting the state of the patient's mind; whether he suffers patiently, or is inclined to weep, to be morose, passionate, despairing, greatly anxious or fearful, &c., or whether the mind is remarkably affected in these respects by the disease. Are the intellectual functions, power of thought, memory or desire or ability for mental or bodily exercise weakened?—Aberrations of mind, morbid affections of the moral and intellectual faculties are to be described by the narrators strictly as they are manifested by the patient's words or conduct.

Is there dizziness, or "a dull, heavy sensation" of the head.—Disorders of sight? Does the patient see objects indistinctly as through a veil or mist? Does he see dark specks floating before the eyes, or sparks, or false colors? Do objects appear double or quivering? Is the patient short—or long-sighted? Is the pupil contracted, dilated or very changeable? Are the eyes watery, red, inflamed, averse to the

light? Do the eye-lids frequently adhere together? Do they open and close properly? Are they affected by convulsive motions or twitchings, or beset with sties? Are there specks upon the cornea?

Disorders of hearing: Is there a roaring, whizzing, or ringing noise in the ears? Is the ear-wax dry or fluid, oozing from the ears, or fœtid?

Are the nostrils obstructed? Is there a cold in the head with or without a discharge from the nose? Sneezing? Sense of smell? Soreness and rawness of the nostrils, or a bad smell from them? Bleeding at the nose?

Are the teeth incrusted with tartar, loose, decayed, and have any fallen out or been extracted? Are the gums pale or red, hard or soft, spongy, swollen, apt to bleed, or retracted from the neck of the teeth?

Is there a dryness of the mouth? Or excessive flow of saliva? Is the saliva viscid, slimy, fœtid, bloody? Is the surface of the tongue, tonsils, uvula, palate, fauces or lips affected with blisters, swellings, or ulcers, or covered with mucus? Is the tongue dry or moist, acutely sensible, chapt, sore or raw, clean or covered with fur (white or yellow)?—Are the functions of speech, chewing, or motion of the tongue unembarrassed? Is swallowing performed without difficulty? (Is the swallowing of fluids or solids or of the spittle attended by no inconvenience?) Has the patient a bad breath? Is the taste natural or absent, slimy, salt, bitter, sour, foul?—Have the different articles of food their proper taste, or are they insipid, slimy, bitter, sour, salt, &c.?—How is the appetite and thirst? What articles of food or drink are preferred? What complaints arise after eating and drinking? Is the patient troubled with frequent belching of wind, with or without taste,—or does it taste of the food just eaten, or of what? Is there regurgitation of fluids from the stomach, or a confluence of saliva in the mouth? and of what taste in either case? Is there vomiting of water, saliva, or mucus, of an acrimonious, acrid or bitter taste, or of a putrid taste and smell, or of a yellow, green or bloody aspect? Does the patient vomit coagulated blood, or food? Is there sickness or nausea? Is the abdomen tense, full, hard, or empty and retracted? In the case of pains or other complaints in the abdomen, the particular region in which they are seated should be accurately defined (for example: pit of the stomach, region of the navel, immediately below

the ribs, in which side, &c.). Is the patient troubled with flatulency? Is there frequent rolling and rumbling in the bowels? Does the wind readily escape, or is it retained, and what are the complaints which it seems to give rise to? Are the evacuations from the bowels effected with ease or difficulty? How frequent are they? what is their consistence? are they fæcal or slimy, or bloody, &c.? What is their color? Are there any complaints immediately preceding, during or following a stool? Are there any large or small worms discharged? Are there abrasions or sore places, warts, or piles in the rectum or anus, and do the latter sometimes protrude or bleed? What complaints arise before, or during, or after the urinary discharge? And is the discharge sparing or copious? What is the aspect of the urine? (is it clear, high-colored, or turbid?) Does it soon change after evacuation and deposit mucus or sand, or a white, or red sediment? Does it contain blood, pus, or gravel?

Men are to give every information in relation to the sexual functions and the genital organs. Are there any discharges, what, and when? &c.

Females should relate every circumstance in relation to menstruation. At what age did it first appear? And have they been regular ever since? How are the periods now; are they regular, too frequent or is the interval too long Too copious or sparing? How long did they continue while the patient was in health and how long since she became diseased? What complaints precede, exist with or follow menstruation? What influence upon the discharge has motion or rest, &c.? Is the discharge red, dark, clotted, fœtid?—Is the patient troubled with the whites? and how long? Constantly, or before or after menstruation? bland or acrimonious? watery or thick? white, yellow, or greenish? fœtid?—Has she ever had the green sickness, or uterine diseases, and in what did they consist? Finally intimations concerning sexual desire, and its influence upon the health are desirable for the physician.

When the patient is or has been married: Has she had children, and has she often conceived?—Has she ever had a miscarriage, and how often? How was it occasioned and what were the accompanying symptoms, (for example: great loss of blood)?—What complaints were there during pregnancy?—What were the incidents during labor and child-bed? Were injuries, hæmorrhage, or diseases attendant? or are any complaints remaining therefrom?—Did the patient nurse

her children at the breast? And was the nursing attended or followed by any complaint?—Has she suffered with sore nipples, or inflamed breasts? And from this cause or others, has she indurations of the breasts?

At what age did menstruation cease? and with what complaints was the cessation accompanied? or with what effect on the health?

Is the breathing short, or otherwise oppressed? Can the patient ascend a height? Is the breathing asthmatic, wheezing or rattling? Does the patient make any complaint on drawing a deep breath? How is the voice, rough, hoarse, hollow, &c.? Is there a cough? is it slight and short, or hard and difficult? does it seem to come deep from the breast? do the paroxysms of coughing last long, and are they attended by swelling of the face and loss of breath? How does the cough sound? Is it dry, or followed by expectoration? Is expectoration easy or difficult, sparing or copious, mucous, purulent, resembling saliva, bloody, (interspersed or tinged with blood, and of a bright, or dark color, or is it pure blood?) white, yellow, green, ash-colored, &c.? Does it taste salt, sweet, bitter, or what taste has it? Is there a superabundance of mucus in the larynx or trachea, or does it seem to lie deep in the breast? In what part of the organs of respiration is seated the irritation to cough? and from whence proceeds the matter expectorated? Is there palpitation of the heart? or throbbing in other parts of the body? Does the patient suffer from transient flushes of heat? He can perhaps describe the condition of the pulse. Are the glands under the ear, under the jaw, in the arm-pits, on the head, in the groins, swollen or suppurated? Is the patient afflicted with goitre, or an enlargement of the gland over the wind pipe.

Are there swellings of the bones or joints, are there tubercles or swellings, or swollen or knotted veins? Are there any parts red, swollen, and painful? Are the hands or feet swollen? Is there lameness of one or more of the limbs? Are there cramps or spasms, tremor, twitching or starting, stupor or falling asleep, or other morbid sensations in any of the limbs? Is the skin pallid, yellow, &c.? Is it dry or inclined to sweat, or otherwise in an unhealthy condition?

Is there itching of the skin (tickling, slight prickling, or a sensation of biting, burning, crawling, sticking?) is it relieved by scratching, or is the sensation thereby only changed for another? The presence in the skin of wheals, swellings, boils, chilblains and corns is to be men-

tioned, and the attendant sensations described. Also cutaneous eruptions, as miliary eruptions or rashes, spots, pimples, vesicles and pustules are to be described, viz: their seat, color, abundance, size; whether filled with water or pus, whether covered with scabs or crusts, and their duration. Also, tetter, scaliness, scald, brown and blue spots, moles, freckles, cracks or fissures of the skin, blisters with corrosive discharges, ulceration at the angles of the mouth, warts, swellings of the bones, chafing of the skin, malformation of the nails, falling out of the hair, scales or scabs on the head. When there are ulcers, whether they are inflamed, or overgrown with what is called proud flesh, whether their margins are elevated, whether they easily bleed, or their bottom looks red, black, or as if containing a fatty substance; whether the matter issuing from them is copious, thin, thick, bloody, white, yellow, black, acrimonious, fœtid.

Is there chilliness, or a feeling of heat? Chilliness, heat, or sweat of particular parts?—Sweating of the feet, whether warm, cold or fœtid? When the patient has fever, does the paroxysms consist of a cold, hot and sweating stage? Do they alternate with or succeed each other? What is the order of their succession? With what intensity, and how long does each continue? Are they general, or do they affect particular parts only? with or without thirst? with paleness or redness of the face and skin? Are there other symptoms accompanying the paroxysm of fever (cold, hot and sweating stage)?

Particular paroxysms of disease, as swooning, cramps, epilepsy, spasms of the stomach, asthma, &c., are to be accurately described in their commencement, course and termination. Whether they are changed, aggravated or relieved at certain hours of the day, during the performance of any bodily function, or by certain postures of the body.

Does the patient sleep long, or is he restless, and is the sleep interrupted by frequent waking or startings? Does he talk or moan in his sleep, or has he the night-mare? Is the sleep disturbed by anxious dreams, and of what character? In what posture does the patient lie during sleep? Is he accustomed to sleep with his mouth open? How is his strength? Is he obliged to lie down, or can he remain up? Does he feel languid, weary, or sluggish, &c.? Is he emaciated?

The patient should relate his previous diseases,—particular cutaneous diseases,—itch, eruptions of the head, tetter, erysipelas, small-

pox, measles, pimples on the face or any itching eruption of the skin. —Also, whether he has had scrofula (glandular swellings) rickets, gout, rheumatism, piles, difficult dentition, worms, cramps, epilepsy (convulsions), hooping-cough, inflammation of the lungs, or other inflammations, intermittent or remittent fever, jaundice, hæmorrhages, diseases of the teeth, apoplexy and palsy, sweating of the feet, ulcers, or other diseases. He relates how long he labored under either of these affections, how long he was under treatment for them, what were the remedies employed, and what he has used for the existing disease. Has he resorted to medicated baths, herb teas of any kind, bloodletting, emetics or cathartics, teas "for purifying the blood," valerian tea, "strengthening medicines," Peruvian bark, &c. And is he accustomed to the use of either of these remedies? Is he in the habitual use of distilled or fermented liquors, coffee, tea, much fat victuals, acid, or high-seasoned food?—Does he partake of much food, and what?—His manner of living should be described, and whether he is accustomed to the use of woolen clothing, and whether his habitation is in a wholesome condition.—When passions or emotions of the mind retard recovery, or have caused and sustained the disease, he should not conceal these circumstances from the physician. For example: disappointed love, blighted hopes, grief, domestic unhappiness, want. Neither should he conceal the fact of former habits of licentiousness, if any such have existed, and which may have contributed to his disease. If he has always been of a weakly frame of body, probably his disease is hereditary; and if when an infant, he did not receive his nourishment at the breast, but was brought up "by hand," the physician should be informed of the fact.

LIST OF MEDICINES.

Aconitum.
Antimonium crudum.
Apium virus.
Arnica.
Arsenicum.
Belladonna.
Bryonia.
Calcarea.
Capsicum.
Carbo vegetabilis.
Causticum.
Cepa.
Chamomilla.
China.
Cina.
Cocculus.
Coffea.
Colocynthis.
Crocus.
Cuprum metallicum.
Drosera.
Dulcamara.
Euphrasia.
Ferrum.
Glonoine.
Hepar.
Hepar, 3d trituration.
Hydrophobium.
Hyoscyamus.
Ignatia.
Ipecacuanha.
Lachesis
Lycopodium.
Mercurius.
Natrum muriaticum.
Nux moschata.
Nux vomica.
Opium.
Phosphorus.
Phosphoric acid.
Platinum.
Pulsatilla.
Rheum.
Rhus.
Ruta.
Sambucus.
Sanguinaria.
Secale.
Silicea.
Spigelia.
Spongia.
Spongia, 3d trituration.
Staphysagria.
Stramonium.
Sulphur.
Sulphur, 3d trituration.
Tartar emeticus.
Tartar emeticus, 3d trituration.
Variolinum.
Veratrum.

TINCTURES FOR EXTERNAL USE.

Arnica.
Calendula.
Cantharides.
Hypericum.
Ruta.

The medicines should be kept in a dry and not too warm place, free from odors, and excluded from a bright light.

PART FIRST.

OF THE MOST COMMON CAUSES OF DISEASE.

CHAPTER I.

AFFECTIONS OF THE MIND.

Sudden Emotions.

After an agreeable surprise, if the pleasurable sensations are accompanied by great excitement, trembling, fainting, &c., which may happen to women and children, give *Coffea*, particularly if they cry, weep, or laugh.

After a common *fright*, caused by a sudden noise, &c., give *Opium* if it can be given immediately; but if a half hour, or an hour should have elapsed, *Aconite* is preferable.

After a *fright*, with great *terror*, *Opium* is the best remedy.

Fright with *vexation*, *Aconite;* if followed by *sadness* or *grief*, *Ignatia.* If children after being frightened are still fearful, have great heat in the head and twitching around the mouth, give *Opium.*

If the *fright* is followed by pains in the forehead, sour vomiting or eructation, weakness and cold perspiration, or stupor with internal heat, agitation and heaviness in the abdomen, or coldness of the body, with trembling or nervous twitching,

oppression of the chest, stiffness of the limbs, unnatural sleep with loud snoring, give *Opium* in water, every fifteen to twenty minutes a tea-spoonful, if better, less often. Should within an hour the difficult breathing be the same, particularly after vomiting or coughing, as if the patient would suffocate, the face turn bluish, children weep much and grasp grown persons with their hands, tremble as if in distress, breathing more like whistling than snoring, give *Sambucus.*

If the difficult breathing increases to suffocation, violent pains appear, especially in the pit of the stomach, give *Aconite.*

If the *fright* is followed by twitching of the limbs, or convulsions, insensibility, difficult breathing, involuntary evacuations, give *Opium;* or, if this should have no effect within half an hour, *Ignatia*, or *Glonoine.* If their sight fails, if they sink down, become pale as death, or alternately pale and red, have sometimes twitchings around the mouth, jerking of the limbs or spreading asunder of the fingers, give *Glonoine;* if the back becomes stiff, *Ignatia.*

When children have been frightened into *fits*, and scream, tremble, have twitchings in the arms and legs—if the head is hot, with much perspiration and redness of the face, give *Opium;* if no better in half an hour, *Belladonna;* but if they become very pale, *Ignatia;* if very cold, with involuntary evacuations, *Veratrum.*

In cases of simple vomiting, sickness of the stomach, or pains, caused by a *fright*, *Aconite.* For diarrhœa, caused by any sudden mental emotion, give *Opium;* and if the patient is excited, *Aconite.* If this proves ineffectual, *Veratrum,* or *Pulsatilla*, according to the symptoms under "Diarrhœa," Part II.

For fainting, after a fright, *Opium;* if the patient becomes cold, sprinkle his face and bathe his feet with cold water; if it returns, let him smell camphor spirit at short intervals.

When, after a *fright*, there is a rush of blood to the head, give first *Opium:* if this fails, *Aconite*, and if it returns within six or eight hours, *Belladonna.*

When, after a *fright*, a person continues to be greatly agitated,

Belladonna will afford relief; sometimes *Mercurius,* according to the symptoms, to be given hereafter.

If *fright* or *mortification* produces derangement of the mind, *Belladonna* is to be given, if the blood rushes to the head, the pupils of the eyes are large, face red, burning hot, nose dry, throat and neck sore to the touch, if the patient cannot bear any thing about the neck, cannot sleep at all, or is raving mad, will run away, or fears what he imagines to see before his eyes.

If the throat and neck are very sensible to the slightest touch, if the patient talks incessantly, changing the subject often, give *Lachesis.* If the patient is very indifferent, or low spirited, alternating with paroxysms of laughter, or if he displays much pride and contempt for others, or fears the approach of death—or when, with females, it is accompanied with a copious menstrual discharge, give *Platinum;* should this discharge, however, be diminished or suppressed, give *Pulsatilla.*

If *Belladonna* has given no relief, and the patient remains much agitated, the least exertion producing trembling and rushing of blood to the head, cannot sleep on account of frightful visions, is worse at night, cannot bear the heat of the bed, wishes to escape, or is quarrelsome, or complains of his friends and of all about him, give *Mercurius.*

Fear is frequently combined with fright, and the same remedies may be used. When children are timid, *Aconite* in the evening, or *Belladonna* in the morning. If children fear to be alone, *Arsenicum;* if they are afraid of every stranger, *Pulsatilla.* Give these medicines only once, and let several days pass without repeating or giving any other medicine.

For diarrhœa, caused by fear, give *Veratrum,* particularly when they are cold and tremble; when internally hot and externally cold, or the body hot and the limbs cold, *Pulsatilla.* If the head is hot, *Opium.*

If the fear continues, if they imagine that they see dead persons, or that thieves are in the house, concealed here or there, give *Arsenicum.*

When other symptoms appear, particularly stupefaction, difficulty of swallowing, convulsions, laughing when asleep, starting, constant apprehension, or a desire to escape, give *Hyoscyamus.*

Grief and Sorrow.

The consequences of grief and sorrow, if long continued, are worse than those of other affections; without the proper moral remedy, medicines are useless. Whoever cannot find the former, need not expect relief from the latter. The first sudden consequences are, however, in most cases soon overcome by medicines.

For silent, inward grief, combined with mortification, for suppressed vexation which we cannot quiet, for silent grief caused by misplaced affections, or in consequence of losses which we cannot forget—for something continually preying upon the mind, give *Ignatia*, which, in some cases, may be repeated once or twice within a day or two.

For vomiting, or pains in the stomach, or headache and giddiness, give also *Ignatia;* and if it fails, *Phosphoric acid.*

Sleeplessness, after depressing events, sorrow or losses of friends, when night after night passes without any sleep, one dose of *Sulphur* will often give relief.

When fits are caused by grief or mortification, give *Ignatia* first; if this does not relieve, give *Opium* during the attack, and after it, *Phosphoric acid.*

When grief is caused by *disappointment in love,* give *Ignatia*, particularly if one cheek turns very often red. When the patient is very quiet, taciturn, or has a slow fever, give *Phosphoric acid*, especially if both cheeks are sometimes red. If the disappointed lover is more mortified, indignant, *Staphisagria.*

If jealous, violent in his motions, quarrelsome or delirious, give *Hyoscyamus*, which may also be given if lovers quarrel much. If he talks much and disconnectedly, changing the subject of his conversation abruptly, talks to every person about his being jealous, or is peevish and malicious, feels worse when awaking or after eating, *Lachesis.* When contempt of persons,

heretofore esteemed or loved, is shown in acts or words, sometimes with a temptation to kill such persons, give *Platinum.* After grief and loss of sleep in consequence of watching at the sickbed of dear persons, if headache and nervousness follow, give *Cocculus;* if there is great exhaustion, the patient scarcely able to speak, *Phosphoric acid;* if entire sleeplessness, continuing for many nights, *Sulphur.*

When mortifications have produced a derangement of intellect, give *Belladonna, Hyoscyamus, Mercurius,* or *Platinum,* according to the symptoms stated above. If all things appear larger, *Hyoscyamus*; if much smaller, or very little, like playthings, *Platinum;* if dark, black, double, *Belladonna* or *Mercurius;* and if *Mercurius* does not improve any more let it be followed by one dose of *Sulphur.*

When caused by *home-sickness,* and the patient cannot sleep—is hot and flushed in the face, give *Hyoscyamus;* and if this should not give relief within a few days, the cheeks only being red, a hot feeling in the back of the throat, *Capsicum.* If followed by a short hacking cough every morning for half an hour, *Drosera.* If the patient is evidently wasting away, does not wish to speak, perspires much in the morning, is sleepy and dull, and will not eat, says every thing he eats lies heavily and oppressively in the stomach, *Phosphoric acid.* When the patient is very weak, trembling, uneasy, agitated, particularly during the night, chilly, perspiring much, give *Mercurius.*

If grief, fright, anxiety or fear promote the monthly discharge, or increase or check it, or bring on other symptoms with it, give *Platinum.*

For protracted effects of grief and sorrow, when the patient is irritable, cross, uneasy, fearful, dejected, anticipating danger, dreads the future, frets and grieves constantly, is sleepy during the day, but cannot rest at night, perspires night and day, loses the hair, the voice becomes feeble, give *Staphisagria.* If he is contemptuous, refuses to speak, is feverish, and loses flesh, give *Phosphoric acid.* If quarrelsome, obstinate, sensitive, and manifesting great anxiety, give *Mercurius.*

Vexation.

Chamomilla generally answers best when the vexation is attended with violent fits of anger.

If vexation causes a bitter taste, retching and vomiting of bile, headache, oppression at the pit of the stomach, or stomach, cutting pains in the bowels, diarrhœa, hot fever with thirst, redness of the face and eyes, agitation, bilious fever or jaundice, give *Chamomilla*, which may, in some cases, be repeated in from six to twelve hours, according to circumstances. If the patient is cold and chilly, has belching, vomiting or rising of bitter water, has either constipation or diarrhœa, feels better when at rest, give *Bryonia*, and if it produces no effect in eight hours, give *Veratrum*. In case of fever with restlessness, pressure in the stomach, like a stone, *Aconitum*.

When food or drink, taken immediately after being vexed, produces bad taste, bitter eructations, vomiting of bile, pain in the bowels, heat of the head, uneasiness, disturbed sleep, &c., give *Chamomilla* once or twice; but if this medicine loses its effect, give *Pulsatilla*, *Nux vomica*, or *Colocynth*.

If a person had drunk chamomile tea, and had afterwards been vexed, or taken, improperly, chamomile tea for the fever following vexation, give *Coffea*, and if this does not relieve, give *Nux vomica*. If, after this, the pains still remain, give *Colocynth*. If the patient is of a mild disposition, and *Colocynth* does not effect a perfect cure, give *Pulsatilla*.

If grief or shame is the consequence of vexation, give *Ignatia*. If vexation is followed by coldness or chills, and the patient remains cross, give *Bryonia*; should *Bryonia* not suffice, the patient being one who is inclined to become very angry, or who has been taking wine or liquor, give *Nux vomica*. If the vexation is accompanied by just and violent indignation and abhorrence of the occurrence which induced it, if this is expressed by pushing away things on the table with the hands, give *Staphisagria*. When there are pains in the bowels, especially if they occur after meals, or are increased by taking food, *Colocynth* may be given.

Vexation may cause restlessness, want of sleep on account of heat, as if too much blood were in the head, short breathing, palpitation, then give *Aconitum.*

Restlessness and distress, want of sleep from anxiety, coldness, fear of being alone, fear of dying, want of sufficient breath, *Arsenicum.*

If vexation produces cough, or palpitation of the heart, asthma, spasms in the chest, so that the patient is threatened with suffocation, give *Chamomilla.* In this case it will be well, also, to put the hands for a short time in cold water; and if this fails, to bathe the arms in warm water until he is better. If worse after midnight, give *Arsenicum;* if worse towards morning, or if the patient seems to lose his reason, *Veratrum.*

Anger.

When persons of violent temper feel unwell, after having been in a passion, give *Nux vomica;* if the cheeks are burning, red, face red, hot, perspiration warm, if disposed to be in motion, *Chamomilla*; and if disposed to be quiet, *Bryonia.*

Anger with indignation in persons inclined to much reflection, who complain of soreness all over, are sleepy during the day, and sleepless during the night, *Staphisagria;* if chilly and feverish alternately, with thirst and vomiting of bile, generally worse towards morning, *Nux vomica.*

Internal chilliness without chills, worse from afternoon till midnight, *Pulsatilla.*

If anger and vexation produce mental alienation, fear of death, anxiety or laughing and crying, *Platinum.* When little children get into so violent a rage as to lose their breath or fall into convulsions, give *Chamomilla;* if they lose their breath, apparently from phlegm in the throat, with rattling, give *Tartar emetic.* If they shriek and weep violently which seems to cause coughing, or if the anger and crying cause a jumping or beating of the heart, give *Arnica.*

Arnica must be given if anger causes blood-spitting or a sensation as if beaten all over (like *Staphisagria*), most in the back;

bitter taste, foul breath, and if lying there as if stunned by a blow, head hot, feet cold; or if at first very irritable, afterwards stupid, or if urine and stool pass involuntarily. If they continue to cry and will not be pacified, the blood rushing to the head, they talk confusedly, or are senseless, give *Belladonna*, and if this fails to relieve, *Hepar*.

Sensitiveness and Irritability

Cause indispositions with many persons, who are too much affected by even trifling emotions. If owing to this great sensitiveness there should be inward vexation, sleeplessness, and a disposition to shed tears at the most trifling and imaginary causes, give *Coffea*. The patient must, of course, abstain from drinking coffee.

Persons with great irritability of the whole nervous system, particularly the senses, inclination to lie down, aversion to fresh air, a stubborn and refractory disposition, and in females, if the menstrual periods are irregular, give *Nux vomica;* to persons more tranquil, easily moved to tears, the menstrual period too late and insufficient, or suppressed, *Pulsatilla*. If more fretful, give *Ignatia;* if more peevish and still passionate, give *Chamomilla*. If patients are greatly excited, form plans, and are exceedingly lively, particularly in the evening, give *China*. If the pains are distracting, give *Coffea;* if the patient has fever with a quick, hard pulse, give *Aconitum;* and if three or four doses of this fail to afford relief, *Chamomilla*.

When persons become flighty or distracted from excessive pain, are subject to its recurrence, are catching cold from every change of weather, and are worse by being touched, give *China*. Should this prove ineffectual within six hours, *Mercurius*. If violent pains bring on delirium and madness, *Veratrum*.

If very different mental emotions or mental exertion cause headache, faintness, or determination of the blood to the heart, take *Glonoine*, as often as necessary, but if great weakness and fatigue remain, take *Cuprum*.

CHAPTER II.

CONSEQUENCES OF COLDS.

The most common results of taking cold are catarrh and cough, sometimes fever, colic, diarrhœa, pains in the teeth, ears, or limbs. When selecting a medicine, it may be necessary to refer to the chapter where these disorders are more fully treated. Here we shall only mention what is to be done in the most common cases.

The first rule to be observed, in order to prevent bad effects from catching cold, is to keep warm, and see that the feet are kept dry; to abstain from the use of spirituous liquors, which in some cases may aggravate the complaint; and eat less animal food and no spices.

When you feel that you have caught cold, without any decided consequences having yet manifested themselves, after having been in a cold dry wind, take *Aconitum;* drink a large tumbler of cold water before going to bed; cover yourself well and try to perspire. Either next morning, or before noon, the symptoms will generally have disappeared.

If children cannot be induced to drink water, or if you know from experience that it does not produce perspiration, water and milk in equal proportion, taken very warm, may cause perspiration.

Robust laboring men or women, who, after having overheated themselves, catch cold, may take in the evening, on going to bed, a glass of hot water and sugar, with a small portion of brandy or rum; intense heat will be relieved by *Glonoine.*

To a person, who in winter has become quite stiff with cold and wet, give a cup of strong coffee, without milk, and if this should prevent sleep at night, *Nux vomica.*

If children have been out in the snow, snow-balling, skating, or playing out-doors in winter, have perspired, perhaps got their feet wet, and taken cold, give *Glonoine,* especially if the head is hot, face red, pulse very quick, eyes red, and the arteries of the neck beating; also if they hold their head, or want to have the forehead pressed, say the head is too large, or begin to rave. Afterwards it may be necessary to give *Belladonna* or *Bryonia.*

When perspiration has been checked by taking cold, and is followed by headache, earache, toothache, or pain in the bowels, give *Chamomilla;* by pain in the ears alone, *Rhus.*

Chamomilla, given to females in their confinement, often produces perspiration. If they complain of headache, especially on the right side, occasioned by a draught of cold air,—or of pain in the neck, in consequence of sitting up and the neck having been uncovered, give *Belladonna;* if the pain extends to the shoulders, being partly brought on by holding the child, *Rhus* will remove it; if the pain is more on the left side, is throbbing and shooting, and effects the lower jaw, the arms and the chest, *Byronia* will afford relief; but if mostly confined to the temple, the eye, the upper jaw, or to the chest in the region of the heart, *Spigelia* should be given.

When a person, while perspiring freely, gets drenched by a shower of rain, give *Rhus.* Should no relief be experienced within ten or twelve hours, and if the patient had previously over-exerted himself, give *Bryonia.*

When in the latter part of summer a sudden change takes place in the weather from hot to cold, and almost every body complains of having taken cold, *Belladonna;* but if the cold, wet weather continues for a long time, give *Nux moschata,* particularly for children, women and easily affected men.

For cold in the head, from *wet feet* give *Cepa;* for cough and pains in the limbs, *Rhus.* For other complaints, one of the following: *Chamomilla, Pulsatilla, Mercurius.*

For suppressed *perspiration of the feet* select one of the above remedies, or *Cuprum* or *Silicea.*

If these give no relief, heat some bran in an oven, and cover the bottom of a small tub with it to the depth of three or four inches, place your feet upon this and pack the remainder around the legs, so as to cover them over the calves. The bran ought to be as hot as it can be borne. Keep the feet in this *bran-bath* for half an hour. Checked sweating of the feet, followed by violent pains in the legs, has been cured by putting the soles of the feet upon hot bricks, sprinkled with table salt.

If *catarrh* results from a cold, and the patient can neither smell nor taste, give *Pulsatilla.*

For catarrh, with heat in the eyes and head, soreness of the nose, give *Belladonna.* If the nose is entirely stopped up, *Nux vomica* or *Ipecacuanha.*

If northeast wind, blowing from the sea, causes a running

cold in the head, worse at night and in the room, better in the open air, with headache, running of the eyes, heat and thirst, take *Cepa*.

If a catarrh has been checked by fresh exposure to cold, the patient is worse in the afternoon, or is dejected and fretful, give *Pulsatilla*; if he is worse at night or towards morning, or very cross, sensitive, and excited, *China*.

If an eruption has been checked, give *Ipecacuanha*, and if that does not avail, *Cuprum*. In some cases, *Bryonia*, *Pulsatilla*, *Sulphur*, or *Nux moschata* may be given, according to the symptoms. If the recovery from catarrh has been impeded by a fresh cold, attended with pain over the eyes, worse on the right side, the face flushed, *Belladonna;* if the pain is worse on the left side and the face pale, *Spigelia*.

COUGH.—When catarrh is accompanied by cough, or when a dry cough remains after the first symptoms have disappeared under the action of other medicines, give *Nux vomica*. If the cough is dry and excites vomiting, *Ipecacuanha;* if it is hollow and causes vomiting, *Carbo vegetabilis;* if accompanied with tough expectoration, particularly with children in winter, *Chamomilla;* if loose, *Dulcamara* or *Pulsatilla;* (see "Cough," in Part II.;) if the cough returns with every blast of cold air, give *Phosphoric acid;* if it returns every time that a foot or arm is exposed when in bed, and is hollow and fatiguing, give *Hepar;* if the cough becomes worse after going to bed, is always worse when getting warm in bed, *Nux moschata*.

When the cough is caused by cold air, is dry and convulsive, with vomiting, or the expectoration is spotted or streaked with blood, if accompanied by a stitch in the side, or by headache, pain under the ribs, or if the cough is caused by a tickling in the throat, and the chest feels sore after it, and when the pulse is hard and quick, give *Bryonia;* but when the pulse is not very hard, if there is soreness in the chest after or during the cough, not stitches but more a burning sensation in the chest, oppression and palpitation, give *Carbo vegetabilis*.

DIFFICULTY OF BREATHING.—When, after taking cold, the

patient appears as if suffocating, give *Ipecacuanha*, which may be repeated every half hour or hour if necessary. If not relieved by this, *Arsenicum*. Sometimes other remedies prescribed for asthma are preferable, viz., *Nux vomica*, *Cuprum* or *Sambucus*.

DIARRHŒA.—When immediately after taking cold *diarrhœa* appears, give *Opium* every time the bowels are moved. If this does no good, or if the diarrhœa does not appear for a day or so afterwards, and is attended with pain in the bowels, or other symptoms, give *Dulcamara*.

In diarrhœa without pain, and commencing during the day, or if worse in the day-time and better at night, give *Ferrum;* worse after midnight or towards morning, give *Phosphoric acid*, if produced by eating ice-cream, or drinking ice-water, compare Part I., Chapter IV.

If, during warm weather, diarrhœa was caused by taking cold while in perspiration, or by cold bathing, with heat in the head, slight pain in the bowels; or if the pit of the stomach and the abdomen are sensitive to pressure, or the stools contain undigested food, *Bryonia*.

If discharges of undigested food follow the drinking of bad water, and *Bryonia* proves ineffectual, give *China*.

For diarrhœa, with flatulency, cutting pains about the navel during the evacuation, straining and great weakness at the same time, discharges of mucus and blood, or if the patient has drunk spirituous liquors, give *Nux vomica*.

If there is much blood and mucus discharged, give the reme dies recommended for dysentery. If tedious, but not violent, *Sulphur*.

PAIN IN THE BOWELS.—If the pain is violent, spasmodic, pressing, particularly before evacuations; if the latter are acrid, thin, brownish, and produce burning in the rectum, give *China*.

For cramp-like pains under the ribs, moving from right to left, completely prostrating diarrhœa; in chilly people with white coated tongue, bad smell from the mouth, always headache in the morning, dull and sleepy during the rest of the day, give *Nux moschata*.

If violent, tearing, twitching, with a sensation as if the intestines were in motion, if the patient cannot remain quiet, but runs about; if it appears as if a large ball were in the side, or as if the whole abdomen were hollow, with vomiting and retching, the diarrhœa watery, slimy or greenish, with a smell like bad eggs, give *Chamomilla.*

For diarrhœa from exposure to the night air, greenish and watery, with much pressure before the discharge, a disposition to faint, the pains about the navel pressing, below the navel griping, with a constant uneasy sensation, as if to evacuate, rumbling in the belly, griping in the pit of the stomach, tearing pains in the abdomen, which feels cold to the hands, with nausea, shivering and chills, give *Mercurius.*

If partly caused by a disordered stomach, after eating pork, rich pastry, and the like, worse in the afternoon, evening, or during the night, if the wind rolls about in the stomach, or if the belly is sensitive to pressure, give *Pulsatilla.* The same to pregnant women, when the pains resemble labor pains.

For a disposition to cry, pains almost unbearable, great sensitiveness and sleeplessness, *Coffea.*

When the pains are so violent as to drive the patient almost mad, give *Chamomilla;* if the pains are always worse in the open and cold air, but better in warm air, and the patient is very changeable, give *Nux moschata.*

For HEADACHE, from cold, with rush of blood to the head, increased by walking or going up stairs, at every step, or on stooping; worse in the open air, with a feeling as if the head would burst, give *Belladonna.*

If the headache is more a pressure on single small spots, with buzzing in the ears, or difficult hearing, give *Dulcamara;* if it feels as if the brain was loose, and as if it did strike against the skull when shaking the head; headache after breakfast, or worse after every meal, with giddiness and sleepiness, give *Nux moschata.*

If caused by a draught of air, and merely external, give *Nux vomica;* if internal, give *Belladonna;* if caused by bathing,

and *Belladonna* does not cure it, if accompanied by nausea, giddiness, disordered stomach, worse when smoking tobacco, give *Antimonium crudum*, or, according to the symptoms, *Bryonia*.

AFFECTIONS OF THE EYES.—Compare what is recommended for "Diseases of the Eyes." *Dulcamara* will often relieve. For much pain, heat, inflammation, acrid tears, and inability to bear the light, give *Belladonna*, and if this does not cure it, *Mercurius;* if this fails, *Hepar*.

In dimness of vision, so that the patient is unable to read, and sees sparks before the eyes, or when the eyes are affected after every cold, give *Dulcamara*, *Sulphur*, or *Calcarea*.

AFFECTIONS OF THE EAR.—Constant buzzing in the ears and difficult hearing indicate *Dulcamara;* if they return again and again, *Sulphur* or *Bryonia*.

Tearing externally, shooting internally, the ear dry, indicate *Chamomilla*. Tearing, shooting, aching pains, *Nux vomica;* great disposition to cry, the ear moist or running, or hot and red, and tearing, twitching pains into the face, *Pulsatilla;* when it tears and shoots, with much buzzing, the ear not so hot and red, but excoriated by matter, or blood is discharged, the glands around the ears or of the throat are swelled, give *Mercurius;* and if the heat, redness, and pulsating pain remain, if there is shooting when blowing the nose, or buzzing and throbbing, give *Hepar*. Ear-ache of children, from a cold, is often relieved by *Rhus*.

If a running, with buzzing and burning in the ears, still remain, give *Sulphur*.

TOOTHACHE.—Toothache, from cold, usually yields to *Chamomilla*, *Rhus*, or *Nux moschata*. See "Toothache," Part II. Patients subject to toothache whenever they take cold, should take a dose of *China*, and afterwards, *Mercurius*, or *Sulphur*.

SORE THROAT.—Affections of the throat, from cold, will in most cases yield to *Belladonna*, *Dulcamara*, *Mercurius*, or *Sulphur*. See Part II.

When caused by drinking very cold water, or by exposure

of the throat, *Belladonna* is to be preferred; when the cold is general, *Dulcamara*. When the throat is constantly dry and hot, with frequent efforts at swallowing, much saliva in the mouth, or the tonsils are swollen; if speaking and swallowing cause shooting pains; if the patient hawks much, swallows with difficulty, is in dread of suffocation, the throat seems too narrow, what he drinks regurgitates through the nose, if he is very hasty, give *Belladonna;* and if this affords no relief, *Sulphur*. When the pains are less violent, the tongue appears paralyzed, there is much perspiration, sometimes offensive, without giving any relief, the patient is more quarrelsome, give *Dulcamara;* if this fails, *Mercurius*, or one of the other remedies prescribed under "Sore Throat," in Part II.

NAUSEA AND VOMITING.—When these symptoms appear after a cold, particularly when a rash or other eruption has been suppressed, the best is *Ipecacuanha*. If it does not answer, and the vomiting is sour or bitter, with many empty eructations, give *Belladonna;* if nothing but tough phlegm is thrown up, *Dulcamara;* if it returns after exercise, eating, speaking, or when riding, or after sleep, *Cocculus*. If it returns from every motion of the body, and the patient is, notwithstanding, unable to keep quiet; very weak, thirsty, but every drink makes him worse, give *Arsenicum*. For spasms, with nausea, *Cuprum*. See Chapter IV.

PAINS IN THE LIMBS.—When the parts affected feel uneasy, so as to require constant change of position, every thing feeling as if too hard to rest upon, and the limbs as if benumbed or strained, the patient complains even when a person is walking across the room, or is approaching him, give *Arnica*. But if the pains are attended with fever, *Aconite*, until the fever abates; and then, after several hours, *Arnica*. In some cases it will be better to give *Arnica* and *Aconite* alternately, regulating the length of the intervals by the increase or decrease of the symptoms. Should they not be sufficient refer to "Rheumatism," Part II.

If the pains are worse when lying down, and at night, with

lameness or coldness of the limbs, with pale swelling or burning in the feet, or with redness and swelling of the big toe, with a stiff neck, the skin very dry, or offensive perspiration without relief, give *Dulcamara* or *Mercurius*.

If the same symptoms return after every cold, with uneasiness at the approach of other persons, or when attempting to swallow; worse while sitting or lying, but better when walking about, with a swelling and rending, burning and throbbing pains in the great toe, give *Phosphoric acid*.

For swelling of the knees, lumps on the joints of the hands and fingers, give *Sulphur*, and later, *Calcarea*.

When taking cold causes *fever*, give *Aconite*. If, after two or three doses, the fever still increases, select one of the following: *Nux vomica* or *Chamomilla; Belladonna* or *Dulcamara; Ignatia* or *Pulsatilla*.

In general, the following medicines answer best in complaints from cold; in acute and inflammatory affections, *Coffea*, *Aconitum*, *Chamomilla*, *Rhus*, *Nux vomica*, *Pulsatilla*, *Belladonna*, *Colcynthis*. When less violent, *Dulcamara* and *Ipecacuanha*. When tedious and often returning, and the patient has formerly taken too much mercury, *Carbo vegetabilis*, *Sulphur*, or *China*. If these do not relieve, *Silicea* or *Hepar*. If these affections result from bathing, *Bryonia*, *Antimonium crudum*, *Sulphur*, or *Nux moschata*, and after a few weeks, *Carbo vegetabilis* or *Calcarea*. When the patient cannot perspire, *Chamomilla* or *China*, *Arsenicum* or *Silicea*. When the perspiration is too copious, *Mercurius*, *Phosphoric acid*, *Carbo vegetabilis*, *Sulphur* or *Hepar*.

When a person *takes cold* very easily, he should abstain from the use of coffee and spirituous liquors; use more cold drinks than warm; wash himself frequently in cold water, and accustom himself more and more to the air in every kind of weather; this custom will gradually diminish the disposition to take cold, and finally remove it entirely, particularly if the patient takes some of the following medicines: *Coffea*, *Belladonna*, *Nux moschata*, *Nux vomica*, *China*, *Dulcamara;* or *Silicea*, *Carbo vegetabilis*, *Calcarea*. The latter three must not be taken too frequently, but only at long intervals.

If one is much afraid of the cold air, yet feels worse in the warm room, give *Apium virus;* if he has a great desire to go abroad, but takes cold every time he does so, *Cepa*.

If, after using the means recommended above, there should still remain the same susceptibility, and the patient is chilled by every draught of cold air, let him take *Nux vomica* or *Chamomilla*. If exposure to cold produces pain, *Arsenicum*. If the patient has already chilblains, let him take the remedies prescribed under "Chilblains;" if affected by every blast of cold air, *Bryonia* or *Rhus*, *Nux moschata*, *Veratrum*, or *Mercurius*, and if they do not answer, *Carbo vegetabilis* or *Calcarea*, according to circumstances. If he cannot bear the wind, *Carbo vegetabilis;* if not a draught, *Belladonna*, *Sulphur*, *Silicea* or *Calcarea*, one after the other, at intervals of a month or two. When the *night air* only is injurious, *Mercurius* will prove beneficial, and

after several days have elapsed, *Sulphur;* to be followed, if necessary, by *Carbo vegetabilis.* If a person feels ill in damp weather, give *Dulcamara, Rhus* or *Veratrum,* and later *Carbo vegetabilis* or *Calcarea.* If it affects the chest, *Dulcamara* or *Carbo vegetabilis.*

One who is affected by a thunder-storm, should take *Bryonia* during the storm, and later, *Silicea. Sulphur* is also recommended.

A popular practitioner has recommended the following: Let the person, who is either frightened during every thunder-storm or who complains of lameness of the limbs at the approach of every storm, drink a tumblerful of the rain which falls at the commencement of a thunder-storm.

If every change of weather aggravates the complaint, give first, *Mercurius* or *Rheum* or *Rhus;* later, *Sulphur* or *Silicea.*

If the change from warm to cold affects most, give *Dulcamara* or *Rhus toxicodendron;* if from cold to warm, *Carbo vegetabilis* or *Lachesis.* If dampness affects most, *Nux moschata.*

For colds occurring in the spring, the remedies most indicated are, *Veratrum, Rhus* and *Carbo vegetabilis;* in summer, *Belladonna, Bryonia* and *Carbo vegetabilis;* in autumn, *Veratrum, Mercurius,* and *Rhus;* in winter, during dry weather, *Aconitum* or *Belladonna, Bryonia, Nux vomica, Chamomilla* or *Sulphur;* sometimes *Ipecacuanha;* but during damp weather, *Cepa, Dulcamara, Nux moschata, Veratrum* or *Carbo vegetabilis.*

It is, however, necessary to examine closely under the heads of the different complaints, as these general remarks are merely intended to guide the patient to the remedy to be preferred in doubtful cases.

After *cutting the hair* bad results often follow, particularly with children, which are attributed to cold; for sudden faintness, jerkings or convulsions; congestion, heat of the head, redness of the face, or fear with mistrust or anxiety, give *Glonoine;* for fear with inclination to weep or run away, *Belladonna;* to children, while cutting teeth, *Chamomilla.* For headache, *Belladonna, Bryonia, Glonoine,* or *Pulsatilla,* according to the symptoms.

CHAPTER III.

CONSEQUENCES OF OVERHEATING, IMMODERATE EXERTION, AND GREAT EXHAUSTION.

After immoderate exertion, great relief will be felt from taking a warm bath for half an hour, or a Russian bath, when that can be procured. If the limbs are very painful, or burn, they will be relieved by rubbing them, whilst in the bath, with soap, applied by means of a soft flannel.

Overheating.

When you have overheated yourself with work in summer, it is well to take a few drops of rum or brandy on sugar, or a small quantity of strong wine, such as port or sherry, and refrain from drinking cold water till your breath is no longer warmer than usual. If you are much fatigued, it is advisable to

take a cup of weak tea; if much fatigued in cold weather, and if you have to go out again in the open air, drink cold water or light beer; but if you can remain at home, drink warm mulled beer. Spirituous liquors, even in moderate quantities, when taken in cold weather, only render persons more sensitive to cold, they will produce a feeling of exhaustion and chilliness the next day.

If a person is easily exhausted in warm weather, let him drink coffee occasionally, but no spirits.

When a person, by remaining long in the cold, has brought upon himself a torpid feeling, or an irresistible propensity to sleep, let him take, or frequently smell, a small piece of camphor.

SUN-STROKE.—During the hot weather of summer, adults as well as children, who work hard or exercise themselves too much in the open air, are sometimes so much affected by the heat, that they fall down suddenly as if struck by apoplexy, or that they first stagger, try to support themselves and then sink down. In such a case give *Glonoine*, and more particularly if the following symptoms are present: eyes fixed, without expression, glassy; pupils contracted; pulse scarcely perceptible, or so quick that it can hardly be counted; loss of speech or at least disinclination to speak; sometimes retching, face pale, white or yellowish-red; cold sweat; body cold; head hot to the touch, particularly when the hand remains long on the head.

In all cases of sun-stroke, with heat of the head internally as well as externally, cold water must be used, either by applying to the head a cloth dipped in cold water, or by pouring the water upon the head.

Application of ice is senseless, and blood-letting murderous. In some cases of sun-stroke, when the heat is not only about the head, but also over the whole body; the pupils small, color of the face changing; pulse large, hard and full; when the patient shows now and then signs of distress and anxiety by different movements, as starting, putting the hands to the head, grinding of the teeth, rolling of the eyes, &c., give *Aconitum* in water.

Belladonna must be given at once in cases with the following symptoms: eyes fixed, half open, or turned upwards; pupils large, or very small, or both of different size; face red; head and whole body hot; involuntary escape of urine and fæces; pulse

full and hard; occasional twitching or trembling of the limbs; putting of the hands to the head; bending backwards of the body; heavy sleep.

To habitual drunkards, or if you smell that liquor had been drunk shortly before, and *Belladonna* had given no relief, give *Nux vomica.*

The same symptoms may be caused by exposure of the bare head or nape of the neck to the rays of the sun, by sleeping in the sun, or falling asleep near a stove, or before a grate, which often happens to old people or children, while warming their feet in winter. The same remedies, or one of the following, will be required according to the kind of headache.

HEADACHE FROM HEAT.—Fulness, as if the head would split, worse when stooping, a feeling about the forehead as if the brain were pressing out, increased when walking, and worse from every slight affection of the mind, combined with hot fever, thirst, vomiting and sleeplessness, give *Belladonna* or *Bryonia.* If combined with anxiety, uneasiness, rage or great irritation, despondency, imaginary fears, lamentation, weeping, &c., give *Belladonna.*

If the patient is very peevish in the morning, cannot bear the pressure of his clothing, is more passionate and cross than plaintive and desponding, and apprehensive of future evil, give *Bryonia.*

If one has headache from being overheated, especially if there be heaviness, throbbing and pressure over the eyes, and pains in the eyes, which are aggravated by looking fixedly at anything, give *Carbo vegetabilis.*

When headache is caused by heat or great exertion, while exposed to the sun in summer, or by getting too warm before the fire, or by ironing; when the head feels too full, and there exists a want of appetite, particularly in the morning, with much thirst, fever, trembling, nausea and vomiting, or diarrhœa, give *Bryonia.*

When the head feels too full, with the sensation of a pulsating rising, which threatens to burst the head; painful beating and aching, worse when shaking the head, give *Glonoine.*

DIARRHŒA.—In diarrhœa accompanied by fever, caused by

excessive heat in summer; and also in colicky pains occasioned by drinking milk, give *Bryonia.* To a person who cannot bear the heat of summer, or cannot work in the heat, particularly when troubled with night-sweats, who is very sleepy, or suffers from pain in the stomach and abdomen, and where *Bryonia* does not answer, give *Antimonium crudum.* If nausea, which is caused by the heat, returns constantly, the remedies prescribed only giving temporary relief, give *Silicea.*

Fatigue.

The *fatigue* after walking a great distance, or after much labor, particularly in summer, is frequently so great that rest does not relieve, but, on the contrary seems to increase it. If possible, let the sufferer take a warm, or still better, a Russian bath; if that be impracticable, let him put his feet into warm water, in which a handful of salt has been thrown. If this does not relieve him, give *Coffea.* A cup of good black tea, not too strong, is also an excellent remedy.

After any very weakening fatigue, or after all great exhausting exertions, *Arsenicum* will give relief.

If the exertion had been accompanied by much lifting and stretching, or if it had caused perspiration, and the body cooled too quickly by cold air or water, give *Rhus toxicodendron.*

Should fatigue produce a sensation of faintness, or actual fainting, give *Veratrum;* if no food had been taken for a long time, *Coffea.* For great weakness, in consequence of profuse perspiration, give *China.* If there are symptoms of internal heat, such as hot breath and quick pulse, give *Aconite,* and if not relieved by this, *Bryonia.* If the accelerated circulation continues for several days, and the slightest exertion produces a tendency of blood to the head or chest, or if the face is flushed, give *Mercurius.* For soreness in all the limbs, particularly in the muscles, *Arnica* is the best remedy.

If after fatigue, particularly in winter, with people otherwise easily affected, or such who cannot bear the cool air, there appear weakness, pains in all parts on which they lie, particularly pains in the temples; a dull, sleepy disposition, they cannot recollect themselves; are sleepy without getting relief from

sleep; some are afraid of going to sleep, on account of the beating in the head: *Nux moschata* will give relief.

If the feet have become sore from walking, and are blistered, *Arnica* will do no good; if you have to walk again on the following day, apply tallow or suet, spread on a piece of linen or soft leather. In the evening take *Cepa*, and apply a wet cloth; in most cases you will be well the next morning.

If the feet are much swollen, or painful from walking, take *Arnica*, or wash the feet in water with which some drops of *Arnica tincture* have been mixed.

If the fatigue is so great that it causes internal pains and restlessness; if sleep does not refresh; every thing pains at the slightest touch; sitting down and standing up weakens very much; walking about relieves a little; the beating of the pulse is felt all over the body; give *Natrum muriaticum*. If every exertion or motion causes a prickling sensation all over, *Apium virus;* if it remains or returns again and again, *Hepar*.

If the limbs are painful after carrying or lifting something heavy, particularly on moving them, or when at rest, give *Rhus;* or when there are shooting pains in the small of the back, especially on moving, *Bryonia;* but if it is almost impossible to move the back, on account of excessive pains, give *Sulphur*. See the remedies for "Overlifting," Part I., Chapter IX.

If a person, who is otherwise in good health, feels tired after the least exertion, even from talking, give *Cocculus;* but if talking makes him so tired in the throat, that it pains, *Apium virus;* and if this does not relieve, *Veratrum*; if this fails also, give *Calcarea*.

When walking briskly causes loss of breath, or coughing, pain in the side or limbs, give *Aconite;* if the pain in the side continues, *Arnica*, and if this does not afford any relief in twelve hours, give *Bryonia*.

If every quick motion causes an almost suffocating shortness of breath, with perspiration about the neck, *Sambucus* will give relief.

If the shortness of breathing continues, or becomes worse

by ascending the stairs, attended with coughing and raising of phlegm, give *Silicea.*

Sitting up at Night

Is always debilitating, yet every one should be able to bear it in case of need. If it produces greater weakness than usual, if persons cannot deprive themselves of one hour's sleep, give *Cocculus* or *Phosphoric acid.* If sitting up occasions headache, or if a person has taken much coffee, wine or spirituous liquors to keep himself awake, give *Nux vomica* before going to bed; if the headache is not caused by spirituous liquors, and the patient is unable to lie down, or has nausea, give *Ipecacuanha.* If the head had been bad at night, but a little better in the morning, or to women, *Pulsatilla.* If there is determination of blood to the head, or a sense of heaviness, more when moving the eyes, give *Nux vomica* or *Pulsatilla; Nux vomica* to more passionate and energetic, *Pulsatilla* to mild persons; *Nux vomica* if worse in the morning, *Pulsatilla* if worse in the evening and better in the morning; worse in the open air, *Nux vomica;* better, *Pulsatilla.* If the headache is worse when walking, with a booming, shaking sensation, give *Nux vomica;* or if the head feels heavy, as if the patient were intoxicated, with buzzing and heaviness in the forehead, pale, haggard countenance, nausea, chilliness, weakness and crossness, *Nux vomica.*

When the head feels as if empty and light, the patient cannot bear the light, worse when lying down, give *Pulsatilla.*

When the head trembles, is light, the face flushed, blue circles around the eyes, the mouth perfectly dry without thirst, loathing of food, nausea to fainting, fulness of the stomach, oppressed breathing, if worse in the air, from speaking or drinking coffee, if the patient is very sad and troubled by frightful dreams, give *Cocculus.* If greatly excited in the evening, does not sleep well, is weary when rising, *China;* if complaining of feeling sore all over, *Arnica.*

The effects of late hours and late suppers may be coun-

teracted by *Pulsatilla* or *Nux vomica*, according to the above indications, or by *Carbo vegetabilis;* see "Consequences of Intoxication."

Confinement and much Mental Application.

If the confinement produces symptoms of Dyspepsia, and if the patient has been accustomed to drink coffee or spirituous liquors, *Nux vomica*, taken in the evening, will often have a good effect; if after four or five days it gets worse again, give *Sulphur*, which may be repeated in three or four weeks, if necessary. When the head is more affected, *Nux vomica* is a good remedy, and afterwards *Belladonna*, sometimes *Pulsatilla*. See "Headache." If all these medicines prove ineffectual, and if every exertion of the mind causes headache, give *Calcarea* If there is merely a sensation of giddiness, as if drunken, give, according to the temperament of the persons, *Pulsatilla* or *Nux vomica*. Toothache, cough, and other complaints caused by mental application, yield often to *Nux vomica*.

Excesses

Injure body and mind more than anything else. If they consist in intemperance in eating or drinking, apply the remedies prescribed under "Disordered Stomach." But if they are such as waste the very marrow and essence of the constitution, the greatest abstemiousness is a most absolute condition, together with which the following remedies may do much good:

The principal remedy, and the one which should be given first, but which may be given repeatedly after other remedies, is *China*. Afterwards, and when the patient regrets much his vicious conduct, give *Phosphoric acid*. Look also under the head of the special complaint of the patient, and select in preference such remedies as *China*, *Phosphoric acid*, *Staphisagria*, *Nux vomica*, or *Sulphur* and *Dulcamara*, the one or the other, whichever may seem to suit best.

The same treatment is recommended when the patient has lost his strength by self-abuse; give in the beginning *China*, or *Staphisagria*, or *Nux vomica;* later *Phosphoric acid*, *Sulphur* or *Calcarea*.

The patient should be persuaded to leave off his bad habits,

and encouraged to constant occupation, or even hard work; he should eat sparingly, take little sleep, abstain from all spirituous liquors, avoid bad company, and abstain from reading books calculated to excite the passions.

Should a morbid irritation trouble the patient, which is often the case with children, select in preference among the following medicines: *China, Mercurius, Carbo vegetabilis, Nux vomica, Pulsatilla, Staphisagria* or *Antimonium crudum, Silicea, Platinum, Calcarea* or *Colocynth.* Frequently, when *China* and *Carbo vegetabilis* are insufficient, *Mercurius* will effect more; if not, *Sulphur.* Besides these, *Coffea, Opium, Aconite, Ignatia,* may be indicated. These remedies may all be given dry, or in water, and repeated according to circumstances.

All those who have become so much debilitated by excesses, that they are easily affected by every little current of air, or cold, wet weather, or are very peevish and fickle, will be relieved by *Nux moschata.*

If these vices have so weakened the constitution, that the effects appear even after marriage, although then living moderately, give, if the head is much affected, *Calcarea.* For great weakness and trembling of the legs, the same; for asthma, *Staphisagria;* burning in the parts *Mercurius* or *Carbo vegetabilis.* Weakness in the feet, heaviness, and a feeling of soreness in the limbs, dullness, ill-humor and relaxation, may be remedied by *Cocculus.*

A good homœopathic physician will restore almost all such cases.

Loss of Blood, or other Fluids.

Loss of fluids by too much perspiration or purging, or long continued diarrhœa, too long suckling of children, through too great a flow of milk, bleeding by the lancet, or loss of blood by other means, often occasions long, lasting weakness; in all such cases give *China.* If any of the above causes, particularly improper bleeding, (or with children the bleeding after leech-bites, which may occur during the night without being perceived,) should produce fainting or convulsions, give immediately *China,* and do nothing else; as soon as the sick person recovers, and if his mouth is very dry, or if he moves the tongue, give him a little cold water; if he faints again, or has spasms, or if he does not recover entirely, give him a teaspoonful of good old wine; after a while repeat, if necessary, the *China,* and later, the wine. After this, give him as much cold water as he wishes to drink, but not too much at once.

In some cases other medicines may be required; if you cannot consult a physician of the right kind, compare the symptoms of the case with what is mentioned under the different heads, indicating *Staphisagria* or *Sulphur,* very often *Phosphoric acid,* seldom *Nux vomica,* and afterwards *Arsenicum.*

CHAPTER IV.

CONSEQUENCES OF SURFEITING AND DISORDERED STOMACH.

When a person has eaten too much, or partaken of something which is too heavy, and soon after feels that his stomach is out of order, give him a cup of strong coffee without milk; should severe headache and nausea follow, yet no vomiting, dip a very soft feather in oil, and tickle the throat with it until he vomits. If this does not produce vomiting, give some lukewarm water. If nothing will make him vomit, and he is retching, feels very hot, particularly in the head, is tossing about, anxious and distressed, give *Aconite*. If he feels chilly, give *Pulsatilla*, which may be repeated every few hours till relief is obtained. If there remains pressure and heaviness in the stomach, and qualmishness, give *Chamomilla;* if this fails, *Nux vomica*, two hours afterwards; if there is constant retching, give *Ipecacuanha;* great coldness and violent pain in the stomach, *Veratrum;* if the patient has thrown up bile, and there is a bitter taste remaining, let him drink a few glasses of cold water; if the pressure in the stomach continues, give him a cup of coffee without milk.

If there is no improvement felt on the following morning, and if loathing, nausea, inclination to vomit, still continue, risings with a bad mouldy taste and smell, resembling the smell of the food which has been taken, give *Antimonium crudum;* if there is rising with a bitter taste, *Bryonia;* or when putrid, *Nux vomica;* or like rotten eggs, *Arnica;* greasy, *Pulsatilla;* and when acrid and bitter, *Arsenicum*. The patient ought to take no nourishment but gruel, barley water, tea and toast, and lastly thin broth, for two or three days, to give the stomach time to recover its functions.

A disordered stomach produced by eating pork, or other fat

meat, pastry, rancid butter, &c., will be relieved by *Pulsatilla.* If this does not suffice, by *Carbo vegetabilis.*

A disordered stomach from other food, risings with a taste of what has been eaten, nausea, inclination to vomit, will yield to *Antimonium crudum* or *Pulsatilla;* in some cases they must be taken alternately.

For a disordered stomach from eating fruit, Arsenicum or *Pulsatilla;* nausea and belching, *Pulsatilla;* much retching and vomiting, *Arsenicum;* dry mouth, without thirst, *Pulsatilla;* constant desire to drink a little at a time, *Arsenicum;* to persons in the habit of drinking beer or malt liquors, *Pulsatilla*— spirituous liquors, *Arsenicum.*

Children of a mild disposition, shunning others, *Pulsatilla;* obstinate, cross, angry, afraid of being alone, *Arsenicum.* Constantly asking for different things, *Pulsatilla;* if not inclined to give any thing to others, or cross for being looked at, *Arsenicum.* Compare "Diarrhœa."

For disordered stomach from bad, sour wine, particularly with much nausea, *Antimonium crudum;* from wine containing sulphur, *Pulsatilla;* from sour beer or vinegar, *Aconite* gives relief, particularly when there is a pressing pain in the stomach, nausea, inclination to vomit, and vomiting of phlegm or blood; but if the vomiting is sour, with burning in the throat, cutting pain in the bowels, and purging, *Hepar.* For vomiting of food, burning in the stomach and abdomen, cutting pain in the bowels, with coldness, agitation and thirst, *Arsenicum;* if connected with great debility and sensitiveness to warm and cold, or damp and dry weather, *Carbo vegetabilis.*

For disordered stomach, from stale fish or meat, give forthwith a small quantity of pulverised charcoal, to women and children in sugar and water, to men in whisky or brandy; and if this does not remove all the unpleasant symptoms, *China;* if there is a corrupt rising, and putrid taste, give *Pulsatilla.*

Disordered stomach from salt victuals, *Carbo vegetabilis.* Long lasting, bad effects from eating too much salt may be removed by *Arsenicum,* one dose, waiting weeks without giving any other

medicine; or frequent smelling on a little vial containing sweet spirits of nitre. Drop doses of the latter would only weaken the nerves and effect no cure. For disordered stomach from eating cabbage, and sour crout especially, give *Bryonia*.

To remove the symptoms from eating old cheese, sausages, old spoiled smoked beef, &c.,—see under "Poisoning."

Overfeeding of Children.

Children are not unfrequently made ill by overfeeding, or by giving them indigestible food, such as pap made of flour, crackers, bread not sufficiently baked, and the like; especially when they are rocked too much, and are, moreover, dosed with rhubarb, salts, castor oil, &c. All these things should be avoided. To check vomiting, give *Ipecacuanha*, particularly if the vomiting is accompanied by purging. If this does not give any relief after several doses, *Pulsatilla*. If there is only purging, with a discharge of undigested food, *China*. If vomiting is accompanied by constipation, *Nux vomica*.

The same kind of food ought not always to be given to little children: the milk should be brought to the boiling point, then allowed to stand till it cools, and the scum that forms on the top carefully removed; thin gruel agrees better with some; if a more substantial fare is required, they should have grits, made of wheat, in preference to pap made of flour. Or fill a linen bag with wheat-flour as tightly as possible, then tie it up well and keep it in boiling water for three hours. After that take it out and let it get cold. Upon removing the bag, you will obtain a hard mass, from which the outer crust must be pealed off. Then grate as much of it as is required for a meal, and have it boiled in water, milk, or broth.—Dry rusks are also good for children, provided they are not too brown, which is a sign of their having been burnt. Pearl barley, boiled to a jelly and passed through a sieve, often agrees better than any other kind of food.

HEADACHE.—If headache with nausea follows a disordered stomach, and the whole head feels as if every thing inside were bruised, give *Ipecacuanha*. For oppressive headache, with heat in the brain, worse after walking, reading, eating, with putrid taste, *Arnica*. For throbbing, shooting headache, worse when talking, with much nausea, take *Aconite;* for dull, general headache, worse whilst going up stairs, and from smoking tobacco, without appetite, with a bitter taste, rising, hiccough, loathing and nausea, worse after drinking wine, *Antimonium crudum*.

For burning, pressing, bursting headache, worse when stooping, as if all would fall through the forehead, throbbing or tearing when walking, or splashing as if from water, worse in the morning early, or with chills, give *Bryonia.*

A rending, throbbing, jerking headache, worse in the evening when lying down, or one-sided, attended with a putrid, earthy taste in the mouth, and without thirst, is relieved by *Pulsatilla.* If there is heaviness in the head, and great soreness of the scalp when touched, with trembling in the jaws, a salty taste, and spasm in the stomach, give *Carbo vegetabilis;* especially to persons who have taken much mercury. See Part II.

VOMITING.—If occasioned by a disordered stomach, give *Ipecacuanha,* if the tongue is coated; if it is clean, *Tartar emetic;* if produced by eating too much bread, and attended with great oppression about the pit of the stomach, *Bryonia.*

If produced by overloading the stomach, and attended with bitter taste while chewing the food, or when accompanied by a burning sensation in the throat, *Pulsatilla.*

FLATULENCY.—If it swells the belly, renders breathing difficult and is caused by food, such as cabbage, sour crout, new beer and the like, and particularly when there is a painful tightness across the belly, with pains and pressure about the navel, and the patient is chilled after drinking, take *China.* If drinking gives rise to pains in the pit of the stomach, which obstruct breathing, the clothes round the ribs feel too tight, and there is a weight as from stones in the abdomen, *Nux vomica.*

If caused by eating fat food, after which much water has been drunk, when the wind rolls in the bowels, the belly appearing too full and hard, worse in the evening, *Pulsatilla.*

If oppression of the chest proceeds from an accumulation of wind, with jerking and shooting pains, a tension about the pit of the stomach—without exactly swelling the belly—causing a state of utter restlessness, *Phosphorus* will afford relief.

Persons subject to flatulency may take as much of finely pulverized wood-charcoal as will lie on the end of a dessert-knife, once or twice a day; but if *Carbo vegetabilis* in a few globules

will give relief, the improvement lasts much longer. All persons who pass winds with a bad smell ought not to eat eggs.

COLIC.—Sudden attacks caused by eating too much, or by a foul stomach, are often cured by taking some coffee without milk; or, if this fails, by *Pulsatilla*, *Colocynthis*, or some other remedy indicated under "Colic," in Part II. Colic from cucumbers or salad, *Cepa*.

DIARRHŒA.—If arising from a disordered stomach, is often cured by *Pulsatilla;* in children, when accompanied with nausea and vomiting, by *Ipecacuanha;* in children who are sleepless, excited, and too lively, by *Coffea;* if cutting pains in the bowels seem to go upwards and produce nausea, and there is weakness after each evacuation, by *Nux vomica*, or other medicines. See "Diarrhœa," in Part II.

SLEEPLESSNESS.—If produced by overloading the stomach often yields to *Coffea*, particularly with children, or to *Pulsatilla*. If caused by strong coffee, to *Nux vomica;* if by eating too much in the evening, drink a glass of cold water, sweetened with loaf sugar; if this occasions acidity, drink the water without the sugar.

NIGHTMARE.—From eating too much, can only be prevented by avoiding the cause; drinking sugar-water may sometimes remove it. A person who is subject to this complaint, should not eat much at night, and take the medicines recommended for "Nightmare."

FEVER with much chilliness and coldness, diarrhœa or constipation, in persons of a passionate, cross temper, may be removed by *Bryonia;* to phlegmatic, awkward, irritable persons, give *Capsicum*. If the fever returns every second day, *Antimonium crudum* or *Ipecacuanha*. On the days when the patient is clear of fever, give *Ipecacuanha*, four times; on those when he has fever give it twice,—except during the paroxysms of heat or cold. On the seventh day let him take *Nux vomica*. Through this period he must abstain from eating fruit.

RASH arising from a disordered stomach, with chills and low spirits, is often cured by *Pulsatilla;* with sickness of the

stomach and difficulty of breathing, by *Ipecacuanha;* if this proves useless, by *Bryonia.* If caused by noxious food, see "Poisoning." For other remedies, see "Eruptions."

INDISPOSITION FROM COLD WATER OR ICE.—If the *drinking of water* aggravates every complaint, confuses the head, produces nausea and heat, take *Cocculus.* If it produces cough and headache, *Aconite;* if cough, vomiting, and chills, *Arsenicum;* if bad taste, as if the water were impure, coldness in the belly, pain in the bowels and chills, *China;* if nausea and pain in the bowels, *Pulsatilla,* and if this does not give relief, *Rhus.* Continuous nausea from drinking water may sometimes be removed by taking a little table salt—as much as will lie on the end of a pen-knife.

If drinking water produces hiccough, take *Ignatia;* oppression at the stomach, *Ferrum;* if it causes swelling of the abdomen, as from flatulency, with pressure in the pit of the stomach, difficulty of breathing, and chills, take *Nux vomica;* if it causes constant inclination to go to stool, and purging, *Capsicum;* pain in the chest and shuddering, *Veratrum.*

If it is followed by toothache, take *Bryonia, Mercurius,* or *Staphisagria,* according to circumstances. If merely irritability of the teeth, without pain, *Mercurius* or *Sulphur.*

If a person habitually takes cold in the stomach from drinking cold water, and has, in consequence, accustomed himself to mix spirits with the water, and wishes to leave off this habit, let him try some of the medicines recommended above. If he does not succeed, let him take a drop of pure sulphuric acid, and mix it with a pint of water by pouring it for some time from one tumbler into another, and take a table-spoonful of this in the morning, fasting, once or twice. This will often warm the stomach, and gradually accustom it to pure water again.

When *drinking hastily,* disorders the stomach, give *Silicea.*

When merely *cold* drinking causes indisposition, *Nux vomica* or *Staphisagria* may give relief; if not, *Calcarea.*

Indisposition from *ice or very cold water,* during great heat, when sudden and dangerous, generally yields to *Opium,* or *Glo-*

noine; See "*Sunstroke;*" especially if accompanied by a tendency of blood to the head, twitching in the face, unconsciousness and giddiness almost to reeling; persons in the habit of drinking spirituous liquors require *Nux vomica.* If the countenance is pale, if there is a sensation of choking and drooping, a few drops of spirits of camphor, on sugar, or diluted with water, may be administered. Should any symptoms remain, such as headache, or rush of blood to the head, *Belladonna* or *Glonoine* will be beneficial; for very acute pains, *Bryonia;* for affections of the stomach, fever, &c., *Carbo vegetabilis* or *Arsenicum.*

For long standing disorders of the stomach, caused by drinking ice-water in the summer, attended with great weariness, little appetite; if whatever food is taken lies like a weight on the stomach, or is thrown off again, sometimes with a sour taste, with soreness of the stomach upon pressure; if the stomach and abdomen are distended by wind, the flatulency becoming very troublesome, the symptoms growing worse in the open air, *Carbo vegetabilis* will be serviceable.

If there are pains in the stomach, or other symptoms arise in consequence of having swallowed pieces of ice, as children are apt to do, *Arsenicum* will be the remedy, or *Pulsatilla.*

Arsenicum may be administered in cases of oppressive weight on the stomach, with a burning sensation confined to a small spot, or extending over the stomach or abdomen, with great anxiety and disquietude indicated by the countenance; tongue dry; continual thirst; every thing having a saltish taste; nausea produced by motion, or after drinking, even to vomiting and throwing up of bile.

Pulsatilla, if the affection in the stomach and the pit of the stomach is of a spasmodic nature, worse after eating, in some cases attended by vomiting; the countenance expressing rather a disposition to cry; the tongue slimy, taste insipid; no thirst; nausea after eating and drinking, worse in the afternoon and evening, with sour rising, sometimes of wind only, retaining the taste of what the patient has eaten.

The same remedies will answer in affections of the stomach, produced by eating *cold fruit*, *ice-cream* and the like.

Every body should be able to *drink milk*, and if it does not agree, it is an indication that there is something wrong about the stomach. If it produces a sour taste in the mouth or costiveness, give *Nux vomica;* if pains in the bowels and diarrhœa, *Bryonia;* and if there is rising and vomiting of phlegm, *Sulphur;* if it produces long-lasting nausea, *Calcarea.*

Persons who feel indisposed after *drinking malt liquors*, will do well to refrain from them, at least from the stronger kinds, which sometimes owe their strength and bitterness to injurious drugs. But if the head should become too easily affected after drinking good beer, &c., take *Rhus;* if useless, take *Belladonna.* If the beer causes vomiting, take *Ferrum;* if nausea, *Arsenicum;* if colic, *Colocynth.*

Whoever feels indisposed after *drinking brandy*, may congratulate himself: the best and most salutary advice we can give him is—to let it alone.

CHAPTER V.

CONSEQUENCES OF SPIRITUOUS LIQUORS, COFFEE, TEA, TOBACCO, ACIDS, &c.

Intoxication.

Habitual drunkenness is a ruin to individuals, a calamity to families, and a serious loss to a nation, it is therefore no wonder, that benevolent minds have proposed remedies to prevent such great evils; neither is it astonishing that many who are as ignorant of history, as of the laws of life of man and nations, should run mad with a most fanatic opposition to alcohol, bundling up with it all kinds of malt liquors, and even the most noble of all the productions of nature, the wine.

Ministers, as ignorant of the original language of the gospel, as of the most common laws of chemistry, told their flock, that the wine, mentioned in the New Testament, was only grape-juice, not fermented, and not "intoxicating." They do not know that the word used there for drunkenness is derived from the word meaning fermented wine.*

The history of the human race proves most clearly, and *without a single exception*, that there never was in any nation a popular development of science, literature and the fine arts, until after the introduction of the culture of the grape-vine, or (like in England or Sweden) after a facilitated importation of wine.

The latest chemical analyses have also proved, that wine contains combinations of phosphorus, which is a most important nourishment of the brain and upon which its highest development depends.

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* In the New Testament the word used for wine is οινος, which means *fermented wine;* the word for *unfermented grape-juice* is γλευκος; the word for *drunkenness* is οινωσις, signifying that the drunkenness is from *fermented wine.*

For the individual, wine may not be a condition, without which no great works of the mind can be produced, but it is so with nations. No great minds can arise in a nation, in which there is not a large number of men of great brains.

Hence the religion of the Jews acknowledges the grape-vine as a gift of God after the flood, to prevent another sinking of the human race.

Hence in the religion of the Christians, the wine is holy as an indispensable link between the Lord and mankind.

Hence only Mahomedanism forbids the use of wine, of course without any good effect whatever, but introducing the use of opium, hemp-juice and other dangerous substitutes.

Hence the natural want of wine promotes the dangerous use of alcohol and with it drunkenness.

All intelligent travellers agree in allowing that drunkenness is by no means common, nay, that it is a rare thing in wine-producing countries. Thus the true remedy against a popular inclination to drunkenness would be with every wise law-giver to favor the consumption of wine by facilitating the home-production and the importation of wine.

As all products, depending on sun, soil and the seasons, have, according to every experience, been injured by the, here erroneously called, protective tariff—so has it also injured the production of wine.

Notwithstanding that it is a most important rule in political economy to protect what is produced by hand, and that this protection is the only preventive and cure of the distress in trade and business, called "a crisis," and although a steadily increasing tariff on all the results of work by hand, (including coal and iron as brought to use by hands only,) is the main condition of a healthy national life—every tariff on any product, depending on sun, soil and the seasons, has and will invariably injure both the producer and consumer.

Wine, like wool, grain, fruits, meat, fish, &c., the more it is used the more it will be produced or imported; the prices are easily regulated by free trade, and preserved from artificial and convulsive increases and decreases. It is the tariff that creates and favors the usurious monopolizers of all the necessities of life, the cancerous tumors between the producer and consumer. But the effect on wine is still worse, it causes and promotes its adulteration and artificial imitation, not only destroying its good effects, but spreading diseases. Free trade in wine and all other eatables and drinkables would promote the health of a people more than any thing else; the general use of cheap and good wine would within one generation do away with nearly all drunkenness. It would be a homœopathic cure of this great evil, a truly statesman-like movement. But some statesmen are like short-sighted allœopathists, they, like the celebrated Dr. SanGrado, purge and bleed the people and try to cure by "the hunger-cure," making the evil worse, of course.

The most senseless attempt of preventing drunkenness in a nation, the notorious Maine Liquor-Law, is a thing dead and gone by, and every man of sense is now ashamed of it. It was an absurdity greater than Mahomed's, to expect the slightest good results from such a nonsensical "You shall not." It would be inexplicable how such a mania could have raged like a mental epidemic, if not "all who know" the leaders of this great motion were very well aware that more than ninety-nine per cent. had objects in view entirely different from "Temperance." It was the Anti-Masonic movement over again.

The pitiful condition, drunkenness, in which we still see so many persons, needs no description. Every one knows that however drunk a person may be, the best way is to let him sleep it off; but sometimes it may be necessary

to restore him sooner—at least so far that he can be removed. The best remedy is an external application of cold water. If a person is lying in the road, throw the coldest water that can be procured over him: if this does not succeed, throw water upon him by the buckets full, from a height of several feet, so as to hit him with great force. If he is vomiting and retching, give him coffee without milk, as much as he will drink and very hot.

If he is not quite so far gone, a cloth dipped in cold water, and wrapped round the abdomen and loins, and applied to the neck and back of the head may afford relief.

It is often possible to restore an intoxicated person to the complete possession of his senses, by making him drink a cup of strong black coffee. Strong tea is better for drunkenness from malt liquor; and a bitter almond if from wine. Drunkenness from alcohol has been lessened by strong salt water.

If the face of a drunken man has a purple hue, his look fixed; if he does not come to his senses, the throwing on of cold water producing only temporary effect—if the muscles of the face are convulsed, or a cramp prevents the opening of the mouth—apply a piece of cloth, dipped into cold water, to the head, and give *Opium* until he improves; if this fails, give *Aconite* or *Belladonna.*

If children are made tipsy by thoughtless or vile persons—or swallow brandy by accident—wash their head and abdomen with cold water, and give them, every quarter of an hour, a teaspoonful of hot water, a pint of which had been poured on a bitter almond. If they do not soon fall into a sound sleep, give *Nux vomica.* If they fall into a torpid sleep, with snoring, the face red and the head hot, give *Opium.* If they are too lively and merry, and cannot sleep, *Coffea.* If they have fever, with constant tossing about, give *Aconite*, and if this does not remove it in two hours, give *Belladonna.* If they fall into convulsions, give first *Opium*, if this does not answer, *Nux vomica,* and if this fails, *Chamomilla.*

Many females, when confined, drink out of ignorance, from habit, or by the advice of stupid midwives and monthly nurses, spirituous liquors, to obtain sleep for themselves and the child. This is a horrid, abominable habit; they expose themselves and their child to the greatest danger; and if not attended by immediate bad consequences, it may cause the child to become a drunkard when grown up. Under these circumstances, give to the mother and child the above mentioned medicines.

Besides the confirmed drunkard, there are others who only once in a while allow themselves to be led astray, and who are ashamed of their conduct afterwards. These we advise, after any excess of this sort, to put a few glo-

bules of *Nux vomica* into a glass of water, to stir it well, and to drink it before going to bed; the next morning they may take other remedies, if required.

There are, however, many who have fallen into the habit of drinking from vexation, grief or sorrow. Their own conscience will tell them to what a horrid alternative they have had recourse; and we earnestly exhort them not to taste, not to touch a drop of liquor again, under any pretext whatever, but to force themselves to drink, daily, several glasses of cold water, and to take the medicines recommended for the effects of drinking; also, the medicines which suit for vexation and grief.

There are other drunkards who are driven to drinking by a morbid state of their system, by a peculiar kind of "dyspepsia." These deserve our compassion; but although we may pity them, they themselves cannot excuse their habit by it. For some other morbid state urges one to anger, another to laziness, a third to incontinence, but it is no excuse for either. Were it otherwise, every one might find a ready excuse for his favorite vice, and easily imagine that he could wash off his impurity in a sink. When the passionate man does not bridle his anger, the lascivious his cravings, and the intemperate his inclination to strong drink, their morbid sensibilities will increase. No, they ought to pursue a course directly opposite. He who is given to anger should constrain himself to submit even to unmerited abuse; the voluptuary should repress all vicious thought, and avoid every temptation; the lazy should work until he is perfectly exhausted; and he who longs for strong drink, should not even smell brandy, wine or beer.

In all cases of that disease which causes a morbid desire for alcohol, consult a homœopathic physician. If that cannot be done, take *Sulphur*, in water, every morning during a week. Should the desire abate, and return afterwards, take *Nux vomica* in the evening; and if it returns again, in two or three days after, *Sulphur*, in water, every morning. If this does not prove efficacious, give *Arsenicum*. If this does good but temporarily, give *Nux vomica* one day, and three days after, *Arsenicum*.

Some cases of this morbid desire for alcohol have been entirely relieved by Sulphuric acid, one drop of which, mixed with a tumbler full of water, was taken as a drink every morning or forenoon. In some families they have resorted to this, even without the knowledge or consent of the drunkard, they mixing such slightly acidulated water with all his food and drink. There is no danger if he gets sick from it; the diarrhœa caused by it may be easily relieved by *Pulsatilla;* the sore mouth by *Mercurius* or *Calcarea*.

Effects of Intoxication.

After drinking too much in the evening, sometimes even after taking but a few glasses of wine, one may feel unwell, heavy and stupid in the morning; with another the face is pale and haggard; the eyes pained by the light; the mouth parched and rough; nausea, pains in the pit of the stomach, hoarseness, heat in the hands and soreness in the limbs, as if sprained; some are weak, sleepy, chilly, languid, cross and passionate; sometimes there is bleeding of the nose, or cramp in the stomach; in such cases give *Carbo vegetabilis* or *Nux vomica*.

If the headache is throbbing, or attended with pressure over the eyes, or better in the air, *Carbo vegetabilis*; if worse in the open air, and more in the temples, *Nux moschata*.

If the pain is attended by a feeling as though a nail were lodged in the head, and is on one side only, worse when walking, at every motion, in the open air, from thinking and stooping, *Nux vomica*.

If there is only nausea, *Carbo vegetabilis;* an inclination to vomit, and retching, *Nux vomica.* If the stools are thin and pale, *Carbo vegetabilis.* If there is much pressing and forcing, with slimy purging, *Nux vomica.*

If there is much giddiness, red eyes, with matter in the corners, great sensitiveness to the light, or a dry, hacking cough, take *Nux vomica.*

If the headache does not abate in two or three hours after taking *Nux vomica*, take *Coffea.* If the nausea continues, the stomach very weak, and the tongue furred, take *Antimonium crudum.*

In indisposition from the repeated use of wine or spirits, which has already continued for some time; tedious headache, fulness and heaviness of the head, or cramp in the stomach, weakness of the stomach, constipation, piles, pains in the back, miliary eruption, or much itching and biting over the whole body, *Nux vomica*, in the evening; and neither wine, spirits nor coffee should be used during the next day.

If *Nux vomica* should fail, *Carbo vegetabilis* or *Lachesis* may be taken; the former, if the symptoms are worse early in the morning, or in the open air; the latter, if they are worse after sleeping, especially in the afternoon, and if aggravated by hot weather.

For tedious headache, which has not only been caused by intemperance, but is aggravated by drinking spirituous liquors, by thinking, mental application, speaking, stooping, after reading or writing, the patient is very weak, give, if he is plethoric, *Calcarea;* if of a spare habit, *Silicea.*

Do not repeat the dose until he is worse again, and should the repetition fail, give *Lachesis.*

If the effect of wine is only to irritate, excite and produce trembling, with nervousness, an uncomfortable dry heat and splenetic humor, give *Coffea.*

DELIRIUM TREMENS, OR MANIA-A-POTU.—In this sad and terrible disease of drunkards, with visions of animals, monsters, strange human faces, &c., attended with raging and raving, fits and convulsions, instead of worrying the unfortunate being with quantities of irritating, weakening drugs, mix a drop of tincture of Opium with a tumbler full of water, and give him of this a table-spoonful every five or six hours, or let him drink the whole, and repeat it as often as the attack returns.

If the attacks are less severe, the patient only seeing animals or fire at intervals, with fearfulness and a wish to escape, give *Belladonna.*

If this should afford no relief, if the throat is affected, the attacks appearing more in the afternoon, or after sleeping, the patient talks much, flying from one subject to another, cannot bear his shirt or neckhandkerchief, but strives to have them removed, *Lachesis.*

Cold sweat in the face, anxious desire to run away, visions of devils, etc., *Veratrum.*

Premonitory symptoms, as seeing creeping animals; turning of the head

sideways as if to look for something; hearing of voices, &c., may lead to the prevention of the attacks, either by *Arsenicum* or *Calcarea*.

Arsenicum for lean persons, tobacco chewers; if they hear the voices of relatives or others, generally overhead, in the corners of the room, up or down stairs; see insects creeping in the bed; see the room full of thieves or spectres; are driven by anguish out of bed; fear to die; especially after great grief or pangs of conscience.

Calcarea for persons of a full habit, so called "free livers," more nervous and irritable; despair of the state of their own health; fear of getting crazy; sleepless; horrible visions most always when shutting the eyes.

The same remedies ought to be given after the attacks are over, according to the symptoms, but in many cases they have only affected a cure when given in but one dose, waiting for weeks afterwards without giving anything else.

Total abstinence is absolutely required; cold water, not, however, ice water, should be drunk freely. If the patient desires it, the very moderate use of malt liquors, and also of tobacco, may be allowed. If the latter increases the symptoms, *Arsenicum* must be given, and taking snuff only may be allowed. If premonitory symptoms of apoplexy appear in drunkards, total abstinence from malt liquors and tobacco is necessary, and *Belladonna* or *Lachesis* may be given. In all such cases a homœopathic physician had better be consulted.

Bad effects of Coffee

In persons not accustomed to coffee, who have taken it too strong or too much of it, may be removed as follows:

For sleeplessness, palpitation of the heart, great irritability of the nervous system, violent spasms in the stomach, *Nux vomica* almost always suffices.

For violent headache, as if a nail were driven into the head, or heaviness, rending pain in the head, give *Ignatia* or *Nux vomica*. If it is better when stooping, or if there is a throbbing in the whole head, if the patient is of an undecided, inconstant disposition, *Ignatia;* if worse when stooping, or walking, attended with much giddiness, confusion and heaviness in the head, and the patient of a choleric temperament, *Nux vomica*.

Violent, one-sided headache, yields usually to *Nux vomica;* but with weeping and screaming, and great sensitiveness, to *Chamomilla*.

Tedious effects from the too frequent use of coffee may be removed by the same medicines. *Nux vomica* is the principal one; if it does not suffice, *Coffea* may sometimes be given, and then *Nux vomica* again.

Frequent toothache following immediately upon drinking coffee, generally yields to *Chamomilla*. If so violent, that the patient is almost beside himself, give *Coffea* and afterwards *Chamomilla;* the following medicines may also be required: *Cocculus, Belladonna, Mercurius, Carbo vegetabilis, Pulsatilla* and *Rhus*. Compare "Toothache."

Violent spasms in the stomach, if worse after drinking coffee, *Nux vomica* or *Cocculus;* if temporarily relieved by coffee, but worse afterwards, *Chamomilla*.

Violent pain in the bowels, or colic, *Chamomilla* or *Nux vomica;* frequently *Colocynthis* or *Belladonna*.

Pain in the groins as if a hernia was going to appear, is relieved by *Nux vomica*.

If, after the habit of drinking coffee has been abandoned, the above tedious effects will not yield to *Nux vomica* and *Chamomilla*, the following remedies are sometimes useful:—

Cocculus, when every motion is attended by debilitating perspiration, frequent trembling; starting when asleep; sudden heat; frequent toothache when eating; lightness in the head; sadness; agitation; when every indisposition is aggravated by fresh air, exercise, eating, drinking, sleep, or smoking.

Ignatia, when there is much debility; emptiness in the pit of the stomach; frequent spasms in the abdomen; painfulness or falling asleep of the limbs, generally pressing as from hard pointed substances, the pains oblige the patient to shift his position constantly, after which he feels better; the disposition is inconstant, sometimes excessively lively, at others depressed and inclined to weeping.

If these remedies do not bring about a favorable change, consult a homœopathic physician.

Effects of Tea drinking.

For indisposition from green tea, take *Coffea* or *Ignatia*, and if it does not improve in half an hour, *China*. For tedious complaints from tea, *China* or *Ferrum*.

Effects of Tobacco.

To persons unaccustomed to smoking who suffer much, give *Pulsatilla;* for violent headache and nausea, *Aconite;* giddiness and dizziness to fainting, vomiting of bile and diarrhœa, *Chamomilla;* and if not sufficient, and there is much coldness, *Veratrum;* if this will not answer, let them smell camphor. Violent convulsions and other symptoms may be removed by *Cuprum* or *Cocculus*. See "Poisoning."

If a person accustomed to smoking, feels unwell after it, *Cocculus* or *Ignatia* will generally relieve him. If it occasions toothache, give *Bryonia* or sometimes *China*. If it causes sickness of the stomach, *Ignatia* or *Pulsatilla;* if uneasiness and nausea, *Staphisagria*. The same remedies may be given for the bad effects of chewing tobacco. *Nux vomica*, *Chamomilla*, *Pulsatilla* or *Cocculus*, and sometimes *Cuprum* or *Arsenicum*.

Tedious consequences of immoderate smoking or chewing, are difficult to cure; nervousness and weakness of the stomach are generally removed by *Nux vomica* or *Cocculus;* habitual constipation by *Nux vomica*, *Staphisagria*, *Mercurius*. The diseases to which those who manufacture tobacco are subject, cannot be removed unless the patient quits his employment. He should apply to a homœopathic practitioner. The foregoing remedies may, however, be tried.

For *the injurious effects*, occasioned by *spices*, such as pepper, ginger and the like, give *Nux vomica;* if from nutmeg or safron, *Ignatia*, or sometimes *Opium* or *Coffea*.

Injurious Effects of Sour Food.

If the bad consequences appear suddenly, they are relieved by *Nux vomica*, if diarrhœa sets in at night or during the night; if in the day time, by *Antimonium crudum;* with pain in the bowels, by *Staphisagria* and warm broth; by *Belladonna* if head and chest are affected; by *Veratrum* if accompanied by much coldness; by *Lachesis* if fever follows. Red eruptions like scarlatina

or rash, with pains in the throat from oranges, lemons, or other sour fruits, are cured by *Belladonna* or *Rhus*. Long lasting consequences are relieved by *Calcarea* or *Causticum*, according to the symptoms.

Other symptoms from the use of sour things may yield to *Arsenicum* or *Sulphur*. *Arsenicum* for persons who have too much appetite and eat too much; *Sulphur* for such who have a constant craving for sweet things. When acids aggravate the symptoms of a case, give *Belladonna* or *Lachesis*.

If a craving for acids and sour food, *Arsenicum*, *Arnica*, *Belladonna*, *China* or *Lachesis*. *Arsenicum* if there is a loathing of all except sour food. If the craving is merely for sour drinks, give *Bryonia*; *Natrum muriaticum* for constant sour taste.

For heart-burn and vomiting after sour victuals, give *Ferrum*; for vomiting of a watery fluid after the use of acids, *Phosphorus*.

For disordered stomach from acids, *Arsenicum* or *Lachesis*, in obstinate cases alternately.

For diarrhœa from the use of acids and sour fruits, *Lachesis*; if from fruits merely, *China*.

See Chapt. IV. Part I.

CHAPTER VI.

EFFECTS OF THE MEDICINES HITHERTO IN GENERAL USE, AND REMEDIES TO COUNTERACT THESE EFFECTS.

When sudden and dangerous symptoms appear after administering a dose of physic, we may take it for granted that the patient is poisoned, and we must look under the head of "Poisoning." There is no poison in the world which, by the old system of medicine, has not been tried on sick persons as a remedy. Vegetable poisons are often more rapid and violent in their action than mineral poisons, and produce the same strong and lasting bad effects. Animal poisons are even more violent than vegetable poisons. The boasts of nostrum venders respecting the innoxious effect of their alleged vegetable medicines, are nothing but deception and humbug.

It is true, there are some herbs which do not produce any dangerous effects, and some medicines are not very injurious; but even these should not be given without due consideration, nor in large quantities for any length of time. For it is certain, that if you give the proper medicine, very little will suffice, and if you give an improper one, the larger the dose the more injurious it will prove.

In large and frequently repeated doses every medicine may, therefore, be considered a poison. Many children have died of chamomile tea; and more people are, even now, killed by quinine than by the fever and ague. Formerly the cause of their death was not known, and the thing was called by a different name. Of a hundred persons who die of dropsy, eighty, at least, have been made dropsical by bleeding and the irrational administering of drugs. Ask only, how often such persons have been bled, or what quantities of medicine they have swallowed, such as calomel, quinine, cathartics, sulphur, iron, laudanum and other narcotics, and you will see how the dropsy has originated.

When a person has taken such vile trash, or given it to children upon the recommendation of physicians or apothecaries, the evil may be remedied by observing the following directions:

Herb Teas

As chamomile and similar ones; if they cause a great deal of pain, or if they increase the pains, which the patient had before, give *Coffea*, and afterwards, if required, *Nux vomica;* for nausea, vomiting and diarrhœa, *Pulsatilla; Pulsatilla* also if chamomile tea has increased the colic and other pains of females at the commencement of the courses. If it has caused violent fits and convulsions in children, give *Ignatia:* for fever and heat with great sensibility and excitement, *Coffea;* for fever, heat, tearing, drawing pains, less when moving, *Aconite.*

Opium or Laudanum

Often produces dangerous consequences;—see what is said about it under "Poisons." Results are produced by it, which were not anticipated, particularly when an ignorant practitioner applies it in injections, where its effects are often more powerful than when taken into the stomach. For the lingering effects of laudanum, which never fail to appear, sooner or later, ask the advice of a physician. It will be well to give, from time to time, *Coffea* and sometimes *Mercurius*, which should be allowed to operate a week, or longer. Sometimes *Nux vomica* or *Belladonna.*

Peruvian Bark, Quinine, &c.,

Next to opium and mercury, most frequently undermine the constitution, and occasion incurable diseases. Should the patient escape death, he will be troubled for years by the effects of bark. It is more difficult to expel quinine from the system, than mercury; and he who pretends that this can be effected by cathartics, is utterly ignorant of physic. It enters the blood and all the fluids, and no purging in the world will remove it.

To relieve the patient from its effects, will require patience, but it may be gradually accomplished by the following means. The chief medicine, in most cases, is *Ipecacuanha.*

For rheumatic pains, heaviness, prostration, soreness in all the limbs, drawing pain in the bones, great sensitiveness of every part of the body; when exercise, speaking, blowing the nose or loud sounds aggravate the pains, give *Arnica.*

When the body is cold, with cold perspiration, constipation or diarrhœa, *Veratrum.* For consumptive cough and expectoration, let the patient drink an infusion of Iceland moss. For jaundice give *Mercurius*, and later, perhaps, *Belladonna.*

For heat in the face, determination of blood to the head, much pain in the head, face and teeth, give *Belladonna.* For earache, *Pulsatilla.* For swelling of the feet *Ferrum.* For ulcers on the legs, dropsy, short cough and shortness of breath, *Arsenicum.* For dropsy and other swellings, *Rhus.*

If there are other complaints, look under the respective heads, and select the medicine accordingly; the following will in many cases be found preferable: *Sulphur, Calcarea, Carbo vegetabilis, China.*

When bark has been given in intermittent fever, and the disease has been

bungled, another and worse complaint than the fever makes its appearance; or the fever remains, and is now more difficult to cure.

If the fever has been suppressed, and earache, toothache, headache and pains in the limbs make their appearance, give *Pulsatilla*, and if this fails, *Calcarea*. For affections of the stomach give *Ipecacuanha* or *Pulsatilla;* for swelling, *Arnica*, *Arsenicum* or *Ferrum*, and select, according to circumstances, one of the remedies recommended above.

If the intermittent fever continues, as it often does, notwithstanding large quantities of bark or quinine may have been taken, give first *Ipecacuanha*, which will mostly prove efficacious: afterwards, if required, *Arsenicum* or *Carbo vegetabilis;* sometimes *China*, *Veratrum*, *Arnica;* and sometimes *Belladonna*, *Mercurius*, *Sulphur* and *Calcarea* will effect a cure.

Other Drugs.

When the mixtures which the unfortunate patient had to swallow, contained Conium or Cicuta, Digitalis, Laurocerasus or Acidum Hydrocyanicum, it is sometimes scarcely possible to save him, unless a good constitution throws it off, assisted by proper living, fresh air and the drinking of much water.

After taking Digitalis, even in small doses, if continued for a time, dangerous symptoms very often follow suddenly, which are generally relieved by repeated smelling of camphor, sometimes by vinegar or wine in drop doses. Smelling of ether or chloroform makes them worse. Later, according to circumstances, *Glonoine*, *Opium*, *Nux vomica* or *Ignatia*. Be careful not to give *China*.

Persons who have swallowed much Assafœtida, or much Valerian and other drugs which enter largely into the composition of some quack pills, are generally in a very critical situation. *China* or *Mercurius* sometimes counteracts the effects of Assafœtida; *Coffea*, *Nux vomica*, *Chamomilla* or *Sulphur* those of Valerian; *Pulsatilla* and *Nux vomica* those of Colchicum; the very dangerous diarrhœa from large doses of this so-called remedy for the gout, will be relieved by a few drops of the tincture of opium, one drop to be taken every half hour, five or six times. *Belladonna*, *Bryonia* and *Arnica* those of Senega; *Mercurius* or *Belladonna* those of Sarsaparilla.

If a person feels bad effects soon after the application of a blister of spurge-laurel (mezereum,) let him first smell camphor, and afterwards, if these effects appear in the mouth or in the bones, give *Mercurius;* and if they appear more in the limbs, *Bryonia* or *Rhus*.

If the application of Spanish-flies produces bad symptoms, let the patient smell camphor frequently, and, if this does not counteract them, give *Aconite* or *Pulsatilla*.

When children have taken much rhubarb, and are consequently troubled with much flatulency and slimy diarrhœa, give *Nux vomica;* if they have sour vomitings during the night, clayey stools and diarrhœa, *Pulsatilla;* if they have sour stools, green or mixed with blood, *Mercurius;* bad colic and green evacuations, *Chamomilla;* and if the colic does not get better, *Colocynth*.

Effects of Magnesia.

If a person has taken magnesia and feels poorly, particularly after calcined magnesia, let him smell sweet spirits of nitre; if he cannot sleep, give *Coffea;*

if it produces violent pains in the bowels, *Chamomilla;* and if they are very bad, without much or any evacuation, give *Colocynth ;* if no evacuation follows in twenty-four hours, give *Nux vomica;* if the patient has violent pains, and is burning with fever, give *Arsenicum ;* but if the magnesia has produced sour thin purging with colic, *Rheum ;* and if this fails, *Pulsatilla.* The same remedies should be given if similar effects are produced by Epsom salts.

Effects of Sulphur and Iodine.

The effects of sulphur are occasionally as bad as those of mercury, and the tedious complaints which it produces as difficult to cure. If a person feels unwell soon after having used it, he should smell camphor; if this does not relieve him and when the pains are violent, particularly in the head, accompanied by heat, let him take *Aconite;* later, when the complaint has become tedious, *Mercurius* or *Pulsatilla*, and sometimes, according to circumstances, *Silicea.* For the bad effects of sulphurous vapors from the lighting of matches, from which children often get coughs, shortness of breath and pains in the throat and chest, *Pulsatilla* is the best remedy.

If sulphur has been given to children, in conformity to a notion of its beneficial effects entertained by some parents, especially in the spring of the year, and it had occasioned fever, with cutting pains in the bowels; or if eruptions, for which it was given, should have been suppressed, or when very painful boils ensue, *Belladonna* is very often efficient; care is, however, to be taken afterwards, to guard the children from taking cold, not by keeping them in warm rooms, but by preventing their being in draughts, or sitting on the ground, &c.

When patients suffer from iodine or iodide of potassium, administered as it usually is, in large doses and for a long time, give *Hepar*, 3rd trit.

Effects of Mercury.

This is the universal elixir of the quacks in all diseases, who, whilst they pretend to restore their patients to health, destroy their constitutions. It is administered as calomel in powders, or dissolved as corrosive sublimate, or in pills—those abominable blue pills. Beware of all prescriptions in which names like the following occur: Calomel, Merc. subl. corros., Merc. præcipit., Hydrargyrum, Hydrarg. chloridum, Hydrarg. bichlorid., Argent. viv. People are frequently imposed upon by being told that mercury can be expelled again by taking aperient medicines after it. Those who hold such language, close their eyes to the effects which ensue from taking mercury; for, supposing it was as easy to remove the calomel as it was to swallow it, the effect produced upon the body will certainly remain; just as if you were to drive a nail into a man's leg and then pull it out again—the hole will remain, it will heal after a while, but requires time and a rational mode of treatment, or the consequence may be very serious. To give aperient medicines then for the effects of mercury, is about as sensible as if I were to insert a wooden peg in the wound made by the nail, and imagine it to be all right again.

Mercury, in all its preparations, however, cannot be expelled again so easily, and least of all by purgatives, as it immediately penetrates every part of the system, the fluids, the glands, and even the bones.

This is the reason why the slow poisoning by mercurial medicines is far more difficult to cure than a natural disease; it always requires much time, and in many cases mitigation of the sufferings is all that art can effect for the patient.

In most cases, immediately as well as long after taking mercury, *Hepar* (3rd trit.) will be found of great service, particularly for the following symptoms: headache during the night; loss of hair; painful lumps on the head; inflamed, red eyes; pains in the nose when pressed; eruption round the mouth; phlegm deep in the throat; much saliva in the mouth; ulcerated gums, swelled tonsils; hard glands on the throat; a pricking pain when swallowing, coughing, breathing; vertigo in the head; inflamed suppurating boils in the groin or arm-pit, or small ones on the chest; thin evacuations, with a great effort, sometimes mixed with blood, slimy and green; the urine dark red, hot and acrid; coughing when a hand or foot gets cold, or after drinking, sometimes accompanied by spitting of blood; whitlow, or other red, inflamed swelling on the hands and fingers, also on the knee, like rheumatism; the skin does not heal well; every little wound or scratch suppurates and spreads; the skin of the hands and feet bursts; ulcers, which bleed easily, burn in the night, with throbbing and acute pain; chilly in the air; in the night, chills and frequent pains in the limbs; also fever, and afterwards clammy, sour perspiration; the patient very sensitive, the pains almost produce fainting.

It is advisable, after continuing its use for six or eight days, to await the effect of *Hepar* for some days; if it produces slow improvement, wait a fortnight; if after this the improvement does not continue, repeat the same medicine; if the improvement was but of short duration, and it was absolutely necessary to give something, *Belladonna* would be the best; the same will answer when *Hepar* has been given two or three times, once every fortnight, and has lost its efficacy.

For complaints of the mouth and throat, for swelling of the tonsils, and deafness, give *Hepar* and *Belladonna*, and if they produce no change, *Staphisagria*.

For great sensitiveness to the weather; violent pains, particularly during the night, worse when touched; great weakness; when the patient has been debilitated by much purging and salivation, give *China;* and if this, after a week, has no further effect, *Carbo vegetabilis*, particularly if change of weather makes the patient worse.

If, after taking some of the remedies recommended above, there still remain rending pains in the bones and gouty swellings, give *Dulcamara*, and afterwards *Phosphoric acid;* for swellings on the bones (nodes), *Phosphoric acid*, and afterwards *Staphisagria;* and when this ceases to do good, *Calcarea*.

If these medicines have been taken for a considerable time, and the complaint is not completely removed, try *Sulphur*, and some time after, one of the above remedies again. If *Sulphur* gives relief, take several weeks afterwards *Calcarea*, and after that some other suitable medicine, for instance, *Lachesis*.

If a person has taken much mercury, and afterwards sulphur, it will be well to give *Mercurius*, and then *Belladonna* or *Pulsatilla*.

When a person has taken much mercury, but no sulphur after it, and *Hepar* should not seem to be quite indicated, according to the foregoing description, give *Sulphur*.

In tedious complaints, caused or aggravated by Mercury, select from the following: *Hepar, Belladonna, China, Phosphoric acid, Carbo vegetabilis, Dulcamara, Staphisagria, Lachesis*. In many cases, where immediate relief is required, *Opium, Pulsatilla*, or the medicines prescribed under "Poisoning," will answer; in some few cases, *Arsenicum, Ferrum, Rhus*, or *Silicea* will be available.

Effects of Lead.

Lead is often an ingredient in medicines, such as white ointment, plasters, Goulard's lotion, &c., which are used to dry up and cure eruptions, ulcers, bruises, burns and wounds. It is almost as poisonous, when applied externally, as if it were used internally, and produces constipation, colic, cough, and complaints of the lungs. To remove these effects, give *Opium*, frequently repeated, *Glonoine*, followed by *Nux vomica*, or *Belladonna*, and afterwards, if necessary, *Mercurius* or *Platinum*.

Effects of Arsenic.

If the so-called medicines contain arsenic, as Fowler's solution, which are mostly given in fever and ague, when the quinine powders will not cure it, for many skin diseases, or for cancers, applied both internally and externally, and which generally aggravate the disease, give *Ipecacuanha;* and if this does not effect some improvement, give *Nux vomica;* if these remedies fail, or if, from the symptoms, *Veratrum*, *Ferrum* or *China* seem to suit better, give one of these.

Effects of Iron.

Iron is frequently given as steel drops, steel pills, &c., for intermittent fever, green-sickness and complaints of the lungs; but instead of curing the evil, it generally makes it much worse. When the menses are not regular, and in general, when patients are weak and pale, there are some who imagine that if they be painted red inside, their outside will likewise become the more fascinating, or, that the iron will enter the system and make them strong. Iron, however, taken in large quantities, as a medicine, is injurious, as well as all the other metals, only it does not kill quite so rapidly. A proof of this assertion we find in springs which contain iron, and in which rust is formed; neither man nor beast thrives upon this water; and even those who at last become accustomed to it, will sooner or later suffer from its effects. In cases where speedy relief must be afforded, give *Pulsatilla* or *China*, and if they do not avail, *Hepar*, and after some time the former medicines again.

In all cases of *poisoning by medicine*, it is necessary to look under the particular complaint, and to give in preference the medicines there recommended.

He who has already taken different medicines, and has become worse and worse by their use, will do well to lay them all aside, no matter what they are called, and should his health not improve of itself, nor from the medicines which have been recommended here, let him apply to a competent homœopathic physician, and, in view of all the existing circumstances, not expect miracles It is often very difficult to give relief to the sufferer, and in most cases it takes a year or more, before he begins to improve, provided he has no hidden disease, which neither the old nor the new method can cure.

CHAPTER VII.

ADULTERATIONS AND POISONS.

Wilful murder and suicide by poison are but rare occurrences; most cases of poisoning originate in the carelessness with which poisonous things are handled, in the ignorance of their poisonous qualities, or in the wicked adulteration of eatables and of liquors. With the necessary knowledge, we are frequently able to avoid this danger. As it is of importance to everybody to be acquainted with the poisonous substances which threaten life, we will give some directions, how we may discover these adulterations and poisons.

Wines are most frequently adulterated, and here more than elsewhere; those imported into this country have either been adulterated already by the shipper, that they might keep, or it is done here when they are near spoiling, or to make them resemble wines of better quality, or for other purposes. We will give directions how to recognize adulterated wines, that the honest dealers and venders of wine may be able to examine the articles which they purchase, and that all who have to deal with rascals may first test the wine. All those who, by the directions given below, shall discover that wine has been adulterated, and who have a spark of feeling for their fellow-men, should expose, without the least hesitation or forbearance, the persons so offending, that this horrible practice may be checked in this country. It is true, that the venders may excuse themselves by saying that they have bought the wine in that state. But the poison is there, and no one should deal in wine who does not know how to discover these adulterations, or who has not trustworthy people from whom he orders his wines. At all events it ought to be made known that he had been deceived, and particularly by *whom* he had been deceived.

Wines may be adulterated with harmless or noxious substances, and whoever employs the former will employ the latter, for the distinction is but too easily overlooked. The chief harmless articles used for adulteration of wine, are *water*, *sugar*, *brandy* and *various coloring matters;* but as these are not fraught with mischief to the health, we may pass them over and proceed to point out some adulterations which operate as a slow poison, and which may be the cause of many diseases.

a) *Lime or Chalk* is often used to restore wine that is spoiled, or to give new wine the appearance and taste of old; this admixture is very injurious to all who drink it. It may be detected by taking a few grains of oxalate of potash, and dissolving them in two tablespoonfuls of distilled water, or in water obtained by letting the steam from the spout of a teapot, filled with boiling water, pass into a cold vessel. This solution, itself a poison, drop into a glass of wine; if you perceive in a few minutes a whitish cloud in it, and the next day a white sediment, there is lime or chalk in the wine. Such wine drunk frequently, is apt to occasion gravel, hard glands, swellings, ulcers, sore eyes, tedious headache, diarrhœa, &c.

b) *Sulphur or Brimstone* is often found in wine, and many pretend that wine cannot keep without it. This, however, is erroneous, and much sulphur in wine acts as a poison, particularly with persons of a consumptive habit, or who are subject to bowel or liver complaints; in fact, it is injurious to every one who drinks it. The presence of sulphur may be easily detected by putting

a clean new-laid egg into a tumbler, and filling it with wine: if the wine contains sulphur the egg will be of a blackish color in a few hours, and well polished silver teaspoons will be blackened by the same process. Another test is, to drop a little lunar caustic, dissolved in water, into the wine; if a black or brownish black precipitate is formed, the wine contains sulphur.

c) *Alum* is sometimes contained in wine, and renders it very injurious, when drank often; a single glass will not unfrequently prove hurtful to a person of delicate health. Dissolve potash in water, filter it through blotting paper, and pour some drops of this solution into the wine; if it foams and precipitates a white powder, there is a probability of there being alum in the wine. If you desire a more decisive proof, apply to a chemist, or, dissolve the above mentioned white powder, in sulphuric acid diluted with water, adding a small portion of sulphate of potash. Let it evaporate on a stove and crystallize. Should pyramidal crystals appear, of the sweetish, astringent taste of alum, the proof is positive.

d) *Lead*, or some *other metal*, is often found in sweet wines, sometimes also in other wines, and is indeed a slow poison, worse than any other adulteration.—A nice taste will detect metallic poison in wine, the sweetness of which is disagreeable Dilute sulphuret of lime in water, and drop some of it into a glass of wine—if it turns brown or black, it contains metallic poison. Suspend a bit of polished zinc in the wine—delicate fibrils of lead will form upon it, if this metal is contained in the wine. Dissolve Glauber salts or sulphate of soda in lukewarm water till it becomes saturated, let it cool, then pour into a tumbler half filled with wine, as much of it as will fill the tumbler, let it stand over night, and there will remain a white sediment from the lead. If you put into a glass of wine a few drops of sulphuric acid, and the wine becomes turbid and leaves a white sediment, it contains this poison.

e) *Corrosive sublimate.*—If you put a few drops of hartshorn into a teaspoonful of water, and throw this mixture into a glass of wine and it leaves the least sediment, the wine contains corrosive sublimate. Another test is as follows: Put a gold coin on a piece of zinc, put both into a slit made in a small stick and hold the coin and zinc in a large tumbler full of wine. Should a gray dust immediately appear on the coin, there is corrosive sublimate in the wine.

f) *Arsenic.*—Dissolve lime in water till the latter becomes saturated, then pour off what is clear into a clean tumbler, and drop some wine into it; if the wine occasions white clouds, it is likely that it contains arsenic. To convince yourself more fully, dissolve sugar of lead in aquafortis, pour a wineglassful of this solution into a bottle of wine into which a little hartshorn has been previously put, and stir it. The next day pour off what is clear, and with the turbid part wash the sediment well out of the bottle, and strain it through blotting paper, till the liquid has passed off; then put the sediment after it has been dried on the paper, upon live coals; if it smells like garlic, arsenic is present.

Other corroborative tests for arsenic in wine or any other fluid, are, 1, the ammonio-nitrate of silver, which throws down a rich yellow precipitate of arsenite of silver, rapidly changing to a greenish-brown color; 2, ammonio-sulphate of copper which causes a rich green precipitate, which varies in tint according to the proportion of arsenic in the solution to the quantity of the test.

It is not meant to imply that arsenic exists in the wine by the intention of the wine dealer or vender; but that vintners, who fumigate their casks with sulphur, are ignorant that the finest sulphur is apt to contain arsenic, which has remained in it from its original preparation.

We recommend these last tests most especially to clergymen and elders, because we know for certain, that adulterated wines have been sold for religious purposes instead of genuine wines.

VINEGAR is often adulterated. If you cannot have self-made vinegar, use cider vinegar, which may always be had pure. Wine vinegar often retains the poison of the adulterated wine, from which it has been made. There is frequently sulphuric acid in it. This you can discover by means of a solution of sugar of lead, which causes a white sediment. Corroding vegetable poison is also frequently used. Such vinegar will burn on the lips, which pure vinegar will not do; it leaves also an acrid taste in the mouth. You can ascertain it still more positively by dropping a solution of potash into the vinegar, until litmus paper dipped in it no longer turns red. Pure vinegar will then have lost its sharpness altogether, and only taste like salt or lye, while an adulterated article will remain of a sharp and acrid taste.

MALT LIQUORS are frequently adulterated, but it is difficult to detect the poisonous ingredients, except by their pernicious effects. This is generally the case with the far-famed London brown stout or porter, which are occasionally adulterated with those deleterious substances, *Nux vomica*, *Tobacco*, and *Cocculus indicus*. You may perceive this by a sudden intoxication and headache the next morning after drinking it, or by its producing nausea in a healthy person after drinking a tumblerful of it on an empty stomach. Any brewer who uses other substances in his beer than malt and hops, brews an injurious, even poisoning, drink; salt and sugar are allowable, but the effects of other substances will sooner or later be felt by those who drink the beer. It is an injurious deception to use bitter roots and herbs instead of sufficient hops and malt; but *Cocculus indicus* is nearly as bad as *Arsenic*. Alum and vitriol are sometimes used; how they may be detected we will show in the sequel, under "Bread."

The adulteration with *Nux vomica* or *Strychnine* may be detected by shaking half a gallon of the suspected liquor with two ounces of animal charcoal, filtering the liquor from the charcoal, boiling this latter for half an hour with four parts of alcohol, and proceeding with the filtered alcohol as will be stated under brandy and whisky.

BRANDY AND OTHER LIQUORS sometimes contain poison, with or without the fault of the distiller, particularly if the fermentation proceeds too rapidly or is continued too long. This you will perceive by boiling the brandy in a bottle put into a kettle full of water, over a slow fire, till all the spirituous parts are evaporated. An acrid, disagreeable taste proves the existence of poison; and experiments similar to those recommended for wines will show what it is. It is usually lead.

It has lately been stated in most newspapers, that the manufacturers of whisky use strychnine to increase the quantity of the liquor; if this should be really the case, the strychnine can be detected in the following way: evaporate a quantity of the suspected liquor over a slow fire, until only a small quantity of fluid is left, which shake, first with a little caustic potash, and then with ether; evaporate the ether very slowly, put the residue on a piece of glass or porcelain, add a drop of strong sulphuric acid, and lastly a small crystal of bichromate of potassa, if now a deep violet tint appears, strychnine is present.

SWEET OIL is often adulterated with lead or copper. Dissolve liver of sul-

phur in water and mix the oil with an equal portion of this solution; if it turns brown or black upon being shaken, it is poisonous.

Milk and Ice-Cream are sometimes mixed with potash or lime; by putting some aquafortis into it, it will foam. When milk has been adulterated with starch, it will thicken in boiling; or if you strain it through fine linen, something will remain behind, or a glassful of it will turn blue on the addition of a drop of the tincture of iodine. Adulteration with the brains of animals are quite frequent in large cities; they may be detected by the microscope. Sour milk may contain zinc from being kept in vessels of that metal. Neutralize the whey by ammonia and add hydrosulphate of ammonia, a white settlement shows the presence of zinc.

Butter often contains chalk, sand or dye-stuffs. Melt it in hot water, and the foreign substance will be precipitated or mix with the water.

Flour is often adulterated with sand, plaster, &c. Burn some of the flour or bread to ashes, and you will find the white grains in the ashes.

Bread, *a*) *By Potash or Soda.*—A trifling admixture of potash or soda can affect only nervous, debilitated persons, but when there is much, it may prove injurious to the strongest—occasioning dyspepsia and other accidents. Pour hot water over the bread till it is quite covered, and let it get cold; then put a strip of litmus paper into it, which has previously been reddened by being drawn through weak vinegar. If it turns blue again, there is much potash in it: the quicker it changes the more potash there is in the bread.

b) *By Magnesia.*—Magnesia is also used as an admixture to give to bread, baked of bad flour, the appearance of good bread. This is principally injurious to children and to people of weak stomachs: you may perceive it by its taste being more or less bitter. Burn a pound of such bread to ashes, and you will find the magnesia.

c) *By Alum.*—Alum is a very pernicious substance, and frequently used. In England the bakers made no secret of it, and mixtures of flour and alum, or alum and salt, are sold publicly, intended to make white bread out of inferior or spoiled flour, which is doubly detrimental to those who eat it, as spoiled flour is of itself unwholesome. Some bakers do it without knowing that they injure the health of their customers. To detect this adulteration, soak the bread in water, knead it till it dissolves, adding enough water to make it thin, let it remain over night, then strain it, boil it down and let it stand; the crystals of alum will be deposited and you can taste it.

d) *By Copper.*—Copper is the worst of all adulterations, and thousands had been poisoned with it by the bakers of France and Belgium, before the physicians discovered the imposition. When a baker furnishes bread uncommonly white, fine, large and heavy, you should be on your guard. When such bread is burned, the flame here and there burns green. To convince yourself perfectly, soak some pounds of it in water, and add enough to cover the whole completely, let it get sour and stand till it becomes clear. If you suspend a rod of polished iron in it, and this turns ever so little red, you may be sure that the bread is poisonous, and will seriously injure the health of any one who eats it.

We will now call the attention of our readers to some other poisons, which ought to be known, that they may be guarded against.

Poisons in the Air.

Old wells, caves, cellars, vaults, and particularly old privies, frequently contain air that is deadly poisonous; we should, therefore, not enter such places without proper caution, and previously purify the air by lighted straw or gunpowder, or by chloride of lime, or chloride of zinc. The fumes of charcoal in a close room, or the exhalations arising from smouldering woodwork may cause the death of those who sleep exposed to these dangerous influences. The dry rot in a house, which gradually destroys the timber and walls, can cause dangerous diseases to its inhabitants. Buildings in this condition are not tenantable, and ought to be pulled down, unless the dry rot can be removed. The smell of walls, newly whitewashed, of paint in new buildings, or whereever much painting or varnishing has been done, particularly with poisonous green or red colors, consumes the pure, and engenders a mephitic air. Nothing that has a strong odor ought to be suffered in sleeping rooms; no clothes to dry; no highly scented flowers, herbs, fermenting substances, fresh hay, vermin-poison, or quicksilver—all of which will prove injurious to the sleeping—and especially to children, and to females in confinement. For in sleep, man is more easily affected by noxious influences; and things which he would hardly notice when awake, or the injurious effects of which he would easily overcome, may affect him seriously, and even kill him when asleep. A person may become ill from sleeping on damp ground, exposed to a draught, in sunshine or moonlight, close to a hot stove, or in an atmosphere filled with odors of any kind. Bad air makes people sleepy. If small churches are not opened during the whole week, the whole assembly on Sunday will feel sleepy in spite of the best sermon. Persons who have just recovered from a disease are very apt to become there ill again, no matter with how good an intention they came to church.

Water is often impure, and people get ill from using it. Springs which are avoided by cattle, and have a reddish or brownish sediment, are injurious. Whoever considers the loss of time which a trifling indisposition may cause to a whole family, will not deem that time lost which is spent upon improving the water.

Drink no water from rivers on which, a little higher up, there are manufactories, from which dye-stuffs and other noxious matters run into it. Spring or well water is hard, or contains particles of lime or iron, if soap will not dissolve in it; such water ought to be boiled before using it. You should, however, not drink too much, nor too often of it, but rather accustom yourself to rain water, if favorably situated for procuring it pure, and without the admixture of smoke and soot, it should be preserved in cisterns, or in casks slightly covered. Water containing sulphurous or salty particles, ought never to be used for drinking or culinary purposes, except in cases of the greatest necessity; for water of this kind cannot be improved by boiling. Stagnant water from ponds, pools, &c., ought not to be used; yet, when no other can be had, it may be improved by throwing into it powdered charcoal, shaking it well, and straining it through a double linen or cotton cloth; a good filter or drip-stone is even better for this purpose; such water contains putrid organic particles and eggs of insects scarcely visible, which occasion tedious fevers and other diseases; it will avail nothing to mix it with vinegar, molasses or brandy, if it has not been previously cleaned by charcoal.

Bad wells ought to be well cleansed and kept covered: for the water is hurtful, when leaves or other vegetable substances are rotting in it. Pipes

of copper, lead or zinc, used to convey water, render it injurious. You should always let so much water run out, as may have stood in the pipes. Pipes of marble, earthen ware, glass or gutta percha, are the best that can be used for conveying water.

Milk is often noxious, nay, poisonous, from disease of the cows—and dealers in milk not quite devoid of conscience, will rather sustain a small loss themselves, than subject others to a loss ten times heavier.

Distiller's slops, continually used, never fail to produce disease in the cows, and render the milk highly injurious to the health of the consumer. Cows, when fed for a length of time upon this innutritious substance, lose their teeth, and die.

Meat of sick animals, slaughtered when they were dying, is very injurious, particularly if the animal had any eruption, or disease of the bowels. The consequences may not appear immediately, but they are certain to come some time or other.

Meat, badly smoked, or, when undergoing the smoking process, not kept constantly in the smoke, or during that process exposed to frost; sausages smoked badly or kept too long and become greasy in spots; hams, not salted sufficiently, or taken too soon out of the pickle, and smoked at intervals, or in the spring, when they get alternately warm and cold, or kept piled upon each other in boxes, or packed when damp—particularly when they are smeary around the bones, and have a bad, rancid smell,—contain a very violent poison, which, in many cases may be the cause of incurable disease. The same poison is also generated in hams and meat, when preserved with pyroligneous acid, instead of being smoked. You can easily know the poison which is developed in fat, or cheese, or old ham, by rubbing a portion of them on blue litmus paper, when, if the poison is present, the paper will turn red or reddish. The same poison is contained, though in smaller quantity, in rancid bacon, rancid butter, or rancid oil. It would be best to throw away everything of this sort—yet, if you must use them, let them be well washed. This should be done first in cold water, then in three or four times as much boiling water; let it boil about ten minutes, take it out of the water, wash it again in fresh water, and try whether it still contains the poison.

Whatever has become putrified—meat, blood, eggs, cheese, fruit, particularly cherries, pine-apples, oranges, &c.—is hurtful, often poisonous, and nothing can be done to improve it. Meat, preserved in summer by ice, and which has acquired a certain red appearance, having no longer the proper smell of flesh, is very unwholesome food. Putrid fish, though ever so well dressed, is a very dangerous food.

The gall of every animal is poison.

Poison is also generated in curds and cheese prepared too damp, or without a sufficient quantity of salt.

Vegetables and Fruits of any kind should not be eaten by anybody who does not know them well; and children ought to be early accustomed to partake of no fruits, &c., unknown to them. It is often the case, that poisonous insects infest vegetables, (cabbage in particular,) or leave their slime on them, and consequently render them very injurious. Mildew which blasts vegetables, is also poisonous. Ergot, which is frequently found in rye, is hurtful to man and beast. Also the seeds of many weeds are noxious. Dry vegetables, containing insects and worms, ought to be carefully avoided. Nuts may taste sweet, and yet contain rank poison. Even walnuts become

injurious, when old and rancid, and occasion in many a child a dangerous cough or diarrhœa, often ascribed to a cold.

Raisins, figs and prunes are a very good relish, provided they are perfectly sound, though there are some persons who think them injurious, or even look upon them only as a kind of cathartic. The soundness of these fruits is easily settled by a closer examination, which will show that the white dust adhering to the fruit and resembling sugar, (though, in some instances, it may be sugar,) proves to be a beautiful little grove of coral, thronged by large, bristly animalculæ. No wonder, that with children diarrhœa is produced by such bristly guests. All such things ought to be carefully washed, first in cold and then in hot water before they are used.

No one should eat fruit which is half ripe on one side and rotten on the other, at least not without first cutting out whatever is spoiled. If proper attention was given to this matter, we should not be so frequently troubled with bowel complaints in childhood, and weakness of stomach in after years.

Mushrooms are sometimes poisonous. It is not true, as has been alleged, that poisonous mushrooms cause onions to turn black.

The best precaution in regard to their use is, to eat none from which a milky juice exudes; none that are old or become readily decomposed. As to all others, make inquiry and learn which are eatable. Taste them raw, and if they have anything acrid or disagreeable either in taste or smell, do not use them. Let them be well washed in cold water, have them pared and all the gnawed parts cut out. When cut up, they should be scalded with boiling water, then allowed to stand awhile, and afterwards be boiled in fresh water.

Kitchen Salt being an indispensable article, every family should endeavor to have it pure. When salt exposed to the open air becomes easily moist, it is bad. If an ounce of fine salt does not perfectly dissolve in four ounces of cold rain water, it contains plaster of Paris, and is injurious.

It is a great error to suppose that salt is absolutely wholesome, and that too much of it cannot be eaten. A small quantity suffices to make food palatable and is wholesome, but the excessive consumption of it, indulged in by many, is not only unnecessary, but even attended by great danger to the health. It causes dyspepsia, constipation, chronic catarrhs, skin diseases, &c., and many patients laboring under these affections, owe them solely to their immoderate use of this otherwise indispensable condiment. Most of the ordinary articles of food contain naturally a sufficient supply of salt in chemical combination with them, and when more is required, the cook should be entrusted with the seasoning, as salt is found to be less apt to produce its deleterious effects when combined with the food in the operations of cooking, than when added afterwards. It is highly objectionable to dip every mouthful of food in salt as we so often see done, especially in this country.

Kitchen Utensils should be selected and used with care. Earthenware is often glazed with poisonous substances. Let vinegar stand in a vessel of this kind over night, and the next morning mix it with a solution of liver of sulphur in water, and if it turns black, there is poison in the glazing. Nothing acid should stand or be prepared in such a vessel.

Caution is to be recommended respecting iron utensils glazed inside. Copper vessels ought never to be used in the preparation of anything that is sour; they should always be kept clean and polished, and whatever is *cooked* in them ought *not to be left in them to cool*, for while cooling it will be most apt to imbibe the poison.

The same precautions should also be observed with regard to tinned utensils. During the process of cooking, the tin should not be suffered to melt off, nor should the bottom of the vessel be scraped by stirring its contents with a spoon.

It is owing in no small degree to the neglect of these things, that we hear of so many slow and tedious diseases which no physician can cure. All those who are so ignorant, that they will use copper vessels for pickling cucumbers or beans, in order to give them a fine green color, and then eat such trash on account of its fine appearance, or who draw vinegar from casks by a brass spigot, must not complain when they suffer from a weak stomach, or colic cramp, or nervous diseases; nor expect that a physician by any medicine can expel the copper out of the system as readily as it has been introduced. There are those who can bear it for a long time, yet the bad effects will inevitably follow sooner or later. The copper in its metallic state is not necessarily injurious when introduced into the body, but copper dissolved in vinegar is always poisonous. Coppersmiths are not apt to be more ill than other people, and a person swallowing a copper coin gets rid of it without sustaining any injury. You may have a leaden bullet in your flesh for years without detriment; but the same lead dissolved and taken would destroy you in a few hours.

Paints are noxious, because they nearly all consist of injurious metallic substances. White lead and other white colors are nothing but preparations of lead, and are as bad if prepared from bismuth or tinglass and tin. Red lead is lead combined with oxygen or acids, and vermillion or cinnabar is quicksilver combined with sulphur. Massicot, chrome, Naples and other yellow colors are compositions of lead. King's yellow, and orpiment are combinations of arsenic. Blue paints contain copper, or that virulent poison Prussic acid, as Prussian blue, Paris blue, mineral blue; or cobalt, which, though not as pernicious as arsenic, operates badly enough; it enters into the composition of smalts, king's blue and blue starch. Green paints consist chiefly of copper, as verdigris, mineral green, Brunswick, &c. The chrome green is very hurtful, but Scheel's green is worse, because it contains arsenic and proves injurious even by exhalation. That it contains arsenic may be proved by strewing some on live coals, when it will smell like garlic.

Bronze which is used in gilding and silvering toys is composed of copper, quicksilver, zinc, tin and bismuth.

Therefore be careful with such paints, do not let their dust fly about, never use paints containing arsenic, nor suffer any to come near the things that are used in the kitchen. To small children no paint boxes nor painted wooden or leaden toys should be given, because it is actually putting poison into their hands; colored wafers may also prove injurious to children. Fine letter-paper, particularly that of a milk-white or green tint, contains frequently injurious ingredients, sometimes arsenic, which is shown by the smell of garlic when it is burnt.

Although mineral paints are the most poisonous, yet others also contain deleterious substances. Gamboge is a powerful cathartic. Indigo causes violent cramps and swellings. Cochineal causes toothache and obstruction of urine. And we might enumerate many others. However, where painting is to be done, use in preference chalk, dyed yellow with birch leaves or curcuma, or blue with indigo, or green with both; with ochre and other iron colors; also with woad, madder, orleans, cochineal and carmine.

In order to get rid of the smell of paint in houses that have just been painted, place in every room a basin containing unslaked lime.

Of Cosmetics and Washes, we cannot speak with any qualification, as it is known that all of them contain poison and that of the worst kind. Cosmetics that are not poisonous will not keep long, and such as do keep are poisonous. There is but one true cosmetic: that is, fresh air and water, and a rational mode of living.

To induce ladies to leave off the use of these poisons, the following method will be found most effectual. Let them, after using paint, wash themselves in the dark with water in which some liver of sulphur has been dissolved. It can do no harm, and will have the desired effect.

Oil of vitriol, aqua fortis, spirits of salt, aqua regia, salts of white sorrel (called also salt of lemons and used to take out spots) are dangerous articles, and should never be left within the reach of children. Sulphuric acid much diluted is not poisonous; aqua fortis mixed with strong spirits is not so dangerous; but the others, however much diluted, operate as violent poisons. The common, or caustic potash, lunar caustic, hartshorn, unslaked and even slaked lime are dangerous substances.

The injudicious use of these things given through ignorance in too powerful doses to sick or fainting persons, has been highly injurious, and, in some instances, even fatal. They ought never to be given to smell, or otherwise used, except much diluted. Alum, vitriol, saltpetre, sal ammoniac and liver of sulphur used too profusely are also injurious.

Not only things containing mercury, arsenic, lead and copper, are poisonous, but also those in which there is antimony, tin, bismuth, zinc, lunar caustic (in short, almost everything that is bought at an apothecary's shop), all minerals and chemicals are more or less dangerous. Even harmless things, improperly used, may prove so.

Panaceas and Vermifuges.—The worst, the most injurious of all poisons, are those abominable panaceas, nostrums, pills, &c., which, under numerous enticing names, are palmed upon the public. No physician will deny that sometimes cures have been performed by them, yet every one knows how seldom this has happened. No medicine will do good unless properly applied.

From the manner in which panaceas and other nostrums are extolled and recommended, it is apparent that those who offer them for sale are only anxious to find purchasers. Thus, pulmonary consumption is no fixed disease, against which a specific can be recommended. It is so very different, and in almost every case so peculiar, that careful investigation is necessary to discover its nature. The remedies must be adapted to the peculiarities of the disease. One and the same medicine cannot possibly answer in all cases. Nor can you rely upon the certificates which accompany the recommendations of these universal medicines. A case often appears worse than it actually is, and even medical men may be deceived, while at the same time a trifling medicine, sometimes simply cold water, will cure it.

The great number of universal medicines which we see extolled as specifics for various diseases, certainly reflects no great credit on the inhabitants of this country. It proves the ignorance and credulity of the purchasers.

He who buys and uses such articles may be compared to him who buys a lottery ticket. The ticket venders are the only persons certain of a large profit. As many blanks as there are in a lottery, so many are there in these universal medicines; and the number of prizes in the one and of cures in the other are about equal.

No man of sense will venture in a lottery, if he cannot spare the money,

which in all probability will be lost. But he who ventures in a medical lottery, not only loses his money, but, if he does not get a prize, receives certain injury, rendering his case worse, more obstinate, and more difficult to cure.

When a physician prescribes medicine for you, you know at least what you get, and should it prove injurious, it may at least be counteracted; if you have not taken too much of such medicine, or persisted in the use of it for too long a time, it is always possible to repair the injury that has been done. But with those unknown universal medicines this is impossible; because we do not know what we are to treat. Whoever relies upon the impudent assertion that nothing injurious is contained in these nostrums, must be credulous indeed. We have mentioned already in the preceding pages, that the poison from many plants is as virulent as that from minerals.

Many of these universal medicines contain, also, mineral poison. For instance, the colorless fever drops contain arsenic; the imperial pills mercury; and so with many others. Many things of this kind are sold at an enormous price, and the ingredients of which they consist may be had in every apothecary's shop for a tenth part of their cost; for instance, Haarlem oil is nothing but a combination of sulphur with oil, and the value of a vial full is less than a halfpenny. So it is with all others.

There is not a single one of these pretended secret medicines that a real physician might not have discovered and made known. A physician can apply every medicine in its proper place: the vender of nostrums cannot—his object is to make money; whether his medicine kills or cures is a secondary consideration.

Beware of giving children the so-called worm medicines. Whoever is so inconsiderate as to fill the stomachs of his children with such trash, should first try these nostrums on himself, and every morning take a small spoonful. It will soon cure him of his folly.

This remark applies, also, to remedies for vermin on the head. These remedies in general are poisonous. Cleanliness is the best remedy, and should frequent washing and combing not avail, rub oil or a little tobacco juice into the hair. Cleanliness will also exterminate all other descriptions of domestic vermin, therefore, do not run the risk of having poisonous remedies in the house, for they often contain corrosive sublimate or something similar, and their very smell is injurious.

Camphor or even musk is frequently made use of against moths in fur and clothes, but their odor, especially in bed-rooms, is very injurious. Camphor is, likewise, apt to affect colors, and the effects of musk continue even after it has evaporated. Pieces of Russia leather, lavender, thyme, spirits of turpentine, or tobacco leaves, will answer equally as well.

Vermin in grain are more easily expelled by strong smelling plants, and frequent shifting, than by poison; and there are many instances, where, notwithstanding the utmost precaution, men have been killed instead of vermin.

CHAPTER VIII.

OF POISONING.

What is to be done in cases of Poisoning.

The main object is to expel the poison as quickly as possible and to prevent its spreading; or to render innoxious what cannot be expelled. Much depends upon promptness. Yet too much haste frequently leads to mistakes, and nervous agitation causes many to act without consideration.

The first requisition is presence of mind. Whoever is possessed of this, should act, and direct what is to be done. Let him dispatch the bystanders after what may be wanted, thus rendering those useful who would otherwise be worse than useless.

In most cases when poison has been taken into the stomach, the principal object is to excite vomiting, particularly when the sufferer feels inclined to it; or if vomiting has already taken place, to promote it. The best means of effecting this is by administering tepid water, and tickling the throat with a soft feather; a feather from the tail of a peacock is the best, on account of its length and softness; put some oil on it, push it down the throat, turning it now and then, until vomiting has been produced.

Let water be heated as quickly as possible; in the mean time take the white of eggs and beat them to a froth. Take pure white Castile soap and let suds be made. Let another person procure sugar, vinegar, sweet oil, milk and butter. Have some strong coffee made, and gruel of oatmeal, barley, linseed, or meal of any kind.

These articles are usually to be found in every family.

Whilst you are promoting vomiting and procuring what is requisite, ascertain, if possible, what kind of poison the sufferer has taken. Sometimes a sudden case of sickness is erroneously attributed to poison. Consider, therefore, what may be the most probable cause of the attack, and should any uncertainty exist, do not hurry yourself. You may do many things at random without doing any injury; you will have to do this until you attain certainty.

There is reason to apprehend poison, when violent, dangerous symptoms, such as are indicated below, occur suddenly, particularly if these show themselves at once, or soon after the sufferer has been eating or drinking. The probability will be still greater, if the patient has eaten any thing unusual.

Be therefore diligent in inquiring of the sufferer himself, as well as of those about him, where he has been, with whom, and so forth. Preserve carefully what he has thrown up, and likewise whatever may have been left of his meals or drink. Do not suffer these things to be thrown away, although they should become putrefied; for mineral poison can be traced notwithstanding: a matter which may prove interesting to the patient, or his relatives. Should this be a matter of importance, throw the whole together into one vessel, and pour plenty of strong brandy over it.

As in every serious case of the kind, an experienced physician, or an apothecary, will no doubt be called in, let him subsequently examine these things.

The treatment must not, however, be deferred: the assistance must be

immediate, and while it is being rendered, the cause must, if possible, be ascertained.

Always consider, that he who is poisoned may die, if you apply too many things, or proceed with too much haste or violence. Reflect, and do one thing after another quietly and soberly, lest by the means applied you hurt the sufferer more than you do him good.

When you know what poison has been taken, or when you are almost certain, have recourse to such medicines as are prescribed against that poison, avoiding such as might prove detrimental.

When you are uncertain, act according to the following directions, proceeding from mild remedies to stronger ones, if the former prove insufficient. In cases of imminent danger you must, of course, use whatever remedy may be at hand.

VOMITING, or an inclination for it, is always a most important symptom, and especially so when occurring during, or soon after meals. It is right to promote vomiting, and this should be attempted at first, without having recourse to irritant substances. A good and a harmless emetic is lukewarm water, without either oil, grease or butter. Let the sufferer swallow as much of it as he possibly can; at least every minute half a tumbler full, and more if possible. Try to induce children to take it, first by kindness, then by threats, and if neither will avail, by force, and if the latter has to be resorted to, open the mouth by inserting a finger between the jaw behind the teeth, and pour it in. Or you may, after the child has made an expiration, suddenly shut its nose and pour the water into its mouth; but beware of doing this while the child is breathing.

At the same time let the patient put his finger down his throat, or take a feather, put it into the throat, and turn it round till it excites vomiting. Let the patient incline forward, place your hand on his stomach, support his head, beating him softly between the shoulders. Let him rinse his mouth after he has vomited, and remain undisturbed for a few minutes. As soon, however, as he feels another attack of pain, or other symptoms, such as retching, hiccough, or uneasiness, let him drink again until it appears probable that every thing has been ejected.

If he cannot be made to vomit, or if he cannot swallow, at least not sufficiently, or if he retches in vain, does not throw up as much as he drinks, or should he absolutely refuse to drink, and you cannot introduce enough, or should he swallow again what has come up; give him a tablespoonful of mustard-seed finely powdered, mixed with a teaspoonful of kitchen salt in a tumblerful of water.

In case the sufferer can get nothing down, is quite confused, cannot swallow, his jaws being tightly closed, blow some tobacco smoke into the anus. To do this if the proper apparatus cannot be obtained, take a pipe filled with tobacco, light it, grease the point of its mouth-piece with oil or fat, insert it in the anus, not deeper than about an inch, turning it carefully; then place on the bowl of that pipe the bowl of another larger, empty one, and blow through this into the other, propelling the smoke inward. After blowing three or four times, stop, and then begin again, and so continue until relief is obtained.

The next important remedy is the WHITE OF EGGS. Have the whites of several eggs beat up, mixed with cold water, and let them be drunk. This will never do any harm and will certainly give relief, if the poison is metallic, or if the patient is suffering with violent pains in the stomach or bowels, feels as

though he should purge, especially in cases of poisoning by corrosive sublimate, quicksilver, verdigris, compounds of tin or lead, alum or vitriol. Give the white of eggs freely and repeatedly, when the substance vomited is of a red or green color, when dogs refuse to eat it, when the patient has a metallic, coppery, or salt taste in his mouth; in general, when you suspect that he has swallowed verdigris, red lead, vermillion, corrosive sublimate, &c. If the patient finds relief from taking white of eggs, you will continue it, and should he be affected with diarrhœa and pain in the anus, give him an injection of water and white of eggs. Subsequently proceed according to the directions given below.

Another very important remedy, in most cases of poisoning, and applicable when the white of eggs is ineffective, is SOAP-SUDS. But for this purpose you must not take soft soap, nor any resinous hard soap, except in cases of the utmost necessity, nor any soap which is stained red, as this is done with poisonous ingredients, but the best white Castile soap. Dissolve this in hot water, and let the patient drink a tea-cup full of it warm every three or four minutes.

Soap-suds will only prove injurious when the poison itself was alkaline, such as lye or potash, soda, caustic potash, salt of tartar, spirits of hartshorn, smelling salts, salts of hartshorn, sal volatile, lime, slacked or burned, barytes (often sold as rats' poison, under the pretence of its not being injurious, because it is not arsenic.) When the substance which the patient vomits, does not smell sour, but like lye; when blue paper which had become reddish from having been drawn through vinegar, is turned blue by it; when it ferments upon aqua fortis or sulphuric or muriatic acid being dropped into it—in all these cases you must not use soap-suds, but substitute vinegar.

Soap-suds is a principal antidote in poisoning by arsenic, lead, oil of vitriol, aqua fortis, all strong acids, and most metallic solutions. You may conclude that the poisoning originated from acids, when the mouth of the patient is as if scalded, when blue paper dipped in what he vomited turns red on the instant. Soap-suds is also applicable when a person has swallowed alum. It will also prove beneficial in poisoning by plants of a burning, acrid taste, exuding a pungent juice or milk; likewise in dangerous accidents from castor oil.

The *Calcined Magnesia* sold by all druggists, is in many cases still better than soap-suds. Stir it in some water, give it in large quantities, repeating it as often as thrown up. Particularly useful against acids and some metals as mercury, antimony, zinc, bismuth, tin.

VINEGAR, as already mentioned, is an antidote against alkaline poison. As soon as this is ascertained by observation, let the patient drink vinegar, and give him injections of it. Let him also drink slimy gruel which will excite vomiting. But vinegar is injurious after strong vegetable poisons, various salts, all mineral acids, arsenic, and particularly if the stomach is painful when touched. On the other hand it is of great service in cases of poisoning by aconite, laudanum, mushrooms, all narcotics, carbonic acid gas, and liver of sulphur. In such cases give alternately gruel to bring on vomiting, and subsequently, after having vomited freely, let the patient drink vinegar again, which will remove the inclination to vomit. Vinegar also answers against poisonous muscles and fish. It is an important antidote against the poison generated in fat. If a person feels sick from having eaten spoiled ham or sausages, and his throat is very dry, and he feels nausea, hasten to give him vinegar to drink, not forgetting, however, the remedies aforementioned.

Sweet Oil is a remedy by far too generally applied; it is supposed to be a principal one, which it is not. The same is the case with grease, butter, and similar things, as buttered water. Attention should be paid to the kind of oil used. Rancid oil, train oil, or sperm oil, ought not to be applied. Slimy substances will answer far better to envelope the poison, or sugar, which sooner soothes the stomach; or other means to neutralize the poison. When you are sure that the poison is alkaline, and you are applying vinegar successfully, you may alternate with cream or sweet oil, particularly when the patient complains of burning in his mouth, throat or stomach.

Oil, however, may be applied to great advantage, when a strong acid, aqua fortis, oil of vitriol, &c., has got into the eye, the mouth, the throat, or the stomach. Sometimes it is of service against poisonous mushrooms.

Oil is injurious in poisoning by arsenic; useless in most poisonings by metallic substances, and very injurious when cantharides have got into the eye or the stomach. It is literally throwing oil into the fire. This is also the case with insects and venomous bugs, which may have got into the eye. Oil, on the contrary, is of great service when live insects have crept into the ear.

Milk is not so good as other slimy substances; but as it is more frequently at hand, it will do well to let the sufferer drink it, instead of waiting for other things. Rich milk is good wherever oil is good, injurious wherever that is injurious. Sour milk or butter-milk is good wherever vinegar is so, injurious wherever that is. When you have no good oil, rich milk is the next best thing; also when oil becomes disgusting to the patient. Sour milk is preferable to bad vinegar; it may also be applied where vinegar has already been used. Milk is very good when the first paroxysm has subsided, and yet some pain remains, provided the patient likes it, and feels revived by it. When you cannot ascertain what kind of poison the sufferer has taken, and you cannot, therefore, choose between the antidotes, but have given milk in the first instance, and the patient feels better after it, you may continue with it, on condition, however, that the patient has vomited at the outset so much, that you may suppose the poison has been ejected.

Sugar, or sugar-water, is in most cases one of the very best remedies. Only when you are certain that the poison is a mineral acid, or strong alkaline poison, prefer the remedies prescribed against such poisons. It cannot do much harm, were you to apply sugar improperly. If the person who is poisoned has a craving for sugar, give him as much as he desires. It is the best antidote against metallic poisons, poisonous paints, verdigris, copper, tin, vitriol or alum; continue with it, if the patient finds relief from it; should he, however, not feel better, alternate with white of eggs and sugar; or, where it is applicable, with soap-suds. Against arsenic, sugar is also a principal antidote. When the poisoning has been effected by sharp acrid plants, which occasion a burning or swelling in the mouth, or in the throat, you may give sugar upon other things, letting the patient either put it into his mouth, or giving it to him in water.

Coffee is an indispensable antidote in many cases of poisoning. You must be careful that the coffee has not been spoiled in roasting; give it at first very strong, and then somewhat weaker. In the intervals, do not neglect to excite vomiting, should it be still required. When the poison is unknown, coffee is the best thing you can give; when the patient is stupified, sleepy, senseless, giddy, as if intoxicated, his face red and full, or pale, cold and

cadaverous; or when he acts as if he were delirious or raving,—in all these cases, give him plenty of strong coffee, excite vomiting, administer injections of coffee, till he gets better. Even after he has vomited the whole contents of his stomach, continue giving him the coffee with sugar. In *all cases of poisoning*, give *coffee*, if the patient desires it.

When the poison is known, and the tepid water intended to bring on vomiting, and tickling in the throat for that purpose has been resorted to, give coffee in abundance, as a drink and in injections, particularly when the poison contained Prussic acid, which you will know from its smelling like bitter almonds, or peach kernels, or peach brandy. Also against laudanum, opium, morphine, or stramonium, poisonous mushrooms, &c.; when a person has swallowed the juice of sumach, or when dangerous symptoms appear after medicine containing belladonna, colocynth, valerian, conium, cicuta; or after chamomile tea. Coffee is also important in cases of poisoning by wine of antimony, or when antimony, phosphorus or phosphoric acid have been swallowed, and particularly from poisoning by nux vomica and strychnine.

Camphor is a principal antidote in all poisonings by vegetable substances, and particularly, sharp, acrid, burning poisons, which cause inflammation and redness; in all cases of poisoning, if the patient suffers from vomiting and diarrhœa, is pale, cold as ice, and almost senseless; in such cases, if you do not know what kind of poison has been taken, you should prefer giving camphor. It will often suffice to let the patient smell it, or it may be rubbed on his skin, or given by drops on sugar. You can make a salve of it with warm oil, or easily dissolve it in heated brandy.

It is the principal remedy for poisons from insects. Against cantharides (Spanish flies), whether they have been swallowed, or got into the eye, or when used as a plaster, and they have produced poisonous effects, camphor is always the best remedy. Also when venomous insects or infected honey has been swallowed; for swellings or poisonings caused by hairy caterpillars; for violent symptoms after eating food, in which small bugs or worms may have accidentally fallen, or when small moths have been swallowed—likewise in alarming symptoms caused by the sting of insects.

When, together with the other symptoms, the patient finds it difficult to make water, or it is very painful to him, and the urine is intermixed with blood, and you have cause to think that this originates from Spanish flies or other insects, camphor is the best remedy.

Camphor, finally, is applicable to diminish the effects which medicine may have produced; when children fall sick after taking the usual preposterous worm medicines; in accidents from tobacco, bitter almonds, and medicines that have the smell of these things, or cherry stones, peach kernels, acorns, or nuts.

It is very useful for the pains left by the use of phosphorus, poisoning by minerals, or acids, and particularly salty things. When everything has been ejected from the stomach, let the patient smell camphor from time to time. This may also be done in poisonings by mushrooms, or in accidents caused by inhaling the fumes of coal or charcoal.

The ingredients sometimes requisite, such as charcoal, lye, kitchen salt, starch, green tea, tobacco, are in most families; the other things often as necessary, such as magnesia, spirits of nitre, spirits of hartshorn, ought to be kept likewise, being useful not only in cases of poisoning, but in many other diseases. In cases of poisoning, things of this kind can only be serviceable

if the poison is perfectly known. They will be mentioned in their proper place.

From the preceding remarks it is evident, that, in cases of poisoning, measures ought to be immediately adopted:

1st. To excite vomiting.

2d. To lessen the effect of the poison.

At first you will have to attend to both alternately, subsequently to the latter object only.

The usual emetics are poisonous, and may therefore prove injurious; it is, therefore, best to excite vomiting by the following means:

Drinking lukewarm water, as much and as often as possible.

Tickling the throat; and only when this proves ineffective,

Snuff put upon the tongue; or in cases in which this has no effect,

Ground mustard with salt in water; and only in cases where nothing can be introduced into the mouth,

Injections of the smoke of tobacco.

But if the symptoms are very urgent and it is thought advisable to empty the stomach as soon as possible, the stomach-pump must be applied.

The principal remedies to lessen the effects of the poison, when it is unknown, are, if there is great pain, water and the white of eggs—if insensibility predominates, coffee.

As soon as it is ascertained whether the poison is an acid or a metal, give soap-suds; if an alkali, give vinegar.

All other remedies are only applicable when you know what kind of poison you have to deal with.

Treatment when the Poison is ascertained.

Generally, the beforementioned rules hold good; besides attending to the vomiting, however, administer immediately the remedies here recommended.

The antidotes recommended against each particular poison have been arranged according to their efficacy, the most efficacious being mentioned first. When these are not at hand, give what can be first procured. If a person, for instance, has swallowed sulphuric acid, it would be folly to wait until magnesia or white soap could be brought from the apothecary; when these cannot be had on the spot, take a handful of wood ashes, stir them in water and let this be drunk immediately, although it will not answer as well. If this is not at hand use soda or potash.

I. Poisoning by Inhaling Gases and by Substances introduced into the Stomach.

1. POISONOUS GASES; ANTIDOTES AND TREATMENT.

a) *Gases produced in places deprived of a fresh current of air.* In deep privies that have not been cleansed for a length of time; in places deprived of a fresh current of air, where offal of animals is suffered to decay, a poisonous gas of a fœtid, offensive smell resembling that of rotten eggs, and in which polished metal, particularly silver, turns black, is generated.

Such gas inhaled will cause nausea, nervousness and difficulty of breathing; the pulse becomes feeble, there is an expression of languor about the eye; a coldness is felt in the ears; the abdomen is contracted, and unless the sufferer is speedily removed from its influence, convulsions and apparent death

ensue, which latter, if no medical aid is afforded, will terminate in actual death. The best remedy is chloride of lime, or chloride of zinc.

Before persons expose themselves they should provide chloride of lime, some of which, diluted with water, will destroy the fœtid gas, and enable them to work in such places without danger. The bad smell is also speedily removed by throwing in a few shovelfuls of quick lime.

A person who has become insensible by inhaling this gas, should immediately be brought into the fresh air, undressed, and placed on his back, with the breast elevated, and cold water thrown plentifully on his face and breast. If you have a solution of chloride of lime in water at hand, dip a sponge in it, and hold it occasionally before his nose. The solution should be rather weak, so as not to excite cough in a healthy person who inhales it. Put a tablespoonful of the strong solution into a tumbler full of water, and put half a teaspoonful of this into the mouth of the sufferer, repeat it every five or ten minutes until the patient begins to revive.

If vinegar can be had sooner, mix this with an equal portion of water, and sprinkle the face with it—and hold a sponge dipt in vinegar before the nose and mouth.

During this time the patient should be rubbed with hot flannel. If his face has been sprinkled with cold water or vinegar, wipe it dry after a little while; then rub it with hot flannel, and repeat the sprinkling. The feet, abdomen, breast, and arms particularly, ought to be well rubbed. The soles of the feet and the back may be brushed a little with a stiff brush.

Be not too hasty, but proceed gently and perseveringly. Life sometimes does not return in less than three or four hours.

If the patient, apparently dead, does not breathe at all, it is useless to hold a sponge before his nose; only try from time to time, by holding a light feather there, whether his breathing has recommenced. Occasionally blow breath into his mouth, which is best done by a person inhaling as much as he can, and then placing his mouth on that of the patient (whose nose should be closed), and blowing in the breath gradually. If this expands the chest, let the breath go out of itself, and repeat the operation. If the breath will not come out again of itself, place a towel around the chest, and after the breath has been blown in, tighten it gently.

By thus producing an artificial respiration, a person apparently dead may often be restored again, but he who undertakes the operation should himself be healthy, and have a sweet breath, and either drink some vinegar, or rinse his mouth with it occasionally. As soon as the patient makes an attempt at drawing in his breath, or at exhaling it with a sigh, discontinue these efforts, and gently fan fresh air toward him, and when the breathing becomes stronger hold a sponge to his mouth, dipped in a very weak solution of chloride of lime, or vinegar.

Care must be taken indeed, lest you extinguish the feeble life which is just returning. If the patient recovers, give him a few drops of a weak solution of chloride of lime or vinegar on his tongue. If he complains of cold, inclination to go to stool, of nausea, and vinegar will not remove these symptoms, or if he is getting tired of the vinegar, give him a little coffee without milk. If he complains of heat and great weakness, give him a little good old wine. The smell of camphor too, is often beneficial; in this respect consult the wishes of the patient; whatever is most agreeable to him, or affords him relief, deserves the preference.

Another poisonous gas, which is suffocating, is generated in deep wells, vaults and lime furnaces. It has not the bad smell of the gas above mentioned, but makes him who inhales it sleepy, giddy, and at last senseless.

Persons affected by it will usually revive in a short time, by bringing them speedily into the open air, sprinkling them with cold water and vinegar, and pouring coffee into their mouths. Do not act with too much precipitation—delay is not dangerous in such a case. If respiration does not return, it will be necessary to inflate the lungs, by breathing into the mouth.

b) Gas generated by charcoal.—The gas arising from charcoal is a most dangerous poison, particularly to persons sleeping. Never sleep with lighted charcoal in a room which has not an open fire-place. The same applies to coal. Old woodwork too, has been known to smoulder for days, without any smoke being perceptible; the inhabitants of the house, paying no attention to the somewhat smoky smell, have been found in the agonies of death, before the smouldering was at all perceptible.

It is remarkable that all persons who are exposed to this gas, become so feeble as to be unable to go into the air, to open doors or windows, or to call for aid. They suffer much and know the danger, but cannot make the effort to move from the spot, in order to save themselves. A similar sensation seizes upon those who, in extremely cold weather, sit down in the open air to rest themselves, although they know the fate that is before them, they want energy to resist it.

The symptoms of having been poisoned by gas produced from coal and charcoal, if animation is not yet suspended, are headache, with nausea, retching and vomiting—sometimes of blood; a heavy burden seems to oppress the chest, the face becomes red, and at last purple and bloated, the patient is seized with involuntary and hysteric weeping, talks incoherently, falls down suddenly, is seized with fits and convulsions, and finally becomes perfectly unconscious, and is seized with apoplexy.

Carry the patient into the fresh air, rub him with vinegar, and let him inhale the vapor of vinegar. If the face is already very red, and he begins to rave, throw ice-cold water on the head. In general, it is well to make cold applications to the head, and warm applications to the feet, and as soon as the patient can swallow, to give some coffee without sugar and milk. When the patient has somewhat recovered, it is well to give *Opium*, and to dispense with the vinegar. If *Opium* gives relief, but only for a short time, repeat it. After several hours, or earlier, if *Opium* does not seem very efficacious, give *Belladonna*, and allow it sufficient time to operate. If the patient is very much excited, talks much and rapidly, complains of shooting pains, or if it seems to him as if he were flying, and he feels giddy when lying down, give him a little coffee without milk, and continue it until the symptoms require *Belladonna* or *Nux vomica*.

c) Dry rot in old buildings.—The effect produced by dry rot in old buildings, is similar to that produced by charcoal fire, only it operates less suddenly. It is better if possible to quit such houses, or to rebuild them; but, if people have to live in them, they should try to destroy the dry rot by means of charcoal powder. Place as much of this as possible, above, below and around the spot where the dry rot appears. The spots themselves may, from time to time, be washed over with a strong solution of blue vitriol or sulphate of copper, or still better chloride of zinc. To guard against the effects of dry rot, take from time to time a little rain water, in a gallon of which a few drops of sulphuric acid have been mixed.

d) Chlorine gas.—To obviate the bad effects of the gas produced by chloride of lime, to which many persons are exposed, smoking tobacco is the best preventive; or you may drop some strong brandy, rum, or spirits of wine on a piece of loaf sugar, and take it in your mouth. The first, however, is to be preferred.

If so much of this gas has been breathed as to cause pain in the throat and chest, a sense of suffocation and coughing, let the patient smell the bad air from a privy, a rotten egg, or better that from the liver of sulphur, sold by druggists; it must be used cautiously, and only repeated as often as the pains return.

e) *Prussic and mineral acids.*—For the effects caused by inhaling the poisonous vapors of Prussic acid or mineral acids, the best remedy is spirits of hartshorn; but by no means apply the vial containing such spirits close to the nose; this would only increase the evil; rather move it slowly to and fro, at the distance of about six or eight inches from the nose and mouth, so as to smell it very faintly, and repeat this as often as necessary, or put a few drops upon paper, and introduce the paper into a large empty bottle, and smell the bottle from time to time.

Whether the vapors are from acids or from alkali, may be discovered by litmus paper. Acids will turn it red, alkali will turn that which has been turned red by acids, blue again. In cases of poisoning by acid vapors, you may put one drop of spirits of hartshorn into a tumblerful of water, and give of this mixture a teaspoonful every ten minutes. In poisoning by vapor of alkali, give from time to time a teaspoonful of vinegar.

It is very injurious to sleep in rooms which have not been ventilated, or which have been shut up for a long time. The air has then become stagnant and putrid—we may almost compare it to the water in standing pools—and produces nightmare, frightful dreams, visions, depression of spirits, and fearfulness approaching to horror. The best preventive is proper ventilation, not by opening the windows merely, but by introducing a strong draught of air, increased by the waving of towels, or a blazing fire in the fireplace. Water placed in shallow vessels about the room will likewise answer. But, if the purification has been neglected, and the consequences mentioned ensue, give *Aconite;* for horror, *Opium;* for continual fear and shuddering, *Veratrum;* for headache and other effects arising from sleeping in an apartment, where there were flowers emitting a strong scent, or from sleeping on new hay, fresh air and cold washing will be good, and also the administration of *Nux vomica.*

In complaints caused by sleeping in rooms which have been recently white washed, or where clothes have been hung up for drying, or where a large quantity of clothes has been kept after being dried, or where many growing plants are standing in a confined place, and where fruits or vegetables are lying, *Bryonia* will generally be beneficial, sometimes *Belladonna.* See also "Headache."

If the painting of houses, rooms and furniture, has produced complaints which do not altogether disappear upon going into the open air or after washing with cold water, *Aconite*, *Bryonia* or *Sulphur*, will prove beneficial, and sometimes *Opium*; if it has produced pains in the bowels, nausea and vomiting, worse when moving, give *Mercurius.* It is well to put a tub of cold water into the bedroom; the water should be renewed every evening. It will absorb the poison. Or a few dishes full of unslaked lime placed about the house, will soon remove the disagreeable smell. In general, painting ought to be done in autumn only, and when the weather is dry and cool; for the smell will then soonest disappear, the paint adhere best, become dry sooner, and be less liable to be spoiled by insects and dust.

Most kinds of bad smell, which sometimes fill a room or even a whole

house and which cannot always be avoided, as for instance from a concealed dead rat, or from a sick person, are most readily and surely destroyed by the *vapors of roasting coffee.* Heat a common fire-shovel over a fire, put upon it a few raw coffee beans, and as soon as you see vapors arise from the beans, carry the shovel about the room or whole house. The purifying effect of even a few beans is really surprising; the usual perfumeries, smelling-salts, &c., are of no use; they merely conceal the bad smell, but do not destroy it. Chloride of lime is not so effective and is besides injurious to most persons. You need not fear of interfering with the effects of the homœopathic remedies by the vapors of coffee, if their effect is weakened, repeat the medicine The bad air is much the worse of the two.

2. POISONING BY MINERAL AND OTHER STRONG ACIDS—THEIR ANTIDOTES AND TREATMENT.

In cases of poisoning by sulphuric acid or oil of vitriol, muriatic acid or spirits of salt, nitric acid or aqua-fortis, aqua-regia, salts of wild sorrel, phosphoric acid, acetic acid, wood-vinegar, or too much strong vinegar, the symptoms are a sour, burning taste and smell, a burning, acrid heat in the throat and the stomach, retching and vomiting, acute pains in the stomach and intestines; drinking increases the pains—the breath soon becomes offensive; what is vomited tastes very sour, ferments, and blue litmus paper dipped into it turns red; frequently the inside of the mouth looks as if scalded and marbled. In this case give:

1. Tepid soapsuds in great abundance.
2. Magnesia—a spoonful in a cup of water—after every fit of vomiting, or repeated when the pains increase. Calcined magnesia is not so good as common magnesia.
3. Chalk powdered and mixed in a tumbler full of warm water.
4. Woodashes—a spoonful mixed in a tumblerful of warm water.
5. Potash or soda—dissolve as much as will lie upon the end of a knife in a large tumbler of warm water.

Give Nos. 1 and 2 alternately; the others are intended merely as substitutes until the former can be procured.

After the patient has vomited sufficiently, let him drink gruel or barley water, decoction of linseed or rice, or any thing else of a mucilaginous character that is at hand, and let him use nothing else for several days. When the worst is past, give after sulphuric acid, *Pulsatilla;* after muriatic acid, *Bryonia;* after nitric acid, *Hepar;* after phosphoric acid, *Coffea;* after other acids or wood-vinegar, *Aconite.*

When strong acids have got into the eye, oil of almonds or fresh unsalted butter should be freely applied to it; occasionally you may apply chalk, mixing it previously with water until the latter assumes a curdled appearance. Pure water is injurious, and should not be used to wash the eyes with until later.

For an external scald or burn with strong acids, limewater is good, or a salve made of limewater and sweet oil.

3. ALKALINE POISONS—THEIR ANTIDOTES AND TREATMENT.

Pot and pearl ash, caustic potash, lye, carbonate of potash, soda, ammonia, hartshorn, salvolatile, smelling salts, burnt and unslacked lime, may be known by their alkaline, urinous, acrid taste; and in vomiting caused by them there is no fermentation of the substances ejected; litmus paper which has been turned red by acids becomes blue again by being dipped into them;

the symptoms are nearly the same as from acids, with the exceptions mentioned above, and what is thrown up is not sour.

1. Stir two tablespoonfuls of vinegar in a glass of water, warm, if you can, and give a wineglassful of it every five minutes. 2. Lemon juice or other acids, but greatly diluted—or sour fruit bruised in water. 3. Sour milk or butter-milk. 4. Mucilaginous drinks and injections. 5. Oil, particularly that of sweet almonds, 6. Lemonade made of cream of tartar.

Emetics are dangerous, and vomiting should only be excited by the above-mentioned drinks, and by tickling the throat with a feather.

In poisoning with carbonate of baryta (a peculiar kind of heavy, white earth, which is sometimes sold as ratsbane,) pure vinegar is injurious; in this case give merely mucilaginous things and oil, and endeavor to excite vomiting, until you can procure Glauber's salts (sulphate of soda,) or Epsom salts, which should be dissolved in water and drunk freely, much diluted sulphuric acid will answer also. Afterwards let the patient occasionally smell of camphor, or if this is of no use, smell sweet spirits of nitre. After poisoning from potash, *Carbo vegetabilis:* after hartshorn, *Hepar.*

4. OTHER SUBSTANCES WHICH HAVE A POWERFUL EFFECT.—ANTIDOTES AND TREATMENT.

a) *Liver of Sulphur.*—To counteract the effects of liver of sulphur, give mucilaginous drinks mixed with a weak solution of chloride of lime, as long as the breath exhales the odor of sulphureted hydrogen. If drinking warm water and tickling the throat does not produce vomiting, give a weak solution of tartar emetic. After the patient has done vomiting, and the breath has no longer the sulphurous smell, give *Belladonna.*

b) *Iodine* is often given as a medicine, although it sometimes produces sudden and dangerous effects. To remove these effects, give,—1. Starch stirred in water; 2. Paste made out of starch; 3. Wheat flour, and afterwards thin mucilaginous drinks; 4. Vomiting should be promoted by drinking a weak solution of carbonate of soda, and tickling the throat with a feather. For the remaining symptoms, give *Hepar;* sometimes *Belladonna.*

c) *Phosphorus.*—Oil and fat of all kinds, when given for the bad effects of phosphorus, are dangerous. Give merely mucilaginous or albuminous drinks, holding magnesia suspended, and excite vomiting as quickly as possible; if you cannot succeed in doing this immediately, make use of tobacco or mustard, and afterwards give coffee without milk. Some hours after it, a spoonful of magnesia has frequently a good effect; it is best to use the magnesia stirred into a weak solution of chloride of lime. If neither this nor the smelling of camphor gives relief, give *Nux vomica.* If the patient desires it, give a little good old wine or brandy, but only a few drops on sugar.

d) *Alcohol,* or strong spirits of wine and ether, taken inadvertently, may produce dangerous consequences. Generally it suffices to give milk and mucilaginous drinks. If these do not answer, give a drop of strong hartshorn in a glass of sugar-water, a teaspoonful at a time. Throw, also, cold water on the head, and place wet towels on the region of the stomach. If that does not give relief in a short time, give *Nux vomica,* and, as long as the stomach can bear it, mucilaginous drinks. Afterwards, coffee without milk.

e) *Prussic acid.*—Known by the smell resembling that of bitter almonds. It operates so rapidly that you must lose no time in administering the proper remedies. In such a case there is no time to excite vomiting. Let the patient smell spirits of sal ammoniac, held at a little distance. Drop a little on a handkerchief, and hold it so that only a faint exhalation may reach him.

Or, put a drop of it into a tumblerful of water, stir it, and give him a teaspoonful of it every three to five minutes. Without loss of time, bare the patient's back and pour pitchers of cold water down his spine, continually, until he recovers his senses. As soon as you can, get coffee made, give plenty of it to drink, and also in injections. If no other remedies are near, let the patient smell camphor or vinegar, and inhale the vapor. Afterwards give *Coffea* or *Ipecacuanha;* and if this does not remove all the symptoms, give *Nux vomica.*

f) *Alum.*—Give soap-suds or sugar-water, mixed with calcined magnesia, until vomiting ensues; afterwards, *Pulsatilla* or *Veratrum.*

g) *Vitriol, white, green and blue.*—Give sugar and warm water, or the white of eggs dissolved in cold water, until the patient has vomited several times; afterwards give gruel, &c.

h) *Saltpetre and Sal Ammoniac.*—Give tepid water or melted butter mixed with water, until the patient vomits copiously; then plenty of mucilaginous drink.

i) *Bichromate of Potash.*—Beautiful red crystals, very poisonous. Acetate of lime or liver of sulphur are said to be the antidotes.

5. METALLIC SUBSTANCES—ANTIDOTES AND TREATMENT.

a) *Arsenic.*—Arsenic is contained in ratsbane, fly-stone, cobalt, king's yellow and orpiment; in fever drops, salves and plasters for cancers, and numerous secret remedies, particularly in those for horses and cattle. In cases of poisoning with arsenic proceed as follows:—If vomiting is not already present, give mucilaginous drinks, such as linseed tea, milk, or albuminous fluids. The best emetic is powdered mustard, one or two teaspoonfuls in a glass of water. A soapy liquid, made with equal parts of oil and lime-water, should also be given. The stomach-pump should also be used. The hydrated sesquioxide of iron, which had formerly a great reputation, seems to have no claims to be considered a chemical antidote, and has no advantages over mucilaginous or albuminous drinks. Fresh blood has been recommended, but it is not superior to the means above indicated. There is great danger, even when the whole of the poison has apparently been ejected from the stomach, especially if it has remained a considerable time in the stomach. Vinegar is of no use, and oil is injurious.

After the poison has been got rid of, as far as that was practicable, give *Ipecacuanha* several times; if the patient still feels very uneasy and irritable by night, is also feverish, *China;* if he is worse during the day, after sleeping—if he is constipated, or has slimy diarrhœa, *Nux vomica.* If *Ipecacuanha* leaves frequent nausea, vomiting, with heat or cold, and great weakness, *Veratrum.*

The liquid which hatters use in the manufacture of fine hats contains arsenic. The wearing of such hats frequently causes eruptions on the forehead, or sore eyes; and, perhaps the frequent baldness of young persons, said to prevail since the general use of silk in preference to beaver hats, may be attributed to the same cause. To prevent this, have the hat well lined with silk and leather, and for the bad effects, take *Hepar.* Green paint, green carpets frequently, and green wall papers most always, contain a compound of arsenic and copper which often occasions symptoms of arsenical poisoning, which will require *Hepar* for their removal. Some composition candles also, are prepared with arsenic, which renders them unwholesome.

b) *Corrosive sublimate.*—For this poison give, 1, the white of eggs in water;

2, sugar-water; 3, milk; 4, starch made from wheat flour, dissolved or boiled in water; 5, flour paste; 6, endeavor to promote vomiting.

White of eggs in water is the principal remedy; you may give it alternately with sugar-water. The remaining symptoms require the same treatment as those from poisoning by mercury. See "Mercury."

c) *Copper, Verdigris.*—For these, or any other preparation of copper, give, 1, white of eggs; 2, sugar—both with or without water; 3, milk; 4, other slimy substances; the protosulphuret of iron is said to act as an antidote to copper-poisoning; it may be given, if at hand, in doses of a teaspoonful every half hour. If, however, it cannot be had immediately, a rude preparation of it may be made in the following way, with a stick of brimstone. Take a flat piece of iron and make it red hot. Then, let the sulphur melt on it so that it runs along its surface, and let it drop into water. After that take the sulphur, grind it, and mix it with water, shaking it well. After the coarser particles have settled, let the patient drink the water quickly, a tablespoonful or even a teacupful at a time. This will also answer in cases of poisoning by other metals. But if it cannot be given immediately administer the white of eggs forthwith.

d) *Lead.*—In poisoning by lead give, 1, sulphuret of iron, prepared as above; 2, epsom salts or sulphate of magnesia; 3, Glauber's salts or sulphate of soda. The former is the best; when it cannot be had take the latter. A tablespoonful should be dissolved in a pint of warm water, and drunk in abundance if much of the poison has been taken; 4, white of eggs; 5, soap; 6, milk. Vomiting should be excited as speedily as possible.

After the salts or soap give mucilaginous drinks and injections.

For pains, *Opium*, *Belladonna*, *Glonoine*, or *Nux vomica*. For the chronic complaints caused by lead in those who have anything to do with lead-paint, or of those who live near lead-works, use, besides *Opium* and *Belladonna*, *Platina*. Small doses of alum are also useful. A good preventive for those who work in lead-works, is lemonade made with sulphuric acid, one or two drops of it to a tumblerful of water.

Poisoning by lead occurs very often, from sour victuals being left in tin vessels, for tin is nearly always mixed with lead. Things that are sour or sourish should never be allowed to cool or to remain in metal vessels, nor should silver, tinned or tin spoons be left in victuals. Sour things should only be kept in stoneware, porcelain or glass.

e) *Nitrate of Silver, Lunar Caustic, Lapis Infernalis.*—Give common salt dissolved in water in abundance; endeavor to promote vomiting, and afterwards give mucilaginous drinks.

f) *Antimony.*—For poisoning by this, taken either as antimonial wine or tartar-emetic, give, 1, a decoction of gall-nuts, or oak bark, or the peel of pomegranates; 2, strong black tea; 3, coffee without milk, in large quantities; 4, mucilaginous drinks.

For convulsions give *Opium*. If the vomiting does not cease soon, put the patient into a warm bath, or apply a hot cloth over the stomach and abdomen, and give *Opium* and *Ipecacuanha*, alternately, every five to ten minutes; if not better soon, *Lachesis;* for nausea and other effects, *Ipecacuanha* or *Nux vomica*.

g) *Tin.*—For poisoning by tin, give, 1, white of eggs; 2, sugar; 3, milk; with all these magnesia should be mixed, as it decomposes the salts of tin.

The chronic effects of tin, which occur so frequently, from the tin being scraped off from the tin utensils, are mitigated by *Pulsatilla*.

h) *Chloride of tin.*—1, milk; 2, sugar; 3, white of eggs; afterwards *Hepar* and *Pulsatilla*.

i) *Zinc. sulphate of zinc.*—Proceed as stated under antimony; afterwards *Hepar.*

6. VEGETABLE POISONS, ANTIDOTES AND TREATMENT.

a) *Poisonous mushrooms.*—These fungi do not generally produce any perceptible effect until several hours after they have been taken. The abdomen then becomes enlarged, with a cutting pain in the region of the stomach; vomiting and purging preceded by thirst, nausea, hiccough, agitation; coldness of the limbs, small pulse, numbness, incoherent talking and convulsions. If these symptoms appear, promote vomiting, and let the patient drink freely of cold water, as cold as it can be had; from time to time give finely powdered charcoal, made into a sort of paste with sweet oil. Should this not afford sufficient relief, let the patient smell gently of spirits of hartshorn. The remaining symptoms may be removed by wine or coffee.

b) *Blighted corn, Ergot.*—Blighted corn, or those thick, black grains in Indian corn, rice, wheat, rye or other grains; also the sweet or black rusty taint in grain is very injurious to man and beast. The ill effects of it, however, can be counteracted by the common black nightshade, bruised in cold water, and then hot water poured on it. Inhale the vapor of this or wash the cattle with it.

c) *Intoxicating plants.*—For plants which are intoxicating in their effects, making the person who takes them drunk, or depriving him of consciousness, making him delirious and raving, the principal antidote is coffee drunk in large quantities and given in injections. For some of these substances, such as opium, laudanum, or poppy heads and thorn-apple, vinegar answers very well. If the patient has a red face, red eyes, looks wild and stares, cold water thrown over him is very useful.

For parts of plants which smell of bitter almonds, and consequently contain that virulent poison Prussic acid, such as bitter almonds, peach kernels, and peach leaves; also for cordials prepared with them, such as cherry brandy, persico and noyau, and many medicinal compounds into whose composition it enters, in all of which it is easily detected by the peculiar smell and bitter taste and by its effects: heaviness, giddiness, oppression, particularly on the chest, first a quick, afterwards a slow pulse, paralysis or a feeling as if paralysis were about to ensue: for all these coffee without milk is the chief remedy, and in very dangerous cases, spirits of hartshorn, of which the patient may smell gently from time to time, or mix a few drops in a tumbler of water, and give every ten or fifteen minutes a teaspoonful. When the symptoms are very violent, the cold effusion on the spine described before will be requisite.

d) *Opium or laudanum.*—For poisoning with opium or laudanum, the seeds of poppy, or a decoction of poppy heads, which are foolishly given to children to make them sleep, coffee is the best antidote; before this can be got ready give vinegar; if the patient lies insensible, drag him about the room between two persons, talk to him and beat him hard on the back and hips until consciousness is restored. Emetics are useless, and if the drinking of coffee does not produce vomiting, try to force it with cold water and tickling the throat with a feather; in very hard cases, the stomach-pump must be used. Sometimes a tea made with oats will answer (that is common oats such as are given to horses), wash well a large handful of these, and then pour two or three cups of boiling water on them; give a tablespoonful at a time. Some time after, it is well to give *Ipecacuanha*, repeating it a couple of times, and if the pains remain, after some days, *Mercurius.* For poisoning

with the seeds of Stramonium, called also thorn-apple, give also coffee and lemon juice, or vinegar in large quantities; if no vomiting ensues, tobacco is very applicable in this case; for the remaining symptoms give *Nux vomica.*

e) *Poison vine.*—Poison vine is apt to cause a complaint similar to St. Anthony's fire (erysipelas.) Rubbing or scratching should be avoided as much as possible, and strong washes or unguents to drive in the eruption are also highly injurious. If careful washing with soap and water does not relieve the itching, try rubbing with wheaten bran, or dusting with hair-powder. Let the patient abstain from every thing that is heating and stimulating, and take *Bryonia*, to be repeated if the complaint gets worse. If the irritation is in the face, and *Bryonia* does not give relief, give *Belladonna*. A wash of a weak solution of copperas (sulphate of iron) is very useful.

External injuries from plants which exude a pungent, milky juice, and which are very common in the country, are cured by washing with soap-water and afterwards with brandy. If some of the juice has got into the eye, apply the oil of almonds, unsalted butter or milk; if it has got into the stomach, use soapsuds, milk, &c., but neither acids nor emetics. The same holds good of all acrid, burning, corrosive, vegetable substances, as gamboge, euphorbium, &c.

f) *Pink root.*—In cases of poisoning by that noxious plant, Pink root, (Spigelia,) so frequently given for worms, let the patient smell camphor, give him coffee without milk, and if after the expiration of several days, palpitation of the heart, giddiness, &c., still remain, give *Mercurius.*

g) *Camphor and Saffron.*—In cases of poisoning with camphor or saffron, give coffee without milk till it brings on vomiting, and if all the symptoms do not disappear, *Opium* every hour until they cease.

h) *Spirits of Turpentine.*—In cases of poisoning with spirits of turpentine, *Opium*, *Belladonna*, or *Bryonia* will prove efficacious. If the kidneys are much irritated, *Cantharis* should be given.

For poisoning by all other vegetable substances let the patient smell camphor, and give him coffee to drink if the camphor does not afford relief. If they produce a feeling of numbness, weak vinegar may also be given; if very painful, soapsuds and milk.

7. ANIMAL POISONS. ANTIDOTES AND TREATMENT.

a) *Spanish flies.*—Spanish flies (cantharides,) or plasters made thereof, contain virulent poison, which not unfrequently produces very serious symptoms, especially if it gets into the stomach or into the eyes. It causes violent burning, which is aggravated by oil, fat, milk, &c. The best antidotes to be used, both inwardly and applied to the eyes, are the white of eggs and tepid, slimy substances, such as gruel, &c. Apply these plentifully to the eye, or if you have nothing else, use flour, and do not wash and rub too much. The poisonous substance may often be extracted with a narrow strip of linen or paper rolled into a point.

For all bad consequences arising from taking cantharides, or from their application in blisters, and for similar poisoning from other insects, camphor is the chief remedy. Let the patient smell it every minute, and rub with spirits of camphor the parts most affected. For headache rub the temples; for violent pains in the kidneys or bladder, rub the loins; if camphor should afford no relief, omit it and give *Apium virus.*

b) *Poisonous honey.*—For the injurious effects of poisonous honey, camphor

is also most to be recommended. It should be frequently smelt, and frictions with its solution in spirit performed. Inwardly give warm tea or coffee without milk.

c) *Hair of Caterpillars.*—The hair of caterpillars is apt to cause violent inflammation. Do not rub, for it will only make it worse; but apply handkerchiefs which have been moistened with spirits of camphor.

d) *Shell-fish and other poisonous fish, &c.*—Among shell-fish, such as clams, muscles, cockles, &c., we sometimes find some which are poisonous and produce troublesome complaints. If there is an inclination to vomit, encourage it; give charcoal with sugar and water, or in molasses; let the patient smell camphor and afterwards drink coffee without milk. For eruptions and swelling of the face, give *Belladonna.*

If poisonous fish produce bad symptoms, give finely powdered charcoal with brandy, and if this affords relief, some hours after, coffee without milk; if it does not afford relief, give quantities of sugar to eat or to drink in water; if this also proves ineffectual, give weak vinegar internally and apply it externally.

When the poison or urine of *toads*, *frogs* or *lizards*, has got into the eye, washing the eye with warm milk and water has been recommended, this will do no good, but *saliva* will. The saliva of a healthy person,—not of one who is smoking or chewing tobacco, will neutralize the acidity of the poison, quicker than anything else.* Next give *Aconite* every hour, or as often as it is worse. If the poison has entered the mouth, take as quickly as possible a tablespoonful of finely powdered charcoal with milk or sweet oil. If sudden and dangerous symptoms appear, let the patient smell sweet spirits of nitre. Some time after give *Arsenicum.*

e) *Poison of fat in half-putrefied meat.*—The poison of fat generated in half-putrefied, half-sour meat, blood and fat, and also in cheese, particularly in blood-puddings, liver-puddings, sausages, sour pork, bacon and hams, old rancid goose-grease, and substances not sufficiently or regularly smoked, is very injurious. It is generated very fast, and things which are eatabe to-day, may be poisonous to-morrow.

The principal symptoms of this poison are: heartburn and nausea: a feeling of dryness in the throat, extending, by degrees, into the mouth, the nose, ears and even the eyes, and after some days cracking of the skin of the eyelids, the sides of the nose and the points of the fingers. The voice becomes hoarse very soon, the pulse is slow and weak; hunger and thirst are very great, but the patient can scarcely swallow any thing. It is generally attended by great weakness, the eyelids seem paralyzed, the pupil of the eye is dilated, and the patient does not see distinctly, but as if he were looking through a fog, or he sees every thing double. The abdomen at the same time is tight, with much pain and constipation; finally, the knees and feet become stiff. If the patient does not die in a few days, a tedious, often incurable disease will remain.

Any one who has eaten of such things, and after some hours notices these symptoms, should not be tardy in applying the proper remedies. If within four or five hours after the meal he feels disposed to vomit, let him drink

* There are some people, even doctors of medicine, who are affected or rather afflicted with such an extreme degree of refinement and delicacy, that it borders on silliness, they think it against all rules of good society to bring saliva from the mouth of one person into the eye of another. The doctor may write a receipt, send it to an apothecary's shop, and wait until a poor imitation of saliva has been made, by mixing filtered white of eggs and $\frac{1}{100}$ part of the sulpho-cyanate of soda,—it would take a considerable time before this preparation could be made.

tepid water to bring it on. If there is no disposition to vomit, it should be promoted as soon as possible by artificial means. Sometimes the burning and dryness in the throat are supposed to arise from acidity in the stomach, and people take magnesia, which does no good; or they imagine it to be from corrosive poison and take oil, which likewise is useless. The only things that can do good are acids or oil of turpentine. As soon as the stomach has discharged its contents, give weak diluted vinegar; let the patient wash himself with it and gargle with it. Lemon juice answers still better. When the patient is getting tired of the acid, give from time to time a drop of oil of turpentine on a lump of sugar. Occasionally you may give a cup of coffee without milk, or, what is still better, strong black tea. If the dryness does not diminish or returns again, if mucilaginous injections do not produce any evacuation, give *Bryonia*, and allow it six hours to operate. If a temporary improvement takes place, give *Bryonia* again, as often as it gets worse. None but mucilaginous injections, with a little acid, ought to be administered.

If there are still some symptoms left after the use of *Bryonia*, they may be removed by *Veratrum* or *Phosphoric acid*; should the paralysis or dryness remain, give *Arsenicum*. A case has lately been cured by giving *Arsenicum* and *Phosphorus*, alternately, every day.

8. POISON GENERATED BY DISEASE OF ANY KIND.

Disease of any kind in man or beast, generates poison in a similar manner as putrefaction does in animal substances. These poisons differ as much in their nature as the diseases themselves; some produce but a trifling, others a very considerable effect; some by mere evaporation, but most of them when they enter the blood or the stomach. Every one shuns what a sick person ejects, and thus a natural loathing preserves us from these baneful influences. For this reason careful people avoid the garments of those who have for a long time suffered from a dangerous disease. But against diseased animals we are not generally sufficiently on our guard; their exhalation alone proves injurious in many cases. Thus, that from a horse which has glanders, may affect a human being with a disease quite different. The excrement of sick animals is still worse; their saliva and the pus from sores are always poisonous; but notwithstanding the decidedly dangerous consequences, leprous or measly pigs continue to be killed and eaten.

The most dangerous disease in this respect is the *malignant pustule* in cattle. If the blood of such an animal only falls upon the hand, it may prove infectious; the same consequence may result from the skinning of such animals—nay, from the tanning of the skins—and yet avarice and ignorance continue to persist in the skinning of these diseased animals. Their flesh, though salted and smoked, is a poison, and always produces death or a lingering, incurable disease.

The malignant pustule disease in cattle is known by a sudden sadness and dulness; they stumble and tremble, particularly after drinking; they have a dry hot skin and short breath; during these symptoms, inflammatory tumors or boils are formed. Unless such cattle can be saved by throwing frequently large quantities of water on them, and giving *Arsenicum*, they must die. In case the latter event takes place, endeavor at least to preserve other animals that may have been exposed, by the use of cold water. Those which perish should be buried in a very deep pit, without being touched by the hands. Every thing which has been in contact with such animals should be burnt, buried, or purified with chloride of lime in water.

When a person has been infected with the malignant pustule, he feels first melancholy, weak and chilly; red spots, black in the centre, show themselves on different parts of the body; these soon become bluish tumors, and eventually inflammatory gangrenous ulcers. By no means put a poultice on them, nor anything warm and moist; bleeding is also dangerous. The best remedy is quiet, a strict diet, drinking plentifully of cold water, and frequently throwing it over the patient, and drying him quickly afterwards. Internally give *Arsenicum*, frequently repeated.

Whatever has been soiled by horses which have had the glanders, should be cleansed with chloride of lime; exposing it for a long time to the air and the sun, also, will make it innoxious. If a person has been infected by a glandered horse, give *Phosphoric acid*, and if this fails, *Arsenicum*. Some time after, *Sulphur* may be taken, if necessary; and if some symptoms still remain, after three or four weeks, give *Calcarea*. Neither of these two remedies should be given oftener than once every five or ten days—and should not be repeated as long as the case improves.

When one has reason to fear that he has contracted one of these diseases by contact with the animal, exposure to great heat is recommended. The best way of accomplishing this is to place him in an ordinary vapor bath, or a Russian bath, or the simple hot air bath used so frequently in hydropathic establishments. Should the infection be imparted, *Lachesis* is an excellent remedy. In horses, a cure may often be effected by the administration of *Aconite*, *Rhus* and *Arsenicum*, in the order in which they are named.

II. Poisoned Wounds.

STINGS AND BITES OF ANIMALS—THEIR ANTIDOTES AND TREATMENT.

a) *Stings of Spiders.*—The sting of spiders, centipedes, scorpions, the bites of many flies, musquitoes, and of bugs, are rarely dangerous, but may become troublesome by their numbers, and produce serious consequences by attacking tender parts; especially when little children or very delicate persons are thus afflicted.

The chief remedy is smelling camphor, and washing with cold water. If you can catch an insect of the same kind, crush it and put it on the wound. A good remedy, if it can be borne, is to hold the injured part to the fire; or bring a red-hot coal, wire, or lighted cigar or pipe as close to the spot as possible, and hold it there until the pain is removed.

b) *Stings of Bees, &c.*—When pursued by a swarm of bees, take care not to strike at them with a view of keeping them off, for it does no good, and only irritates them the more; make your escape as quickly as possible; but should a swarm follow you notwithstanding, particularly in the bushes, and should many have already alighted on your head, and there be no water near into which to plunge, lie down flat upon the ground, with the face downward, protecting the sides of the head with your hands, and lie still till they are gone.

Moisten the wounds with saliva, and pass your finger-nail over them to extract the sting and the poison; or extract it with tweezers or fine pincers; then put on black garden mould, renewing it whenever the pain increases; or rub it with honey, scraped chalk, or one of the remedies mentioned.

For the sting of a bee in the eye or the mouth, honey is the best application; try to extract the sting from the mouth by scratching with the finger nail; and from the eye by using very delicate pincers.

The same observations apply to the stinging of wasps, only that in this case the sting does not remain in the wound. Always warn children not to bite imprudently in an apple or a pear in which is a hole; sometimes a wasp is hidden in it, and their sting in the mouth is very dangerous.

When a person has been stung in a very tender part, and inflammation, swelling and fever ensue, give *Apium virus* and if this does not operate quickly, *Arnica*. If the eye is much inflamed, give *Aconite* and *Arnica* alternately, allowing the former one, and the latter four hours to take effect, extending those periods as long as there is any improvement; externally, apply only cold water.

In the very worst cases when the patient falls down, let him smell sweet spirits of nitre, ether or chloroform; before you can get those things, try to make the patient breathe fast by making him run between two other persons, or if that cannot be done, open his mouth, draw his tongue forward, put your fore and middle finger upon his tongue as far back as you can, and press it forwards and downwards. If the patient commences to breathe, lessen your pressure by degrees, if he trys to vomit, release the tongue at once.

Musquitoes may be driven away by the smoke of brown sugar, strewed upon live coals or red-hot iron; after some time let the smoke pass out, and close the doors and windows. The bites of musquitoes which pain severely, are speedily relieved by the application of lemon juice.

Be careful not to check the inflammation from the stings or bites of insects too quickly, when they are numerous; the consequences are the same as when an eruption of the skin is too suddenly checked; rather give *Aconite*, and some hours later *Arnica*. If not better the next day, *Natrum mur*.

c) *Bites of Snakes.*—It is well to know which snakes are poisonous. All poisonous snakes have in the upper jaw two long, large teeth; all those which have in the upper and lower jaw each two rows of teeth, are not poisonous. The bite of a venomous snake is generally attended with violent shooting, and sometimes burning-pain.

When the serpent is not venomous, rub some salt or gunpowder into the wound. But if it is venomous, tie two or three inches above the wound a ribbon, cloth, strap, rope, or the like, tightly around the limb, to prevent the blood returning from the wound to the heart, and leave it as long as the patient can bear it, or until the danger is past. Every endeavor should be made to extract the poison; for this end, the best means is the application of cupping-glasses frequently renewed till nothing more exudes from the wound. A cupping glass may easily be extemporised in the following way: take a small glass tumbler, dip a piece of paper or cotton into brandy, whiskey, or other spirits, spirits of wine, eau de cologne, any toilet perfume will answer the purpose; set fire to this, throw it into the tumbler, and immediately apply the mouth of the tumbler over the wound, taking care to press it close upon the skin so as to allow no air to enter. If the materials are not at hand, or the wound is so situated as to prevent the employment of cupping glasses, the wound should be sucked. This can be done without danger, provided the person who sucks has no sore on his lips or mouth. The sucking must be strong and continuous, and the wound must be well drawn open. Whilst sucking press your hand firmly towards the wound over the adjoining parts, particularly from the side next to the heart. After everything has thus been drawn from the wound, the best external remedy is heat. Whatever can be had soonest, red hot iron or coals—if nothing better, a lighted cigar—must be brought as near to the wound as possible, without causing violent pains, and without burning the skin. Cauterizing, or burning with a hot iron, is useless, because it destroys the smaller vessels.

Apply, therefore, the hot iron or coals as close to the wound as the patient can bear it. As soon as the iron or coal cools, have another ready. Place several pieces of iron at once in the fire, and change them frequently; and take care that there is a sufficient supply of red hot coals. The heat should only operate upon the wound, and on the parts immediately around it, and not on too large a space. Do not blow the coals which you apply, this would cool the skin too much. If you have oil or fat at hand, smear it around the wound for three or four inches, and when absorbed, renew it. If you have no oil or fat, take soap or saliva. Whatever oozes forth from the wound must be carefully wiped away. Continue to apply heat until the patient begins to shudder and to stretch; if this should occur soon, continue the application for an hour if he can bear it, or until the symptoms of the poison give way. If these symptoms return, renew the application. After the wound has been thus treated, rub into it salt and gunpowder, cigar ashes or wood ashes, whatever is at hand, but fine salt is best. At the same time the patient must be kept as quiet as possible, the less motion or agitation he is subjected to the better.

Give inwardly, as soon as possible, salt water, salt, gunpowder or garlic. If bad symptoms appear, notwithstanding, give wine or brandy, a few drops or half a teaspoonful at once, every two or three seconds, until they disappear again, but resume the treatment as soon as they re-appear. If the shooting pains grow worse—if they are in the direction of the heart—if the spot turns blue or spotted, or swells—if vomiting, giddiness or fainting ensues, give immediately *Arsenicum*. If the symptoms become worse notwithstanding, repeat the same half an hour after; if there is improvement, do not repeat it until worse again. If two or three doses produce no effect, give *Belladonna*. Senega-root, also, is at times serviceable. *Phosphoric acid* will sometimes remove the remaining symptoms, and sometimes *Mercurius* or *Hepar*.

d) *Bites of mad dogs.*—The bite of a mad dog, or of other rabid animals, should be in the beginning treated in the same way as the bite of serpents. Burning, cauterizing, cutting, lacerating, suppurating, and all similar cruelties, are positively useless; the more you lacerate the wound, the more rapidly will the poison enter into and circulate with the blood. The cupping glass should be at once applied, and the application of radiating heat should be repeated every day three or four times, an hour each time, or until shuddering appears. Let the wound heal quietly, after the above means have been resorted to, and only make use of the precautions indicated below.

Heat should be occasionally applied to the wound in the manner just described, until the scar becomes of the natural color of the skin. It should be renewed whenever the wound appears hard, dark-colored, red or inflamed.

Sometimes after seven days, or later, particularly when the patient has a slight fever, a small blister will appear under the tongue; have this lanced with a pair of finely pointed scissors, or a penknife, and let the patient rinse his mouth with salt water.

The vapor bath has proved a very efficient remedy. If there is an opportunity of using it several times, soon after the bite, it will, no doubt, be of benefit to the patient; at any rate, apply it as soon as any suspicious symptoms make their appearance. These symptoms are: sudden and unusual thirst, followed by shuddering and loathing when drinking; an aversion to anything bright, and to the wind; great sadness and dejection.

The bath may be of service, although convulsions should have commenced. To administer the vapor bath, the patient should be in a place large enough to have sufficient air to breathe, and yet so small as to be easily filled with

hot vapor. If the patient is already suffering from convulsions, he should be wrapped in a sheet, to confine his hands and feet, but the neck and head ought to be perfectly free. A small, wainscoted room, which can be tightly closed, is best. Into this room carry red-hot stones or bricks, as many as necessary; throw water upon them, or, if the patient cannot bear this, wet sand. As the stones cool they must be removed, and reheated by a strong fire. Place a tray with wet sand near the door, in which saw a hole to pass the stones through, or place them on a bench or table near the window. It is well to have some one in the room with the patient.

All these directions, however, become useless, unless a good fire is kept up, and there is a sufficient number of persons to change the stones and heat them, for the whole room must be closely filled with hot vapor for a sufficient length of time. If the bath is used as a preventive, one to two hours are requisite; if used after the convulsions have commenced, until they cease.

A Russian bath, if that can be obtained, is the best of all vapor baths for the purpose, the above is merely an extemporaneous imitation of it. A simpler method still of administering a vapor bath, is to make the patient sit on a cane-bottomed chair, cover him well up with two or three thick blankets, and introduce beneath the chair on which he sits a tub of hot water, into which you are to drop occasionally a red-hot brick; or a more elegant and convenient method of generating the heat and vapor, is to introduce beneath the chair a large spirit lamp, the flame of which plays on a saucerful of boiling water placed above it. Such an apparatus may readily be extemporized, but it is also to be had in many of the ironmongers' and tinsmiths' shops.

To prevent convulsions, give *Hydrophobium* once a week, until it produces fever, diarrhœa, &c.

Tincture of Cantharides may also be mentioned as a preventive. Mix one drop of this in a teacupful of water, and give one teaspoonful of the dilution every day until the effects of the medicine become troublesome.

If the patient labors already under hydrophobia, give *Lachesis* at every return of the convulsions. Should the next fit be stronger, wait for two or three more; if they are less intense, give nothing further. As soon as they become more violent, give the same medicine again. If they do not vary, repeat the same medicine, after three hours. When *Lachesis* appears no longer efficacious, give *Belladonna* or *Hyoscyamus*.

The endless variety of medicines for hydrophobia, to which every country and every year make new contributions, do not deserve much consideration, as not a single mad dog has ever been cured by them. They are mostly recommended from having, as was supposed, prevented the disease; but as only about one person in twenty, of those who have really been bitten by rabid animals, are attacked by hydrophobia, whether medicines have been used or not, this pretended prevention proves nothing. Many persons are attacked by hydrophobia through the imagination, and for such cases any remedy will answer. We ought not to place too much confidence in the methods of cure so often recommended; and to subject every one bitten to the tortures of cauterizing, cutting and bleeding to excess, is absurd. In most cases nothing is required; and in the few cases where the poison takes effect, such violent means are of no use whatever.

When *putrid animal substances* have got into a wound, or pus—matter from ulcers of men or animals—give *Arsenicum*.

If blood, pus or saliva of an animal affected with the malignant pustule, glanders, &c., use *Arsenicum* and heat, as stated above.

For the bites of any angry animal; if pus or other diseased matter got

into a wound; if you had been obliged to touch persons or animals laboring under a contagious, dangerous disease, it is best to expose your hands for five to ten minutes to as great a heat as you can bear, and to take *Arsenicum*.

We have thought it advisable to prepare a brief summary of the foregoing remarks in a tabular form, by referring to which any one can easily find the proper antidotes, in the most dangerous cases of poisoning, where it is necessary to do something immediately.

TABLE OF ANTIDOTES TO THE MOST POWERFUL POISONS.

POISONS.	ANTIDOTES.
I. GASES.	
Gas produced in places deprived of fresh air, such as privies, wells, &c.,	Chloride of lime; vinegar.
Vapor of Charcoal,.....	Vinegar and vapor of vinegar,
II. ACIDS.	
Prussic acid,.....	Cold affusion on the spine; spirits of hartshorn.
Sulphuric, muriatic, nitric, phosphoric, acetic acid, and strong wine vinegar,.....	Tepid soap-suds; magnesia; chalk, powdered and mixed with water; wood ashes mixed with water, potash or soda.
III. ALKALINE POISONS.	
Pot and pearl ashes, caustic potash, carbonate of potash,.....	Vinegar; lemon juice, and other acids; sour milk; mucilaginous drinks and injections.
IV. METALLIC SUBSTANCES.	
Arsenic, ...	White of eggs with water; a soapy fluid made with equal parts of lime, water and oil; linseed tea; sugar-water; milk; rust of iron.
Corrosive sublimate, copper, verdigris,.....	White of eggs in water; sugar-water; milk; starch from wheat flour.
Lead,.....	Epsom salts; Glauber's salts.
Lunar caustic,.....	Common salt dissolved in water.
Tin, ...	Sugar, white of eggs and milk.
V. VEGETABLE POISONS.	
Opium or laudanum, stramonium,...	Coffee; vinegar.
Bitter almonds, peach kernels or peach leaves,.....	Spirits of hartshorn; coffee.

CHAPTER IX.

EXTERNAL INJURIES.

Concussion, Bruises, Sprains, Dislocations, Fractures, &c.

CONCUSSION OF THE BRAIN may be produced by a blow upon the head, a fall, and sometimes by a violent shock to the body. In cases of violence, not very severe, there will be some disorder of the intellectual functions, producing vertigo, dimness of vision, trembling of the limbs, sickness, &c.

The symptoms are different in more severe cases. The accident is immediately followed by insensibility, relaxation of the extremities, coldness of the skin, feebleness and irregularity of pulse, difficulty of breathing and dilation of the pupils.

The breathing, however, though weak and laborious, is usually free from stertor (snoring.)

After a time, the patient begins to recover from this condition, and there is a gradual return of the warmth of the body, the breathing becomes more natural, the pulse rises, and the sensibility is partially restored, so that he may be roused from the apparent sleep or lethargy in which he is generally found, and made to answer questions, especially those relating to his injury.

As the stupor and other symptoms gradually wear away, inflammation of the brain, of an active character, frequently begins to develop itself, which, if not speedily checked by appropriate treatment may terminate fatally in effusion or suppuration.

A severe fall or blow upon the head may have cracked the bones of the scull internally, in order to ascertain whether this has been the case, proceed as follows: Tie one end of a cord to a silver spoon or fork or a piece of iron, that will give a clear sound when struck, let the patient take the other end of the cord between his teeth, or fasten it to one of his teeth, or wrap it around your finger or a piece of wood which is to be inserted into the ear of the patient; now strike the spoon or iron, which must swing clear, the sound will be communicated to the bones and great pain will be felt if, and where, the bone is cracked.

For concussion of the brain, as well as in all other cases of injury from external violence, *Arnica* is the principal remedy.

A few teaspoonfuls of cold water, immediately after the injury, will often be of great service in reviving the patient, and should always be resorted to, as it can do no harm. The application to the head of cloths dipped in cold water, and to which in case of external injury a few drops of *Tincture of Arnica* may be added, will also be of great benefit; keeping the head in an elevated position during the treatment will also be serviceable in assisting to prevent and remove inflammation. If the injury has been severe, the patient should be kept quiet—and avoid all kinds of excitement until perfectly recovered.

The diet should be of the most simple kind; and no wine, brandy, coffee, spices, or stimulants of any kind made use of. Bleeding, which is a common practice with the more ignorant of the old school practitioners, should not be

resorted to, as in many cases death has ensued from large bleedings, intended to obviate inflammation of the brain.

If active *inflammation* of the *brain* should set in, notwithstanding the use of the means recommended above, it may be necessary to administer *Aconite*, *Belladona*, and other remedies recommended under that head, which see.

Concussion of other parts of the body may occasion a variety of unpleasant effects. Sometimes internal parts are distended or torn; pain arises, which increases the following day; violent headache, giddiness, pains in the chest, asthma, hacking cough, spitting of blood, pain in the back, descending pains in the belly, &c. In all such cases *Arnica* is the chief remedy. The patient should be as quiet as possible; drink plenty of water; wash the painful parts frequently with cold water, or with water containing a few drops of *Arnica tincture;* neither eat nor drink anything stimulating; make use of no wine, brandy, coffe, tea, or spices, of but little salt, and of nothing sour.

If the accident was attended with sudden fright, give, first, *Opium*, and some hours after, *Arnica*. If the patient faints, wash his head, face and arms with cold water, and give, if it can be done immediately after the accident, a few drops of wine, but if fifteen or twenty minutes have elapsed, *Aconite* or *Glonoine* and afterwards, if necessary, *Arnica*. Bleeding is always unnecessary, and sometimes injurious; *Aconite* will generally keep down the inflammation, and *Arnica* will accelerate the healing.

When pregnant females, in consequence of a fall, slip, or other violent concussion, feel pains in the abdomen, a thing which occurs very frequently in the first month of pregnancy, which may easily bring on a miscarriage, give *Arnica*, and let the patient keep quiet, if possible in a horizontal posture, and avoid, for several days, every exertion. Should the pains, notwithstanding, become very violent some hours after *Arnica* has been given, give *Chamomilla* or one of the other medicines recommended under "miscarriage."

In headache from concussion, if *Arnica* is insufficient, give *Glonoine*, *Belladonna* or *Phosphoric acid*, whatever may suit best according to the symptoms enumerated under "Headache."

Affections of the chest, caused by violent concussion, are removed by *Arnica*. Sometimes, but not very frequently, *Aconite* or *Rhus* is required. Look under "Chest," Part II

Overlifting.—If lifting or carrying heavy loads, or any sudden exertion of strength produces pain, give *Rhus*, which may, in fact, always be given, if the injury was more the result of lifting than of external violence.

When, from this cause very acute pains are felt in the small of the back, which become worse on every motion of the body, give *Bryonia*. If this does not relieve entirely, *Sulphur*.

If headache ensues, and *Rhus* will not remove it, try *Calcarea* once.

If a person, by lifting or over-exertion, has strained or otherwise injured himself, in consequence of which he has nausea or a disposition to vomit, with violent pains in the bowels, give *Veratrum*.

If one has injured himself by violent extension and then pressure of the abdomen, as in climbing over a high fence, wrestling, &c., and afterwards feels suddenly sick at the stomach, violent pains in a small spot internally in the abdomen, or has there a sensation as if everything was pulling downwards, which makes him anxious and restless with a face full of agony, *Veratrum*, once or twice will give relief.

False Steps sometimes cause pains in the limbs, sickness, &c. They will

generally be relieved by *Bryonia* or *Rhus*, or, if the stomach is much affected, by *Pulsatilla*.

If the injury occurs often, and is caused by debility, it will be cured by *Phosphorus*, which should be given whenever it returns.

Bruises (Contused Wounds), are generally caused by a blunt instrument, or some hard substances coming in violent contact with a part of the body. There is usually swelling which will be proportionate to the extent of the injury; and more or less discoloration of the skin, owing to the rupture of some of the smaller blood vessels and the consequent effusion into the cellular tissue. The pain is not generally very great. When the injury has been extensive, it may be followed by sloughing and mortification.

In the treatment of bruises, nothing is more efficacious than the application to the injured parts of cloths (linen is to be preferred), dipped in cold water, and the internal administration of *Arnica*,

This will, in most cases, soon remove all traces of the injury.

In very severe cases, followed by fever, it will be necessary to give *Aconite*, which may be alternated with *Arnica* at intervals of from three to six or eight hours.

A lotion of *Arnica tincture* in the proportion of half a teaspoonful to a tumbler of water may also be used.

If a limb is crushed, and flattened or otherwise disfigured, it should be pressed by the hand from time to time until it returns to its proper form; or it may, if necessary, be straightened and kept in its natural position by means of a piece of paste-board or thick gutta percha, heated so as to render it flexible, and capable of being adapted to the shape of the limb; a roller must be placed over all to keep it in place.

Should suppuration (formation of matter) ensue, from neglect, bad management, or impurity of the blood, *Hepar* must be given.

For erysipelatous inflammation, which sometimes makes its appearance, and may be known by the wound assuming a red appearance, which soon extends to the surrounding integuments, and the affected parts become hot and burning, and are painful to the touch; give *Ruta* internally, and apply a solution of the tincture in water, externally.

But should the incipient signs of mortification present themselves, as increased swelling and pain, the pain of a pungent burning kind, loss of sensibility, heat and color, and the wound begins to change to a darker hue, *China*, and if the skin assumes a dark, livid color, recourse must be had to *Arsenicum* and *Lachesis*, which should be given alternately, at short intervals, and may prevent the loss of life and limb. Amputation should be postponed as long as possible; many a limb has been saved by the reluctance of the patient to have the operation performed.

Bruises of the eyes from blows with the fist, a stick, a stone, a flying cork, &c., are to be treated in the manner indicated above; change the piece of linen, as soon as it becomes warm, for a cold one, and fasten a shade over the eyes, for the purpose of keeping the light from them. Whenever the pain becomes more severe, give *Arnica* and *Aconite* alternately.

Shocks and Bruises of the Head, when children fall and their heads receive a considerable shock, and they begin to vomit, cry but little or not loud, and sleep uncommonly sound and long, give *Arnica*. Do not let them sleep too long, but rouse them up and keep them awake a while. Try also and prevent their taking cold or being over-heated, and don't let them eat or drink anything stimulating.

If fever or convulsions appear give *Belladonna*; and if not relieved by this and there should be in addition a constant picking at the nose with the finger, *China* should be given.

Belladonna will also be indicated by the following symptoms: constant tossing of the head from side to side; disposition to press the back of the head on the pillow; giddiness or pain after shaking the head; dilatation of the pupils of the eyes, not only in the dark or after awaking from sleep, which is natural, but at all times.

Hepar may follow the *Belladonna* if the latter has failed to afford sufficient relief, and allowed to act for several days.

If some of the above mentioned symptoms should remain notwithstanding; if the head becomes larger, if the skin is elevated on the upper and anterior part of the head, "opening of the head," and there is a perceptible beating there, give *Calcarea*.

Bruises on the head of children should not be compressed with a knife; but treated with applications of cold water, or water with a few drops of *Arnica tincture* in it, and the internal administration of *Arnica*.

Consult also Concussion and Hydrocephalus in their respective chapters. In all cases of this kind however, it is better to consult a homœopathic physician.

Sprains.—A limb is sprained when, after a fall or other violence, it pains severely, cannot be moved without pain, swells and turns red.

At the commencement of the treatment of these troublesome injuries apply cold water freely or a lotion of *Arnica*.

Arnica may also be taken internally. After the removal of the more acute symptoms, it may be necessary to resort to the use of *Bryonia*, *Rhus* or *Ruta*, to aid in removing the stiffness and soreness which may remain. Passive (gentle) motion of the limb will also be beneficial.

If it turns blue: *Arnica*.

If the swelling remains very long with more or less pain, use applications of warm vinegar. If the swelling about the joint is so soft, as to leave a pit when pressed by the finger, *Sambucus* will give relief.

Dislocations, Luxations.—The removal of the head of a bone from its corresponding articular cavity is termed a dislocation or luxation.

It is characterized by violent pain, loss of motion, swelling, alteration in the shape, length and direction of the limb. An unnatural depression or prominence can generally be felt in the vicinity of the injured joint; and there will be also a peculiar rigidity of the limb. By comparing the injured with the sound limb the deformity will at once be apparent.

The first thing to be done is give *Arnica*, or, if there is already redness and inflammation, *Aconitum*, and to apply cold water or diluted *Tincture of Arnica*.

You seldom find a person who will undertake to set the joint again; and as abortive attempts will only make the matter worse, the sooner you send for an experienced surgeon, the better for the patient. Cold applications, and *Arnica* internally, will always be beneficial. Nor is it necessary to do anything more after the dislocation has been reduced: all poultices, salves, bleeding, &c., are injurious. A proper bandage must be applied, and as soon as the inflammation abates, which, after taking *Arnica* and perhaps *Aconite*, will soon take place, the limb should be moved often, but carefully, lest it grow stiff.

FRACTURES.—The most certain *sign* of fracture is *crepitation*, a peculiar grating noise or sensation, produced by the rubbing together of two broken surfaces of bone. When on moving an injured limb you can perceive this sensation, it is a pretty sure indication that it is fractured. In additiou to this, there is usually some deformity, pain, swelling, inability to move or use the limb, and sometimes it is shortened.

In all cases of suspected fracture, send for a surgeon, and for a skilful one too, and not for "*the first the best;*" for mistakes committed under these circumstances can hardly ever be remedied. When children are the sufferers, more despatch is required. But in ordinary cases, a couple of days may elapse without incurring any risk, a broken bone does not unite so very readily. Before the arrival of the surgeon the broken limb should be moved as little as possible; on the painful part put linen bandages dipped frequently into cold water, or diluted *Arnica tincture;* internally give *Aconite*, if the patient is very weak or faint, and some hours after, *Arnica*. Only when the pains are insufferable, and occasion convulsions, give *Chamomilla*. In very rare cases only, when the pains are excruciating, and other bad symptoms appear, will stretching of the limb afford any relief. This delicate operation requires a surgeon's aid, who will apply the necessary splints, bandages, &c.

Should the bone not unite readily, but remain loose—as sometime happens with aged persons—mix a small portion of diluted Phosphoric acid with lime-water, dry the sediment which will be formed in this mixture, and give the patient as much of it as will lie on the end of a penknife, once every three or four days. If the bones of young people will not heal, give good, strong broth, or meat-extract, which will be mentioned hereafter, under "Apparent death from hunger."

Wounds.

We ought first to know what wounds will heal of themselves, and when treatment is necessary; we ought to know how the cure can be accelerated, and what must be done in dangerous cases until a surgeon can be procured.

All wounds which are not mortal heal of themselves, without any medicine, unguents, plasters or salves. External applications are almost always injurious, and all rational practitioners have long ago discontinued the use of them. Nothing more is necessary than to apply a proper bandage, and to wet it, from time to time with cold water. If requisite some medicine should be given internally, and attention be paid to the diet.

a) Dressing of the wound.—the most important thing in the healing of a wound is to bring the sides in close contact. Small, superficial wounds may be closed by pressing the sides together, and tying a bandage around the limb to keep them in that position. Common, small cuts on the fingers are often troublesome for a considerable time, as they prevent us from using the hand; but they will heal quickly with a healthy person, if sewed together, an operation, which, after a little practice, can be performed easily and without giving pain. Close the wound immediately, to prevent the escape of blood; press till the skin becomes white, that you may see the cut and take hold of it; then take a very fine needle, with a linen, or better, a silk thread, which has been divided, pierce through the outer or scarf-skin only, either entering near to or at the cut; if it pains, you have gone too deep. When the wound is very small, and not deep, you may stitch from one side to the other, right through, making a common seam, without a knot at the beginning or end. When the cut is deeper, or forms an angle, draw only once through; tie the ends together over the wound and cut them off; proceed in this manner,

placing one loop near the other. It is better to take but a short thread, for if you have to pull much, the skin sometimes breaks and gives pain. Sometimes it may be better to take two needles, fasten in each one end of the thread, and pass each needle from the interior edge of the cuticle outwards.

Small wounds may be dressed by *Arnica-plaster* or common Court-plaster.

When the wounds are longer, penetrating through the skin into the flesh, this superficial suture will not suffice, but you must use adhesive plaster, the ordinary sticking plaster of the shops. Cut this into strips, a few inches long, narrower in the middle than at the ends. Warm them with your breath, or by wrapping them around a bottle filled with hot water, or around your arm, the side on which the plaster is, of course ,turned out, till the plaster becomes soft. The narrow part must be placed on the wound. In applying them press the wound well together, and draw the strips tightly over it; they should be long enough to extend several inches beyond the wound on each side, otherwise they will not stick well. The hairs ought also to be shaved off from about the wound, and all moisture carefully wiped away. Open spaces ought to be left between the strips, particularly where the wound is deepest, that, in case of suppuration, the matter may be allowed to escape and prevent the formation of abscesses.

In dressing the wound the limb should be put in such a position that the wound will not gape, and should be kept in that position as much as possible.

Deep lacerated wounds, or long cuts in the face, lips, eyelids, neck, &c., have sometimes been united by deeper sutures, which a surgeon alone can make properly.

Considerable stabs, or other narrow and deep wounds, must not be closed in this manner, as they would heal on the surface, and suppurate at the bottom. But if they are so situated that they can be compressed at the bottom, as well as at the orifice, it may be done until the surgeon arrives, who in all such cases should be consulted.

Besides being sewed, every wound ought to be dressed with adhesive plaster, that it may be the more firmly united, and that the air may be prevented from entering it, at the same time the limb ought not to be more compressed and laced than is necessary.

The bruising of the skin, especially on the knuckles, ends of the fingers and on the shinbone, sometimes causes a bad sore, and often becomes troublesome in children. The best application for such sores is the lining membrane of a raw egg. The best mode of obtaining this is to break the egg carefully and peel off the skin with which the shell is lined, in strips as broad as you can make them; put these with the side which was next to the shell on the wound until it is entirely covered.

Another good application is collodium, (a solution of gun-cotton in ether,) it is sold in all drug stores. It is to be spread over the wound with a soft brush, the ether evaporates, and leaves a thin, transparent skin, which is not removed by water.

b) *Hemorrhage caused by wounds.*—Wounds which have been closed and dressed in the aforesaid manner, generally cease to bleed. Sometimes, however, it is necessary to place a compress of linen upon the wound, and to keep it there with bandages. Cold water applied immediately and freely, will frequently stop the bleeding, yet there are cases where it does not suffice.

When the blood is gushing out of the wound, when the wound is on the throat, the superior and interior part of the thigh or arms, the whole limb or side of the neck should be compressed, and a surgeon procured immediately.

The hemorrhage is still more dangerous when bright red blood flows from the wound, and the blood squirts at intervals as the pulse beats. Hasten, in such a case, to obtain the assistance of an experienced surgeon; but as every delay is dangerous, tie a cloth tight around the limb above the wound, in the direction of the heart; above this bandage on the interior part of the limb feel for the artery, which you will know by its beating; place on this spot a cork lengthways, press it well home, put over it a compress two or three inches square, and as thick as a finger, and over this a bandage, which tighten until the bleeding stops. Immediately upon compressing the artery, the blood sometimes flows more freely than before, but it will soon stop. Do not omit frequent applications of cold water, or ice to the wound.

People are apt to have recourse to very improper and injurious means to stop bleeding; in the fright they tie one cloth over the other, until they exhaust their whole stock of rags and handkerchiefs. But that cannot stop the bleeding—it merely conceals it. When the first firm bandage does not stop it, the rest are useless and pernicious, as they prevent the cold water from penetrating, and conceal the danger.

Some persons put upon wounds which bleed profusely a mass of the most heterogeneous things imaginable; vinegar, cobwebs, balsam, brandy, punk, lead-water, the white of eggs and sweet oil, charcoal, glue, alum, soot, lemon juice, shoemaker's wax, gum arabic, tar, urine, tan, oakleaves, salves, unguents, and other trash, to stop the effusion of blood; all these things render the healing of the wound more difficult, as they soil the surface, and as every thing extraneous entering into a wound has again to be expelled by suppuration.

When a proper bandage, the application of cold water and of ice, a quiet and easy position of the patient, does not stop the bleeding, hasten for a surgeon, and until he comes proceed as follows:

Let the wounded part be elevated, and see that there is no more pressure on any part of the body than can be avoided. Should the patient faint, leave him at rest, and do not annoy him with smelling bottles. Fainting may be beneficial, for in this state the blood flows less rapidly, and is more apt to congeal in the wound, especially when aided by applications of cold water. If the patient turns quite pale, and becomes blue in the face, or has jerking of the limbs, however, there is danger, and *China* should be given immediately. After this, if worse again, give him a little good old wine, and after that, if necessary, repeat the *China*.

The same remedies ought to be given after much loss of blood, but when the bleeding has ceased the patient may drink small quantities of cold water as often as he asks for it.

To stop the bleeding, when the first bandage and the application of wet rags does not do it, give *Arnica;* if this fails. *Ipecacuanha.* The black glutinous drops which hang in chimneys where wood is burnt, will answer, if nothing better can be got. Take a portion of this as large as a pea, dissolve it in a tablespoonful of brandy, until the latter turns brown—mix this with half a tumbler of water, and drop it into the wound. If *Creosote* can be had, it is to be preferred: one drop of it in a teaspoonful of water is fully strong enough. Another powerful styptic is the *Matico*, which may be obtained at some apothecaries.

The *bites of leeches* sometimes bleed too much; children have thus bled to death in the night, when proper attention was not paid to them. The wisest plan is to use no leeches at all; but those who have no knowledge of better remedies, must be expected to have recourse to improper ones. These wounds can be closed by putting in a couple of stitches, in the way before

explained—they give no pain whatever. With children who dread this, the bleeding may be stopped by pressing the finger upon the wound for a considerable time, and applying some shoemaker's wax. During the night particular attention should, notwithstanding, be paid lest it recommence. After a vein has been opened the same precaution is necessary. The patient ought to rest undisturbed, and some one should be in attendance to see that the vein does not bleed again.

c) *Cleansing of the wound.*—However well a wound may have been bandaged, it will not heal if it has not been properly cleansed; therefore, before dressing the wound, free it from every thing extraneous. If the wound is full of dirt or sand, or if there are splinters in it, small pieces of glass, fishbones, shot or rags, or if the iron which made it was rusty, it will not heal so easily. All foreign substances should, if possible, be removed by the forceps and by washing well with water. If you find it impossible to cleanse the wound thoroughly, dress it but lightly, so as to prevent the air from penetrating, without pressing it much, and renew the dressing frequently.—Wounds of this kind, particularly when splinters remain in them, should always be dressed by a surgeon.

When a person has run a nail, fish-bones, splinters or glass into his foot, you cannot always remove them entirely; surgeons are sometimes apt to cut in every direction, but in vain. Into such a wound drop at once a little vulnerary balsam; balm of Peru is best; but if you have none, use Canada or any other; put over this a compress of linen, and tie it to the sole of the foot. Renew the application of the balsam every day until the wound has healed from within. At the same time the wounded person should walk occasionally, even though painful to him; the motion will assist in cleansing the wound. If there is much inflammation, apply cold water externally, and internally the remedies prescribed below.

If after a wound in the sole of the foot has healed, violent pain is experienced when walking, we may infer that there is still some foreign substance in the foot. Fasten to the sole of the foot a cork sole, a thick piece of pasteboard, or a thin board, with a hole cut in it just where it touches the sore part, and let the patient walk on it frequently; at the same time give *Silicea*, and if no better, after a week *Hepar*, and after waiting seven days *Silicea* again. The extraneous matter will generally soon be brought out. If you can feel any thing plainly under the skin, let an incision be made to take it out, or let the skin be scraped very thin with a sharp knife.

d) *Subsequent treatment and diet.*—Besides stopping the hemorrhage, and cleansing and dressing the wound, its subsequent treatment, as well as the diet of the patient, is a matter of importance. When the wound is large, the patient should keep as quiet as possible; he should neither exert his mind nor his body too much; he should drink plenty of cold water, and avoid every thing stimulating—much salt, spices, smoked food, &c.

If the dressing was necessarily put on very tight, loosen it somewhat if it becomes troublesome, the next day. If not too tight, leave it undisturbed for two or three days, if the wound does not suppurate, and remove it gradually.

In removing a piece of sticking plaster, always begin at both ends and proceed to the centre; begin to remove the strips, at one end of the wound, replace the strip removed immediately by another, and continue in that manner till finished, in order that it may not open again or be dragged asunder. If possible, leave the dressing until the wound is healed; in summer, however, and when wounds suppurate freely, the dressing should be changed

frequently. The threads in the sutures are to remain until they drop off of themselves.

Cold water is not only serviceable in stopping the bleeding and cleansing the wound, but also in healing it afterwards. Put on a compress of linen, and dip it frequently in cold water—particularly when there is swelling, redness and pain. Or take lint, dip it in water, and cover the wound with it; put over this some oiled silk or gutta-percha tissue, or where these cannot be obtained, paper which has been saturated with warm wax, or thick oiled paper may be used, and tie a handkerchief over it, to keep the adjacent parts dry. As the heat abates and the wound heals, renew it less frequently, and when the heat is gone, discontinue it altogether.

All wounds which suppurate badly, are to be treated as ulcers—of which more hereafter. Wounds of this kind may be treated with cold water dressings, but occasionally they require applications of warm water and poulticing.

All lacerated wounds, and others which cannot be accurately united, must be drawn together and treated with cold water, unless they suppurate.

To all wounds over a bone, on the head, the breast-bone, the elbow, finger-joints or the knee, the shin-bone, or the ankle, apply nothing but cold water without any bandage—unless in the beginning, to stop the bleeding, you may make use of pressure; afterwards merely tie something over the wound to keep off the air, particles of dust, &c. All other applications are injurious, as they may produce ulcers, which sometimes eat into the bone. The remedies recommended for fractures, may, likewise, be applied externally in a diluted state.

e) *Remedies.*—By selecting in every case the suitable remedies, the cure will be considerably accelerated. As soon as the patient is at rest, give him one of the remedies prescribed for wounds. If, after such a medicine, the fever increases and is attended with dryness of the skin and great restlessness, give *Aconite;* but if the restlessness is accompanied by great excitement, *Coffea;* should the patient have lost much blood, give *China;* but if no great improvement takes place within six, eight or twelve hours, administer one of the following remedies:

Apium virus, if punctured wounds become red, very much inflamed when touched; particularly if the pain is burning, piercing, and if the redness spreads like erysipelas. If the redness runs down the inside of the arms or legs in interrupted stripes, *Rhus* is better, and afterwards *Arsenicum*.

Arnica, if the injury has more the nature of a bruise than of an open wound, if the parts affected are brown and blue, or become so; if the wound can be well united; if it was merely in the skin (remembering that the skin in some places is very thick).

Calendula, if the wound is lacerated, if it is a deep gash, whose sides can be but imperfectly united; if moving causes pain, even after the wound is dressed; if the skin or flesh has come off in pieces; if the wound looks torn and jagged; it answers for the worst kind of pains.

Staphisagria, if the wounds are clean, deep cuts in the flesh, made by a sharp knife, or glass, or consequent upon surgical operations.

If bones have been injured at the same time, do not forget the remedies recommended before.

In these cases, *Arnica*, *Calendula* and *Staphisagria* should be administered externally in the following way:—Take a few drops of the tincture, dilute it considerably, and with this moisten small pieces of rags and place them on the wound.

To persons who have a bad skin, which is irritated by the slightest injury,

give *Chamomilla;* and should it do no good, *Hepar.* Sometimes it is necessary to give *Silicea*, and the remedies prescribed for ulcers.

f) *Lock-jaw.*—(Trismus.)—When convulsive symptoms after an injury appear, and trismus or lock-jaw is to be apprehended, it is always best to send at once for a homœopathic practitioner. But, if in this emergency none can be obtained, endeavor to render assistance as you may be able. If a patient, who has been wounded, complains of pains in the bowels, without any other cause, lock-jaw is to be feared. *Staphisagria* and *Colocynthis*, given alternately, may prevent it. If the patient complains of much pain in the neck, or of excessive stiffness in the neck and back, especially if this is preceded by a good deal of stretching of all the limbs; if he complains of cramp, or pain resembling cramp, in the joints of the jaw or in the cheeks near the ears; if he feels constant inclination to yawn, and yet is unable to open his mouth sufficiently; if he is fretful, irritable, difficult to please, give *Ignatia*, until there is improvement. But if, after several doses have been taken, he grows worse, if lock-jaw takes place, if his back is stiff and rigid, give *Mercurius*, if this fails, *Belladonna*, especially if his face is red; *Aconite* if it grows pale and red alternately. In some cases, where the sufferer becomes cold, *Bryonia* or *Veratrum* may be effectual; if warmth makes him worse, *Secale.* A person, not a medical man, will hardly be able to select the proper remedy among all those indicated. *Ignatia* is the principal remedy, if the patient grows worse whenever he is touched or handled; if touching causes first more pain, and then makes the patient worse, *China;* if there first appears a redness around the wound, resembling erysipelas, *Ruta;* if much mercury had previously been given, *Rhus*, *Hyoscyamus* or *Stramonium* may sometimes be the remedies. In general, it may be said that the choice of the proper medicine often depends on the most minute circumstances.

g) *Bleeding of the Gums.*—Frequently the gums bleed considerably *after the extraction of a tooth.* The application of vinegar in such cases is always injurious; endeavor to staunch the blood with cold water.

Instead of the always injurious styptics and the barbarous red-hot iron, Dr. Cartwright has recommended the following excellent plan:—"Insert a pledget of raw cotton, without force, into the cavity; apply a common tourniquet over the head, place the pad on the side of the cheek over the bleeding gum, the screw over the pad, and a few turns of the screw, without giving pain, are sufficient." The rationale is: what was caused by the lacerating pressure from within out, must be overcome by a mild, opposite pressure from without in. The ingenious inventor therefore says: "The true indication is, to contract the cavity by compressing with the fingers on every side of it, introducing previously a loose pledget of cotton or lint, for the sides of the cavity to contract upon; and in severe cases to resort to the tourniquet to make the lateral pressure."

If there is much pain and swelling, give *Arnica;* if fever, *Aconite.* Sometimes it is well to give them alternately. If, in consequence of having taken cold, the medicines do not afford any relief, give *Rhus* or *Bryonia.* For throbbing pain in the bone, which is so violent that it can hardly be borne, sometimes attended with fever, *Hyoscyamus* will be beneficial. If the jaw swells, and a tedious suppuration follows, take *Silicea* once a week until it improves.

h) *Large wounds on the head.*—When the bones of the head have been injured, or deep wounds have been received in the throat and in the breast, or stabs in the abdomen—all wounds, in short, where the joints have been crushed, or which penetrate into the joints, must absolutely be treated by a

surgeon. We will, however, mention here, in a few words, the course to be pursued in case a surgeon is not at hand.

When a limb has been partially crushed, it may sometimes be preserved by cold applications, or by putting ice upon it and by giving internally *Arnica*, alternating sometimes with *Aconite;* this preservation is possible even when mortification has already taken place, by giving first *China*, and afterwards, when the skin begins to turn black, *Lachesis*. The surgeon alone can, however, judge what is best to be done, and we only propose this treatment, when the patient refuses to submit to amputation, when no surgeon who can perform the operation is to be procured, or when it is too late to undertake it.

i) Large wounds in the abdomen.—These wounds are often not so desperate as they appear to be; even if the bowels protrude and the whole belly is torn open, do not give up the patient. Recovery sometimes takes place contrary to all expectation, from wounds apparently fatal. Replace the entrails as soon as possible, but not without having first cleansed them of sand and dirt, or of whatever else may be adhering to them. This ought to be done with luke-warm water, by merely rinsing and without rubbing. Be careful that no water enters the abdomen. Do not lay hold of the entrails with your hands, but with a soft, clean, linen cloth. Let the patient neither smell nor take any spirits or anything strong.

If the patient is quite stupid or stunned, give him *Opium;* if greatly excited, *Coffea;* if he has convulsions, *Ignatia;* if he turns pale, if the nose becomes sharp and the limbs cold, give *China;* but as soon as the first alarm is over, give, in all cases, *Arnica*. When no surgeon can be procured, sew up the wound with a waxed thread, only leaving a small opening in the deepest places, and dress it, to prevent the air from penetrating, in the manner above described, without giving anything further. If diarrhœa ensues, which is also sometimes the case after surgical operations, give *Colocynthis*, afterwards, if worse, *Staphisagria*, they may be taken alternately, until the symptoms change. If very bad symptoms appear, try *Lachesis* or *Phosphorus*.

Burns and Scalds.

For a superficial burn or scald, the best remedy is to hold the part to the fire, and the worst to put it into cold water, or to apply to it other cooling things, such as potatoes, carrots, turnips, &c. It is well known that after the latter always blisters and ulcers will follow. The former, on the contrary, draws out the heat, that is to say, the effects of the burn disappear by the application of moderate heat. The application of dry heat, however, is not, at all times, practicable; particularly when the burnt or scalded surface is large, as in this case the heat cannot be applied equally to every part. For children the operation is too painful; and in burns when the skin is destroyed, or when the injury is in the face, it is also inapplicable. Other remedies, therefore, have to be used, which are of easier application, and of which the effect resembles that of heat.

The application of *spirits of wine*, strong brandy, rum, &c., particularly when warmed, is much better. Place a flat saucer, or other vessel, containing one of these articles upon the stove; in the meantime, set on fire another saucerful and let it burn a few minutes until hot, and then put it out by covering it, and apply it whilst the first saucerful is being heated. Continue to moisten the scald or burn with it as long as it aggravates the pain in the least. To extensive scalds and burns it may be applied by dipping rags into

the spirit and keeping them constantly moist. When half the body is burnt, however, or when the injuries are deep, this remedy cannot be well applied; nor is it of use in the vicinity of the eye, or other sensitive parts—and it will do no good when, in the first confusion, cold water had been applied.

In many cases when the scald or burn covers a large surface without being very deep, *raw cotton* is a very good remedy. It should be spread in layers over the burn. Blisters, if any have arisen, should be first punctured—a fine needle answers best for this purpose—and the sores washed with warm water. If the wound suppurates, take off the upper layer, but let the lower one remain, and put fresh cotton on the top; at the same time the whole limb must be properly dressed. The earlier the cotton is applied, the more efficacious it proves; but after the application of cold water or cooling roots, it is of little use.

Soap is one of the best remedies both in superficial and deep, ulcerated burns. It is the more valuable as it is easily procured and applied, and will prove serviceable even after other improper remedies have been used. Take white Castile soap, not the common resinous soap, scrape it fine and make a thick salve with lukewarm water, make a plaster of this by spreading it on pieces of linen or muslin, and cover the scalded or burnt surface with it, taking care that it comes in contact with every part. If blisters have already formed, puncture them as directed above, and cut off as much of the loose skin as possible, and dress the wound so as to keep the surface in contact with the plaster.

The dressing may be changed every twenty-four hours, by carefully removing the old plaster and replacing it immediately by a fresh one, without washing or otherwise interfering with the sore.

At first the application of the soap plaster will probably increase the pain; this, however, will be but temporary, and will soon be followed by a decrease of the suffering. This treatment should be continued until the sore is healed. The completion of the cure will, of course, depend upon the extent of the injury—but at all events it will take place much earlier than if you begin by applying cold water, lead-water, and such things to the burn. Slight burns and scalds will heal in two or three days, and bad ones in eight or ten. It will effect a cure even where the burn has penetrated to the bone; generally it prevents suppuration, and if skilfully applied, leaves no scars.

Lime-water mixed with sweet oil also makes a very good salve for burns; it may be applied in the same manner as soap, and may be used instead of that in case the latter proves too irritating.

In a very bad case of burning the hand with burning fluid, (oil of turpentine and alcohol,) when cantharides and soap were of no use, a salve, made of a solution of chloride of lime and sweet-oil, eased the pain immediately, and cured the hand in a short time. It is particularly applicable in hot weather, when suppuration follows.

In all cases keep the air, as much as possible, from the burn; do not, therefore, dress the wound too often, and leave it uncovered no longer than is necessary. Cover all the sore places accurately and carefully, and do not suffer the linen to lie in folds, lest it stick to the sore, neither attempt to remove the salve which adheres to the wound. Open the blisters where most water has collected, cut off the skin, especially where it is loose and shrunken, and tie the whole up tightly but gently, without using too much covering.

Cantharides.—The tincture of cantharides diluted, in the proportion of five to eight drops of the tincture to half a tumbler of water, is one of the most efficacious remedies for burns. It may be applied by dipping rags—linen are

best—into it, and applying them to the seat of the injury, renewing them two or three times a day, or whenever the pain begins to get worse again.

It may be used in slight and severe burns, immediately after the reception of the injury or at a later period, after proper or improper remedies have been used.

If nothing else is at hand, the violent pains may be mitigated by strewing hair-powder or powdered starch or flour upon the burn or scald.

For burns in the mouth, throat or stomach, caused by taking too hot food, or in the rectum, occasioned by taking injections too hot, dissolve a few globules of *Arsenicum* in a cup full of water. Take a tea-spoonful occasionally, and keep it in the mouth for a while; use this medicine also in the form of injections, but if it does no good, give *Causticum*, *Rhus* or *Carbo vegetabilis*. For small burns on the hands of workingmen, the best remedies are: Gutta percha dissolved in oil of turpentine or collodium.

Burns from sulphuric or other acids require lime-water, or chalk mixed with water; if caused by an alkali, vinegar will prove beneficial, or scraped apples.

In burns from phosphorus there is no better remedy than oil, sweet oil especially; renewing its application until the pains cease.

For the fever which sometimes accompanies burns, give *Aconite*. *Arnica* should not be used in injuries of this kind. In convulsions arising from severe burns, *Chamomilla* has proved beneficial. Extensive burns are sometimes attended by diarrhœa or costiveness, but nothing should be done for either; unless the latter lasts longer than four or five days, when injections of warm water may be given. If the diarrhœa is attended with pains in the bowels, give *Pulsatilla*, afterwards *Sulphur*. The diarrhœa which sometimes makes its appearance is essential to the preservation of life, and ought, on no account, to be interfered with, unless it continues for weeks after the burn has been cured, give *Calcarea*, if it is more frequent between noon and midnight; *Arsenicum*, if more towards morning and in the forenoon. In most cases it will disappear of itself, if you drink plenty of cold water, and take frequent exercise in the open air; both of which are necessary to restore persons who have been severely burned or scalded. If hands and feet become much swollen, give *Calcarea*.

Of the application of ointment of lead, or lead-water, I can only assure my readers that it has never done the least good; the horrid suppuration, ulcers, and dreadful scars which it leaves behind, could not be worse if nothing were done. To put a stop to the use of these abominable medicines among rational people, it cannot be too often repeated that the application of lead-water to any considerable part of the body (in case of a severe burn) almost inevitably proves fatal. Children who have been thus treated with lead-water, when half the body has been burned, have died in consequence—not, as is erroneously supposed, of the burns, but of the poison, of which the symptoms furnish incontrovertible evidence.

CHAPTER X.

FOREIGN SUBSTANCES INTRODUCED INTO THE HUMAN BODY.

I. Into the Eye.

Washing the eye with water will be beneficial if dust or any insoluble substance has got into it, but will be injurious if the substance is soluble, as the washing will only tend to diffuse it.

Rubbing the eye should also be avoided, as it merely increases the irritation. Putting the eye immediately in a vessel of cold water and holding it there, will frequently remove the cause of irritation and afford relief. Sweet oil will mitigate the irritation, when caustic, sharp acids or salts have caused it; but it is injurious when caused by the powder of Spanish-flies, or dead insects. The white of eggs is very good when sharp, dusty mineral substances, paint, or small pointed particles, get into the eye. For lime, ashes, some kinds of dye-stuffs and perhaps tobacco, cream or sour milk is the best remedy.

If some hard substance gets into the eye and cannot be removed by the above means, but continues to cause irritation and pain, draw the eyelids apart, roll up a bit of paper, so as to have a soft point, with this, as with a hair pencil, you may seize and take it away. Fine blotting paper will answer best for this purpose, as the foreign body will more readily adhere to it. Should it be necessary to push the pointed paper far back into the eye, moisten it first with saliva.

By taking hold of the eyelids with the thumb and finger, drawing them out from the eye, and everting them, while at the same time the eye is slowly moved in every direction, you may ascertain whether there is anything adhering to the inner part of them. In order to evert the upper eyelid, seize the eyelashes with finger and thumb of one hand, and press with a pencil or other similar body held in the other hand on the upper part of the lid, directing the patient to look downwards. The lid is thus easily everted and any extraneous substance adhering to its lining membrane readily detected and removed.

Particles of iron, particularly those projected hot into the eye, when striking fire, or from a smithy, usually adhere very tenaciously; sometimes you may succeed in extracting them with a bent hair, introduced under the eyelid, and moved backward and forward, or with a clean ear-pick. A magnet is never of any use, unless the particle should be loose, and in that case paper will answer every purpose.

Particles adhering to or imbeded in the cornea are best removed by a couching needle. This is a delicate operation and requires the skilful hand of an experienced operator to do it safely.

Rubbing is injurious at all times, in order to avoided it, put on a linen compress dipped in water. Sleep sometimes diminishes the pain. If the eye is red and inflamed after the removal of the foreign body, give *Aconite*, which is also of service if it cannot be got out, and will diminish the pain until you can procure a surgeon, or till the night is passed, when day-light will enable you to examine more closely. If after giving *Aconite* several times, the eye continues sensitive and red, give *Sulphur*, and in case this does not prove efficacious, *Calcarea* or *Silicea*.

2. Into the Ear.

When an insect has found its way into the ear, place the patient upon the opposite side, and pour sweet-oil into the ear, until the insect becomes visible; then take it out with a small roll of paper, or a pair of delicate forceps.

Extraneous bodies, such as gravel, shot, beads, cherry-stones, pieces of wood, peas, beans, pins, &c., are often put into the ear by children. If attended to before they excite inflammation and swelling, they can generally be removed by very slender forceps or by a hair-pin, the curved end of which has been bent so as to form an obtuse angle, like the heel of a spoon, and to which a handle has been made by sticking the points of the pin into a cork.

Place yourself behind the ear, draw it upwards and backwards with one hand and at the same time away from the head, that you may look into it as far as possible; dip the instrument into sweet oil, and pressing the bent part against the back part of the internal ear, push it in till it passes behind and around the object; then lift a little, and the end of the pin will take hold of it from behind, like a spoon, and bring it out.

If you cannot succeed in passing the hair-pin behind the object, you may sometimes be able to remove it by a small syringe, (sold by druggists) with a slender nozzle; fill it with warm water, pass the point of the nozzle alongside the object and try to squirt it out.

If pain and inflammation of the ear remain, give *Arnica*, and after a few hours, *Pulsatilla*. If the inflammation is already very considerable, and the ear so much swelled that nothing can be got out, *Palsatilla* is also of service. In some cases, when the children are in great pain, have much fever, speak incoherently, or behave as if delirious, give, if *Pulsatilla* does not suffice, *Belladonna*, and afterwards, if there is still some pain left, *Sulphur*.

3. Into the Nose.

Foreign bodies, if not very firmly fixed, may be removed from the nose by taking a full inspiration, closing the mouth, and expelling the air forcibly through the nostrils; or by tickling the nostrils with a feather, or a little dry snuff to bring on sneezing. Sometimes obstructions may he removed from the nose with forceps or by the same instrument recommended for the ear, or a similar one, but somewhat longer, or they may be pushed back so as to fall into the mouth. Do not make too many experiments, but rather apply to a surgeon who has the necessary instruments. The swelling, which will sometimes prevent the extraction of an object, or which remains after it has been extracted, may be considerably lessened by the administration of *Aconite* and *Arnica;* or if these do not succeed, by *Rhus* or *Belladonna*. For the remaining pain and suppuration, if any, give *Sulphur*.

4. Into the Throat (Œsophagus.)

If a foreign substance lodges in the throat, endeavor to make the patient throw up, by beating him between the shoulders; let him open his mouth, press down his tongue with a spoon and look into the throat, in order to ascertain whether there be anything that can be seized and brought out with the fingers.

If a large piece of food remains in the throat on account of its size and hardness, it is advisable to excite vomiting, particularly if, upon retching, you perceive the obstruction move upward. Tickling the throat will sometimes effect this, if not, put snuff on the tongue, or give an injection of tobacco. When it can be felt on the outside of the throat, a gentle pressure upward may force it out. At first you ought to endeavor to make the sufferer throw up again whatever has been swallowed, but do not proceed with too much violence. If the substance has already descended so far that it cannot be felt in the throat, and it seems as if it were sticking fast in the chest, it must be forced down into the stomach, particularly if it is soft, smooth and soluble, and is only arrested on account of its size. If the sufferer feels that at times it slips down, it should be allowed to glide of itself into the stomach, or assisted by occasionally swallowing a little water, provided it is a substance which will not swell; otherwise a little melted butter or sweet oil. If the symptoms however become too troublesome, endeavor to push it down. For this purpose take a smooth, willow twig or a long piece of whalebone, scraped perfectly smooth, and tie to the end of it a bit of sponge. To be able to fasten it on well, cut a few notches in the stick, and use waxed thread or silk. Rub some sweet oil on this instrument, and introduce it cautiously into the throat, pushing gently against the back of the throat.

If a contraction takes place, which prevents the substance from being moved, or if pains, difficulty of breathing, and other symptoms make their appearance, give *Ignatia;* and if this fails to relieve, *Chamomilla;* then sweet oil or butter; and after this, try again to push it down; if the face is pale, if there is nausea, worse after speaking, give *Cocculus;* if the face is red and if there is a constant inclination to swallow, *Belladonna.*

Frequently the sensation of something sticking in the throat will remain, although the substance has already descended into the stomach. This, however, is of no consequence, and will disappear of its own accord, or after medicine. You may judge that this is the case when the pain increases no longer, but remains the same, and when no other symptoms appear; also, when soft or fluid things can be swallowed without coming up again, and which, when passing the sore spot, produce some pain, without making it much worse. In such cases give *Arnica*, and afterwards, if necessary, *Mercurius*, or one of the medicines prescribed below. But if, on the other hand, there are small particles still remaining in the throat, producing constant irritation, give *Silicea.*

If a bone remains in the throat, which is so large that it cannot go down, extract it in the manner recommended below, or let a surgeon be called in.

With sharp, pointed articles, such as pieces of glass, fish-bones, small bones, needles, &c., be cautious and use no violence. Frequently swallowing a large mouthful of slightly chewed bread, potatoes, figs, dried prunes, &c., will remove them; or if they are small pointed articles, which pierce the membrane, pills made of wax as large as a musket-ball, dipped in honey, those made of wax fresh from the hive, and rolled in the honey until they become round and smooth, are to be preferred.

When dangerous symptoms, such as violent pain, retching almost to suffocation, great anguish, fits, &c., occur, hasten to remove the obstruction, or at least to loosen it. A violin string, or a fine wire, bent in the middle so as to form a small loop, will answer this purpose. It must be introduced in such a manner that the ends of the sling or loop are out of the mouth. Push it forward gently until it is below the painful spot, then move it up and down, and twirl it round several times, and draw it up again slowly. In some cases a piece of whalebone, or a small willow twig, as described above, will answer

better. This should be introduced with a rotary motion, until the dry sponge is below the object, then give a mouthful of water, and after the sponge has swelled a little, draw it up slowly. A feather tied to a strong thread, may be pushed, quill foremost, down the throat, so that the feathery part when pulled up, may press against the sides, and on being turned several times may loosen and bring up the foreign body. Pins, needles, fish-bones, &c., may sometimes be extracted by tying to a whalebone or willow twig a number of silk slings, made like those for catching birds, introduced in the manner above described, and turned round several times. A piece of fat meat—bacon—tied to a string, and swallowed, and pulled up again by the string, has also been used successfully.

Splinters of glass may be removed from the throat, by taking two or three inches of the upper end of a tallow candle, fastened to a string by the wick, compelling the patient to swallow it and then drawing it up again; this may be repeated several times if necessary.

Fish-hooks, with a part of the line attached to them, have been swallowed and successfully removed by drilling a hole in a leaden bullet, passing the line through it and causing the patient to swallow it. The weight of the bullet will disengage the hook, and its point, coming in contact with the lead, will prevent it sticking again in the œsophagus in the act of drawing upon the line, so that both bullet and hook may be drawn out together.

A better way of extracting a fish-hook, when the line can be seized is this: take a long leek, carrot, parsnip or similar shaped root, cut it to a size suitable for the œsophagus, *i. e.* for an adult, about the thickness of two fingers, bore a hole right through its longitudinal axis; through this hole pass the line till it issues from the other end; seize the free end of the line with the finger and thumb of the left hand and pass the root gently down the œsophagus until it comes to where the hook is embedded in the membrane; employ now a greater amount of force and you will tear the barbed end of the hook out of the mucous membrane, when this is done, pull the line smartly, the hook will thereon stick into the end of the root, and the root and hook may now be easily drawn up together.

In performing operations of this kind, the patient should be seated on a chair, with the head thrown well back, and supported from behind by an assistant; then press the tongue down with the fore-finger of the left hand, and introduce the instrument, previously oiled, slowly and carefully, pressing against the back part of the throat. By the sudden resistance, or the convulsive motion and pain of the sufferer, you may know that the instrument is near the obstruction, or at the painful spot. In pulling it up, be careful not to strike against the larynx, and lose again what you have brought up. Rather press the instrument a little against one side, and bend the head quickly forward, as soon as the end of the instrument reaches the top of the throat.

In very dangerous cases, where even the experienced practitioner is unable to afford relief, the last alternative is to make an incision in the throat, by which, sometimes, persons have been saved who were supposed to be suffocated.

5. Into the Larynx or Windpipe.

When a person talks or laughs when swallowing, or breathes rapidly, whilst holding something in his mouth; or when children, in their play, catch something with their mouth which is thrown towards them, and it gets into the larynx or windpipe, ("going the wrong way," as the phrase is,)—beating with the flat hand on the back whilst the sufferer bends forward, or blowing snuff

up the nose to induce him to sneeze, or tickling the throat with a feather to produce vomiting, is not always attended with success, and, in trifling cases, it sometimes makes it worse. Neither too many nor too violent attempts of this kind ought to be made. In the beginning you may cause the head to be bent back as far as possible, that the object may be brought up by coughing. Yet not much can be expected from this, if the foreign substance is firmly fixed in the windpipe. You may sometimes ascertain whether there is anything actually in the larynx, by taking hold of the latter and shaking it very gently with your thumb and forefinger once or twice; the obstruction will rattle, if it is loose or sufficiently large. Sometimes the patient will fall asleep, and whilst in that state the extraneous body is dislodged (the head in this case should not be too high).

Such foreign bodies have been removed by gently turning the patient upside down, the intruding substance will then sometimes fall out by its own weight.

If the danger, however, should continue to increase in spite of these means, and the medicines hereafter recommended, an operation must be performed. Hasten, therefore, to call in the nearest experienced surgeon who knows how to make the incision in the windpipe,—the only means which can save the patient, and which sometimes succeeds even when he appears already suffocated. This operation, if properly performed, is by no means so dangerous and difficult as it would appear, for most of those who are operated upon recover; and even when the windpipe has been severed in an attempt at suicide, the patient is not unfrequently restored. It is, therefore, unwise not to have recourse to this operation, if a skilful surgeon can be procured in time.

As the symptoms frequently resemble those of obstruction in the throat, you should always look into the mouth, whilst pressing down the tongue, and try if you can feel anything with your fingers or a spoon; also try with whalebone or a willow twig whether you can feel any substance in the throat. You may likewise know by the following signs, that there is something in the windpipe: the pain is more towards the front, so that the sufferer can point it out with his finger; when the obstruction is in the throat, the pain is more back. There is great difficulty in swallowing and breathing in both cases, but when the windpipe is obstructed, the breathing is particularly difficult, the face is bloated and purple, the eyes protrude; the voice is more affected, becomes hoarse, or is lost altogether; the cough is whistling or rattles, and threatens to terminate in suffocation.

The symptoms, in some cases, do not at first appear to be of great consequence, but they increase gradually, or sometimes they disappear altogether, and return with greater violence.

If the foreign substance is not located in, but below the larynx, and respiration is not impeded by it, the patient may seem to be in good health for days and even for weeks, without experiencing any cough or other symptoms. Of a sudden, however, he will be taken with violent fits of coughing almost to suffocation, the attacks resembling those of croup. In such cases if *Tartar emetic* or *Silicea* do not afford immediate relief, there is little hope remaining. Neither will an incision always avail, if between the attacks of coughing, the respiration becomes more and more difficult and heaving. By this time the lungs have become congested, and the sufferer will often die whether an opening be made in the larynx, or not.

After having ascertained that the obstruction is in the wind-pipe, give, at once, *Ipecacuanha*, repeating the dose if it affords relief, as often as the symptoms become worse again. Nothing besides this but sugar or sugar-water should be given, until medical aid can be procured. *Belladonna* may also have a good effect. When the patient falls asleep, do not disturb him; and

if the symptoms reappear, do not immediately give a fresh dose, but wait until they are really worse. Sometimes the object is ejected during sleep. If *Belladonna* does not suffice, or if symptoms remain after the danger is over, you may give *Hepar*. If, despite of all these remedies, the patient should be in danger of suffocation, give *Tartar emetic* (3rd. trit.); when the patient becomes purple in the face, *Opium*.

When dust has been inhaled, which causes violent cough, or hair or feathers have got into the windpipe, *Belladonna*, will be of service; afterwards *Hepar*. The relief will, however, be but gradual. It is well to give, at the same time some sugar or gum Arabic.

If anything has got into the throat of a child, and is located in or near the upper part of the larynx, frequent attacks of a suffocating cough will ensue, which *Tartar emetic* (3rd trit), will greatly relieve. If the attacks return continually, or if there is a cough attended with an offensive smell, give *Silicea*. In almost all instances gradual improvement will thereby be effected, the patient getting rid of the obstruction by coughing, or by swallowing it. In tedious cases *Hepar* may be given alternately with *Silicea*.

6. Into the Stomach and Intestines.

The introduction into the stomach of foreign bodies such as buttons, coins, rings, &c., a matter of a frequent occurrence with children, and which is generally the source of great deal of uneasiness to the parents, is not usually followed by serious consequences; as they sooner or later pass off through the bowels without much pain or inconvenience, unless they are too large to do so, in which case they may cause very serious disturbances or death itself.

Their passage through the bowels may be facilitated by eating plentifully of boiled rice, porridge, or some farinaceous food which will in its passage distend the stomach and intestines and help to carry off the extraneous substance. Rubbing and kneading the abdomen softly, or lying on the belly, frequent exercise, without using violent exertion, may also accelerate this event. A person who is disposed to be costive should take no aperient medicines, which only weaken the intestines, but should eat light food, plenty of butter, and have, daily, an injection of water or milk administered.

In order to ascertain whether the article swallowed has been discharged, the excrement may be allowed to fall into a vessel containing water, and after it has dissolved, strain through a sieve or basket; or, if needles have been swallowed, through a coarse cloth. Needles sometimes make quite a different passage for themselves, and come out without causing any injury; if they remain too long, give every week, *Silicea* followed by *Hepar*.

If, some time after needles or coins have been swallowed, bad symptoms make their appearance, such as violent pains in a particular part of the abdomen, as if something were jammed, give *Ipecacuanha*. If it does good, repeat it as often as the symptoms get worse again; if not, *Veratum* or *Nux vomica*. Should, notwithstanding, more violent symptoms, severe colic and constipation appear, give *Opium;* if violent attacks, with a throbbing pain in a particular spot, as if suppuration was about to commence, give *Lachesis*. Sometimes the mechanical irritation caused by coins or pieces of metal taken into the stomach will cause a fatal disease of the brain, against which all our remedies may prove unavailing, seeing that the exciting cause remains.

Sometimes articles which have been swallowed pass through the intestines without any difficulty, and remain in the anus. The passage from thence will be assisted by injections of linseed oil, olive oil, or milk; or by the insertion of long, thick strips of bacon into the rectum, one half may be allowed

to hang out, or they may be held by a thread; in this way the bacon protects the anus against the hard substance. In this manner the latter is frequently extracted with much facility, particularly if somebody assists with a piece of rounded whalebone or with the handle of a silver spoon. If you cannot succeed with this, send for a surgeon, and let him examine the parts; but have recourse to no aperients, which may prove dangerous. If the anus closes convulsively, give *Ignatia*, *Belladonna* or *Lycopodium*.

Leeches, inadvertently swallowed, give rise to painful consequences, as burning pain in the stomach, hiccough, spitting of blood and slow fever, which reduces the patient visibly. These consequences may be prevented or removed by the immediate administration of a quantity of common salt, dissolved in water, and occasionally melted butter. In children, sugar will sometimes relieve the symptoms. For the remaining symptoms, if any, give *Arnica*, and, some days after, *Arsenicum*.

When other live creatures find their way into the stomach, if insects, let the patient swallow some sweet oil or salt butter; and if that fails to relieve him, a bit of camphor, the size of a pea, ground up with oil. When worms, snakes, frogs, &c., get into the stomach, let the patient drink sugar-water and eat sugar, until it acts as an aperient. If this does not succeed, give a smart emetic of *Ipecacuanha*, or mustard powder in doses sufficient to produce vomiting. The bad effects remaining after the emetic has produced its action, will be obviated by smelling camphor, and giving *Ipecacuanha* (if that was not the emetic used) several times, or *Nux vomica*.

7. Into the Skin.

When any large substance gets under the skin, proceed as recommended under the head of "Wounds." We shall only mention the best means of removing small, pointed particles, such as thorns, thistle-prickles, chestnut-burs, great numbers of which sometimes stick in the skin. In case they cannot be extracted with a pair of pincers or tweezers, put oil on the spot, then take a common knife, not too sharp, and scrape the skin slowly, applying the whole blade, as in shaving, and bear on moderately hard. If the thorns have entered obliquely, scrape the skin in such a direction as to press first upon the points. Continue this operation, applying oil constantly, until every thing is extracted.

The same method may be pursued when splinters of glass get into the skin; but this is very painful, and it is mostly better to let them come out by suppuration, if they cannot be extracted with the forceps, applying poultices to hasten the suppurative process. For the inflammation which sometimes ensues give *Arnica;* for the suppuration *Hepar*, followed, if necessary, by *Silicea*, and in case the suppuration should be profuse, and the wound become deep, and neither *Silicea* nor *Hepar* bring about improvement, give *Lachesis* or *Mercurius*.

PART SECOND.

TREATMENT OF DISEASES.

CHAPTER I.

AFFECTIONS OF THE HEAD.

Giddiness, Vertigo.

GIDDINESS sometimes arises from causes which medicine may remove; such are: disordered or foul stomach, profuse evacuations, ardent spirits, narcotic medicines, and falls or blows on the head. Sometimes it is connected with other complaints, and can only be removed by attention to the general health of the patient.

A person who is subject to giddiness should be moderate in eating and drinking—should rise early, walk frequently in the open air, and use now and then the flesh-brush in the evening.

Aconite relieves giddiness with nausea, eructations and vomiting, cloudiness of the eyes, loss of consciousness, &c.; *Pulsatilla* or *Antimonium crud.*, if there be disordered stomach, nausea and vomiting, repugnance to food, &c.

Arnica, that which arises during dinner, or after hearty meals, with dimness of vision, whirling in the head, flushed face, &c. In this kind of giddiness, which is always alarming, *Nux vomica*, *Chamomilla*, *Pulsatilla*, *Rhus* and *Cocculus*, according to the disposition of the patient, will be beneficial. And abstaining from wine and liquors of all kinds is also requisite.

Sulphur or *Calcarea* sometimes cures the giddiness resulting from the suppression of old ulcers.

Mercurius, if the giddiness appears only in the evening and is accompanied by dimness of sight; *Belladonna* if there is sparkling before the eyes when moving, increased by stooping; *Cocculus*, against vertigo, which is increased by sitting upright in bed, and also if caused by the motion of a carriage. *Phosphorus*, if the giddiness is accompanied by headache and a feeling of pressure on the top of the head.

Giddiness from close thinking is relieved by *Nux vomica;* from looking up, by *Pulsatilla;* on moving—better when lying —*China;* in bed, *Nux vomica;* on lying down, *Rhus;* on rising, *Chamomilla;* on stooping, *Aconite,* and afterwards, *Belladonna;* from riding, *Hepar*, and afterwards *Silicea;* when sitting, *Pulsatilla.*

Giddiness, with partial loss of consciousness, or agitation, *Belladonna;* so bad as to make the patient apt to fall, or fear that he is going to die, *Rhus;* with buzzing in the ears, headache, heat or paleness of the face, dimness of the eyes, *Pulsatilla*, worse when at rest, when shutting the eyes, when it becomes dark before the eyes, with headache, nausea and sneezing, *Apium virus;* with weakness in the head, *China;* with bleeding of the nose, *Sulphur;* with fainting, *Chamomilla*, subsequently, *Hepar.*

Weakness of Memory.

Weakness of memory, from bleeding, purging and other debilitating causes, is removed by *China* or *Lachesis;* in old, chilly people, who easily take cold, if they prefer staying in the room, *Nux moschata;* if they like to be in the open air, though they take cold every time, *Cepa;* that from blows on the head, *Arnica;* from spirituous liquors, *Nux vomica;* from fright, anger, vexation, select among the remedies recommended in Part I., Chapter I., particularly *Aconite* and *Staphisagria:* from damp air, *Veratrum*, *Rhus*, or *Carbo vegetabilis;* with determination of blood to the head, particularly *Aconite* and *Belladonna;* if one cannot fix his thoughts upon one particular thing, *Apium virus;* and among the remedies prescribed for these causes, *China, Rhus*, *Mercurius*, or *Sulphur.*

Benefit will be derived from washing the head every evening with cold water, and tying a handkerchief round it; and every morning washing the forehead and eyes in very cold water. A better remedy, perhaps, is to place the feet, up to the ankles, before going to bed, in very cold water for two or three minutes, after which rub them well with a coarse towel.

Determination of Blood to the Head.

This is a very troublesome, and when of long continuance, a dangerous complaint. If the arteries in the head can be felt to beat as the pulse beats; the veins of the head and neck are swelled, the head feels full; frequently giddiness takes place, particularly when stooping or when walking in the sun; if the head over the eyes feels like bursting—worse when stooping and coughing—give *Aconite;* if it does good, repeat it. Cold applications to the feet are also of benefit. At the same time abstain from coffee, wine and ardent spirits, and be moderate in the use of warm drinks—but drink freely of cold water, and wash the neck and head frequently with it. If it comes on suddenly, the brain feeling as if expanding, becoming larger and larger, with heat and beating in the head, particularly in the temples down to the neck, give *Glonoine.* If this should not afford relief, and the patient is very irritable or passionate—has drunk much ardent spirits, or has been much confined, give *Nux vomica.*

Belladonna, if there are severe jerking, burning, shooting pains on one side of the head or violent pressure in the forehead at every step or motion, increased by stooping, or even by noise, or the glare of light.

Aconite, if accompanied by sparkling, flickering before the eyes, seeing double, buzzing in the ears, frequent fainting, stupid, heavy sleep; if children are teething, or when girls have arrived at the age of puberty, or if they have caught cold during menstruation, particularly from wet feet; *Belladonna* may be given afterwards.

1. Caused by joy or excitement.—If occasioned by excess of joy, or accompanied by great excitement, give *Coffea;* after

a fright, *Opium;* after vexation, *Chamomilla;* after suppressed vexation, *Ignatia;* after anger, *Nux vomica*, as mentioned before, when treating of these causes. When caused by a fall or blow upon the head, *Arnica*, which may be repeated in twenty-four hours, if requisite. The bleeding from the nose which is apt to accompany it, should not be interfered with.

2. CAUSED BY DEBILITY.—If the determination of blood is caused by great debility, give *China;* if it returns every time after taking cold, *Dulcamara*; if it returns after lifting something heavy, *Rhus;* when at the same time the patient perspires too easily, and too much, *Mercurius;* if he feels cold, let him smell camphor a couple of times. If, in spite of all these remedies, it returns, give *Sulphur*, if the patient has not already had this medicine; if so, give *Hepar*, and if this fails, a fortnight after, *Silicea*, but not more than two or three times.

If the first mentioned medicines do not speedily afford relief, and there appears to be danger, make a poultice of oatmeal and wrap it quite warm around the feet; or bathe the feet in very warm water, and repeat it frequently until there is an improvement, or until a feeling of chilliness comes on; if the bowels are constipated, give injections of milk-warm water.

Headache.

In the treatment of this common complaint, we may frequently be guided by the causes which produce the pain, or by the complaints which accompany it; it is, however, necessary to distinguish the different kinds of headache, as the same medicine may prove beneficial or injurious under different circumstances.

1. HEADACHE FROM DETERMINATION OF BLOOD TO THE HEAD, or from inflammation, is usually throbbing, attended with heat, the arteries in the neck may be seen to beat; if the pain increases, vomiting ensues; the headache becomes worse after shaking, moving the head, lying down and stooping; sometimes better when standing. Among the domestic remedies, vinegar is the best; place crusts of bread, which have been soaked in vinegar, on the temples, and give injections of warm water; if this does not afford relief, mix some vinegar with the water; bathe the feet in warm water, and afterwards rub them with flannel. Persons who are liable to this complaint, should accustom themselves to drink plenty of cold water, and rub the head every morning with a cold, wet cloth, particularly the forehead and temples, and bathe the feet in a shallow cold water foot-bath every evening before going to bed.

In such cases it is customary with some physicians to apply ice, sometimes in a bladder. As cold water, if necessary, made cold by ice, and applied to the head with pieces of cloth, will afford all the relief that can be expected

from cold applications, it is just as absurd to expect more from ice, as it would be to attempt to cure a headache that is relieved by pressure, by knocking the patient on the head with a club. No patient ought to allow his physician to do such a thing, it has always bad, and sometimes dangerous results.

Aconite may be given and the vinegar discontinued, when the pain is very severe, with a burning sensation over the whole brain, particularly in the forehead; the face red and bloated; the eyes red; when the pain is accompanied by talking incoherently, or raving. If there should be but little or no improvement, *Belladonna* may be given in alternation with the *Aconite.*

Belladonna is especially indicated when the pain is deeper seated, is oppressive and heavy, and the face pale and haggard, with unconsciousness, incoherent talking, murmuring, drowsiness. It should not be repeated too often.

Pulsatilla is preferable when the pain is dull, oppressive, on one side only, very harassing and weakening; if it commences in the back part of the head or at the root of the nose, and goes back; is mitigated by compression or by lying down; is worse when sitting, better when walking; if the head is heavy, the face pale, with dizziness, agitation, inclination to cry.

Rhus, when there is burning, throbbing pain, with fulness of the head, oppressive weight, crawling, or a sensation as if a fluid were rolling inside, or as if everything were loose, and particularly when it comes on after meals.

Glonoine for throbbing headache in the temples, with a sense of constriction about the neck, very rapid pulse, and when the headache is increased by the slightest movement, and is transiently relieved by the application of cold water.

2. HEADACHE FROM CAUSES WHICH LIE IN THE BLOOD.—If such a headache makes its appearance after meals, with great drowsiness, stiffness, and pains in the back of the neck, the speech being thick, or the face distorted, the mouth drawn to one side, the limbs falling asleep, send at once for a physician, and until his arrival give *Belladonna* or *Nux vomica;* bathe the

feet in hot water, and otherwise treat the patient as recommended under "Apoplexy."

3. HEADACHE CAUSED BY CATARRH is mostly in the forehead, oppressive, burning, better in the morning, worse in the evening, the eyes full of tears, sneezing, dry heat in the nose, frequent chills, sometimes a little cough; in this case it is advisable to draw warm water into the nose, and drink cold water before going to bed.

Aconite should be given for this kind of headache, if it is better in the air, but worse when talking.

Cina, if it is worse in the air, when reading or thinking, if it presses like a load, is drawing and tearing, the nose commences to run, or itches or is stopped up; *Arsenicum* if there is running from the nose, the discharge being acrid, burning, if it causes hoarseness, restlessness, and is accompanied by buzzing in the ears, throbbing in the forehead, nausea, is better in the air or in a warm room. *Cepa* if worse at night and in the room, better in the open air, with sparkling before the eyes, fulness and heaviness in the head, particularly in the back of the head. For other remedies, see "Catarrh."

4. HEADACHE FROM RHEUMATISM.—*Chamomilla* is the best remedy for rheumatic pains in the head, especially when the following symptoms are present: pains of a tearing and drawing character, which change their seat frequently.

If *Chamomilla* fails to give relief in a few hours, give *Pulsatilla* in the morning or *Nux vomica* in the evening; if it goes to the nape of the neck, the ears and the temples; the head is painful externally when touched or moved; worse in bed towards midnight, frequent perspiration, &c. Frequent bathing of the feet in warm water, combing the hair in the evening, and also drawing hot vapor of water into the nostrils, is sometimes of service; especially when small swellings appear in different parts, or when vomiting gives relief.

Ipecacuanha will be of service when the pains are more of a

gouty character, (that is, the gnawing and tearing is more intense) and are relieved by heat and vomiting.

Ignatia when but little relief is experienced from *Ipecacuanha*, and particularly when the worst pain is over the nose, or is digging, piercing, tearing, deep in the head, and better when stooping or lying down.

Nux vomica when there are shooting pains in the side of the head, worse in the air or when stooping.

Coloynthis will sometimes relieve rheumatic pains of the severest kind, after the failure of other remedies.

Relief is also often obtained by drinking some coffee without milk.

For rheumatic gout in the head, when the pains are tearing and beating all over the head, with a sensation as if it were coming apart, with agitation, restlessness, tossing about, nausea, with rising of wind and retching, *Ipecacuanha*, *Nux vomica* and *Bryonia* will sometimes afford speedy relief.

5. HEADACHE FROM DISORDERED STOMACH AND BOWELS.—When produced by undigested food, strong coffee without milk or sugar is very useful; but if by a deranged stomach, give the remedies recommended under that head; if the bowels are constipated, injections of warm water will give relief.

The symptoms accompanying this kind of headache are: a furred tongue, bad taste, entire loss of appetite, nausea or vomiting, coming on at an early stage, and increasing with the pain. If, on the contrary, the headache is of a neuralgic character, it produces nausea and vomiting at a later and highly aggravated stage. If headache is the cause of the sickness of the stomach, give the remedies for headache; but if the disordered stomach is the cause of the headache, give the remedies for disordered stomach.

6. HEADACHE FROM CONSTIPATION.—*Nux vomica* will be indicated if walking or moving the head makes the brain feel sore, if there is pressing in the temples, and neither sitting up nor lying down gives relief; when the eyes are dull with inclination to shut them, and sleeplessness notwithstanding; if the head feels heavy, particularly when moving the eyes; as if it would burst during mental application; when it is worse in the morning, in the open air, or after meals; and particularly after coffee, or when there is a loathing of coffee.

Pulsatilla when the pains are only on one side, with little

determination of blood, with shivering, no thirst, when the patient is of a mild and quiet temperament, inclined to weep and is agitated.

Bryonia when the head feels as if pressed together from both sides; and when on stooping, as if everything would fall out of the forehead; when the nose bleeds, without affording relief; when the eyes water and burn.

Opium if the pain is violent, with a tearing, bursting sensation in the forehead, visible throbbings in the temples, considerable congestion of blood, restlessness of the eyes, much thirst, dryness of the mouth, sour eructations, inclination to vomit, and even foul and offensive vomiting.

Mercurius will frequently suit, when the head seems full to bursting, as if tied with a bandage, worse at night, tearing, burning, boring, shooting pain.

Ipecacuanha if nausea commences with the headache, if every part of the head to the very tongue feels as if bruised, if there is vomiting or retching. *Veratrum* or *Lycopodium,* will be beneficial if continued costiveness occasions a determination of blood to the head, with pains on one side, oppressive throbbing as if the brain were bruised, with a strangling sensation in the throat, or with stomach-ache, with painful stiffness in the neck, frequent emission of pale colored urine, nausea and vomiting.

7. Sick Headache.—*Sanguinaria* will give relief if the pain comes on periodically, or if it begins in the morning and lasts till night, with a fulness of the head, as if it would split, or as if the eyes were pressed outwards; or if there is a shooting, stinging, beating pain throughout the head, but more in the forehead and worse on the right side, attended with chills, nausea, vomiting, inclination to lie down, and if the symptoms are made worse by motion.

Belladonna is the next best remedy, when the pains are worse on the right side, when the external part of the head is very sensitive, the veins of the head and hands being swelled,—painful waving in the head, buzzing in the ears and dimness of the

eyes. It is likewise beneficial in the worst pains, extending to the eyes and nose, on one side of the head, with a pressing, cleaving, rolling sensation, augmented by every motion, by turning the eyes, by a bright light, by every noise, the sound of steps, in fact at every concussion; when there is a jolting sensation in the head and forehead at every step, or on going up stairs; also when the pain returns every afternoon, and continues till after midnight, aggravated by the warmth of the bed, or on lying down; worse when in a draught. Also, in pains which commence like a breath, changing to an acute pain, seizing half the head; sometimes piercing momentarily, but so penetrating as to deprive the sufferer of his senses.

Aconite will often remove such pains on the *left side*, and if it is not entirely gone, an hour after having given *Aconite*, give *Sulphur* or *Silicea*, with which the symptoms may be compared under the head of "Nervous Headache."

Apium virus is best, if the head feels too full and too large, with heaviness and pressure in it, especially when rising from a sitting or lying position, always increased in a warm room, easier by its being squeezed with both hands; also, if the eyes are effected; at night, chilliness from every slight movement, face and hands hot; if accompanied by nettle-rash, with boring, piercing jerks, or if the rash had suddenly disappeared, or if different parts of the patient's body are very sensitive to the touch.

Spigelia is suitable in the worst pains on the *left side*, if they are attended with an insupportable beating in the temple, and with pain in the whole left side of the head, and sometimes pain in the face and teeth, increasing as the sun mounts in the sky, or augmented by stooping and motion in the open air, with the greatest sensibility to the least noise, and if attended with a fetid odor from the mouth.

In selecting a remedy the following indications may be taken as a guide:

Belladonna, if the pain is accompanied with great sensitiveness to the light.

Spigelia, if the pain is accompanied with great sensitiveness to noise.

Sanguinaria, if the pain is accompanied with great sensitiveness to the walking of others in the room.

Sulphur or *Aconite*, if the pain is accompanied with great sensitiveness to all kinds of odor.

8. Nervous Headache.—The head is generally cool, the face pale, in the beginning the patient sometimes discharges a colorless urine; vomiting gives relief; the headache, however, returns frequently on one side only, or is boring, as if produced by a nail, on particular spots; touching the head increases the pain. Lying down quietly in a dark room mitigates the pain during the paroxysms; it may be prevented by frequent washing in cold water, by rubbing and brushing the skin, and by using the medicines indicated below. Drinking coffee is so injurious in this kind of headache, even if it should give relief during the attack, that the patient must abstain from it entirely.

Coffea will give relief in violent, drawing, pressing pains on one side of the head, as if a nail were driven into it; or, as if the brain were shattered, crushed and torn, recurring on the slightest occasion, after close thinking, vexation, taking cold, eating too much, &c., with a distaste for coffee, sensitiveness to the least noise, even music; the pains appear intolerable, making the patient fretful; he is almost beside himself, shrieks and cries, tosses about, feels much agitated, dreads the fresh air, and is chilly. It may be followed by *Nux vomica* or *China*, and sometimes *Ignatia* and *Pulsatilla*.

Aconite often proves efficacious when the pains are most violent; when the patient lies unconscious, with retching, crying, and lamenting, and apprehension of death; the least noise or motion is intolerable; the pulse very weak and small, stopping at intervals; particularly when the pain is throbbing, shooting, or like cramp over the nose, aggravated by the reading and speaking of others; also in headache from cold, with catarrh, buzzing in the ears and pains in the abdomen; also with the disagreeable sensation as if a ball were rising up into the head, producing a sensation as of cool air.

Ignatia will relieve a pressing pain above the nose, which is mitigated by bending forward; pressing outwards from within, shooting and throbbing; tearing in the forehead, as if a nail

were driven through the head, piercing deep into the brain; with nausea, darkness before the eyes, aversion to light, pale face, plenty of colorless urine; the pains often cease for a time when the position is changed, and frequently return after meals, at night after lying down, in the morning after getting up; the patient being very nervous, fickle-minded, taciturn and dejected.

Aconite may be given for the symptoms mentioned after *Belladonna*, under the head of "Sick Headache," and if *Aconite* has not a good effect, give, some hours afterwards, *Belladonna*, and leave it to act at least from six to twelve hours; if the sensation then continues, as if there were water in the forehead, and does not gradually disperse, *Platinum* may afford relief, particularly when there is a sensation of coldness in the ears, the eyes, on one side of the face, and about the mouth; or if everything trembles and flickers before the eyes, and objects appear smaller than usual. You may also give *Mercurius* when *Belladonna* has ceased to operate, or when the pain shoots down into the teeth and neck; acute pains in the ears, only on the left side; or when always very violent at night, with perspiration, which affords no relief. After *Mercurius* or *Belladonna*, sometimes *Hepar* is suitable, especially when the pain is as if a nail were driven into the head, with violent, rending pains during the night, as if the forehead would burst, and when painful lumps appear on the head.

Veratrum is frequently of use in nervous headache; when there is painful sensitiveness of the hair; when accompanied by diarrhœa, and the pains are so severe that the patient almost loses his reason, becomes very weak and faint, is worse on getting up and when lying in bed, with cold perspiration, chills and thirst. For other symptoms see *Veratrum*, under "Headache from Constipation."

Pulsatilla will remove the tearing pains, which grow worse in the evening, or are throbbing and tingling, after rising in the morning, and in the evening after lying down; with jerking, shooting, tearing in the temples, particularly when the pain is confined to one side of the head, and is accompanied by frequent

giddiness, sickness of the stomach, heaviness of the head, dimness of the eyes, which cannot bear the light; buzzing in the ears, or shooting, jerking, and tearing; pale, distressed countenance, no appetite, no thirst; chilliness and agitation, with occasional bleeding at the nose, and palpitation of the heart; when all the symptoms are worse when at rest or sitting, and become better in the fresh air; when the headache is relieved by pressure or a tight bandage. It answers best with mild, phlegmatic persons.

Bryonia is good for burning and oppressive pains in the head, or when, while stooping, it seems as if something were about to fall out of the forehead; worse when walking; or more external tearing, extending to the face and temples, or pressing, boring, rending in particular spots, especially with persons suffering from rheumatism, and of petulant, passionate temper, *Rhus* will frequently be found of service after *Bryonia*.

Nux moschata, if the brain feels loose and wabbling when shaking the head; worse after every meal, particularly after breakfast; with sleepiness; if one cannot bear any pressure on the temples; if the pain goes from right to left; if better from warmth; worse from cold, particularly from wet, cold weather; and for sensitive, inconstant people.

Nux vomica, as before mentioned, is suitable for headache from constipation and coffee drinking; also when the pain resembles the piercing of a nail, or stinging jerks, with nausea and sour vomiting; when there is a shooting and oppressive sensation on one side, beginning early in the morning, and growing worse and worse, until the patient is distracted and well nigh delirious; when the brain feels as if rent asunder, and the face becomes pale and dejected, the head heavy, with a buzzing noise and giddiness when walking; worse when moving the eyes, in the air, early in the morning, after meals, or when stooping; also, when the head is externally painful, and worse in cold weather.

Chamomilla relieves pains in the head which are caused by a cold, or by drinking coffee, when there is a rending or drawing

pain on one side, extending to the jaw; acute, shooting pains in the temples, heaviness over the nose, or very troublesome throbbing; particularly when one cheek is red and the other pale, or the whole face bloated; when the eyes are painful attended by a sore throat or cold in the chest, or a bitter, offensive taste. It is useful for children, and for persons unable to bear the least pain, and quite unmanageable.

China is most suitable for sensitive persons, and when the pain is oppressive, and prevents them from sleeping at night, or when there is tearing in the temples, as if the head were bursting; boring in the top of the head whilst the brain feels as if bruised; jerking, and rending, and rolling, and bursting; worse when walking, at every motion, and on opening the eyes; relieved by lying down and being quiet; the skin is tender to the touch. For discontented persons; stubborn, disobedient children, who are fond of dainties, and have a pale complexion, red and hot only at times; when they become very talkative, or are restless the whole night. It often suits after *Coffea*.

Antimonium crudum may be given for nervous headache resulting from a disordered stomach or cold, or when an eruption has been driven in, and pains ensue; particularly when they are in the bones; for dull boring pains in the temples and forehead, also rending and tearing; the pains are relieved in the open air, aggravated by going up stairs. It answers well after *Pulsatilla*, when the disorder of the stomach is obstinate, or when the headache causes the hair to fall out.

Colocynthis is efficacious in the most excruciating headache, furiously tearing or when the pain is on one side, tearing, oppressive, squeezing; pressing in the forehead, aggravated by stooping and lying on the back; in attacks coming every afternoon or towards evening, on the left side, with great restlessness and agitation; particularly when the perspiration smells like urine, with small or offensive discharges of urine; while during the pain, the discharge of urine is considerable and very clear.

Capsicum, against throbbing headache, or that which is distending, bursting, pressing outwards, worse when walking or

moving; tingling, tearing when at rest; when moving the head or eyes and stooping aggravate it, also worse in the air and cold; with phlegmatic sluggish persons, who easily take offence, or with children who are very refractory, clumsy and awkward; particularly such as are afraid of the air and of exercise, and are chilly, especially after drinking.

When the above medicines do not afford relief, try the following:

Sulphur for throbbing, tearing pains, with heat, principally in the morning and evening; with nausea, worse in the air, better within doors; tearing, with a stunning sensation and pressure; it returns weekly; loss of hair after suppressed cutaneous eruptions, ulcers, or perspiration.

Arsenicum for the same kind of pains, if worse within doors and better in the open air.

Silicea also, for beating, throbbing pains, with heat and determination of blood to the head; when caused by exertion, speaking or stooping, with nightly pains from the neck to the top of the head; for tearing pain every forenoon; when everything has a tendency towards the forehead and eyes; when swellings appear on the head, the hair comes out, the skin is very tender, the pain extending to the nose or face, with perspiration of the head.

Violent headache, with great weakness, indifference and despondency often indicates the approach of a serious disease which may be prevented either by *Veratrum, Arsenicum;* or *Phosphoric acid.*

9. HEADACHE CAUSED BY SUPPRESSION OF RHEUMATISM, GOUT, ERUPTIONS, ETC. When rheumatism, gout, erysipelas, eruptions or ulcers have been suppressed, a dangerous headache frequently follows, which ought not to be neglected. Give remedies recommended in these complaints; and examine, at the same time, what has been said in the preceding pages relative to medicine for headache.

If, in consequence of the suppression of the eruption in scarlet fever, erysipelas, measles, &c., pains in the head ensue, which, by degrees, make the patient unconscious, or if these symptoms occur in fever attendant on a cold in the head, or when a cold in the head has been suppressed, or from difficult dentition in children—there is no time to be lost.

Take *Cuprum metallicum,* dissolve as much of it as will lie on the end of a penknife in a tumbler of water, and of this solution give to adults a dessert-spoonful, to children a small teaspoonful, every quarter or half hour; if followed by improvement, lengthen the interval. In all such cases, however, endeavor to procure a homœopathic practitioner, if possible.

When the pain is seated deep in the sockets of the eyes, acute shooting pain through the brain, accompanied by weakness of the eyes, it is a symptom of approaching blindness. If neither *Belladonna* nor *Sulphur* give relief, apply without delay to a homœopathic physician.

When a pain always re-appears in the same spot, deep in the brain, and

there is on the other side of the body lameness, crawling, jerking, or similar symptoms, it can scarcely be cured—but you may apply to a physician.

When aged persons have continual headache, and at the same time discharge but little urine, which is thick, turbid and offensive, it forbodes nothing good. They must drink freely of water, brush the skin well, and apply to a physician.

For scald head, eruptions in the face, &c., see "Eruptions."

Losing the Hair.

When the hair comes out, but is immediately replaced by a new growth, no other medicine is required than frequent washing, brushing, and combing; but if it becomes thinner have it cut a little once a month, when the moon is increasing. Washing the head frequently in cold water, particularly in the evening, and afterwards binding a handkerchief around the head, will be of service when the hair is getting thin. If the hair is too dry, oil, grease, ointment and pomatum are injurious; washing once a week with fine soap is much better; if that should not answer, boil wheat bran, strain it, and wash the head once a week with the decoction.

A thin lye made from the ashes of beech wood, is efficacious in some instances where the hair is dry, or where there is dandruff either loose or adhering very closely. It may be used by dipping a fine tooth-comb or a sponge into it, cleansing the head afterwards with cold water. When the hair splits, it may be advisable to use a little grease or oil—bear's grease is best—and to trim the ends every other day as long as the moon is increasing. When single bald spots appear, it may at times be serviceable to shave them and part of the surrounding hair; if this does not succeed after a fortnight's trial, rub the spot once a week with a sliced onion in the evening, or with the pomatum mentioned below. When persons become bald after severe illness, washing the head morning and evening with pure spring water is very serviceable. If the baldness is hereditary, all attempts at preserving the hair are often useless.

When baldness appears early in life, the following pomatum is very useful; melt the marrow out of beef bones by the fire, put a single drop of tincture of cantharides into a saucer, mix gradually as much marrow with it as will fill the saucer, stirring and beating it up all the time; with this mixture rub the bald spots once every third or fourth evening.

If the hair falls out from debilitating causes, give *China*, and afterwards *Ferrum*. Also, for clammy perspiration in the hair, *China* is sometimes of service. If the hair falls out in consequence of profuse perspiration, *Mercurius* may be given. After the use of quinine or bark, give *Belladonna;* after mercury, *Hepar* or *Carbo vegetabilis;* after much grief and trouble, *Staphisagria* or *Phosphoric acid*.

After inflammatory diseases and nervous fevers, *Hepar*, *Calcarea*, *Silicea* or *Lycopodium;* in chronic headache of a hysterical or gouty kind, if the coverings of the head cause great soreness, *Hepar;* in frequent headache arising from chronic affections of the stomach and bowels, *Lycopodium*, which is also beneficial when the headache is attended with itching, and where there is much dandruff.

If all these remedies fail to prevent the loss of hair, take one drop of laurel oil, or oil of bitter almonds, and mix it gradually with two tablespoonfuls of beef's marrow, melted over the fire, or still better with oil of sweet almonds. Of this pomatum take very little on your fingers and pass them through the hair. Women are liable to lose their hair either from keeping it untied at night, or from tying it too tightly.

CHAPTER II.

DISEASES OF THE EYES.

General Remarks.

All kinds of eye-water, salves and ointments injure the eyes; almost all of them contain more or less strong poison, and if they accidentally cure one disease, in most cases a new and worse complaint makes its appearance, sooner or later. Whoever values his eyes ought to shun these poisonous and utterly useless things; simple remedies internally taken, will generally effect a cure—particularly when the eyes have not been injured by quackery.

Pure cold water, as an external remedy, is the only wholesome eye-water; it does good in many cases when the eyes are painful, red, and burning, when there is cough or catarrh; also in chronic affections of the eyes, with great aversion to light—growing worse on the slightest exposure—particularly to cold winds, or cold wet weather. It may be used by washing the eyes frequently, or by applying cloths or pieces of bread which have been wet with it. In all cases when the patient cannot bear cold water, or when it proves useless, and when not merely burning, and a sensation as if there was sand in them, accompanied by intolerance of light, but when there are also violent pains and a discharge of acrid tears, lukewarm water will be preferable, applied either on a linen rag or with bread which has been soaked in it, renewing the application whenever the pain increases. When the eyes are very dry, and the eyelids close spasmodically, fresh olive oil is very useful.

When erysipelas affects the eyes, which is known by the redness which spreads far around them, nothing wet should be applied, but instead, warm bags, filled with bran or cotton wool.

When a salve is insisted upon, take the white of a fresh egg, beat it with a teaspoonful of the finest loaf sugar and a little camphor to a froth, and put it on the eye. The most rapid cure, however, can be effected by the following remedies, dispensing with the camphor salve.

Inflammation and swelling of the Eyelid.

The *eyelids are sometimes red, inflamed and swelled*, when the eye-balls are not affected. For red, hard swelling, with burning heat and dryness, give *Aconite;* if it has a good but merely temporary effect, repeat it; if the eyelids are pale, or yellowish-red, swelled, shining as if transparent, burning, with tension, and copious secretion in the eyes and nose, and perhaps fever, *Aconite* is also the first medicine: if not completely cured in a couple of days, give *Apium virus*, which is particularly suitable for every watery swelling, like erysipelas, around the eyes; eyelids swollen and sticking together; with a feeling of much

matter in the eyes; much itching, burning and piercing pain; in case the pressing pain remains, or the lids feel sore, *Hepar.*

When the swelling is bad, and the lids are much inflamed and continue red and hot, and there is a purulent secretion, *Sulphur* is preferable to *Hepar*, particularly if the eyes are contracted in the morning and the patient cannot endure the light.

If no immediate improvement takes place, repeat the *Aconite*, which will then have more effect. If *Hepar* has been given without producing any effect, particularly when the eyelids burn and itch, and are swelled and red—when they stick together and bleed when opened—when the edge is turned inside out, or is heavy and feels as if paralysed, give *Belladonna.*

When the eyelids are inflamed inside, red and painful, burning violently, and the eyes can scarcely be opened, give *Arsenicum*, but if they appear as if forcibly contracted, are swelled, difficult to open, and the pain is more acute, with ulcers on the edges, and scabs on the outside, give *Mercurius;* and should it not produce a favorable change, *Hepar.*

Rhus is particularly efficacious in inflammation of the inner surface of the eyelids—which occurs in infants, and also in older children—when the eyelids are contracted as if by spasm, and when forced asunder, a thick, red swelling appears, and a secretion of mucus of a yellow color, and resembling pus, is discharged.

Euphrasia is beneficial in the ordinary cases of chronic inflammation of the eyelids, which itch in the day time and stick together at night, are red and somewhat swelled, the edges ulcerated, wet and purulent, with winking, dread of light, constant catarrh, accompanied sometimes by a severe headache and by heat in the head.

Nux vomica when the edges of the lids burn and itch, feeling very sore when touched, and adhere towards morning. *Nux vomica* may be used with advantage after *Euphrasia*, and *Pulsatilla* after *Nux vomica.*

Mercurius should be given when the lids turn outwards, and there is pricking, burning and itching, or when there is no

pain. It may be followed, if necessary, by *Hepar* or *Belladonna.*

If these remedies fail, and the lids are quite red, with some mucus in the corners of the eyes, the eyes sensitive to the light, and a pricking pain in them, give *Antimonium crud.* When the lids burn and smart when reading, and *Sulphur* affords partial relief, let the patient take *Calcarea;* when there is a sense of crawling on the inside of the lid, increased in the evening with running of tears, *China.*

Biting, itching and stiffness in the lids, as if paralysed, give *Rhus;* convulsive contraction and closing, *Hyoscyamus;* the upper lids feeling as heavy as lead, give *Chamomilla;* considerable dryness, running of tears, with difficulty of motion and heat, give *Veratrum.*

Stye on the Eyelid.

A stye on the eyelid may generally be cured by *Pulsatilla,* and often disappears soon after taking it. If much inflamed and painful, *Hepar,* afterwards *Silicea,* and repeat this as soon as there is the slighest sign of its appearing again: Sometimes it may be removed by touching it with a cold key. Cold water is injurious; a warm poultice of bread and milk left on during the night is better. If they appear often, or leave hard lumps behind, or do not open, but become indurated, particularly when the eyes are apt to close with suppuration, with biting and burning in the corners, where dry pus forms constantly, give *Staphisagria;* should induration remain, give, after a week or two, *Calcarea* once.

Inflammation of the Eyes.

In *inflammation of the eyes,* or sore eyes, when not only the lid but the eye itself is affected, or the latter alone,

Aconite is generally the best remedy, particularly when the complaint comes on suddenly, and increases rapidly—when the whole eye is red, or full of red veins, runs much, and is very painful.

Crocus, if there is itching, pressing, burning and soreness of the eyes and lids; though the burning is worse when the patient shuts the eyes, he is forced to wink and close the eyes often; if the eyes look swollen, as after much weeping, with dryness; if the lids stick together in the night, and there are frequent twitchings and jerkings in them during the day.

Apium virus, if the jerking and twitching is in the eye-balls. Also for inflammation of the eyes, with a piercing and boring pain in the head, that shoots towards the eyes; with great dread of light; with pricking, boring, itching pains in the running, red eyes.

When the eyes are sore from a cold, with catarrh, headache, cough, sore throat, &c., the following remedies will be useful:

Nux vomica, when the corners of the lids are more red than the eyes, or the latter are bloodshot and smart as if there was salt in them—when they burn with a feeling as if there were sand in them, and there is increased secretion of tears—the patient cannot bear the light, particularly in the morning; these symptoms are usually combined with fever, which is worse in the morning and evening.

Chamomilla, particularly for children, when there is pricking, pressing, burning in the eyes, as if heat were radiating from them; they are swelled and closed in the morning, or very dry, the patient being much irritated by the pain.

Belladonna, when the white of the eye is quite red, or large red veins can be seen; much heat, a discharge of sharp, burning tears, or the eyes are quite dry, and much affected by the light—when the pains are spasmodic or deep-seated, accompanied by a catarrh so severe as to make the nose sore; pimples coming out about the nose and mouth, a short, dry, panting and spasmodic cough, coming on in fits which last for some time.

Belladonna also is useful when the sight has suffered, or flickering, sparkling and dimness remain.

Euphrasia, when there is much aching in the eyes; increased secretion of mucus and acrid tears; when the lids are contracted,

and the eye is very red; accompanied with bad headache and catarrh in the evening.

Cepa, if there is much running of tears; redness, itching, pricking, burning in the eyes: swelling around the eyes, with running of the nose, and headache as stated before.

Ignatia, when the pain is very severe, with slight redness, severe pressing, profuse discharge of tears, great dread of the light, catarrh very bad and running.

If *Nux vomica* had not been given before, it is often indicated after other remedies, particularly if great sensibility has remained.

Rheumatic Inflammation of the Eyes.

For *rheumatic* inflammation of the eyes, the eye itself being red, the light insufferable, much discharge of acrid tears, pricking, tearing pains, not only inside, but also around the eyes, always worse in the heat, the following remedies are recommended:

Pulsatilla, after the worst inflammation has been removed by *Aconite*, but there are still severe pains remaining, of a piercing, boring and cutting character; the light is insupportable, the pains worse in the afternoon and evening; when the complaint has returned several times, making the patient fretful, inclined to weep, and becomes worse from weeping.

Byronia may be given after *Pulsatilla* has removed the pain but not the redness; when there is internal burning or aching as from sand, worse in the evening and at night, when the lids are swollen, and when opened give rise to pain in the head.

Rhus against the same symptoms as *Bryonia*, when the latter does not effect a cure; also when the eye continues to smart, aches and pricks, and discharges much water, the eyelids adhering during the night; or when there is swelling resembling erysipelas.

Veratrum, when the pain is tearing, interrupting sleep at night, intolerable headache, much heat in the eyes, and a sensation of dryness.

A bad case, in which many remedies had been used without effect, was cured by *Veratrum* and *Crocus*, given alternately.

Euphrasia is sometimes suitable, especially when small watery blisters appear on the eye, when the light becomes less offensive, but the pain more violent, and the redness so bad that every vein can be seen.

Nux vomica, *Chamomilla*, and *Ignatia* are here suitable remedies for their particular symptoms, and still more frequently *Mercurius* and *Sulphur*, the indications for the choice of which are more particularly pointed out under "Scrofulous Opthalmia."

Where the rheumatic opthalmia attacks the deeper tissues of the eye, as the iris, the disease assumes a more formidable character, but it would not be possible to convey by writing a description of the graver forms of the disease to the non-medical reader, nor to give to him intelligible indications for the remedies required.

Gout affecting the Eyes.

Aconite should be given first, especially when there is heat and burning in the eyes, with pressive and shooting pains, especially when moving the balls; redness and inflammation, with intolerable pains; profuse secretion of tears; sparkling of the eyes; great dread of the light; with weight and fulness in the forehead, and strokes and beatings in the head.

Antimonium crudum, *Sulphur* or *Cocculus* may be given with advantage after *Aconite*, particularly if there is nausea or sick stomach; redness and inflammation of the eyelids or corners of the eyes, with itching and nocturnal sticking together of the eyelids.

Belladonna is frequently of service for the symptoms mentioned under "Inflammation of the Eyes," and also when the pain is very oppressive all around the eye, above it or alongside of it; if there is a pricking pain above it, as if the eye were about to be torn out, or pressed in; when the pain is intermitting; there is a flashing before the eyes, or the patient sees sparks or black spots with a bright border, or everything appears to him as in a fog, or through crape; and when these symptoms are accompanied by giddiness and headache, so bad as to deprive him of consciousness.

Colocynthis is serviceable against inflamed eyes, accompanied

with severe cutting pains which penetrate into the head, and press particularly into the forehead, or on one side of the brain; when they are drawing and tearing, or extend into the nose, or even through the whole body, with great agitation and restlessness.

Eyes affected by Scrofula, (Scrofulous Opthalmia.)

Many complaints of the eye arise from scrofula, which may be distinguished by the symptoms enumerated under the medicines mentioned below; we meet with them in children who suffer from this complaint, or in grown persons who have suffered with scrofula in their childhood. When this disease has once weakened the eyes, they are liable to a relapse from cold and other causes, and dimness of the eye and ulcers on the ball of the eye are much more frequent.

Aconite is often useful at the commencement of an attack, which it sometimes cuts short; it should be given when the symptoms come on suddenly, the eye is very painful, red and intolerant of light.

Pulsatilla often suits in the beginning, when the margins of the eyelids become red, burn, and a secretion of pus causes them to adhere; when there is a profuse secretion of tears, which are so acrid as to make the cheeks sore, and a watery swelling of the lids; when the eyes cannot bear the light. Examine also what has been said of *Pulsatilla* under "Inflammation of the Eyes." If it gives relief, but does not effect a complete cure, give *Ferrum* after it has been taken for a week.

Belladonna if there is a sensation of severe pressure in the eyes, which is worse when they are turned upward, when many red veins can be seen, and pustules and ulcers appear on the eye-ball; when catarrh and other symptoms already mentioned under *Belladonna* accompany the disease, and arise from a cold, or from damp and cold weather.

Mercurius for children who have not yet taken any mercury; when the pains are cutting, particularly on straining the eyes; worse in the evening and in the warm bed; burning in the open air, the eyes full of tears, light insufferable, the sight clouded; or small pustules or ulcers make their appearance on the cornea,

and return with every fresh cold: it will often be of service after *Belladonna* has acted for a week or two.

Hepar may be given after *Belladonna* or *Mercurius*, or to children who have taken much calomel, when the eyelids and eyes are red and sore, and being touched pain as if bruised, close convulsively, can scarcely be moved; the light is insufferable in the evening; the eyes appear at times quite dull, at other times bright and clear; there is a pressure in the eye as if it were coming out; and also when small pustules or spots appear on the cornea, and red spots externally around the eye. Give of this medicine a dose of the third trituration, about as much as will lie on the point of a penknife, daily for several successive days.

Sulphur should be given instead of *Hepar*, when *Belladonna* or *Mercurius* has been given previously; but not after *Hepar;* in cases where the eyelids are contracted in the morning, and the daylight is particularly odious to the patient, or he is quite blind during the day, and can only see a little during twilight; when there seems to be a mist before the eyes, the cornea is dim, appearing as if dusty; or when the eyelids are particularly affected, as noticed before. Also, when the white of the eye appears very red, is bloodshot, and there are little spots on it; when there is increased flow of tears and aversion to light, severe pressure in the eye-ball, aggravated in the light of the sun. The third trituration may be taken daily or every other day, according to circumstances, and will be found very beneficial.

Dulcamara is of great use when the soreness of the eyes proceeds from cold, particularly when affected by reading, and everything appears covered with a veil; when there is a sensation like flashing of fire from the eyes; at the same time much pain over the eyes. If the patient feels better when quiet, and is disposed to keep so, and worse when moving about, do not give *Dulcamara*, but rather *Belladonna;* but if worse when at rest, and he likes to walk about, give *Dulcamara*, allowing it time to operate.

Calcarea is sometimes applicable after *Dulcamara*, or when ulcers and films make their appearance on the eye, accompanied by violent pressure, itching and pricking; or burning and cutting when reading in the evening; when there is a dimness and haziness before the eyes, particularly after eating, reading, sewing, &c.; also when there is a feeling of inward coldness.

China should be given when the eyes are much more painful in the evening, feeling as if there were sand in them, or as if something were being forced into them; when the cornea has lost its brilliancy, or when on looking close into the eyes there appears to be a sort of smoke or fog in the interior. In this case it is necessary to consult a physician.

Arsenicum is sometimes of use when the pains are of a burning character, as if produced by red-hot coals, and when spots have already made their appearance on the eye. In affections of this kind the remedies before recommended in "Inflammation of the Eyes" are suitable, especially *Ignatia* and *Nux vomica;* in spots on the eye, *Euphrasia* are to be preferred above all other remedies.

Sometimes inflammation of the eyes proceeds from the introduction of very minute insects. They may in general be readily removed in the mode described before. The inflammation caused by them will be allayed by applying pieces of linen, moistened with camphor, to them, or by the use of the camphor salve before described.

Very bad diseases of the eye are caused by the suppression of cutaneous eruptions, ulcers, or other diseases; in such cases apply to a homœopathic practitioner. If they are consequent upon small-pox, measles, scarlet fever, see what is said under these different heads.

Spots or films on the eyes should never be treated with corrosive remedies, as is but too generally the custom, and by which thousands have lost their sight. Rather give the eye rest, and if you cannot consult a physician, make use of the medicines prescribed above, allowing each to operate from a week to a fortnight; *Euphrasia*, *Apium virus*, *Pulsatilla*, *Hepar*, *Belladonna*, *Sulphur*, *Phosphorus*, *Calcarea*, and *Silicea* are particularly effective.

He who is not patient enough to try these remedies may use genuine pure nut oil, obtained by pressure and moderate heat from walnuts that are not more than a year old; introduce one drop of it into the eye every evening. To white spots which are very thick, and much swollen, apply finely powdered table salt, with a hair pencil. The daily application of finely powdered white sugar will sometimes cause the removal of the film from the eye. For serious opacities of the cornea interfering very much with vision, a homœopathic practitioner should be consulted, and sometimes the surgeon's aid will be required.

Weakness of sight, with remarks on the use of Spectacles.

Weakness of sight.—This name is given improperly to all defects of vision. It is correctly used only when the eyes feel weak after the least exertion, refusing their services altogether, or are painful without any perceptible cause appearing in the eye on examination. Short-sightedness is not weakness, for we often find it in the strongest eyes, and principally in young people whose occupation leads them to look at objects very closely; it is merely an incapacity to minutely distinguish objects at a distance; the more distant the objects are, the more confused they appear, and they can only be distinguished by looking at them for a length of time; anything near appears very distinct, and even the most minute object can be distinguished accurately. Neither is *far-sightedness* a weakness, for it belongs to the strongest eyes, chiefly occurring in aged persons, whose calling has led them to examine things at a great distance; it is an incapacity to distinguish minutely objects which are near; the nearer small objects are, the less easily are they recognized.

When the eyes are really weak, spectacles are always injurious; they are only useful for persons either far-sighted or short-sighted. As much mischief has been done by the misuse of spectacles, we will caution our readers against the chief errors which prevail.

Let no one who is neither short nor far-sighted ever wear spectacles, not even temporarily. If he is either the one or the other, and has weak eyes besides, let him use spectacles as seldom as possible. For weak eyes are always made still weaker by spectacles of whatever kind they may be; sometimes they injure the eyes irretrievably.

Green spectacles are without exception extremely injurious, and physicians are much to blame when they recommend their use. Every one may convince himself of their injurious effects by looking for a short time through a piece of green glass on white paper lying in the sun; on suddenly removing the glass he will perceive a red spot on the paper.

This proves that the eye is compelled to produce a red color; to do this excites the eye, and the power of vision becomes enfeebled. Innumerable instances of the injury done in this manner are on record. Green glasses are worse to the eyes than brandy to the nerves.

To protect the eyes against the glare of the light when walking over snow-covered regions, in bright sunshine, or when working near the fire, spectacles made of light wire with large round openings, in which, instead of glass, black crape is fixed tightly, are most useful. The only color of glass allowable is a light blue, colored by *cobaltum*, the color ought to be of such a shade that bright sunlight, when falling through the glass, appears snow-white, without blinding the eyes. Glasses of the color commonly known by the name of "*London smoke*," are injurious, they ought not to be used.

Short-sighted persons should use concave glasses, which will present distant objects to them smaller and better defined.

Those who are far-sighted must use convex glasses, which will make objects which are near appear larger and plainer.

As all kinds of glasses are adapted to a certain distance, they should only be used for such a distance; remote objects should not be looked at through a glass adapted to near ones, nor glasses used, calculated for a great distance, to look at objects which are very near.

Spectacles ought to be selected for the distance for which you most com-

monly require them. Short-sighted persons should use glasses, which at the distance for which they are intended, diminish but little, the less the better; for those which diminish too much injure the sight. Far-sighted persons should select glasses, which when used to read with at a proper distance, do not much enlarge the letters, the less the better; for when they magnify too much, they are also injurious to the eyes.

It is often necessary to have a different kind of glass for each eye; the one adapted to the left may injure the right; generally the latter is the stronger; try, therefore, each eye by itself. This should not be done immediately after meals or after drinking; nor should several pairs of spectacles of different power be tried in succession, for they contract or dilate the pupil and prevent you from selecting those most suitable. It is better to try one pair every day, until you find glasses exactly adapted to your eyes.

The glasses ought not to make the eyes feel sore, it is a proof that they are too strong, that they are altogether bad, or that the eyes are too weak to use spectacles at all. It is rare that spectacles which are too weak produce pain in the eyes. Either change the glasses until you suit yourself, or wear none at all.

When they cause any uncomfortable feeling, pressure in the eyes, or even in the head; when they make you feel sleepy, produce heat and redness in the eyes; when you are often obliged to allow the eyes to rest, or when after the removal of the spectacles, some time elapses before you can see properly again; or when the objects appear larger or smaller through the glasses than they used to do, it is high time to have your glasses changed, if you do not wish to injure your eyes. By a proper change of glasses the sight may be much improved.

When a short-sighted person sees objects through the glass smaller than he used to do before, he ought to have weaker or less concave ones; if he sees them larger and less plain, he ought to have somewhat stronger or more concave glasses. When to a far-sighted person objects appear smaller and less distinct, he ought to have glasses of greater convexity; if they appear larger, glasses of less convexity.

The spectacles used ought to be as light as possible, and have slides to keep them firm without pressing; the larger the glasses are, the better; they should be perfectly clear and transparent, without a red or green shade, without flaws, notches, streaks or cracks; they should be well and uniformly ground. Glasses divided into two or more are injurious.

The glasses should always be kept clear and bright, should never be touched with the bare finger, and be frequently wiped with soft buckskin. When taken off, they should be put on the sides, not on the glasses, and when they get scratched, they should be replaced by new ones. A skilful optician will be able to select suitable glasses when he is furnished with the exact distance at which the person can read large letter-press, which ought always to be determined. If they get broken, pieces of the broken glass may also be used, to select others exactly of the power wanted, at a higher or lower number.

Weakness, and the Defects of Vision.

Those who suffer from weakness of the eyes from too much reading, sewing, and similar causes, must be very careful how they use their eyes, they must read or sew as little as possible by gas or candle light, never when the light flickers, never when the book moves as in riding, never when lying down, never when the bright sun shines upon the book, never in the twilight; very hurtful also is the light of the moon. If you are forced to use your eyes under

such circumstances it is advised to do so from ten to fifteen minutes, then pause awhile, and so on; in reading or writing have the gaslight always behind you, above and back of the head.

Weakness of the eyes may frequently be improved by washing the entire head every day in cold water. Bathing the eyes with a mixture, composed of a teaspoonful of old cognac brandy and a tumblerful of water, may sometimes prove serviceable, but not always.

Ruta is of service in weakness caused by excessive reading, sewing, &c., when everything before the eyes appears dusky and foggy, when nothing at a distance can be distinguished, and occasionally spasms of the eyelids occur.

Apium virus, if after every exertion the eyes ache or the eyeballs twitch and jerk in the night.

Short-Sightedness.

Short-sightedness which is not of long standing, particularly if occasioned by inflammation of the eyes, may be cured by *Pulsatilla;* if the result of taking large quantities of calomel, by *Carbo vegetabilis;* if occurring after nervous fever, or from other debilitating causes, by *Phosphoric acid;* after nervous fever with diarrhœa, *China.*

Far-Sightedness.

Far-sightedness, produced by excessive indulgence in ardent spirits, will be removed by *Nux vomica;* if accompanied by dimness of sight when reading, or running together of the letters, and dazzling of the eyes in the light, by *Drosera.* Or, if these are not sufficient, by *Sulphur;* followed, if necessary, by *Silicea* for lean persons, or *Calcarea* for corpulent persons. But in all such cases it is better to consult a physician.

Attacks of Blindness.

Aconite will benefit sudden, temporary attacks of blindness; *Mercurius,* attacks which return frequently, but if the patient has taken much calomel, *Silicea* should be given instead.

Belladonna is efficacious in night blindness, when the patient can see nothing after twilight, particularly if something red, or if sparks appear before the eyes, or a variegated circle around the candle.

Veratrum and *Hyoscyamus*, when black spots or sparkling appears before the eyes.

Sulphur, followed by *Silicea*, is serviceable in attacks of day-blindness, where the patient can only see in the evening.

Dread of Light.

The shrinking from the light, if the patient can bear nothing bright, is usually connected with other complaints, for which the appropriate remedy must be selected. If this is not the case, give *Aconite* for two successive mornings, and wait a few days; at night give *Nux vomica;* if no better after three days, give *Belladonna;* after eight days, *Mercurius;* and after eight days again, *Hepar*, sometimes *Calcarea*. When the patient has so great a desire for light, that he cannot have it intense enough, give first *Aconite;* afterwards, if necessary, *Belladonna* and *Sulphur*.

Euphrasia may be given against shrinking from the light with headache, and when the light of a candle appears dark and unsteady.

Apium virus if everything seems to whirl before the eyes, and if the eyes feel as if full of mucus.

Pulsatilla when a fiery halo or circle appears around the light, or the sight is dim, as if something needed to be wiped away, when everything appears double or is totally obscured.

Belladonna when a variegated halo surrounds the light of the candle, when the patient sees red spots or a mist; if the objects appear double and there is incipient blindness.

Veratrum for black spots and sparkling before the eyes, and double vision.

Staphisagria for dimness of sight, with black flashes and flickering during the day, in the night fiery, meteor-like appearances, or a halo around the light.

Squinting of Children.

Squinting of children, if the head is much heated, is often cured by *Belladonna;* when occasioned by worms, by *Hyoscyamus;* after scarlet fever, *Rhus*

or *Cuprum;* if it arises, which is very common, from the light always being kept on the same side of the bed of the child, place it for some time on the other side, or turn the child in the bed, so as to have the light on the other side; afterwards place the child in such a manner as to have the light in front, which is the proper position. If this cannot be done, put a dark screen before the light. With older children this is seldom of much use. In these cases you may tie up the sound eye first every day for several hours, afterwards for several days at a time, so that they cannot see with it at all, and may thus learn to accustom themselves to use the squinting eye properly.

If, in squinting, they turn both eyes outwards, put a bit of black court plaster on the tip of the nose; if inwards, put a screen of shining silk on each side of the head, like blinkers. If all this proves unavailing, consult a physician.

CHAPTER III.

AFFECTIONS OF THE EARS.

Eruptions.

Eruptions behind or in the ears. See "Eruptions."

Mumps.

Mumps, a swelling of the great salivary glands lying under and in front of the ear, frequently occur with children, but are not dangerous unless they strike in. Sometimes the swelling extends over the whole neck, so that the patient can neither chew nor swallow, and increases for three or four days. Sometimes on the fifth or seventh day the swelling on the neck disappears, and shows itself on the breast or testicles, which become red and painful, and pain in the bowels or other symptoms make their appearance.

The patient should be kept warm, not too much so, however, and care taken to prevent his taking cold in any way. All stimulating food and drinks should be avoided, and no external application made use of, with the exception of tying a cotton or linen handkerchief around the neck.

Mercurius is the principal remedy in this affection, two or three doses of which will in most cases effect a cure.

Belladonna will, however, be indicated if the disease assumes an inflammatory character, or the swelling is very red, resembling erysipelas, or when it strikes in, and effects the brain, which may be known by the sudden disappearance of the swelling, followed by unconsciousness and delirium of the patient.

Bryonia is sometimes useful when the swelling suddenly disappears and alarming head symptoms occur.

Carbo vegetabilis when the patient has a slow fever, the swelling becoming harder and will not disperse; or when striking in, it falls upon the stomach; and also when *Mercurius*, given in the commencement of the disease, has failed in giving relief, or if the patient has previously taken much calomel. Should *Carbo vegetabilis* be insufficient, it may be followed by *Cocculus* which is especially useful for the sickness attendant on, or following mumps.

Hyoscyamus may be given for the symptoms indicated under *Belladonna*, if the latter fails to produce a favorable change in thirty-six hours.

When attended by pain in the throat, see under this complaint; when by much hoarseness, *Carbo vegetabilis* almost always proves efficacious.

If the complaint occurs in combination with other affections of the ear or teeth, in scald head, scarlet fever, measles, small-pox, malignant fevers, or after excessive use of mercury, see the remedies for these diseases.

Inflammation of the Ear.

In inflammation of the ear there is generally redness, heat, pain and swelling. The passage or tube is sometimes nearly closed, and the pain so severe that the patient can scarcely bear the ear to be touched.

Pulsatilla is almost specific in this complaint. Advantage will also be derived from covering the ear with cotton, to protect it from the air and noise, if the pain is worse inside than near the surface; sometimes accompanied by so violent a tearing, boring, throbbing, pricking and burning, that the patient becomes delirious, *Pulsatilla* will be the appropriate remedy.

Belladonna will be required if the pain penetrates into the brain, with great agitation, vomiting, coldness of the extremities and other dangerous symptoms.

Earache.

Cepa, if the pain is worse at night and in-doors, more on the left side, if the pain goes from the throat or head to the ear and if it is accompanied or has been proceeded by catarrh.

Chamomilla in single, acute, shooting pains, as if from a knife,

in the ears, caused by taking cold or suppressed perspiration; the ear being dry and without wax; with tearing pains in the ears, extending to the lobes; the patient very cross and easily offended; the pains insufferable.

Mercurius, if the patient perspires without being relieved; when there is a tearing pain extending to the cheeks, pricking deeply, at the same time tearing, pressing, burning pain; or when it burns externally, or feels cold inwardly, with violent twitches and jerks; particularly when the ear is moist.

Pulsatilla, if during the course of a rheumatic attack, the pain falls upon the ear and is attended by jerking, tearing pains, as if something were about to be pressed out; or when the ear is externally red, hot and swelled, the pain passing through the whole side of the face, particularly in persons inclined to chilliness, and easily moved to tears.

Nux vomica, for very violent earache, occurring in passionate, irrascible persons.

Arnica, to very sensitive persons, who have a return of the pain on the slightest exposure, with oppression and stitches in and behind the ears, also tearing, heat, and irritability at any loud noise.

China, if the pain is more in the external ear, with redness pricking and tingling inside.

Belladonna, against earache, with stitches in and behind the ears; boring, screwing pain, with tearing and pricking down to the throat, with ringing, buzzing and rushing, particularly when the head and eyes are affected; the pains during the paroxysms being worse when the parts are touched, or on moving about.

Hepar, against the same symptoms as *Belladonna*, when the latter is insufficient, and also against shooting pain on blowing the nose, with throbbing and buzzing.

Calcarea, if the pains are chiefly confined to one side: deep in the ear, and so violent as almost to drive the sufferer to distraction; especially if mostly on the right side, or worse after midnight, towards morning, in the forenoon.

Sulphur, if the pain returns frequently; is on the left side, or aggravated in the evening or before midnight.

Platinum, if the pains are very severe, like cramps, with a jerking, rumbling and rolling sensation in the ears; the ears feel cold, and as if deafness were about to ensue, with a crawling sensation, extending to the face.

Dulcamara, against pains which are worse when the patient is at rest; particularly during the night, and are attended by nausea.

Rhus is very useful if the earache is caused by a cold.

Other remedies, such as *Phosphoric acid*, *Antimonium crudum*, &c., may be required in some cases.

Make no external application; even oil may become injurious; hot vapors may burn the ear, and a part that is once injured cannot be restored. A sponge dipped in warm water and tied upon the ear, is the only application which will sometimes mitigate the pain without doing any harm.

If the medicines are to take effect, no cotton must be crammed into the ear. This should only be resorted to in cases of need, as prescribed under "Running of the ears."

Running of the Ears.

Running of the ears is a complaint which must be borne patiently, because the most insignificant running may, when suppressed, produce serious consequences. A continued running of the ear is hard to cure. The use of the syringe should be avoided. Oil, even, may be injurious, because some of it always remains in the ear, and becomes rancid. Articles which become hard are still worse. Lukewarm water is the only fluid not injurious; use as much of this as is required for cleanliness. It is also well to put a little fine wool or cotton into the ear, in winter, to keep out the cold, and in summer to keep out the flies, which sometimes deposit their eggs in them in hot climates. When the patient feels the crawling of maggots, drop sweet oil into the ear until it is full, and proceed to remove them as directed in Chap. X.

But important as it is to have something in the ears, particularly in summer and whilst asleep, when the discharge smells offensively, great caution is to be recommended in its application.

When the running of the ear remains after inflammation, or when accompanied by pain, particularly by pain pressing outwardly; or the ear is hot and red, or covered with a scabby, itchy eruption; or when the disease succeeds measles, give *Pulsatilla;* if that does not relieve, give *Sulphur.*

For the running following scarlet fever, give *Belladonna;* and after a few days, if necessary, *Mercurius*, and then *Belladonna* again; if this is not sufficient, *Hepar.*

In running from the ears occurring after small-pox, which is sometimes bloody, and combined with pricking pain; if outwardly ulcerated, and the discharge is offensive, give *Mercurius*. But if the patient has taken much calomel, give *Hepar;* if he has taken too much sulphur, give *Pulsatilla*, and, a few days afterwards, *Mercurius*.

Should it, notwithstanding, become very tedious, take as much potash as will lie on the end of a knife, dissolve it in a pint of rainwater, shake it well, then pour a teaspoonful into the ear every day, until it begins to improve.

If the discharge is purulent and tedious, give *Mercurius*, and eight days later, *Sulphur;* and this last repeat once every week. Should it not improve under this treatment, give *Calcarea*. If there is a severe headache combined with it, give *Mercurius* or *Sulphur;* if this gives no relief, *Belladonna*, and afterwards *Lachesis*. Should no benefit notwithstanding all this accrue, give, two mornings successively, *Silicea*, and repeat it after one or two weeks, if necessary. A tedious discharge is sometimes relieved by *Causticum*, particularly when the patient is frequently attacked with rheumatism. But if all these remedies fail, try injections of a weak solution of borax.

Should the discharge, whether of long or short standing, be checked suddenly, it is always dangerous. Examine the ear carefully with the ear-speculum or with a hair-pin, and if a crust or other obstruction has been formed, it may be softened by gently introducing into the ear the vapor or warm water.

If there is no obstruction, and yet the passage is dry and painful, relief will be obtained by applying pieces of warm bread fresh from the oven to the ear; changing them as often as they get cold; or the ear may be held over a small loaf of warm rye or bran bread, through the crust of which a hole has been made previously.

When the glands of the neck become hard and swollen after the suppression of the discharge, give *Pulsatilla;* later, *Mercurius* or *Belladonna*.

If severe headache and fever occur, give *Belladonna* first; if no relief is obtained, then give *Bryonia*. If it is produced by a violent cold or wet feet, and the patient is better for exercise, give *Dulcamara;* but if better by keeping quiet, give *Belladonna*. If worse when warm in bed, *Mercurius*.

If, after a suppressed discharge, a swelling like mumps takes

place, give the remedies prescribed for mumps. But if the swelling be in the genitals, give *Nux vomica* in the evening; and if that does not relieve, *Pulsatilla* in the morning.

Sometimes a violent headache arises, which becomes dull, with a pressure, as if the skull were too small; the eyes become red; the pain is worse when moving, and followed by fever; sometimes spasms in the face occur, swelling of the head, loss of memory, &c.; followed by a roaring and rustling in the ears, deafness, and a sudden discharge of matter. Let the ear be cleansed with lukewarm water, and the patient lie on the side affected, having a small cushion or folded napkin placed about the ear. If the malady is perceived before the purulent discharge, give *Hepar;* if not better in a few days, *Mercurius.* If this produces no marked result after three doses, give *Lachesis;* after this again *Hepar.*

The same treatment is to be observed when the running ceases suddenly. As soon as there is an escape of matter, the patient is safe, and nothing more is necessary to be done, if this does not take place the patient may die. The most skilful physician cannot always cure this evil.

Buzzing in the Ears.

This complaint is generally connected with running of the ears and difficulty of hearing; or with earache. Sometimes with "headache," and "determination of blood to the head." In such cases the appropriate medicines for these diseases should be given.

If, however, it is unconnected with other symptoms, and arises from cold, is worse in the morning, *Nux vomica* is the proper remedy.

Pulsatilla, if worse in the evening.

Dulcamara, if worse in the night; to persons who perspire much, *Mercurius;* to those who cannot perspire, *Chamomilla;* to very sensitive persons who have taken much mercury, or suffer much from fever, or liver complaints, when the buzzing is more hissing, like a ringing or singing, give *China;* but if louder, more like the noise of a humming-top, or when *China* does no good, *Carbo vegetabilis.* In old persons, especially if it is on one side, with great determination of blood to the head, which seems to cause the buzzing, *Arnica* is beneficial, and must

be repeated whenever it becomes worse. If it returns always with or becomes worse from wet weather, if it is worse in doors, particularly after going to bed, if it causes hard hearing, if it is accompanied by pain in the throat, running of tears, or trouble when making water, give *Cepa*. If it has been of long continuance, apply to a physician.

Sometimes, when the least noise cannot be borne, *Sulphur*, given once, and afterwards *Aconite*, several times, will do good. If this fails, give *Carbo vegetabilis* once, and *Coffea* several times afterwards.

If attended with great sensitiveness when exposed to the wind, or with echoing of every step and word, with persons who suffer frequently from tearing pains in the limbs, give *Causticum* two successive mornings.

Hardness of Hearing.

This complaint is generally connected with other diseases, and will only cease when they are removed. When it is of long standing it cannot easily be cured; but that which is of a recent date is very easily removed.

In children, and not unfrequently in grown persons, it is caused by some obstruction in the ear. The ear should be examined carefully, by placing the patient in such a position that the light may fall into the ear; if an ear-speculum is at hand it will enable us to see down to the bottom of the ear passage. In case there is an accumulation of hard black wax in the ear, which can easily be detected, this must be removed by the syringe. Warm water alone should be used for injecting. It is dangerous to introduce hair-pins or ear-picks into the ear, as these can never extract the hardened wax, and they often push it still further into the passage, even as far as the drum of the ear, causing exquisite pain, and inflammation if it be not immediately removed. Caution is required in the use of the syringe, not to introduce the nozzle too far, nor to inject too violently. Whilst using it the outer ear should be drawn upwards and backwards in order to straighten the canal.

If too great a dryness or want of wax is the cause of the deafness, sometimes *Carbo vegetabilis* or *Lachesis* prove useful. The passage may be moistened by means of glycerine, which should be introduced into the ear at night on a little cotton wool.

Hardness of hearing, attended with singing, tingling and twittering, is sometimes speedily cured by *Veratrum*.

If connected with running, give the medicines prescribed for

this complaint, especially *Pulsatilla*, *Mercurius*, *Sulphur*, *Calcarea*, *Causticum*.

If it is in consequence of measles, *Pulsatilla* or *Carbo vegetabilis;* after scarlet fever, *Belladonna* or *Hepar;* after small-pox, *Mercurius* or *Sulphur*.

If connected with cold in the head, and its general attendant, a sore throat, which is relieved by swallowing, gargling with warm water is advisable; if this does not cure it, give *Chamomilla*, or *Arsenicum*, or *Lachesis*.

If it arises from rheumatism, which has been suppressed by a cold, and has fallen upon the ear, give the medicines proper for the rheumatic pains, and afterwards *Bryonia*, *Dulcamara*, or *Sulphur*.

If caused by suppressed eruption of the skin, or ulcers healed by salves, &c., give the remedies for these, particularly *Sulphur* or *Antimonium crudum*.

If the patient has been affected with piles, sometimes *Nux vomica* gives relief; if with nervous fever, *Arnica* or *Phosphoric acid*.

If the tonsils are swelled, and cause hardness of hearing, *Mercurius vivus* and *Staphisagria* frequently prove useful.

In tedious complaints of this nature, dieting and drinking plenty of cold water is of great importance. If not removed by the means recommended above, consult a homœopathic physician.

Besides the above mentioned remedies you may, after comparing the remaining symptoms, take your choice among the following: *Veratrum*, *Staphisagria*, *Arsenicum*, *Hyoscyamus*, and in very critical cases *Silicea* or *Calcarea*.

Beware of all remedies which, in their application, must be introduced into the ear. It is a great mistake to think that the ear can bear more than the eye. It is more easily affected, only that the effects are not soon apparent. Affections of the ear are generally very tedious and difficult to cure, and sometimes quite incurable; whereas the eye can endure more, and recovers more speedily.

CHAPTER IV.

AFFECTIONS OF THE NOSE.

Pains and Eruptions.

For pains and eruptions, see "Toothache, and Eruptions."

Swelling of the Nose.

Arnica, when the nose is swelled in consequence of having received a blow, or when the swelling occurs without any apparent cause, accompanied by itching, and pain in the superior part of the bone, as if after a blow.

Belladonna, when the swelling is attended by catarrh, when the orifice of the nostril is swollen and sore, with redness, heat and pains, sometimes extending inwards, with burning, pricking and dryness; the smell sometimes very sensitive, sometimes too weak; and, where it does not suffice, *Hepar* after it.

Mercurius in watery running from the nose, making it sore, and when the nose is red, having a shining, swollen appearance, with itching, pains in the bone upon pressure. In these symptoms it is better to begin with this remedy, and to give *Hepar* afterwards, or perhaps *Belladonna*.

Hepar, in swellings occurring in persons who have taken much calomel; and afterwards *Mercurius*.

Bryonia is sometimes of service in tedious, painful swelling.

Sulphur, in swelling, with black specks on the nose.

Phosphoric acid, in chronic swellings, and also against red specks on the nose.

Causticum, against warts on the nose.

Rhus, when the point of the nose is red.

Arsenicum, when it presents a coppery redness, accompanied with a craving for spirituous liquors.

Rhus and *Ruta*, for coppery redness, brought on by the immoderate use of liquor or not.

Bleeding of the Nose.

Bleeding of the nose occurs in the course of many diseases, and frequently benefits the patient considerably. It ought not to be interrupted, unless it is too violent or lasts too long. Cold water, vinegar, sponges, corks, brandy, tinder, creosote, &c., applied inconsiderately, may have a very injurious effect. Filling up the nose is always useless; it is better merely to compress it, and to see whether the blood stops, or whether it flows into the throat.

The bleeding may be stopped by extending the arm which is on the same side with the bleeding nostril, upwards perpendicularly over the head, though when the arm is taken down again the bleeding is liable to return.

Arnica is the best remedy for bleeding of the nose occasioned by a blow, fall, or any external injury, and also when it is preceded by itching of the nose and forehead; when the nose feels hot, and the blood is of a bright red color. It is especially suitable for men.

Pulsatilla, for women, especially those of a mild, quiet disposition, or who have too weak a flow at menstrual periods, and also if the bleeding takes place during a catarrh, with alternate running and stoppage of the nostrils, and when the bleeding recurs in the afternoon, evening, or before midnight.

Aconite, against violent bleeding, brought on by being overheated, or that caused by determination of blood to the head, or by drinking wine; it is particularly applicable to persons of a plethoric habit, with fever, flushed face and strong pulsation of the arteries of the temples and neck.

China in enervated and debilitated subjects who have frequent and long-continued attacks of hemorrhage, with great paleness of the face, coldness of the extremities, convulsions, &c.

Bryonia against prolonged hemorrhage, especially in warm weather, from over-heating or drinking wine; also when the bleeding occurs chiefly at night, causing the patient to wake out of sleep, or in the morning; the disposition irritable or obstinate.

Belladonna is frequently of service after or in alternation with one of the above remedies; when the hemorrhage takes place at night, or returns in the morning, or arises from over-heating, or drinking wine.

Rhus, if the nasal hemorrhage was brought on by great exertion, overlifting, straining, &c., and is worse every time the patient stoops.

Crocus for bleeding from the nose, when the blood is very dark, almost black, of a thick viscid character, and when the hemorrhage is accompanied hy cold sweat on the forehead, the disposition being at the same time very variable, laughing alternating with sadness.

Nux vomica, bleeding at the nose which returns in the morn ing, also that from overheating, drinking wine, &c., or in habitual drunkards. *Lachesis* may also be required in the latter case.

Mercurius when bleeding takes place at night *during sleep* and coagulates immediately in the nostrils in cone-shaped clots.

Cina in children who are subject to worms, or when the bleeding is brought on by picking and rooting at the nose.

Sulphur or *Carbo vegetabilis* will frequently be found beneficial in persons who are subject to repeated attacks of nasal hemorrhage. They may be taken once or twice a week.

If the above remedies fail in stopping the hemorrhage after a sufficient time has been allowed them to act, benefit may be derived, especially in bleeding consequent upon over-heating or drinking wine, from immersing the hands in warm water, and afterwards keeping quiet. A large key or other instrument of iron applied cold to the spine will often stop hemorrhage from the nose.

Although plugging the nostrils is in most cases unnecessary, yet when the hemorrhage becomes alarming in consequence of great loss of blood—the remedies given having failed to check it; or where the blood passes back into the throat, or where there is danger of suffocation, it may be resorted to.

The posterior outlet may be plugged by passing threads up through the nostrils and bringing them out at the mouth, fastening a small piece of lint or sponge to them and drawing them back again. The anterior outlet is easily plugged by pushing pieces of lint or sponge into it with a probe or small stick.

Polypus of the Nose.

A pear-shaped tumor which springs from the lining membrane of the nose, is called a polypus. It is usually narrow at its root and expanded below, hence its name. One or both nostrils may be the seat of this disease.

In consistence it is in some instances firm, fleshy, and very solid, in others, extremely soft and tender. The most common form bears in consistence, shape, color and size, a resemblance to the common oyster. When both nostrils are filled with the disease, the patient breathes with difficulty, and with a peculiar rattling noise.

In the treatment of polypus the remedies which have been used with most

success are *Calcarea*, *Phosphorus*, *Staphisagria*, *Silicea*, and *Sanguinaria*. It is always best to consult a homœopathic physician.

Ozœna.

A troublesome ulceration of the lining membrane of the nostrils, attended with fetid discharge, and sometimes followed by destruction of the catilages, and by caries of the bones of the nose, is termed ozœna. Its origin is probably in most instances connected with syphilis. In other instances, however, there are marks of a purely scrofulous taint.

One of the most troublesome attendants of the disease is the accumulation of thick mucus or incrustations which sometimes block up entirely the passages of the nose.

This disease, if not checked, not only attacks the cartilages and bones of the nose, but extends to the cheek. If the patient should recover after such ravages, he will be frightfully disfigured.

Arsenicum or *Lycopodium* have been recommended, the former when the pains are very severe and of a burning and throbbing character; the latter, when the discharge is thick and yellowish. Consult a physician.

Catarrh or Cold in the Head.

Mercurius is a principal remedy in epidemic catarrh, (influenza or grippe,) when many persons are affected with it at one time; especially if there is constant sneezing; soreness of the nose with constant watery discharge; offensive smell; profuse perspiration at night; the catarrh worse in the morning, and also when accompanied by fever; the patient does not like to be alone, and has much thirst, feels the heat uncomfortably, yet cannot bear the cold. If, after twelve hours the symptoms are milder, give nothing more; if they have been better and become worse again, give *Hepar*. It is especially serviceable for children, and catarrhs caused by suppressed perspiration with fever and pains in the different parts of the limbs.

Hepar may be given instead of *Mercurius* to persons who have previously taken much calomel: and also when the catarrh is renewed by every breath of wind, or when the catarrh affects only one nostril, and the headache is increased by every movement. If, after waiting twelve hours, *Hepar* does not prove effective, give *Belladonna*.

Cepa for the common catarrh, which attacks many people at the same time, and is caused by wet, windy weather; which commences generally on the left side; with much sneezing,

much running of the nose, which is inflamed and sore down to the upper lip; with running of the eyes, headache, cough, thirst, heat, pain in the teeth or all over, worse at night and in a room, better in the open air and in the cold.

Lachesis will be useful in catarrhs of the severest kinds, with profuse watery running from the nose, accompanied with great soreness and swelling.

Arsenicum, when there is not much fever, heat or thirst; the patient is restless, particularly at night; drinks often, though but little at a time; is very weak and easily agitated; the discharge acrid and corrosive; excessive soreness of the nostrils and violent burning of the nose, both internally and externally. Exercise and warmth are agreeable, and exposure does not aggravate the disease.

Nux vomica, for the same symptoms as *Arsenicum*, when the latter causes no improvement in twelve hours, or when the catarrh is fluid during the day, and dry at night; the mouth dry and parched without much thirst; tightness of the chest and constipation. This remedy is also particularly useful in alternate fever and chilliness, especially in the evening, and also when there is great heat of the head and face.

Ipecacuanha, when *Arsenicum* or *Nux vomica* appear to be indicated, but are insufficient.

Dulcamara, when the patient feels better when in motion and worse when at rest, and the slightest exposure renews the obstruction.

Pulsatilla when there is not so much soreness of the nose, but the patient is at once deprived of appetite and smell; the mucus discharged is thick and yellowish, or sometimes green and offensive.

Euphrasia is serviceable in catarrhs accompanied by a discharge of white mucus from the nose, and soreness and watery running of the eyes.

Chamomilla frequently cures catarrh with ulcerated nose, chapped lips, one cheek being pale and the other red, with chills and thirst.

If a patient is subject to very frequent recurrence of catarrhs which are very difficult of cure, it will often be found that he eats too much salt. In this case he should be as moderate in the use of salt as possible, and smell now and then sweet spirits of nitre.

For catarrh, which lasts long or returns again and again, the nose either running or stopped up, take *Silicea* two mornings in succession.

When the *catarrh has been suppressed*, and headache is the result, give *Aconite*, and if the catarrh does not return soon, give *Pulsatilla*, *China*, or *Cepa*. When there is difficulty of breathing, give *Ipecacuanha* a couple of times, and if the patient does not improve, *Bryonia;* let the patient drink hot water, with milk and sugar, and let the vapor of hot water pass up the nostrils. If none of these medicines afford relief, give *Sulphur*.

If the catarrh is connected with other complaints, particularly with those mentioned in the subsequent chapters—such as affections of the breast or lungs, hoarseness or cough, look under these respective heads for the necessary remedies.

Never suppress a cold either by cold or drugs; it is always a purifying process. Nobody takes cold who has not other impurities in his system. One is much more liable to catch cold after eating or drinking sharp, superfluous or indigestible things. Many children will not get rid of a cold as long as they indulge in too much sugar, syrup and other sweets. There are whole families, every member of which will have a cold in the head for three days every time they eat of roasted goose.

CHAPTER V.

AFFECTIONS OF THE CHEST.

Hoarseness.

Among the common domestic remedies for hoarseness, there are many which are decidedly injurious; and others, which, if they do good, always leave after them a disposition to a relapse. Hoarseness, when it returns frequently, is always a serious complaint. It may sometimes be relieved by mixing rock-candy with the yolk of a fresh raw egg and taking this two or three times at night; a perfect cure, however, can best be effected by the following remedies.

Chamomilla, especially in children, if there is hoarseness with

catarrh, tough mucus in the throat, with dryness, burning and thirst; the temper cross, vexed or morose and taciturn.

Nux vomica, in persons of sulky, quarrelsome, obstinate and headstrong disposition, against a rough, deep, dry cough, arising from dryness in the throat, with tightness of chest and sore throat, the mucus not loose, attended by alternate chills and heat.

Pulsatilla, for hoarseness accompanied with stinging and soreness in the throat and palate; pain when swallowing; catarrh, with much yellow, green and offensive discharge; a loose cough and pain in the chest, with chills; without thirst; and with a capricious appetite. It is particularly applicable when the patient has been several days unable to raise his voice; if *Pulsatilla* does not suffice, give *Sulphur*.

Mercurius is the principal remedy when the voice is hoarse and rough, with burning and tickling in the larynx—a disposition to perspire, which does not, however, relieve the patient, and when every breath of air aggravates the case.

Capsicum in hoarseness accompanied with itching and obstruction of the nose, or with cough producing pain in different places.

Rhus, if there is hoarseness with roughness of the throat; sneezing and discharge of mucus from the nose, and difficulty of breathing.

Apium virus, if the throat is very tender, not only rough but dry, with difficult breathing only after moving.

Sambucus against hoarseness with deep, hollow, dry cough, which occasions catching of the breath, or with yawning, uneasiness and thirst.

Carbo vegetabilis against protracted hoarseness, worse morning and evening, and after talking; it is also efficacious in hoarseness and cough following measles.

Silicea against hoarseness accompanied by tedious catarrh.

Drosera, in hoarseness with hollow and deep-seated cough.

Causticum, in obstinate cases of hoarseness, sometimes com-

bined with catarrh; soreness of the chest and occasionally of the throat.

There is a chronic form of hoarseness to which public speakers, especially clergymen, are very liable, (hence it has been named "Dysphonia clericorum," or "Parsons' sore throat,") which is often a very obstinate and intractible disease. The best remedies for it are *Causticum*, *Calcarea*, *Carbo vegetabilis*, *Hepar*, *Lachesis*, *Phosphorus*, *Sulphur*. *Mercurius*, *Spongia*, and *Silicea*.

If there is in man a tendency to the frequent recurrence of hoarseness, the beard about the throat should be allowed to grow, as that seems to afford the best protection to the delicate organs of the voice, in those exposed to much variety of temperature and to the undue exercise of their voices. It is to be remarked that clergymen, public singers and actors, who are chiefly liable to this disease, are at the same time, usually, close shavers, besides having to strain their voices; whereas the disease seems to be much less frequent among public speakers who do not use the razor beneath their chin. Of course, we would not have it be supposed that a confirmed case of dysphonia would be cured by allowing the beard to grow, though we are fully persuaded, that the shaving of the beard may operate as an exciting cause in the production of this most annoying affection.

Cough.

Cough may be either combined with cold in the head, being more or less to the chest what cold in the head is to the nose; or it may arise from other diseases. In the former case the appropriate medicine should be selected from among those recommended for cold in the head; in the latter, the respective symptoms with which the disease is attended, must be taken into account. For instance, if there is a dry, hacking cough, violent pain in the chest, which is worse when breathing, if the patient was taken with a chill followed by much heat, the pulse quick and hard: there is inflammation in the chest, and you have to administer the remedies prescribed for that complaint.

The medicines which are here first mentioned, will seldom cure a cough of long standing; you must have recourse to those, the effects of which are more enduring, and which are described towards the end of the list. It frequently happens that an obstinate cough can be cured only by a homœopathic practitioner; and sometimes it is a symptom of a disease which is already incurable.

Nux vomica should be given for a *dry cough*, which is caused by a rough, scraping, acrid sensation, and itching in the palate; when it is lasting and weakening, with pain as if the head were being rent asunder, or a sensation as if bruised in the upper part of the abdomen, with pain afterwards under the ribs, particularly when the cough awakens the patient early, or is then worse, or only a little mucus is discharged with much trouble. Also, when a slight cough lasts the whole day, with pain in the pit of the throat, and is worse in the evening, but better during the night; when during the night the breathing is oppressed,

and there is a feeling of weight upon the chest, and the patient has a heated and parched mouth. For energetic and *plethoric patients*, who drink much coffee and spirituous liquors, *Nux vomica* is particularly suitable. It also answers for a dry exhausting cough, which is worse during the night with trifling expectoration in the morning, or worse from reading, thinking and exercise.

Chamomilla should be given for a similar dry cough, which is worse at night, even during sleep, and arises from a tickling in the pit of the throat—something rising in the throat and taking away the breath—particularly in children, and during the winter after taking cold. Also for a tickling cough, which is caused by speaking, in the morning and evening, but which ceases after the patient gets warm in bed; also when in the morning some tough, bitter mucus is thrown up.

Hyoscyamus answers for a dry cough, which is worse at night, and prevents sleeping; also when lying down, with tickling in the wind pipe, or when the cough comes in spasms, sometimes attended with stitches over the eyes, or with soreness in the muscles of the abdomen; a rattling noise in the throat, caused by breathing whilst there is mucus in the windpipe.

Ipecacuanha frequently answers for *children*—even for the smallest—when on coughing the mucus almost suffocates them; when the cough is spasmodic, or affects them so much that they can scarcely breathe, and they become purple in the face, and the limbs quite stiff; give it dissolved in water, a teaspoonful every ten to fifteen minutes until better; the same remedy answers when there is a tickling sensation in the larynx, with contraction, the cough quite dry, or trifling expectoration of mucus of an offensive taste—or when it causes loathing, nausea and vomiting of mucus; when it is attended with pain in the abdomen, particularly about the navel, or a pressure upon the bladder, as if the urine could not pass—or there is a throbbing in the head and pit of the stomach, and soreness of the chest; after the cough, shortness of breath and perspiration of the forehead; walking in the cold air excites the cough afresh.

Belladonna for a similar spasmodic cough, which does not allow the patient to recover his breath, which shakes the whole body, and is excited by a constant insupportable tickling in the larynx, without any phlegm on the chest; or as if caused by something like down in the throat, producing a splitting sensation in the head, with a feeling of pressure in the neck, as if it were breaking, or for a cough attended with a trifling discharge of mucus, mixed with blood, with stitches in the chest and on the left side under the ribs; tearing pains in the chest; short, quick, difficult breathing; chapping of the lips, red face, and pain in the head; or when the attacks terminate with sneezing, accompanied by catarrh, or stinging pain in the hips and in the abdomen, as if something were giving way.

Mercurius for a dry cough, which exhausts and convulses the patient much, particularly at night; or a tickling cough before falling asleep; sometimes attended with spitting of blood, shooting pains in the chest; in the case of children frequently attended by bleeding of the nose, inclination to vomit, pains as if the chest and head were going to burst, accompanied by hoarseness, running catarrh, or diarrhœa.

Carbo vegetabilis for spasmodic cough, coming on several times during the day or evening, attended with retching and vomiting, heat and breaking out of perspiration, soreness of the chest, white, gray or yellow expectoration, coughing up of blood, with burning pains in the chest; pain in the larynx, as from ulceration, shooting pains through the head.

Capsicum for a dry cough, worse in the evening and during the night, and which sometimes excites vomiting; pains shooting through different parts of the body, also causing rending headache; sometimes accompanied by oppressive pains in the throat and ears, or with drawing pains from the chest to the throat, stitches in the chest and back, or pressure on the bladder and shooting pains in that region, or stinging and tearing pains from the hips to the knees and feet.

Apium virus for a cough which is caused by a tickling in the pit of the throat, worse before midnight, after lying down, or

after sleeping; which is better as soon as any phlegm is raised; with headache and shortness of breath; after a rash, particularly nettle-rash, which had preceded it or which did not break out completely.

Rhus sometimes for a dry, short night-cough, commencing with a tickling in the chest, which causes agitation and asthma, particularly in the evening and before midnight, whereby the head and chest are shaken a great deal; or with tightness and shooting pain in the chest, pains in the stomach, sometimes stitches in the thighs; particularly when the air makes it worse, and heat and exercise affect it favorably; also for cough with a taste of blood in the mouth.

Nux moschata for a cough, which gets much worse after one becomes warm in bed; for a dry cough with shortness of breath; after taking cold from wet feet, or standing in the water; after being overheated by hard working; particularly for those who become easily hoarse when walking against the wind and who have a cool, dry skin, and like warmth, in general for inconstant people.

Cina for a dry cough, at times accompanied by expectoration of mucus; in children who start suddenly as if they were losing their senses; afterwards with anxious gasping for breath, moaning and paleness, or a hoarse, hacking cough every evening, particularly in children who have worms; or at the same time running catarrh, with a burning sensation in the nose, and violent sneezing, which makes them cry.

Ignatia for a dry cough, during the day as well as by night, with a sensation as if there were something like down in the pit of the throat; worse towards evening, with an irritation increasing with the cough, or with a feeling of tightness in the pit of the throat, with a running catarrh; in persons who have been affected by grief, or when it grows worse every day after meals, in the evening after lying down, and in the morning after getting up.

Euphrasia or *Cepa* for a cough with catarrh; heat; running and soreness of the nose; red, running eyes; shortness of breath;

much phlegm on the breast; chilliness. *Euphrasia* if worse during the day, particularly in the morning, no cough in the night, worse in the open air, head and eye symptoms worse on the right side. *Cepa* if the cough is worse towards evening and during the night; if the shortness of breath comes on in the middle of the night; head and eye symptoms worse on the left side; better in the open air.

Pulsatilla when the cough is dry in the beginning for half a day, with retching; then attended with expectoration of mucus, which is discharged easily; sometimes streaked with blood; in the morning much yellow, salt, bitter, disgusting expectoration, sometimes accompanied by retching; the windpipe at the same time feeling rough, and the abdomen sore as from a bruise, or there are shooting pains in the arm, shoulder and back; or the urine escapes whilst coughing.

Bryonia answers for a dry and for a moist cough; for a dry one, when commencing with a tickling in the throat, or when the fit comes on after eating, and is so bad as to cause vomiting; or for a cough which begins as soon as the patient gets into a warm room; or with bad stitches in the side, and afterwards a trifling spitting of blood; with a yellowish expectoration; when every fit of coughing is felt in the head, or accompanied with shooting pains in the head, throat and chest.

China when there is an inclination to a short hacking cough, as if caused by sulphur, without any discharge of mucus; which is, however, in the throat, and causes a whistling noise; the expectoration which follows is streaked with blood, with pressing, stinging pains in the chest and the windpipe, or a clear, tough mucus, which is difficult too loosen, with pains in the shoulders, sometimes accompanied by vomiting of bile; and for cough after hemorrhage from the lungs.

Arnica for cough with expectoration of mucus and clotted blood, or light, frothy blood, at the same time asthma; the ribs and the abdomen feeling as if bruised and lacerated, shooting pains in the head, the chest, the abdomen, and the small of the

back; also for moist and dry cough in children, early in the morning or when asleep, with weeping and screaming.

Veratrum for a deep hollow cough, as if proceeding from the abdomen, with griping, salivation, blue face, involuntary discharge of urine, violent pains in the side, and at the same time difficulty of breathing and great weakness, sometimes accompanied by shooting pains which pass downwards through the abdomen, with a sensation as if a rupture was about to take place.

Arsenicum for a moist cough with but little expectoration, which is tough, lying on the chest and causing asthma; coughing every time after drinking; for cough during the night, with spitting of blood, and a burning heat all over the body, want of breath, extreme fatigue and weakness; or every evening dry cough, which is very fatiguing; with oppression of the chest when going up stairs and in the cold air; also palpitation of the heart and agitation during the night.

Dulcamara for a moist cough, particularly after taking cold, with hoarseness, sometimes accompanied with spitting of light red blood during the night; or a whooping, barking cough, excited by deep breathing; coughing from a cold, aggravated by being in a room, and by lying still; better when moving.

Drosera for a moist cough or for a dry one, accompanied by hoarseness, pain in the chest and under the ribs, so that the patient is obliged to hold the painful part with his hands; sometimes attended by retching and griping in the abdomen, when the expectoration is tardy; vomiting of food, after which, of phlegm and water; discharge of bitter, purulent matter; or with oppression, as if, while coughing, the breath remained in the chest, so that either coughing or speaking seems impossible.

Staphisagria for cough with expectoration of yellow mucus, resembling pus, particularly during the night, with pains as if caused by ulceration under the breast-bone, collection of water in the mouth, occasional spitting of blood preceded by a feeling of scratching in the breast, and involuntary discharge of urine.

Phosphoric acid, for coughs with expectoration, great hoarse-

ness, coughing occasioned by a tickling in the pit of the stomach or of the throat, dry in the evening, in the morning attended by a white or yellow discharge; cough with oppressive pains in the chest, and expectoration of pus; when coughing, a rending headache, inclination to vomit, and burning in the throat and chest.

Silicea, for *tedious cough*, with expectoration of much phlegm, transparent lumps, or yellow pus, with a pressure on the chest, so convulsive as to cause pain in the throat and abdomen; or a deep, hollow cough, with spitting of blood; dry cough, with pain and soreness of the chest; or a cough which threatens to suffocate the patient in the night, or with asthma and emaciation.

Sulphur, for tedious dry cough from tickling in the throat, coughing with contraction of the chest, and retching; only during the night, preventing the patient from sleeping; or dry during the night, but during the day attended by yellowish expectoration, or thick mucus, pus and blood; when coughing, single stitches in the chest or under the ribs on the right side; feeling as if the chest were about to burst when coughing or sneezing; the breast tight and full, difficulty of breathing, whistling and rattling in the chest, palpitation of the heart, the patient obliged to sit up during the night; or when the cough is attended by a rending pain in the head, blackness before the eyes, heat in the head and face, but cold hands.

Calcarea, for tedious cough, caused by a tickling as from down in the throat, so violent in the evening and during the night that every vein throbs, or in the night, during sleep, dry cough with pain, or rattling or rumbling in the chest, particularly in very fat children, where *Ipecacuanha* suits, but does not suffice; for cough with copious expectoration, particularly during the day, lumpy, purulent, yellow, greenish, brown, so offensive as to cause vomiting; when coughing, a stitch in the side and chest and burning in the latter; tearing and shooting pain in the head; also a pricking pain in the side when breathing deeply, when moving and bending; in the evening, heat, chills and thirst,

perspiration during the night, particularly on the breast, great weakness, and much anxiety respecting the malady.

Lachesis, for cough excited by pressing the hand upon the chest, the patient unable to bear anything on the neck, coughs during the night in his sleep; or feels a tickling in the throat; the whole chest, up to the shoulders, feeling sore, with stitches in the side, and spitting of blood; or coughing as if something liquid had got into the windpipe; or violent cough from ulcers in the throat, with retching, hawking up of phlegm, and much saliva in the mouth; difficulty in expectorating, the cough bad after meals, after sleeping and after rising; at the same time pain in the throat, ears, head and eyes.

Causticum for a protracted, dry, short cough, or for a hollow one, with excoriating or burning pain in the chest and in the windpipe; scraping in the throat and rattling in the chest; pain in the hip, as if going to burst open, or other rheumatic pains; the urine escapes while coughing.

For tedious coughs, choose particularly among the remedies recommended last: *Causticum*, *Lachesis*, *Calcarea*, *Sulphur*, *Silicea* and *Phosphoric acid;* but should they not, though agreeing with the symptoms, effect a permanent cure, use *Staphisagria*, *Dulcamara*, *Arsenicum* or *Carbo vegetabilis*. The remaining remedies are most efficacious in coughs which are not of long standing.

When a cough, which appears suddenly, is accompanied by tension in the chest, difficulty of breathing, pain in the throat and windpipe, attended with soreness and rawness, especially if after coughing at night a burning sensation remains, the voice rough and hoarse, fever, and a quick, hard pulse, always commence by giving *Aconite*, and from five to six hours after, or the following morning, the suitable remedies for the cough.

But when the cough is very exhausting and suffocating, with much phlegm on the chest, give first *Ipecacuanha*, and a couple of hours after, another suitable remedy.

When the cough is rough and hollow, and there is barking, or whistling and wheezing, particularly with children, examine what is said of hooping-cough, croup, and suffocating cough, and compare the remedies there prescribed with those indicated here.

In recent coughs, with cold in the head, it is always best to keep warm, and guard against further cold for a few days; but this ought not to be carried to excess, or the patient will become more and more sensitive to cold. For children, it is much better to come out every fair day, and to be washed daily in cold water. Children who are liable to get their feet wet should wear water-proof goloshes, or gutta-percha soles. A person affected with cough should occupy, not a cold, damp room which lies to the north or north-east, but a dry room facing the south.

Those who are very liable to catarrhs and coughs, or sore throat, will be benefitted much by washing and rubbing the whole body every day; it is sometimes of use to wear a black or white silk ribbon around the neck, or a silk stock fitting closely around the neck; cotton should be worn next to the skin, but no wool or flannel, which is only suitable for sailors and others who are frequently drenched to the skin by the rain.

In cases of cough, particularly of children, sweet things, as rock-candy or figs, may be allowed. Gum arabic likewise.

Never refuse cold water to a person who suffers from cough, although it should make the cough worse every time; and force no one to take warm and intoxicating drinks—it is a practice which has sent many a patient to the grave, and subjected others to long and severe tortures.

Hooping Cough.

This affection has been divided into three stages, the *first* or febrile stage resembling ordinary catarrh, attended with chilliness, slight fever, depression, increased flow of tears, sneezing and discharge from the nose, along with a dry, fatiguing cough, which returns by fits.

The duration of this stage is various—it may last for a few days only, or may continue for weeks. It seldom, however, exceeds a fortnight.

In the *second*—the nervous and spasmodic or convulsive stage—the characteristic symptoms of the disease present themselves.

The cough becomes excessively violent and distressing; the patient, feeling its approach, runs to lay hold of some object to support himself until the paroxysm is ended. These occur more frequently at night, and consist of a series of forced, quick and unequal expirations, which follow each other so rapidly that inspiration is impossible. The face becomes swollen and livid; the tears are discharged copiously; the veins of the neck are prominent; a copious perspiration breaks out, and suffocation appears imminent. Soon, however, short, imperfect inspirations are effected, and then a long, slow and laborious inspiration, accompanied by a peculiar noise, which has been compared to a *whoop*, and from which the disease takes its name. The paroxysms sometimes succeed each other every five or ten minutes, at others not more than four or five occur during twenty-four hours. They are usually terminated by a fit of coughing and discharge of ropy mucus, or by a fit of vomiting. It is not an uncommon occurrence for blood to be discharged from the nose, and occasionally from the mouth and ears, during the paroxysm, and the eyes are also frequently injected with it.

The duration of this period is various; sometimes it terminates in two or three weeks, at others lasting for months. The average is perhaps from two to four weeks.

The *third stage*, or the *stage of decline*, is made known by the paroxysms growing shorter and shorter, and less violent and frequent; the *whoop* gradu-

ally disappears, and the cough does not differ from that of ordinary catarrh, and gradually ceases.

Hooping cough is almost entirely a disease of childhood, and one which very few individuals escape. It usually prevails as an epidemic, and is by the majority of physicians acknowledged to be contagious. It is probably most easily communicated in the second stage, after the disease has become fully formed, and during the decline.

Aconite when, at the commencement of the disease, the cough is dry and whistling; accompanied by fever, or by sore throat; the patient complains of a burning pain in the larynx, and sometimes points to it with the finger.

Dulcamara, if the attack was apparently brought on by exposure to wet or dampness; the cough loose and expectoration copious, accompanied by hoarseness.

Pulsatilla, for loose cough, followed by inclination to vomit or vomiting, also with sneezing, weakness of the eyes, increased running of tears, and slight hoarseness.

Nux vomica. Cough dry, accompanied by vomiting and great agitation, blueness of the face, fear of suffocation, and sometimes bleeding from the nose and eyes; the cough coming on particularly after midnight, and lasting till morning.

Ipecacuanha may advantageously follow *Nux vomica*, especially if there still appears to be great danger of choking, with blueness of the face, anxiety, &c.

Belladonna, if in the beginning the cough is dry and hollow or harsh and barking, worse at night, with congestion to the head, and headache or sore throat.

Mercurius. Cough mostly at night, and occurring in two successive paroxysms which follow each other in quick succession, after which there is a considerable interval of repose; also for cough with vomiting and bleeding at the nose, the blood soon coagulates; perspiration at night, with great sensitiveness; it is especially suitable for children who have suffered from worms.

Bryonia and *Phosphorus* are serviceable when the hooping-cough is complicated with disease of the chest, with pain, fever, &c.

In the *second* or convulsive *stage*, *Veratrum*, *Drosera*, *China*, *Carbo vegetabilis* and *Cuprum* will be found of most benefit;

sometimes it may be necessary to alternate them with *Nux vomica*, or some of the foregoing remedies.

Veratrum acts quickly, and may, in most cases, be tried first. Give two or three globules of it immediately after the paroxysm, and wait until the next; if the paroxysms continue as severe as at first, or grow worse, give the same, and then wait from twenty-four to thirty-six hours, or as long as the case continues to improve; when it gets worse again, give another remedy. It will be especially indicated when there is great weakness, fever, cold perspiration, particularly on the forehead, with quick, weak pulse and much thirst. And also when, during the paroxysm, there is involuntary discharge of urine, or when there are pains in the chest, the abdomen and the groin; when between the paroxysms the patient is not very lively, and shuns exercise; when the neck is so weak that it can hardly support the head; when there is great chilliness and much thirst, and no inclination to speak; also when the body is covered with a dry and scattered eruption, or the eruption appears on the hands and face only. After *Veratrum, Drosera* or *Carbo vegetabilis* generally answers best.

Drosera is to be administered the same as *Veratrum,* in two successive doses, then wait, at most, two or three days; if the patient improves, wait as long as he continues to get better; when this ceases to be the case, select another remedy.

It will be found most serviceable when the patient is worse at rest than when in motion; when the chills are not accompanied but followed by thirst,—when the perspiration is not cold, but rather warm, and occurs only at night; or when the cough is loud and hoarse, the paroxysms very violent, and either unaccompanied by fever, or with decidedly marked fever, chills and heat, but not for slow fever, as mentioned under *Veratrum.*

Cina is most suitable, when during the cough the children become quite stiff, and after the paroxysms there is a gurgling noise, which appears to descend from the throat into the abdomen, and also in children affected with worms, when there is a

disposition to pick the nose, with griping in the abdomen, itching of the anus, &c.

Cuprum metallicum has been found most suitable in cases in which entire rigidity of the body or convulsions ensue after each paroxysm, also when there is vomiting after the attacks and rattling of phlegm on the chest while coughing.

This remedy will in many cases produce a marked improvement, sometimes indeed shortening the duration of the disease very considerably. After it *Veratrum* generally acts most favorably.

Carbo vegetabilis is the chief remedy in spasmodic attacks of cough, occurring twice a day, especially in the evening or forepart of the night; the cough hollow, with increased running of tears, redness of the palate and sore throat, and also in cough accompanied by shooting pains in the head, chest and throat, or with an eruption on the head or body. This is also one of the best remedies in the latter stages of the disease after the more violent paroxysms are subdued.

Arnica is useful when there is considerable hemorrhage from the nose and mouth, or the eyes are injected with blood, when blood is extravasated round the eyes, and they appear as if bruised, and also when each paroxysm of coughing is followed by crying.

Hepar, when the cough is diminishing, but is still dry and hoarse, or hollow and ringing, with occasional retching, followed by violent fits of crying.

Tartar emetic, taken at the commencement of the hooping cough, will in some cases cut short the disease, or greatly diminish its violence. It is also frequently beneficial in the more advanced stages, and where the air-tubes are apparently choked up with mucus. It may be administered by dissolving a grain of the third trituration in a tumbler of water and giving a tablespoonful of the solution three or four times a day.

The *third* or declining *stage,* requires for its treatment the same remedies as have already been recommended in the first stage and in cough or ordinary cold, and must be selected according to the indications there given. Change of air, when it can be had, is very useful in this stage.

During the treatment of hooping cough the *diet* must be light and digestible, and all kinds of stimulants scrupulously avoided.

Emotions of the mind should also as much as possible be guarded against, as they greatly add to the violence, and increase the frequency of the attacks of coughing; this is particularly the case with fits of anger.

Croup.

This dreaded disease can, in most cases be easily cured with homœopathic remedies, so that scarcely one-fifth as many cases prove fatal, as when treated by the old method. It requires, however, great attention; parents ought to be well acquainted with the symptoms, as it is always a dangerous disease.

Children are usually troubled with a slight cough a few days before it makes its appearance; the voice is hoarse, and sometimes the cough is in the beginning somewhat hollow. By selecting one of the remedies recommended for "Cough," the complaint may, in some cases, be prevented. When the cough is hollow and wheezing, *Hepar* should always be *first* given. After this *Sambucus*, *Hyoscyamus*, and *Cina*, or *Nux vomica*, *Veratrum*, *Chamomilla*, *China*, and *Drosera*.

If children wake suddenly at night, and begin with a choking cough, either from want of breath, or an accumulation of phlegm in the throat, take *Tartar emetic*, third trituration, put it in a glass of water, and after stirring it well, give a teaspoonful every ten, twenty, or thirty minutes, according to the violence of the symptoms, until relief is afforded. This medicine should always be kept on hand, but preserved with care.

If this cough is not cured, the croup commences. Sometimes it appears without any of these premonitory symptoms. The child awakes about midnight with the croup; the cough has a shrieking, sharp sound, like the braying of an ass, or like the attempt at crowing of a young cock. It sounds very hoarse; somewhat shrill and hissing, or quite rough, deep and hollow, like the hoarse bark of a dog. The patient inhales with great difficulty and slowly, and emits the breath in jerks. He is much agitated and tries to obtain relief by stretching out the neck.

At this stage the disease is not so alarming as it appears, but it should not be neglected. The best way to lessen the agitation, and make the symptoms yield more easily, is to bathe the arms

as quickly as possible in very warm water. Let both arms be immersed in water, as warm as the patient can bear it, and remain until the choking cough ceases. At the same time give *Aconite* every ten, twenty or thirty minutes, according to the urgency of the case. The application to the throat of a cold wet rag folded three or four times, and covered over with a double fold of flannel or a long worsted stocking, is of great use in this stage and should be worn the night through, even though the urgent symptoms may have been relieved by the medicine given.

In most cases this first attack passes off soon, but the child remains cross, and retains the hoarseness of voice. If, during the night, *Aconite* has been given, give *Hepar* in the morning. Keep the child warm the next day, and on low diet; do not give the child any fruit, not even grapes, as it frequently causes a relapse; flannel may also be put round the neck.

If the cure of the disease is not effected in this manner, and the attack returns the second night, the child complains of a burning sensation in the throat, or points with the finger to the larynx, which is very sensitive, particularly when touched, somewhat swelled, and very hot. The paroxysms become more violent, as if the patient were in danger of suffocating; accompanied by fever and great thirst. The sufferer falls asleep, but soon awakes again with a worse attack. The breathing, during sleep, is oppressed and heaving; the head is frequently bent back, so that the throat is exposed and very sensitive to the touch. If *Aconite* has not been given last, give it now, alternately with *Spongia,* third trituration, every thirty minutes for two hours. Bathing the arms in hot wather is also serviceable in this stage. A sponge dipped in hot water and applied to the child's neck as hot as it can be borne very often does good in this stage. Do not cover up the head, but keep the feet warm; give injections of warm water, unless the child is very averse to it.

If relief follows the administration of *Aconite*, and the paroxysms become less frequent and violent, if the patient perspires, wait from two to six hours, and then repeat it; but if there is no improvement, or if the disease becomes visibly worse not-

withstanding the remedies given, and the danger increases, give *Spongia*, 3d trit.; and if this does not soon effect a change for the better, *Hepar*, 3d trit. Or these two remedies may be given alternately until some improvement takes place; but do not be in too great a hurry. In all cases, where there is no improvement either after *Spongia*, or *Hepar*, give *Arsenicum*.

At the same time keep the child as quiet as possible, and give it from time to time a little mucilaginous drink, if fond of it.

When the disease advances, the hands and feet become cold, the pulse quite small, and the sufferer bends back the head as far as possible (by no means force the head forward, as it might cause suffocation); the belly expands and contracts considerably at every breath, but not the chest, at the same time a rattling is heard when breathing, as if there was something in the windpipe, With the cough comes retching, and finally pieces of membrane are sometimes thrown up. The child is no longer red as before, but pale; during the cough it is of a bluish color in the face, the eyes start from the head, as from terror, and the child grasps convulsively with its hands.

If the above mentioned medicines, *Aconite*, *Hepar*, 3d trit., and *Spongia*, 3d trit., have been given, and the disease attains this point notwithstanding, there is but little hope of saving the patient; though *Lachesis* or *Phosphorus* may be given or alternated every half-hour, as long as there is any improvement; but should no good effect follow, give *Arsenicum*, then *Sambucus*.

If these dangerous symptoms should really appear under homœopathic treatment, try the vapor of sulphuret of potash, at any rate it will do no harm; a warm bath may be used without danger, and it often affords great relief. It should be always borne in mind that croup is one of the most dangerous diseases incident to childhood, and that even the best homœopathic treatment will not succeed in curing every case, more especially if not employed at the very commencement of the disease.

Any hoarseness that may remain after the more dangerous symptoms of an attack of croup have passed, will be removed by *Hepar*, *Belladonna*, *Carbo vegetabilis* or *Arnica*. Children

who are subject to this affection should be guarded carefully against taking cold, and take occasionally a dose of *Hepar* or *Lycopodium;* by these means the predisposition may be removed.

Congestion of the Chest.

This affection occurs more frequently about the age of puberty, and a few years before and after that period than at any other time of life.

The most prominent symptoms of congestion of the chest are: sensation of fulness, throbbing, weight or oppression in the chest; and palpitation of the heart attended with anxiety, short sighing, difficult respiration, &c.

Aconite is serviceable when there is great oppression, with violent heat and thirst, constant hacking cough, which disturbs the patient, particularly during sleep, and apprehension of danger. It will be found valuable in persons of a full habit, especially females of sedentary habits, who suffer from congestion before and after menstruation.

Belladonna may be used if *Aconite* is insufficient, or if the attacks return frequently, and also when the head is much affected.

Nux vomica when the affection has been brought on by sedentary habits, too free indulgence in the use of stimulants, such as wine, brandy, beer, &c., and also when it arises in consequence of suppressed piles.

Apium virus for fulness in the chest, particularly when lying down, so that one is forced to sit up, if the warm room is intolerable, sometimes pains about the heart.

Ferrum, *Pulsatilla*, *Sulphur*, and *Phosphorus*, will also be found useful in some cases. Advantage may be sometimes derived from dry cupping on the neck. For other remedies see "Determination of Blood to the Head."

Persons subject to this complaint should avoid violent exercise, such as running, dancing, &c., and stimulants of all kinds, as alcoholic, vinous and fermented beverages and coffee: they should use moderate exercise in the open air, drink freely of cold water, bathe the chest and arms daily in cold water, and not sleep too long in the morning.

Hemorrhage from the Lungs. Spitting of Blood.

When, on coughing, a little blood is expectorated, the danger; in most cases, is not as imminent as many imagine. The blood frequently proceeds from the nose, from hollow teeth, or only from the throat. When it is really from the chest, it is almost at all times accompanied by a sensation as if coming from a considerable depth; it is warm, generally tastes sweet, the taste of it precedes the rising of the blood, or there is at the same time a painful and burning sensation in the chest.

Under these circumstances avoid everything which might fatigue the lungs, such as long and loud speaking, crying, singing, blowing the horn or the trumpet, all violent exercise of the arms, or quick running, ascending, particularly going up stairs. Sometimes this disease is produced by inhaling the dust or exhalations proceeding from such substances as lime, gypsum or plaster of Paris, metal filings, tobacco, or sulphuric acid.

When the discharge of blood is but trifling, and is accompanied with a good deal of cough, a remedy may frequently be found among those recommended for "Cough," especially such among them as *Belladonna*, *Mercurius*, *Carbo vegetabilis*, *Pulsatilla*, *Bryonia*, *China*, *Arnica*, *Dulcamara*, *Staphisagria*, *Silicea*, and *Lachesis*.

But when the complaint has already existed for some time, and the blood is discharged in considerable quantities, or when it commences with a violent hemorrhage, there is danger, but not to such a degree as to be excessively alarming. Fear only makes the matter worse. It is seldom as bad as it appears. The life of the patient is not in imminent danger unless there have been several previous attacks, or the patient has suffered long from other diseases; the blood is sometimes discharged in large quantities, and is of a blackish color. In other cases it soon ceases of its own accord. The most important object is the cure of the complaint after hemorrhage has ceased, for that is the most critical period, either from a return of the hemorrhage, or from the establishment of an incurable disease upon the lungs.

On no account allow a vein to be opened during or after hemorrhage from the lungs; this remedy is worse than the disease, for it invariably aggravates it.

Persons who have had several attacks of hemorrhage, and have each time been treated by blood-letting, are really in a dangerous state, for the bleeding aggravates the principal cause of the disease, and the constitution suffers so much in consequence that other remedies do not easily act. Under such circumstances it is best to submit to a regular course of treatment by a homœopathic practitioner, while there is yet some prospect of obtaining relief.

Blood-letting for hemorrhage of the lungs is most injurious in the case of individuals who have previously suffered from piles—and where the blood only takes another direction—or of women, who, instead of having their monthly changes, have spitting of blood. In these cases there is no danger whatever from the hemorrhage, for it will cease of its own accord, and all the bad consequences may be prevented by medicine.

After a heavy fall, blow or thrust on the chest, it is also injurious to bleed; in most cases it does more harm than the actual injury, and is nothing but an old custom, which medical men follow when they do not know what other means to resort to. In such cases give *Arnica*, and keep the patient on a low diet; if, after some days, pains in the chest and fever make their appearance, give *Aconite*, and if after this it gets worse again, repeat the *Arnica*, alternating with these two remedies.

You may also tie a handkerchief around the upper part of one arm, as tightly as the patient can bear it, and another around the upper part of the corresponding thigh, and if this does not arrest it, on the other arm and thigh in the same way.

When the hemorrhage has ceased entirely, loosen the bandages gradually. While the bleeding continues, and also for a considerable time after it has ceased, the patient should remain perfectly quiet in a half sitting, half lying position, with plenty of pillows under the head and chest. The room should be kept cool and well aired and no warm drinks or stimulants of any kind allowed for eight or ten days. The food should be light and digestible, and the drinks principally mucilaginous.

All kinds of mental excitement, and particularly vexation and anger, should be carefully avoided. Advantage will also be derived from sleeping awhile during the day, especially before meals.

If the bandages do not speedily check the hemorrhage, dry cups may be applied to the abdomen and under the ribs, also on the pit of the stomach. As a substitute for regular cupping glasses, dip a piece of paper, cotton, or other light substance, in strong brandy or alcohol, ignite it, throw it into a tumbler, turn the glass so that the paper shall fall out, and apply the tumbler as quickly as possible to the bare skin. The closer the glasses adhere the better; if you do not succeed at the first trial, repeat the experiment.

Cloths dipped in cold water, and applied to the lower part of the abdomen, will also be beneficial. No other cold application should be made, and no cold water drunk, especially if it aggravates the cough.

A little fine dry table salt is sometimes administered; this may do good, but if it aggravates the cough it should be dispened with.

When the cough continues, and brings on fresh attacks of bleeding, give the white of an egg, mixed with sugar, a teaspoonful at a time; or put a drop of sulphuric acid in a tumbler of water, and use it as a gargle, or take a teaspoonful every five or ten minutes.

In selecting a medicine, we should endeavor to choose one which will not only accelerate the cure, but, as much as possible, prevent a relapse.

When there appears to be great danger, select either *Aconite*, *Ipecacuanha*, *Arnica*, *China* or *Opium*.

Aconite will have the preference when the slightest attempt at clearing the throat brings up blood, when the patient previously to the bleeding feels a sensation of ebullition of blood in the chest; the latter seems full, with a burning sensation, palpitation of the heart, agitation, uneasiness; is worse when lying down, with an anxious, pale countenance, and when the blood comes by gushes, and much at a time.

Ipecacuanha may follow the *Aconite*, if the latter has checked the hemorrhage, but there is remaining a constant taste of blood, with a short cough, discharge of phlegm, mixed with blood, nausea and weakness.

Arsenicum should be given if the *Aconite* is insufficient and

the palpitation of the heart and agitation increase, and prevent the patient from sleeping, or disturb him when asleep, drive him out of bed, and are accompanied with a dry, burning heat. If it returns again, give *Ipecacuanha, Nux vomica, Sulphur*, or *Arnica*. And if, after these remedies, it still grows worse, repeat the *Arsenicum*. By these means the recurrence of the complaint may sometimes be prevented and the disease entirely cured.

China when the cough which had been very dry, rough and painful, with a taste of blood, becomes violent and is accompanied by constant raising of blood; when the patient feels chilly, with occasional flushes of heat, is very weak, wants to lie down constantly, perspires occasionally, but not long at a time, trembles, has dimness of sight, or confusion in the head, or when he has lost so much blood as to become quite faint, or pale and cold, with twitches in the hands and face. After giving the medicine, wait the result, although it should at first grow a little worse. *Ferrum, Arnica* and *Arsenicum* will sometimes be indicated after *China*.

Ferrum in slender persons of sallow complexion who do not sleep well at night; if the blood is brought up by a slight hawking, not in very great quantities, is quite pure and bright red, if there is pain between the shoulders, asthma, particularly during the night, the patient cannot sit, feels better when walking slowly about and yet must frequently lie down; is very weak, particularly after speaking, and cough is produced by any considerable exertion.

Arnica when the blood is clotted, black and raised easily; accompanied by asthma, shooting pains and burning contraction in the chest, palpitation of the heart, great heat over the body, with weakness, almost to faintness, and also when the blood is raised with slight cough, is bright red, frothy, mixed with small clots and mucus, sometimes accompanied by tickling under the breast-bone, coughing produces shooting pains in the head, and all the ribs feel as if bruised.

Pulsatilla if the complaint has already continued for some

time; if the blood is black, clotted; if the patient becomes very nervous during the night, feels cold, complains of weakness and pains in the lower part of the breast, with a qualmish sensation in the stomach, is reserved, inclined to weep, and indisposed to exert himself. After *Pulsatilla*, *Secale* may be beneficial.

Rhus in cases similar to the last, but when the blood is of a brighter red, or the mind perturbed, uneasy, the symptoms aggravated by the slightest vexation, or when there is much tickling in the chest.

Nux vomica if the disease has been occasioned by spirituous liquors, or the suppression of piles; especially in passionate persons, and is accompanied by tickling in the chest, and cough which affects the head; and is worse in the morning.

If the hemorrhage arises from suppressed menstruation, *Pulsatilla* or *Bryonia*, sometimes *Cocculus* or *Veratrum*.

Opium when the discharge is very thick and frothy, mixed with phlegm, particularly in persons addicted to drinking, or when the cough is worse after swallowing, accompanied by difficulty of breathing, asthma, and anxiety, with a burning sensation in the region of the heart, trembling of the arms, sometimes weakness of voice, drowsiness and sudden starting, coldness, particularly of the extremities, or heat, especially of the breast and abdomen, without perspiration.

If after *Opium* there appears perspiration on the chest, with or without restlessness, give *Mercurius*.

Hyoscyamus when the hemorrhage is accompanied with dry cough, particularly in the night, which compels the patient to get out of bed; when he starts in his sleep, &c.; also in persons accustomed to ardent spirits; it will follow *Opium* and *Nux vomica* advantageously when they prove insufficient; and may be followed by *Arsenicum*.

Belladonna when there is a tickling in the throat, which excites coughing and aggravates the hemorrhage, with a sensation as if there was too much blood in the chest, and shooting pains, worse when in motion.

Dulcamara for the same symptoms as *Belladonna;* if they are worse when the patient is at rest, and when the blood is of a bright red color; the attack brought on by a cold; or when the patient has already suffered from a loose cough for a considerable time.

Carbo vegetabilis when there is a burning sensation on the chest, even after the hemorrhage has ceased, particularly with persons who cannot bear the changes of the weather, or who have taken a great deal of calomel.

For the weakness which follows bleeding at the lungs, do not give too much medicine, good diet is of more consequence; let the patient eat often, but not much at a time; but little meat; plenty of milk, and occasionally eggs; flour prepared in different ways, and let him take exercise in fine weather. If he remains weak notwithstanding, and over-sensitive, give *China*, sometimes alternately with *Ferrum;* if he is weak, but at the same time too lively, *Coffea;* and if cross and fretful, *Ignatia;* very much depressed, *Phosphoric acid.*

Chronic Inflammation of the Larynx.

This disease is often so insidious in the commencement, and so slow in its progress, that sometimes serious mischief may be done before any alarm is felt by the patient and he applies for medical advice. The following are its principal symptoms; pain in the larynx, extending entirely over it, or confined to a small space, a tickling sensation excites coughing. The pain is increased by coughing, speaking, and swallowing, by breathing cold air or pressure on the larynx. The voice is changed, hoarse, at times almost lost; coughing often hoarse and croupy. In the beginning the cough is dry, but subsequently with expectoration of mucus mixed with pus and blood.

When the disease has continued for a considerable time, there is ulceration of the cartilages composing the larynx; and sometimes it ends in hectic fever and consumption.

It is this form of disease that is also known under the name of "Clergymen's sore throat."

It has the same causes as other affections of the larynx and chest, viz.: exposure to sudden changes of temperature, inhalation of irritating substances, or foreign bodies into the larynx, &c. The habitual abuses of murcury and spirituous liquors are exciting causes. Prolonged action of the voice is also alleged as a cause, hence its frequency among singers, lawyers, preachers, actors, &c.

Causticum, Calcarea, Carbo vegetabilis, Hepar, Lachesis, Phosphorus, Sulphur, Arsenicum, Mercurius and *Spongia* may be given.

Aconite, Phosphorus, Hepar and *Lachesis*, most in the acute forms. For their proper selection, consult "Hoarseness" and "Cough."

Bronchitis, including Catarrh on the Breast of Children.

This disease consists of an inflammation of the mucous membrane of the bronchia, and is acute or chronic. The former is of frequent occurrence, alone or with measles, scarlatina, small-pox, hooping cough, &c.

The most prominent symptoms are: Chilliness, succeeded by fever; hoarseness; difficult respiration; severe, frequent, and distressing cough, at first dry or with scanty expectoration of frothy or viscid muscus, later copious and streaked with blood; constriction at the chest with oppression; weakness, foul tongue, and loss of appetite; rapid pulse, increased difficulty of respiration; paleness of the lips, anxious countenance, wheezing; on applying the ear to the chest, a louder sound than the natural respiration, either rattling, whistling, or droning, or harsh and broken, according to the advance of the disease.

Symptoms of improvement are, a greater freedom of breathing, remission of the fever; altered expectoration, which becomes thicker, whiter, and diminished in quantity. It is unfavorable when the difficult breathing and debility increase; the face becomes livid, the body covered with a cold clammy sweat; the mucus accumulates rapidly in the bronchial tubes, and the cough, which has become feeble through the exhausted and sinking energies of the patient, is insufficient for its ejection; symptoms of the mind appear, and the patient is carried off.

In many, and the most dangerous cases of acute bronchitis, although a degree of oppression of the chest be present, no particular pain, heat of skin, nor fever may exist; this is the most insidious form of the disease, in which it is but too frequently neglected until beyond the power of the physician's art; this occurs most frequently in children who may apparently be only troubled with a *slight wheezing*, of which scarcely any notice is taken, and no medical aid is called in, until suddenly suffocation threatens, or some organic lesion is produced, so that an affection which probably might have been easily subdued at the onset, is now beyond control.

The frequency of the disease in infancy and early life deserves a particular notice. It is generally known by the name of *catarrh on the breast;* it commences as in adults, with the symptoms of a common catarrh; the breathing becomes quick and oppressed, and from the incressed action of the diaphragm the abdomen becomes prominent; both the shoulders and the nostrils are in continual motion, but the wheezing is often more marked than the difficulty of respiration, and on applying the ear to the chest, a mucus rattle is heard over almost every part; expectoration sometimes temporarily relieves, and occasionally the mucus is expelled from the air-passages by vomiting; the countenance is pale and anxious, and somewhat livid:—these symptoms are interrupted and relieved by occasional remissions, during which the child generally appears drowsy; but they return with additional severity, and, if not checked, death may take place from suffocation. Coughing sometimes produces considerable pain, and the child for that reason frequently endeavors to suppress it. There is no appetite, much thirst, although when the disease has advanced, it is found difficult to take a long draught, from its impeding respiration; this is very observable with children at the breast, who, after eagerly seizing the nipple, will bite it and discontinue sucking, cry, and throw back the head, and after vomiting up the phlegm, continue for some time in that position.

In some cases, from the character of the voice and cough, bronchitis has been mistaken for croup.

The aggravation of suffering at night is a very remarkable symptom of this complaint.

The causes are the same as those of common catarrh.

In all the lighter cases *Aconite* or *Pulsatilla*, in more severe cases *Tartar emetic*, are generally sufficient to prevent its getting worse.

Aconite as long as the skin is hot, dry; pulse hard, frequent; hoarseness with a rough voice; a short, dry and frequent cough, as if excited by a tickling in the throat or chest, difficult and quick breathing; anxiety, restlessness, tossing about, and more or less thirst.

Pulsatilla is better first or after *Aconite*, if there is less heat, more coldness of the hands and feet, but more heat on the chest, less or no thirst; less anxiety, no agonizing, tossing about; interrupted sleep, the cough shaking, rattling; breathing short, quick, sometimes difficult, a moderate hoarseness when crying or speaking; if they commenced to be sick in the evening or get worse at night, if they want to be taken out of bed, like to be moved about but slowly, some like to be touched or taken up with great care. If they bring up phlegm it is thick, yellowish, sometimes with a little blood. If a similar phlegm is discharged from the nose, give no other medicine to the child, *Pulsatilla* is sufficient.

Tartar emetic in all cases, when the rattling of phlegm in the chest is remarkable from the first, when they are inclined to slumber much, often with the eyes half open; when they cry from being touched, but insist on being taken up and constantly carried about. If they are afraid of drinking, as mentioned before, and lose their breath when doing so, *Tartar emetic* is preferable to other remedies. Do not give it too often, never repeat it as long as there is any improvement.

In some cases other remedies are required, viz.: *Spongia* after *Aconite,* when there still remains hollow, dry cough, day and night, but worse in the evening; or cough with scanty, viscid, ropy expectoration; heat in the chest, burning, tickling in the

throat, quick, anxious, laborious respiration; hoarseness, &c. *Hepar* sometimes after *Spongia* when the skin is hot and dry, and the efforts to expectorate ineffectual.

Belladonna when there is severe headache aggravated by coughing, *oppression of the chest,* and constriction as if bound, with rattling *on the chest;* short, anxious, and rapid respiration; dry, fatiguing cough, worse at *night,* great thirst; soreness of the throat. (See SORE THROAT.)

Nux vomica. Difficult breathing with excessive *tightness of the chest,* particularly at night; hoarseness; dry cough, worse towards morning, attended with a sensation as from a blow or bruise under the short ribs; cough with difficult and scanty expectoration of viscid mucus; dryness of the mouth and lips, thirst, and constipation, peevishness.

Lachesis. Oppression at the chest, with short and hurried respiration, anxiety, and dejection; dry, fatiguing cough, sometimes followed by the expectoration of a little tenacious or *frothy mucus,* after much effort, occasionally streaked with blood; hoarseness, worse when awaking.

Bryonia. Difficult and anxious respiration, with constant inclination to make a deep inspiration; hoarseness; headache; cough dry, attended with a sensation of burning, or cough with expectoration of viscid mucus; in some instances tinged with blood; *dryness of the mouth and lips,* excessive thirst; shootings in the chest prevent breathing.

Phosphorus. If the respiration continues oppressed, with great anxiety, and heat in the chest, or a feeling of heaviness of a part or of the whole of one lung; dry cough, excited by a tickling in the throat or chest, aggravated by talking or laughing: See "Inflammation of the Lungs."

Mercurius is occasionallly useful when the symptoms are accompanied by excessive perspiration; when the cough is fatiguing, worse in the evening and at night, and excited by a tickling irritation, or sensation of dryness in the chest, with quick, short, oppressed breathing, and louder respiration than ordinary; stitches through the right side of the chest; or if the

patient had before a cold in the head, with watery, acrid discharge; swelling of the nose. *Dulcamara* after *Mercurius,* when there are night sweats of an offensive smell.

Chamomilla in cases of children, when after *Aconite,* a slight degree of whistling still remains; or dry cough, worse at night, even during sleep.

Ipecacuanha, if there is mucus rattling in the chest, and when on coughing they are almost suffocated by the excessive secretion of mucus, and become livid in the face; shortness of breath, and perspiration on the forehead after each fit of coughing.

Arsenicum when the pulse becomes very quick, feeble, and intermitting, and the patient is reduced to a state of extreme debility.

Sulphur when the expectoration has increased in quantity and become whitish and less viscid; it may prevent a more chronic form.

What is to be done for *Chronic Bronchitis* will be found under the head of "Cough."

Palpitation of the Heart.

The causes of this complaint will frequently indicate the remedies; it is generally produced by violent emotions of the mind, or by the use of ardent spirits. Drinking cold water, particularly before going to bed, and eating but little in the evening is the best remedy for young people. Persons who are troubled with this complaint usually sleep better on the right side than on the left, and prefer to have the head rather high; they must drink neither coffee, tea, nor chocolate.

If it is caused by vexation, give *Chamomilla;* by fear, *Veratrum;* by joy, *Coffea;* by sudden fright, *Opium* or *Coffea;* by great agitation and anxiety, either *Opium* or the smell of a bitter almond crushed, will be found to be beneficial.

A sudden attack of palpitation, with coldness of the surface and pale face, may be relieved by spirits of camphor, a drop on sugar every five minutes.

With pregnant females, when connected with weakness of the nervous system, when it returns frequently, give, from time to time, a very little old wine. During the attack it is sometimes better to give a spoonful of hot water, particularly when the skin

is very dry. Females of a pale complexion may experience some benefit from smelling vinegar.

For plethoric persons, *Aconite;* after this, *Nux vomica* or *Belladonna.* With persons of weak nerves, *Ignatia;* and when worse on lying on one side, *Pulsatilla.*

Spigelia is a principal remedy for such who have the palpitation often, especially if their breath is offensive.

Nux moschata for palpitation with fainting, and afterwards sleep, particularly if preceded by exertion; or for persons who are inclined to fainting, or have, in general, the symptoms of *Nux moschata,* as stated under "Cough," "Headache," &c.

China is most suitable for persons who have been much weakened by the loss of fluids.

Staphisagria, in palpitation occurring in persons weakened by tedious and exhausting diseases.

Belladonna, when the palpitation of the heart produces a tingling sensation in the head, when the chest feels full, or when there is an uneasy and throbbing sensation in it, particularly in females, after confinement, or when the milk fails, or after weaning. In the latter case, give *China* some time after.

Glonoine, for palpitation after sudden over-heating, from violent mental emotions, after many rapid changes of different influences; either with heat of the face, full pulse, beating up to the head, or with the face pale, very slow or scarcely perceptible pulse; heat about the heart, and pains up to the back.

Sulphur, for the same symptoms as the latter, when that proves insufficient; especially if the palpitation is consequent upon the suppression of an eruption, or the healing of an old ulcer. Also, when going up stairs or ascending a hill has occasioned palpitation for a considerable length of time.

Arsenicum may be given after *Sulphur*, when the latter does not suffice, particularly when caused by suppressed eruptions or ulcers. It is also serviceable when the palpitation comes on during the night, with great agitation, is very violent, with burning heat in the chest; with difficulty of breathing, and is worse when lying down, better when in motion.

Veratrum is suitable in cases similar to the latter, when accompanied by difficulty of breathing and agitation; particularly if better on lying down, and worse when rising or in motion.

For chronic palpitation of the heart, when the remedies prescribed give only temporary relief, apply to a homœopathic practitioner, and submit patiently to medical treatment even though no decisive advantage be immediately perceived, otherwise an incurable disease of the heart may be the result.

Asthma.

The paroxysms of asthma come on at times instantaneously, without giving the patient any warning, at others there is a sense of fulness or oppression at the pit of the stomach—probably from wind—with a feeling of irritation in the air-passage. The paroxysms themselves rarely occur during the day; they usually commence at night, and between the hours of ten and two. If the patient is lying down, he immediately rises and remains sitting up, experiencing a constriction over the whole chest; the arms are thrown back to facilitate inspiration; the shoulders raised and the head straitened; the patient lays hold of any object that may afford him support; the inspirations quick, and after each expiration a distinct pause before inspiring again, as though the patient had to make an effort of the will before breathing again; the patient requests the windows or doors to be thrown open, that more air may be admitted. The face is pale, sometimes livid; the eyes anxious and projecting; a small frequent and dry cough, and the body covered with a profuse, cold perspiration, frequently a disordered stomach and vomiting.

An attack of asthma of the nervous or spasmodic kind usually lasts about three or four hours; after which the symptoms gradually abate, the cough becomes more free, and the expectoration more copious, the matters expectorated colorless, transparent and viscid, with a salt or sweetish taste; the countenance resumes its natural expression gradually, and the patient falls asleep. On awaking he may find himself entirely restored, but there is generally some difficulty of breathing, with pains about the stomach—which may continue through the following day and be succeeded by another paroxysm the next night. Asthma from a cold commences gradually, the expectoration begins early and is at first viscid and scanty, afterwards copious, and giving great relief to the patient.

The *causes* are various, atmospheric changes, odors of different kinds—agreeable and disagreeable—smoke; dust; gases; metallic and other particles floating in the air; chamomile tea; ipecacuanha; vapor of sulphur, &c. Also irregularities of diet, especially taking food in too great a quantity, or of improper quality; abuse of alcoholic liquors; the suppression of any accustomed discharge; over-exertion and mental emotions. Asthma is more frequent in advanced than in early life.

In sudden attacks of asthma relief may be obtained by immersing the hands in warm water, or by the application of dry cups to the abdomen, in the manner recommended under "Hemorrhage from the Lungs." Bandaging the arms above the elbow is often beneficial, the left arm first and afterward, if necessary, the right, and the lower limbs.

When the attacks originate from the use of chamomile tea or ipecacuanha, &c., smell camphor, or take a little coffee without milk. If caused by inhaling the vapor of sulphur, *Pulsatilla* is best.

If the chest feels as if laced together; with anguish and if the constriction alternates with headache, give *Glonoine*.

For attacks which come on immediately after meals, or after a nap, when the patient cannot breathe, draws and stretches the neck as if suffocating, the throat feeling dry and too narrow, without much agitation: chewing a little ginger mixed with sugar, may be beneficial.

Weak anise-seed tea, at easpoonful taken at a time, especially in the evening, is sometimes of benefit when the attack is brought on by a cold, and is accompanied by dry cough.

Persons subject to this complaint should take warm drinks, brush and rub the body once a week; they may also be benefitted by smoking tobacco every morning.

Severe attacks of asthma may be greatly relieved by causing the patient to inhale the fumes from burning blotting-paper soaked in saltpetre.

Attacks of asthma as well as other pulmonary diseases which are brought on by inhaling fine dust, as frequently happens with stone-masons, millers, and others engaged in dusty occupations may be guarded against by wearing something before the mouth to intercept the fine particles floating in the air. Nature has furnished men with a safeguard from such causes of pulmonary disease in the moustache, which the usages of our country compel our workmen to shave off, much to the detriment of their health, and not at all to the improvement of their personal appearance. All the hair which nature has planted on our faces has its uses and its beauties, both of which a false system of hygiene and a perverted taste have conspired to defraud us of until lately.

Ipecacuanha will be indicated when there is a feeling of constriction about the chest, panting, rattling in the windpipe, as if full of mucus, which seems to be moving up and down; or the patient feels as if the air were full of dust, which prevents his breathing; gasps anxiously for air, and fears suffocation; the face pale, and hands and feet cold. After *Ipecacuanha* it may be necessary to give *Arsenicum*, *Byronia* or *Nux vomica*.

Arsenicum, against the most violent attacks of asthma, especially those occurring in consequence of suppressed catarrh, or in persons with weak and narrow chests; when worse about midnight, the breathing becoming more and more difficult, and there is a rattling in the chest, with agitation, moaning, groaning, and uneasy tossing about; or when old people particularly are attacked by it when walking; when there is a pressure at times about the heart, worse upon the least motion or exercise, particularly when getting into bed.

If the attack becomes worse again after the administration of

Arsenicum, *Ipecacuanha* will be most suitable; or sometimes when the aggravation takes place in the morning, *Nux vomica*.

Apium virus, if the neck feels as if it were laced together; the region about the short ribs as if crushed; more on the left side; if the warm room is unbearable on account of the heat and headache.

Bryonia is of great benefit after *Ipecacuanha*, particularly when exercise aggravates the disease, and when it arises from suppressed eruptions; frequent coughing and sighing; the paroxysms come on at night, and are attended by pain in the bowels, with inclination to evacuate.

Belladonna is most suitable when the attacks are made worse by motion, and the patient is, notwithstanding, unable to rest; the paroxysms worse by spells; the respiration at times deep and full, at others quick and hurried, accompanied by a dry cough and fulness of the chest.

Arnica is indicated when not only exercise, but even speaking or blowing the nose aggravates the symptoms; the respiration heaving and oppressed, with shooting pains in the chest.

Cepa, if children suddenly awake in the night with a suffocating cough; particularly if they had been in the open air during damp weather. *Euphrasia* under similar circumstances. See what was said of these two remedies under "Cough."

China, when there is whistling and wheezing in the chest during inspiration; the phlegm on the chest threatens to suffocate the patient. If the attack begins on awaking at night; inability to breathe, unless when lying with the head very high; the patient perspires easily, and is liable to take cold.

Coffea, in very sensitive persons, who are liable to attacks of asthma in consequence of mental emotions; when inspiration can only be performed in short jerks, with agitation, uneasiness, heat, perspiration. If this does not give relief in attacks of this kind, it may be followed by *Aconite*, or these remedies may be alternated. *Pulsatilla*, too, at a later period, may be of service for timid, fretful patients; and *Nux vomica* for those of a violent, passionate temper. If mortification or suppressed vexation is

the cause, *Ignatia;* if violent vexation and anger, or quarrelling, *Chamomilla* will probably be indicated.

Chamomilla is also serviceable when there is frequent inclination to cough, without actual coughing, with great pressure about the chest and heart, or when the patient cannot perspire.

Pulsatilla, especially in females or persons of mild character, and the attack is attended with giddiness and weakness in the head, drowsiness, palpitation of the heart, heat in the chest; the breath seems to be stopped in the lower part of the chest.

Sambucus, quick and labored respiration, with loud wheezing; sense of weight on the chest, with anguish and dread of suffocation; swelling and blueness of the face and hands; heat, trembling; inability to speak above a whisper; cough suffocating; the symptoms are aggravated by lying down, particularly if there is perspiration about the neck.

Sulphur; short wheezing, obstructed respiration with anxiety and fear of suffocation; the attacks come on when lying down at night, or during sleep; sensation as if the chest were contracted; rattling of mucus in the chest; fulness, and pressure as if from a stone on the chest; cough sometimes dry and fatiguing, at others moist, with profuse expectoration of thick whitish or yellowish mucus; blueness of the face and inability to speak; and palpitation of the heart.

Phosphorus, when the attack comes on at night or towards morning, is apparently caused by some over-exertion or exposure the previous day, and when the expectoration is serous, filled with very minute air-bubbles, and either yellowish or brownish.

Veratrum is often suitable after *Ipecacuanha*, *Arsenicum*, *China*, *Arnica;* particularly when the patient is almost suffocating. Also, if worse when sitting up, and when in motion, with pain in the side, a hollow cough at times; when a cold perspiration breaks out, or when the face and limbs become cold; particularly when partial relief is obtained by lying quiet

Pleurisy, Stitch in the Side and Inflammation of the Lungs.

According to the Old School practice these complaints cannot be cured without blood-letting. Every one who really understands homœopathy can always cure without blood-letting. All cases of simple, common inflammation can be cured very easily and in a short time.

A complete description, scientific names, &c., of these different complaints would be entirely out of place in a domestic work like the present. Here plain descriptions will be given, without any learned terms, so that every one can understand them and know which cases are really dangerous. All bad cases must be treated by a homœopathic physician.

The chief symptoms, which distinguish these cases from shortness of breath or asthma are: the great difficulty of breathing and the heat of the breath, which is as hot as the breath of a person who has worked hard in the heat; in *Asthma* the breath is not warmer than usual. In the former complaint there is always cough, generally with no expectoration or only a little saliva, sometimes mixed with blood, or a frothy, brownish expectoration. The pains are different in the different kinds.

Very painful stitches when breathing are not always signs of pleurisy; if they are not accompanied by coughing or at least not by much, if they did not commence with a heavy chill, it is only *false pleurisy or stitch in the side.* It commences usually with rheumatic pains about the neck and shoulders. If the pain shifts its place, if the chest is painful to the touch, and if the passing of your finger along the chest between the ribs causes pain it is FALSE PLEURISY and not inflammation.

All such cases are most always cured by a single dose of *Arnica;* if that does no good take *Bryonia, Nux vomica,* or *Pulsatilla.*

Bryonia, if the pain is *acute, darting,* as if from a sharp instrument running into the side, almost insupportable during *respiration* or even the slightest movement of the body; and if the patient is of a nervous temperament.

Nux vomica. Shooting pains in the sides increased by breathing; particularly for hypochondriacal patients, and such who indulged in spirituous drinks; painful sensibility of the outside of the chest, particularly of the spaces between the ribs.

Pulsatilla, if the pain shifts from one part of the chest to another, becoming increased towards evening and sometimes more during expiration than inspiration.

The pains are sometimes lower down, there is difficulty of breathing, more so in expiring than in inspiring, in real pleurisy

it is just the contrary. Give *Pulsatilla*, or *Arnica*, or other remedies for rheumatism.

If one has rheumatic pains and they fall suddenly on the chest, as if a heavy load was upon the breast with great anxiety; if the heart beats violently and very fast; if the breathing becomes constantly more difficult; if coughing is quite impossible; if the limbs, from which the pains have disappeared, are getting cold—there is very great danger. If the patient is bled he will most certainly die; some cases of this kind have been cured by *Aconite*, repeated every two, three to four hours, and after it did no longer improve, *Pulsatilla* and *Sulphur* alternately.

PLEURISY is known by the chill with which it commences, by the fever and cough; the breath is hot; the pulse hard; breathing is impeded by a stitch, commonly under the ribs of one side, upon which side the patient likes to lie; coughing is very painful and violent; the expectoration generally nothing but bloody saliva: the face pale; the patient likes to talk, but is prevented by the pain; the patient feels better towards morning, and the skin becomes moist.

Pleurisy is not so dangerous. Blood-letting is entirely useless and often injurious.

Aconite is the chief remedy and in most instances it is sufficient to effect a complete cure. The medicine should be continued until the pain, heat, thirst and cough have sensibly diminished.

Bryonia is indicated by the following symptoms: Acute shooting pains in the chest increased by inspiration or movement of the body; dry cough or cough followed by expectoration of yellowish, dirty or bloody mucus; oppressed respiration; yellowish tongue; palpitation of the heart; constipation; bitter taste, nausea and sometimes vomiting of mucus; aching in the limbs; hot skin, violent thirst, cough when lying on the right side.

Sulphur when *Bryonia* has removed the pain, if there is still some sensitiveness remaining, particularly on motion and exposure to the air.

Although these three remedies will, in a great majority of cases, be sufficient to effect a cure, yet it will, in some instances, be necessary to resort to one or more of the following:

Belladonna, if the fever returns, or the pain and difficulty of breathing continue, and in those cases in which there is violent pain in the head, with great heat, incoherent talking, &c.

Arnica against pleurisy resulting from external injury; also in cases in which the fever has been subdued by *Aconite*, but there is still pain and difficulty of breathing remaining.

Mercurius, when the fever has diminished, but there is still a good deal of pain and difficulty of breathing remaining.

Arsenicum, in protracted cases, when there is extreme prostration of strength, and the breathing painfully oppressed.

China in those cases in which bleeding has been resorted to, and the patient is very weak and debilitated. It may be followed by *Ferrum*.

Lycopodium, *Arsenicum* and *Phosphorus* are chiefly to be relied on in chronic cases, when, through neglect, bad management, or constitutional predisposition, there is danger of consumption, with purulent expectoration, protracted cough, dropsical swellings, &c.

Inflammation of the Lungs. Pneumonia, is much more dangerous. It begins also with a chill; the fever does not decrease towards morning, the skin is always hot and dry, pulse at first soft and beats about five times to each respiration, afterwards it becomes hard; the breath is also hot, but the breathing is not so much impeded by stitches as in pleurisy; the pains are more pressing in the middle of the chest; breathing is faster: coughing not so frequent, but more painful and of longer duration and causes often headache; the face is from the first bluish-red with red cheeks; the patient lies upon the back, not upon the side; wants to be let alone and does not like to speak; sometimes he is cross and don't care for anything. Most always one of the large veins of the neck is swollen and thicker than the one on the other side, it is generally the left one, this does not happen in other kinds. The cough is very often dry at first, afterwards a little blood is brought up, mixed with mucus.

The danger is over as soon as the expectoration becomes copious and thick, with frequent coughing, the pressure upon the chest decreases and the skin remains moist.

Aconite for hot, burning skin, hard, small and frequent pulse, hot breath, violent thirst; either accompanied or not by pain in the chest.

Bryonia after *Aconite*, in alternation with it or alone, for the following symptoms: cough, with expectoration of tenacious mucus of a reddish or *rusty* color; great difficulty of breathing,

and acute shooting pain in the side or chest; rheumatic pains in the limbs or in the muscles of the chest; pain increased by movement; yellowish or dark coated tongue, and constipation.

Phosphorus to persons with weak conformation of the chest, especially those of a fair complexion, who are subject to repeated attacks of inflammation.

Belladonna will be useful after *Aconite*, if the fever returns, and the oppression and pains in the chest continue, especially if the pain is felt at the lower and middle portion of the chest; the expectoration bloody, scant and difficult; great thirst; flushed face; cracked and dry tongue and lips; restlessness; pain in the head and delirium.

Hyoscyamus and *Opium* sometimes, when the head is much affected.

Mercurius, when the fever is not so active; the pain and difficulty of breathing still continuing, with profuse night sweats; the pulse weak, but frequent. If perspiration breaks out on the chest of old people, *Mercurius* will cure them.

Tartarus emetic., when there is oppression of the chest, with little or no pain; scanty expectoration of viscid mucus; with great weakness, and disposition to vomit or vomiting of mucus.

Sulphur, when there is profuse purulent expectoration, shortness of breath, and constipation.

Arsenicum, in cases in which there is great debility, with diarrhœa, clammy sweats, anxious expression of countenance, &c.

Rhus—congestion, with palpitation of the heart, restlessness, redness of the face, &c.

China, when bleeding has been resorted to, and the strength of the patient is very much reduced. *Lachesis*, *Sanguinaria* and *Arsenicum*, in cases with extremely offensive expectoration and breath.

The diet ought to be carefully attended to during the continuance of the disease and for a week or two after recovery. The food should be of the simplest kinds, and partaken of sparingly. The drinks should consist of water, toast water, rice or barley water, sweetened with sugar.

There is *another kind of Inflammation of the Lungs* in which blood-letting is highly dangerons, this kind is known by the following symptoms:

Pulse usually very soft, but quick, feeble; neither bad, painful stitches, nor pressure on particular spots, but stitches in the side when breathing deep; anxiety and great heaviness in the lungs; breathing very extraordinarily fast; cough from the first, very frequent, usually only in short spells and nearly always bloody saliva on the first day, increasing constantly. The voice is feeble and low, becomes finally hissing and talking causes violent coughing. In spite of great anxiety the patient is not so cross and the head not so much affected, as in the former kind. The fever is less in the morning; though the skin is always moist, the patient is not relieved thereby.

The patient is getting better as soon as a thick expectoration appears, the breathing becomes slower and the fever comes at longer intervals.

Aconite at the commencement of the disease if there is considerable fever.

Mercurius when there is night-sweat, or cold, clammy skin.

Belladonna after *Aconite* and *Mercurius*, if there remains a dry, hacking cough, accompanied by a constriction of the chest, which obstructs respiration and produces a sensation of suffocation.

Carbo vegetabilis, if the patient is greatly debilitated, the pulse scarcely perceptible, the skin and breath cold, and the expectoration occasionally of a reddish brown color.

Phosphorus, if there is a feeling of oppression or dull weight in one side of the chest, and the expectoration is rusty-colored or yellowish.

Chamomilla, if the breathing is still difficult and attended by a whistling or wheezing sound; it may, if necessary, be followed by *Nux vomica*.

Ipecacuanha may be given after *Mercurius*, if the respiration is very rapid and difficult, and the latter remedy fails to afford relief. It may be repeated several times.

Veratrum, when the extremities become cold, the constriction of the chest and difficulty of breathing increasing.

Arsenicum, when there is great prostration of strength and sinking; it will sometimes be successful in restoring apparently hopeless cases.

If after suppressed inflammation, profuse purulent expectoration sets in, *Mercurius*, *Hepar*, *Sulphur*, *China Dulcamara* and sometimes *Pulsatilla* will be of service.

There is still another *slow, insidious Inflammation of the Lungs*, in which blood-letting is downright murder. It is often extremely insidious in its approach, the symptoms being so slight that no serious mischief is suspected, till suddenly oppression, with great difficulty of respiration, and irregular motions of the chest set in, and death takes place in a very short time from congestion of the lungs. The patient however, generally complains of severe headache, loss of appetite and inability to sleep for a day or two, and is then suddenly taken with a chill. This is followed by more or less oppression of the chest and shortness of breath, with slow fever, the pulse weak and quick, some heat of surface, the urine high-colored and scanty. As the disease progresses, the mind of the patient begins to wander; he talks and mutters continually, yet when questioned answers correctly.

The pulse becomes irregular; the respiration still shorter, unequal and rattling; the evacuations take place involuntarily, or are sometimes suppressed entirely; the face assumes a greyish hue, the nose is dry, the lips and tongue dry, black and cracked, and the forehead is covered with a clammy perspiration. The cough, even in the beginning of the disease, is generally slight, and the expectoration, if any, white or yellowish, and but seldom mixed with blood.

Cold plague is also another name given to those violent cases which are suddenly taken with a chill and cold skin, and often die without reaction taking place.

A favorable indication during the course of the disease is the breaking out of a general odorous perspiration over the whole body, or the appearance of small shining grains in the urine.

If no physician can be had, the following remedies may be given:

Opium in the commencement. It may be repeated two or three times.

Arnica should follow *Opium* if the latter does not produce a favorable change.

Veratrum, if the foregoing remedies effect no improvement, and the patient becomes exceedingly weak, with clammy perspiration on the forehead; difficult, unequal and rattling respiration, and coldness of the extremities.

Arsenicum may be given after *Veratrum*, if the weakness and rattling respiration increase, the pulse becomes irregular, very small and quick, the complexion earthy, the tongue dark brown or black, and dry. These two remedies may be given alternately at intervals of two, four or six hours, according to the urgency of the case.

Ipecacuanha sometimes after or in alternation with *Veratrum*. After *Ipecacuanha*, *Arsenicum* is frequently useful.

Sulphur, if the improvement from any of the foregoing remedies be but temporary; and then again, *Veratrum, Opium, Arseni-*

cum, or any one of them which had previously been followed by a marked degree of improvement.

Belladonna will remove attacks of blindness, occurring in the course of the disease.

Natrum muriaticum will sometimes remove the increasing weakness and prostration of strength, after the failure of *Arsenicum* and the other remedies, and entirely change the aspect of the disease.

China and *Arsenicum* must be administered alternately, if galling or excoriation take place from lying in bed.

Consumption of the Lungs

Ought *always* be treated by a homœopathic physician. The allœopathists pour fish-oil into the patient, expecting it would keep up life, as it does the light in a lamp.

Contusion or Concussion of the Chest.

In Part First of this book, *Arnica* is prescribed for injuries of this kind, which is always better than bleeding; in hemorrhage it was observed under what circumstances *Arnica* ought to alternate with *Aconite*, viz: in cases where the fever continues, is worse in the evening, with a pain as from an ulcer in the chest; afterwards, if these are insufficient, give *Pulsatilla;* but if there is cough with expectoration of thick yellow mucus, *Mercurius* will be the most appropriate remedy; if the expectoration has a sweet taste, and the breathing is asthmatic, *Nux vomica;* if other symptoms, such as a dry, hacking cough, oppressed breathing, pale complexion, bad appetite or sleeplessness, *China;* if pain remains in the whole chest, particularly about the short ribs, as if bruised or crushed, give *Apium virus.*

If there remain undefined complaints, weak chest, flying pains, or a pain as if something was pierced through the chest, give *Sulphur.*

CHAPTER VI.

AFFECTIONS OF THE THROAT.

Sore Throat or Quinsey.

The various affections producing a troublesome pain in the throat pass under the general name of *sore throat*. In order to examine the throat, place the patient in the light near a high window, if possible; let him open his mouth wide and push his tongue forward, while you introduce the handle of a spoon and press down the back part of the tongue, but not with too much violence; by this means the whole of the inside may be examined. Persons not familiar with this simple practice, and who, of course, must needs take a longer time in the examination, should first let the patient open his mouth, hold back his head and put out his tongue, that they may examine the upper part of the throat. Then let him rest awhile, after which let him, a second time, open his mouth wide that a spoon handle may be introduced, and the back of the tongue pressed down gently, so that the small palate with the tonsils and the interior part of the throat are exposed to view. The use of the spoon to press down the tongue may often be avoided by directing the patient to open his mouth wide and draw in his breath forcibly, the tongue then generally goes down and the soft palate goes up during the inspiration. In children who will generally resist this examination, it is sometimes necessary to put a cork between the teeth; care, however, should be taken that, in pressing down the tongue, no injury is done.

Then compare the remarks of the patient, and your own observations with the symptoms of the medicines recommended. In cases with hoarseness, look under this head.

An excellent domestic remedy for sore throat when it first comes on, and one that is instantly available, is to put two or three folds of linen rag, that has been dipped in cold water, around the neck, and over this a roll of flannel or a long worsted stocking. The patient should go to bed when this is applied and he will often be surprised and delighted to find that his sore throat is gone by the morning. Men who suffer frequently from sore throat should allow their beards to grow beneath the chin; women should wear fur boas in cold damp weather, but in fine weather the throat should not be much wrapped up. It is good to wash the neck every morning with cold water, and afterwards rub it well.

Gargling the throat with irritating substances, is an old and pernicious practice, which has been abandoneded entirely, even by the better physicians of the old school. When the throat is dry, swollen and very painful, the patient may inhale the vapor of hot water by holding his mouth over a jug half filled with it.

Aconite, when the patient has difficulty and pain in swallowing or in speaking; when the throat is much more red than usual; and for a burning, pricking, or contracting sensation, accompanied by fever, nervousness, impatience and uneasiness.

Belladonna, when the outside of the throat is swollen, and drinking produces spasms in the throat, the fluids returning through the nose; constant disposition to swallow; pricking pain on swallowing and on touching the throat; swallowing difficult, producing spasms, or entirely impossible; the throat feels as if there were a plug in it; a dry, burning sensation in the throat, and a disposition to hawk up something; when not swallowing, tearing pain extending to the lower jaws, or up into the head; ulcers in the throat, which appear very suddenly and spread rapidly, tonsils and the small palate swollen, and of a bright or yellowish red color, or redness without swelling; violent pains when swallowing and hawking, sometimes even when speaking; pressing, shooting pain in the tonsils, which seem as if they would burst, the glands swollen outside, accompanied by violent fever, and sometimes thirst; profuse salivation, pain in the forehead, and furred tongue. During the prevalence of scarlet fever, *Belladonna* is most suitable for sore throat.

Mercurius in cases similar to *Belladonna*, when the latter is insufficient, and the throat continues swollen, very red, or becomes ulcerated. When the ulcers are not painful, and come on slowly, *Belladonna* is of no use, but *Mercurius* must be given, and may be sometimes alternated with *Hepar*. In the beginning of the disease, it is more suitable than the preceding remedy, if the pricking pains are very violent when swallowing, extending to the ears or to the glands of the throat, and to the lower jaw; when the burning in the throat scarcely allows the patient to swallow, with stitches in the tonsils, and a very disagreeable taste in the mouth, the gums and back part of the tongue swollen, with abundant discharge of saliva; in the evening, chills or heat, followed by perspiration, which does not relieve; uneasiness, or an aggravation of all the symptoms during the night; also worse in the air; accompanied by pain and drawing in the neck and throat outside; after *Belladonna* or *Mercurius* the patient ought to avoid taking cold.

Hepar after *Mercurius*, particularly after taking fresh cold;

after *Hepar*, *Mercurius* may be given again if there is no improvement.

Lachesis may be given when *Belladonna*, *Mercurius* or *Hepar* seems to be indicated, but does not suffice; if the small palate is swelled; continual disposition to swallow; profuse salivation; accumulation of phlegm in the throat; bad ulcers; spasms which prevent drinking; the throat is very *sensitive to the slightest touch*, even to that of the bed clothes; all the symptoms are worse after sleeping. It is more suitable for persons who have taken much mercury.

Chamomilla often answers for children, or when the complaint is caused by a cold, from exposure to a draught of air while in a state of perspiration. And besides the symptoms mentioned under *Aconite*, for dryness in the throat, with thirst; feeling of obstruction when swallowing and when bending the neck. It appears to the patient as if something were sticking in the throat, which he has a constant desire to remove, but cannot; throbbing pain and swelling of the glands of the lower jaw; fever, generally occurring in the evening, either accompanied with heat or with cold, sometimes with a catarrh and tickling in the throat, a pricking pain in the larynx, and hoarseness. After taking this remedy, perspiration not unfrequently ensues, which must not be interfered with by giving other medicines.

Ignatia for cases similar to those mentioned under *Chamomilla*, when there is a constant feeling as if there were a lump in the throat; a sore spot in the throat when swallowing; acute, shooting pain, which sometimes is experienced only when the patient is *not* swallowing. Fluids are more difficult to swallow than solid food. The same remedy answers when the tonsils are swollen and inflamed, ulcerated or hard. Before, however, deciding on this medicine, compare what is said under *Belladonna*, *Mercurius*, *Hepar* and *Sulphur*. For ulcers on the tonsils which do not appear to be deep, give *Ignatia*, and afterwards *Lycopodium*.

Nux vomica, in cases similar to those mentioned under *Chamomilla* and *Ignatia;* especially for a sensation as if there were a

plug or lump in the throat, particularly when swallowing; with pains rather pressing than shooting, worse on swallowing the saliva. The throat feels raw and excoriated, or as if scraped and rough; the cold air affects the throat painfully; sometimes the small palate is swollen and red.

Pulsatilla for the same sensation on swallowing as described under *Nux vomica,* or the throat appears too narrow, as if obstructed from a swelling; redness and sensation of scraping; dryness of the throat without thirst; shooting pains in the throat, worse when swallowing; a feeling of tension in the throat; the glands on the neck are painful when touched; the interior of the throat is more of a bluish-red; the fever is unaccompanied by thirst; chilliness in the evening, followed by heat.

Bryonia, when the throat is painful on being touched, or on turning the head; swallowing difficult and painful, as if a hard substance were in the throat; shooting pains and soreness, attended with dryness, or a feeling of dryness, which renders speaking difficult. These symptoms commonly occur after being overheated, or after eating ice or drinking ice-water; they are frequently accompanied by fever, either with or without thirst, and great irritability.

Rhus for symptoms similar to those under *Bryonia*, except that the pains extend further down, and the patient is more inclined to weep, and when *Bryonia* does not effect a complete cure.

Capsicum for symptoms similar to those previously mentioned; it may be given when the other remedies do not suffice; when the fever continues, with chills and thirst, followed by heat; the pains particularly oppressive, the throat spasmodically contracted; excoriations and ulcers in the throat and mouth, with a sensation of burning; at the same time cough, with violent pain in the throat. It is particularly indicated when the patient wants to be always in bed, and is disposed to sleep; is afraid of the air and cold.

Apium virus, if the patient is always chilly and afraid of the open air, yet cannot bear a closed room, particularly not when

heated; if he is hot, but not thirsty; if he has had nettle-rash; if the tongue and throat are as if scalded; burning blisters on the left margin of the tongue; dryness and redness of the mouth and throat, thick saliva; tonsils red and swollen with stinging, burning and itching pains.

Coffea for sore throat, accompanied by catarrh, with a disposition to cough; worse in the air; at the same time sleeplessness, heat, great sensitiveness, inclination to weep. It may be given two or three times. It is particularly applicable when pain passes from the side of the palate into the throat, is constant, worse when swallowing; when the small palate is swollen and elongated, feeling as of mucus in the throat with constant efforts at swallowing, also dryness and heat in the throat.

Veratrum is indicated when the throat is dry and burns, is very rough and sore, with pressure as if swollen; pain and spasms when swallowing.

Cocculus, when the complaint is seated deeper in the throat, and attended with pain when the food passes, or dryness extending low down, or when drinking produces a gurgling noise.

China against dryness and pricking in the throat which is painful when swallowing; the complaint is worse after every fresh exposure to the air; pains which change about, disturb the patient during the night, and return every time he takes cold.

Sulphur for frequent or continual sore throat, particularly when the inside of the throat, the tonsils and the small palate are swollen; swallowing is impeded, and besides the usual pains, peculiar pricking pains, or a sensation as if there was a lump in the throat, or the throat was too narrow, with soreness or dryness.

If there should be a round swelling forming on one side of the throat, attended with stitches and throbbing pain, which may indicate an abscess, the suffering may be relieved, and suppuration promoted by the repeated external application of warm linseed poultices, and by holding in the mouth warm milk or gruel. The patients, especially children, should be carefully

watched during the night, to prevent the danger of suffocation in case the abscess should break.

Silicea, *Hepar*, *Sulphur*, *Mercurius*, and *Lachesis* are the remedies which will be of most service in such cases.

CHAPTER VII.

AFFECTIONS OF THE TEETH.

Toothache.

Pains, originating in the teeth, sometimes affect other parts of the head, as the lower jaw, the ear, the upper jaw, and the bones of the face; and pains which originate in these parts extend likewise to the teeth. We append, therefore, "The Face-ache" to this chapter. This connection between the different parts of the head show that the cause of the complaint should not always be looked for in carious teeth. Hollow teeth are sometimes painful, because they are affected by disease, but their being hollow teeth does not necessarily produce pain; they may get hollow and decay altogether without any pain whatever; if pain were occasioned by hollowness, the tooth would ache continually, while, on the other hand, teeth that are not hollow may pain most violently. What is said of exposed nerves producing pain is nonsense; whoever knows what a nerve is, and will take the trouble to reflect, will soon be convinced of it. Extraction of teeth is only allowable where there exists a fistula, ulcers at the roots, and the like, and as most of these can be cured by homœopathic remedies, it can only be necessary in the few incurable cases, and in children who are shedding their teeth; in all other cases it is a bad remedy, because the root has to be extracted, and this is injurious to the jaw, as the root may remain in it without causing the least pain, when we know how to treat it. Another reason for deprecating the extraction of teeth is, that, as soon as one has been taken out, another begins to decay. When the teeth remain in the jaw, the decay communicates itself but very slowly, except in a few diseases where the decay in a short time destroys all or most of the teeth. But when the disease is of this nature, extracting does no good, not even if all the teeth are taken out, for in this case it will attack the jaw. Let no one believe that one tooth can affect another, make it black, and communicate the caries by contact. This is the doctrine of those who get paid for extracting them, but who cannot cure toothache.

Most of the tooth-powders and tinctures sold by perfumers and chemists are injurious. The teeth and gums ought not to be picked much, it is a very injurious habit; be careful in drinking to avoid extremes of hot and cold, and keep the teeth clean by rinsing the mouth every morning and after every meal. Many persons are unable to keep their teeth clean and white without using some kind of tooth-powder. All camphorated and prepared chalk dentifrices should be avoided. A good and innocuous tooth-powder is made by burning stale bread quite black, triturating it to a fine powder in a mortar,

washing it to free it from salts, and then drying it. Sugar of milk and the chalky portion of the back-bone of a cuttle-fish are sold by some homœopathic chemists as tooth-powders, but they are not so efficacious as this charcoal for those whose teeth very readily become discolored.

The most pleasant way of cleaning the teeth and removing even the tartar, is sour milk. Rub the teeth with it, and then rinse the mouth with warm water, and you will feel how clean the teeth have become.

If you have toothache, make a timely selection of one of the following remedies, and in most cases you will find that they give speedy relief.

The worst of all the common remedies is opium or laudanum. It is always injurious. Pain which has been removed by opium is sure to return with redoubled violence some time or other. But it is very seldom the true remedy, and when it is, the best way to use it is to tie a piece of opium of the size of a pea on the outside of the cheek. Creosote ought to be used with the greatest caution; in many cases it is of no use, for instance, in the case of females in pregnancy, very rarely; in most cases it only allays the pain for awhile, and produces ulcers in the mouth, the throat and the stomach; the mere introduction of it into the mouth affects the stomach. For persons with weak lungs it is very injurious.

When the toothache evidently depends on the access of the air or of particles of food into the hollow of a decayed tooth, the cavity should be immediately stopped. The best stuffing for teeth is pure gold leaf, as used by good dentists, but when a good dentist cannot be readily obtained, or when the tooth is too far gone for such an operation, a very good stuffing may be made with gutta percha, as described further on, under the head of "Offensive Breath." Never allow your teeth to be filled with preparations of "tin-foil," "pure silver," or such like articles; they contain often mercury, and are always injurious to the general health.

Persons who suffer much from toothache should abstain from the use of coffee altogether; it is generally injurious to the teeth. When homœopathic remedies are used, care should be taken for a long time to avoid everything that would interfere with their operation.

It ought to be observed, that one or two globules taken on the tongue, if it is the proper remedy, or, in some cases, merely smelling the medicine, will give the patient relief. The pain frequently gets worse for a short time after taking the medicine, but wait awhile patiently, and if it begins to abate take nothing more, until there is no longer any improvement. If it get worse again, and the symptoms resemble the first, take the same medicine; if they differ, select another.

As the torture from toothache is so common, and embitters life so much, and as medicines not suitably chosen will prove ineffectual, we will endeavor, as much as possible, to facilitate the selection of the proper remedy, by showing the twofold manner in which it must be found: namely, first, by comparing the *symptoms* with the medicines adapted to them, and then by comparing the *medicines* with their respective symptoms.

In the first place, take note of every symptom complained of by the patient, and note down also the remedies which are recommended for each; then examine the symptoms under those medicines which occur most frequently on your list, and see whether they also correspond with the proper symptoms: by these means the proper remedy may generally be easily discovered.

It should be taken into consideration that not all the symptoms mentioned under a remedy are necessarily to be found in the patient, but that all, or at least the greater part of the symptoms of the patient must be found under the remedy selected.

To explain this, we will give the following example:—A patient has violent tearing or drawing pains in different places, and tearing in the gums (*a*); sometimes tearing pain extending into the head (*b*); cold air makes it worse (*c*); it is mostly worse in the morning (*d*); accompanied by determination of blood to the head (*e*).

Among the different symptoms, we find for—

a) Pains in the gums: Mercurius, Pulsatilla, Staphisagria, Hepar, Arsenicum, Carbo vegetabilis, Hyoscyamus, Calcarea.

b) Which extend to the head: Mercurius, Staphisagria, Nux vomica, Chamomilla, Sulphur, Arsenicum, Antimonium crudum, Rhus, Hyoscyamus.

c) Worse in cold air: Belladonna, Mercurius, Staphisagria, Sulphur, Hyoscyamus.

d) Worse in the morning: Ignatia, Mercurius, Pulsatilla, Phosphoric acid, Staphisagria, Bryonia, Nux vomica, China, Sulphur, Arsenicum, Hyoscyamus.

e) Determination of blood to the head: Aconite, Pulsatilla, China, Hyoscyamus, Calcarea.

After striking out all the remedies that occur here only once or twice you will find that Pulsatilla, Staphisagria, Sulphur, Arsenicum, occur three times, Mercurius, four times, Hyoscyamus, five times; now, examine the symptoms under Hyoscyamus, and you will find that Hyoscyamus or Murcurius answers best.

Most in the Front-teeth.—Belladonna, Causticum, Carbo vegetabilis, Chamomilla, China, Coffea, Ignatia, Mercurius, *Natrum muriaticum*, *Nux moschata*, *Nux vomica*, Phosphorus, Phosphoric acid, *Rhus*, Silicea, Staphisagria, *Sulphur*.

Most in the Eye and Stomach-teeth.—Aconite, Calcarea, Hyoscyamus, *Rhus*, Staphisagria.

Most in the Molars or Back-teeth.—Arnica, Belladonna, *Bryonia*, Calcarea, *Carbo vegetabilis*, Causticum, Chamomilla, China, Coffea, Hyoscyamus, Ignatia, Mercurius, Nux moschata, Nux vomica, *Phosphorus*, Phosphoric acid, Pulsatilla, Rhus, Silicea, *Staphisagria*, Sulphur.

Most in the Upper-teeth.—*Belladonna*, Bryonia, *Calcarea*, *Carbo vegetabilis*, *China*, *Natrum muriaticum*, *Phosphorus*.

Most in the Lower-teeth.—*Arnica*, *Belladonna*, Bryonia, Carbo vegetabilis, *Causticum*, *Chamomilla*, China, Hyoscyamus, Ignatia, Mercurius, Nux vomica, Phosphorus, Pulsatilla, *Rhus*, *Silicea*, *Staphisagria*.

One-sided.—Aconite, Belladonna, Chamomilla, Mercurius, Nux vomica, Pulsatilla.

On the Left side.—Aconite, Apium virus, Arnica, Carbo vegetabilis, Causticum, *Chamomilla*, China, Hyoscyamus, Mercurius, *Nux moschata*, *Phosphorus*, Rhus, Silicea, *Sulphur*.

On the Right side.—*Belladonna*, Bryonia, Calcarea, Coffea, Lachesis, Natrum muriaticum, Nux vomica, Phosphoric acid, *Staphisagria*.

A whole Row of Teeth.—Chamomilla, Mercurius, Rhus, Staphisagria.

In Hollow Teeth.—*Antimonium crudum*, *Belladonna*, Bryonia, *Calcarea*, Carbo vegetabilis, Causticum, *Chamomilla*, China, Coffea, Hepar, *Hyoscyamus*, *Lachesis*, *Mercurius*, Nux moschata, Nux vomica, *Phosphorus*, Phosphoric acid, *Pulsatilla*, *Rhus*, Silicea, *Staphisagria*, Sulphur.

In the Gums.—Antimonium crudum, Arnica, *Belladonna*, Bryonia, *Calcarea*, *Carbo vegetabilis*, Chamomilla, China, Hepar, Hyoscyamus, Lachesis, *Mercurius*, *Natrum muriaticum*, Nux moschata, *Nux vomica*, *Phosphorus*, Phosphoric acid, Pulsatilla, Rhus, Silicea, *Staphisagria*, Sulphur.

——— **Upper.**—Belladonna, *Calcarea*, Natrum muriaticum.

——— **Lower.**—Causticum, Phosphorus, *Staphisagria*, Sulphur.

——— **Interior of.**—Arnica, Natrum muriaticum, Phosphoric acid, Pulsatilla, Rhus, *Staphisagria*.

——— **Swollen.**—Aconite, Belladonna, Calcarea, Chamomilla, Carbo vegetabilis, Causticum, China, Hepar, Lachesis, Nux vomica, Natrum muriaticum, Phosphorus, Pulsatilla, Rhus, Sulphur.

——— **Painful.**—Apium virus, Arsenicum, Calcarea, Carbo vegetabilis, Chamomilla, Hepar, Lachesis, Hyoscyamus, Mercurius, Pulsatilla, Silicea, Staphisagria, Sulphur.

——— **Bleeding.** — Belladonna, Calcarea, Carbo vegetabilis, Causticum, Lachesis, Mercurius, Nux moschata, Nux vomica, Phosphorus, Staphisagria, Sulphur.

——— **Ulcerated.**—Belladonna, Calcarea, Carbo vegetabilis, Causticum, Hepar, Lachesis, Mercurius, Natrum muriaticum, Nux vomica, Phosphorus, Staphisagria, Silicea.

Pressing.—Aconite, *Arnica*, Bryonia, Carbo vegetabilis, Causticum, China, Hyoscyamus, Ignatia, Natrum muriaticum, Nux moschata, Nux vomica, Phosphorus, *Rhus*, Silicea, *Staphisagria*, Sulphur.

——— **Inwards.**—Rhus, Staphisagria.

——— **Outward.**—Phosphorus.

——— **Asunder.**—Phosphoric acid.

——— **As if from Congestion of the Blood, as if the teeth were too close.**—Aconite, Arnica, Belladonna, Chamomilla, Calcarea, China, *Coffea*, Hepar, Hyoscyamus, *Nux vomica*, *Pulsatilla*.

As if Pulled out or wrenched.—Arnica, Causticum, Nux moschata, Nux vomica, Phosphoric acid, Rhus.

Too Long.—Arnica, Arsenicum, Belladonna, *Bryonia*, Calcarea, Carbo vegetabilis, *Causticum*, Chamomilla, Lachesis, Hyoscyamus, Natrum muriaticum, Nux vomica, Rhus, Silicea, *Sulphur*.

Loose.—Arnica, Arsenicum, Bryonia, Carbo vegetabilis, Causticum, Chamomilla, China, Hepar, *Hyoscyamus*, Ignatia, Mercurius, Natrum muriaticum, Nux moschata, Nux vomica, Phosphorus, Pulsatilla, Rhus, Staphisagria, Sulphur.

As if too Loose.—Arsenicum, Bryonia, *Hyoscyamus*, Mercurius, Rhus.

Blunt.—Aconite, China, Dulcamara, Ignatia, Lachesis, Natrum muriaticum, Mercurius, *Nux moschata*, Phosphorus, Phosphoric acid, *Pulsatilla*, Silicea, Staphisagria, Sulphur.

Sore, Bruised.—Arnica, Arsenicum, Belladonna, Bryonia, Calcarea, Carbo vegetabilis, Causticum, *Ignatia*, Natrum, muriaticum, Nux vomica, Phosphorus, *Pulsatilla*, *Rhus*.

Burning.—Chamomilla, Mercurius, Natrum muriaticum, Nux vomica, Phosphorus, Pulsatilla, Rhus, Silicea, Sulphur.

Gnawing, Scraping.—Chamomilla, Nux vomica, Rhus, Staphisagria.

Digging.—Antimonium crudum, Bryonia, Calcarea, China, Ignatia.

Boring.—Belladonna, Calcarea, Lachesis, Mercurius, Natrum muriaticum, Phosphorus, Phosphoric acid, *Nux vomica*, *Silicea*, *Sulphur*.

Jerking, Twitching.—Apium virus, Antimonium crudum, Arsenicum, Bryonia, Belladonna, Calcarea, Causticum, Cepa, Chamomilla, Coffea, Hepar, Hyoscyamus, Lachesis, *Mercurius*, *Nux vomica*, *Pulsatilla*, *Rhus*, *Sulphur*.

Drawing, Tearing.—Antimonium crudum, Belladonna, Bryonia, Carbo vegetabilis, Calcarea, Cepa, Chamomilla, China, Glonoine, Hyoscyamus, Lachesis, Mercurius, Nux vomica, Phosphoric acid, Rhus, Staphisagria.

Cutting, Piercing.—Aconite, Antimonium crudum, Belladonna *Bryonia*, Calcarea Causticum, *Chamomilla*, *China*, Lachesis, *Mercurius*, Nux vomica, Nux moschata, Phosphorus, Phosphoric acid, *Pulsatilla*, Rhus, Silicea, Staphisagria.

Beating, Pulsating.—*Aconite*, Arnica, Arsenicum, *Belladonna*, Calcarea, Causticum, Chamomilla, China, Coffea, Glonoine, *Hyoscyamus*, Lachesis, Mercurius, Natrum muriaticum, Phosphorus, Pulsatilla, Rhus, *Staphisagria*, Sulphur.

Intermittent.—Belladonna, Bryonia, Chamomilla, Coffea, Calcarea, China, Mercurius, Nux vomica, Pulsatilla, Rhus, Silicea, Staphisagria, Sulphur.

Constant, day and night.—Belladonna, Calcarea, Causticum, Natrum muriaticum, Silicea, Sulphur.

During the day only, better in the night.—Mercurius.

————————, none in the night.—Calcarea, Belladonna, Mercurius, Nux vomica.

———, worse in bed.—Antimonium crudum, Mercurius.

Worst in the night.—Aconitum, Antimonium crudum, Arsenicum, *Belladonna*, Bryonia, *Carbo vegetabilis*, *Chamomilla*, China, Coffea, Hepar, Hyoscyamus, Mercurius, Natrum muriaticum, Nux moschata, Nux vomica, Phosphorus, Phosphoric acid, *Pulsatilla*, *Rhus*, Silicea, *Staphisagria*, *Sulphur*.

By night only, not during the day.—Phosphorus.

Most before midnight.—Bryonia, *Chamomilla*, China, Natrum muriaticum, Rhus, Sulphur.

_____ after ———.—Arsenicum, Belladonna, Bryonia, Carbo vegetabilis, Chamomilla, China, *Mercurius*, Natrum muriaticum, Pulsatilla, Phosphoric acid, Rhus, *Staphisagria*, Sulphur.

When awaking.—Belladonna, Carbo vegetabilis, Lachesis, Nux vomica.—(See Sleep.)

In the morning.—Arsenicum, Belladonna, Bryonia, Causticum, Carbo vegetabilis, China, *Hyoscyamus*, Ignatia, Natrum muriaticum, *Nux vomica*, Phosphorus, Phosphoric acid, Pulsatilla, *Rhus*, *Staphisagria*, Sulphur.

At noon.—Cocculus, Rhus.

Afternoon.—Calcarea, Causticum, Mercurius, *Nux vomica*, Phosphorus, *Pulsatilla*, Sulphur.

Towards evening.—Pulsatilla.

At night.—Antimonium crudum, *Belladonna*, Bryonia, Calcarea, Causticum, Hepar, *Hyoscyamus*, Ignatia, *Mercurius*, Nux moschata, Nux vomica, *Phosphorus*, *Pulsatilla*, *Rhus*, Staphisagria, *Sulphur*.

Every other day.—China, Natrum muriaticum.

Every seventh day.—Arsenicum, Phosphorus, Sulphur.

In Spring.—Aconitum, Belladonna, Bryonia, Calcarea, Carbo vegetabilis, Dulcamara, Lachesis, Natrum muriaticum, Nux vomica, *Pulsatilla*, Rhus, Silicea, Sulphur.

In Summer.—Antimonium crudum, Belladonna, Bryonia, Calcarea, Carbo vegetabilis, Chamomilla, Lachesis, Natrum muriaticum, Nux vomica, Pulsatilla.

In Autumn.—Bryonia, China, Mercurius, Nux vomica, Nux moschata, Rhus.

In Winter.—Aconitum, Arsenicum, Belladonna, Bryonia, Calcarea, Carbo vegetabilis, Causticum, Chamomilla, Dulcamara, Hepar, Hyoscyamus, Ignatia, Mercurius, Nux moschata, *Nux vomica*, Phosphorus, Phosphoric acid, Pulsatilla, *Rhus*, Silicea, Sulphur.

Caused by Damp night-air.—Nux moschata.

_____ Damp air.—Mercurius.

_____ Cold, damp weather.—Nux moschata, Cepa, Rhus.

_____ Wind.—Aconitum, Pulsatilla, Rhus, Silicea.

_____ Draught.—Belladonna, Calcarea, *China*, Sulphur.

Taking Cold.—Aconitum, *Belladonna*, *Bryonia*, Calcarea, Causticum, Cham-

omilla, China, Coffea, *Dulcamara*, Ignatia, *Hyoscyamus*, *Mercurius*, *Nux vomica*, *Nux moschata*, *Phosphorus*, *Pulsatilla*, *Rhus*, Staphisagria, Sulphur.

Taking Cold, when overheated.—Glonoine, Rhus.

——, **by getting wet.**—Belladonna, Calcarea, Causticum, Hepar, Lachesis, Nux moschata, Phosphorus, Pulsatilla, Rhus, Sulphur.

Suppressed Perspiration.—Chamomilla, Rhus.

Getting worse from Cold air.—Belladonna, Calcarea, Hyoscyamus, Mercurius, Nux moschata, Nux vomica, Silicea, Staphisagria, Sulphur.

—— **in the mouth.**—Aconitum, *Belladonna*, Bryonia, Calcarea, Causticum, Hyoscyamus, *Mercurius*, Nux moschata, Nux vomica, Phosphorus, Pulsatilla, Silicea, Staphisagria, Sulphur.

Opening of the Mouth.—Bryonia, Chamomilla, Causticum, Hepar, Nux vomica, Phosphorus, Pulsatilla.

Breathing.—Pulsatilla.

Drawing air into the Mouth.—*Antimonium crudum*, Belladonna, Bryonia, Calcarea, Causticum, Hepar, Mercurius, Natrum muriaticum, Nux moschata, Phosphorus, Silicea, Staphisagria, Sulphur.

Cold washing.—Antimonium crudum, Bryonia, *Calcarea*, Chamomilla, *Mercurius*, *Nux moschata*, Nux vomica, Pulsatilla, Rhus, Silicea, Staphisagria, Sulphur.

Eating cold things.—Bryonia, Calcarea, Chamomilla, Nux vomica, Pulsatilla, Rhus, Staphisagria, Sulphur.

Drinking cold things.—Bryonia, Calcarea, Chamomilla, Causticum, Hepar, Lachesis, Mercurius, Natrum muriaticum, Nux moschata, *Nux vomica*, Pulsatilla, Silicea, Staphisagria, Sulphur.

Rinsing of the Mouth with Cold Water.—Sulphur.

Cold in general.—*Arsenicum*, Antimonium crudum, Calcarea, Carbo vegetabilis, Mercurius, Natrum muriaticum, Nux moschata, Nux vomica, *Pulsatilla*, Phosphoric acid, *Rhus*, Silicea, Staphisagria, Sulphur.

In the open air.—*Belladonna*, Calcarea, Causticum, *Chamomilla*, *China*, Hyoscyamus, Mercurius, *Nux moschata*, *Nux vomica*, *Phosphorus*, Pulsatilla, *Rhus*, *Staphisagria*, Sulphur.

—— **Staying.**—Belladona, Bryonia, Chamomilla, Hyoscyamus, Mercurius, Nux vomica, Phosphoric acid, Staphisagria, Sulphur.

—— **Walking.**—Nux vomica, Phosphorus, *Staphisagria*.

In a Room.—Apium virus, Antimonium crudum, *Chamomilla*, Hepar, Nux vomica, *Pulsatilla*, Sulphur.

—— **after coming out of the open air.**—Phosphorus.

In a warm Room.—Cepa, Chamomilla, Hepar, Nux vomica, *Pulsatilla*, Phosphoric acid, Bryonia.

Warm Stove.—Arsenicum, Pulsatilla.

External warmth.—Bryonia, Chamomilla, Hepar, Mercurius, Nux moschata, Nux vomica, Phosphorus, Phosphoric acid, Pulsatilla, Rhus, Staphisagria, Sulphur.

Something warm.—Bryonia, *Calcarea*, Carbo vegetabilis, Chamomilla, Coffea, Lachesis, Mercurius, Natrum muriaticum, Nux vomica, Phosphoric acid, *Pulsatilla*, Silicea, Sulphur.

Eating warm things.—Bryonia, Calcarea, Chamomilla, Nux vomica, Phosphorus, Pulsatilla, Silicea.

Something hot.—Belladonna, *Calcarea*, Phosphoric acid.

Drinking warm things.—*Bryonia*, Chamomilla, Lachesis, Mercurius, Nux moschata, Nux vomica, Pulsatilla, Rhus, Silicea.

Warm bed.—Belladonna, Bryonia, Chamomilla, Mercurius, Nux vomica, Phosphorus, Phosphoric acid, *Pulsatilla*, Rhus.

Getting warm in bed.—*Chamomilla*, Mercurius, Phosphoric acid, Phosphorus, Pulsatilla.

Drinking.—Chamomilla, Calcarea, Causticum, *Lachesis*, Mercurius, Pulsatilla, Rhus, Silicea.

——— **Cold or warm.**—Lachesis.

——— **Water.**—Bryonia, Calcarea, Carbo vegetabilis, Chamomilla, Mercurius, Nux vomica, Pulsatilla, Silicea, Staphisagria, Sulphur.

——— **Wine.**—Aconitum, Ignatia, [Nux vomica, *after wine.*]

——— **Malt liquors.**—Nux vomica, Rhus.

——— **Coffee.**—Belladonna, Carbo vegetabilis, Chamomilla, Cocculus, Ignatia, Mercurius, Nux vomica, Pulsatilla, Rhus.

Tea.—China, Coffea, Ignatia, Lachesis.

Smoking tobacco.—Bryonia, Chamomilla, China, *Ignatia*, Mercurius, Nux vomica.

Salty things.—Carbo vegetabilis.

Eating.—Antimonium crudum, Arnica, Belladonna, Bryonia, Calcarea, *Carbo vegetabilis*, *Causticum*, *Chamomilla*, Cocculus, Hepar, Hyoscyamus, Lachesis, *Mercurius*, Nux moschata, Nux vomica, *Phosphorus*, Phosphoric acid, *Pulsatilla*, Rhus, Silicea, *Staphisagria*, Sulphur.

Only while Eating.—Cocculus.

After Eating.—Antimonium crudum, *Belladonna*, *Bryonia*, Calcarea, Chamomilla, China, Coffea, *Ignatia*, Lachesis, *Mercurius*, *Natrum muriaticum*, *Nux vomica*, Rhus, *Staphisagria*, *Sulphur*.

Chewing.—Arnica, Arsenicum, Belladonna, Bryonia, Carbo vegetabilis, Causticum, *China*, Cocculus, Coffea, *Hyoscyamus*, *Ignatia*, *Mercurius*, *Natrum muriaticum*, *Nux vomica*, Phosphorus, *Phosphoric acid*, *Pulsatilla*, Silicea, Staphisagria, Sulphur.

Only while chewing.—China.

Swallowing.—Staphisagria.

Biting.—Arsenicum, Belladonna, Bryonia, Calcarea, Carbo vegetabilis, Causticum, China, Coffea, *Hepar*, Hyoscyamus, Lachesis, *Mercurius*, Nux vomica, Phosphorus, Phosphoric acid, Pulsatilla, *Rhus*, Silicea, Staphisagria, Sulphur.

——— **something soft.**—Veratrum.

——— **soft food.**—Cocculus.

——— **hard food.**—Mercurius.

Touched by the food.—Belladonna, Ignatia, Nux vomica, Phosphorus, Staphisagria.

Picking.—Pulsatilla.

Cleaning.—Carbo vegetabilis, Lachesis, Phosphoric acid, *Staphisagria*.

Touching.—Antimonium crudum, Arnica, Arsenicum, *Belladonna*, *Bryonia*, Calcarea, *Carbo vegetabilis*, Causticum, *China*, Coffea, *Hepar*, Ignatia, *Mercurius*, Natrum muriaticum, Nux moschata, *Nux vomica*, Phosphorus, *Pulsatilla*, *Rhus*, *Sulphur*, *Staphisagria*.

——— **with the tongue.**—Carbo vegetabilis, China, Ignatia, Mercurius, Phosphorus, Rhus.

——— **even very softly.**—*Belladonna*, Ignatia, Nux vomica, Staphisagria.

Pressing on the Teeth.—Causticum, China, Hyoscyamus, Natrum muriaticum, Staphisagria, Sulphur.

Sucking the Gums.—Belladonna, Carbo vegetabilis, Nux moschata, Nux vomica, Silicea.

Rinsing.—Ignatia, Mercurius, Platinum.

Moving the body.—Arnica, *Belladonna*, *Bryonia*, China, *Mercurius*, Nux vomica, Phosphorus, Staphisagria.

——— **the mouth.**—Causticum, Chamomilla, Mercurius, Nux vomica.

Talking.—Nux moschata.

Deep breathing.—Nux vomica.

Being at rest.—Arsenicum, Bryonia, Chamomilla, Pulsatilla, Rhus, Staphisagria, Sulphur.

Sitting.—Antimonium crudum, Mercurius, *Pulsatilla*, *Rhus*.

——— **too much.**—Aconitum.

While lying down.—*Arsenicum*, Belladonna, Bryonia, *Chamomilla*, Hyoscyamus, Ignatia, Mercurius, Nux vomica, Phosphorus, *Pulsatilla*, *Rhus*, Staphisagria, Sulphur.

——— **on the painful side.**—Arsenicum, Nux vomica.

——— **on the painless side.**—Bryonia, Chamomilla, Ignatia, Pulsatilla.

——— **in bed.**—Bryonia, Chamomilla, Nux vomica, Pulsatilla.

In bed.—*Antimonium crudum*, Belladonna, Bryonia, *Chamomilla*, *Mercurius*, Nux vomica, Phosphorus, *Pulsatilla*.

Sleep with yawning.—Staphisagria.

When going to sleep.—Antimonium crudum, Arsenicum, Mercurius, Sulphur.

While asleep.—Mercurius.

When awaking.—Belladonna, Bryonia, Calcarea, Carbo vegetabilis, Lachesis, Nux vomica, *Phosphorus*, Silicea, *Sulphur*.
Mental emotions.—Aconitum.
Anger.—Aconitum, Chamomilla, Rhus, Staphisagria.
Passion.—Nux vomica.
Mental exertions.—Belladonna, Ignatia, Nux vomica.
Reading.—Ignatia, Nux vomica.
Noise.—Calcarea.
Being talked to by others.—Arsenicum, Bryonia.
For Women.—Aconitum, Apium virus, Belladonna, Calcarea, Chamomilla, China, Coffea, Hyoscyamus, Ignatia, Nux moschata, Pulsatilla.
Menstruation, before.—Arsenicum.
——— during.—Calcarea, *Chamomilla*, Carbo vegetabilis, Natrum muriaticum, Lachesis, Phosphorus.
——— after.—Calcarea, Carbo vegetabilis, Chamomilla, Phosphorus.
During Pregnancy.—Apium virus, Belladonna, Bryonia, Calcarea, Hyoscyamus, Mercurius, Nux moschata, Nux vomica, Pulsatilla, Rhus, Staphisagria.
While nursing.—Aconitum, Arsenicum, Belladonna, Calcarea, China, Dulcamara, Mercurius, Nux vomica, Phosphorus, Staphisagria, Sulphur.
For children.—Aconitum, Antimonium crudum, Belladonna, Calcarea, Chamomilla, Coffea, Ignatia, Pulsatilla, Mercurius, Silicea.
For irritable, nervous persons.—Aconitum, Belladonna, Chamomilla, Coffea, China, Hyoscyamus, Nux moschata.
For persons who have taken much mercury.—Carbo vegetabilis, Belladonna, Hepar, Lachesis, Staphisagria.
——— who drink much coffee.—Belladonna, Carbo vegetabilis, Chamomilla, Cocculus, Mercurius, Nux vomica, Pulsatilla, Rhus.

Getting better from:
Cold air.—Nux vomica, Pulsatilla.
Wind.—Calcarea.
Uncovering.—*Pulsatilla*.
Drawing air into the mouth.—Nux vomica, *Pulsatilla*.
Cold washing.—Belladonna, Bryonia, Chamomilla, Pulsatilla.
External Cold.—Belladonna, Bryonia, Chamomilla, China, Mercurius, Nux vomica, Phosphorus, *Pulsatilla*, Staphisagria, Sulphur.
Cold hand.—Rhus.
Finger wet with cold water.—Chamomilla.
Holding cold water in the mouth.—Bryonia, Cepa.
Cold drinking.—Belladonna, Bryonia, Chamomilla, Mercurius, Nux vomica, Phosphorus, Pulsatilla, Rhus, Sulphur.
In the open air.—Antimonium crudum, Bryonia, Cepa, Hepar, *Pulsatilla*, Nux vomica.

In the room.—Nux vomica, Phosphorus, Sulphur.
External Warmth.—Arsenicum, Belladonna, Calcarea, Chamomilla, China, Hyoscyamus, Lachesis, Mercurius, Nux moschata, Nux vomica, Pulsatilla, *Rhus*, *Staphisagria*, Sulphur.
Wrapping up the head.—Nux vomica, Phosphorus, Silicea
Eating something warm.—Arsenicum, Bryonia, Nux moschata, Nux vomica, Rhus, Sulphur.
Drinking ———.—Nux moschata, Nux vomica, Rhus, Sulphur, Pulsatilla.
Getting warm in bed.—Bryonia, Nux vomica.
Drinking.—Belladonna.
Smoking Tobacco.—Mercurius.
When eating.—Belladonna, Bryonia, Chamomilla, Phosphoric acid, Silicea.
After ———.—Arnica, Calcarea, Chamomilla, Phosphoric acid, Rhus, Silicea.
When chewing.—Bryonia, China, Coffea.
Biting.—Arsenicum, Bryonia, China, Coffea.
Picking the teeth, so that they bleed.—Belladonna.
Picking the teeth.—Phosphoric acid.
Rubbing ———.—Mercurius, Phosphorus.
Touching the teeth.—Bryonia, Nux vomica.
Sucking the gums.—Causticum.
Pressing upon the teeth.—Belladonna, China, Bryonia, Ignatia, Natrum muriaticum, Pulsatilla, Phosphorus, Rhus.
Moving.—*Pulsatilla, Rhus.*
When walking.—Pulsatilla, Rhus.
When at rest.—Bryonia, Nux vomica, Staphisagria.
Sitting up in bed.—Arsenicum, Mercurius, Rhus.
Getting up—Phosphorus, Nux vomica.
When lying down.—*Bryonia*, Mercurius, *Nux vomica.*
——— on the painful side.—*Bryonia*, Ignatia, Pulsatilla.
——— painless ———.—Nux vomica.
——— lying down in bed.—Mercurius, Pulsatilla.
In bed.—Sulphur.
When going to sleep—Mercurius.
After sleep—Nux vomica, Pulsatilla.

The Pains extend
to the jawbones and face.—Lachesis, Mercurius, Nux vomica, Hyoscyamus, Rhus, Sulphur.
to the cheeks.—Chamomilla, Causticum, Bryonia, Mercurius, Silicea, Staphisagria, Sulphur.
into the ears—Arsenicum, Bryonia, Calcarea, Chamomilla, Hepar, Lachesis, Mercurius, Staphisagria, Sulphur.
into the eyes.—Causticum, Chamomilla, Mercurius, Pulsatilla, Staphisagria, Sulphur.

The pains extend into the head —Antimonium crudum, Arsenicum, Chamomilla, Hyoscyamus, Mercurius, Nux vomica, Rhus, Staphisagria, Sulphur.

With headache.—Apium virus, Glonoine, Lachesis.
——— **rush of blood to the head.**—Aconitum, Calcarea, China, Hyoscyamus, Lachesis, Pulsatilla.
——— **swollen veins** of the forehead and hands.—China.
——— **heat in the head.**—Aconitum, Hyoscyamus, Pulsatilla.
——— **burning of the eyes.**—Belladonna.
——— **flushed cheeks.**—Aconitum, Arnica, Belladonna, Chamomilla, Mercurius, Nux moschata, Nux vomica, Phosphorus, Pulsatilla, Rhus, Sulphur.
——— **pale face.**—Aconitum, Arsenicum, Ignatia, Pulsatilla, Staphisagria Sulphur.
——— **swelling of the cheek.**—Arnica, Arsenicum, Belladonna, Bryonia, *Chamomilla*, Lachesis, *Mercurius*, Natrum muriaticum, Nux vomica, Pulsatilla, Phosphorus, Phosphoric acid, Staphisagria, Sulphur.
——— **salivation.**—Belladonna, Dulcamara, Mercurius.
——— **dry mouth and thirst.**—China.
——— ——— **without thirst.**—Pulsatilla.
——— **dry throat and thirst.**—Belladonna.
——— **chilliness.**—Pulsatilla, Rhus.
——— **heat.**—Hyoscyamus, Rhus.
——— **warm perspiration.**—Hyoscyamus.
——— **chilliness, heat, thirst.**—Lachesis.
——— **diarrhœa** —Chamomilla, Coffea, Dulcamara, Rhus.
——— **constipation** —Bryonia, Mercurius, Nux vomica, Mercurius, Staphisagria.

NOTE.—You must not be surprised to find in the above list, the same remedies recommended for directly opposite symptoms, as, Arsenicum, for toothache, *worse*, and *better* from warmth; this is really often the case.

The following medicines with their symptoms are arranged according to their importance, in order to facilitate the finding of any particular medicine, this alphabetical index is given:

Aconitum,	3	Cepa,	18	Mercurius,	13
Antimonium crudum,	20	Chamomilla,	5	Nux moschata,	6
Apium virus,	26	China,	12	Nux vomica,	7
Arnica,	1	Coffea,	2	Phosphorus,	17
Arsenicum,	19	Dulcamara,	28	Phosphoric acid,	25
Belladonna,	11	Glonoine,	4	Pulsatilla,	8
Bryonia,	21	Hepar,	14	Rhus	22
Calcarea,	29	Hyoscyamus,	10	Silicea,	27
Carbo vegetabilis,	15	Ignatia,	9	Staphisagria,	23
Causticum,	30	Lachesis,	24	Sulphur,	16

1. *Arnica* is very useful after the extraction of a tooth; it will stop the bleeding and accelerate the healing of the gums. Five drops of the tincture should be mixed with half a tumblerful of cold or tepid water, and the mouth rinsed several times with this. After the insertion of artificial teeth, it relieves the pain and the swelling; after filing out carious teeth—which is sometimes a very useful operation—mix a few globules of it in a teaspoonful of water, and put some of it on the parts which have been filed. In very intense pain, occurring after a tooth has been drawn, sometimes *Hyoscyamus* is of use; when the pain is severe after putting in new teeth, give *Arnica* and *Aconitum* alternately. *Arnica* is sometimes good for toothache, when attended by throbbing, as if the blood were being forced out of the tooth, or as if it had been started from its socket—worse when touched; it is also frequently of service for hard swelling of the cheeks, which frequently remains after the toothache has been cured.

2. *Coffea* will remove the severest pains, which drive the patients almost frantic; when they cry, tremble, and do not know what to do; and when the pain is indescribable; it may be repeated once or twice. If it proves inefficacious, give *Aconitum*, *Veratrum*, *Sulphur* or *Hyoscyamus*. For stinging, jerking pain, or intermitting aching and pain when chewing, it is to be preferred to all other remedies.

3. *Aconitum* must be given in all those cases where the patients are almost frantic with pain, which is indescribable, and which *Coffea* has failed to relieve; also for throbbing pains, occasioned by taking cold, with determination of blood to the head: burning in the face; it is particularly suitable for children; it may be repeated several times; when it is no longer efficacious, give *Chamomilla* or *Belladonna*.

4. *Glonoine* for toothache from taking cold, after having been over-heated, if the beating of the pulse is felt in all the teeth, or a drawing in all the teeth, sometimes in the upper and sometimes in the lower ones, and if the blood rushes to the head, with headache.

5. *Chamomilla* is beneficial in many kinds of toothache, par-

ticularly in children—and in persons who are frequently vexed, and who drink much coffee—also in females before menstruation; pain in the hollow teeth, after taking cold when in a perspiration, or when the patient is very irritable and inclined to cry; when the pain is insupportable, and aggravated periodically; is worse during the night; when no particular tooth can be pointed out as the painful one; or when the tooth is hollow, feels as if too long, and seems to move, (for the last symptom, perhaps, *Bryonia* will suit better,) or when the pain extends through the whole set, and every tooth feels too long; also when it extends through the jaws to the ear; or through the temples to the eyes; or is mostly on one side, in the teeth, jaws, ears and head; when there is crawling, sluggish pain continually, or scraping and scratching of the hollow tooth, after which the pain increases; drawing and tearing, or boring and throbbing pain; when at its height, the pain is stinging and jerking, and extends to the ear; the patient cannot bear the warmth of the bed, and the pain generally commences soon after meals, particularly after eating or drinking anything warm; when it grows much worse after drinking cold water—also after coffee; cannot be relieved by anything but dipping a finger into cold water and applying it to the tooth; when, while the pain lasts, the cheek is red and hot, or the cheek and gums are swollen and of a light red color; when the glands under the chin are painful and swollen—if the toothache is accompanied with great weakness, particularly in the joints; pain in the articulation of the jaw on opening the mouth, extending to the teeth—*Chamomilla* is a certain cure. When it is partly adapted to the symptoms, and only gives partial relief, and the teeth are hollow, compare *Antimonium crudum*, and then the following:

6. *Nux moschata* suits children, women—particularly during pregnancy—and all people with a cool, dry skin, who do not easily perspire; for pains from taking cold in damp, cold weather, or from the night air; for pains which get worse if air, particularly cold, damp air, is drawn into the mouth; if warm water or warm applications ease the pain; for toothache which

is increased by the shaking of the body in going up or down stairs; if the pain commences on the right side and goes to the left; for pains as if a tooth was wrenched out; worse from much talking; if the teeth become easily blunt.

7. *Nux vomica* is useful for toothache in persons of a hasty temper, with ruddy complexion, who like coffee and ardent spirits—have little out-door exercise, or who have taken cold; when a healthy tooth is painful and feels loose, or the teeth seem too long, with jerking, shooting pains in the lower jaw; a drawing pain extending to the temple, or a pain from a hollow tooth, affecting the whole face and even the bones, or extending over the whole side; or for drawing and burning pains in the nerves of a tooth, as if it were wrenched out, accompanied by violent stitches, which affect the whole body, particularly on inspiration; when a dull pain in the bones changes to a tearing pain, which passes through the teeth and jaws, or there is a boring, gnawing, tearing pain on one side; sometimes for jerking or rheumatic pains, attended with a pricking sensation; when they chiefly commence in bed or in the evening, prevent chewing, grow worse or return as soon as the mouth is opened in the cold air; or when reading or thinking; or when the tearing pains become worse by the contact of cold liquids, but better when kept warm; in general the pains are worse after eating and exercise; also, when along with the tearing pains the glands beneath the lower jaw are painful, and particularly when a swelling appears on the gum, which seems about to burst.

8. *Pulsatilla* is most suitable for persons of a mild, quiet, timid disposition, or for women and children of a fretful temper; when the pain is only on one side; for toothache which is prevalent in the spring, accompanied by ear-ache and headache, confined chiefly to one side; when there is a stinging pain in the decayed tooth, accompanied by great sensitiveness of the left side of the face, extending to the ear, with heat in the head and chills over the whole body; but particularly when there is a gnawing pain in the gums, and pricking as of pins, with tearing and jerking in the tooth itself, as if the nerve were stretched

and then suddenly relaxed; or for jerking or tearing in the tooth as if it would start from the jaw, and aggravated by cold water, the heat of the bed, a warm room, or by taking anything warm into the mouth; cold air relieves it—*the toothache always ceases entirely in the open air, but returns in the warm room and gets worse;* worse when sitting, better when walking about—worse from picking the teeth, better from pressure—chewing does not make it worse; it comes on mostly toward evening, rarely before, and is accompanied by chilliness and pale face, or with congestion of blood to the head; or with heat without thirst; especially for toothache caused by drinking chamomile tea.

9. *Ignatia* will be serviceable in cases where the foregoing remedies appear to be indicated, but are insufficient, and the patient is of a more tender and sensitive disposition, sometimes cheerful, at other times inclined to tears; particularly for persons who grieve much; when the jaw-teeth feel as if crushed; when there is a boring pain in the front teeth, and a soreness in all the teeth; worse after drinking coffee, after smoking, after dinner, in the evening, after lying down, and in the morning on awaking.

10. *Hyoscyamus* in very sensitive, nervous, excitable persons; the pain almost drives the patient mad—it is a tearing or throbbing, extending to the cheeks and along the lower jaw; or there is a tearing, raging pain in the gums, with a buzzing sensation in the tooth, which is loose, and feels, when chewing, as if it were coming out; or jerking, throbbing, drawing, tearing, which extends to the forehead; violent tearing pains in different teeth, as if the blood was pressed into them, occasionally accompanied by flushes of heat, with determination of blood to the head; it is aggravated by cold air; generally comes on in the morning, and is sometimes accompanied by jerking in the fingers and arms, especially in persons who are subject to convulsions.

11. *Belladonna* is frequently best adapted to females or children, particularly when the pain and anguish cause great restlessness, running about, or where there is depression, and a disposition to cry; when the teeth and gums are painfully sen-

sitive; when biting produces a feeling as if there were ulcers at the roots, with stinging, cutting, jerking, tearing pain; and more especially for a drawing pain, which is worse after going to bed, and during the night; or for pricking pains in a hollow tooth, day and night; or a pain in a hollow jaw-tooth, as if too much blood were forced into it, with heat in the gums and throbbing in the cheeks—nothing mitigates the pain but picking the gum until it bleeds; or the gums are swelled, with burning and stinging pains, discharge of much saliva, the cheek swelled, sometimes the eyes hot and the throat dry, with great thirst—frequently the pain returns in the morning on awaking, or recommences some time after dinner; the teeth ache when exposed to the open air, when touched, from biting, when food or hot liquids come in contact with them—pressing hard upon the cheeks sometimes gives relief.

12. *China* is particularly suited for toothache in mothers who are nursing—for persons who, otherwise cheerful, become cross and irritable; if a black covering appears on the teeth; the pain comes on periodically, and is throbbing, tearing, jerking or drawing, with great pressure, as if the blood was forced into the teeth, or boring and numbness about the teeth—worse when in motion, when touched, and returns on exposure to a draught—the gums swell, the mouth is dry, there is thirst, the blood rises to the head, veins of the forehead and hands swell, and the sleep during the night is uneasy, although the pain is not so great.

13. *Mercurius* is frequently suitable for children; in general when there are tearing pains in several teeth at once, in hollow ones and those adjoining them—the pain affects the whole side of the face, or drawing and stinging pains extend to the ear; it is particularly troublesome during the night; or for excruciating jumping pains in the teeth, especially at night, with stitches extending to the ear and the head, and drive the patient out of bed; also for a stinging pain in a decayed tooth, which is worse after eating or drinking any thing cold or warm; the pain is generally increased by cold, and particularly by damp air, is less severe when in a warm place, or when the cheek is rubbed—the air is

sometimes painful to the front teeth; or the toothache is only felt during the day and ceases during the night, and is followed by perspiration, and in the morning the same pains return again, in paroxysms, with longer or shorter intervals, alternating with giddiness, or tearing in the limbs; the teeth are almost always loosened, the gums swell or become white and ulcerated, are detached from the teeth, burn and ache when touched; or they begin to itch, to bleed and to suppurate, with tearing through the roots of the teeth, or with painful swelling of the cheeks.

14. *Hepar* will be beneficial after *Mercurius* or *Belladonna*, when the painful swelling of the gums continues, or for a throbbing pain as if blood were entering the tooth, or a drawing pain; the pains worse after eating, and in a warm room, or at night.

15. *Carbo vegetabilis* is sometimes useful when *Mercurius* or *Arsenicum* gives some relief, without effecting a perfect cure; also in persons who have taken much calomel, particularly when the gums bleed, and are detached from the teeth; the teeth are loosened, become ulcerated, and ache when touched by the tongue; are worse after eating, with drawing and tearing pains in the incisors.

16. *Sulphur* is most suitable for jumping pain in hollow teeth —extending to the upper and lower jaw, or to the ear; for swelling of the gums, attended with throbbing pain, bleeding of the gums, and swellings around old stumps; for toothache in the evening, or in the air, from draught, worse when rinsing the mouth with cold water.

17. *Phosphorus* for toothache from washing or from having had the hands in cold or warm water.

18. *Cepa* for toothache with cold in the head, or which gets better when the catarrh becomes worse and which gets worse when the catarrh becomes better; from damp, cold weather and wind; if it commences on the left side and goes to the right side; worse in the warm room; if it is a throbbing, drawing, pressing, with swelling of the cheek; worse when chewing; better from cold water; if the teeth become yellow; for people

who have an offensive breath, or who are fond of being in the open air and who like to wash themselves.

19. *Arsenicum* when the teeth are loose and elongated, with constant jerking or burning, and tearing in the gum, worse when touched, when lying on the affected side, and when at rest, and also from cold; the pains are mitigated by the heat of the stove, by hot applications, or by sitting up in bed; it is particularly indicated when the pains are very debilitating.

20. *Antimonium crudum* is the principal remedy for pains in hollow teeth, of a boring, digging, tearing, jerking character, which sometimes penetrate into the head; the pains are aggravated in the evening in bed, after eating, by cold water; and better when walking in the open air.

21. *Bryonia* for passionate, irritable, cross, obstinate people; the pain occasionally in the hollow teeth, but more frequently in the healthy ones; shooting pains with twitches towards the ear; tearing pain extending to the cheek, and acute pains, as if caused by an exposed nerve; sensitiveness and pain in the decayed teeth from contact with the air; the teeth feel as if too long and too loose, but are not so, and when chewing they feel as if they would fall out. The pains are aggravated by smoking or chewing tobacco; from the introduction of any thing warm into the mouth—better in the open air—sometimes relieved by cold water, but only momentarily, and also when lying on the affected cheek, but worse when lying on the other. Likewise, when the pain shoots from one tooth into the other, and also into the head and cheeks.

22. *Rhus* for the same painful sensation of elongation of the teeth, as *Bryonia*, and also when they seem to be loose, or as if they were asleep (*China*, *Dulcamara*); the hollow teeth sensitive to the air; the gums are swollen, burn, and itch like an ulcer, or they are sore and detached from the teeth; for jumping, shooting, or drawing pain, as if the teeth were being torn out, (*Pulsatilla*) or pressed into their sockets (*Staphisagria*) or for slow pricking or throbbing tearing in all the teeth, extending into the jaws and temporal bones, with a painful soreness of one side

of the face, if it arises from taking cold, or from vexation, is worse in the air, (*Bryonia* toothache is better), insufferable during the night, and mitigated by heat; sometimes accompanied by an offensive smell from the carious teeth. It suits best for quiet persons (unlike *Bryonia*) who are disposed to sadness and melancholy, or become agitated and afraid, (similar to *Belladonna*).

23. *Staphisagria*, when the teeth become black and hollow, lose the enamel, the gums are pale, white, ulcerated and swollen—ache when touched; throbbing in the gums; the gums are covered with blisters and ulcers; also for intense gnawing, drawing or tearing pains in decayed teeth, particularly in the roots, or extending through a whole row, or the pain shoots from a hollow tooth to the ear, with throbbing in the temple—worse in the open air, when drinking any thing cold, from eating, and particularly during the night or toward morning.

24. *Lachesis*, if all hollow teeth pain from rush of the blood to the head; for drawing, tearing, throbbing, boring into the jaw-bones; hollow teeth feel too long; pain extending down the throat; better when pus is discharged; gums swollen, bleeding easily, or they are bluish-red, beating and burning, worse from any thing warm; toothache worse after warm and cold drinks, after eating and awaking; with headache, beating over the eyes, stitches in the ears, swelling of the cheek; pains in the limbs of the opposite side, chills, fever and thirst. It is particularly suited for colds in damp, warm, spring weather; during menstruation, the smaller the discharge the greater the pain, at the cessation of the menstruation; for melancholic and choleric persons, for persons of vivid imagination; after long-continued grief, and after the abuse of mercury.

25. *Phosphoric acid* is suitable for bleeding and swollen gums; tearing pains which are worse when warm in bed, and also from heat and from cold, burning in the front teeth during the night; pains from hollow teeth, extending to the head.

26. *Apium virus* for the most violent pains in the gums, also for jerks and throbbing in the molars, with involuntary, sudden

biting together of the teeth, headache and bleeding of the gums.

27. *Silicea* for tedious, boring, tearing pains day and night, worse during the night, spreading over the whole cheek, also into the bones of the face; discharge of offensive matter from openings near the roots of the teeth, or from the gums; swelling of the jaw.

28. *Dulcamara* is sometimes useful for toothache proceeding from cold, particularly when accompanied by diarrhœa, and when *Chamomilla* does not answer; also when there is at the same time confusion of the head, or when the toothache is accompanied by profuse salivation (similar in this to *Belladonna* and *Mercurius*), and the teeth feel blunt.

29. *Calcarea*, for toothache in pregnant females; pains in hollow teeth, especially around loose stumps; pressing, drawing, jerking, soreness; drawing, pricking, rooting, gnawing, grubbing, throbbing pains, with swelled gums, which are sore, bleed easily, throb and pain; it is only suitable when there is determination of blood toward the head, particularly during the night; when the pains are caused by taking cold, or are aggravated by cold or a draught of air; the patient can neither bear warm nor cold drinks—even noise makes it worse.

30. *Causticum*, for toothache arising from breathing in the open air, generally attended with stinging, throbbing pain and a feeling of soreness; or the teeth feel painfully loose and lengthened, as if forced out of their sockets, (*Arnica*, *Phosphoric acid*); when there are ulcers at the roots of the teeth, the gums suppurating are swollen and very tender. The pain frequently affects the whole of the left side of the face, especially at night when the patient lies on it, and is equally sensitive to heat and cold; in long-continued or often returning colds.

Swelled Face.

When the cheek remains swollen after the toothache has ceased, it may be removed by giving *Pulsatilla*, if *Mercurius* or *Chamomilla* have been previously taken for the pain; or *Mercurius*,

after *Pulsatilla* or *Belladonna;* or *Belladonna* after *Mercurius;* or *Sulphur* after *Belladonna, Bryonia, Arsenicum, &c.* If the swelling is red, as in erysipelas, *Mercurius* should be given; if less red but hard and stiff, *Arnica. Hepar,* when the swelling begins to soften, and appears as if about to suppurate, followed by a dose or two of *Lachesis* if the *Hepar* does not effect a speedy abatement of the swelling, and then by *Hepar* again or by *Mercurius*, if the latter have not been taken before.

Benefit will also be derived by laying a boiled or roasted fig, or a portion of one on the swollen gum. Externally, apply nothing but a handkerchief to keep off the air, except when there is much tension, and the swelling is not extensive; in this case, make a linen compress about the size of a half dollar piece, dip it into warm water, and after squeezing it, apply it to the swelling, and tie a dry handkerchief over it; if the swelling spreads extensively, or if it becomes yellowish or red, and blistered, a small flat bag of rye flour or bran, moderately heated and applied to the cheek, may be of advantage. If it itches much, hair powder or wheat starch will be beneficial; if it breaks externally, apply a rag greased with fresh lard or simple ointment, and tie a handkerchief over it.

Face ache, Neuralgia, (Tic douloureux.)

In this painful complaint you can often obtain relief from the remedies recommended for toothache or those which follow; if they are insufficient consult a homœopathic physician. Do not believe that this complaint can be cured by cutting or burning; in most cases when the nerve was cut or burnt out, it has returned in a much worse form. Sometimes you may be relieved by cold or warm water, whichever suits best.

Aconitum, if there is redness and heat of the face; the paroxysms preceded by a slight itching or crawling pain; great exasperation, with agitation, restlessness, &c.; and especially when the neuralgia alternates with rheumatic pains.

Belladonna, if the pain is most violent under the eye, and is excited by rubbing the part affected; darting pains in the cheek-bones, nose, jaws, or cutting and tensive pains, with stiffness at the nape of the neck, and clenching of the jaws; twitches in the eyelid, or violent shooting and tearing, and dragging pains in the ball of the eye; convulsive jerking in the muscles of the face, and distortion of the mouth; heat and redness in the face. The pain comes in spells, it disappears almost entirely and returns after a while, it is generally preceded by itching and creeping in the affected side of the face, and at times becomes so

severe as to be almost insupportable; generally on the right side.

Platinum, when the attacks are preceded by a feeling of *coldness* and *torpor* in the affected side of the face, with severe spasmodic pain, or tensive pressure in the cheek, with a sensation of creeping or crawling, worse in the evening and when at rest; redness of the face, running of the eyes, &c.

Colocynthis against violent rending and darting pains; which chiefly occupy the left side of the face, are aggravated by the *slightest touch*, and extend to the head, temples, nose, ears, teeth, &c.

Arsenicum, when the attacks return periodically, and the pains are more especially of a *burning*, *pricking* and rending character, chiefly around the eye and occasionally in the temples, the suffering occasionally so severe as almost to drive the patient distracted; great anguish; excessive prostration, with desire to lie down; sensation of coldness in the affected parts; worse after fatigue, in the evening, when in bed, or after a meal; temporary amelioration from external heat; first on the right side and then on the left.

China, against periodical attacks of intense pains, brought on by *the slightest touch*, particularly if the patient, when anybody comes near him, puts up his hand as if he was afraid of being touched; torpor and weakness in the affected part; talkative; ill-humored; the face pale, now and then flushed.

Veratrum, against insupportable pricking, pinching and drawing pains, which almost drive the patient to distraction; one-sided or from left to right; excessive weakness, even to fainting; chilliness; worse on getting warm in bed, or towards morning; temporary relief on moving about.

Spigelia for periodical attacks like intermittent fever; the pains of a burning and tensive character, and chiefly in the cheek bones above the eyebrow, in the eye-ball, worse on the left side.

Heat and throbbing, *Arnica*. Heat and pressing pain, better from external pressure, *Bryonia*. Heat with throbbing, shoot-

ing, cutting, tearing pain or burning pressure in the cheek bones, particularly on the left side, *Staphisagria.* Heat in the face, and pain from above downwards, as if from a thread deep in the bones of the left side, *Cepa.* Tearing pain (first left, then right side), *China.* Drawing and tearing in the bones, worse when touched, *China* and *Hepar.* Pressing or squeezing in the jaw-bones, *Hyoscyamus.* Pressing, cutting, stabbing, *Rhus.*

For violent pains, mostly in the bones, look under *Belladonna, Hepar, China, Hyoscyamus, Staphisagria.* For jerking, shooting pains, *Pulsatilla.*

CHAPTER VIII.

AFFECTIONS OF THE MOUTH.

Bad Taste in the Mouth.

If the taste in the mouth is altered and the other symptoms are not sufficient for the selection of the proper remedy, consult the following list:

Bitter taste in the morning.—Sulphur, Mercurius vivus, Bryonia, Calcarea, Silicea.

When solid food tastes bitter.—Sulphur, Bryonia, Rheum, Rhus tox., Hepar, Colocynthis, Ferrum metall.; food and drink both bitter, Pulsatilla, China; bitter taste after eating or drinking, Pulsatilla, Bryonia, Arsenicum; in the morning or evening, Pulsatilla, Arnica; at different times, or continually, besides the above medicines, Aconitum, Belladonna, Veratrum, Nux vomica, Chamomilla, Antimonium crudum, Carbo vegetabilis.

For sweet taste.—Mercurius vivus, Sulphur, Cuprum, Belladonna, Pulsatilla, Bryonia, China, Ferrum, Spongia; in the morning, Sulphur; when bread leaves a sweet taste, Mercurius vivus; beer, Pulsatilla; bloodlike, sweetish taste, Ferrum, Sulphur; when like walnuts, Coffea.

For salt taste.—Carbo vegetabilis, Rheum, Phosphoric acid, Nux vomica, Sulphur, Arsenicum, Natrum muriaticum, Cuprum; when victuals taste salt, Carbo vegetabilis, Sulphur; salt taste when coughing, Carbo vegetabilis, Cocculus.

For sour taste.—Rheum, Phosphoric acid, Nux vomica, China, Sulphur, Capsicum, Calcarea, Natrum muriaticum, Cocculus, Cuprum; the victuals taste sour, China, Calcarea; after meals, Pulsatilla, Nux vomica, Carbo vegetabilis, Natrum muriaticum, Cocculus, Silicea; after drinking water, Nux vomica, Sulphur; after drinking milk, Carbo vegetabilis, Sulphur; in the morning, Nux vomica, Sulphur.

Acrid, biting taste.—Veratrum, Rhus tox.; burnt, smoky taste, Pulsatilla, Nux vomica, Sulphur; taste like herbs, Veratrum, Nux vomica; taste like peppermint, Vetratrum.

Earthy taste.—Pulsatilla, Hepar, China; insipid taste, Pulsatilla, Rheum, Staphisagria, Bryonia, China, Sulphur, Dulcamara, Rhus tox., Ipecacuanha, Capsicum; slimy taste, Belladonna, Rheum, Arnica, Rhus tox., Platina; greasy, oily taste, Silicea, Causticum; suety taste, Causticum; sticky taste, Phosphoric acid; watery taste, Staphisagria, China, Causticum.

Putrid taste.—Arnica, Mercurius vivus, Belladonna, Bryonia, Chamomilla, Pulsatilla, Aconitum, Veratrum, Phosphoric acid, Sulphur, Rhus tox., Natrum muriaticum, Cuprum, Causticum; in the morning, Sulphur, Rhus tox.; after meals, Rhus tox.; taste like pus, Pulsatilla.

When tobacco has a sharp taste.—Staphisagria; when bitter, Cocculus; loathsome, Ipecacuanha; disagreeable, Ignatia, Pulsatilla, Nux vomica, Arnica, Calcarea, Cocculus.

When the victuals have no flavor.—Mercurius, Pulsatilla, Staphisagria, Bryonia, Nux vomica, Arsenicum; absence of taste, Veratrum, Belladonna, Pulsatilla, Rheum, Bryonia, Hepar, Hyoscyamus; in chronic cases, Silicea, Natrum muriaticum.

Offensive Breath.

Bad breath may be caused by the stomach, abuse of mercury, decayed teeth, disease of the gums, ulcers in the mouth, or want of proper attention to cleanliness, leaving particles of food in the teeth, &c.

Rinse the mouth and throat after every meal with cold water, and brush the teeth with a soft brush once or twice a day.

If from a decayed tooth, consult a dentist; or if this cannot be conveniently done, the tooth should be carefully cleansed and filled with wax. The tooth can be readily cleaned by making use of a roll of blotting paper of convenient size, and applying it repeatedly to the decayed part.

A still better material for stopping hollow teeth is gutta percha. A piece of this substance large enough to fill the cavity should be heated at the fire or in a cup of hot water, and the cavity having been carefully cleansed and dried with cotton or blotting paper, the soft gutta percha should be pressed into it. It will soon harden and this stuffing will often remain in for years.

Rinsing the mouth with water containing charcoal, or chewing a roasted coffee-bean will improve the breath for awhile.

The smell of garlic or horseradish will be destroyed by drinking some wine or by eating a pear or boiled beet-root.

When the offensive breath arises from deranged stomach, or other diseases, the proper remedy for it will be found under their respective heads. But when it is the chief symptom, and its origin can be traced to no apparent cause, the following remedies will frequently remove it: *Nux vomica*, *Silicea*, *Pulsatilla*, *Sulphur*, *Arnica*, *Chamomilla*, *Mercurius*, *Bryonia*, *Hyoscyamus* and *Arsenicum*, according to the character and temperament of the patient.

If the bad breath is only perceived in the morning, *Nux vomica;* in the morning and at night, *Pulsatilla;* after dinner only, *Sulphur or Chamomilla.* If the breath smells like onions, give *Cepa;* as if much mercury had been used, sweetish, *Mercurius;* rotten, *Carbo vegetabilis;* for bad breath with white-coated tongue; of persons of a very changeable disposition and who easily take cold, give *Nux moschata.*

Scurvy in the Mouth. Canker of the Mouth.

In this affection the gums become hot, red, and very sensitive; they swell, become spongy, and shrink from the teeth; small ulcers make their appearance on the gums, the inside of the lips, the cheeks, on the palate and even on the tongue; a putrid, very offensive smell is emitted from the mouth, there is a discharge of tough, bloody phlegm and saliva from the gums; the teeth are usually loosened, and chewing and swallowing consequently difficult; sometimes the glands of the throat swell and become painful; the patient becomes very weak, and suffers from a slow fever.

Mercurius, in almost every case of scurvy, is the most efficacious remedy, and may always be given at the commencement of the disease, unless it has been brought on by the abuse of this medicine; in which case, it will be necessary to give *Carbo vegetabilis* as an antidote, to be followed, if necessary, by *Hepar* or *Dulcamara.*

If the disorder has arisen from the excessive use of salt food, *Carbo vegetabilis* or *Arsenicum* will be of most service, and if these fail to produce a favorable change, a drop of sweet spirits of nitre may be taken once or twice a day with benefit.

Capsicum may be indicated as the first remedy when the affection occurs in inert and corpulent persons, and arises from uncleanliness or want of exercise in the open air.

Arsenicum may be given as a first remedy if the ulceration is very extensive with violent burning pains, and in alternation with *China* if gangrene is threatened, the gums becoming black, &c.; or when *Mercurius* has proved inefficacious.

Dulcamara, when the disorder results from taking cold, and

the glands of the throat are swollen and hard; also after *Mercurius* when that remedy fails.

Carbo vegetabilis, besides being preferable in all those cases arising from the abuse of mercury or salt, is particularly beneficial when the gums bleed much, and smell offensively.

Natrum muriaticum when the ulcers spread slowly, the gums swollen, bleeding and very sensitive; every thing cold or warm, or eating and drinking effects them; when blisters and small ulcers appear on the tongue, which bite and burn, and render talking painful.

Among the many domestic remedies in vogue for this complaint, the one which is most to be recommended is, rubbing the gums with slices of lemon or rinsing the mouth with lemon juice; this is productive, in the beginning of the disease, especially in summer and at sea, of a very salutary effect.

Sage, also, is very good in many kinds of this disease; rinsing the mouth with brandy is sometimes of service.

Affections of the Tongue.

Aconitum for intense inflammation with fever, acute lancinating pains, &c.

Mercurius, after *Aconitum*; or at first when there is violent pain, swelling, hardness and salivation; also in ulceration of the tongue.

Belladonna, when *Mercurius* does not effect a cure, and the inflammation extends to other parts of the mouth; also when numerous small ulcers make their appearance on the tongue, gums, &c. It may be taken in alternation with *Mercurius* for induration of the tongue.

Arnica and *Aconitum*, alternately every five to six hours, will be most efficacious in inflammations caused by wounds.

Arsenicum and *Lachesis* in dangerous cases, with threatened gangrene, indicated by dark and greenish or black appearance of the tongue, &c.

Phosphoric acid in inflammation produced by biting the tongue during sleep.

Apium virus, if the tongue looks scalded, with burning blisters on its left margin, burning stitching, bright redness and dryness.

In some instances, when the swelling has become so enormous as to threaten suffocation before a physician can be had, it may be necessary to make free longitudinal incisions in the tongue, in order to save life.

For lameness of the tongue, give *Belladonna, Hyoscyamus*, or *Nux moschata*, according to the other symptoms and dispositions of the patients.

If *children* will *not learn to talk*, give *Natrum muriaticum*, one dose, and let it act for many weeks.

CHAPTER IX.

AFFECTIONS OF THE STOMACH.

Want of Appetite.

The common remedies for exciting the appetite are mostly calculated to impair it altogether. Articles highly salted, sour or sharp; burning, heating spices, roots, herbs or barks steeped in liquor, and taken as stomachics may be beneficial medicines when used at the proper time, in the right case, and in appropriate quantities; and every one knows from his own experience, or has witnessed it in others, that they sometimes produce a salutary effect. But as all medicines are injurious when taken in too great quantities, or too frequently, the trying of many of these things must, of course, do more harm than good, and particularly when the patient accustoms himself to their use. Of what benefit is it to awaken the appetite for a day or two, if it fails again immediately? As it is the case with all food that is partly retained in the body and partly thrown off, so it is with these substances also, which containing no nutriment, cannot supply any to the human economy. By degrees, these extraneous substances so accumulate in the system, that they cause incurable diseases; not in the intestines, whence they might be expelled by aperients; not in the blood, whence they might be extracted by bleeding. No, these are popular errors; every physician who knows anything of physiology, is aware that nothing can remain in the blood any more than in the intestines, the former changing every day; but it is the solid parts of the body which undergo a change.

Persons who use these things now and then in small quantities, cannot do themselves great harm. Sometimes salt fish or acids, particularly in summer, have a good effect, especially when the stomach craves these things, and when this craving ceases after having been satisfied, if the same craving returns very soon, it is a sign that their use is injurious.

The best remedy, in addition to exercise and recreation in the open air, is

the regular use of cold water. In the morning, particularly fasting, an hour or two before, and a couple of hours after each meal, and in the evening before going to bed, drink regularly a glass of water. At dinner drink moderately, and after a heavy meal but small quantities at a time.

Weakness of the Stomach. Dyspepsia. Indigestion.

The most essential information respecting this complaint, when it is felt very soon after eating, has been given under Chapter IV., Part I. When arising from other causes, see Chapters I., II. and V., Part I. There are, however, many cases where different causes exercise an influence at the same time; or where the causes are not known, or some are of a temporary nature, while others are lasting, the latter generally passing under the name of dyspepsia; some cases of this kind are the commencement of violent and dangerous diseases. "Dyspepsia" is a very covenient name often used by physicians to conceal their ignorance. It means "bad digestion," and this acompanies a great many diseases, it is generally a mere symptom of another disease which the physician does not know, he therefore calls the disease "Dyspepsia," and most patients are satisfied, because they believe a physician can cure every disease which he can call by a learned name! We will here mention several kinds which every one can cure himself; but there are many complaints called dyspepsia which need the aid of a homœopathic physician.

The most important condition for a cure is a rational mode of living, not adopted for a time merely, but permanently; the food must be wholesome, nutritive, of sufficient quantity, and also varied, to suit the requirements of the stomach.

For all cases of weak stomach, and which are usually attended with want of appetite, nausea, pains, particularly griping, disturbed sleep, weakness, select from among the first medicines here prescribed, in chronic cases among those found further on.

Arnica, when the disorder is caused by a blow upon the stomach, or by lifting heavy weights, with pain and a sensation as if broken in the small of the back; by want of rest; much mental application, and generally when arising from over-excitement and irritability, when the patient is very nervous, the tongue dry, or coated yellowish; the taste putrid or bitter and sour, with a bad smell from the mouth; the patient, even if accustomed to smoking, loathes tobacco; has a craving for something acid; eructations sometimes, with a taste as of bad eggs; after meals a sense of fulness in the pit of the stomach, inclination to vomit, retching, flatulency; the abdomen is distended; accompanied by a heaviness in all the limbs, weakness in the legs, giddiness, fulness in the head, particularly over the sockets of the eyes, dull feeling and heat in the head, disagreeable warmth, frequent awaking, starting when asleep, troubled dreams.

If *Arnica* does not suffice in these cases, give *Nux vomica* or *Chamomilla.*

Nux vomica, if caused by dissipation and late hours, by drinking wine or coffee, particularly if the patient has taken cold besides; when the mouth is dry without thirst, the tongue coated white; accumulation of phlegm in the mouth, and heart-burn, no taste, or all kinds of food taste insipid, water collects in the mouth, vomiting, pressure and weight in the stomach, the abdomen is distended, slight and hard evacuations, or constipation; reeling, giddiness or dulness in the head, heaviness in the back part of the head, ringing in the ears, drawing in the teeth, sometimes below and sometimes above; drawing in the limbs; want of energy and aversion to thinking; the patient is restless, quarrelsome, sullen; at times there is heat in the face; red pimples on the face.

Chamomilla, when the patient has eaten or drunk soon after great anger, and has now a bitter taste in his mouth, eructation as from bile, vomiting of green phlegm or light bile; tossing about during sleep, frequent awaking, pain and fulness in the head, the face red and hot, the eyes red and burning, the mind very sensitive.

Pulsatilla, when different kinds of meat or drinks, which do not agree with each other, have been taken at the same time, particularly such as produce flatulency; or when much fat has been eaten, especially of pork and mutton, or sausages, anything fried in rancid butter, or pies baked in mixed fat; when the taste is bitter, salt, or resembles that of putrid meat or tallow; bread and all other kinds of food produces a bitter taste; distaste to tobacco; and also when there is accumulation of phlegm in the mouth, a grating in the throat, eructation as from bile, or acidity and acrid bile in the stomach, a particular aversion to warm food, the abdomen is distended, tight, particularly under the ribs, rolling and rumbling in the abdomen; slow, troublesome, small evacuations or diarrhœa; drawing in the limbs as from fever and ague; the patient feels chilly, weak, is cross, silent, annoyed at every trifle, with little inclination to speak.

China is often most suitable when the air is infected with noxious vapors, in spring and autumn, when wet days are succeeded by dry weather; in countries where there are many canals, particularly if recently made, or where there is much drained land, or many fogs; also for persons who are obliged to work where they breathe noxious odors, and have not a sufficient supply of fresh air; it frequently cures the forerunners of fever and ague, and sometimes prevents the fever altogether. There is a constant feeling of having eaten to satiety, indifference to food and drink; after eating, the victuals remain a long time in the stomach; constant eructations, the undigested food is frequently thrown off; morbid craving for something strong, sharp or sour; weakness in the body, and a disposition to lie down, without being able to remain quiet; the patient is obliged to bend and stretch his limbs, which are quite stiff in the morning; frequent flushes of heat; chilliness after every breath of air; the urine is dark colored and deposits a copious sediment; after lying down the patient finds it difficult to go to sleep, and is constantly disturbed; the disposition is melancholy and morose.

Antimonium crudum, when the patient feels sick at the stomach, the tongue is coated or blistered; frequent eructations which taste of the food last taken, or gulping up of the undigested food without sickness; the mouth feels dry, or the saliva flows from it: there is much thirst, particularly during the night; accumulation of phlegm in the throat, or vomiting of phlegm and bile, the stomach feels too full, or is sore when touched; there is besides flatulency and griping, or constipation and diarrhœa. If *Antimonium crudum* does not soon produce a favorable change, give *Bryonia*.

Bryonia, when the stomach is disordered, and the patient feels cold and chilly; the bowels constipated, the tongue coated white or yellow, or blistered as under *Antimonium crudum*. Thirst, both by night and day; dryness in the throat and the stomach. It is most suitable in summer, or when the weather is warm and damp.

Cepa, no hunger but much thirst; very great nausea, eructations ease a little; weakness in the stomach, as if empty, more when bending forwards; fulness in the head, much yawning, pain in the bowels from winds; tongue always coated, particularly towards the root and early in the morning.

Ipecacuanha, when the stomach is surcharged with phlegm, or is otherwise debilitated; when the tongue is not coated, although the patient is sick at the stomach, and vomits; it is particularly indicated when there is loathing of food, of tobacco; for easy or violent vomiting, principally when accompanied by diarrhœa; also when the complaint returns every day, or every other day, at the same hour.

Hepar, when the stomach is easily disordered, notwithstanding a regular mode of living is followed, or when this occurs despite the utmost care, and frequently with craving for acids, strong, acrid articles, or for wine; when accompanied by nausea, sickness of the stomach, and eructations, principally in the morning; at times sour and bilious vomiting and throwing up of phlegm; accumulation of phlegm in the throat, pain in the bowels, and hard, dry stools. It will be particularly useful for weak stomach produced by taking blue pills, or other preparations of mercury.

Lachesis in cases where *Hepar* has been insufficient, and when the complaint is worse immediately after meals, or early in the morning; when several days pass without any evacuation.

Tedious cases of dyspepsia may sometimes be cured by *Sulphur*—taken in very long intervals. When improving, the patient should wait, until the symptoms remain stationary or are decidedly worse again, before repeating it. If it fails to effect a cure after a considerable time, a few doses of *Belladonna* or *Mercurius* will be of service, and afterwards *Sulphur* may act more favorably again

Mucous State of the Stomach.

This malady is characterized by debility of the stomach, attended with accumulation of phlegm in the mouth and throat, or with the throwing up of phlegm. In other respects the symptoms resemble those of "Disordered

Stomach," with the exception that the taste is more insipid or sweetish. Before dinner the patients are usually very weak and miserable, and after dinner they feel full and uneasy.

In the treatment of this complaint, two or three doses of *Ipecacuanha* should be first given, and then one of the following remedies:

Rheum, if in addition to the above symptoms there is diarrhœa of a thin, brown, slimy character, which smells sour or musty.

Veratrum, when the symptoms are violent and accompanied by vomiting of bile, or bilious diarrhœa, &c.

Capsicum, if accompanied by burning in the throat or stomach, or in the anus during the evacuations.

Consult also the symptoms of *Pulsatilla* and *Hepar* in last chapter.

Persons afflicted with this affection should take cold water freely, six to twelve glasses every day, and gargle the throat each time.

Heartburn. Waterbrash.

Heartburn consists of a burning or gnawing uneasiness felt principally in the pit of the stomach, and usually followed after a time by sour, or acrid eructations or risings.

In some instances it spreads over the whole region of the stomach, and is attended with anxiety, nausea, coldness of the extremities, debility and tendency to faintness.

It is frequently connected with dyspepsia and other affections of the stomach, and may be cured by the remedies recommended for these complaints.

Generally *Nux vomica*, *Pulsatilla*, *Chamomilla*, *China*, *Capsicum*, *Carbo vegetabilis*, *Staphisagria* and *Belladonna* will be most efficient.

When caused by smoking, *Staphisagria;* when it occurs chiefly after meals, *China;* if attended by much thirst, *Belladonna*. For the particular indications, however, see "Dyspepsia," "Spasms of the Stomach," and "Flatulency."

When these remedies are ineffectual in pregnant females, a slice of lemon sugared and kept in the mouth is salutary. Sometimes drinking sugar-water every morning, and freely of cold water will remove it, although it may make it worse in the beginning. Water crackers also give relief. Care should be taken not to use any soda or potash, as these often produce dangerous maladies; also avoid chalk, magnesia, prepared oyster shells, &c., which often remain in hard lumps in the stomach, particularly when aperient medicines are taken afterwards.

Nausea and Vomiting.

In this complaint the possible cause ought to be taken into consideration, and the remedies be selected accordingly. Very frequently these symptoms disappear of themselves after vomiting, therefore it may be promoted by giving tepid water, tickling the throat with a feather, or by giving coffee without milk. No emetics should be taken; they always weaken the stomach.

Give, when the tongue is much coated white or yellow, *Antimonium crudum*, or, when the tongue is clean, *Ipecacuanha*. Sometimes nausea and vomiting are caused by fright, grief, vexation, by taking cold, overheating, sitting up at night, overloading the stomach, drinking intoxicating liquors or chamomile tea, smoking, or by using rhubarb and other medicines. Having ascertained the causes look under their respective heads.

When nausea and vomiting are caused by a fall which injures the head, *Arnica* will remove it; when by some foreign body in the throat, see under that head.

When connected with giddiness or headache, see Chap. I., Part II. ("Headache"); when the medicines recommended in such cases do not give relief, give *Lachesis* once or twice, and afterwards *Belladonna*. For vomiting, with cough, *Ipecacuanha*, *Mercurius*, *Capsicum*, *Pulsatilla*, *Bryonia*, *China*, *Drosera*, *Phosphoric acid*, *Sulphur*, *Calcarea*, or *Lachesis*. The particular symptoms for the choice of each will be found under "Cough" or "Hooping Cough."

When caused by riding, give *Cocculus*.

Vomiting from weakness of the stomach, occurring after every meal, is often cured by *Pulsatilla* or *Nux vomica*, given alternately with *Bryonia*. *Pulsatilla* will be beneficial when the stomach is so weak that only very little food can be taken at a time, and the least surfeit causes vomiting with spasms and cutting pain in the bowels, or giddiness and vomiting of white, tough mucus, diarrhœa, weakness of the limbs, sometimes to fainting. *Cocculus*, for the same symptoms as the above, when that is insufficient, followed, if neccessary, by *Nux vomica* and *Bryonia*.

China and *Ferrum*, taken alternately, may be in some cases necessary to complete the cure.

Sulphur, followed by *Arsenicum* or *Hyoscyamus*, may be required in some violent cases which the foregoing remedies have failed to relieve.

Calcarea will be serviceable in protracted, tedious cases, especially after *Sulphur*.

Vomiting in children, caused by worms, will most generally be relieved by *Cina*, *Mercurius*, *Ferrum* and *Sulphur;* see also "Complaints caused by Worms."

If one vomits after every meal all he has eaten, and if this continues until he has become quite thin, he ought to eat of light and nourishing food, very little at a time, but often. If he has much pain before throwing up, he ought to eat not more than *one spoonful every hour*. At first, rich milk, cream, gruel, arrow-root or starch, better with sugar than with salt; afterwards, now and then, good broth. This will be nourishment enough while the medicines have time to act.

Hyoscyamus, for beating in the pit of the stomach; *Arsenicum* for burning; *Ferrum* for pressing; *Carbo vegetabilis* for pressing outwards; *Calcarea* for stinging.

It is still better to consult a physician.

Sea-Sickness.

Opium has given the quickest relief, and may be repeated whenever the symptoms increase. In some cases *Cocculus* is better. *Nux vomica* will often be of service, especially if the stomach was disordered before going on board, or is so by the manner of living on board-ship. Owing to the differences in the constitutions of persons they are differently affected by the motion of the ship, some becoming easily accustomed to it, others with greater difficulty, and others again, not at all. Hence the remedies must be adapted to the constitutional peculiarities from which the sickness arises.

Some persons are benefitted by drinking brandy and water, and others by eating raw ham highly peppered. In most cases benefit will be derived by taking as much exercise as possible, forcing ones-self to eat, and placing blotting paper soaked in rum, brandy, or whisky, on the pit of the stomach. In constipation, attended with a putrid taste and bloody gums, take *Staphisagria*.

Bryonia is serviceable for that giddy, unsteady feeling often experienced on shore by those who have recently come off a voyage.

Pains, Cramps or Spasms in the Stomach.

It is well known that in this complaint the old system of medicine is entirely at fault; homœopathy, on the contrary, can do much. When of long standing and of the worst kind, it is frequently cured in a short time, even in old people; but at all events, by a regular and continued course of treatment. Among the domestic remedies, many are very injurious; opium and morphine pills are in few diseases more dangerous and injurious than in this.

The following remedies may be tried, and will sometimes alleviate the complaint. From time to time a tablespoonful of milk may be swallowed; and the region of the stomach rubbed with olive or linseed oil. Some persons find relief after taking thin chicken soup, some from the application to the region of the stomach of a sheet of blotting paper steeped in rum. The same persons, however, will find great relief from taking *Nux vomica*, if they will only refrain from the use of ardent spirits and coffee, and even avoid smelling them. A few handfuls of common, roasted oatmeal may be placed warm upon the stomach in a small bag—the meal must not be quite as brown as coffee. This is very useful when the patient has before taken opium or laudanum, which has, as usual, aggravated the complaint.

Nux vomica is particularly adapted to spasms occurring in coffee or brandy drinkers, when the pain in the stomach is contracting, or pressing, the clothes seem too tight, or there seems to be a collection of wind on the left side under the ribs, worse after eating, after rising early, sometimes disturbing the patient in his sleep. These pains are sometimes accompanied by oppression of the chest, as if a band were drawn around it; sometimes it extends between the shoulders and to the small of the back. The pains are frequently attended by nausea or accumulation of water in the mouth; or sour, bitter, burning water rises in the throat; vomiting of food; sour, putrid taste in the mouth; flatulency; distension of the abdomen, and constipation. Sometimes it is accompanied by one-sided headache, pressing pain in the forehead, or palpitation of the heart and nervousness. In severe cases a dose may be taken every three or four hours until relief is obtained, or if after taking three or four doses the patient is not better, another remedy must be selected.

Generally *Chamomilla* or *Cocculus* will be most appropriate. When the disease is less severe, and partakes more of a chronic

character, a dose of *Nux vomica* in the evening, followed by another next morning, will frequently be sufficient to effect a cure; if, however, there should be but temporary improvement, and the complaint returns again in a few days, a dose of *Pulsatilla*, *Chamomilla*, or *Ignatia*—whichever seems best adapted to the symptoms—must be given.

After this the *Nux vomica* may be repeated again, and if the disease returns notwithstanding, *Carbo vegetabilis* may be given.

If drinking coffee aggravates the complaint, *Nux vomica* will be the proper remedy; if the pain is relieved by it, *Chamomilla*.

Chamomilla will also be indicated when there is a pressure on the stomach as from a stone; when the pit of the stomach and the parts immediately under the ribs on the left side seem swelled, as if they would burst, accompanied by shortness of breath. The symptoms are worse during the night; the patient is exceedingly uneasy, tosses about in the bed, and perspires profusely; sometimes he is troubled with a throbbing pain on top of the head which drives him out of bed. The pain in the stomach is somewhat alleviated when he draws himself up, and lies perfectly quiet. When the pains are very violent, give first, *Coffea*, and afterwards, if necessary, *Chamomilla*. If *Chamomilla* is of but little use, give *Belladonna*.

Spasms in the stomach during menstruation can generally be cured by *Nux vomica* or by *Chamomilla;* but if the discharge is very scanty, *Pulsatilla* or *Cocculus*.

Cocculus is indicated when *Nux vomica* gives some relief, but the pain returns very soon, and is accompanied by hard evacuations, or entire costiveness; when the pain in the stomach is accompanied by a pressing, contracting pain extending over the abdomen, alleviated by the discharge of wind; when there is some sickness of the stomach, and collection of water in the mouth without heartburn; when the patient is not irritable, angry, nor violent, but rather sullen and taciturn.

Belladonna, when *Chamomilla* proves ineffectual, or gives only partial relief, especially in females who are delicate and sensitive; when there is a gnawing pressure or a spasmodic

tightness of the stomach which obliges the patient to lean back or to keep his breath and which mitigates the pain; also, when the pain always returns after dinner; when it is so violent as to deprive the patient of consciousness, or make him faint. It is mostly accompanied by thirst, and drinking increases the pain; evacuations tardy and trifling; the patient cannot sleep at night.

Bryonia for the same kind of pressure as *Chamomilla*, particularly when it commences during meals, or immediately afterwards, and the pit and region of the stomach seem to be swollen; sometimes the pressure changes to a contracting, pinching or cutting pain, which is relieved by pressing upon the stomach, or by eructations of wind; the pains are aggravated by motion, (the opposite in *China*). These symptoms are attended with constipation, and a pressure in the temples, the forehead or back part of the head, as if the bones of the head were being forced asunder, which is better when pressed hard or tied tight with a handkerchief.

Pulsatilla, when the pains are of a piercing character; are worse when walking, particularly on making a false step, and always accompanied by nausea or vomiting; the evacuations loose; no thirst except during the most violent pains; also when there is great tightness of the stomach, with pinching pain, or violent throbbing, with anxiety; griping pain, diminished by eating. The symptoms are usually made worse by eating, especially of rich or fatty substances. This remedy is most suitable for persons of a mild, quiet disposition.

Nux moschata. Pressure, fulness and swelling of the stomach; after eating, uncomfortable, short of breath, headache; after eating and drinking, cramp and pain in the bowels; offensive breath, white-coated tongue; the patient likes to sit in the house and feels drowsy from it.

Ignatia will be serviceable in cases of two or three days standing, in which several remedies have been given; the pains resemble those under *Nux vomica* or *Pulsatilla;* pressure after every meal in the upper part of the stomach or lower part of the throat; loose evacuations of the bowels, and nausea or

vomiting. It is suitable in cases brought on by insufficient food or starvation. It is particularly indicated when the stomach feels as if it was hanging on a thread.

China, for spasms of the stomach in debilitated persons, brought on by using emetics or cathartics, being bled or cupped frequently, or by profuse loss of blood in any way, or by salivation or loss of fluids by other means. It is of the first importance in spasms occurring in females who are nursing, or who are debilitated by nursing their children too long; or from excessive secretion and involuntary emission of milk. *Belladonna* will follow it in these cases advantageously. It must, therefore, be given first, when females have spasms in the stomach from nursing, particularly when much milk runs away (here *Belladonna* is to be given afterwards), or when they continue nursing too long, that is, more than nine months; in the latter case the child ought to be weaned. Generally, when the digestion is not good, with too great a secretion of mucus, acidity and acrid bile in the stomach; when the stomach feels sore; when meat and drink cause pressure and inflation of the stomach, and if the pains are worse when the patient is at rest, and better when in motion, *China* will be the best remedy.

Carbo vegetabilis, particularly when *Nux vomica* has proved useful, but only for a short time; when there is a burning pain, or a constant, painful, agitating pressure, worse when touched; or with a contracting, spasmodic sensation, forcing the patient to bend, taking away his breath, and aggravated by lying down. Frequently accompanied by heart-burn and nausea; loathing at the very thought of food; constipation.

Calcarea, in chronic cases, or when *Belladonna* has been of temporary benefit; for oppressive, cutting, spasmodic, pinching, choking pains, with a feeling of anxiety; frequently attended by vomiting of food; worse after eating and at night; with pain from external pressure; it is particularly suitable for women whose monthly illnesses are, or have been, very copious; or for those who bleed much from the nose.

Phosphorus. Violent pressure in the stomach, sometimes worse when empty, and sometimes worse after eating.

Staphisagria is useful in some cases, when there is acute pressure, tension, and squeezing about the pit of the stomach, which sometimes obstructs the breathing, but which is relieved by bending the body forward; or after indignation.

Platina, for spasms of the stomach in females, at the monthly period, and especially when the menstruation is generally very copious and of too long duration; or after much grief.

Vomiting of Blood.

This affection may be preceded by weight, pressure, fulness or tensive pain or spasms in the region of the stomach; griping or colic; burning heat below the ribs; anxiety, especially after eating, or drinking, or on pressure on the stomach; impaired appetite; saltish taste in the mouth; giddiness; cold perspiration; fainting.

The following medicines may be found useful, *Aconitum*, *China*, *Pulsatilla*, *Nux vomica*, *Ipecacuanha*, *Arsenicum*, *Sulphur* and *Arnica*. The disease, however, is so serious in its character that it ought to be treated by a physician. Benefit may be derived from the application of dry cups to the abdomen and under the ribs, as recommended in "Hemorrhage of the Lungs."

CHAPTER X.

AFFECTIONS OF THE ABDOMEN.

Colic.

It may be excited by acid fruits and indigestible food; by catching cold from changes of weather, wet feet, exposure, &c.; also by drinking cold water or other cold beverages when heated; by worms; by the action of lead on the body, as met with frequently in painters, plumbers, and other workmen who come in contact with lead; also in persons who have drunk wine adulterated with metallic poisons, or who are in the habit of using water highly impregnated with carbonic acid, which flows through leaden pipes. See Part I., Chapters VI. and VII, on the treatment of those injured by lead or paints, &c.

It may be necessary to consult "Colic" in Part First, and also "Spasms of the Stomach," in the preceding chapter.

Chamomilla is suitable for children, also for grown persons,

when, besides the symptoms given under the head of "Pain in the Bowels," in Part First, blue circles appear under the eyes, when there is much saliva in the mouth, tearing pain around the navel, and a feeling in the small of the back as if it were broken; if *Chamomilla* does not answer, give *Pulsatilla*. *Chamomilla* is also suitable for wind pent up in different parts of the abdomen, with a sensation as if it were going to escape there; stitches in the breast; swelling under the ribs and in the pit of the stomach; great agitation, uneasiness, and clammy perspiration; rattling and rumbling in the abdomen; frequent inclination to stool, with small, slimy, watery evacuations; after violent indignation; if it is not sufficient, give *Cocculus*.

Nux vomica, when there is constipation or difficult evacuations, a sensation as of a weight in the abdomen, with rolling and grumbling, and great heat; the pains are pinching, drawing, compressing, as if the intestines were pressed by a stone in different parts; oppression in the pit of the stomach; the abdomen is painful when touched and tense; the breath short and difficult—a general feeling of distension, the parts under the ribs feel as if stuffed; during the most violent paroxysms of pain, the hands and feet are cold; sometimes the patient is deprived of consciousness; pain and flatulency deeply seated in the abdomen; a strong pressure on the bladder and rectum as from a blunt knife; the pain makes the patient double himself up, and is worse at every step. Better when at rest, when sitting and lying. Generally attended by violent headache and pain in the small of the back. A number of these symptoms are attributed by ignorant persons to some obstruction, which they think must be removed by aperient medicines. Refer also to "Constipation."

Mercurius, for violent, twisting colic; the region around the navel is hard; jerking pain externally of the abdomen, which is inflated and hard; crawling in the throat, hiccoughing, voracity, aversion to sweets; nausea, with water rising in the throat, straining evacuations, secretion of slime, great debility; worse attacks of colic about midnight—if *Mercurius* does not quickly

relieve the patient, and the above symptoms are attended with itching of the nose, give *Cina;* if this does not effect a complete cure, *Sulphur*. *Mercurius* is generally necessary in cases of painter's or lead colic.

Pulsatilla, when there is stinging pain in the bowels, with throbbing in the pit of the stomach, a disagreeable tightness in the abdomen, as if it were too full; growling and rumbling; the wind cannot be got rid of; irritation and heat in the abdomen, which is inflated; general heat, the veins on the hands and forehead are swelled, the patient is forced to take off his clothes on account of the heat and tightness, the abdomen is painful when touched, as if bruised; all the symptoms are worse when lying down, somewhat better when walking about; when rising, the small of the back aches as if bruised; also, with the pinching, cutting pains, there is tearing and shooting above the navel; uneasiness, heaviness in the belly, with painful tension, when touched it aches; weakness of the stomach, white, frothy saliva in the mouth; diarrhœa; yellow, gray evacuations, with violent pains in the stomach; pale face, blue circles around the eyes; contractions of the whole body; pressing, tensive headache. When caused by an overloaded stomach, first give coffee without milk, and afterwards, if necessary, *Pulsatilla;* if that does not cure the complaint, give *Belladonna*.

Aconitum, in cases like the last mentioned, when in addition the bladder is affected, the patient has violent pains in the region of the bladder, with a constant inclination to make water—the urine, however, does not pass; these symptoms are accompanied by nervousness and uneasiness, and the abdomen is excessively sensitive. It should be given two or three times, and afterwards, if necessary, *Nux vomica* or *Cepa*.

Colocynthis is the principal remedy for colic, when the pains are very violent, constant, or only cease for a short time, and then recommence with greater violence; when the most violent pain is confined to a small spot about the navel, and returns periodically every five or ten minutes; or when it commences with a slight drawing pain, tending towards the centre, which

increases gradually, and at last changes to a jamming, pressing, or boring and tearing pain, so violent, that the patient cries and shrieks aloud, twists about like a worm, is covered with perspiration, presses the abdomen with his hands, pushes furiously against the bedposts or corners of the tables, &c., lies on his face and places pillows under himself, and tries every way to get some ease.

Persons who have previously suffered from these attacks for several days, or periodically, and have taken laudanum, which will cause the attacks to return the sooner, may, when they feel the least symptoms of an attack, take *Colocynthis;* it is also most suitable when former attacks have weakened the intestines, which feel as if every part were bruised, and hanging on threads, which might break at every step. If the first dose does not give immediate relief, and if the complaint gets worse, give coffee without milk, a teaspoonful at a time, which may be repeated as long as it alleviates the pain; if it grows worse again, give another dose of *Colocynthis*, alternating it with the coffee, until the pain ceases. If, after taking one dose of *Colocynthis*, the pain increases no longer, but there is a slow improvement, dispense entirely with the coffee, and let the medicine act as long as there is any improvement, or until the disease is cured. The second dose is generally sufficient, almost always the third; in the worst cases, I never found it necessary to give more. For any remaining symptoms, give *Causticum*, once in the morning and once in the evening.

When the patient has taken laudanum, a drug most injurious in this complaint, although very commonly taken, give coffee first and then *Colocynthis.* If that does not answer, try *Chamomilla*, and then again *Colocynthis.* There are, however, some cases of violent colic which *Colocynthis* will not cure, and in which one of the following remedies must be given.

Belladonna, when, during the pain, a thick, sausage-like swelling protrudes across the abdomen, and when bending over, or pressing upon it gives some relief; when the pain is griping and bearing down, as if the intestines were about falling out,

the symptoms getting worse when the patient is up and walking about; particularly when the stools are thin and watery. In the latter case, *Mercurius* frequently removes the remaining symptoms. *Belladonna* suits, generally, when the face becomes very red, the blood rises into the head, the veins are swelled, and the pains so violent that the patient is almost distracted. Also, for pains under the navel, when there is griping, as if produced by taking hold of the parts with the finger nails, and when accompanied by pains in the small of the back.

Cocculus, for pains, similar to those described under *Nux vomica*, particularly when there is a contraction in the abdomen with a downward and outward pressure, attended with some nausea; or when there is a large accumulation of flatus in the stomach and intestines, causing great distension of the upper part of the abdomen, and pain with rattling in the stomach, and pressure under the ribs, all of which symptoms disappear as soon as the wind passes upwards.

Cepa for the most violent colic either after catching cold, particularly from wet feet, or from sour food, &c., commencing in the right side extending through the whole abdomen, most painful in the left side, or about the navel; getting worse when sitting; better when walking about, particularly if this causes the passing of fœtid flatus; worse after eating and drinking, particularly after coffee; with much rumbling; pressure on the bladder, with urging to pass water and to stool.

China is suitable for flatulent colic, resembling that described under *Chamomilla* and *Cocculus;* but when the intestines are first contracted in the lower part of the abdomen, and press outward with oppressive and tensive pain, with tension under the short ribs, and agitation; particularly when the colic begins in the night; in debilitated persons, or after profuse sweats, or in females who are nursing.

Ignatia frequently relieves colic which awakens the patient out of sleep; when there are shooting pains, which extend into the chest and sides, when the wind is discharged with much difficulty, after which the pains moderate; it is suitable for sen-

sitive females. When the colic commences in the evening, and the flatulency causes nausea and vomiting, *Pulsatilla* is better.

Colic, preceded by a bitter taste, a yellowish, coated tongue, much thirst, which, as the saying is, is caused by bile, attended sometimes by vomiting, or bilious evacuations, may generally be cured by one or two doses of *Chamomilla;* or in bad cases by *Colocynthis,* and when these remedies do not suffice, by *Sulphur.*

Flatulency.

Flatulency, or a collection of wind in the intestines, often causes colic, the remedies for which have already been mentioned. If the wind does not pass at all, and the abdomen becomes swollen as if it would burst, give *Carbo vegetabilis.* When it does not cause violent pain, but heat, uneasiness, and inflation of the abdomen, which interferes with the breathing, which is frequently the case after taking flatulent food, beer, &c., or from drinking water after eating fat meat, give *China,* and afterwards, if required, to choleric persons, *Nux vomica;* to quiet, mild-tempered persons, *Pulsatilla,* if *China* does not give relief; if the abdomen is swollen, pains worse on the left side, also in the left groin, as if a rupture was to appear there, give *Cepa.* If it returns often, give *Sulphur,* if this also fails, consult a homœopathic practitioner.

Inflammation of the Stomach and Intestines.

The treatment of this disease by domestic remedies, and that of the common physicians are alike injurious. It is impossible to provide here for all cases, but it will always be better to go by the rules here laid down, than to resort to violent treatment. If a homœopathic practitioner can be had, it is always better to consult him.

An inflammation of this kind may be supposed to exist, when a burning, sometimes a stinging or tearing pain is felt in any part of the abdomen, which is very tender when pressed upon, and aches at every motion or movement, such as coughing, sneezing, laughing, &c. The part is sometimes tight and swollen, when it is near the chest, it produces difficulty of breathing, particularly of inspiration; it is mostly accompanied by vomiting or by eructation, *which gives no relief*—also by constipation. The latter symptom induces many persons to take aperient medicines, which, in this affection are absolute poisons; the former, to take emetics which may cause death. The abdomen should be left perfectly undisturbed; the drink should be water, and

from time to time some mucilaginous articles—nothing else whatever; the constipation will last until the inflammation is removed. When the patients are recovering, and begin to eat, the evacuations will recommence of their own accord. I have seen most dangerous cases, where no evacuation of the bowels took place for fifteen days, and the patient recovered notwithstanding, and regained his strength rapidly.

Besides the above symptoms, there are in some cases the following: the face is pale, bluish, sunken; there is violont fever, but a weak pulse, the mind dejected and agitated. When the disease is at its height, the vomiting and the pains are both very violent, the patient is exceedingly weak; the extremities cold, hiccough sets in, and the abdomen is finally distended, and extremely sensitive.

When the disease attacks the *stomach*, the pain is generally in the pit of the stomach, extending under the ribs and towards the back, or through the abdomen; eating and drinking are immediately succeeded by vomiting; with violent thirst, there is sometimes an aversion to water. When the seat of the disease is in the *intestines* or in any part of the abdomen, the vomiting does not take place for some time after eating or drinking; the abdomen is swollen and tender, the patient complains of intense burning heat, in the whole or some part of it. There is also usually great thirst, constipation, &c.

Aconitum will in most cases be required at the commencement. It may be repeated every hour, until there is some improvement, or until an aggravation of the symptoms render the selection of one of the following remedies necessary:

Ipecacuanha, when the pains are worse in the front part of the abdomen, and extend to the left side under the ribs, whence they spread along the ribs towards the back or the abdomen, with swelling in the region of the stomach, great agitation, and vomiting; if it proves efficacious, it may be repeated two or three times.

Antimonium crudum will be preferable to *Ipecacuanha* if the tongue is covered with a white or yellowish coating.

Pulsatilla, or *Nux vomica*, if the disease was produced by a disordered stomach.

Bryonia, after *Aconitum* or *Ipecacuanha*, when the pain and fever are very violent, and the complaint has been caused by taking cold, particularly by drinking cold water when the patient was overheated; when it ceases to be efficacious, give *Nux vomica*. When the patient seems stupefied, or speaks unconnectedly, or is not aware how ill he is, give *Hyoscyamus*, and repeat it several times; if it does not give relief, give *Belladonna*. If the extremities become cold, and the patient is evi-

dently sinking, the face becoming very pale, or otherwise much altered, give *Veratrum;* if this proves unavailing, *Arsenicum*, which should rarely be given more than twice. After *Arsenicum*, *Aconitum* may in many cases be given and then *Arsenicum* once more, giving them in this manner alternately. If *Arsenicum* makes the complaint worse, give *Nux vomica.*

China immediately after or in alternation with *Aconitum*, when the pain is worse on the left side, under the ribs, whence it extends downward, when there is generally in the beginning vomiting of blood and violent fever. If improvement follows the first or second dose, wait until the symptoms become worse before giving it again.

Arnica may be given for the above symptoms if *Aconitum* and *China* are insufficient, and the pains are more of a pressing or shooting character, and render the breathing difficult and painful—also when the pains resemble more those of typhus fever—the patient, quite indifferent, dull and stupid, is insensible to his suffering, and insists that there is nothing the matter with him. *Nux vomica* may be given with advantage after the above remedies when the disease has continued for some time, without much improvement, and there is a dull pressure on the stomach with constipation. *Bryonia*, in cases where there are acute pains in the stomach and abdomen, increased by the least motion and which sometimes extend to the chest; and constipation.

Arsenicum, when there is diarrhœa, with a discharge of much blood, without alleviating the pains; or when they are violent and burning, and the patient is very weak; also when the disease assumes a periodic character, is worse every other day, this remedy, or *China*, will be most appropriate.

When the pain is more under the ribs, on the right side, toward the front, extending up or down, give one of the following remedies:

Chamomilla, if the pains are dull, and not increased by external pressure, nor by motion or inspiration, and when there is pressure on the stomach, tension under the ribs, difficulty of

breathing, a yellow tongue, bitter taste, yellowish skin and paroxysms of oppression and inquietude; when these paroxysms become more frequent, principally during the night, and are attended with green, slimy diarrhœa and sickness of the stomach, give *Pulsatilla;* if, on the contrary, the bowels are constipated, the skin less yellow, but the chest more affected, give *Bryonia.*

Mercurius, for pressing pain, which does not allow the patient to lie on the right side, with bitter taste in the mouth, more thirst than hunger, constant chilliness, very yellow skin and eyes; sometimes it may be alternated with *Belladonna*, or, in critical cases, with *Lachesis.*

Belladonna, for pressing pains which extend to the chest and shoulders; when the pit of the stomach is swollen, with tension above the navel and across the abdomen; difficulty of breathing and nervousness, attended by determination of blood to the head, with dimness before the eyes, and giddiness almost to fainting, frequently accompanied by violent thirst, uneasy tossing about, and sleeplessness. If no improvement follow its use during twenty-four hours, give *Lachesis*, and repeat it as often as the complaint gets worse; when *Lachesis* ceases to act favorably, give *Belladonna* again, or select another remedy.

Nux vomica, for acute pain, sometimes attended with throbbing and stitches, the part affected being very sensitive to the touch; sour or bitter taste; nausea or vomiting; oppression and shortness of breath, as if the clothes were too tight, while the removal of them rather aggravates the sensation than otherwise; thirst, red urine, oppressive headache.

Sulphur may be given after *Nux vomica*, if there should be but little or no improvement from the latter—and the stinging pains continue. And also after the other remedies recommended when they afford no immediate, or only partial relief. If the disease is worse every other day, give *China*, as prescribed for pains in the left side.

When the pain is more in the abdomen, in the middle or lower part; and is aggravated by motion or pressure, and the most painful part is swollen, give *Aconitum.* If this gives no

relief, and the abdomen continues to be sore when touched, give *Lachesis,* to be repeated an hour after; if two doses fail, give *Belladonna.* In some cases, *Hyoscyamus*, *Bryonia*, *Nux vomica*, *Arsenicum*, and sometimes *Mercurius* may do good—the latter particularly after *Lachesis.* Refer to what has been previously said of these medicines in this chapter.

All aperients ought to be carefully avoided in this complaint, though it is mostly attended by obstinate constipation—the less this is interfered with the sooner will the patient be restored to perfect health; if he takes cathartics or emetics, he may die in consequence, or they may produce a tedious malady which is difficult to cure. In this complaint it is, therefore, a good sign when the bowels are constipated, and a very bad sign when the evacuations become thin, and still worse when they pass involuntarily. Even in this dangerous stage of the disease, *Hyoscyamus* may sometimes save the patient. After two or three doses, if he does not grow decidedly worse, give no more, and await the result.

Children are frequently subject to attacks of this kind; when the pit of the stomach and the parts under the ribs become distended by pain in the abdomen, give *Mercurius* or *Chamomilla.* See also "Diseases of Children."

Determination of Blood to the Abdomen.

This affection consists of a troublesome sensation of heat and burning in the stomach, attended with hardness, tension, dull pain, and symptoms as if arising from a surfeit, without any excess having been committed. Hypochondriacs, persons who are of sedentary habits, or those who have the piles, are most liable to it. The principal remedy is *Sulphur.* If, however, it is accompanied by pains in the small of the back, with a feeling of great weakness in that region, rendering it almost impossible to walk, *Nux vomica* will be preferable. If accompanied by diarrhœa with small, soft, slimy or watery evacuations, *Capsicum* should be given: or if attended with diarrhœa and great prostration of strength, *Arsenicum.* In addition to the above,

the following remedies may be serviceable:—*Belladonna*, *Veratrum*, *Pulsatilla*, *Bryonia*, *Chamomilla*, *Rhus*. See also "Piles."

Worms.

Many complaints are ascribed to worms which arise from very different causes. When children have been fed upon pap, cakes, and similar articles of a hurtful nature, or when the mother, whilst nursing, overloads her stomach with meat, fish, salted and fat things, particularly with pies, the children must necessarily become sick in consequence, or a predisposition to sickness be inducted. When, besides this, the children are dosed with vermifuges, injections, purgatives, &c., the worms cannot fail to prosper and increase.

When children are supposed to have worms, the first thing to be looked to, is a rational mode of living, by which means the worms will soon diminish, and if symptoms of the complaint remain, the remedies will afterwards prove the more effective. Most persons are by far too much afraid of these little animals, which are not nearly so noxious as the remedies usually prescribed for them, and particularly as the nostrums puffed in the newspapers. Simple persons believe in these things, and pay for the trash, when, if they knew what they or their children were swallowing, they would rather pay twice as much to keep it out of the house, to say nothing of their bodies.

It is true, these things sometimes kill the worms, but too frequently they kill the children also, or affect the abdomen in such a manner that the consequences appear many years after. First, it is to be considered that almost all children have worms, sometimes before they are born, and that it is frequently a sign of a dangerous disease when these worms pass off spontaneously; secondly, that what these worms subsist upon in the body is more hurtful than the worms themselves. Almost all the symptoms attributed to worms may arise from some general disease in the system, which has a tendency to increase them, especially if aided by an unwise mode of living. When the worms have become very numerous they give rise to various complaints, which, joined to the symptoms of the original malady, sometimes become dangerous. When the worms are expelled, the symptoms which they gave rise to, of course disappear but the real disease may increase.

Sometimes diseases subsequently make their appearance which are worse than the first, although slower in their operation, and perhaps not manifesting themselves until the tenth or twelfth year. Expelling the worms is of no essential use. The remedies here prescribed will frequently cure the disease itself, and if there are really too many worms, which is but rarely the case, will remove them also. Children who have worms should have enough to eat, but not too much bread, very little salt, and few or no cakes or pies, but in preference a good deal of ripe, cooked or dried fruits, and in particular, carrots.

When you are not certain of the existence of worms, and the child becomes emaciated, and vomits frequently, give first *Ipecacuanha;* but when the tongue is coated, *Carbo vegetabilis;* if this has no effect, *Pulsatilla;* if the child has been much troubled with diarrhœa, or has taken much aperient medicine, give *China;* when the bowels are constipated, *Nux vomica.*

When the child passes worms occasionally, picks its nose much, and the belly is distended, give *Cina*, which is one of the chief remedies for all complaints really arising from worms.

For colic, caused by worms, with frequent inclination to vomit, when much water collects in the mouth, and the parts around the navel are hard, also when the whole abdomen is hard and distended, with frequent ineffectual straining to evacuate, or secretion of nothing but slime, give first *Aconitum*, some hours later, *Cina;* and if this is not sufficient, *Mercurius* or *Silicea.* In all complaints caused by worms, *Aconitum* is of great use in the beginning, and if this and the other remedies mentioned above do not remove them, *Sulphur* should be given, and will be found to be of great value, particularly after *Mercurius.* These remedies will generally effect a cure. In rare cases, attended with much thirst, sudden starting and fright, *Belladonna* or *Hyoscyamus* may be required. In very bad cases it may also be necessary to give a dose or two of *Lachesis.*

Persons troubled with *tape worm*, discharge joints of this worm from time to time; these pieces are nearly square, quite flat, about as broad as the little finger. There is no sure sign of the existence of tape worms, except there is a discharge of pieces of this description, which generally pass away about the new and full moon.

Tape worms may frequently be destroyed by taking, when the moon is waning, two mornings successively, a dose of *Sulphur*, and at the next full moon, *Mercurius*, in the same way, and eight days after, *Sulphur* again twice; repeat these remedies in the same order several times. Sometimes the tape worm is discharged after taking a few doses of *Calcarea. Cuprum* has also been found by some very effectual in removing the tape-worm. If this treatment does not effect a cure, apply to a homœopathic physician.

For *ascarides,* the small worms which are found in the anus, see "Itching of the Anus."

Itching of the Anus.

This troublesome affection may generally be cured by one or more of the following remedies:

Nux vomica will be applicable when the itching is seated either internally or externally, is worse when sitting or moving, and also after taking stimulating food and drinks, and is accompanied with pains, or dry piles, or moist and bleeding piles, or costiveness; also when caused by strong liquors, beer or coffee; or in people who lead a sedentary life; in pregnant females; when caused by little worms, which may be discovered moving about in the sphincter ani, upon drawing it apart.

Aconitum, if the itching arises from small worms, and *Nux vomica* is inefficient, and children are very uneasy during the night, and have fever. It should be given in the evening, or during the night, and if ineffectual, followed by *Ignatia* in the morning. If the children are again troubled in this way, particularly after every full and new moon, give, when the moon is full, *Sulphur*, and *Silicea* when it is new. A dose may be given every morning for a week. If the complaint should return at the next full moon, give *Calcarea* in the same manner as *Sulphur* is directed to be given. Let the children eat no pork, very little salt, and as little pastry and cakes as possible. If there should be no relief, notwithstanding the use of the above medicines, give *Ferrum* every other morning; if diarrhœa makes its appearance, dispense with the medicine, and if the diarrhœa still continues, give *China*.

While children are taking the above remedies (*Sulphur*, *Calcarea*, *Silicea* and *Ferrum*), nothing else is to be given, unless it be a dose or two of *Aconitum*, to remove any febrile symptoms that may arise.

Cina is useful when there is feverishness at night, with moaning and grinding of the teeth when asleep, boring with the fingers in the nose, or picking the lips, much itching at the fundament and great desire for salt; particularly when the child is fretful and irritable, with uncertain appetite and white tongue.

The itching may be allayed by rubbing the parts with sweet oil, or by introducing a piece of bacon, about the size of a finger, attached to a string, into the anus; allowing it to remain there for ten or fifteen minutes, and then removing it.

Injections of cold water every evening are also serviceable in many cases. Applications of this kind do not disturb the operation of the remedies. When, however, all these means prove abortive, which may be the case with some children, in whom it is hereditary, try small injections of salt water, and if these fail, or cause diarrhœa, weak injections of water and vinegar. Lemon juice has often proved efficacious in allaying the itching, by applying it once or twice a day. Eating asparagus, when this plant is in season, which is the time that the worms are usually most troublesome, has also been found advantageous.

When the itching is caused by piles, swollen, red or bluish tumors in the anus, give the following remedies:

Nux vomica if, besides the itching, there is a burning and pricking sensation, the anus so contracted that the natural discharges are effected with much difficulty, accompanied by dull shooting pains and jerking in the small of the back and around the anus at every evacuation; or pain in the small of the back as from a bruise, which makes the patient cry out, and bend forward when walking or sitting. Sometimes *Ignatia* will be better, according to the temperament of the patient. (Compare Headache, &c.)

Sulphur when, in addition to the itching, there is burning, pain and soreness in and around the anus, with stitches; the tumors are moist; with a sensation of fulness and heaviness, and sometimes protrusion (prolapsus) of the anus; constant straining to evacuate, or thin diarrhœa mixed with blood, with violent stinging pains in the small of the back; stiffness in the small of the back, or feeling of contraction. If this does not effect a cure, give *Aconitum*, and should that also fail, let the patient smell camphor.

Apium virus for the worst kind of itching of the piles, for piercing, burning and soreness.

Prolapsus Ani. Prolapsus of the Rectum.

This is a protruding or turning inside out of the large intestine; it occurs either every time the bowels are moved, or only when that is preceded or accompanied by much straining, or it takes place in sitting or walking. The intestine returns to its natural place when quietly lying down or it can be re-

turned by the hand. To return the prolapsus, place the patient on his knees, draw the parts apart and put wet rags on the protruding intestine. If cold water pains, use warm water. If it does not now return by itself, take a very soft sponge, wrap it in a soft cloth, wet it, and press it on the protruding part slowly and steadily. Be not in a hurry and be sure to make the pressure in the right direction. A very slow movement takes place in the intestine, alternately from upwards down and from downwards up, and only during the latter motion will it return. If it has not returned after about ten minutes and is cool and flabby, try to push it back with your fingers, which must be previously oiled or greased, and have no long or sharp nails. If it becomes red, swollen and inflamed do not try to return it, but put upon it rags dipped in cold water and give the following medicines: to children, particularly when cutting teeth, who cry much and strain hard: *Ignatia* or *Nux vomica* according to their dispositions. If the intestine is much swollen, or is bluish-red, or bleeds and pains much when at stool, *Mercurius*, the next day *Ignatia;* if it remains after dysentery, *Ruta;* if it protrudes when walking and looks bluish-red, *Arnica;* for whitish-red swelling around the anus with much jerking, *Apium virus.* In chronic cases in children *Calcarea* is preferable.

Hemorrhoids, or Piles.

This is a disease which consists principally in the discharge of small quantities of blood at the anus every four or six weeks, preceded by more or less indisposition, and followed by a feeling of great relief. Very often other and more dangerous diseases are prevented by this complaint.

Frequently the symptoms which precede the discharge, are very troublesome. Sometimes the discharge ceases in part or entirely, at others again so much blood is discharged that it becomes alarming; tumors are frequently formed in the anus, which become very painful, particularly when no blood is discharged.

Not unfrequently after a sudden suppression of piles a disease of a more dangerous character appears in their stead For all these symptoms, medicines should be taken, and the manner of living be such as to prevent the disease from assuming a more malignant character. The patient should not sit much, particularly not on very soft cushions, except during the time the tumors protrude. He must avoid all ardent spirits, strong beer and coffee; drink water freely, and take plenty of exercise.

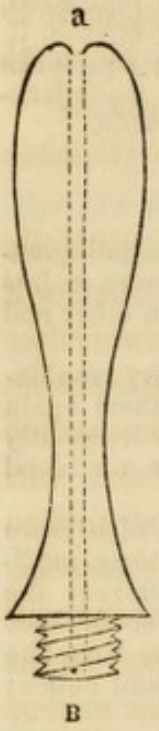
The doctors of the old school, not knowing how to cure piles, have thought it best to cut them off. This is not a very difficult operation, and any one can perform it who has the proper scissors; nor is the pain very acute—but it is very unwise, and frequently attended by dangerous consequences. Sometimes the bleeding consequent upon it can only be stopped by cauterizing the parts or by using creosote, which latter may cause incurable ulcers.

At all events, cutting off the tumors is of no use but to suspend the pain for awhile, as they almost always reappear in a short time higher up in the rectum, where the pain is, of course, more violent, and where it is more difficult to cut them, in attempting which, the rectum is frequently incurably injured; if the operation is repeated, they grow still higher up, and then these operators are at a loss.

The patient is in a worse condition than at first, and is then left to his fate. The homœopathic practitioners, on the other hand, possess medicines by which they cure these tumors without cutting at all; but the more frequent the patient has been operated on, the more difficult it is to cure him, as the disease has thereby become much more obstinate.

Washing the parts with cold water, and injections of half a pint of cold water, once or twice a day, are beneficial when the piles do not bleed; when they bleed, these means should not be resorted to, as they may suppress the discharge. When they bleed too copiously, the water may, perhaps, be applied, without, however, neglecting to take the medicines recommended.

Great care must be taken also in giving the injections; the water must not be too cold, the point of the syringe should be of wood, ivory, bone or vulcanized India rubber, not too thin, and widening towards the end, which ought to be nearly as thick as the point of the little finger; before introducing it, it should be first covered with fresh sweet oil, or with beef or mutton suet; introduce the pipe by slowly and gently turning it, then press the piston with one hand, while, with the other, you hold the syringe near the point, to prevent it entering further into the anus.



The cut represents the nozzle in natural size.

a. The opening; it must be perfectly smooth. *b*. Screw to fit into a flexible tube. *d*. Part around which the anus closes.

Between the nozzle and the body of the syringe there should be a flexible piece. It is much better to use instead of syringes, which have done a great deal of injury, a piece of hose of india-rubber or other water-proof material, wider at the upper end, about three feet long; this must have at the upper end a loop, and at the other end fasten to it a piece of wood, bone, &c., with a screw for the nozzle to fit in. To use it, screw in the nozzle, hang the hose to a nail by the loop, close the point of the nozzle with the right hand and fill the hose with the left one, fix the loop over one of the fingers of the left hand, lower the upper end of the hose without spilling its contents, introduce the nozzle carefully, elevate the upper end and the water will flow in by its own gravity. By taking a longer hose and refilling it you can introduce as much water and with as much pressure as required.

When the tumors on the anus are too painful to allow of injections, apply a sponge which has been dipped in cold water. Moistening the tumors with saliva is very useful, but this must not be done immediately after meals, nor after smoking tobacco; persons who chew tobacco, or who have ulcers in the mouth should not try it. When the tumors do not bleed at all, and are very painful, and when they get worse again in a short time after applying cold water, put some boiling water, or water in which wheat bran is boiled, into a close stool-pan, and sit over the steam. Sometimes mucilaginous substances are useful, particularly an emulsion of quinces, made of quince-seed soaked in water.

The following medicines are, however, chiefly to be depended upon. When there is intense itching in the anus, see under "Itching in the Anus." If the piles are accompanied by colicky pains, give the remedies recommended for "Colic," among which the principal are *Pulsatilla*, *Nux vomica* and *Colocynthis*. *Pulsatilla* mostly for females; *Nux vomica* more frequently for persons who drink ardent spirits and are of sedentary habits; *Colocynthis*, when the pain is very severe. Refer also to "Determination of Blood to the Abdomen."

Aconitum frequently gives relief when blood is discharged, and there are shooting pains and pressure on the anus, the ab-

domen feels too full, with tension, pressure and griping; the small of the back feels as if broken or bruised.

Nux vomica when there is a burning, pricking pain in the tumors, the symptoms resembling those mentioned under "Itching of the Anus;" when there is much light colored blood discharged after each evacuation, or when there is a constant disposition to evacuate; also in constipation, and during pregnancy. If it does not suffice, give *Ignatia*, and afterwards, if the complaint returns again, *Sulphur*.

Apium virus for small, very painful, stinging, biting, or itching tumors, or larger ones with burning and soreness; or swelling of the whole anus with beating, heat and fulness there; particularly if a dark bloody fluid exudes; suitable for irritable, restless, dejected persons.

Pulsatilla, when blood and mucus are discharged with the fæces, with painful pressure on the tumors; pains in the back, pale countenance, disposition to faint. If it is insufficient, *Mercurius*, and afterwards *Sulphur*, sometimes answer in these cases.

Capsicum answers best when the tumors are much swollen, the blood discharged with burning pains, and mixed with slime; also when there is a drawing pain in the back, particularly in the small of the back, and cutting pains in the bowels.

Ignatia, against violent stitches which pass upwards, with itching and crawling in the anus, when much blood is discharged, or the rectum protrudes considerably at each evacuation; or when after an evacuation there is painful soreness and contraction, particularly when accompanied by ineffectual straining to evacuate, or a discharge of blood and mucus.

Chamomilla is most appropriate when the blood flows freely, with contracting pains in the abdomen, frequent straining to evacuate; occasional diarrhœa, particularly when attended with smarting and burning, with tearing pain in the back, especially at night.

Antimonium crudum is frequently of service when mucus is discharged from the anus, which stains the linen; in some cases it may be given alternately with *Pulsatilla;* when with the

discharge of mucus there is burning pain, *Carbo vegetabilis* is still better, particularly when accompanied by bleeding of the nose, and great determination of blood towards the head.

Carbo vegetabilis, for the symptoms mentioned above—discharge of mucus with burning pains; bleeding of the nose; congestion of the head, &c., especially in patients who are very weak; if it proves insufficient, it should be followed by *Arsenicum*, or these remedies may be given alternately.

Sulphur is one of the principal remedies as well for bleeding as for blind piles; it is particularly suitable when there is constant ineffectual inclination to stool, or thin evacuations mixed with blood; when there is an acute, sore pain in the anus, internally and externally; when the tumors burn, are moist, protrude considerably, and can scarcely be replaced; with violent shooting pains in the back, and in the small of the back; stiffness in the small of the back, with a feeling of contraction; also, with smarting pain on passing water.

To persons who have taken much sulphur or Haarlem oil, by which many patients, suffering in this way, injure themselves, give first, *Mercurius,* and after five or six days, *Sulphur;* but if much calomel and sulphur have been taken, give *Lachesis* once or twice; and if the symptoms get worse again, *Mercurius*, and afterwards *Sulphur.*

Belladonna, against bleeding piles, with intense pain in the small of the back, as if it were breaking; if it proves insufficient, give *Hepar*, and if this does not effect a complete cure, four or five days later, *Rhus.*

When the discharge is excessive, take *Aconitum*; if this does not stop it, do not wait long, but give *Ipecacuanha;* and if this is insufficient in ten or fifteen minutes, give *Sulphur*; and then again *Aconitum;* if it does not then stop, give *Belladonna* and afterwards *Calcarea.* When after any one of these medicines the discharge abates somewhat, take nothing more unless it grows worse; then take the same medicine again, and when this loses its effect, take another. If the patient is very weak, let him take *China* in the interval.

The above remedies are only for cases of exigency, though sometimes they will radically cure this tedious complaint; if they do not, apply to a homœopathic practitioner, or send him an exact description of all the symptoms present.

Diarrhœa.

This complaint frequently arises from causes pointed out in the first part of this work—for instance, from *sudden fright*, from *fear*, from *vexation*, from *taking cold*, from *heat*, from a *disordered stomach*, or after *burns or scalds*.

Most persons are to this day impressed with the erroneous idea that diarrhœa is a cleansing, necessary for the recovery of the patient. It is true, that some diseases terminate in a diarrhœa, but it is also true that diarrhœa is the commencement of other diseases, and must always be considered a morbid state of the functions.

The deceptive sensation of relief and lightness after purging or artificial diarrhœa, is, by many persons, looked upon as healthy and necessary, merely because they have previously been in a different and opposite state of disease. Thus many consider the excitement consequent upon drinking brandy or strong beer as healthy, because they feel uncomfortable without it, whereas they are, in reality, in a more unhealthy condition, whilst they imagine themselves better.

Persons who think that they cannot remain in good health without aperient medicines or artificial diarrhœa, should, when they feel constipated, try first the medicines pointed out under constipation, and they will find that the latter frequently cure without causing any diarrhœa. Those who have a natural or artificial diarrhœa, however, should not stop it by artificial means, such as wine, brandy, and the like, but should let it take its course, and use those medicines which will effect a cure in a natural manner. Astringents are not always dangerous, but are very frequently so, particularly to children and aged persons, or to individuals who are suffering from another complaint.

When the consequences of suppressed diarrhœa make their appearance, they are called dyspepsia, liver complaint, &c., and the worst of it is, that they cannot be so easily removed. To believe, however, that suppressing the diarrhœa is only dangerous because it prevents impurities from escaping, is also a mistaken idea. Suppressing a diarrhœa is dangerous, because it is changing one disease into another—and because we cannot know what that second disease will be; generally, it is a worse one. Most of these impurities exist only in the imagination; as to the artificial production of such impurities, refer to what is said under "Constipation." If, however, there are real impurities in the body, they will be discharged much sooner with the natural exertions than during a diarrhœa, which, in fact, always leaves impurities behind, and which the natural exertions afterwards have to carry off. When the evacuation is hard, nothing can remain in the intestines; a fact so evident that every one can understand it. The intestines are a tube, which is first narrow and widens gradually. It is not like the hose of a fire engine, where it is necessary to apply pressure at one end in order to force out the contents at the other; it is not a dead tube but a living one, which is in constant activity; this activity, when regular, allows nothing to remain in it—only when it is irregular, or when it ceases, can this be the case. In diarrhœa, particularly when produced by aperient medicines, this action is very irregular and hurried, in the attempt to rid the body of the poisonous purgatives—

which, when accomplished, leaves the intestines, of course, very weak and relaxed. If the purgative was no poison, it would not purge at all, for only those things will purge, which the body cannot bear and therefore ejects. The poisonous effects of these medicines become most evident when they remain in the body; for when the body has not the power to reject them, they show their whole force as a poison. You will be told that it is the disease which produces these symptoms, but do not believe it—it is false. More persons die of drastic purgatives, and more children of rhubarb than of arsenic, of which every one is afraid. With costive evacuations the action of the intestines is greater, or the excrements could not be ejected—and, consequently nothing can remain behind—for the hard excrements always fill the intestines completely—which is never the case in diarrhœa. When the action of the intestines stops, it is true, the contents remain stationary; but it can easily be excited again, as has been shown under "Constipation." Doctors who dissect thousands of bodies, almost always find impurities in those who have had diarrhœa, but never in those who have been constipated.

When loose evacuations relieve a patient who is suffering from some complaint or other, wait awhile before you give medicine—and, only in case it continues so long as to be injurious, make a selection from among the following remedies.

If children, while teething, have diarrhœa, do not interfere with it immediately, but wait a day or two, if they have no other symptoms requiring treatment. At the commencement of a diarrhæa, all acids, coffee, tea, and everything salt should be avoided; fruit, fresh or dried, eggs, chickens and chicken-broth also, are injurious; nothing but mucilaginous food is to be taken—arrow-root, rice, sago, &c. If the appetite is good, the patient may take mutton-broth, thickened with wheaten or rice flour, or sago; milk fresh from the cow may in some cases make the diarrhœa worse, it is better to have it boiled and taken warm, but it must not be boiled too long, which will make it hard to digest.

Ipecacuanha is indicated in diarrhœa, attended by screaming, tossing, uneasiness, profuse salivation, and distension of the abdomen—sometimes ineffectual straining, frequent small yellow stools, with pains in the rectum—or thin, mucous, frothy, fermenting evacuations of a very offensive smell, or mixed with blood; accompanied by weakness, an inclination to lie down, drowsiness, a pale face, blueness under the eyes, coldness and irritability. When *Ipecacuanha* does not answer, or affords only partial relief, give *Rheum;* when the secretions smell sour, it is better to give the latter medicine at first.

Chamomilla, particularly for infants when they cry and are uneasy, want to be carried constantly; or for older children, when they are irritable, cry as if crazed, and twist and writhe; when infants draw up their legs; when the belly is tight, and hard—the evacuations very frequent and mostly slimy or

watery, or green and brown, or of undigested matter which smells like rotten eggs: accompanied by rumbling in the bowels, loss of appetite, thirst, coated tongue, frequent eructations and retching. *Chamomilla* is appropriate also for grown persons, particularly when the evacuations are green, watery, hot and offensive, with bitter taste in the mouth, bitter eructations, bilious vomiting, fulness of the pit of the stomach, griping and headache.

Pulsatilla, against pap-like or watery and offensive diarrhœa with burning pain and soreness of the anus; accompanied by loathing, nausea, disagreeable eructations and griping, the latter more frequently during the night. For pap-like diarrhœa, only occurring after midnight, preceded by pain in the bowels, which ceases after an evacuation, give *Rhus*. *Pulsatilla* is also useful in slimy diarrhœa, when each stool is of a different color. If the diarrhœa occasions great weakness, give *Colocynthis*, and if this causes disagreeable symptoms, give a little coffee without milk. If the slime is green, or mixed with blood, attended with straining, give *Mercurius*.

Pulsatilla is particularly suited for patients, who are of a gentle, patient disposition, (females or children); and if the diarrhœa was caused by fat victuals.

Mercurius, for diarrhœa attended by fits of screaming and by writhing, with ineffectual urging and pressing; cold perspiration and trembling; the discharge green, watery and mucous, sometimes bilious, or mixed with blood, accompanied by great exhaustion, fetid breath, loss of appetite, and a disposition to vomit, or vomiting and diarrhœa at the same time; also for acrid diarrhœa with burning and itching in the anus.

Sulphur for diarrhœa which is so acrid as to occasion soreness of the parts around the anus, or to produce miliary eruptions; frequently accompanied by emaciation, or, in children, by a hard, distended abdomen; when every fresh exposure renews the diarrhœa. It will be serviceable after the failure of other remedies.

Antimonium crudum, for watery diarrhœa with disordered

stomach, and whitish, thickly coated tongue. When there is besides soreness of the anus; spasmodic pains in the anus and back; food of every kind causes pressure in the stomach; dulness of the eyes; sallow and pale face, give *Ferrum*, which may also be given in diarrhœas without pain. For watery diarrhœa which has continued for a long time, other remedies having proved ineffectual, give *Phosphoric acid.*

Veratrum, for watery diarrhœa, pain about the navel with anxiety; sometimes sour vomiting, much thirst for very cold water or something sour; or chilliness and drawing pains in the calves of the legs.

Rheum, for sour, thin, slimy, fermented diarrhœa, (compare with *Ipecacuanha*), common with children, who cry from pain in the bowels, or are uneasy and draw up the legs, and if you see a twitching in the upper part of their thighs or groins—flow of saliva from the mouth, and pale face, (if it is red, give *Chamomilla*, and if this does not answer, *Belladonna*); sometimes there is a sourish smell proceeding from the whole body of the child, which washing will not remove; if, in such cases, *Rheum* does not give relief, and the pain is very violent, give *Chamomilla,* and if this does not suffice—the pain abating but the weakness continuing with distension of the abdomen, *Sulphur.*

Apium virus, for greenish yellow, watery, painless diarrhœa, particularly in the morning, or if the abdomen is so sensitive that it cannot bear the bed-cover. Especially for irritable persons, who find fault with every thing, for fickle children who drop and break every thing, and become dejected and weak.

China will be serviceable in all kinds of diarrhœa occurring in debilitated persons, and also in other cases, when, during the most violent pains, which are spasmodic, contracting and oppressive, quantities of thin brownish matter are discharged, sometimes accompanied by burning pains in the anus, with great weakness in the abdomen, rumbling, flatulency and eructations. Frequently when persons awake during the night with these spasmodic pains, it gives instant relief, and prevents diarrhœa.

Bryonia often answers in the heat of summer, particularly in diarrhœa arising from drinking cold water, or from taking cold; or when the diarrhœa is caused by eating too much fruit, or by eating too much in general; likewise, when the diarrhœa occurs immediately after meals; is occasioned by sour crout; also when produced by mental irritation, and *Chamomilla* has failed to cure it.

Nux moschata, after taking cold in water or from wet feet, for such who easily catch cold, and who have a cool, sensitive skin; for slimy stools; no appetite; white-coated tongue; offensive breath; or thin evacuations, accompanied with much straining; with pains below the ribs, moving from right to left; or the abdomen distended by winds; after eating and drinking, pains in the bowels and headache.

Dulcamara, for diarrhœa which is caused by taking cold, particularly in summer and autumn—worse at night, frequent evacuations, which are rather watery, attended by no great pain or by colic; if this does not give relief in six hours, give *Bryonia*. If attended with more weakness than pain—if it comes on immediately after meals, the food being passed undigested, *China* generally gives relief; sometimes *Bryonia* or *Rheum*—to which refer; when attended with great weakness and pain in the bowels, give *Arsenicum*, and if this does not soon give relief, *Nux vomica*. When the food passes undigested, *Ferrum* is frequently useful, alone, or given alternately with *China* or *Calcarea*. For diarrhœa attended by great weakness, mostly *Ipecacuanha*, *Veratrum* or *Arsenicum*; for diarrhœa without any pain, *Ferrum* is best. When diarrhœa and constipation come on alternately, which is frequently the case in aged people, *Antimonium crudum* answers best.

For diarrhœa in females during pregnancy, and in confinements, refer to "Diseases of Women;" and for diarrhœa with children during summer, to "Summer Complaint," among "Diseases of Children."

Dysentery.

The chief symptoms of dysentary are: a constant straining and desire to stool, with cutting pains in the bowels; small stools of whitish or bloody *mucus*, but *no real fæces* are discharged. The constant straining and desire to stool are caused by inflammation (that is: swelling, redness and pain,) of the large intestine, and not by the presence of fæces as in a healthy person; this disease is *not*, as commonly believed, *diarrhœa, but just the reverse, it is constipation.* The re-appearance of fæces in the stools is a sign that the patient is better.

Dysentery attacks, generally, a great many people at the same place, and if the right remedy is found in one case, it may be given in all other cases, as in all other epidemics. The homœopathic physicians should in every epidemic try to find the right remedy and make it public.

If in such an epidemic you have once a patient in your house, there will be soon more from the use of the same privy. The surest, easiest and cheapest way of disinfecting is a solution of copperas, (sulphate of iron,) one part of copperas to twenty parts of water; some of this solution should be mixed with all the discharges of the patient and a quart or two of it poured every few days into the privy.

Dysentery is most frequent when the days are hot and the nights cool, at such times be particularly careful not to take cold when you are heated by cold drinks, a draught, taking off a part of your clothing, or sitting down upon the ground or a stone. Use no unripe fruit, spoilt malt liquor, sour wine, mineral water, lemonade, especially not at night.

Sometimes there is at first common *diarrhœa*, for which you should select a remedy from those recommended under "Diarrhœa," but more particularly, *Veratrum, Pulsatilla* or *Nux vomica. Veratrum* for watery diarrhœa, chilliness, painful drawing in the calves of the legs, anxiety and pain about the navel, sour vomiting and thirst. *Pulsatilla* for slimy diarrhœa and vomiting; the patient sleepy, of gentle, patient disposition (females or children;) if caused by fat victuals; chilliness; worse at night.

At other times dysentery is preceded by *other complaints* for which a remedy has to be selected from those recommended under their different heads.

Aconitum for heat and thirst; the patient of a full habit, pulse strong and fast, face hot and red, more so at night. Pain in the bowels accompanied with anxious desire to pass water, urine hot and brown-red; dry mouth or cold in the head.

For *constipation* preceding dysentery, compare *Nux vomica, Bryonia, Platinum;* or *Mercurius, Staphisagria, Natrum muriaticum.*

Nux vomica for constipation of patients who are impatient, cross and passionate, who have been in the habit of drinking much coffee or spirituous liquors, but have now a marked aversion to these things; if the pains are more about the stomach and worse in the morning.

The patient may drink as much cold water as he likes, and nothing else but gruel and other farinaceous articles. When he is recovering he should eat the same things, with some mutton-broth, he should eat often but not much at a time.

Mercurius, when there is an urgent desire to evacuate, as if the intestines were being pressed out; after much pressing, a discharge of light blood or greenish, broken-up looking matter

mixed with blood, and more straining after the evacuation than before; in children accompanied with crying and screaming; infants thus affected, refuse to take the breast.

Aconitum is indicated by tearing pains—resembling rheumatism—in the limbs, head, neck and shoulders; violent chills; much heat and thirst; bilious or thin and watery evacuations, sometimes mixed with mucus or slightly tinged with blood; dull or cutting pains in the abdomen. It is particularly valuable in dysenteries occurring in autumn—when the days are hot and the nights cold.

Belladonna when *Aconitum*, which seemed to suit, does no good, particularly for lively, restless persons, or children who cry easily, or women who are easily frightened; if the patients on awaking, or during sleep, talk at random; if every moment they want to get out of bed or into another one; especially if the tongue is dry and red at the point (compare *Rhus*), or if it has two white stripes and is red all around and in the middle.

Chamomilla after *Aconitum*, if there is still fever and thirst with rheumatic pains, especially in the head; nausea, foul tongue, bitter taste, &c.; and particularly if the disease was produced by a sudden check of perspiration; and is accompanied by great agitation and tossing about.

China against epidemic and periodic dysentery, which affects many persons at the same time in a marshy region, or where canals are being dug; particularly when the complaint is worse every other day; or if the patients have a soreness below the ribs, particularly on the left side, with fulness; in general for weak, pale persons.

Veratrum, if the discharge is watery, with bloody mucus and flakes swimming in it, or perhaps with sour vomiting; great thirst; severe cutting pains in the bowels; if the water passes very seldom; face pale, sunken or swollen; general coldness, or the face only cold; great weakness; drawing in the calves of the legs.

Arsenicum, when the dark, slimy and bloody evacuations have a putrid smell, when they pass involuntarily, when the urine becomes offensive, the patient loses his strength, becomes quite

indifferent, his faculties benumbed, with a bad smell from the mouth; when here and there red or blue spots appear; also, when the patient tosses about in great agony; is unable to find rest, believes he is dying, &c.; when, at the same time, the breath is very cool, or when he complains of burning; when *Arsenicum* proves ineffective, after one or two doses, give *Carbo vegetabilis.* When, after *Carbo vegetabilis*, the putrid smell remains, give *China;* and afterwards again, *Carbo vegetabilis.* *Carbo vegetabilis* and *Arsenicum* are both suitable if the dysentery was brought on by cold drinking, particularly by ice-water; for those who are in the habit of using spirituous liquors, or who are fond of cakes, fat victuals and milk, *Carbo vegetabilis* is better. If caused by bad malt liquors or fruit, *Arsenicum.*

Colocynthis for extreme pain in the bowels, as if the intestines were jammed between stones; the patient writhing with pain, the discharge slimy, sometimes mixed with blood, the abdomen much distended, sometimes like a drum; a pressure as if the belly was full; shuddering, commencing in the abdomen and extending over the whole body; the tongue covered with white mucus; also, if brought on by anger and mortification. Refer also to "Colic."

Staphisagria, in similar cases, when the pains are renewed by every mouthful of food and drink, even of water, and if there is afterwards straining and pressing. It is sometimes useful in alternation with *Colocynthis.* If both of them do good only for a short time, give *Causticum.*

Rhus, after a heavy cold, particularly after getting wet all over, in a rain or otherwise, whilst in a perspiration; especially if the discharge is bloody, slimy, brownish or greenish, and swims upon the water (compare *China* and *Rhus*); or for such who have from the first a breaking out on the lips (compare *Arsenicum*).

Sulphur should be given in all protracted cases, when the other remedies give relief, but do not effect a complete cure; if there is still some straining; if the patient has an aversion to bread, meat, milk, sweet and sour things, malt-liquors and wine, and wants nothing but thin soup and spirituous liquors.

Common Cholera. Cholera Morbus.

This disease is characterised by violent purging and vomiting, griping, thirst, and sometimes by cramps and coldness of the extremities.

It is most generally preceded by shivering, headache, nausea, pain in the abdomen, &c. In some cases, however, violent vomiting and purging set in almost simultaneously. In severe cases, there is considerable pain in the abdomen, violent cramps in the muscles of the limbs, paleness of surface, pinched features, sunken eyes, cold and clammy skin, and great anxiety and depression.

Attacks frequently come on at night, and by morning the patient may have almost or entirely recovered.

The exciting *causes* are chiefly improper quantity or quality of food—cucumbers, for instance, or any unripe fruits or crude vegetables—changes of temperature, great fatigue, ice or iced water, &c.

Chamomilla, if the attack was induced by a fit of passion; or if the following symptoms are presented: acute colicky pains, or heavy *pressure* in the region of the navel, sometimes extending to the heart, with excessive anguish; greenish evacuations; cramps in the calves of the legs; tongue coated yellow, and sometimes vomiting of acid matter.

Ipecacuanha, if the attacks of *vomiting* become more prominent, and *vomiting predominates*. *Nux vomica*, after *Ipecacuanha* when there is anxiety, pain in the abdomen, frequent small evacuations and tenesmus, and headaches.

Veratrum, should the disease increase, and assume the following characteristics, *violent vomiting with severe diarrhœa, excessive weakness, and cramps in the calves of the legs;* eyes hollow or sunken, countenance pale, and expressive of *acute suffering;* coldness of the extremities, cold clammy perspiration, *violent pain in the region of the navel*, tenderness of the abdomen when touched; pains and cramps in the fingers, shrivelled appearance of the skin on the palms of the hands.

Arsenicum is useful when the disease is attended with *rapid prostration of strength, insatiable thirst*, excessive anxiety, with fear of approaching death, *burning sensation* in the region of the stomach, almost constant discharge from the bowels, or *renewal* of the discharge on every occasion that the desire for drink is gratified; suppression of urine or scanty discharge followed by a burning sensation; violent and painful vomiting, tongue and

lips dry, cracked and bluish, or black; hollow cheeks, pointed nose, pulse almost imperceptible, or small, weak, intermittent, and trembling; severe spasms in the fingers and toes; clammy perspiration.

China, is useful against the weakness which remains after cholera, but is also occasionally during the course of the disease, particularly when there is vomiting of food, and frequent watery and brownish evacuations containing particles of undigested food; also when there is oppression at the chest with eructations which afford temporary relief; severe pressure in the abdomen, especially after partaking of the smallest portion of food; great exhaustion, sometimes amounting to fainting. This remedy is particularly indicated when the disease has been excited by indigestible substances, such as unripe fruit, &c., or by inhabiting a marshy situation.

Cuprum, in cases with *violent cramps* in the extremities, especially in the calves of the legs, fingers and toes; it is useful also when the evacuations are very frequent and whitish, with violent pains in the abdomen, bluish appearance of the skin, &c.

Asiatic (or epidemic) Cholera.

During an epidemic of cholera, the doctors tell the people: "Be not afraid; though, in spite of all we can do for you, you will get the cholera and will most likely die, yet, be not afraid, for fear makes it certainly worse." But I say: Be afraid! a little fear is wholesome, it will make you careful. He who is afraid and lives reasonably will not easily be attacked, or only slightly, and he who is not afraid, and lives unreasonably, is more likely to get it; but he may be saved.

The surest preventative is Sulphur; put half a teaspoonful of *Flowers of Sulphur* into each of your stockings and go about your business; never go out with an empty stomach, eat no fresh bread, nor sour food. This is not only a preventative in cholera, but also in many other epidemic diseases. *Not one of the many thousands who have followed this, my advice, have been attacked by cholera.*

At the beginning, when you have diarrhœa, *Sulphur* will relieve you, take it at once, and if it must be repeated, dissolve a few globules of it in a tumblerful of water and take a spoonful after every other evacuation. If you awake after midnight with violent diarrhœa, vomiting, cramps in the calves of the legs, paleness and coldness, take *Sulphur* and keep quiet, the next day eat nothing but stale bread, and you will be well the next day.

This has been confirmed in 1849 in more than five hundred cases which came to my knowledge. In a few cases other remedies were necessary, and that only when the patient had violated the rules; but none did die who took *Sulphur* from the first.

For sudden attacks, and in general in the commencement, if the disease becomes rapidly much worse, *Camphora* shaken with water or dissolved in alcohol, is the chief remedy. If the patient is attacked with cramps, nausea, excessive prostration, coldness and blueness of the surface, give him a drop of it every fifteen, ten or five minutes until he begins to *perspire.* This remedy was discovered and first made known to the world by Hahnemann; it has since become a popular remedy in all countries, and has saved the lives of hundreds of thousands. Do not take too much of it, and not for each trifling diarrhœa, you may bring on artificial cholera, of which I have seen many cases; they were cured by coffee without milk and sugar.

The remedies for the diarrhœa, called sometimes *cholerine*, which prevails during epidemic cholera or precedes attacks of it, are *Sulphur*, as stated above, *Ipecacuanha*, *Phosphoric acid*, *Nux vomica*, *Chamomilla*, see the following and "Diarrhœa."

Ipecacuanha, when there is some nausea and sickness at stomach, the diarrhœa slight, will frequently prevent the disease passing into the severe forms.

Phosphoric acid has been by some considered almost specific in the diarrhœa which precedes cholera, particularly if the evacuations are frequent, loose and slimy, or of a whitish gray color, or if they consist of undigested substances.

For attacks of real cholera: *Camphora*, as stated above; or *Arsenicum*, when the purging and vomiting become very frequent; the evacuations from the bowels being thin, watery, and of a brownish or blackish color and putrid smell, or light colored and almost without smell, especially when accompanied by intense, *burning* pains or cramps in the stomach and bowels, with violent thirst, and great prostration of strength; also burning in the anus and rectum with tenesmus. It is also worthy of attention in the last stage of the disease.

Veratrum is, however, the remedy upon which the chief reliance is to be placed, when cholera is fully developed; the discharges almost constant and presenting the characteristic *rice-water* appearance, with cramps in the calves of the legs, fingers, toes, and sometimes of the muscles of the abdomen and chest; the patient excessively restless and anxious; the extremities cold, &c. This remedy may be administered every fifteen or twenty minutes until several doses are taken, or there is a decided change in the symptoms; frequently it may be alternated advantageously with *Arsenicum*, especially when the pains are of a burning character; the thirst unquenchable, and the evacuations increased by drinking cold water.

Cuprum, after or in alternation with *Veratrum*, when that remedy has failed to relieve the cramps, which are very violent and extend to the whole body, or change to spasms or convulsions, with constriction of the chest and difficult respiration.

Carbo vegetabilis may frequently be of service in the last stage of the disease, when the patient is in a state of collapse, or asphyxia; the pulse almost gone; the surface cold and bluish; the breath cold; or when the evacuations and cramps have ceased, and congestion to the chest takes place. If reaction should ensue after the administration of *Carbo vegetabilis*, and the purging, vomiting, and cramps return, it will be necessary to have recourse again to *Veratrum*, or some other of the foregoing medicines.

In the congestions which frequently follow cholera, that to the head will generally be relieved by *Aconitum*, *Belladonna* and *Opium*; that to the chest

by *Phosphorus*, *Bryonia*, *Aconitum*, and other remedies recommended for "Congestion of the Chest," which see.

During the treatment of cholera the patient should be kept in a warm room, and the heat of the body kept up as much as possible by frictions with the hand previously dipped in flour to prevent abrasion of the skin. Warm oatmeal and bran applied to the limbs or over the whole body in suitable bags is also good, everything heated is very painful to the patient and of no use. To quench the violent thirst which generally accompanies the disease, small pieces of ice should be placed in the mouth from time to time; cold water, in small quantities, may also be allowed unless it be found to aggravate the disease.

If the patient gets better and wants to eat give him gruel and light food, often and only a little at a time. Eating as much as he wants may cost his life.

Constipation.

The first observation we have to make on this complaint, and which many will consider paradoxical, is, that every one whose bowels are constipated, may congratulate himself that he has no worse complaint. Whoever has paid attention to the subject, must be aware that nearly all persons who are disposed to costiveness, live long and keep their strength, except when they injure themselves by taking aperient medicines. Those, on the contrary, who are subject to frequent attacks of diarrhœa, are early in life debilitated and seldom grow old.

No diarrhœa can appear when there is not some poisonous, noxious matter, or morbid disposition in the body, while, on the other hand, much perspiration and the eating of animal food are sufficient to cause constipation. In regard to the notion of impurities remaining in the body, see what is said under "Diarrhœa." The very popular opinion that purging contributes to health, not only when the body suffers from sickness, but also occasionally when it is in a healthy state, and that impurities are driven out of the body by it, is entirely erroneous and without foundation. It serves to keep up the sale of drugs, and it has been repeated year after year until it is almost universally received. It is a part of the traditional medical creed of the world, and no one dares to doubt it. Medical men spread and encourage this idea, because nearly their whole art consists in bleeding, purging, and giving emetics. This creed is the pivot upon which the whole of the old system turns, and patients deferring to authority, must needs submit. When this erroneous method of treatment is prescribed with due confidence and solemnity, heart and purse (but not always the bowels) open, and persons actually in sound health feel a downright longing to be properly scrubbed and cleansed inside.

Every one who will make the following experiment upon a horse, or upon himself, will be convinced that our opposition to purging is well founded. Let aperient medicines be taken for a week, and however good may have been the state of health previously, at the termination of this period all sorts of impurities will be discharged, particularly after taking jalap and calomel. As this happens in every instance, either to man or beast, and even to those who have never been ill, it is a proof that these impurities have been artificially produced by the drugs.

We are frequently able to judge from the nature of the secretion, what medicine has been administered. After salts, the evacuation always smells like rotten eggs; after drastic gums, they are thin and watery; after mercury, green; and after magnesia and rhubarb, generally sour, &c. When we inquire

into the causes which produce this purging, we find that almost all poisonous substances have a similar effect, and that for this reason we may class the purgatives with propriety among the poisons. Some esteem them a real god-send, and imagine that these drugs have been created for this very purpose. It might as well be supposed, that the rattlesnake and the tiger are created to destroy us.

But if we admit that these drugs are intended to be used as medicines, it is no reason, because we see them produced in great quantities, that we should make an excessive use of them. Virulent poisons, although given but in small portions, produce vomiting and purging, or injure the stomach; the less virulent poisons are called purgatives, merely because they do not kill immediately, but are generally rejected by the efforts of nature.

Persons suffering from constipation, and seeking occasionally to be relieved, or suffering from other complaints connected with it, should take the remedies hereafter prescribed. At the same time attention should be paid to the manner of living; moderation in the use of meat, which must not be eaten three times a day, is to be observed; a free use of salted food is to be avoided, mastication attended to, or the food to be well cut up, if teeth have been lost; a considerable quantity of vegetables, fruit and bread to be taken with meat —soup may be indulged in; strong or green tea to be avoided, and also all spirituous liquors and beer which contain narcotics; in place of these new milk may be used, or even butter-milk, which, though it is generally despised and given to the pigs in this country, is nevertheless a wholesome beverage, both for children and grown persons.

Persons habitually constipated should also always, if it agrees with them, eat fruit at dinner, dried fruit in preference, or good ripe apples; they should avoid indulging in cheese, and accustom themselves to drink a glass of water before going to bed.

Among the domestic remedies nothing can be recommended, except from time to time an injection of water. Many persons are afraid if they get into the habit of using injections that they will be compelled to continue them; but there is no danger of this, if the medicines recommended are taken at the same time. The injections used should consist of nothing but water, and not be employed too frequently. To accustom oneself to purgatives is infinitely worse.

For other precautions in giving injections, refer to "Piles."

Injections, it is true, only relieve the patient for a while, but in the mean time the cause may be removed by medicine, and the disease cured. Persons who have suffered a long time from constipation, which constantly returns, may sometimes be cured entirely by injections. For this purpose, let the water be as cold as it comes from the spring, about half a pint, or a coffee cup full at a time, and take the injection before going to bed at night. It should, if possible, be retained. Persons who continue this treatment for a week or two, frequently become quite regular in their bowels, if they live rationally at the same time. Those who suffer from piles must not have recourse to this remedy.

All other injections besides water and all admixtures are injurious, except fresh boiled milk, which is sometimes preferable for children.

Another remedy is plenty of exercise, walking, particularly up hill. Persons who are costive should be regular in attending to the calls of nature; the best time is in the morning, before or after breakfast.

The following medicines, when properly selected, will greatly facilitate the cure.

Nux vomica is most suitable for constipation occurring in persons of sedentary habits, and those accustomed to drinking ardent spirits; also for that which is occasioned by eating too great a variety of food at once; after a surfeit, or when the constipation is preceded by diarrhœa, or for suppressed diarrhœa, with want of appetite, disagreeable taste, the tongue coated, loathing, sickness of the stomach, tightness of the abdomen, pressure in that region, heat, stitches here and there, a feeling as of a weight, cutting pain in the lower part of the abdomen, heat particularly in the face, headache, disinclination to work, uneasy sleep, oppressed breathing, irritability and frequent complaining.—When accompanied by moroseness, taciturnity, and after eating too many cakes, rancid butter, &c., give *Pulsatilla;* when the patient is irritable and feels chilly, give *Bryonia.*

Bryonia is particularly useful in constipation occurring in warm weather, and in persons who suffer from rheumatism.

Opium when there is an inclination to evacuate, but a feeling as if the anus were closed; there is no regular pressure; sometimes a sensation as if there were a load in the abdomen; throbbing in the abdomen; pressure on the stomach; dry mouth, thirst, and want of appetite.

Platinum, when, after much straining, the fæces are evacuated in but small quantities; straining and itching in the anus; shuddering over the whole body after every evacuation, accompanied by a feeling of weakness in the abdomen, with contraction, bearing down, oppression of the stomach, and ineffectual efforts to throw up wind; suitable also for constipation after or while travelling.

Lachesis, for protracted costiveness, with a feeling of weight and oppression at the stomach, and ineffectual eructations.

Mercurius against costiveness accompanied by a disagreeable taste in the mouth, with pain in the gums, the appetite unimpaired; if *Mercurius* does not suffice, give *Staphisagria.*

Natrum muriaticum in tedious cases, where the above remedies have failed, and there is no inclination whatever to evacuate.

For frequent disposition to go to stool, with ineffectual efforts, give *Sulphur*.

Inflammation of the Liver. Pains in the Liver.

Pains below the ribs on the right side, extending up or down, with fever, require the following remedies:

Aconitum if the fever is high, with hot skin, much thirst, and whitish furred tongue, accompanied by moaning, great restlessness, and dread of death; *shooting* pains in the region of the liver.

Chamomilla if the pains are of a dull pressive character, and are neither aggravated by pressure, by respiration, nor by movement, with a sense of pressure in the stomach, tension below the ribs on the right side, oppression of the chest; yellowness of the skin; tongue coated yellow; bitter taste in the mouth, and paroxysms of anguish.

Nux vomica against shooting or pulsative pains with great tenderness of the region of the liver when touched; nausea or vomiting; bitter or sour taste; shortness of breath and sense of pressure under the ribs and about the stomach; pressive pain in the head; thirst; highly colored urine; giddiness and paroxysms of anguish; constipation.

Mercurius: pains under the ribs of a pressive character, which do not allow the patient to lie long on the right side; bitter taste in the mouth; want of appetite; thirst, continued shivering, followed sometimes by clammy perspiration; yellowness of the skin and of the white of the eyes; also in enlargement and hardening of the liver. *Lachesis* is frequently suitable after *Mercurius*.

Belladonna against pains in the region of the liver which extend to the chest and shoulders, particularly of the right side; swelling and tightness at the pit of the stomach; oppressed and anxious respiration; congestion to the head with giddiness; dimness of vision and occasional fainting; great thirst, anxiety, restlessness and sleeplessness. It is often suitable after *Aconitum*, *Mercurius* and *Lachesis*.

Lachesis will be serviceable in cases in which *Mercurius* and *Belladonna* appear to be indicated, but only afford partial relief; and also in obstinate chronic cases occurring in drunkards.

Bryonia, when the pains are pressive, with a feeling of tension in the region of the liver; pains aggravated by respiration, coughing and movement; violent oppression of the chest, with rapid and anxious respiration; thick yellowish coating on the tongue; constipation.

China when worse every other day, with shooting and pressive pains in the region of the liver; swelling and hardness below the ribs; pressive pain in the head; tongue thickly coated, yellowish, and bitter taste in the mouth.

Sulphur will be serviceable after any of the preceding remedies, when the improvement is but temporary and the disease still continues.

Jaundice.

There are different kinds of jaundice, sometimes it continues for a long time without any danger, sometimes it is accompanied by fever and in some cases a favorable sign, in other cases a dangerous sign, which can be seen by the general state of the patient.

There is commonly but little fever in the mild forms of this disease, but in bad cases the fever may be high, and the brain become more or less affected, which is always a serious complication, and especially so when drowsiness, with great difficulty in being roused, takes place; in such cases, if there was or still is a great itching or frequent, violent gaping, give *Opium*, if necessary, repeated for two or six hours.

Mercurius will be sufficient, if the patient has not already abused this drug; in that event *China* will be preferable, which may be followed, in obstinate cases, by *Hepar*, *Sulphur* or *Lachesis*.

China may advantageously follow *Mercurius*, when the latter remedy is insufficient.

Chamomilla will be preferable for attacks arising from a fit of passion. It may be followed or alternated with *Nux vomica*.

Sulphur and *Lachesis* will be most suitable for very irritable persons, in whom the symptoms of jaundice manifest themselves upon every trifling occasion.

Jaundice produced by abuse of mercury may be combated by *China* and *Hepar*, or *Lachesis* and *Sulphur*,—that arising from abuse of cinchona by *Mercurius*, *Belladonna*, *Calcarea*, *Nux vomica;* and that caused by rhubarb, by *Chamomilla* or *Mercurius*.

Difficulty and Pain in Making Water,

Is either caused by other diseases, by unclean affections, or by chronic

affections of the kidneys or the bladder. In these last cases consult a homœopathic physician; if you cannot do so, use the remedies below.

It is strange to observe how anxious most people are about their having every day an evacuation from the bowels, without taking much notice of how often they pass water. Yet it is ten times more dangerous to go one day without urinating, than to be a whole week without a discharge from the bowels. Never postpone the former business for any consideration whatever. Many people have died a very painful death from their having too long waited to urinate. It is astonishing how sensible people can run such a great risk on account of extreme modesty or bashfulness, while attending church, parties, especially sleighing parties, concerts, or other assemblies, and when travelling. Do not be in a hurry when urinating, press not too hard, and empty the bladder completely, and avoid a cold draught.

If the discharge of urine becomes for some time more and more scanty, take every day a warm foot-bath, and drink plenty of water, but beware of diuretics, as gin, juniperberries, &c. For constant desire to urinate, pain, burning, &c., use applications of warm water, a warm bath, and mucilaginous drinks.

Aconitum, for constant, painful desire to urinate, with the passage of a few drops or no urine at all, the urine bright red, dark, turbid; pressing, cutting pains in the back and below the ribs, generally on one side only, upon which the patient cannot lie; sometimes pains in the bladder; fever, thirst; sometimes the testicle on the same side is drawn up, or the thigh is numb; also if at the same time the region of the bladder is swollen and painful to the touch, if the pain increases when the urine passes, if the urine is bloody or mixed with clots of blood. After *Aconitum*, give *Nux vomica* or *Pulsatilla*, *Apium virus* or *Hyoscyamus*.

Pulsatilla, if there are pressing, cutting pains and redness and heat in the region of the bladder. Also, for females, when the courses are suppressed, too tardy or scanty.

Arnica, if caused by a blow or fall on the bladder or back, or by a violent concussion of the whole body. Sometimes alternately with *Aconitum*.

Nux vomica, for persons of a full habit and who are fond of liquor; after suppressed piles, with burning, pressing and tension in the back, and the region between the ribs and hipbones.

Belladonna, if the pains are more cutting, extending from the back to the bladder, in spells, with great anxiety, restlessness and colic. If *Belladonna* gives only temporary relief, take *Hepar*.

Mercurius for very violent, constant desire to urinate, with perspiration at the same time; urine dark red, soon becoming turbid and offensive.

If the urine is acrid, excoriating and if after its passage there is some blood, *Mercurius* may be alternated with *Hepar.*

Colocynthis, if the urine becomes sticky and gelatinous, and if the pains are insupportable.

Apium virus, if it appears after a partly or totally suppressed eruption, or if there is a burning, stinging, or itching in different parts; if the whole abdomen is very sensitive to the slightest touch; if the patient feels chilly when moving, particularly at night; if he has heat without thirst, yawns and cannot sleep.

Cepa, for frequent urging, the urine passes by starts or only in drops, is bright red and burning; after a cold generally or from wet feet or exposure of the abdomen to cold air or a draught.

If the water passes not at all, or only very slowly, with burning in the urethra, and burning heat in the abdomen, *Camphor* is sometimes very useful, and also when caused by Spanish flies, in blisters or taken internally; too much must not be taken, smell it only or shake it with warm water, and take of that by the teaspoonful.

If it occurs after suppressed piles, use warm injections, *Aconitum*, *Mercurius*, *Nux vomica*, *Sulphur*, or *Apium virus*. If worse after every cold, *Dulcamara* or *Cepa;* if the burning returns, *Carbo vegetabilis* or *Arsenicum*. A complete cure can only be effected by a long and careful treatment of a homœopathic physician.

The passing of bloody urine is often combined with other complaints; give the above remedies. If from external injuries, *Arnica;* from spirituous liquors, *Nux vomica;* after excesses, *China;* if it returns often, *Hepar*. If accompanied by burning pains at the end of the urethra, if the testicles are drawn up; cramp-like pains in the knees, thighs and groins; if contracting and cutting pains in the small of the back extend to the navel, give *Pulsatilla.*

Rupture. Hernia.

Rupture may be produced by severe exercise on horseback or on foot, by lifting heavy weights, playing on wind instruments, vomiting, costiveness, the hooping cough, crying, tight clothing, jumping, &c.

In most cases it can be cured by internal remedies, when it has not been neglected too long; the physicians of the old school deny this—and they are

perfectly correct when they speak of their own medicines. Trusses have been greatly improved in this country, but bad articles are still common. It is of great importance to get a good truss, for a bad one may do great injury; if it does not fit exactly, or if it slips, it may make the rupture incurable. A good truss must not be troublesome, although in the beginning it may feel rather uncomfortable; it must not be applied until the hernia has been entirely reduced, when the truss ought to keep it in its position. If the patient perceives, after the instrument has been applied, that something protrudes, let him take it off, lie down upon his back, reduce the hernia again, and replace the truss. When the hernia protrudes frequently, the truss is good for nothing. A person afflicted with hernia, who does not wear a truss, or who wears a bad one—who exerts himself afterwards too much, or is otherwise imprudent—exposes himself to the danger of having incarcerated or strangulated hernia, and mortification. It is also of great importance to know how a hernia should be reduced.

In order to accomplish this properly, the patient should lie down on his back, and place a pillow under the hips, so that the ruptured part may be higher than the rest of the abdomen—he should then incline a little to the side on which the rupture appears, to relax the abdominal muscles as much as possible. Another person can reduce the hernia better, but many can do it for themselves; it is best done by pressing the left hand softly against the part which protrudes, as if for the purpose of grasping it; after this, press the fingers of the right hand on the top, and then rub it softly, by passing the fingers over it; place the flat of the hand from time to time on it, and gradually increase the pressure; continue these efforts patiently for half an hour, or longer, if the hernia is considerable. Most kinds of strangulated hernia can generally be reduced with facility, after the proper remedies have been taken, particularly *Aconitum* or *Nux vomica*. When the hernia will not bear pressure, medicine must first be taken to remove the irritability—after which it frequently returns of itself. In some cases, placing a rag dipped in warm water upon the tumor will effect the reduction. Some persons apply cold water or ice in a calf's bladder, but this should not be kept on long, and should not be used at all when the parts are hot and red.

For violent burning in the belly, as from red-hot coals, the least touch giving pain, with sickness of the stomach, bitter, bilious vomiting, nervousness, and cold perspiration, give *Aconitum*, which may be repeated if the pain returns again. In case *Aconitum* only alleviates the symptoms for a short time, without any other good effect, dissolve a few globules of *Veratrum* in a wine-glassful of water, and give every two hours a teaspoonful, but do not repeat it oftener than three times. If, after this, the efforts to reduce it should fail, if on the left side, with great pains from the abdomen to the rupture, and much rumbling of wind, give *Cepa;* if on the right side, *Rhus*. If accompanied by sour vomiting, give *Sulphur*, which should also be given in the beginning, if the vomiting is sour instead of bitter; leave the patient to rest awhile, and if he falls asleep do not disturb him.

If the pain is less violent when the parts are touched, and the vomiting lessened, but the breathing is attended by much difficulty; when taking cold, or overheating, vexation of mind, or improper diet is the cause, give *Nux vomica;* if there is no improvement in two hours, give it again; when the patient becomes red in the face, when the abdomen is distended, or when bad smelling eructations and vomiting occur, give *Opium* every quarter of an hour until there is a change; if the vomiting is accompanied by cold sweat, or if the extremities become cold, give *Veratrum;* and if it does not improve after giving it twice, give *Belladonna*. As soon as the abdomen becomes sensitive,

and cannot endure to be touched without pain, give *Aconitum* and *Sulphur*, as above. When the rupture has already assumed a bad appearance—when the symptoms are very alarming, and no surgeon can be had, give *Lachesis*, and if this gives relief, repeat it as often as the symptoms get worse again; if, after a couple of hours, there is no improvement, give *Arsenicum*.

In all cases of strangulated hernia, a surgeon should immediately be sent for, but the above remedies must be taken in the meanwhile; if they prove efficacious before he arrives, so much the better; if not, he will perform the necessary operation, which he will find to be much easier after the patient has taken the above medicine, as numerous experiments have proved. If he asserts that the effect of the medicine has been injurious, and that he cannot now succeed as well as he might have done if the medicines had not been given, he says what is not true, and is ignorant or prejudiced, and is to be distrusted.

If you wish to cure a common rupture before it becomes strangulated, and causes no particular trouble, consult a homœopathic physician. But if the rupture is of recent occurrence, *Rhus* will give relief in most cases; but it must not be repeated within a week. If it occurred suddenly, by lifting or great exertion, lie down quietly, keep as quiet as possible, with a pillow under the hips, and take *Rhus*. If it occurred slowly while standing, *Cocculus*. *Nux vomica*, if otherwise indicated.

CHAPTER XI.

DISEASES OF WOMEN.

Menstruation, (the Monthly Illness.)

Menstruation is often delayed beyond the period at which we have reason to expect it in healthy females, or when it does appear, it is frequently preceded by much suffering, and followed by hysterics and other complaints. These complaints are generally produced by diseases which existed previously, and can only be cured by the continued attendance of a homœopathic physician. Affections of this class frequently find their origin and support in the mode of living; we can often trace them to insufficiency of clothing, which, especially in a variable climate like ours, is very injurious; many of the attendant complaints arise from other causes, which medicine alone can remove.

The age at which this function first makes its appearance, in temperate climates, is about the fifteenth year; though in some instances it occurs at a much earlier age, and in others again it is protracted several years later. In warm climates it generally appears as early as the ninth or tenth year, and in cold ones not often earlier than the twentieth.

The average duration of a menstrual period is about five days; it varies considerably, however, in different individuals, in some continuing for seven or eight days, and in others not more than two or three. It generally returns regularly in healthy females, every twenty-eight days, and usually continues until about the forty-fifth year, when its final cessation takes place, and which is usually attended with a good deal of disturbance of the general health, as

well as of irregularity of this function; hence this period of life has been called the "critical age," or "change of life."

Tardy Menstruation.

When menstruation is tardy, weak, or too late in making its appearance, beware of all quack medicines which pretend to induce the discharge; numbers of females have ruined their health for ever by using such medicines. In many cases a proper attention to diet, exercise and clothing is all that is necessary to produce a healthy state of this function. Females subject to menstrual irregularities should carefully avoid all highly seasoned food, and also coffee, green tea, and all spirituous and malt liquors as beverages. Those of sedentary habits should accustom themselves to daily exercise in the open air, either by walking or riding. Sedentary habits and close application to study are both highly injurious. The clothing should be warm, adapted to the season, and changed to suit the variations of temperature. It is of the greatest importance to keep the feet dry and warm, by wearing thick-soled shoes and warm stockings, especially in wet or damp weather. The neglect of this precaution has destroyed the health and happiness of hundreds. A cheerful disposition should also be cultivated, as all depressing mental and moral emotions have an injurious tendency.

There are cases, however, in which, in addition to the observance of the above rules, it will be necessary to make use of one or more of the following remedies, which can be administered without injury; if they fail to effect the desired object, apply to a homœopathic practitioner.

Pulsatilla is especially adapted to females of a mild, easy disposition; pain in the lower part of the abdomen and across the small of the back; giddiness, fulness about the head and eyes, paleness of the face, with occasional flushes of heat; roaring in the ears, or partial deafness, coldness of the hands and feet, and disposition to general coldness; sour taste in the mouth after eating; nausea and vomiting; alternate crying and laughter; sadness and melancholy; painfulness of the breasts; palpitation of the heart, especially on going up stairs; loss of appetite, with desire for acids and disinclination to exercise. The symptoms are worse in the afternoon and before midnight; the pains frequently change from one place to another; better in the open air and while exercising. If no improvement follows after a week or ten days, give *Sulphur*.

Cocculus, when the patient suffers from nervous symptoms, or against contracting, pinching pain in the lower part of the abdomen, with oppressed respiration; and also against a scanty discharge of black blood, or when the patient is weak, with great agitation, sighing or groaning, and is scarcely able to speak.

Belladonna, if there is rush of blood to the head, with redness of the face, sometimes even dark red; bleeding at the nose; redness of the eyes and intolerance of light; giddiness, especially after stooping; and full, bounding pulse.

Byronia is indicated when, instead of menstruation, there is bleeding at the nose. *Lachesis* and *Lycopodium* are also suitable in similar cases.

Cuprum, in cases of spasms, or threatened spasms, with nausea and vomiting, or when there are cramps in the extremities, with screaming; also in convulsions.

Apium virus, if the menstrual discharge either stops entirely, or flows two or three days, stops, and flows again, and so on; if the right side, from the hip-bone to the navel, is very sensitive; if violent, cramp-like, bearing-down pains, like labor-pains, appear, followed by a scanty discharge of dark bloody mucus; or if the females, at the time, become very talkative, thoughtless, and don't mind anybody.

Nux moschata, for females of a changeable disposition, with an irregular, scanty, black discharge.

Phosphorus will be serviceable in females of a delicate constitution, with slight form, weak chest, of lively disposition, and predisposed to lung diseases; when, in place of menstruation, expectoration of blood in small quantities occurs, with hacking cough and pains in the chest.

Arsenicum is applicable in cases attended with great weakness, also in swelling of the face, especially round the eyes, with paleness of the complexion, more in the morning; swelling of the feet and ankles in the evening, and a feeling of heat or burning in the veins.

Veratrum, when the patient has cold hands and feet, disposition to diarrhœa, &c.

Sulphur after *Pulsatilla*, when the latter has been insufficient, and also after any of the above remedies, especially if the patient complains of heat in the head, giddiness, palpitation of the heart, and shortness of breath, particularly on going up stairs;

loss of appetite; sickness at the stomach after eating; emaciation and depression of mind.

Suppression of the Menses.

By this term is understood the sudden stoppage of the menstrual flow. This is frequently consequent upon some accidental cause, such as exposure to cold or dampness without a sufficiency of clothing, particularly of the feet; putting the feet in cold water; powerful mental emotions, &c. It also often occurs in the course of other diseases, especially those of the lungs, liver and womb, in rheumatism, &c. In these latter instances the difficulty can only be removed by the cure of the primary disease, the appropriate treatment of which will be found under their respective heads.

Aconitum when the affection arises from fright, and especially if there is congestion of blood to the head or chest, with redness of the face; giddiness, nausea or faintness; throbbing or acute shooting pains in the head, sometimes attended by delirium or stupor. When the suppression is occasioned by fright, this remedy should be administered immediately, and if not speedily followed by relief, or if the amelioration is but partial or temporary, it may be succeeded with benefit by *Opium* or *Veratrum.*

Bryonia is most suitable for unmarried females, when the suppression is followed by a sensation of swimming in the head, with heaviness and pressure towards the forehead, aggravated by stooping and by motion; pains in the chest; dry cough; bleeding at the nose; bitter or sour eructations; pain in the pit of the stomach after eating; rising of food; pains in the small of the back, and also pains of a drawing character in the lower part of the abdomen; constipation.

Belladonna will be serviceable after *Aconitum* in plethoric subjects, when there is congestion to the head, bleeding at the nose, and for most of the symptoms mentioned under *Aconitum* when the latter is insufficient.

Nux moschata, if caused by fatigue and taking cold at the same time, particularly from wet feet.

Pulsatilla, however, is the chief remedy in this affection, and will afford relief in the majority of instances, especially when the suppression results from the effects of cold or a chill by exposure to dampness, and the patient suffers from headache,

chiefly confined to one side, with shooting pains extending to the face, ears and teeth; palpitation of the heart; feeling of suffocation; flashes of heat; nausea or vomiting; disposition to diarrhœa; pressure in the lower part of the abdomen; frequent desire to void urine; and whites. It is best adapted to females of a mild, easy disposition, with inclination to melancholy and tears.

Veratrum for nervous headache; hysterical affections; frequent nausea and vomiting; pale, earthy color of the face; coldness of the hands and feet, or nose; great weakness, with fainting fits.

Sulphur, against pressive headache chiefly in the back part of the head, extending to the nape of the neck, or one-sided headache, or pain over the eyes, with heat and throbbing in the head; heaviness of the head; confusion of the head; giddiness; dimness of vision; bluish circles round the eyes; pimples on the forehead and round the mouth, and red spots on the cheeks; voracious appetite; sour stomach; sour and burning eructations; fulness and heaviness in the stomach and abdomen; constipation, with ineffectual efforts to stool, disposition to piles; sometimes loose, slimy evacuations; spasms in the abdomen; whites; numbness of the limbs; great disposition to take cold; difficulty of breathing; pain in the loins; great depression after talking; fatigue and weakness of the limbs; irritability of temper or disposition to melancholy and tears.

In cases of long standing, especially when occurring in debilitated subjects, *China*, *Causticum*, *Natrum muriaticum*, and *Arsenicum* will be useful, but it is much better to consult a physician.

Too copious Menstruation.

When the menstrual discharge is excessive, or continues longer than usual, and is attended by pains in the back, loins, and abdomen, which resemble those of labor, it becomes necessary to lessen it, and also to prevent its recurrence.

Rest in the horizontal posture is also in most cases imperative.

Ipecacuanha, for too great a flow, and also in flooding after labor, especially when there is a profuse discharge of bright red blood.

Crocus is one of the most valuable remedies in this complaint, particularly when the discharge is dark-colored, clotted and very copious, and the menses have returned too soon.

Platinum will be useful in cases in which the menstrual discharge is too great, and consists chiefly of dark-colored blood, and is attended with bearing down pains, venereal and general excitability.

Chamomilla will be beneficial when the discharge is dark-colored and clotted, accompanied by griping pains which extend from the small of the back forward towards the abdomen; thirst; coldness of the extremities, and sometimes fainting.

Nux vomica, when the menstruation is too copious, and returns before the usual time; when it continues too long, or stops and returns again. It is particularly adapted to females who make too free use of coffee, wine or other stimulants, all of which articles should be strictly prohibited for several months.

Ignatia is most serviceable in cases in which the discharge continues too long, and is frequently attended by yawning and hysterical symptoms.

China, in cases of great debility in consequence of too copious or too long continued menstrual discharge. It may be given with advantage, after the discharge has been checked by other remedies, and the patient suffers from weakness only.

Sulphur, given during the intervals two or three times, allowing a week to elapse between the doses, will often be beneficial, after the failure of other remedies. *Calcarea*, administered in the same manner, will frequently be found successful.

Painful Menstruation.

Belladonna is indicated when there is severe pain in the back, and strong bearing down in the lower part of the abdomen, as if the parts were about to fall out, accompanied with violent con-

gestion of blood to the head, confusion of sight, frightful visions, screaming, redness and bloated appearance of the face and frequent, ineffectual efforts to stool with much straining.

Chamomilla, when the pains resemble labor pains, with pressure from the small of the back toward the front of the abdomen and downward; colic, with tenderness of the lower part of the abdomen when touched, and discharge of dark-colored and coagulated blood.

Veratrum, against menstrual colic, with nervous headache; nausea and vomiting; coldness of the hands, feet or nose; great weakness; fainting fits and diarrhœa.

Coffea will be beneficial if there is much nervous excitement; colic, with feeling of fulness and pressure in the bowels, and violent spasms which extend to the chest; delirium; wringing of the hands, grinding of the teeth; violent screaming; difficulty of breathing and groaning; coldness of the whole body, numbness and stiffness.

Lachesis is of great value in difficult menstruation, especially when accompanied by diarrhœa with violent straining, which generally precedes the menstrual flow, and continues after it has ceased.

Cocculus, when there are spasms in the abdomen, cramps in the chest; flatulency; nausea and faintness, and pressive colic.

Causticum, if there are cutting pains in the small of the back; spasms in the abdomen; hysterical symptoms, and yellowish complexion.

Pulsatilla is serviceable when there is a feeling of heaviness as if from a stone in the lower part of the abdomen; violent pressure in the lower part of the abdomen and small of the back, attended with a sensation of drawing and numbness extending down the thighs; the latter feeling is felt more particularly when the patient is in the sitting posture; pressure in the rectum with ineffectual efforts to evacuate; frequent inclination to pass water.

Nux vomica is most useful in relieving writhing pains in the abdomen, accompanied by nausea, or pains in the back and loins

as if dislocated; feeling as if bruised on the bones of the pubes; spasms and pricking in the lower part of the abdomen; paroxysms of pressing and drawing pains, frequent desire to make water, and sensation in the bowels as if they would burst.

Green Sickness.

This affection commonly occurs in young girls at the period of puberty—about the fourteenth year—and is most generally owing to some obstruction to the first menstruation. A similar condition may, however, be induced in females of a more advanced age, and of delicate constitution, by excessive loss of blood or other fluids, sedentary occupation, exposure to dampness and cold, insufficient food and clothing; mental emotions of an unpleasant kind, &c.

The disease may be distinguished by excessive paleness of the complexion and lips, the latter appearing at times almost white—sometimes alternately with redness and flushing of heat; general mental and physical languor; the patient complains of being weak and tired; the breathing is hurried; the slightest exertion produces panting respiration and violent palpitation of the heart; this is particularly noticeable by directing the patient to go up stairs quickly; the lower extremities often become swollen; the appetite depraved, with a longing after chalk, charcoal, &c.; flatulent distension of the abdomen, particularly after meals; costiveness or diarrhœa; cough, sometimes attended by expectoration of dark-colored, clotted blood, and emaciation.

Pulsatilla is best adapted to females of a mild, easy disposition, disposed to sadness and tears; and particularly if the disease was produced by exposure to cold or dampness, and attended by frequent attacks of one-sided headache, with pains shooting to the ears and teeth; sometimes the pain changes suddenly from one side to the other; aching in the forehead, and pressure on top of the head; sallow complexion alternating with redness and flushes of heat; difficulty of breathing and feeling of suffocation after the slightest exertion; palpitation of the heart; coldness or heat of the hands and feet; looseness of bowels; whites; nausea and vomiting; sensation of weight in the abdomen, periodical expectoration of dark, clotted blood; hunger with repugnance to food, and great fatigue, especially in the legs.

Sulphur should have the preference where there is pressive pain in the back of the head, extending to the neck; congestion to the head with throbbing pains; humming in the head; pimples round the mouth and on the forehead; paleness of the face, with red spots on the cheeks; emaciation; voracious appetite;

sour and burning eructations; pressive fulness and heaviness in the stomach and abdomen; irregularity of the bowels; pain in the loins; difficulty of breathing; great depression after talking; fatigue, especially in the legs; great liability to take cold. It is most suitable for irritable and passionate persons or those inclined to sadness and tears.

Bryonia, when there is frequent congestion to the head or chest; bleeding at the nose; chilliness, sometimes alternating with heat; dry cough; colic; constipation; bitter taste in the mouth; yellowish coated tongue; feeling of aching, as if from a blow, in the stomach.

Calcarea carbonica will frequently effect a cure after the failure of other remedies, when the difficulty of breathing is very great; with swelling of the extremities; excessive emaciation, &c.

Ferrum will be serviceable after or in alternation with the latter, when the sallowness continues with great debility, want of appetite, nausea, &c. When the complexion is very sallow, the lips bloodless and pale, the heart's action palpitating, irregular.

This disease, however, should in all cases be under the management of a homœopathic practitioner, as it is one, which, if neglected or improperly treated, will destroy the health and consequently the happiness of the patient.

Cessation of the Menses.

The period at which menstruation ceases is about the forty-fifth year of age, though in some instances the "change" takes place several years earlier, and in others again, it may be postponed to the fiftieth year, and even later.

Women of delicate constitution and those who "live high" and whose habits are sedentary, generally experience this change earlier than those of a more robust organization, or those who live temperately and make use of plenty of exercise, especially in the open air.

As the "change of life" approaches, the menses generally become irregular, both as regards the time of their return and the quantity of the discharge. They may either return too soon, or the interval may be much longer than usual. The quantity discharged is at times much smaller than common, and at others again it may be so profuse as to amount to a hemorrhage. Occasionally the flow comes on suddenly and quite unexpectedly, continues for a short time, and then stops without being followed by any of the ordinary symptoms of suppression. Sometimes the menstrual fluid discharged is largely mixed with mucus.

In the majority of women, while this change is in progress, there is more or less disturbance of the general health, giving rise to headache; vertigo; flushes of heat; paleness and debility; nervousness; irregularity in the urinary

discharge; sometimes it is frequent and in large quantities, at others scanty and high-colored; pain in the back and loins, which extends down the thighs with a creeping sensation; heat in the lower part of the abdomen; occasional swelling of the abdomen; swelling of the extremities; piles and pruritus (violent itching of the privates).

In some instances, however, the menses gradually cease without being attended by any of the unpleasant symptoms enumerated above. Frequently after the complete cessation of menstruation the health becomes better than it had ever been previously.

According to the symptoms select *Pulsatilla*, *Sulphur*, *Cocculus* or *Lachesis*.

Very important is here a proper attention to diet, exercise, clothing, &c. The food should be light and digestible, and everything of a stimulating nature carefully avoided. Daily exercise in the open air, either by walking or riding, and also bathing, will be productive of great advantage. The clothing should be warm and comfortable, and changed to suit the weather.

Whites, Leucorrhœa.

This term is applied to a discharge of mucus, generally whitish, proceeding from the vagina. It is of so common occurrence that many women and sometimes even small children are subject to it. At first the patient notices a slight discharge of whitish matter, which escapes from the vagina drop by drop, and is unaccompanied by any unpleasant sensation. If neglected, as is most generally the case in the beginning, the discharge increases in quantity, and in some cases it becomes excessive.

The quality, too, is changed, and it becomes greenish, yellowish or of a dark-brown, almost black color, and gives rise to pains, excoriation, and ulcers of the parts. The general health also suffers; the appetite fails; the pulse becomes weak; the face pale and bloated; the eyes become dull and heavy, and are surrounded by yellowish circles; vision is impaired; there is constant pain in the back and loins; lowness of spirits; excessive debility, &c.

The exciting *causes* of leucorrhœa are numerous; anything which affects the general health may produce it; sometimes it is owing to the presence of foreign bodies in the vagina; some of the worst cases of the disease, for instance, owe their origin to a long continued use of an instrument intended to remedy falling of the womb. Such cases can never be cured until the exciting cause is removed. The disease is sometimes owing to inattention to cleanliness.

In the *treatment* of this affection much benefit will be derived from syringing the parts frequently with cold water.

Calcarea carb. is particularly suited to women of a lymphatic constitution, light complexion, and who have copious menstruation which is liable to return too soon; when the discharge is milky, often passes with the urine, and on lifting, and usually comes on, or is worse immediately before menstruation; is often attended by itching and burning; shooting pains through the parts, and falling of the womb. It is also valuable in the corrosive leucorrhœa of young children.

Pulsatilla when the discharge chiefly takes place immediately

before, during and after menstruation; when produced by fright, and when occurring in young girls who have not yet menstruated; the discharge thick, like cream, sometimes corrosive and attended by itching of the parts.

Cocculus if the discharge is mixed with blood during pregnancy; or like the water meat has been washed in, attended by colic and flatulency, and taking place principally before and after menstruation.

Causticum against profuse leucorrhœa, having the smell of the menses, or which flows at night, attended by pain in the back and loins; sallow complexion, and excoriation of the parts.

Natrum muriaticum, when the discharge is copious, and consists of transparent, whitish and thick mucus, or is acrid, with yellow color of the face; also when accompanied by headache, disposition to diarrhœa, with slimy evacuations and colic.

Sulphur, for inveterate cases of leucorrhœa; the discharge sometimes yellowish, burning and corrosive, and preceded by colic; also when it results from repelled eruptions or ulcers.

Remarks on Pregnancy.

The woman whose lot it is to bear within herself a living being, occupies a position of the highest interest.

During this period, therefore, she should consider that her most trifling actions may exert a great influence on the future physical, and we may add, moral and intellectual condition of a being bound to her by the fondest ties, —a being that has a right to expect from her, as its parent, so far as it lies in her power to give, a sound constitution. Therefore, to realize such an object, it is the duty of the mother to pay all possible attention to her *diet*, *exercise* and *dress*.

Diet. With regard to diet she should observe the greatest simplicity; her food should consist simply of substances of a purely nutritive nature, and everything medicinal or stimulating, such as food prepared with much seasoning, spirituous, vinous and fermented liquors, strong teas and coffe, should for the most part be avoided.

She should also guard against taking too great a quantity of nourishment, as excesses of this kind may give rise to dyspeptic and other troublesome symptoms; which, besides being a source of much suffering to herself, may seriously affect the health of her future offspring.

Exercise. With regard to exercise, here let us say, that in order to enjoy a good degree of health, it is absolutely indispensable during the term of pregnancy. Passive exercise, such as riding in a carriage, is not only insufficient at all times, but has often been found particularly injurious towards the end of pregnancy; and is frequently the case of premature or abnormal births.

The most desirable kind of exercise is walking in the open air, such exercise, must not, however, interfere with the process of digestion, and is, therefore, most suitable two or three hours after a moderate meal at noon, and during warm weather towards evening; care being taken to avoid the dampness of the night air by returning home early.

Dress. The dress should be strictly suited to the season and not produce the least pressure on any part of the body; even the garters should be worn loosely. Tight lacing is highly injurious; it must be evident to the plainest understanding, that serious injury to the health of both mother and child must often result from a continual and forcible compression of the abdomen while nature is at work in gradually enlarging it for the accommodation and development of the fœtus; and the result is, no doubt, that there are many who owe their deformities to the vanity of their mothers.

Derangements during Pregnancy.

Although the state of pregnancy is one perfectly natural and perfectly healthy, yet in consequence of the existence of constitutions naturally weak, and of those disordered by the excessive use of medicines prescribed under the old system, and from numerous other causes, it often happens that this condition is attended by many deviations from health, which it may be well to notice, together with the best means for removing them.

The practice of bleeding, which is so prevalent among old school practitioners, for the general fulness of the system and tendency to congestions, especially to the head, which usually attend pregnancy, is in all cases to be deprecated, as it not only fails in effecting the object aimed at, but is besides positively injurious, inasmuch as it reduces the strength and vigor of the patient; thereby rendering her much more liable to miscarriages, convulsions, nervous disorders, flooding, &c. The more judicious and intelligent of these old school physicians are abandoning this most reprehensible practice. Generally a proper attention to diet and exercise as recommended in the previous articles, will prevent any serious mischief resulting from this tendency to fulness. Or in case that should be insufficient, some of the medicines recommended under the appropriate heads will accomplish the desired purpose.

The following are some of the most common of the deviations from health which are met with during pregnancy.

Menstruation.—The continuance of menstruation during pregnancy, though of comparatively rare occurrence, is occasionally met with, and may be considered rather a deviation from the ordinary course of nature, than an actual disease.

When a cause of suffering to women by being too long continued or profuse, producing debility, or when attended by pain, some of the following medicines may be required: *Crocus*, *Platinum*, *Cocculus*, or *Phosphorus*.

For their particular indications, and also for other remedies, see "Painful Menstruation" and "Too Copious Menstruation."

Vertigo and Headache.—Very often during pregnancy women are troubled with fulness, giddiness and pain in the head. Sometimes these symptoms commence as early as the third or fourth week after conception. The feeling of giddiness or lightness is frequently accompanied by dulness and a disinclination to active employment; sleepiness or sometimes sleeplessness; dimness of sight after stooping; flashes of sparks before the eyes; disposition to fall

forward when stooping; headache, with a feeling of weight on the top of the head or in the back of the neck; palpitation of the heart; nervousness, tremblings, &c. These symptoms are commonly worse in the morning.

Aconitum is best adapted to persons of a full habit, with a florid complexion and nervous temperament, and especially if there is giddiness on rising from a seat as if intoxicated, often causing one to fall; faintness and dimness of vision on rising from a recumbent posture; determination of blood to the head, and pressure in the forehead; stupefying pains in the head; eyes red and sparkling, with intolerance of light; black spots before the eyes.

Belladonna, against congestion to the head, with vertigo, staggering and trembling; buzzing in the ears; intolerance of noise; heaviness and pressive pain on top of the head or in the forehead, over the eyes; pain, with a sense of expansion of the head, and violent throbbing of the large arteries of the neck; redness in the face; soreness and redness of the eyes; sparks before the eyes; objects appear double. The symptoms are mostly worse in the morning.

Glonoine, see what has been said of this remedy under "Headache."

Nux vomica is most suitable for women of a hasty temper, and those who are of sedentary habits, or addicted to the use of wine or coffee. The symptoms are generally aggravated in the morning, and better in the open air. It is valuable against giddiness with a feeling of confusion in the head; with cloudiness of sight and buzzing in the ears; pains in the head of a tearing, drawing or jerking character, or periodical pains; constipation, insipid or acid, bitter and putrid taste, &c.

Opium, against giddiness on rising from a stooping or sitting posture; giddiness, with stupidity as if from a debauch; great drowsiness; imperfect sleep, with puffed face, thick, heavy breathing, and illusions of the imagination.

Platinum, if there is headache, which increases gradually until it becomes violent, and then diminishes in the same way, and also for headache produced by vexation or passion; constant

disposition to spit, the saliva being tasteless or sweetish. It is particularly valuable in sufferings of nervous and hysterical women. The symptoms are worse during repose, and relieved by motion.

Pulsatilla, against giddiness, which is worse after stooping, with momentary blindness and staggering, throbbing and shooting pains in the head; one-sided headache; headache every other day. The sufferings are sometimes attended with numb ness of the limbs, are worse in the afternoon and evening, and better in the morning. It is most suitable for women of a mild disposition.

Sulphur, if there is congestion of blood to the head, with pulsative pains and sensation of heat in the head, vertigo and staggering, principally when seated, or after a meal, attended sometimes by nausea, fainting, weakness, and bleeding from the nose; confusion of the head, with difficulty in meditating, worse in the morning or evening; one-sided headaches, or headaches occupying the top of the head, or the back part, or the forehead over the eyes, with dimness of sight; periodical or intermittent headaches, worse in the morning or evening, or at night. The pains in the head are mostly aggravated by movement, walking in the open air, and meditation.

After taking the above medicines, the patient should wait several days to observe the effect. If improvement follows, nothing else should be taken as long as it continues. If the symptoms grow worse again, the same medicine should be repeated. When there is no improvement, another remedy should be selected.

Morning Sickness.—Nausea, vomiting, heartburn, &c., are at the same time the most common and the most distressing accompaniments of pregnancy. They usually begin five or six weeks after conception, and continue until the sixteenth week. After which time they generally abate or cease entirely; in some cases, however, they continue with but slight modification to the end of pregnancy.

These troublesome symptoms commonly take place immediately on rising from bed in the morning, and are often exceedingly harassing for two or three hours. Occasionally they return again in the evening.

Ipecacuanha should be given, when there is nausea and

vomiting, with great uneasiness in the stomach and epigastrium; vomiting of drink and undigested food; bilious vomiting, and tendency to relaxation of the bowels.

Nux vomica, when there is nausea and vomiting, chiefly in the morning, while eating, or immediately after eating or drinking; acid and bitter eructations and regurgitations; violent hiccough; waterbrash; pain and sensation of weight in the pit of the stomach; constipation, and irritable temper.

Arsenicum, if there is excessive vomiting, especially after eating or drinking, with attacks of fainting; great weakness and emaciation.

Pulsatilla. Nausea after eating; vomiting of food; heartburn; eructations, acid, bitter, or with the taste of food; depraved appetite, or craving for acids, wine, &c.; whitish coated tongue.

Natrum muriaticum will be useful in obstinate cases, accompanied by loss of appetite and taste; constant flow of water from the mouth; waterbrash, acid stomach; pain and soreness at the pit of the stomach.

Nux moschata, see this and *Veratrum*, under "Affections of the Stomach."

Phosphorus will be beneficial in cases in which the symptoms are similar to those mentioned under *Arsenicum*, and which the latter remedy has failed to remove.

CONSTIPATION.—Constipation is a very common attendant on pregnancy, especially with persons naturally of a costive habit. When it does not arise from a mechanical cause, it may frequently be removed by active exercise in the open air, drinking freely of cold water, and eating plentifully of cooked or ripe sweet fruits.

When these means are insufficient, one or more of the following medicines may be given: *Nux vomica*, a dose taken in the evening for two or three evenings, or, in some cases, it may be necessary to give *Bryonia*, *Opium*, *Lycopodium* or *Sulphur*. (See "Constipation.")

DIARRHŒA.—Diarrhœa occurs occasionally during pregnancy, much less frequently, however, than constipation, but is much more injurious, and means should be taken to check it speedily, otherwise the health of the woman may suffer seriously.

The medicines which are mostly beneficial are: *Lycopodium*,

Sulphur, Dulcamara, Antimonium crudum, Nux moschata, Pulsatilla and *Rheum.* (See "Diarrhœa.")

Itching. Pruritus.—Not unfrequently during the course of pregnancy, women are at times excessively annoyed and distressed by a very troublesome itching of the privates.

Sometimes this itching arises from a vitiated condition of the mucous secretion of the parts, and at others it is owing to the presence of an eruption resembling the thrush of infants, which occasionally covers entirely the mucous membrane of the vagina. In other instances again, the parts assume a dark red hue, attended with great irritation and excoriation, and almost constant oozing of a thin, watery secretion, the accumulation of which is attended with the most intolerable itching. This affection is not confined alone to the pregnant state, but may occur at any time.

Bryonia, Carbo vegetabilis, Mercurius, Pulsatilla, Lycopodium, Silicea, Sulphur and *Rhus* are the chief remedies in this complaint.

The cure will be much accelerated by frequently washing the parts with cold water.

A solution of borax in water, applied two or three times a day, will generally remove the itching in a few days; the same result is often obtained by washing the parts with water slightly acidulated with lemon-juice.

Fainting and Hysteric Fits.—Women of a delicate constitution and nervous temperament are frequently attacked with fainting and hysterics during pregnancy. Generally the attack passes over in a short time without any bad consequences resulting. When the attacks are light, attention to dietetic rules, and plenty of exercise in the open air, will generally prevent their recurrence. But should the attacks be more severe, and these means insufficient for their removal, it may be necessary to trace the cause, and if possible remove it. Frequently they arise from tight lacing, warm rooms, &c.

The speediest means of reviving a patient from fainting is to admit fresh air in abundance, and sprinkle the face with cold water.

Aconitum may be useful in preventing a return of the attacks, when they occur in individuals of a full habit.

Coffea, in nervous women, with great agitation; spasms in the abdomen; difficult respiration; cold perspiration, &c.

China, when caused by general weakness, particularly from hemorrhages.

Chamomilla, against hysteria which is excited by a fit of anger.

Nux vomica, when those affections occur in choleric persons, and are accompanied by derangement of the stomach.

Belladonna is often useful after or in alternation with *Aconitum*, especially when there is congestion of blood to the head.

Pulsatilla is best suited to women of a mild, easy disposition,

and when the attacks are attended by great *excitability*, with disposition to low spirits, &c.

Ignatia is one of the most valuable remedies when the patient complains of severe headache, as if a nail were driven into the head; melancholy, frequent sighing and concealed sorrow.

Toothache.—Toothache is a very common affection during pregnancy, and often attacks women who are seldom subject to it at any other time. Frequently it is of exceedingly severe character. It most generally commences in a decayed tooth, whence it may extend to the whole set, darting along the jaw, and also to the face and head. Occasionally, however, it originates in a sound tooth, and consequently care should be taken to consult a physician previously to having teeth extracted.

The medicines which will be most commonly found useful to relieve the sufferings, are the following: *Calcarea carb.*, *Apium virus*, *Mercurius*, *Chamomilla*, *Nux vomica*, *Pulsatilla* and *Staphisagria*. For the particular indications governing the choice and repetition of these remedies, and also for other remedies which may be useful, see the article "Toothache," in a preceding chapter.

Varicose Veins.—During pregnancy many women suffer a good deal from a distension of the veins in the lower extremities. The swelling generally commences first about the ankle, and gradually extends upwards towards the thigh; it is frequently confined to the leg below the knee, but occasionally the veins of the entire limb are implicated. The disease may involve both limbs, or it may be confined to but one.

The enlarged veins lie in general near the surface, and assume at first a reddish hue, and after continuing so for some time, become bluish or of a leaden color, and the large ones become very much knotted. They get larger when the patient is standing, or when the limb is hanging, and the swelling decreases on lying down.

This disease, though occurring more frequently during pregnancy, is not confined to this state, but may take place at any time in the female, and is also met with in the male sex.

The disease in the beginning is not painful, but if the swelling continues to increase, it may become so, and the veins may ultimately burst, and a large quantity of blood be discharged, either externally, or effused below the skin.

Varicose veins are generally caused by obstruction to the circulation arising from the pressure of the enlarged uterus upon the blood vessels; their occurrence in an aggravated form, however, is indicative of constitutional debility.

After delivery, the pressure being removed, the swelling gradually disappears, and the veins assume their natural size and appearance.

Much good will often result from frequent bathing with cold water or diluted alcohol. Having the limb bandaged, or making use of the laced stocking will also afford great relief, especially to persons who are compelled to be much on their feet. The bandage or stocking should be applied in the morning after rising, when there is the least swelling, beginning at the foot and progressing upwards with a moderate and equal pressure.

The patient should remain lying down in severe forms of the complaint.

Pulsatilla will in most cases be found useful, especially if there

is much swelling of the veins and of the whole limb, with great pain and more or less inflammation, or when the veins, and sometimes the entire limb, assume a bluish color. *Arnica*, given alternately with *Pulsatilla*, is very efficacious in some cases.

Lachesis may follow *Pulsatilla* when the latter has produced some relief of the pain and swelling, but the discoloration still remains.

Nux vomica, when attended with constipation, hemorrhoids and irritable temper.

Arsenicum, when with the symptoms mentioned under *Pulsatilla*, there are severe *burning* pains.

Carbo vegetabilis for the same symptoms as the latter when that has been insufficient.

Lycopodium in cases of long standing after the failure of other remedies.

Hemorrhoids or Piles.—This affection frequently occurs in women during pregnancy who are not subject to it at any other time. This is chiefly owing to the pressure of the enlarged uterus on the contents of the abdomen causing more or less inactivity of the bowels, and obstruction to the circulation.

The appropriate treatment to pursue in this troublesome complaint, will be found under the heading of "Hemorrhoids" in the preceding chapter.

Pains in the Back and Side during Pregnancy.—Women often suffer very much from pains in the lower part of the back during pregnancy. Occasionally the pain is seated deep in the right side under the ribs. They are usually most troublesome from the fifth to the eighth month. The sensation experienced is that of an almost indescribable aching, or of a dull heavy pressure, as if caused by a dead weight resting on the part affected. When in the side, it is attended with a feeling of heat.

For the pains in the back, benefit will be derived from the use of *Bryonia*, *Rhus*, *Belladonna*, *Pulsatilla*, *Nux vomica*, *Causticum*, or *Sulphur*.

For that in the side *Aconitum*, *Chamomilla*, *Pulsatilla*, or *Phosphorus* will be most serviceable.

Cramps.—Cramps in the legs, abdomen, hips, or back, are common accompaniments of pregnancy, and when present, are exceedingly painful and annoying.

The remedies best calculated to remove cramps in the legs, which are most common, are: *Colocynthis*, *Hyoscyamus*, *Calcarea carb.*, *Chamomilla*, *Nux vomica*, or *Sulphur*.

Those of the back: *Ignatia*, *Rhus*, or *Opium*.

Those of the abdomen: *Nux vomica*, *Pulsatilla*, *Belladonna*, *Hyoscyamus*, or *Colocynthis*.

INCONTINENCE OF URINE.—Frequent desire to void the urine, or total inability to retain it, are by no means of uncommon occurrence during pregnancy, and are extremely distressing to the patient.

The following remedies will generally afford relief: *Pulsatilla*, *Belladonna*, *China*, *Silicea*, or *Stramonium*.

DEPRESSION OF SPIRITS.—This unhappy state of mind, in which the patient imagines that she is afflicted with "all the ills that flesh is heir to," and that she will certainly never survive her approaching confinement, is often aggravated by meddlesome persons relating accounts of dreadful accidents and unfortunate terminations of labors, which in all probability never happened.

The patient may be much benefitted under these circumstances by the cheerful conversation of judicious friends, exercise in the open air, proper attention to rules of diet, &c. And also by taking one or more of the following medicines.

Aconitum, if depression results from fright, and fear of death is the most prominent symptom.

Belladonna, if there is great agitation and restlessness at night; fear of ghosts; fear and disposition to run away and hide; involuntary laughter; disposition to laugh or sing, or to fall into a passion and rave; frightful visions; indisposition for exertion, &c.

Pulsatilla, against depression, with sadness and weeping; uneasiness in the pit of the stomach; sleeplessness; she imagines herself to be oppressed with a multitude of cares; dislike to conversation; headache and heartburn.

Sulphur. Lowness of spirits, with great anxiety on the subject of religion; despair of eternal salvation; forgetfulness of proper names and of words when about to speak them; disposition to get angry.

MISCARRIAGE. ABORTION.—Women are liable to miscarry at any period of pregnancy: it occurs most frequently, however, about the third, or the beginning of the fourth month. When it takes place before or about this period, it is not very dangerous, though repeated miscarriages, from the profuse discharge with which they are mostly accompanied, impair the constitution, and very often engender some chronic malady. Miscarriages occurring at a later period are much more serious, and frequently highly dangerous to the sufferer.

Females who have miscarried once, are exceedingly liable to its recurrence, which liability is greatly increased, if it have occurred two or three times.

The most common causes of miscarriage are: mechanical injuries, as a fall or blow, &c.; sudden and powerful mental emotions; the abuse of purgative drugs; great physical exertion; too free use of stimulating food and drinks; neglect to take air and exercise; late hours, &c.

The following symptoms generally precede and attend this affection: chilliness followed by more or less fever and bearing-down pains; severe pains in the abdomen; cutting pains in the loins, or pains resembling labor pains; discharge of mucus and blood, sometimes of a red color, at others dark and clotted, followed by the flow of a thin fluid. The miscarriage generally takes place along with this discharge, which, if not stopped by appropriate means, may continue for hours, and endanger the life of the patient.

In cases of threatened miscarriage the patient should immediately lie down, and remain so until the danger is passed; or, in case the miscarriage has taken place, she should still remain in this position for a few days to guard against a fresh discharge, which is more liable to occur in the upright posture.

Arnica, when the symptoms arise from a fall, blow, violent concussion, overlifting, or great physical exertion of any kind, this medicine should be given immediately.

Apium virus is suitable as well to prevent miscarriage as to stop the bleeding following it; if there is a bearing down; trouble in making water; headache; rush of blood to the head; an eruption with burning and stinging; the parts below the short ribs feel as if bruised; the whole abdomen sensitive; pain in the back; particularly for women, usually of a changeable, lively and gay disposition, but who have now become passionate and jealous.

Chamomilla, when there are periodical pains resembling those of labor, and each pain is followed by a discharge of dark-colored or coagulated blood, or of blood and mucus mixed; also for violent pains in the bowels extending around the sides, accompanied by a sensation as if an evacuation of the bowels or bladder were about to take place; frequent yawning; coldness and shivering, with thirst.

Nux moschata, if the blood is very dark, thick and if it increases constantly in quantity, with bearing down, nausea, drawing in the legs, urine burning; for women of a changeable disposition, whose menstruation has generally been irregular, who have a cool, dry skin, cannot bear the open air, and have a weak stomach.

Secale is valuable, after miscarriage has occurred, especially in dibilitated persons, or when the discharge consists of dark liquid blood and the pains are but slight.

Crocus is particularly serviceable in cases in which there is a

discharge of dark, clotted blood, which is increased by the least exertion, with a feeling of fluttering, or as if something was moving about in the region of the navel. It may be used with advantage in protracted cases, after other remedies have been administered unsuccessfully.

Ipecacuanha against abortion attended with spasms but without loss of consciousness; profuse and continuous discharge of bright red blood, accompanied with pressure downwards, cutting pains round the navel; nausea or vomiting; disposition to faintness; chills and heat.

Belladonna is especially useful in the commencement, and also subsequently when there are violent pains in the loins and the entire abdomen; severe bearing down as if all the intestines were about to be forced out; pain in the small of the back as if it were broken; pale or flushed face; profuse discharge of blood, neither very bright, nor dark-colored.

Hyoscyamus against miscarriage attended with spasms or convulsions of the whole body, with loss of consciousness; discharge of light red blood; the symptoms are mostly worse at night.

Platinum is useful when there is discharge of dark, thick or clotted blood; pains in the back which pass into the groins, and pressing or bearing down internally towards the privates, which are very sensitive. It is sometimes serviceable after *Ipecacuanha*.

China is particularly valuable in weak and exhausted persons; also when there is blood discharged at intervals, with bearing down pain: or against spasmodic pains in the uterus; giddiness, drowsiness, fainting; loss of consciousness and coldness of the extremities. This remedy is most useful in restoring the energies of the patient, and removing the remaining symptoms after the discharge has ceased.

Ferrum is useful in cases of abortion accompanied by fever, pains like those of labor, and discharge of blood.

Nux vomica and *Bryonia* may be given with advantage in cases attended with troublesome constipation.

Flooding, during pregnancy, or at delivery.

Not only the common domestic remedies, but also those ordinarily prescribed by old-school physicians, do more harm than good, even when they give relief for a period; cold water, for instance, frequently induces inflammation, particulary after the birth of the child, and its application is, consequently dangerous; rubbing with ether causes nervous affections; alum produces induration and other bad symptoms. The introduction into the vagina of pieces of linen (the tampon) is seldom of much benefit, as the bleeding will still continue internally.

When an accident of this kind occurs, the woman should lie down quietly, should move as little as possible, her mind be kept free from care, and the greatest quietness be preserved in the room and in the house. At the same time tie handkerchiefs around the upper part of the thighs, silk ones are preferable; also around the upper part of the arms. A few mouthfuls of water, and if the face becomes pale, with fainting, a few drops of wine are of great service.

The smelling of vinegar, rubbing it on the nose, temples, &c., is also beneficial, only take care not to deluge the patient with it, but only take about a teaspoonful in your hand, or dip your finger into it, that the smell of the vinegar may afterwards be removed with facility. In long continued flooding with females of more advanced age, when not in childbed, it is best to avoid all warm drinks for a year, and instead, to drink milk five or six times a day, which has been cooled in the cellar, or is a little soured. In these floodings, it is necessary, if possible, to procure a homœopathic physician.

During pregnancy or after delivery, tincture of cinnamon is sometimes of use; put a drop into half a teacup of water, stir it up well, and give a teaspoonful as often as the hemorrhage becomes worse; this remedy may be given when the flooding is caused by lifting, carrying, over-reaching, or a false step. If the tincture is not at hand, a piece of cinnamon may be chewed. If this does not soon produce a salutary effect, give sugar, and when the burning sensation is passed, *Arnica*.

Arnica, in all cases arising from mechanical injuries, such as a fall, blow, lifting or carrying heavy weights, false-steps, over-reaching, &c.

Ipecacuanha. Very copious continued flooding, particularly when occurring during pregnancy; the blood flowing regularly without interruption, with cutting pains around the navel; great pressure and bearing-down; chills and coldnees of the body; feeling of heat rising into the head; great weakness and inclination to lie down. This is also a most important remedy in flooding after delivery.

Chamomilla may be given after the latter remedy when that has produced little or no improvement, or when the flooding is accompanied by pains resembling labor pains.

Bryonia, when dark red blood is discharged in great quantities, with violent pressive pain in the small of the back, and

headache, particularly in the temples, as if the head would burst, and constipation.

China is very important in the most dangerous cases; when heaviness of the head, giddiness, loss of consciousness, and drowsiness appear; for sudden weakness, fainting, coldness of the extremities, paleness of the face, convulsions of the mouth, contortions of the eyes, or when the face and hands turn blue, or single jerks pass through the whole body. While giving this remedy the abdomen may be rubbed gently, or cloths dipped into vinegar or water be applied to it, and a few drops of wine may be given afterwards. It is also of use when the blood escapes by starts, with spasms or pains like labor-pains in the womb, passing to the anus; the discharge increasing with every pain. Likewise when accompanied by colic, frequent urging to make water, and sore tension of the abdomen. *China* is always serviceable for the debility or other troublesome symptoms, which frequently remain after the flooding has ceased.

Hyoscyamus, for flooding attended by pains resembling labor-pains, with drawing in the thighs and small of the back, or in the limbs; heat over the whole body, with a quick or full pulse; swelling of the veins on the back of the hand or in the face; great uneasiness; excessive liveliness; trembling over the whole body, or numbness of the limbs; loss of consciousness, darkness before the eyes; delirium; twitching in the sinews or in the muscles of the extremities; jerking in one or the other of the limbs, alternating with stiffness of the joints.

Belladonna, when the blood discharged is neither particularly dark, nor light-colored, with pressure in the privates, as if they would fall out; violent pains in the small of the back, as if it would break; pale or flushed face; dulness; heat about the head; palpitation of the heart, and thirst.

Platinum, when the discharge is dark and thick, but not clotted; the pain in the back drawing towards the groins, with pressing-down internally towards the privates, which are ex-

cessively sensitive. This remedy is particularly applicable to cases of flooding produced by any violent mental emotion.

Ferrum, when the blood is sometimes black and clotted; at others liquid, with pains like labor-pains; the face usually red; *China* follows *Ferrum* advantageously.

Apium virus and *Nux moschata*; see above under "Miscarriage."

Smelling saffron is also beneficial in some instances.

PREPARATION OF THE BREASTS.—By paying a proper attention to the breasts before confinement, mothers will in many instances save themselves much suffering after delivery from sore nipples, gathered breasts, &c.

As pregnancy progresses, the breasts gradually increase in size, in order to be fitted for their future important functions, and especially in first pregnancy; the parts immediately around the nipples become of a darker hue and the nipples themselves larger and more prominent. This development is frequently accompanied with more or less pain and soreness. The most common affections to which the nipples are subject, are, excoriation, cracks, inflammation, scaly eruptions, and small abscesses. The structure of the breasts is sometimes irreparably injured by ignorant nurses squeezing them in childhood, with the erroneous notion that such a process was necessary to expel some matter contained in them.

Serious injury, also, often results from pressure occasioned by wearing stays in after life.

For several weeks previous to delivery the entire breast and chest should be bathed with cold water daily, and afterwards well dried and rubbed with coarse towels. If there is tenderness or slight excoriation, much benefit will be derived from bathing with diluted tincture of *Arnica*, or brandy, twice a day. When a high degree of inflammation of the nipples exist, with aching or acute pains, shooting into the mamma, the internal administration of *Aconite* or *Chamomilla*, will generally afford relief. In some instances *Silicea* or *Sulphur* may be required.

The swelling, burning, itching, cracks, eruptions and small abscesses will be removed by *Lycopodium*, *Mercurius*, *Hepar* or *Sulphur*.

FALSE PAINS.—Women frequently suffer previously to the setting-in of labor, with what is termed false pains. Generally these pains precede labor but a few hours; occasionally, however, they come on some days or even weeks before delivery.

They differ from labor pains chiefly in the irregularity of their recurrence, in being unconnected with uterine contractions, and principally confined to the abdomen, which is tender to pressure and movement, and in not increasing in intensity as they return. In some instances it is exceedingly difficult to discriminate between them and genuine labor pains. In such cases the period of pregnancy will be the chief guide; and when they come on a week or two before labor is expected, they should be checked by the administration of a suitable remedy.

The exciting causes of these pains are congestion of blood to the uterus, a chill affecting the abdomen, mental emotions, errors in diet, clothing, &c.

Bryonia is most suitable when the symptoms have arisen in consequence of a fit of passion, and consist of pains in the abdomen, followed by dragging pains in the back and loins; constipation, and irritable temper. They are aggravated by motion.

Nux vomica, against pains in the abdomen and back, like those under *Bryonia*, also when there are pains as if from a bruise in the region of the pubes; constipation. The pains occur chiefly at night. Applicable to passionate persons, and especially when the exciting cause appears to be indulgence in stimulants, such as highly seasoned food, wine, coffee, &c.

Pulsatilla. Pains in the abdomen; pains in the loins, as if from continued stooping, with a feeling of stiffness and painful dragging and aching in the thighs, constipation or diarrhœa; most applicable to mild tempered persons, and when arising from eating rich or fat, indigestible food.

Dulcamara, when the pains originate from cold, the effects of chill or dampness, and are acute and violent in their character, and seated in the small of the back; coming on or aggravated at night.

Aconitum is most suitable for young persons of a full habit; when the pains are attended with a full, strong and frequent pulse, with congestion to the head, flushed face and hot skin.

Belladonna, for symptoms similar to the last, and after or in alternation with that remedy; and also when the pains are spasmodic in their character.

Labor. Child-Birth.

When natural, the labor generally takes place at the end of the ninth month of pregnancy. The pains come on at regular intervals of longer or shorter duration, gradually increase in intensity, and the whole process is completed in from four to six hours. Frequently, however, a longer time is required, the sufferings continuing for twenty-four hours, or even a greater length of time; and in other instances again, the labor may not last over half an hour or an hour, it may indeed be terminated by two or three pains—though these latter instances are rare.

The ordinary and most correct mode of "reckoning," to fix the time of labor, is from the last menstrual period—two hundred and eighty days, or forty weeks, from the last menstruation to labor. Other modes, which are less certain, but which may be useful in assisting to form a reckoning in cases in which there is any uncertainty about the last menstrual period, are: the commence-

ment of morning sickness, which generally sets in about six weeks after conception, and *quickening*, which usually takes place at four and a half months, or twenty weeks, from conception. Towards the latter end of pregnancy the child sinks lower down in the abdomen, and the woman becomes smaller round the waist than she had been for some weeks previously.

Labor is often preceded by agitation, nervous tremblings, disposition to shed tears, lowness of spirits, &c. Looseness of the bowels for a day or two before labor, is also a common symptom and should not be interfered with. Flying pains through the abdomen, and frequent inclination to pass water, followed by a slight discharge of reddish mucus, called "a show," usher in the regular labor pains.

Were it not for the acquired habits of civilized life, such as tight-lacing, improper diet, want of proper air and exercise, &c., we would find child-bearing to be comparatively free from the suffering and danger which now so commonly accompany it.

It is almost unattended with pain among savage tribes; and those healthy, regular women among us, who pay more attention to the natural development of their frames than they do towards forming what some call "a fine figure," are seldom afflicted with the long train of ills, which custom has almost led us to consider the natural concomitants of child-bearing.

Protracted Labors.—Cases frequently occur in which labor is protracted much beyond the usual period, or is attended with a great deal of suffering; such labors are more likely to take place with women in their first confinement, who are already somewhat advanced in life, and those of a slender form and highly nervous and sensitive habit.

The sufferings in these cases may be greatly alleviated by having recourse to the following medicines:

Coffea will generally prove serviceable when the pains are ineffectual and extremely violent, following each other in quick succession, and attended by great agitation, restlessness and tossing about.

Aconitum, when the above remedy is insufficient, or when the patient has been in the habit of drinking coffee frequently as a beverage.

Chamomilla, after the above, if required, especially if there is great mental excitement; excessive sensibility to pain; anguish and discouragement.

Belladonna will be of great value in tedious cases of labor arising from a rigid or unyielding state of the parts, which is most liable to occur in the first labor of elderly women; and especially so when this rigidity appears to be owing to spasms of the neck of the uterus. This remedy is also useful when the labor pains become feeble or cease entirely, after having been extremely violent for some hours.

Nux vomica, when the labor is protracted from the irregularity and insufficiency of the pains, and there is constant inclination to evacuate the bladder and rectum.

Nux moschata, if the pains are very irregular, like cramps, not strong; and if the woman has taken cold and has a cool, dry skin.

Opium should be given, if the pains cease suddenly, and congestion of blood to the head, with redness of the face, stupor and snoring take place.

Pulsatilla, when the pains are feeble, and occur at long intervals, or when they diminish in strength and frequency as if from insufficient contractile power in the uterus; when the labor pains are attended by spasms of the stomach and vomiting, or with acute pains in the back and loins, and painful drawing sensation in the thighs.

Secale will be beneficial in cases similar to the latter, when that remedy has not proved efficient in increasing the activity of the uterine contractions.

During the progress of labor, the use of drugs and stimulants of every kind should be carefully avoided, as they all prove more or less injurious.

Spirituous liquors are objectionable on account of their accelerating the circulation, and thereby increasing the danger of too great hemorrhage; chamomile tea, from its tendency to produce metrorrhagia; coffee, from its causing high nervous excitement; opium retards delivery by its sedative property; and all drugs and ptisans are in fact more or less of a stimulating or irritative nature, and therefore objectionable.

Spasmodic Pains, Cramps and Convulsions.—In complicated labors we occasionally find spasmodic pains set in, which cause considerable suffering, and often materially retard the delivery. For these affections the following remedies will be most efficient:

Chamomilla, if there are very acute pains, mostly of a cutting description, extending from the region of the loins to the hypogastrium, and attended with spasmodic convulsions, redness of the face, particularly of one cheek, with great sensitiveness of the nervous system, and excitement.

Belladonna, when there are excessively violent bearing-down pains, attended with convulsive movements of the limbs; great agitation and constant tossing; congestion to the head, with

throbbing and distension of the blood vessels; red and bloated face, and profuse sweating.

Hyoscyamus, against severe convulsions with loss of consciousness, great anguish and cries, with oppression of the chest.

Stramonium, against tremblings of the limbs, and convulsions without loss of consciousness.

Ignatia, when there is a confused feeling in the head; spasmodic and compressive pains, with sensation of suffocation; convulsions.

Ipecacuanha. Spasmodic convulsions; paleness or bloatedness of the face; nausea or vomiting.

Cocculus, cramps or convulsions of the limbs or whole body; cramps in the lower part of the abdomen, with heat, redness and puffiness of the face.

Treatment after Delivery.

The patient should be kept perfectly quiet, both in body and mind, after delivery; everything which may have a tendency to excite her, such as noise, strong light and odors, even loud talking, should be carefully guarded against. After the lapse of an hour or two, if no untoward symptoms exist, she may be "changed," and "have her bed made." The bandage should be applied immediately after delivery, and without disturbing the patient.

If the labor has been at all difficult, and the patient complains of general soreness, a few doses of *Arnica* may be administered.

Much benefit will also be derived, in case there is much local pain or soreness, from the external application of a lotion prepared by mixing about twenty drops of the *Tincture of Arnica* in half a tumbler of water.

The nervous excitement which is apt to follow delivery, and prevent the patient from procuring the sleep she so much needs, will generally be removed by a dose or two of *Coffea*, or, should it fail and any febrile symptoms be present, *Aconitum* will usually suffice.

Flooding after Delivery.—Directions for the appropriate treatment of this affection will be found under the heading of "Flooding."

The medicines of most value are *China*, *Chamomilla*, *Crocus*, *Platinum*, *Belladonna*, and Tincture of Cinnamon.

AFTER-PAINS.—Very few females escape the suffering occasioned by these extremely annoying pains, although they are of rare occurrence with first children. Generally they become more and more severe after each successive labor; and in some women of nervous temperament, who have borne several children, they are very distressing, while others may have a number of children and never experience any suffering of consequence from them.

In most instances, the administration of one or more of the following remedies will greatly relieve, or remove them entirely:

Arnica, when the pains are not very violent, and are accompanied with a feeling of soreness, with pressure on the bladder and retention of urine.

Chamomilla, if *Arnica* proves insufficient, and the patient is nervous and excitable, with great restlessness, tossing about, &c.

Nux vomica, after or alternately with *Chamomilla*, will often be serviceable, especially when the pains are of an aching or of a violent colicky description, and occur in choleric persons.

Coffea is valuable, when there is nervous excitement, and the pain is exceedingly violent in its character, or when the pains are followed by convulsions, with coldness and rigidity of the body.

Pulsatilla is indicated in persons of a mild and gentle disposition, when the pains do not return very frequently, but are protracted and continue for several days.

Belladonna will be useful in cases attended with much bearing-down; fulness about the head; disposition to sleep; tenderness and fulness of the abdomen.

Secale, and *Cuprum*, have been recommended highly for after-pains of the most violent description occurring in females who have borne many children.

Secale, if the patient complains of burning, and cannot bear warmth.

Arsenicum if she complains of burning, but feels better from warmth.

Apium virus for great weakness, particularly after every slight exertion; if she cannot bear a closed room, particularly not a

heated one; if the whole abdomen is tender, and the region below the short ribs as if beaten and bruised.

DURATION OF CONFINEMENT.—The mother should remain in bed for the first five or six days after delivery; after that she may rise daily and sit up awhile, at first not longer than while her bed is making, but gradually sit up a longer time.

The diet during this time should be light, consisting chiefly of gruel, panada, farina, toast and black tea or other articles of a similar kind; and everything stimulating, both food and drinks, and all strong odors from flowers or other aromatic substances should be scrupulously avoided.

The first ten days should be mostly spent in bed, or at least in a half-recumbent posture, during which time but few visitors should be admitted. After this period, if the woman feels pretty strong, she may walk about her room, but should not leave it before the expiration of the second week; and ought not to attempt to go up or down stairs until the end of the third week after confinement. Some women may be allowed to go about sooner than we have mentioned, whilst others require a longer period to recover from the effects of their confinement, but the physician will be able to judge when it is prudent to allow his patient to resume her ordinary mode of life

IRREGULARITIES OF THE LOCHIAL DISCHARGE.—The discharges which takes place after confinement, are called lochia, and vary considerably in different females, sometimes they are thin and scanty, and cease in a few days, at others they continue for several weeks, and are so profuse as almost to amount to a hemorrhage. In the majority of instances, however, they cease about the tenth day. In color and consistence they at first resemble menstruation, but gradually grow lighter colored, lose the redness entirely, and become successively yellowish and whitish before their final cessation.

When this discharge continues too long, or is too profuse, and also when it is checked suddenly, or suppressed from exposure to cold, errors of diet, or other cause, medical assistance is required.

Crocus is indicated when the discharge is too long continued in too great quantity, and consists of dark-colored or black blood of viscid consistency.

Aconitum is also valuable in too profuse lochial discharges of a deep red color, and will frequently be found sufficient of itself

to check them in two or three days without the administration of any other remedies.

Should *Aconitum* be insufficient, *Calcarea carbonica* may follow it with advantage, especially if the discharge be attended with a sensation of itching in the uterus.

Bryonia will be beneficial in cases of suppressed lochia, accompanied by headache; fulness and heaviness in the head, with pressure in the forehead and temples; throbbing in the head, aching in the small of the back, and scanty discharge of urine. It is also useful when the lochia are too profuse in quantity and of a deep red color, with internal burning pains in the region of the uterus.

Pulsatilla will be most serviceable for sudden suppression of the lochia, from mental emotions, exposure to dampness, or any accidental cause, particularly if it is followed by fever either with or without thirst; headache confined to one side; coldness of the feet; frequent desire to pass water. The symptoms are generally worse towards evening, and better in the morning. This remedy is also useful when the discharge is too scanty without being entirely suppressed.

Dulcamara will be useful in cases of suppression occasioned by exposure to cold or dampness, and may either precede or follow *Pulsatilla* advantageously.

Opium and also *Aconitum*, have been recommended for suppression arising from fright, and attended by congestion to the head.

Platinum, for suppression consequent upon some mental emotion, and accompanied by dryness and over-sensitiveness of the sexual organs.

Belladonna will be serviceable when the discharge continues too long and becomes thin and offensive, producing excoriation of the parts.

Secale has also been recommended under the same circumstances.

Milk Fever.—Usually about twelve or twenty-four hours after delivery, milk makes its appearance; it may, however, be present at the time of, or

even previous to delivery, or it may not appear until a later period than the third day. The coming of this secretion is frequently attended by so much suffering as to require medical attention. The following medicines will be found useful, when administered according to the indications mentioned under each.

Arnica, given internally and the diluted *tincture* applied to the breast in the form of a lotion once or twice a day, will be beneficial when there is much distension, with soreness or hardness.

Aconitum, if there is much fever, with hot, dry skin; redness of the face; breasts hard and knotted; restlessness; anxiety and discouragement.

Bryonia, after the latter, when the symptoms have been but partly removed by that remedy, and especially if there is oppression of the chest, violent pain in the head, and constipation.

Belladonna may be given after or in alternation with *Bryonia*, when the latter has not been sufficient to remove the symptoms entirely.

Chamomilla will have the preference when there is much nervous excitement, with restlessness; tenderness of the breasts, and inflamed nipples.

Pulsatilla, in severe cases, when there is great distension of the breasts, with soreness and rheumatic pains extending to the muscles of the chest, shoulders, under the arms, &c. A timely administration of this remedy will in many instances prevent a threatened attack of child-bed fever.

Rhus toxicodendron, in cases similar to the latter, with rheumatic pains throughout the system; swelling, heat, and hardness of the breasts; headache; stiffness of the joints, and general constitutional disturbance.

A common and good local application to the breasts, is to bathe them with hot lard and afterwards cover them with raw cotton.

Suppressed Secretion of Milk.—When from sudden and powerful mental emotions, exposure to cold or dampness, or any cause whatever, the secretion of milk has been suddenly checked and is followed by some internal or local congestion, determination of blood to the head, and the usual train of symptoms which constitute child-bed fever, the immediate administration of *Pulsatilla* will frequently be found sufficient to check the disease at the outset and restore the flow of milk. If any unpleasant symptoms still remain, they will in most cases yield to the administration of *Calcarea carbonica*.

If real fever, dry, hot skin, quick, hard pulse, &c., makes its appearance, *Aconitum* should be given, until some amelioration of the symptoms take place. When along with the above symptoms there is great restlessness and nervous excitement, benefit will be derived from giving *Aconitum* and *Coffea* alternately.

In some cases *Bryonia*, *Belladonna*, *Rhus*, *Arsenicum* or *Sulphur* may be called for.

Excessive Secretion of Milk.—It sometimes happens that the secretion of milk is too abundant, causing painful distension of the breasts and involuntary emission of milk, followed by emaciation and debility. In cases of this description, *Calcarea carbonica* will generally give relief, or, if it should fail, *Phosphorus* or *Rhus*.

Involuntary Emission of Milk.—Occasionally females are very much annoyed for some time after confinement by the constant escape of the milk, which keeps them continually wet, and makes them very liable to take cold on the slightest exposure.

Unless it is owing to some organic defect of the nipple, the following remedies will generally relieve it.

China, when it is caused by debility from loss of fluids.

Rhus, if from over-distension in consequence of excessive secretion of milk.

Calcarea carbonica, or *Pulsatilla*, may also be useful in some instances.

Diarrhœa during Confinement.—Diarrhœa in lying-in women is a state to be looked on as highly injurious, and means should be taken to remove it as speedily as possible.

Dulcamara will generally be sufficient, when the diarrhœa has been caused by a check of perspiration, produced by chill from exposure to cold or dampness; if the diarrhœa is worse in the afternoon or at night, the pains cease after an evacuation.

Pulsatilla, if accompanied by much ineffectual straining, if it makes the parts sore, or if there is only a discharge of mucus with pain in the anus, chilliness; the diarrhœa occurs mostly in the night, or early in the morning.

Hyoscyamus, when the evacuations are painful or involuntary.

Rheum, if the stools smell sour or fœtid; if there is much straining and pain after an evacuation; mostly towards night; if there is great weakness and fear of death.

Antimonium crudum, if worse in the night and early in the morning; tongue coated white, with eructations; for women, who are easily moved, or who are morose.

Secale for offensive, very weakening diarrhœa.

Phosphoric acid, in obstinate, protracted cases, when the discharge is watery, or painless and almost involuntary.

See also the article "Diarrhœa," in a preceding chapter, for other remedies which may be required.

Constipation.—It is natural for the bowels to remain inactive for a few days after delivery, and nothing should be given to disturb this state, as it is at all times a good symptom and serves to promote the strength of the patient. Purgative medicines should in no case be given during confinement, as they can do no good whatever, and are often highly injurious to the patient. If, after the lapse of five or six days, the patient complains of fulness of the head or pain in the bowels, a dose or two of *Bryonia* will generally bring about an evacuation and afford relief. Should this be insufficient, *Nux vomica*, *Sulphur*, or some other of the remedies recommended under "Constipation," may be given. If after waiting a day or two, no evacuation takes place, give an injection of lukewarm water.

Retention of Urine.—Sometimes after delivery, particularly with first children and in difficult labors, there is retention or painful emission of urine. The administration of one of the following remedies will generally afford relief: *Arnica*, *Pulsatilla*, *Cepa*, *Belladonna* or *Nux vomica*. See Chap. X. Sitting over a pan which contains warm water, will often have the desired effect.

Sore Nipples.—The chief difficulty in the way of healing sore nipples, arises from their being constantly torn open afresh by the efforts of the child in sucking.

In the majority of cases, if proper attention is paid to the preparation of the breasts previous to confinement, by bathing them with cold water or a weak solution of *Tincture of Arnica*, as recommended under the heading of "Preparation of the Breasts," this soreness may be prevented.

When, however, there is a tendency to tenderness and excoriation, the internal administration of *Arnica*, and bathing the nipples with a solution consisting of about ten drops of the *Tincture of Arnica* to half a tumbler of water, several times daily, will mostly remove it. Should this be insufficient, it will be necessary to resort to *Sulphur*, *Calcarea carbonica*, or some other remedies calculated to correct the constitutional taint to which this disease generally owes its origin.

Washing the nipples with cold water every time the child has taken the breast, and then sprinkling them with powdered gum Arabic, or still better with finely powdered white sugar, will be found very beneficial.

Sulphur, when the nipples are sore and chapped, with deep fissures around the base, which bleed and burn like fire.

Calcarea, in cases similar to *Sulphur*, when the latter fails to relieve.

Nux vomica for soreness of the nipples with painful excoriation of the adjacent parts.

In obstinate cases, *Lycopodium*, *Mercurius* and *Silicea* will be found valuable.

Gathered Breasts.—Inflammation and suppuration of the breasts are liable to occur during the whole period of nursing, and may arise from numerous causes, such as cold, passion, fright, bruise, &c. Putting the child too late to the breast, or the sudden stoppage of suckling—from death of the

child or other reasons—frequently occasions distensions of the breast followed by inflammation and formation of abscesses.

The most effectual means of preventing suppuration is to keep the breasts well drawn; if the child is unable to do this, nipple-glasses, a common tobacco pipe, or still better the lips of a nurse, or another adult person, should be made use of.

Bryonia is the principal remedy in the commencement, especially when the breasts become swollen, hard and feel heavy, with shooting pains, dry skin, thirst, and other febrile symptoms.

Belladonna, after or alternately with *Bryonia*, when there is much swelling and hardness of the breasts; shooting and tearing pains, and redness of the skin, sometimes like erysipelas. These two remedies will generally be sufficient to effect a cure; if, however, some degree of hardness still remain, *Mercurius* should be given, and repeated a few times, at intervals of ten or twelve hours.

Hepar, when suppuration has already commenced, which may be known by the appearance of throbbings, frequently preceded by a chill.

Phosphorus, when there is profuse discharge of matter, after or in alternation with *Hepar*.

Silicea, in cases in which the discharge becomes fetid, thin and watery, and comes from several openings, which are not disposed to heal.

Sulphur, in inveterate cases, when there is profuse discharge of matter, with emaciation, fever, &c.

Weakness from Nursing.—If the mother cannot sleep well, feels bad in the morning, has no appetite, or perspires much, commences to cough, and is very sensitive to the least breath of air, give *China*. Her food ought to be altered too, she must eat grits made of barley or oats, chocolate and particularly lentils. If her breath begins to smell feverish, she ought to eat sago, arrow-root or similar things with sugar and drink a little wine, especially in the morning and evening. She should take something nourishing early in the morning and between meals. The child must not be kept on the breast the whole night, it should be accustomed to sleep and nurse at certain regular times.

Falling off of the Hair.—Some females, while nursing, suffer from a falling off of the hair of the head.

The following remedies will be found useful: *Sulphur*, *Lycopodium* or *Calcarea*. They may be repeated once or twice a week, beginning with *Sulphur*.

CHAPTER XII

TREATMENT OF INFANTS.

Reception at Birth.

When the child is born before the arrival of the physician, it should be removed a little out of the discharges, so as to enable it to breathe freely; and if the cord is coiled around the neck, limbs, or any part of the body, it should be immediately disengaged, in order that the circulation between the mother and child may not be obstructed before respiration is fully established in the latter. The mouth and nostrils should also be cleansed from mucus; the readiest method of doing this is with a piece of fine linen or muslin, wrapped round the finger. If, after these things are attended to, the child begins to cry strongly, and the skin changes from a dull or leaden hue to a pink or rose color, there is no further cause for alarm, as both mother and child may remain in this condition without danger.

As soon as the respiration of the child is fully established, and the pulsations in the chord have ceased, the child may be removed from the mother, provided there is any person at hand willing to undertake it.

The cord should be tied in two places, the first ligature at about an inch and a half from the abdomen of the child, the second three-fourths of an inch from the first, and the cord cut between the two, using for this purpose a pair of scissors. The best ligature is one made of sewing thread, by twisting several threads together; a piece of narrow tape, however, or round bobbin, sufficiently strong, will answer. It should be passed but once around the cord, tied firmly in a hard knot, and the ends cut off.

The child may then be taken up, by placing one hand under the head and shoulders, and taking hold of the feet with the other, and wrapped in a blanket or sheet moderately warmed and prepared for this purpose.

Apparent Death.

In case the new-born infant does not breathe in a few minutes after delivery, and is apparently dead, means should be immediately taken to revive it. The body and limbs should be wrapped in warm cloths—flannel is preferable—and the hands and the chest gently rubbed with a piece of flannel. If, after a short time, pulsation can be felt in the cord, and the beatings of the child's heart become perceptible, respiration will soon be fully established, and nothing more need be done. But if, after continuing these efforts for five or ten minutes, no pulsation can be felt, the cord should be cut, and the child immersed in a warm bath, being careful to keep the face out of the water. In this bath rub and squeeze the chest and limbs gently. If no signs of animation are manifested after five or ten minutes, dissolve about as much tartar emetic as will lie on the point of a penknife in half a tumbler of water, and after stirring it well, apply a single drop of the mixture to the tongue of the child, with the point of the finger. If no change occurs in fifteen minutes, repeat the experiment again. If no change takes place after ten to fifteen minutes, put one teaspoonful of the mixture into a cupful of warm water, and use it as an injection. While this is doing, cold water or spirits may be applied

to its breast, either with the palm of the hand, or by letting a small stream of cold water, from the spout of a tea-pot, fall upon it from a height of two or three feet. Much benefit will also frequently be derived from placing the mouth over the child's mouth, and blowing gently so as to inflate the lungs, closing the child's nostrils at the same time between the thumb and finger, to prevent the air from passing out through the nose. Care should be taken not to force too much air into the child's lungs at once, lest they be injured. After the lungs are filled, the chest should be compressed gently with the hands, or by drawing upon the ends of a napkin which has been previously wrapped round it, to expel the air. These efforts should be repeated several times, allowing a few moments to elapse between each.

Infants have sometimes been restored after laboring with them for two or three hours; we should not, therefore, give up our efforts at restoration too soon, as they may ultimately be successful.

Washing the Child.

This should be done immediately after birth, using for the purpose luke-warm water, a flannel wash-rag, and but a small portion of fine (white) soap. The white unctuous substance, which to a greater or less extent covers the body of every newly-born child, and which adheres with great tenacity, is best removed by rubbing the parts covered with it, previous to washing, freely with hog's lard, until the two substances become thoroughly mixed. After the child has been well washed, it should be wiped perfectly dry with a fine napkin.

The practice of bathing children with spirits is highly reprehensible, and should in all cases be prohibited. Intemperance, and blunted moral sensibilities in after life, have their foundations frequently laid in infancy by the improper use of alcoholic liquors.

The child should be bathed at least once a day; at first with luke-warm water, gradually lowering the temperature, and after a few weeks using cold water.

Dressing the Navel.

The proper method of dressing the navel is to fold a piece of soft linen or muslin into four or six thicknesses, making it six or eight inches long and three or four wide. A hole is to be made through the centre of this, and the cord passed through. The cord should then be tightly wrapped with repeated turns of a narrow strip of linen or muslin, and laid up towards the breast of the child, and the lower end of the linen or muslin folded over it, and the whole secured by the belly-band, which should always be made of a strip of fine flannel. The navel usually comes off from the fifth to the eighth day.

The Meconium.

The first evacuation from the infant's bowels consists of a dark bottle-green colored substance, called meconium. Generally the bowels are moved a few hours after birth, and require no artificial aid: the milk of the mother exciting a mechanical action in the bowels, assists in effecting this object. In case, however, the discharge should be too long delayed, and the child become uneasy and restless, a few teaspoonfuls of warm sugar and water may be given to it, which will generally have the effect desired. Should this not be suffi-

cient, and the child's bowels are not moved as freely or as frequently as they ought to be during the first few days, a dose or two of *Nux vomica*, *Bryonia* or *Sulphur* may be administered to both mother and child. Laxative medicines should never be given to infants for the purpose of purging off the meconium, as to this too common practice of nurses, many chronic diseases of after-life are to be attributed.

Swelling and Elongation of the Head.

It is common for the head of the infant to be swollen and elongated immediately after birth, especially when the labor has been difficult and protracted, and occasionally a tumor appears on the back or top of the head. This will generally disappear of itself in a few days. In case the swelling should be extensive, repeated washings with cold water, or a weak solution of *Tincture of Arnica*—three or four drops to half a tumbler of water—will hasten its removal; if not better in two or three days, give *Rhus*.

Putting the Child to the Breast.

The child should be put to the breast in five or six hours after delivery, if the mother is able to bear the fatigue. This should be done even if the mother has no milk, as the child will be taught to suck, and the secretion of milk hastened by it. There will also be less liability to sore nipples, distended breasts, and milk fever.

If the coming of the milk should be delayed for a day or two, the child should be nourished meanwhile with fresh cow's milk, diluted with an equal quantity of warm water, and sweetened with loaf sugar. The milk should always be obtained from the same cow if possible. Young infants should never have gruel, pap, panada, or cooked food of any kind.

Always, before applying the child, the nipple should be moistened with milk and water, sweetened water, or saliva. Infants will be benefitted by giving them a few teaspoonfuls of cold water every day.

Sore Eyes.

Quite young infants are liable to inflammation of the eyes and eyelids. In most instances the lids only are affected at first, but the eye-balls soon become involved if the disease is neglected in the commencement. The most common causes of this affection are, exposure of the eyes to too strong a light, or from taking cold by exposing the child to a draft of air, &c.

The following will generally remove this disorder:

Aconite should be given first, especially if the inflammation arises from exposure of the eyes to too much light; and the entire eye becomes red, and runs a good deal.

Belladonna, after or alternately with *Aconite*, when the whites of the eyes are very red; with bleeding from the eye-lids; intolerance of light, &c.

Ignatia, in cases similar to *Aconite*, after that remedy has been given without much benefit.

Chamomilla, when the eye-lids are swollen, bleed, and are glued together in the morning with a yellowish secretion.

Mercurius, when there is redness of the eyes and eye-lids; small yellowish ulcers along the margins of the lids; with discharge of yellowish matter, &c.

Pulsatilla, when there is profuse discharge of purulent matter from the eyes, with redness of the whole eye and interior of the lids.

Calcarea carb. and *Rhus* are also useful; compare "Affections of the Eyes."

Euphrasia is also valuable in many cases of this complaint, especially when there is accumulation of matter in the eyes, and intolerance of light.

Obstruction of the Nose. "Sniffles."

The nostrils of infants often become obstructed from a species of catarrh, which prevents them from breathing while suckling.

Nux vomica given at night, will mostly afford relief; if, however, the complaint still continues in the morning, give *Sambucus*.

Chamomilla, if the obstruction is attended with much running of water from the nose.

Calcarea, when *Chamomilla* has been given without success.

Carbo vegetabilis, when the complaint is worse every evening; *Dulcamara*, when worse in the open air.

Mercurius, when there is much sneezing and a thickish discharge from the nose.

Tartarus emetic., if there is rattling of mucus in the chest which is worse at night, along with the running from the nose.

Sore Mouth. Thrush.

It is generally produced by want of a proper attention to cleanliness, and by the use of improper food; and hence children raised either partially or wholly by hand, are more liable to this affection than those who are nourished exclusively by the mother's milk. The mouth should be well washed several times a day with cold water.

Mercurius should be given when the disease first makes its

appearance, and also in cases when there is much salivation, and the thrush shews a tendency to ulceration.

Sulphur should follow *Mercurius* when the latter fails to effect a cure after a few days.

Arsenicum will be indicated in bad cases, the two preceding remedies having failed to check the disease, and the thrush assume a livid, or bluish appearance, attended with great weakness and diarrhœa.

Bryonia and *Nux vomica* may also be useful in some cases.

A common remedy in old-school practice, and one which is homœopathic too in many cases of the disease, consists of powdered Borax and loaf sugar mixed in equal parts and applied to the mouth of the child, three or four times a day. Or a few grains of the Borax may be dissolved in a teacupful of water, and the mouth of the child washed with the solution two or three times a day. This remedy should not, however, be continued too long, lest it prove injurious by aggravating the disease.

Sore Throat.

Often prevents infants from suckling; they are very eager to take the breast, commence to suck, but as soon as they attempt to swallow they cry and the milk is heard to gurgle in the mouth or runs out of it; they are generally hoarse. If they are very restless, cry before passing water, and have red cheeks, give *Aconite*. If the whole face is red, *Belladonna* or *Rhus*. *Rhus* if the throat is dark red, if they do not perspire, but become very hot towards night, and remain dry; if the eyes are red more outwardly, if *Rhus* is not sufficient, give *Bryonia; Belladonna* if they perspire much; if the throat looks bright red, if the eyes are red inside; if *Belladonna* is not sufficient, give *Mercurius*.

Jaundice.

This disease occasionally occurs in infants, and may be known by the yellowness of the whites of the eyes and urine in the commencement, and afterward of the skin of the whole body. The bowels are sometimes costive, and at others loose, and the stools are generally light or clay-colored. The disease may arise from exposure to cold, or from the injurious practice of administering aperient medicines immediately after birth, and other causes.

Chamomilla may be given first, and in many cases will be of itself sufficient to effect a cure.

Mercurius may follow *Chamomilla* when the symptoms have only been partially removed by the latter, or when that remedy has failed to afford any relief.

China, when there are any symptoms remaining after the use of the foregoing remedies.

Nux vomica, if the complaint is accompanied by costiveness of the bowels, and the child is extremely irritable.

Excoriation.

Soreness of tender parts arises seldom from not washing the child; it is nearly always a skin-disease, and the child is injured by washing with Castile soap, which hurts and burns the poor infant just as much as soap does you when it gets into your eyes. Wash the infant with *lukewarm water only, without any rubbing* when wiping it dry. Bathing the infant frequently will be of great benefit.

Chamomilla will, in most cases, be sufficient, when it has not been produced by the use of chamomile-tea, taken either by the mother or child, in which case *Pulsatilla*, or *Ignatia*, should be given.

Mercurius, when the excoriation is extensive, and there is yellowness of the skin, which *Chamomilla* has failed to remove.

Rhus will cure it, if red pimples appear on the head.

Sulphur or *Carbo vegetabilis* in obstinate cases.

The Gum.

The term "gum" or "red gum" is given to an eruption of red pimples, which makes its appearance in early infancy, and chiefly occupies the face, neck, and arms; it may, however, extend to the whole body.

The disorder is frequently the result of inattention to cleanliness, keeping the child too warm, and giving it herb teas.

A few doses of *Rhus* will generally be sufficient.

Retention of Urine.

This complaint often occurs in young infants, and requires immediate attention. It will generally be removed by *Aconite*. Should this fail, *Pulsatilla* will generally suffice. Consult also the same article in Chapter X.

Constipation.

Constipation in children is frequently produced by an improper mode of living, either on the part of the mother or nurse or child; and when it arises from want of exercise, too much animal food, &c., on the part of the mother or nurse, it may be removed by proper attention to these points. As a general rule, there should be an evacuation from the bowels at least once a day in quite young children; and if delayed longer than this, and *Bryonia*, *Nux vomica*, *Opium*, *Antimonium crudum*, or another remedy has produced no change, these remedies must be given to the mother or nurse. Injections of warm water may also be given. But never use soap; every observing physician must have seen the bad consequences from it when continued for a long time. Every nurse who uses soap for an infant, ought to have a little Castile

soap put into one of her eyes for about two minutes; and every physician who recommends it, into both of his eyes for five minutes, without permission to touch the eyes. If they now know, that the interior of the rectum is as irriable and vulnerable as their eyes, they may realize the pain and torture they are subjecting the poor, helpless infant to.

Diarrhœa.

Healthy infants, while suckling, usually have from three to six evacuations from the bowels in the twenty-four hours; and only when the discharges become more frequent than this, and are changed in character, becoming green and watery, or yellow, or brown, or white and frothy or watery, or mixed with mucus or blood, and the child gives evidence of suffering, does it become necessary to interfere by administering medicines.

Ipecacuanha, when the diarrhœa has been caused by overloading the stomach; and especially if accompanied by nausea and vomiting; paleness of the face; frequent crying; the stools of a bilious, slimy, or greenish yellow color; sometimes blackish, or streaked with blood, and of a putrid odor.

Rheum, when the diarrhœa has arisen from acidity, and is attended by flatulent distension of the abdomen; colic; crying and straining both before and after the evacuations, which are frothy, slimy, and watery, and smell sour; a sour smell is also emitted from the body of the child, even when the strictest attention is given to cleanliness.

Chamomilla in diarrhœas of a bilious watery, frothy, or slimy character, and of a whitish, greenish, or yellowish color, sometimes having the appearance of beaten up eggs, and of an offensive odor, like that of rotten eggs. The diarrhœa is frequently attended by colic, with fretfulness, crying, restlessness and drawing up of the legs toward the abdomen; and redness of the face or of one cheek.

China in watery, painless diarrhœa with much wind in the bowels, and undigested appearance of the milk in the stools.

Belladonna is frequently indicated in the commencement, when the child is disposed to sleep a good deal, but is restless, and starts up suddenly; the evacuations greenish, small, and frequent.

Aconite in diarrhœas attended with much fever. *Opium* or *Aconite* when produced by fright.

In case the diarrhœa should prove obstinate or be accompanied by emaciation, the advice of a homœopathic practitioner should be sought.

Colic.

Colic is a common affection in young infants. It may be caused by errors of diet on the part of the mother, or by feeding the child with too much or unsuitable food. As before remarked, young infants should be exclusively nourished from the breast, if it is possible; and any departure from this is very likely to be followed by more or less suffering. Exposure to cold, or any cause liable to affect either mother or child injuriously, may induce colic. The attacks are sometimes extremely violent and frequent, so much so as almost to wear out both mother and child; when this is the case, there is generally some constitutional predisposition. It is also frequently attended by diarrhœa.

Chamomilla will be sufficient in most cases, especially if the pain is attended by distension of the abdomen, crying, writhing and twisting, drawing up the legs towards the abdomen, and coldness of the feet.

Ipecacuanha, when the colic is attended by sickness and diarrhœa, the stools fermenting and of a putrid odor.

China against colic with distension and hardness of the abdomen; the attacks are more liable to come on towards evening; screaming followed by laughing.

Nux vomica, when the attacks of colic are attended by costiveness.

Pulsatilla in flatulent colic, with rumbling of wind in the abdomen; shivering and paleness of the face, and tenderness of the abdomen.

Swelling of the Breasts.

The breasts of infants are sometimes swollen at birth, or some time after; this is frequently caused or aggravated by the highly reprehensible practice, of nurses and others, of squeezing the breast with the mistaken notion that there is milk, or some matter in them, which should be pressed out. Mothers cannot be too careful in guarding their nurses against this practice, as in some instances extensive suppuration has been produced by it, resulting in disorganization of the breasts, and in females, destroying their usefulness for ever.

When the breasts are found to be swollen, a linen rag wetted with sweet oil should be applied to them, and in the majority of instances the swelling will disappear in a few days, and nothing else be required. If, however, the swelling should become extensive, and be accompanied by redness and inflam-

mation of the breasts, a dose or two of *Chamomilla*, followed by *Belladonna*, may be required. It may also be necessary to apply a bread and milk poultice in severe cases. When the inflammation and soreness arises from squeezing and pressing the breasts and nipples, *Arnica* should be given. If suppuration has taken place, a few doses of *Hepar* should be given, and followed in two or three days by *Silicea*.

Crying.

The occasional crying of infants should not be a cause for alarm, as this is the language by which their wants are made known. And hence they cry when they are hungry, need changing, or have lain too long in one position, &c. Only in cases where the crying is excessive, and the usual means of pacifying them fail, we may suppose they are suffering from pain, and should immediately endeavor to ascertain the cause, which will frequently be found to be some mechanical irritation, such as derangement of the infant's dress, or a pin sticking into the flesh, &c.

The most reprehensible, or rather criminal practice is that of giving laudanum, or other preparations of opium, to infants. They will be ruined in body and mind by it,—they will never be so healthy, or grow to such an age, as they would do without ever having been poisoned in this way; most all of these unfortunate infants become either vicious or simpletons. Good-for-nothing nurses will often, without the knowledge of the parents, give laudanum to infants, in order that they may not be disturbed in their ease and laziness.

When, however, the child continues to cry for a long time without any *apparent* cause,—

Belladonna will frequently prove serviceable, and also when it starts suddenly out of sleep and begins to cry violently.

Aconitum or *Coffea*, if *Belladonna* should fail, will often be successful, especially when the crying is accompanied by uneasiness and heat.

Chamomilla will also frequently be useful, and especially if there be reason to think the crying is caused by earache or headache.

Restlessness and Wakefulness.

Restlessness and inability to sleep are generally produced by giving the child injurious food, or overloading its stomach, or by the mother's drinking coffee, wine, &c., or making use of some other improper article of diet. Sometimes it is caused by the child's head lying too high; the head of an infant ought always to lie low.

Coffea will often be sufficient to remove the restlessness, hot skin, &c.

Opium when *Coffea* is insufficient, and there is redness of the face.

Chamomilla, if the restlessness be attended by flatulency and griping, with starts and jerkings of the limbs, or feverishness with redness of one cheek.

Belladonna, when the child appears to be drowsy but cannot sleep, or falls asleep for a few moments and starts up suddenly and cries.

Pulsatilla or *Ipecacuanha*, when the restlessness arises from over-loading the stomach.

Nux vomica, if it is caused by either mother or child taking coffee or spirituous liquors.

Hiccough.

Hiccough, when long continued, sometimes gives rise to a good deal of uneasiness, especially to young mothers; it is generally caused by exposure of some part, or of the entire body, to the air, even in a warm room, or while dressing or undressing the child. Wrapping the infant up warmly, or giving it the breast, will generally cause it to cease. Should it however continue, the administration of a teaspoonful of water, sweetened with white sugar, may be given; and in case this should fail, a dose of *Nux vomica*.

Scurf on the Head.

Children are sometimes troubled with a dark or dirty-looking, unsightly incrustation, which generally makes its appearance on the top of the head, partially covering the scalp. On removing any part of this crust, the skin will be found red and inflamed.

It frequently emits quite an offensive smell, and is always annoying to the child by the irritation and itching it occasions. Removing it forcibly with a fine tooth comb will not cure it, but be more likely to aggravate it; for so long as the diseased state of the scalp remains, it will be reproduced.

It is generally caused by keeping the children too warm, or by inattention to cleanliness, and is seldom found in children whose heads are regularly washed every morning, and after being properly dried, brushed with a soft hair-brush.

Sulphur, administered night and morning for several days, will generally correct any tendency that may exist toward this formation.

The crust may be removed by anointing it well with lard at night, and washing it off next morning with a weak solution of soda. This application may have to be repeated several times.

Milk-scab. Milk-crust.

This is mostly an affection of young infants, and is characterized by an eruption of numerous small white pustules, appearing in clusters upon a red ground. They generally make their appearance first on the face, particularly the cheeks and forehead, from whence they sometimes spread over the entire

body. In a short time they become yellow or dark-colored, burst, and form thin yellow crusts.

The eruption is often attended by considerable redness and swelling of the surrounding parts, and with troublesome itching, which renders the child exceedingly restless and fretful, and causes it to rub the affected parts constantly, by which the scabs are torn off, and the disease is aggravated.

Aconitum, should be administered first, when the eruption is surrounded by redness and inflammation of the skin, and the patient is very restless and uneasy.

Rhus may follow *Aconitum*, if after the lapse of a few days the eruption appears to be but little improved.

Sulphur will be beneficial after *Rhus*, when the latter fails to produce a favorable change, or when the improvement progresses but slowly. These two remedies may be administered alternately in many cases with great advantage.

Hepar, *Arsenicum* and *Lycopodium* may also be serviceable in tedious cases.

Scald Head. Ringworm of the Scalp.

This disease is characterized by circular red-colored patches, covered with numerous small yellowish points or pustules, which do not rise above the level of the skin. These pustules soon break, and form thin scabs. The patches frequently unite with adjacent patches, and assume an irregular and extensive appearance, and sometimes cover the whole head. These incrustations, by accumulation, become thick and hard, and when removed, the surface beneath is left red and glossy, but studded with slightly elevated pimples. By the long continuance of this eruption the hair is frequently destroyed; it is commonly found in children from the age of two years to that of puberty: it is not confined to the scalp, but appears on the face, neck, and other parts of the body, and in such cases is less difficult to cure than when located in the scalp.

This disease is often extremely obstinate; this is especially the case when it has been neglected in the commencement, or treated with washes and unguents, the only effect of which has been to aggravate the complaint, and render the cure much more difficult when proper means are resorted to.

Rhus will generally be the most appropriate remedy with which to commence the treatment, and under its action the disease will often undergo a favorable change.

Sulphur may follow *Rhus*, should the eruption become dry and begin to exfoliate.

Staphisagria, should it become moist and offensive, attended with violent itching, followed by *Rhus* again.

Arsenicum must be given, if, notwithstanding the administration of the above remedies, the disease becomes worse, with corrosive discharge, or formation of ulcers; after the action of which *Rhus* will frequently produce a salutary effect.

Should the foregoing remedies be insufficient to effect a cure, it will be requisite to resort to the use of

Hepar, especially when the disease extends to the forehead, face and neck, or when the eyes and eyelids become red and inflamed; or

Bryonia, when the glands of the neck and throat become swollen, red and painful, or if they are swollen and hard without being painful, *Dulcamara*.

Antimonium crudum, given once a day for several days, will frequently have a salutary effect, especially when a thick scab is formed on the head, and the eruption extends over the entire face, with itching of the whole body.

In protracted cases of the disease, *Calcarea carb.*, *Lycopodium*, and *Sulphur* will often prove serviceable. Benefit will often result from the alternate administration of two or more of the remedies.

In relation to the administration of the remedies, a dose may be given in the commencement once a day, or every other day, until symptoms of improvement occur, after which it must be discontinued as long as the improvement continues, and only renewed when the favorable symptoms become stationary, or the disorder appears to be getting worse. When no improvement follows the administration of a remedy, after waiting for its action for several days, another must be selected. In cases of long standing, the intervals between the repetition of the doses should be lengthened considerably, and not more than one or two doses given in a week.

Until the disorder is removed, the strictest attention should be given to cleanliness; the head should be gently sponged with tepid water twice a day, the hair kept closely trimmed, and the homœopathic rules of diet closely adhered to.

Spasms or Convulsions.

When a child is attacked with convulsions, and no physician is at hand, the lower extremities up to the knees may be immersed in water, as hot as it can be borne, for the space of five or ten minutes, or until the fit appears partially subdued; after which the child should be wiped perfectly dry, and placed in

a warm wrapper; if the first immersion is followed by no relief, or a second attack speedily follows, it should be repeated, at the same time a small stream of cold water should be poured upon the head of the child from a height of two or three feet; this course, several times repeated, has often been found to restore children.

When some irritating substance in the stomach or intestines, or costiveness of the bowels, is the probable cause, an injection of warm water, or molasses and water, should be given as soon as possible. In the absence of the proper homœopathic medicines, relief may sometimes be obtained by smelling camphor. The chief reliance, however, for the cure of the disease, is in the administration of one or more of the following medicines, carefully selected according to the symptoms and cause, as nearly as possible. The most favorable time for giving the medicine is just as the fit is going off, unless it continue a long time, or the fits follow each other in quick succession, in which case the medicine must be given immediately, without waiting for the fit to terminate. If the first dose produces no change, it should be repeated in ten or twelve minutes; but if improvement follows the administration of the first dose, nothing more should be given as long as it continues; when the symptoms get worse again, or another fit comes on, the same medicine must be repeated. If the remedy first given does not ameliorate or remove the disease, after waiting half an hour, another must be selected.

Chamomilla is indicated, if there is convulsive jerking of the limbs, twitching of the muscles of the face and eyelids, with constant motion of the head from side to side, followed by drowsiness, with the eyes half closed, and loss of consciousness; redness of one cheek and paleness of the other, constant moaning, and craving for drink.

Belladonna, when the child starts suddenly when asleep, or stares about wildly; the pupils are much dilated; stiffness of one or more of the limbs or of the whole body; dryness and burning heat of the forehead and palms of the hands; involuntary discharge of urine after the return of consciousness; the slightest touch sometimes provokes a new fit. The fits are sometimes preceded by smiles and laughter.

Ignatia is the chief remedy in the convulsions of children, especially when the cause is unknown, and the following symptoms are presented; sudden and violent starting from a light sleep with loud screaming, and trembling of the whole body; when the muscles of single limbs are convulsed or there is an occasional spasm of a single muscle here and there in different parts of the body; when the fits return every day at the same hour, or every other day about the same time, and are followed by fever and perspiration.

Coffea is frequently serviceable in weak and nervous children who are subject to convulsions without any apparent cause, other than weakness.

Ipecacuanha, in asthmatic children, when the fits are accompanied by nausea, retching and vomiting or diarrhœa, and the attack is preceded, attended, or followed by stretching of the limbs.

Cina is useful in delicate children who are troubled with worms or in the habit of wetting the bed; spasms of the chest followed by rigidity of the limbs, or of the whole body; and itching at the nose and anus.

Mercurius, against spasms caused by worms, with distension and hardness of the abdomen; tossing and stiffness of the limbs; eructations, salivation, fever and moist skin, and great weakness after the paroxysms. This remedy may precede or follow *Cina* advantageously.

Opium is particularly suitable in convulsions caused by fright, and attended by much trembling over the whole body, tossing of the limbs, and loud screaming during the fits; also when the child lies unconscious as if stunned, or breathes heavily and with difficulty; distension of the abdomen and suppression of the evacuations.

Hyoscyamus, in convulsions caused by sudden fright; with twitching of the muscles of the face and foaming at the mouth.

Rheum, if accompanied by twitching and jerking on the thighs and groins.

Stramonium, in sudden convulsions from fright, or when occurring in fevers or from repelled eruptions, with tossing of the limbs and involuntary evacuations of fæces and urine.

Sulphur is especially serviceable in convulsions arising from repelled chronic eruptions.

Teething. Dentition.

The period of dentition in children is generally attended with more or less derangement of health; greater restlessness than usual, especially at night; flushes of heat and alternate paleness of the face; the gums become swollen and hot; difficulty in sucking; the child frequently takes hold of the nipple,

bites and lets go again; disposition to bite at everything; constant dribbling from the mouth, and looseness of the bowels. The two latter symptoms may be looked upon as salutary, by preventing congestion of the brain or lungs to which all children are more or less disposed at this time.

The first set of teeth are twenty in number, and generally make their appearance in the following order: the two middle lower teeth first, and when the child is about six months old; next the two middle incisors of the upper jaw in three or four weeks after the first; soon after these the two lower lateral incisors below, which are followed speedily by the two lateral incisors above. In about two months after these the first four jaw teeth appear, two below and two above; shortly after these the stomach and eye teeth are cut; and finally, at the age of two or two and a half years, the four back jaw teeth, two above and two below, completing the set.

There is, however, considerable variation from the above regular order and time of teething; some children get their first teeth two or three weeks after birth or indeed are born with them, while others again do not get any teeth until they are nearly a year old. In healthy children when due attention has been paid to exercise, diet, &c., the period of dentition will generally be passed with comparatively little suffering.

The mother or nurse during the whole period of dentition should pay particular attention to her way of living, and avoid everything indigestible or stimulating in its nature. She should especially abstain from the use of spirituous and malt liquors, which from their irritating properties are particularly injurious, and are one of the most frequent causes of the sufferings of children at this period.

Lancing the gums, though seldom necessary, may be resorted to in weak, sickly children. The best instrument for this purpose is a gum lancet, the blade of which should be placed over the tooth, and an incision made through the gum to the tooth. In the absence of a proper lancet a pen-knife will answer the same end. It ought, however, never be done until you can see or feel the tooth through the gum, if done sooner the cut will heal and form a scar, and the tooth will have still more difficulty to break through.

Aconitum, when there is fever with much restlessness, sleeplessness and pain, as evinced by the child's crying and starting.

Belladonna, in convulsions caused by teething; the convulsion is followed by sound sleep, which continues for a long time, or until another fit comes on. The child starts suddenly from its sleep as if frightened, and looks around as if terrified, with an altered expression of countenance; the pupils of the eyes are enlarged, and the child stares at a particular spot; the whole body becomes stiff; with burning heat in the palms of the hands and in the temples.

Calcarea carbonica, when the teething is too slow in children of light complexion, and who are inclined to be fat. Give the medicine once a week for three or four weeks; it is also particularly useful if too many teeth come at once.

Chamomilla is particularly adapted to the various diseases of children during the period of dentition, and especially when a child is very uneasy at night; tosses about; wants to drink often; has spasmodic jerks and twitches of the limbs during sleep; starts at the slightest noise; general heat; redness of one cheek and of the eyes; moaning; groaning; agitation; short, quick, noisy respiration and oppression of the chest; hacking cough; mouth dry and hot; diarrhœa, with watery, slimy and greenish evacuations, worse at night.

Cina may be given to children who wet the bed at night, and grind their teeth during sleep and at other times; have hardness and distension of the abdomen; rub the nose, and have a dry cough, resembling hooping cough.

Coffea, when the child is very excitable; does not sleep; is sometimes fretful and at other times too lively, with some fever.

Ignatia, when there are convulsive jerkings of single limbs; frequent flushes of heat, sometimes followed by perspiration; the child rouses from a light sleep with piercing cries and trembles all over.

Ipecacuanha is very useful in nausea and vomiting with diarrhœa; the stools are mixed, of different colors.

Mercurius is applicable in cases of copious dribbling from the mouth, redness of the gums, and green evacuations from the bowels, with straining.

Sulphur may be given when the stools are whitish or hot and sour; and excoriate the parts.

Summer Complaint. Cholera Infantum.

This disease, so common, and so often fatal under old school treatment, is most prevalent during the summer and autumn, and usually commences with sickness and vomiting followed by diarrhœa. The matters ejected consist at first of food and afterwards of mucus; or there may be mere retching and fruitless efforts to vomit. The evacuations from the bowels are very frequent and may assume various appearances, sometimes they are greenish, thin and watery, or yellowish, at others whitish or slimy and mixed with blood. Often the food is passed undigested, and the odor is occasionally very offensive.

If the disease continues for any length of time the child loses its appetite, the flesh becomes soft, and the emaciation frequently so great that the skin hangs in folds about the person, fever with evening aggravation sets in, the eyes are sunken and but half closed during sleep. The thirst for cold water

is usually very great, and drinks of all kinds are immediately rejected by the stomach. The head and abdomen are hot and the latter generally distended, while the feet and hands are cold.

The most common exciting causes are, improper diet either on the part of the mother or child, great changes of temperature, improper clothing, want of fresh air, and teething. The latter is probably the most frequent cause, as children are more liable to this disease during their second summer.

At the season in which children are most subject to cholera infantum strict attention should be given to diet, exercise and clothing, both by mother and child. In regard to the diet, everything stimulating, such as vinous and fermented drinks, acids, all highly seasoned food, and most vegetables should be dispensed with. And in general the homœopathic regimen as recommended in the beginning of this work, should be closely adhered to. The clothing should be adapted to the season and changed to suit the changes of temperature, care being taken not to clothe the child too warmly. The rooms should be kept cool and well aired, and the children frequently taken out into the open air.

Children living in large cities will be much benefitted by a ride out into the country, or on the water by steamboat.

Cool fresh air and daily bathing in cold water cannot be too much recommended.

Children suffering from this complaint, have often a great appetite for smoked beef, ham or fish, even infants will often stretch out their hands for it and chew and suck it with great delight and benefit.

Some very bad cases have been cured by the following injections, boil stale bread in water for an hour, strain and boil the fluid till it becomes thick and forms a jelly on cooling, of this give half a cupful every two to six hours as an injection. Melted, fresh, unsalted butter given by the teaspoonful has sometimes been useful.

Antimonium crudum, when the tongue is coated white or yellow; dryness of the mouth, with thirst; nausea with vomiting, or retching and cough; distension of the abdomen with flatulency; offensive, slimy stools; and frequent passages of water.

Arsenicum, if the child is very weak, pale and emaciated; inflation of the abdomen; cold extremities; loss of appetite; nausea and vomiting; intense thirst; yellow and watery, white or *brownish* offensive diarrhœa, which is worse after midnight, towards morning, and after eating or drinking.

Bryonia, when the diarrhœa comes on in hot weather, and is accompanied by much thirst; vomiting of food; nausea and vomiting after eating; diarrhœa with colic; the stools have a putrid smell, are white or brownish and lumpy.

Carbo vegetabilis; if *Bryonia* affords but temporary relief give

Carbo vegetabilis, especially if the evacuations are very thin and offensive; and are attended with burning and much pain.

Dulcamara, if the complaint returns every time the weather gets cool, or takes place after drinking cold water while in a heat; violent thirst for cold water; diarrhœa of a greenish or browish mucus, worse at night.

Ipecacuanha, if given in the commencement of the disease will generally arrest its progress at once. The symptoms which indicate this remedy are chiefly nausea and vomiting of food and drink, or of mucus and bile, attended with diarrhœa of fermented stools with white flocks or tinged with blood; coated tongue: dislike to all food; and raging thirst.

Mercurius, when the diarrhœa is worse before midnight and is attended with colic, straining at stool, and perspiration; evacuations scanty, greenish, sour, and attended with nausea and eructations; if the children have a great desire for butter.

Calcarea if they have a great desire for eggs.

China when the diarrhœa occurs after every meal, the stools are very fetid and contain undigested portions of the food, and there is much wind in the bowels.

Nux vomica: if *Ipecacuanha* should not be efficacious in arresting the disease at the outset give one dose of *Nux vomica* at night and another next morning.

Nux moschata; see "Diarrhœa."

Veratrum, when the weakness from the nausea and vomiting is so great as almost to cause fainting; great exhaustion, vomiting, and diarrhœa; vomiting after swallowing the least liquid; the slightest movement excites vomiting; thirst for cold water; sensitiveness over the pit of the stomach; colic, with burning and cutting pains in the abdomen; loose, brownish, and blackish stools; and small unnoticed evacuations of liquid fæces.

Sulphur will be valuable in protracted cases, especially when the evacuations from the bowels are frequent and greenish, thin and watery, or whitish and slimy.

Running from the Ears.

Abscesses are frequently formed in the ears of young children.

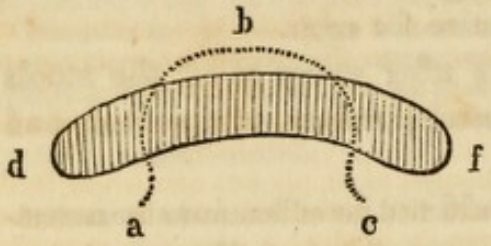
They are generally preceded by violent pains, giving rise to screaming, rolling and tossing of the head, sudden starting out of sleep and more or less fever. As soon as the abscess breaks and matter is discharged the pain ceases. The running is often profuse and difficult to cure. The matter is generally white, but occasionally it becomes greenish or dark-colored and extremely offensive.

Belladonna, *Mercurius*, *Chamomilla*, and *Pulsatilla*, are the best remedies for the pain.

Mercurius, *Pulsatilla*, *Calcarea carbonica*, *Rhus* and *Sulphur*, for the discharge. The ear should be frequently washed. See "Affections of the Ears."

Rupture of the Navel. Umbilical Hernia.

This affection is quite common in young children, and may be known by the unnatural protrusion of the navel. It is not often painful unless it becomes large; when discovered to exist, a piece of pasteboard, cork, sheet-lead, or other hard substance should be covered with linen, placed over the navel, and secured there by a broad bandage. This, by being constantly worn, will generally remove it.



The best way is to use a concave button as shown in the cut; it is a transverse section of the button, showing its form and the size it should bear to the navel; *a. b. c.* is the navel, *d. f.* the button. The button must be covered with soft linen, and the upper or convex side sewed to the bandage. The *hollow* part should be put upon the navel, *not the convex part.* For a rupture in the groin no bandage should be used, but you may give *Nux vomica*, afterwards *Veratrum* or sometimes *Chamomilla.*

The cure will be much facilitated by the occasional administration of a dose of *Nux vomica.*

Heat Spots. "Prickly Heat."

Infants and young children are frequently troubled with an eruption consisting of small vesicles, generally about the size of a pin's head; they are red and inflamed at the base, and filled with watery fluid. After breaking they sometimes form into thin scabs and occasionally are disposed to ulcerate. There is usually more or less fever accompanying the eruption, which is often very annoying to children on account of the itching and burning with which it is attended.

The heat of summer is the time at which this eruption is most prevalent; its development is also favored by warm rooms and an excess of clothing. The disorder will generally be removed by frequent bathing, and proper attention to ventilation and dress.

When attended by much fever and restlessness, a few doses of *Aconitum* or *Chamomilla* will afford relief. *Rhus* may be given, if the eruption is extensive, and *Arsenicum* or *Sulphur*, if *Rhus* should be insufficient. *Sulphur*, given at long intervals, will correct the tendency to this complaint.

Whites or Leucorrhœa of Children.

Little girls are sometimes subject to a discharge of whitish mucus from the vagina, resembling the leucorrhœa of adults. It may be the result of inattention to cleanliness, or proceed from some constitutional or other cause.

Frequent bathing with luke-warm water will generally cause its removal in a short time; or, if this should fail, the internal administration of *Calcarea carb.*, once a day for a few days, followed if necessary by *Pulsatilla*, will effect a cure.

Weaning.

Generally the most suitable age to wean children is when they are about ten months old; by the time they arrive at this age, the teeth are usually sufficiently developed to chew more solid food, and the mother may be dispensed with.

If the mother is delicate, the supply of milk begins to diminish in quantity and deteriorates in quality, or the menstrual discharge reappears, the child may be weaned at an earlier period.

On the other hand, the child should not be weaned while it is suffering much from the irritation of teething, or any other infantile disease, unless the health of the mother renders it absolutely necessary.

As the teeth begin to appear the child should gradually be accustomed to other food than the mother's milk, so that, when the period for weaning arrives, its digestive organs will be fully prepared for the change of diet.

The most suitable seasons of the year for weaning are the spring and autumn.

After weaning, the child's diet should consist of simple but nourishing food, such as bread and milk, arrow root, farina, boiled rusks, &c., and the transition to a more substantial fare should be extremely gradual. (See also page 27.)

The mother, also, after the child is taken from the breast, should be particularly careful in her diet, and until the secretion of milk has ceased, live as low as possible. If the breasts become much distended and painful, they should be bathed with hot lard, and wrapped in raw cotton. It will also be necessary to have them drawn occasionally. At the same time the internal administration of *Pulsatilla* and *Rhus* will aid materially in stopping the secretion. They may be taken alternately twice a day.

Limping. Lameness.

Children are often seen, who limp or are lame because one of the legs is shorter than the other. There is a swelling around the hip joint of the shorter leg, and afterwards ulcers. This is a disease which is difficult to cure; and if of long standing, there will be alterations in the joint, which cannot be removed. Parents ought therefore to be careful to notice this disease in the beginning, and have it attended to by a homœopathic physician. If a physician cannot be had, give *Arnica* in case of an external injury, *Mercurius* if it comes on without any apparent cause, without pain, and if the child draws the leg up; if no better in two or three days, give *Belladonna;* afterwards *Mercurius* again. If no improvement takes place, give *Rhus*, afterwards *Sulphur, Calcarea* or *Colocynthis.*

Stuttering.

The best time to cure stuttering is in the very beginning. Let the child, several times every day for a short while, breathe slowly and clap its hands during each slow expiration; afterwards let the child pronounce a few words during expiration, but not during inspiration. Sometimes it is cured by a few doses of *Belladonna*, and afterwards *Mercurius;* or *Platinum*, *Euphrasia*, or later, *Sulphur*.

Squinting.

See "Diseases of the Eyes."

Wetting the Bed.

Physicians of the old school, because they cannot cure this complaint, have spread the notion that it is nothing but a bad habit, and that therefore the proper way of curing this bad habit is punishing, or even whipping, the children. This is the way to bring up dogs, not children. Wetting the bed is caused in almost all cases by disease, which can be removed by the remedies stated below.

In the first place, the children must not use any victuals which cause an increase of urine, as asparagus, celery, cucumbers, watermelons, etc.; all sharp, salty, and sour things, malt liquors; also tea, coffee, and chocolate; in the morning they may take water and milk, or cocoa, but none of these articles at night; they may drink as much water as they like, it will diminish the sharpness in the urine. To eat much butter at night is often beneficial. Do not let the children go to bed immediately after supper; take them up about one or two hours afterwards, carry them where they are in the habit of urinating, and they will soon do so voluntarily. Older children are much benefited by gymnastic exercises, which make the will stronger, and teach them to pay prompt attention. It is often sufficient to get the children accustomed to hold their water longer, but this must be done carefully, for holding the urine too long is dangerous. It is best done while taking a walk, particularly in cold weather. Give older boys a glass to measure their urine in in the morning, teach them to overcome the first desire to urinate, and to wait till it returns with pain; let them take notice of time and quantity.

The children are often found lying on their back, and this has been stated to be the cause of the complaint, and it has been foolishly proposed to fasten something on their back. No healthy person sleeps on his back, unless he is very much fatigued, and then only for a while. All healthy children sleep lying on the side.

If, therefore, the children sleep upon the back, they will be benefited by *Pulsatilla*, *Rhus*, *Ferrum*, *Sulphur*, *Calcarea;* or sometimes *Bryonia*, *China*, *Nux vomica*, or *Ignatia*. If they do not sleep on the back, *Belladonna*, *Mercurius*, *Silicia*, *Cina* or *Causticum*.

Pulsatilla. Tender, gentle children, inclined to weep, who easily turn pale or red; particularly if they have dark hair and eyes, and if fat food does not agree with them; if the urine is offensive; if little girls have the whites, staining the linen; if

they put the hands upon the abdomen, or both arms above the head.—If they sleep lying upon the belly, compare *Calcarea*, *Colocynthis* and *Belladonna*. In similar cases, or children who become easily angry or obstinate, and particularly if they put the arms above or under the head, give *Nux vomica*. *Rhus*, in similar cases, if the children have light hair and blue eyes; if the urine is acrid, and passes too quick even during the day, or runs out drop by drop. (Compare *Belladonna*.) Especially if gymnastic exercises do not agree with them, but they become worse or take cold. If *Rhus* should not be sufficient, give *Bryonia*, particularly if the children are very peevish.

Ferrum for pale, thin, chilly children, whose hands and feet become easily cold; who are sleepy the whole day, or at least early at night, dream much, and do not like to get up in the morning; who have a constant catarrh in the head or running of the nose; weak eyes, which in the open air are always full of tears; who have, every time they take cold, either diarrhœa or cough. If *Ferrum* is not sufficient, and if the child turns easily red in the face, puts the arms over the head and is restless at night, give *China*.

Sulphur for pale and, more particularly, thin children with large bellies, and who are constantly unwell, who do not like to be washed, are afraid of being bathed or cry when bathed; who are fond of sharp victuals or cannot get enough sugar. *Sulphur* is the chief remedy, if you cannot come to a determination as to the proper remedy. It is best given in water, at first every day, and afterwards as often as the complaint returns.

Calcarea, for stout, fat, puffed-up children with red faces, who drink much and perspire easily; especially if they scratch their heads when awaking at night; if in the night they pass water more than once; also if they have during the day a very frequent desire to urinate, passing but little at a time. It is suitable for children with a large belly, if *Sulphur* is not sufficient; also if they sleep lying on the belly or put the arms over the head.

Belladonna if the children do not sleep on the back, or do so

but seldom; for self-willed, lively children, who cry easily, who sleep with the arms over the head or with the head bent backwards, or lie upon the belly; particularly if the urine passes involuntarily also during the day, especially when standing; or if the water passes often and in great quantities, and is pale and watery; if they easily perspire, and take cold easily.

Mercurius for similar, also easily-perspiring children, who sometimes become suddenly weak, who have great desire for butter; or if the urine is hot and sharp, and smells sour.

Silicea for children with light hair and blue eyes, particularly if they have often a swelled neck or boils, or if the points of the fingers around the nails ulcerate; if in general nothing heals easily what has been wounded; if the complaint did come on after vaccination.

Cina if they bend the head backwards when asleep, if during sleep they look up dreaming and are afraid; and if the nose itches.

Causticum is a principal remedy, for grown persons too, particularly for children with black hair and eyes, if they wet the bed in the first sleep; if the urine is acrid; if they pass water frequently by day and by night; also if the urine passes while coughing, sneezing, walking, &c. For children who can evacuate the bladder and stool only when standing, but not when sitting.

Arsenicum is sometimes suitable when the urine is hot and of a putrid smell; if the children put the arms over the head and lie upon the back.

Hepar if the urine is hot and acrid, and the head is bent backwards during sleep.

Carbo vegetabilis, if the urine is offensive.

Dulcamara, urine offensive, and if wetting the bed has remained after some painful disease of the bladder.

Colocynthis; urine sticky, the children put the arms under or above the head, and turn over upon the belly.

If these medicines should not be sufficient, consult a homœo-

pathic physician. There are sometimes other complaints which have to be taken into consideration, and other remedies.

Vaccination.

In the former editions of this work I avoided speaking of vaccination. Hahnemann and many of his followers adduce vaccination as a proof of the homœopathic law of cure. A similar disease taken from the udder of the cow prevents the similar small-pox in men. I had different views about the similarity of the symptoms, and believed that it always was an action in the opposite direction of the medicines (*Gegenwirkende in der Arznei*) that effected a cure, but that the similarity of the symptoms pointed out the best and surest antidote (to the disease, Gegenmittel.) Just as one motion can only be arrested or annulled by another exactly similar one, but in the opposite direction, as we see in the motion of waves, sound, light; just so, I thought, it must be with the motions of life (Lebensbewegungen). But vaccination was always a poisoning, even if it terminated favorably. When I therefore raised my voice against vaccination in a letter to Dr. Staph, June 18th, 1830, printed in his "Ardriv," vol. 10, part 2, p. 28, I did not do this until I was able to propose a plan to find a really sure antidote to small-pox. Which proposal, however unheard-of and strange it might have seemed to be, was nevertheless based upon so correct reasoning, that later experience has always confirmed it. But still, some cases were not cured by this remedy.

During the last twenty years the following three facts have been clearly established:

1. Vaccination protects less and less every year, for although small-pox is called by another name, it is still the same.

2. Vaccination is followed by complaints, which are either sudden and dangerous, or long-lasting and difficult to cure, and which become from year to year more frequent.

3. We learn from year to year a more certain and better way of curing small-pox patients homœopathically.

As long as it must be admitted, notwithstanding fact 1, that

vaccination, if done in the right way, protects in a great many cases and lessens the mortality in a great measure; as long or in spite of fact 2, a great many children do not get seriously ill after vaccination, and as long as, notwithstanding fact 3, some children may yet die of small-pox—so long is a certain decision impossible, either in favor or against vaccination. Until, therefore, the homœopathic treatment of small-pox shall have been perfected to such a degree that all cases can be cured with perfect certainty, vaccination is to be allowed, choosing the less of two evils and preferring the more certain remedy; but it must be done under certain strict conditions, and so as to cause the least danger and the greatest protection to the children.

Vaccinating should always be done from the arm of a healthy child, whose parents, particularly the mother, are perfectly healthy. As was at first invariably the case, the lymph must be taken on the sixth, seventh or eighth day after vaccination, from a perfectly developed pustule, as long as the lymph is yet clear as water, not turbid or purulent.

Puncture with a needle or lancet the pustule on the side, just between the sunken point and the areola, the red border. As the interior of each pustule consists of several small cells, a little drop only comes out. This little drop should be at once inserted into a small, oblique cut in the arm of the children. Deep cuts are senseless, and it is not true that they insure a better protection. The number of cuts are of no essential importance; one protects as well as ten. The more cuts are made, the more sick will the child become. Therefore the younger and weaker a child is, the less cuts should be made.

The best time for vaccination is, if the children are otherwise healthy, from the third to the twelfth month, at a time when they are not cutting teeth. If it has to be done at such a time, make only one cut.

In cases of necessity, the lymph may be put into small glass tubes, and so preserved and transported; but in many cases the lymph thus preserved will fail.

Never use the lymph after the ninth day, when it has become

thick, turbid or purulent. Still less should the *dried-up pus*, the *scab*, be used, which is the worst and most dangerous of them all. The physician, who fifty or sixty years ago, introduced vaccination, cautioned against such vaccination; all vaccinations during the first twenty or thirty years were invariably made with *clear lymph*.

It cannot be denied, that vaccination with the scab causes pustules, but it is not the less true, that it causes many diseases difficult to cure, or that it does not protect well; the pustules, after vaccination with the scab, do not run the regular course; it is sometimes too fast, and sometimes too slow. Whether dangerous consequences after vaccination with the scab shall follow or not, is quite accidental; we cannot guard against them, because it depends altogether on the circumstance whether the part of the scab used was putrified or not. All animal substances, which are in the least putrified, are dangerous when taken internally, but much more so when introduced into the skin, and through it into the blood. We have no means of knowing whether we have taken putrified matter or not; it makes no great difference which part of the scab we take, the middle may as well contain putrified pus as any other part.

As the compensation of the physician for vaccinating is so poor, in some cases it is even included in the poor fee for treatment during confinement, the bad habit of vaccinating with the scab, as the more easy and convenient way, has become so common, that most people do not know of any other method. Nay, there is spread the most reprehensible and erroneous opinion, that the puncturing of the pustule (to obtain the lymph,) which, of course, the child does not feel, is dangerous, and lessens the protection; a most senseless and base notion, as every thinking physician admits. Every physician knows that in the beginning vaccination was without any exception done from arm to arm, and that in many countries it is to this day against the law to do it in any other way; and that in those times and countries the protection against small-pox was and is infinitely greater than for instance, in the United States. This

would be impossible, if puncturing the pustule had the least influence upon the children. Why have we here again and again small-pox epidemics, which frighten the whole population of the largest cities? Only because vaccinating with the scab gives a quite uncertain protection. And why is it here so generally feared that children will get sick after vaccination? Because every one knows that many children get ill after vaccination. This is only the case when children are inoculated with the dried-up, half-putrified matter, and not with the lymph from arm to arm. Even in countries where they scarcely know the word "civilization," nor the meaning of expressions like "great prosperity, greatest good for the greatest number," even there it has never happened that parents made the slightest objection to other children being vaccinated from the arm of their own, successfully vaccinated, children. This new species of disgusting inhumanity was born here, as one of the many evils following vaccination with scabs.

Everywhere, among people of sense, it is considered an honor to a family to have a child which is selected to vaccinate other children from. Now, as from ten to twelve children can be vaccinated from one child without doing it the most remotest injury, and as there will be among them at least one healthy child to vaccinate from again,—there can never be any more want of good lymph, if not caused by the most stupid egotism.

In many large cities there is the most miserable and perverted regulation of paying from the public funds to young physicians a certain sum for each child vaccinated, without requiring any proof, whether, how, and with what success it has been done. This money could be spent for a much better purpose, if the poor were invited to take their children to a certain place, to be vaccinated, and if they did, to return after six or eight days to have the children examined; and if a certain sum of money were paid to the parents of each perfectly healthy child, from which others could be vaccinated, physicians might take each a healthy child to others which they have to vaccinate.

Hahnemann has proposed to give to every vaccinated child a

dose of *Sulphur* as soon as the pustule is formed, and if an eruption breaks out on any other part of the body when the pustule is drying up, another dose.

To give *Aconitum* for the fever after vaccination is injurious, as shown in many cases.

The best remedy, confirmed by hundreds of cases, against bad consequences of vaccination, is *Silicea*. It is serviceable for eruptions, swelled glands under the arm, or boils on the head; for very red, inflamed and suppurating swelling of the arm, extending sometimes to the shoulder-joint, which brings the child in great danger; also for long-lasting complaints: hectic fever, with cough, night-sweats, tetters in different places, red pimples in the face, and particularly on the neck, and even for convulsions, which follow one or two weeks after vaccination; also for "water in the head," which has come on rapidly after the drying of the pustule.

In all these cases give only one dose; it is seldom necessary to repeat it, one globule in water, every day, or every other day.

CHAPTER XIII.

DISEASES OF THE SKIN.

Rash.

When a rash is accompanied by fever, the patient must be careful not to take cold, but at the same time he should not keep himself too warm; either may prove injurious. When there is no fever attending the rash, the complaint is not of a serious nature, yet cold should be guarded against; if the patient takes cold, notwithstanding, resort should be immediately had to medicine.

All cases of eruptions attended with fever, which have been suppressed, require the same remedies which are prescribed for the eruption itself; if not clearly characterized, give *Ipecacuanha*, followed by *Bryonia* or *Cuprum*.

When a rash is prevalent in the neighborhood, or is even in the house, and several individuals are taken ill at the same time without a corresponding eruption, but with a feeling of contraction about the chest, difficulty of breathing, frequent giddiness, trembling, sickness of the stomach, vomiting,

griping, diarrhœa, great uneasiness, fainting, and other symptoms, give *Ipecacuanha* to bring out the eruption, or prevent the disease altogether.

Children, and sometimes grown persons, are troubled, after taking cold, with a rash, appearing in red, smooth spots of the size of a pin's head, which are not elevated, but visible in heat and in cold, with itching and biting at night, disturbed sleep, or fever during the night; children become very uneasy and irritable, and cry much; in such cases give *Aconitum*, and if no improvement has taken place by the next day, give *Chamomilla*, and a couple of days later, if necessary, *Sulphur*. The latter remedies are sometimes followed by perspiration, which must not be checked.

Nettle Rash. Urticaria.

As indicated by the name, this eruption looks like the patches or wheals caused by the stings of nettles. The elevations are generally of a red color, with white wheals on the surface. Sometimes, however, there is little or no redness, and the elevated parts are paler than the surface around them.

The eruption is always attended by burning and itching, especially when the patient gets warm in bed; and it is mostly preceded by nausea or vomiting, loss of appetite, thirst, furred tongue, &c. In some instances, indeed, the skin is very hot and dry, and the pulse greatly accelerated.

This disease may originate from some particular article of diet; in some persons shell-fish invariably produce it; in others it is induced by bitter almonds, vinegar, salad, cucumbers, mushrooms, honey, &c.

Aconitum, if the eruption is preceded by much fever, with hot, dry skin, thirst, furred tongue, hard and quick pulse, restlessness and anxiety.

Dulcamara, when excited by exposure to cold or damp, when occurring in wet weather, or when attended with some fever, bitter taste in the mouth, diarrhœa at night, foul tongue, and violent itching and burning.

Pulsatilla, when the eruption has been produced by eating unwholesome food, and is attended by looseness of the bowels in the morning. This remedy is particularly suitable for females and persons of a mild temper.

Rhus, when arising from some peculiarity of constitution, in which the attacks are excited by some particular article of food.

Bryonia, when the eruption has suddenly disappeared from the surface, and is followed by difficulty of breathing, pain in the breast, &c.

Belladonna should be given, if the eruption is attended by violent headache and red face; if the children cry much; if the patches are yellowish red, and if rubbing eases the itching.

Apium virus, if the patches are bluish red, or pale and transparent, with much swelling, itching, stinging and burning; if rubbing cannot be borne at all, or if hard rubbing only gives relief; if the children become easily angry.

Hepar, when attended by severe catarrhal symptoms, principally affecting the head, and worse on one side; if commencing on the arms and chest; if worse in the open air; for persons of a violent, irritable temper.

Cepa, if accompanied by catarrh; if the eruption begins on the thighs; if better in the open air; for sleepy, fearful and anxious persons.

Nux vomica is indicated when the eruption is excited by indulgence in spirituous or malt liquors.

Arsenicum, if caused by eating unripe fruit, or in severe cases, worse at night, followed by a croup-like cough; also after the disease has been suddenly suppressed.

Calcarea, when the eruption always appears more after cold washing, or has been suddenly repelled.

Spirits of camphor (a drop on sugar) will sometimes remove the disease, when it suddenly comes on after taking acid fruit or vinegar.

External applications of all kinds should be avoided in this as well as in other acute eruptive diseases, as their use is liable to cause a sudden disappearance of the eruption, which may have serious or fatal consequences.

In the chronic forms of this disease, the remedies which have been found useful are, *Calcarea*, *Lycopodium*, *Causticum*, *Sulphur* and *Carbo vegetabilis*.

Measles.

Measles are usually preceded by catarrhal symptoms, such as profuse watery discharges from the eyes and nose; short, dry and distressing cough; the eyes have a peculiar watery appearance, and become more or less inflamed.

The fever at times becomes very high; nausea and vomiting often set in, and there is pain in the pit of the stomach on pressure. The eyes are more sensitive to light; the cough more violent and accompanied by hoarseness and difficulty of breathing, and a feeling of tightness across the chest.

In from two to five days the eruption appears as small red spots, of an irregular four-sided (rhomboid) shape, slightly raised above the surface. It is

generally first seen about the head, near the hair, and on the temples; then on the forehead, face and neck, from whence it spreads to the trunk and limbs.

If you press your finger upon a single spot, the redness will disappear, but after taking off the finger, the redness will return, *first in the middle* and thence spread to the margin; in other similar diseases, the redness returns in the reverse order, *first on the margin* and then in the middle.

The red spots generally run together in patches; in about five days from its first appearance it begins to die away, and gradually disappears in the same order as it advanced. The cuticle (thin skin) sometimes comes off in small bran-like scales, and the cough and other catarrhal symptoms yield.

Aconitum, the chief medicine in this complaint, is especially indicated when the fever is violent, with hot, dry skin; heat in the head; giddiness; redness of the eyes and dread of light, and great weakness.

Pulsatilla, when the catarrhal symptoms predominate,—when the eruption is tardy in coming out; if it fails to produce an abatement, *Sulphur* should be given, and afterwards *Aconitum* again. *Aconitum* and *Pulsatilla* may be administered alternately.

Belladonna, when the throat becomes sore, attended with thirst, difficulty of swallowing, shooting and prickling pains in the throat; and also when there is dry, barking or spasmodic cough, worse at night, with rattling of mucus; likewise in those cases where the eruption does not appear, but there is headache and great inflammation of the eyes; congestion towards the head.

Euphrasia, when the catarrhal symptoms, cough and inflammation of the eyes, with great watering, are very prominent. If, at the same time, the fever runs high, this medicine should be alternated with *Aconitum*.

Ipecacuanha is most serviceable in arresting the vomiting; also when there is oppression of the chest.

Bryonia, when the eruption is imperfectly developed, or when there is congestion to the chest, with shooting pains or stitches, increased by taking a deep inspiration; and violent dry cough. *Sulphur* in cases of congestion or inflammation of the lungs. *Arsenicum* will be required if the sickness or vomiting and oppression of the chest remain after the use of *Ipecacuanha*. In the severe cases, with typhoid symptoms, *Arsenicum*, *Bryonia*, *Phosphorus* and *Rhus* will be useful.

Measles frequently leave behind diseases more dangerous than themselves; consequently great care is required in the after treatment.

In scrofulous children, troublesome swelling and inflammation of the glands, especially those of the neck, are apt to occur; or the eyes may be affected with diseases, difficult to cure, and the foundation be laid for consumption of the lungs.

For the cough which frequently remains after measles, *Bryonia*, *Sulphur*, *Causticum*, *Hyoscyamus*, *Drosera*, and other remedies, recommended under "Cough," are serviceable. Swelling of the glands in the neck requires *Arnica*, *Dulcamara* or *Mercurius*. Burning and itching of the skin, *Nux vomica*, *Sulphur* and *Arsenicum*. Tenderness of the skin, *Mercurius*.

When measles are prevailing as an epidemic, the administration of *Pulsatilla*, every two or three days, on the first appearance of catarrhal symptoms, will often ward off an attack, or, if it should be taken, render the disease milder.

Scarlet Fever, Scarlatina.

In scarlet fever the skin is of a bright red or yellowish-red color, or like that of a boiled lobster. The eruption terminates in about a week by peeling off of the skin.

It commences often with nausea and vomiting; slight chills or creepings, followed by heat of skin and thirst, and occasionally headache, and more or less stupor. The eruption appears at first most on parts that are covered and later on other parts.

The mouth and fauces are also of a red color; the tongue is generally covered with a white coating, with elongated red points.

Sometimes the throat is considerably affected, the symptoms are more severe from the commencement. The tonsils are swollen; the whole throat becomes covered with grey, yellowish, or white sores; it assumes a dark hue, and the breath becomes offensive.

The fauces have sometimes a dark red appearance, without much swelling; and ulceration or gangrene with extensive sloughing speedily takes place.

Sometimes an acrid discharge takes place from the nose, the eyes or ears; the glands of the mouth and neck become inflamed and swollen.

Scarlet fever sometimes occurs without any eruption on the skin; but instead, the mouth and fauces become affected. This form may prove fatal.

Scarlatina is often followed by dropsy, diarrhœa, bronchitis, tubercles in the lungs, and other serious maladies.

Aconitum may be administered in the very beginning, before the eruption makes its appearance, when the fever is high, pulse rapid, head hot, hands and feet cold, twitching of the fingers, and tossing about.

Belladonna, in the simple forms of scarlet fever; it should

also be given as soon as the throat and tongue become affected with dryness and burning, and there is excessive thirst, but inability to swallow; bright red appearance of the throat and tongue, with or without excoriation, white specks, or stringy mucus; swelling of the tonsils and stiffness of the jaws and neck, and delirium.

Mercurius after *Belladonna,* when the latter has failed to produce a favorable change, and there is ulceration of the tonsils, with increase of mucus, and swelling of the tongue, throat and tonsils.

Lachesis, if children are very cross, strike their nurses, or send all persons away.

Arsenicum, when the ulcers of the throat turn livid about the edges, and emit an offensive odor; great thirst, restlessness and extreme prostration of strength.

In the malignant form, *Arsenicum, Lycopodium* and *Phosphoric acid* will be found of most service.

It has been recommended to rub the patient two or three times a day with bacon all over; the children like this rubbing very much, as soon as they know how well it feels.

The diseases which often follow scarlet fever are worse than itself. If the child commences to swell, particularly about the neck, give *Rhus.* If the glands on both sides of the neck swell, and *Rhus* does no good, give *Arsenicum;* if the glands break, and discharge thin, offensive matter, *Calcarea.* These cases should always be treated by a homœopathic physician.

It is of the utmost importance to guard the children against taking cold, and to be very careful in regard to their diet. As long as small particles of the skin come off, the children must not go in the open air. At this time it is most contagious. The children may be washed with bran-water, wear flannel undershirts, and take exercise in the room. They may eat plenty of fruit, particularly apples, but nothing fat.

If they should catch cold, and the whole body swell, give *Arsenicum* or *Bryonia;* later, sometimes, *Belladonna* or *Calcarea.* If their skin feels cool, *Carbo vegetabilis.* If they complain of

heat, and cannot bear the warm room, and particularly if small blackish particles are deposited by their urine, or if the urine coagulates when heated, like white of eggs, give *Apium virus.*

Belladonna may be given as a preservative against scarlet fever when prevailing as an epidemic; and also in modifying the disease. A dose of the medicine may be taken every other day, until symptoms appear.

Scarlet Rash.

It may be distinguished from genuine scarlatina by the dark, almost purple appearance of the eruption, by the pressure of the finger leaving no white mark, and by the small grains in the skin, which are distinctly felt on passing the hand over it.

Persons who have suffered once from this affection are by no means exempt from future attacks.

Sore throat is not often so severe a symptom in scarlet rash as in scarlatina. It is chiefly met with when the eruption is wanting, and at its commencement and decline.

Aconitum will generally remove this disorder, unless it is complicated with some other affection.

Coffea may in some instances be required after or alternately with *Aconitum*, when there is much restlessness and agitation, or pains in the head or extremities, accompanying it.

Belladonna, when complicated with scarlet fever, with sore throat, affections of the head, &c.

Ipecacuanha, followed if necessary by *Pulsatilla*, when attended by nausea and vomiting, or diarrhœa.

Bryonia, when there is congestion to the chest, with hurried respiration, pain, &c. It may be given advantageously after *Ipecacuanha.*

Chicken-Pox.

The eruption is generally preceded for a day or two by more or less fever, nausea or vomiting, &c.

It generally passes off without requiring any medical assistance; when, however, the eruption is attended by a considerable degree of fever, a dose or two of *Aconitum* may be given; when there is much headache or congestion towards the head, *Belladonna.* If the eruption is considerable, *Tartar emetic* or *Mercurius* may be beneficial.

Small-Pox.

The room of a small-pox patient should be kept well ventilated, and not too warm; very little light should be admitted.

Aconitum, if there are congestions to the head or lungs; injected eyes; fulness in the chest, with increased action of the heart; and great restlessness *before the eruption.*

Belladonna also before the eruption, if there is delirium with headache; red face; inflammation of the eyes, with anxious look; intolerance of noise; and later, if the pustules are too red.

Bryonia. Headache and backache; cough, with soreness in the chest; constipation; or if the eruption is delayed, with a sensation as if the flesh had been bruised.

Variolinum is the most important remedy, give one or two doses; afterwards sometimes *Rhus*, *Hepar* or *Sulphur.*

Mercurius. Sore throat; ulcerations about the eyes and nose; fœtid breath; and pains in the bowels, with perspiration and diarrhœa.

Sulphur, when the pustules begin to fill, and for the itching during the drying stage.

Tartarus emeticus is useful, if there is drowsiness with gaping; coolness and clamminess of the skin; or sickness of stomach when the eruption ought to appear.

Varioloid. Modified Small-Pox.

Belladonna, if there is headache and coated tongue.

Sulphur, to hasten the drying of the eruption.

But there are many cases which run a longer time, and require remedies like those for small-pox. Consult a homœopathic physician.

Erysipelas. St. Anthony's Fire. Rose.

Aconite is indicated in cases attended by much fever, hot, dry skin, thirst, &c.

Belladonna, in erysipelas accompanied with acute shooting

pains, heat and tingling; the redness commencing in a small spot and extending in rays; swelling. It is particularly valuable in erysipelas of the face; excessive swelling, so that the eyes are closed, and the features can scarcely be recognized; headache; thirst; hot, dry skin, restlessness and delirium.

Rhus, if small or large blisters appear.

Bryonia, when the disease attacks the joints, and the pain is increased by the least movement. *Sulphur* is sometimes required after *Bryonia*.

Lachesis, if the blisters become yellow or blue.

Apium virus, if it burns and stings, and if the patients do not like to be touched, become ill-humored, and cannot bear the warm room.

Pulsatilla after *Rhus*, particularly in wandering erysipelas (when the redness disappears in one place, to reappear in another), and the skin is more of a bluish red; also in erysipelas of the ear; and also when the attacks follow some particular articles of food, in persons predisposed to the complaint. *Bryonia* and *Rhus* are also useful in cases of this kind.

Arsenicum, when the erysipelas assumes a blackish hue, with a tendency to gangrene, accompanied by great prostration of strength.

Carbo vegetabilis may in some instances follow *Arsenicum*.

Hepar, *Mercurius* and *Phosphorus* are of importance when the erysipelas terminates in abscess. *Arsenicum* and *Sulphur* in cases terminating in ulceration. And in some of the chronic forms, *Silicea*, *Sulphur* and *Hepar* will prove serviceable, but it is much better to consult a homœopathic physician, even at a distance.

To allay the itching and heat which is sometimes intolerable, cotton wool may be laid upon or wrapped around the affected part, or powdered starch may be dusted over the surface. Greasy applications and washes of every kind should be prohibited, as they almost always aggravate the disease, and may prove highly dangerous by suddenly repelling the eruption.

If erysipelas has been repelled, give *Cuprum*, which is also serviceable if the erysipelas was at first slight, disappeared and returned more violent.

Itching of the Skin.

This is usually a symptom of some other disease by which we may be guided in the choice of a remedy. If, however, the itching appears to be the only or chief symptom, try to alleviate the irritation by brushing the whole body; if this does not answer, by washing with warm water; and lastly, use water with soap. If this does not remove it, take *Sulphur* in water every day. When it is worse in particular places, and you cannot keep from scratching them until they bleed, rub these parts with fresh olive oil, so as to moisten the skin in the first place, and then dry it again by rubbing it slowly. When the itching is more troublesome at night, wash the parts in the evening with brandy, but when the whole body is affected, or when females or children suffer in this way, take starch of wheat flour and powder the skin thickly with it. In cases where none of these things give relief, take Camphor and mix it with the starch, or wash the parts with water in which Camphor, previously dissolved in spirits, has been mixed.

Many kinds of itching may be quickly cured by medicines; for instance, if it always commence when undressing, *Nux vomica* or *Arsenicum* will generally relieve it; when it is very troublesome after getting into bed, as if caused by insects, and when scratched, moves from one place to another, give *Ignatia*. When it does not commence until the patient has become warm in bed, *Pulsatilla;* if this does not answer, *Mercurius*, particularly when it continues the whole night; if not relieved, give *Sulphur* a couple of days after, and later, *Carbo vegetabilis;* when the itching is accompanied by intense burning, give *Rhus*, or *Apium virus* or afterwards *Hepar;* when scratching produces a great deal of bleeding, give *Mercurius* and *Sulphur*, alternately, every week, until better.

Itch. Scabies.

It is very easy to get rid of the itch by ointments or other outward applications, it does not require any skill to do this. The suppression of the itch always causes other diseases which appear sometimes directly, sometimes after a few weeks, and in other cases only after years; the later they appear the more difficult they are to cure. It is, therefore, senseless and wrong to expose oneself to such a danger, be the trouble from the complaint ever so great.

Amongst the many kinds of itch, which trouble men, there is one caused by the presence of a very small mite under the scarf skin, where it makes its tracks and deposits its eggs, causing the eruption of little pustules. All cleanly persons will observe this the first day. You can see the tracks distinctly enough but it requires great experience and very good eyes to see the mite.

In the very first beginning one may always get rid of the itch easily, and without danger, by outward applications.

A good preventive and protection is the balsam-apple, put a few branches of the plant into the bed. Also balsam of Peru, shaken with water as a wash, will drive away the mites and prevent infection. But if the eruption has already appeared, take of the finest powder of sulphur, sold by druggists under the name of milk of sulphur, pour alcohol upon it, shake and let it settle mix a teaspoonful of the clear fluid with a pint of water and wash with this mixture all parts which itch. If it gives no relief make it stronger; if you can

see the tracks, put some of the above alcohol upon them with a camel's hair brush. If the pustules are large and full, it is better to shake some common mercury with alcohol and use it the same way.

In cases, in which the washing does no good, because there are no mites present, take:

Mercurius, and after a few days *Sulphur*, and so on alternately; if it gets better do not then take them so often; if it does not improve at all, take other remedies.

Carbo vegetabilis every other day, if the vesicles are small and dry; or *Hepar* once night and morning.

If the pustules are large and fat, take *Mercurius;* then *Sulphur*, and afterwards *Causticum*, night and morning, in water. If the pustules are large, and become yellow and blue, take *Lachesis;* repeat it as often as the pains get worse.

If it disappears too suddenly, take *Sulphur* or *Arsenicum* until it returns.

Boil. Furunculus.

A boil consists of a hard, round, or rather a cone-shaped tumor, which inflames and suppurates; the matter discharged being at first mixed with blood, and afterwards composed of pus, and a rounded hard mass called a *core* is formed.

Some persons have a peculiar constitutional predisposition for them; they also frequently follow after acute fevers, and other diseases.

Arnica will lessen the pain and inflammation, and frequently prevent their recurrence.

Sulphur in cases where there is a frequent return of it. By giving *Arnica* while the boil is inflamed and swollen, and a dose of *Sulphur* occasionally, after it has healed, this predisposition may be gradually removed.

Belladonna, if it presents a fiery-red or erysipelatous appearance, or if it is attended by swelling of the glands under the arms, or in the groins, with fever, thirst and headache.

Hepar, in cases where the suppuration is too slow and small.

Mercurius, if the suppuration is profuse, and the swelling remains.

Carbuncle. Malignant Furunculus.

It is larger and harder than the former, extends more around, of a livid hue and opens in several places; the patient suffers more, generally there is sleeplessness, prostration, want of appetite, &c. After it has opened there is no relief and finally parts of the skin and deeper parts slough.

It appears more frequently in old persons, and is inclined to appear on the back, near the spine or on the head. Cases in persons whose general health has previously been undermined, and cases which are treated improperly may end fatally.

Arnica given at the very first may lessen the pain, and prevent it altogether; if so, *Nux vomica* will remove the remaining symptoms, particularly in old drunkards.

Arsenicum, as soon as it is spreading, with a burning pain, worse at night; great general weakness; restlessness at night; also when the sloughing is attended with a violent burning pain, and prostrates very much; if the patient is irritable and despairing.

Hepar, if the patient is weakened by a copious discharge; the holes run together and form a large cavity; if there is weakness of voice.

Silicea, pain and burning moderate; the patient not altered in his mind, or of a mild temper; or if he cannot sleep for restlessness and heat in the head; sweat on the head; or if he has a festering skin.

Lachesis if bluish spots or blue blisters appear, or if little sores come out around the larger one.

Chilblain. Frostbite.

The mild forms of this complaint may frequently be cured by applications of ice water or snow. Covering the part with carded cotton will sometimes, in mild cases, effect a cure. Another application is common glue, prepared by boiling it with water until it becomes of a proper consistency, and then applying it *warm* to the affected part.

Pulsatilla may be given when the skin assumes a deep red, bluish or livid hue, and is attended by violent burning and itching.

Nux vomica, when of a bright red color.

Sulphur, when the former remedies have been insufficient.

Chamomilla when, in addition to the itching and burning, there are acute pains in the affected part.

Arsenicum, for acute, burning pains; also for the irritable, ill-conditioned ulcers which sometimes occur. They should be dressed with wet rags, covered with oiled silk, until the parts are completely healed. Persons who are troubled every winter with chilblains, should never eat pork and roasted goose.

Whitlow. Felon.

Poultices of bread and milk, linseed meal, or yeast, sometimes give relief and are always useful in softening the skin. Applications of *warm* soft soap, or common brown soap, to the affected part, will occasionally remove the pain and swelling. But in most cases such applications only hasten a superficial suppuration, and make the case more serious and painful in the end.

It is much better to apply nothing but rags, wet with cold or warm water, which ever agrees best, and keep it wet day and night, while taking one of the following internal remedies.

Mercurius should be given in the commencement, and will often prevent the disease from going on to suppuration. *Sulphur*, taken after it, will frequently complete the cure.

Hepar, when the pain becomes violent, throbbing, and the swelling increases. *Causticum* after *Hepar*, if this did no good at all.

Silicea, if *Hepar* improved it somewhat, but when the pain is intense, and the swelling continues unabated.

Lachesis, in cases when the affected part is of a deep red or bluish color.

Arsenicum should be given if the sore becomes angry-looking or black, with burning pain.

Sulphur and *Silicea*, administered alternately, at intervals of six or eight days, will remove the tendency to a return of the disease.

It may sometimes be necessary, after matter is formed, in order to relieve the sufferings of the patient, to lay open the parts freely with a knife; but it always lengthens the complaint.

Ulcer.

In the treatment of a simple ulcer, in a person of sound constitution, all that is necessary is to dress it with some mild and fresh ointment, spread on lint or on a fine linen rag, to protect it from external injury, and prevent the evaporation of pus. Simple cerate is one of the best applications for this purpose. In some cases the dry lint alone will answer best, and in others cold bread and milk poultices are useful. The cold water dressing, linen rags dipped in cold water and applied to the ulcer, are beneficial in some cases. They must be kept moist by being frequently changed, or by covering them over with oiled silk or gutta percha tissue.

When ulcers are of a long continuance, it is best to consult a homœopathic physician. They ought to be healed slowly, otherwise a different and more violent disease will be the consequence. Drying them up with vitriol, or white lead, or lead-water, is always dangerous.

When the pain is very violent, stinging and burning, it may often be relieved by keeping the part in an elevated posture, and applying cold or warm water, by means of rags dipped in it, and frequently renewed. In unhealthy-looking ulcers, with a tendency to sloughing, and when the pain is very violent and stinging, a poultice made with yeast and bread will be found useful for cleaning the ulcer and allaying the pain.

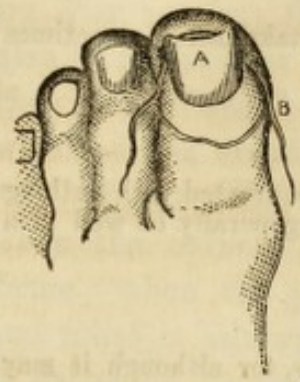
Some old indolent ulcers of the legs are only to be cured by perfect rest, or by tightly bandaging the limb, from the toes upwards to above the ulcer, with strips of adhesive plaster.

For ulcers which burn badly, give *Arsenicum;* when they burn and smell offensively, *Carbo vegetabilis;* when they spread, and are surrounded by pustules or small ulcers, give *Lachesis.*

Ulcers on the toes, especially of old people, commencing with a blister, as if caused by a burn, are cured by *Silicea;* if, at the outset, there are blue black spots, by *Arsenicum*, especially if warmth is agreeable; but if warmth produces pain, *Secale* is most suitable. In all such cases, the use of salves containing white lead is very dangerous.

Ulcers around an old wart, or around corns and the like, may be cured by *Antimonium crudum.* Ointments of lead or mercury will dry them up speedily, but fatal consequences may ensue, as the result of such treatment.

Great pain and sometimes ulcers may be caused by the *toe nails growing into the flesh.* The common remedy is to cut the nail, and particularly in the side where it has grown in; the consequence of this is, that the nail grows the faster there, and in a short time the patient is again in the same predicament. Cutting the nail should only be resorted to when it is of consequence that the patient should walk again immediately; when a little lint, gutta percha or tin-foil can be introduced with a dull penknife between the nail and the skin, it is to be preferred. A handy person may do this himself; soak the feet previously in warm water, which will facilitate the operation. When there is much proud flesh, strew some finely powdered loaf sugar on it twice a day, and use the foot as little as possible for a couple of days. At the same time scrape the nail in the middle with a sharp knife, and repeat this operation every day until it is as thin as it can be made without hurting. By these means the sides will heal much quicker, and the nail is more easily bent out, so as to introduce the lint between the skin and the nail. When the edges of the nail are rough, scrape them smooth, but do not cut them.



The only means of curing this evil effectually, is to cut the nail frequently, but not in the shape of the toe, so that the middle projects farthest, but the very reverse: leave the sides as they are, and cut the centre out as far as possible, as shown in the wood cut. A, the part to be scraped off; B, a linen tape or some linen threads passed under the nail. This need not be done at once, but gradually; bathe the feet every week in warm water, and cut the nail as directed. The nail will, in consequence, grow more in the centre and less on the sides; if, after some time, the edges project too much, a trifle may be cut off; when it injures the stockings, put a leather case over it. Not until after the expiration of a twelve-month should the nail be allowed to grow out even again, but never cut it very deep or close at the sides, as this is generally the cause of the evil.

The soreness arising from the growing of the nails into the flesh, will mostly disappear as soon as sufficient lint, tin-foil or gutta percha has been introduced between the nail and the flesh; the lint may, in addition, be moistened by water mixed with *Tincture of Arnica*. If this is not entirely effectual, or if the places are becoming ulcerated, *Nux vomica* will act beneficially. *Causticum* has been found by some to be efficacious; dip a linen rag into a solution of a few globules of it in water, and apply it several times a day; this will remove the proud flesh. If there is already a sore, and the above remedies should not speedily afford relief, do not be induced to have the nail removed or split. This barbarous operation may always be avoided by following the advice given above, and particularly when homœopathic remedies are taken at the same time; among these the principal are: *Sulphur*, *Arsenicum*, *Silicea* and *Carbo vegetabilis*. Select one according to the kind of pains, disposition of the patient, &c.

Abscess.

An acute abscess should not be poulticed with warm bread and milk or linseed poultices, except in extreme cases. It is much better to use nothing but warm or cold water, as in whitlow. *Hepar* or *Mercurius* hastens the suppuration. Opening the abcess with a lancet is always injurious in the end, even if a temporary relief follows at first. A natural opening keeps the air out, an artificial one induces the air to rush in. Under skilful homœopathic treatment, it is hardly ever necessary or advisable to open the abscess with the lancet. *Hepar*, 3d trit., in water, will hasten the breaking open quite sufficiently.

If the suppuration should continue for a considerable length of time, *Silicea*. When hard places remain *Mercurius* will be useful.

For hard and swelled glands, on the neck, and under the chin or ears, *Mercurius*, *Dulcamara*, *Calcarea carbonica*, &c., are principal remedies.

Corns.

Corns arise not only from tight boots and shoes, but also from a certain disposition with some persons, which may be lessened by *Antimonium crudum*, *Phosphorus*, *Rhus*, *Bryonia*, *Lycopodium*, *Phosphoric acid*, and *Sulphur*, according to temperament, constitution and other circumstances.

Relief may be obtained by bathing the feet in warm water and paring the corns closely, and applying *Arnica plaster.*

If the corns pain much when the weather changes, take *Rhus,* sometimes alternately with *Bryonia* and *Calcarea.*

Sore Feet

From walking in boots, which rub the heel, should be treated with nothing but water, and *Cepa* should be taken internally, it will generally be well in a day or two.

Warts.

There is always a risk in cauterizing or cutting warts, for although it may frequently be done without apparent injury, dangerous consequences sometimes ensue, especially to children and old people. They will very frequenly disappear, when fleshy or seedy, after *Causticum* or *Natrum muriaticum;* when they are flat, hard and brittle, upon taking *Antimonium crudum;* when upon the backs of the fingers, *Dulcamara;* when on the sides of the fingers *Calcarea carbonica.*

Bed Sores.

These may frequently be prevented by placing an open vessel filled with water under the bed of the patient, renewing the water every day; or by bathing the red spots, that threaten to become sore, with brandy. Wetting the sore places with very cold water, or applying wet rags, accelerates the healing. When water alone will not effect a cure, dissolve in it a few drops of *Arnica tincture;* and if there appears to be danger of mortification, give *China,* and wash the spots with the same medicine dissolved in a little water. When the wound is large, apply scraped sweet carrots to it.

CHAPTER XIV.

SOME GENERAL DISEASES.

Rheumatic and Gouty Pains.

GOUT is difficult to cure, but the pain may at least be mitigated. The complaints, inevitably produced by the common treatment with mercury, calomel, valerian, digitalis, colchicum, opium or laudanum, and other so-called harmless medicines, destructive of human health, are prevented by homœopathic treatment, and the patient is likewise spared the many tortures of external applications.

In wine and brandy drinkers, the first attack may be alleviated by *Nux vomica*; for violent fever, give *Aconitum*, which may also be given after other remedies have been used, particularly *Sulphur*. When the pain in the joints resembles that of a sprain, with redness, dread of being touched, an uncomfortable feeling, as if whatever the limb rested on was too hard for it, *Arnica;* when the redness spreads very much, and is very deep, *Belladonna;* when the pain flies quickly from one joint to another, and relief is felt when the limb is uncovered, give *Pulsatilla;* if the pains become worse after it, give a cup of coffee, repeat the *Pulsatilla*, and as long as it makes it worse continue the coffee. When the pain is mitigated upon covering the limb, and the patient is very weak and much reduced by the disease, give *Arsenicum;* when the face is very pale and haggard, the pain stinging and tearing, worse during the night, and when the limbs must continually be moved from one place to another, *Ferrum* or *Rhus;* when worse from being moved, *Bryonia;* worse from being touched, *China;* when the complaint is attended with nausea and a white-coated tongue, give *Antimonium crudum*, and afterwards, if necessary, one of the other remedies. When the attacks return at every change of weather, give *Calcarea;* if the complaint becomes protracted, always give *Sulphur*, and if worse again, *Aconitum;* if the limbs remain stiff afterwards, give *Colocynthis;* if they are stiff from old gouty swellings, give *Causticum*, morning and evening, and repeat it once a week for four or five weeks.

RHEUMATISM WITH FEVER.—*Aconite* if there is high fever, dry, hot skin, thirst and redness of the cheeks; violent shooting or tearing pains, worse at night; redness, or shining swelling of the part affected; the pains are aggravated by the touch; extreme irritability of temper; disposition to uncover the parts, and relief from doing it.

Belladonna when the pains are chiefly in the joints, shooting or burning; worse at night and on movement; excessive swel-

ling, and shining redness of the affected parts; fever with redness of the face; hot, moist skin, and thirst.

Arnica, when the joints feel as if bruised or sprained; hard, red, and shining swelling; sensation as if the limbs were resting on some hard substance; feeling as if lame, and a crawling in the affected part; the pains are aggravated by the least motion; great fear of persons approaching, because they might touch the affected part.

Bryonia, if there are shooting, tearing or tensive pains; shifting pains which affect the muscles rather than the bones; red and shining swelling, and rigidity of the parts affected; the pains are worse at night, and on the least movement; profuse perspiration, or coldness and shivering; much heat, with headache and derangement of the stomach; peevish or passionate temper.

Chamomilla, when there are drawing or tearing pains, with a sensation of numbness or of lameness in the parts affected; the pains are aggravated at night; fever with burning; partial heat preceded by chilliness; hot perspiration; desire to remain lying down; great agitation and tossing about.

Mercurius, for shooting, tearing, or burning pains, which are aggravated at night, especially towards morning, and in the warm bed, or by exposure to damp or cold air; puffy swelling of the affected parts; the pains seem to be seated in the bones or joints; profuse perspiration without relief. *Lachesis* may follow, if *Mercurius* is not sufficient.

Rhus, against tearing, burning or wrenching pains, with a sensation of weakness and crawling in the affected limb; red and shining swelling of the joints, with rigidity and shootings when touched; the pains are worse during rest, and in cold or damp weather. *Rhus* is often suitable after *Aconitum, Arnica*, or *Bryonia*.

Pulsatilla is serviceable when the pains are aggravated in the evening, or at night in bed, in a warm room, or on changing the position; pains which pass quickly from one joint to another; sensation of numbness in the parts affected; the pains are

relieved by cool air; for patients with a pale face and disposed to shiver and be chilly.

China for pains which are aggravated by the slightest touch; profuse perspiration; great debility, especially from weakening causes, as loss of blood or other fluids.

Hepar and *Lachesis* are frequently serviceable in cases after other remedies which appeared to be adapted to the case, but did not give much relief.

When the disease attacks the heart, *Aconitum*, *Arsenicum*, *Belladonna*, *Lachesis*, *Pulsatilla*, *Spigelia*, or *Sulphur*, selected according to symptoms.

Rheumatism without Fever.—The remedy selected should be repeated at long intervals—not oftener than once a week.

For pains which are excited or aggravated by the slightest chill, *Aconitum*, *Bryonia*, *Calcarea carbonica*, *Dulcamara*, *Mercurius*, or *Sulphur*. When the attacks are excited by bad weather, *Calcarea carbonica*, *Dulcamara*, *Rhus toxicodendron*, *Lycopodium*, and *Hepar sulphuris*. When every change of weather causes a relapse, *Calcarea carbonica*, *Silicea*, *Sulphur*, *Dulcamara*, *Rhus*, and *Lachesis*.

Lumbago. Pain in the Loins and Back.—*Aconitum* if accompanied by much fever.

Arnica if caused by external injury, or by over-lifting, &c.

Bryonia, when the pains in the back are very severe, compelling the patient to walk in a stooping posture; aggravated by the least motion, or draught of air, and attended with a general chilliness.

Nux vomica, when the part affected feels as if bruised, or as after excessive fatigue; and when motion, and particularly turning in bed at night aggravates the pain; also when accompanied by weakness, constipation and irritable temper.

Rhus, when the pains are similar to those described under *Nux vomica*, but are aggravated by *rest*.

Belladonna may follow *Aconitum*, when the pains are deep-seated, and cause a heaviness, gnawing, or stiffness.

Pulsatilla, when the pains resemble those mentioned under *Nux vomica*, especially when occurring in persons of a mild disposition.

Mercurius against pains like those described above, but which are much worse at night.

Compare also, "Piles."

SCIATICA—Is like lumbago; but the pain is more in the region of the hip-joint, shooting down the back of the thigh, and sometimes extending to the foot.

Aconitum, when there is a numbness in the limb or the toes.

Colocynthis is particularly useful in this affection, especially when seated in the right hip, or if excited by a fit of anger or indignation.

Rhus, when the pains are aggravated by rest; and better by motion.

Nux vomica, when the pain is attended by a sensation of stiffness or contraction of the limb; also when torpor with chilliness is felt in the affected parts.

Ignatia, against cutting pains, particularly on moving the limb.

Chamomilla, when the pains are worse at night, and attended with excessive sensitiveness.

Arsenicum, in cases where the pains are acute and dragging, with a sensation of coldness in the part affected; also when the pains are periodical. It is also useful for emaciated persons.

Crick in the Neck.

This is a painful rheumatic affection of the neck. It is generally occasioned by exposure to a draught of air, or by turning the head suddenly round.

Aconitum or *Belladonna* may effect a cure. Should they be insufficeint *Cocculus*, *Pulsatilla*, *Rhus*, or *Bryonia*, will mostly suffice.

Cramp in the Limbs.

Cramp in the calves of the legs, the soles of the feet, and in other parts of the body, disturbs in sleep; sometimes it is troublesome during the day.

The best means of obtaining relief during an attack, is to press the feet firmly against the bedstead or the wall, or to press and squeeze it with the hands. Those subject to cramps in the legs in bed, will often escape it if they have their bed made in a slight incline, so that the whole body shall slope a little downwards towards the foot of the bed.

A piece of cold iron held to the place of the cramp will often give relief.

Veratrum, taken at night, before going to bed, for two nights, will generally overcome the predisposition to the complaint. Should it, however, be insufficient, take *Sulphur* or *Colocynthis* in the same way.

Rhus will be found useful in cramps which occur during the day, especially while sitting.

Rhus or *Hyoscyamus* will cure cramps that come on while pulling off the boots.

Cuprum for cramps, especially at night in bed, affecting chiefly the soles of the feet, and causing the toes to be drawn in different directions.

Lycopodium, in cramps occurring principally when walking.

Colocynthis, for the stiffness and soreness which frequently remain after an attack.

Epilepsy. Epileptic Convulsions.

Epilepsy, convulsions of the whole body or of single parts, are of so different kinds that it is impossible to give here directions for curing them; *a homœopathic physician should always be consulted in these cases.*

If the cause is known, that will bring on such an attack, give the suitable remedies; *Opium* is not alone suitable, if they are caused by fright, but also if occasioned by reproach, violent scolding and offence.

Ignatia is the chief remedy.

An attack may sometimes be obviated by smelling Camphor when the first symptom of its approach is perceived.

During the fit nothing else must be done, smelling salts or liquids and such like articles do no good whatever, the patients are only troubled and weakened by them. Even the homœopathic remedies should not be given during the attack, they must be taken when the worst of the fit is over or has entirely ceased.

The common practice amongst old school physicians of bleeding in convulsions, is highly injurious, and should never be resorted to, as the almost invariable tendency of this practice is to cause an increase both in the frequency and violence of the attacks.

Night-Mare.

Persons subject to it should eat but little in the evening, and take light food at all times; drink but little wine, beer or coffee. A good preventive is

to bathe every evening; or rubbing the face, neck, the back of the head, the throat, shoulders, breast and abdomen with a wet towel; and drink a glass of cold water before going to bed. At the same time take one of the following remedies:

Nux vomica, when the night-mare is caused by indulgence in spirituous liquors, strong beer, too high living, too much confinement, if the patient does not take sufficient exercise in the open air.

Aconitum, when it occurs in children and women, and is accompanied by heat, thirst, palpitation of the heart, determination of blood to the head or chest, oppressed breathing, nervousness, uneasiness, &c. This remedy is also useful for the headache and febrile excitement which often follows the attacks.

Opium, when the patient is lying with his eyes half closed, snoring, the mouth wide open, rattling in the throat, the breathing irregular, the face much distorted, and covered with a cold perspiration, and the limbs convulsed.

Pulsatilla, when caused by rich food, cakes, nuts, &c.

Sulphur or *Silicea*, if the attacks return often.

Sleeplessness.

In most cases when not the result of a disease, sleeplessness may be attributed to the manner of living. Some persons cannot eat anything in the evening, or but a little, without suffering from loss of sleep. Others cannot sleep soundly without they have eaten something before going to bed. Exercise in the open air is one of the best preventives, but it must not be taken too late in the evening, or it will have an effect contrary to the one desired. When exciting, agreeable events are the cause, take *Coffea;* when terrible or frightful ones, *Opium;* when agitating ones, *Aconitum;* when the events are tormenting and cause dejection, *Ignatia*, &c., always select the remedy according to the cause, see "Effects of the Mind."

The most common causes of sleeplessness are the use of coffee and tea, for which see the remedies, (see page 37.) When a surfeit is the cause, give *Pulsatilla;* when late reading or singing is followed by wakefulness, *Nux vomica;* when complaints of the bowels and flatulency, *Chamomilla*. When various figures and visions appear before the eyes, and prevent sleeping, *Opium;* and if this does not soon prove efficacious, *Belladonna*. Children are generally benefitted by *Coffea;* old people by *Opium*. Sleep is sometimes brought on by rubbing the forehead with the flat hand, particularly if you determine to do this one hundred and one times; if it does no good do not get impatient, but commence anew, and so on. Others fall to sleep when they imagine that they are writing the date up on a high, very high wall with a long, very long stick, with tall, very tall letters. Sleeplessness is frequently occasioned by some disease, to which refer under its proper head for the necessary remedies, or consult a homœopathic physician.

Dropsy.

The different kinds of dropsy should always be treated by a homœopathic physician, there is always time enough to do so.

Ague. Chills and Fever. Fever and Ague. Intermittent Fever.

This disease attacks in some places and at some seasons a great number of persons; usually where much moist land is drying, and particularly at the commencement of dry weather in the spring and autumn. If you can remove at such times from these places do so, but if you are compelled to remain there, pay particular attention to the sleeping room. It should be airy and dry; you should open the windows only a few hours in the middle of the day; put the bed not against a wall, but, if possible, with the head towards the south. Individuals who are compelled to sleep in damp houses, or on the lower floor of houses badly situated, may be in some measure protected by placing a layer of stone coal, broken very small, under their beds.

Advantage may also be derived from wearing silk shirts, and by sleeping between silk sheets, which can be made of old dresses. Powdered sulphur, worn in the stockings has appeared to prevent the frequent recurrence of the fever in some cases, it may be used until we know of a better preventive.

Particular attention should be paid to the manner of living; eat nothing that lies heavy on the stomach; avoid pastry, things baked or roasted with fat, and all kinds of badly dressed food, eat well cooked meat and vegetables, or meat which has been slowly and properly stewed in a closed vessel, with much gravy without any seasoning except salt. Whilst the fever prevails, pies are very injurious.

Raw ham, but well smoked like that from Westphalia, with black pepper is more wholesome than when it has been rendered indigestible by being overdone by frying. Everything acid and fat should be avoided at such times; acids are good in the heat of summer; fat may be used in the cold of winter.

During the cold stage let the patient be well covered with blankets which are perfectly dry; if you have a silk coverlet, wrap it around the lower extremities and abdomen, if the patient finds it agreeable. In the hot stage, linen or muslin makes a better covering. Frequent wiping with a warm, wet cloth also gives much relief in this stage. During the sweating stage, the patient should not be covered too warmly; and after it is over, the linen and bed should be changed. The linen should be well aired and warmed, which is best done by a healthy person rubbing it with his hands, until all the smell of soap is gone; in fact, this should be done with all linen intended for the sick. Those who have not a sufficiency of linen, will do well to lie naked between blankets during the stage of perspiration, and to put on the shirt when this is over.

If the patient complains of thirst, give him as much cold water as he wishes, if good spring water can be had; if the water is bad, give toast and water, it may be either warm or cold; water containing iron is particularly injurious in this case. If he prefers it warm during the cold stage, give him toast and water or mucilaginous drinks, such as barley water or thin oatmeal gruel. When the patient vomits much, and feels very weak, give him coffee without milk. During the hot stage, cold water is the best drink; but if the patient

is very ill and craves acids, lemonade or tamarind water may be given in moderate quantities. In the sweating stage the patient should drink nothing but cold water.

At first, intermittent fever causes more trouble, than afterwards, when it shows itself by swelling and hardness below the ribs, generally on the left side. In the commencement of the disease it is dangerous to suppress it by china or quinine, it may be done only in cases of great necessity, at this time it can be cured best by homœopathic remedies. Later, when the attacks are more violent and the patient feels well in the intervals, the disease is more difficult to cure, and in these cases it may sometimes be suppressed by quinine, though it has often bad consequences. At a still later period, when the spleen and liver are swollen, take care not to use much quinine, it will in most cases only hasten dropsy and other succeeding diseases.

For all fevers which occur in the neighborhood of marshy places, new canals, newly-broken lands, &c., take, as soon as you feel unwell, a dose of *China*; if no better after twelve hours, take *Ipecacuanha;* after twelve hours *China* again. If the fever is not prevented in this way, select one of the following remedies.

In this, as in all other fevers, it is necessary to pay more attention to the symptoms, than is done by the alœopathists; observe, how chill, heat and sweat follow one another, when the patient is thirsty, and what he feels between the attacks.

If you cannot find the suitable remedy, give a dose of *Ipecacuanha* after the attack, and repeat it every three to four hours until the next day a few hours before the time the last attack came on; if no attack comes on, give nothing else on that day, but give a dose on the following day, a few hours before the expected attack. If it returns, watch the symptoms and give another remedy. If you have selected one, give it first, after the attack is over; and, second, repeat it a few hours before the time the next attack is expected to return. If the fever had been stopped, but returns again, give first a remedy for the cause of the relapse, and then the remedy, after the administration of which it stopped.

Ipecacuanha is useful in most cases of this disease, and will frequently, when properly selected, of itself effect a cure. When there is any doubt in regard to the choice of a remedy, especially at the commencement of the disease, this remedy may be administered. The following symptoms, however, clearly point

to its employment: much internal chilliness, which is increased by external warmth; little or no thirst in the cold stage, but a great deal in the hot stage; clean or slightly furred tongue; nausea and vomiting, and oppression of the chest immediately before the attack, or during the cold and hot stages.

Arsenicum when the different stages are not distinctly marked, but the chilliness, heat and fever occur simultaneously, or when there are frequent changes from chilliness to heat, and vice versa; or internal chilliness with external heat; also when the paroxysm is imperfectly developed; when there is little or no sweating, or at least not for some time after the heat has subsided; great prostration of strength; burning pains in the stomach, insupportable pains in the limbs, or all over the body; anxiety and restlessness; excessive thirst; drinking often but little at a time; uneasiness about the heart, or oppression and spasms of the chest; nausea or sickness and vomiting; bitter taste in the mouth; violent headache, continuing after the hot stage; buzzing in the ears during the sweating. All the sufferings of the patient, as the headache, pain in the limbs, &c., are increased during the attack.

China, if the fit is preceded by nausea; voracious appetite; headache; agitation; palpitation of the heart, or sneezing; thirst during the sweating stage, sometimes continuing all the time between the attacks; chills alternating with heat, or when the heat does not come on for some time after the chills have ceased; sleeplessness or disturbed sleep; great weakness and sallow complexion. It must not be given when there is much thirst during the cold or hot stages. This remedy is valuable in most intermittents in marshy places, and may be given as soon as the first symptoms show themselves, as stated above.

Ferrum, against symptoms resembling the preceding, and also when there is determination of blood to the head; throbbing in the neck and temples; swelling around the eyes; pressure in the stomach and abdomen, particularly after eating; vomiting of food; tension of the abdomen, and shortness of breath; weakness of the limbs; hardness and fulness in one or both sides

of the abdomen, close under the short ribs; swelling of the feet as in beginning of dropsy.

Arnica, when the cold stage generally comes on early in the morning, or in the forenoon, with thirst before the chill; drawing and pain in all the bones preceding the fever; the patient feels uncomfortable in every position, and is constantly changing about; dull or stupid; perspiration and breath offensive.

Veratrum, when there is external coldness with internal heat; cold clammy sweat, particularly on the forehead, and general coldness of the whole body; or chilliness without heat, or chilliness and heat by turns; giddiness; constipation of the bowels, or diarrhœa; sometimes nausea, or vomiting, and pains in the back and loins.

Sambucus, when the sweating is very profuse, and continues until another fit comes on, if it otherwise suits the symptoms stated under *Ipecacuanha*, *Arsenicum*, *China*, *Ferrum*, *Arnica* and *Veratrum*.

Antimonium crudum is indicated when the tongue is very much furred; bitter and nauseous taste; belching; sickness of the stomach; vomiting; little or no thirst, and constipation or diarrhœa. (See *Pulsatilla*.)

Bryonia, for similar symptoms, but attended with much thirst; or the heat before the chills; red cheeks in the cold stage; yawning, and stitches in the side during the heat; more coldness and chills than heat, and constipation or diarrhœa.

Cina. Vomiting and voracious appetite before, during or after the fever; thirst either during the hot, or during the cold stage; pale face during the cold and hot stage; constant rubbing of the nose.

Ignatia, if there is thirst in the cold, but not in the hot stage; the chilliness lessened by external warmth; heat of some parts of the body, with coldness and chill of others; heat externally only; pain in the bowels during the cold stage, followed by heat, with debility and sleepiness.

Rhus. The attacks usually come on in the after part of the day, and consist of heat, preceded and followed by chills; cold-

ness of some parts of the body, and heat of others; perspiration after midnight, or towards morning; the heat accompanied by a rash; pain in the bowels, and diarrhœa; pressure at the pit of the stomach; palpitation of the heart, and anxiety.

Nux vomica, when the attack commences with great debility and want of strength, with desire to lie down; giddiness, with a feeling as if drunken; cramps in the muscles of the abdomen or calves of the legs; stitches in the sides; alternate heat and chills, or heat preceding the chills; heat externally and chilliness internally, or vice versa; desire to be constantly covered, even during the hot and the sweating stages; external warmth affords no relief; heat and pain in the head; buzzing in the ears; redness of the cheeks; thirst and anxiety during the hot stage; constipation.

Chamomilla is indicated when the tongue is loaded with a white or yellow coating; nausea and bitter vomiting; loathing of food; much thirst in the hot stage, and even in the sweating stage; pressure and uneasiness in the region of the heart; more heat and perspiration than coldness; pain in the right groin, and loose watery stools. (Compare *Antimonium crudum* and *Bryonia*.)

Pulsatilla, particularly when the slightest disorder of the stomach brings on a relapse. It is particularly indicated by absence of thirst during the entire fit, or thirst only during the hot stage; heat and chilliness at the same time; bitter taste in the mouth; bitter or *sour* vomiting of phlegm or bile; the attacks come on in the afternoon or evening, and the patient complains of chilliness all the time.

Antimonium crudum. Coated tongue; bitter or bad taste; belching, nausea, vomiting, little or no thirst (compare *Pulsatilla*); constipation or diarrhœa. After *Lachesis*, and if quinine had been taken.

Capsicum. Chilliness attended with thirst, followed by heat without thirst, or thirst only during the hot stage; chills violent and long continued; intense burning, both internally and exter-

nally; accumulation of phlegm in the mouth and throat; slimy, burning diarrhœa, and great intolerance of noise.

Coffea, in sensitive persons, who suffer greatly from nervous excitement, even though the fever be but slight; paroxysms of heat and thirst, with flushed face, followed by general perspiration; the thirst frequently continues through the sweating stage; watery diarrhœa.

Cocculus, in agues attended with cramp or spasms of the stomach and abdomen, obstinate constipation, and much nervous excitement.

Natrum muriaticum is one of the best remedies in intermittents, but its effect must be waited for with great patience for several days; violent pains in the head during the chilliness and heat; lengthy chills; dimness of vision, and partial loss of consciousness during the hot stage; impaired sight, even after the fever, and during the time between the attacks; chaps and fissures on the lips, particularly at the corners of the mouth; slight fever, continuing through the intermission. (Compare *Arsenicum* and *Ignatia*.)

Lachesis, when the attacks come on in the afternoon and are accompanied by violent pains in the small of the back and limbs; oppression of the chest; violent headache with red face, and continual talking during the hot stage; or internal chilliness and external heat, with ashy or yellowish color of the face. It is particularly serviceable when a relapse had been produced by the use of salads, vinegar, &c., or after it had been suppressed by quinine, but returns. *Pulsatilla* may follow or alternate with *Lachesis* in such cases.

Belladonna has been found useful when two or more attacks occur in the twenty-four hours—the cold stage slight, and the hot stage violent, or the reverse, violent chill and slight heat; great sensitiveness, and inclination to shed tears; constipation, or loose and scanty chalk-like stools; sometimes attended with violent congestion to the head, a red face, severe pain in the head, and dulness or stupor.

Hyoscyamus, in cases similar to the latter, but attended by a

dry cough at night, worse when lying down, and better when sitting up.

Nux moschata. Tongue white-coated; only in the heat a little thirst; sleep during the cold stage; if external warmth is pleasant, but the open air disagreeable; if all parts, upon which the patient lies, commence soon to ache. Also if the spleen is swollen and hard.

Hepar, if a cold or catarrh affects the head and chest; bitter taste in the mouth; chilliness, with thirst, followed by heat, sleepiness. It is often suitable before or after *Belladonna.*

Glonoine if the blood rushes to the head, if there is a feeling as if a waving heat was rising up from the pit of the stomach to the head; beating in the head and cold sweat in the face; if the attack ends with a warm perspiration.

Mercurius, in quickly alternating chills and heat, with restlessness; thirst; palpitation of the heart; profuse, offensive, sour perspiration.

Sulphur, when the attacks come on in the after part of the day, with evening chills, fever during the night and sweating in the morning; palpitation of the heart; also if an eruption of the skin has been checked.

Calcarea, when there are alternate chills and heat; external coldness and internal heat; heat in the head and face, with coldness of the limbs, sometimes cold up to the abdomen; giddiness; feeling of heaviness in the head and limbs; violent pains in the small of the back, and anxiety. Compare *Sulphur* and *Veratrum.*

Carbo vegetabilis, when the attack is preceded or attended by pains in the teeth and limbs; thirst, only in the cold stage, with vertigo, redness of the face, and sick stomach during the hot stage.

Aconitum, when the chill and heat are both violent; or when they appear together; great external heat, especially of the face and head, and acute pains in the side.

Opium, particularly in intermittents in aged persons, and children. Drowsiness, with heavy sleep, loud snoring, with the

mouth open; congestion of blood to the head, with red and puffy appearance of the face; and jerking of the limbs.

In marshy places.—Arnica, *Arsenicum*, Carbo vegetabilis, *China*, Cina, Ferrum, *Ipecacuanha*, Natrum muriaticum, Rhus, Veratrum.

In damp, cold seasons.—Calcarea, Carbo vegetabilis, China, Lachesis, Nux moschata, Pulsatilla, Rhus, Sulphur, Veratrum.

In spring and summer.—Antimonium crudum, *Arsenicum*, *Belladonna*, *Capsicum*, Carbo vegetabilis, *Cina*, *Ipecacuanha*, *Lachesis*, Natrum muriaticum, Nux vomica, Pulsatilla, *Sulphur*, *Veratrum*.

In autumn.—Bryonia, China, Nux vomica, Rhus, Veratrum.

Mismanaged, by large doses of quinine.—*Arnica*, *Arsenicum*, *Belladonna*, Calcarea, Capsicum, Carbo vegetabilis, Cina, *Ferrum*, *Ipecacuanha*, *Lachesis*, Mercurius, Natrum muriaticum, *Nux moschata*, Nux vomica, *Pulsatilla*, Sulphur, *Veratrum*.

An attack every day.—*Aconitum*, *Arsenicum*, *Belladonna*, *Bryonia*, Calcarea, *Capsicum*, *Carbo vegetabilis*, *China*, *Ignatia*, *Ipecacuanha*, *Lachesis*, *Natrum muriaticum*, *Nux vomica*, *Pulsatilla*, *Rhus*, *Sulphur*, *Veratrum*.

——— **every other day.**—Antimonium crudum, Arnica, *Arsenicum*, *Belladonna*, *Bryonia*, Calcarea, Capsicum, *Carbo vegetabilis*, Chamomilla, *China*, *Ipecacuanha*, Lachesis, Natrum muriaticum, Nux moschata, *Nux vomica*, *Pulsatilla*, *Rhus*, Veratrum.

——— **every fourth day.**—Aconitum, Arnica, *Arsenicum*, Carbo vegetabilis, Ignatia, Nux moschata, *Pulsatilla*, *Veratrum*.

——— **every two weeks.**—Arsenicum.

——— **every year.**—Arsenicum, Carbo vegetabilis, Lachesis.

Coming on in the evening.—Aconitum, *Arnica*, *Arsenicum*, *Belladonna*, *Bryonia*, Calcarea, *Carbo vegetabilis*, Ignatia, Ipecacuanha, *Lachesis*, Mercurius, Nux vomica, *Pulsatilla*, *Rhus*, *Sulphur*.

——— **in the night.**—Arsenicum, *Belladonna*, Calcarea, Capsicum, *Carbo vegetabilis*, *Chamomilla*, Hepar, *Mercurius*, *Nux vomica*, Pulsatilla, *Rhus*, Sulphur, *Veratrum*.

——— **in the morning.**—*Arnica*, Arsenicum, *Belladonna*, *Bryonia*, *Calcarea*, Carbo vegetabilis, *Chamomilla*, China, Hepar, *Lachesis*, Mercurius, *Natrum muriaticum*, *Nux vomica*, Sulphur, *Veratrum*.

Chill and coldness only.—*Bryonia*, *Capsicum*, *China*, Coffea, Hyoscyamus, Ipecacuanha, *Nux vomica*, *Pulsatilla*, *Veratrum*.

Chill and heat, but no sweat.—Aconitum, *Arnica*, *Arsenicum*, *Belladonna*, *Bryonia*, Capsicum, *Carbo vegetabilis*, *Chamomilla*, *Ignatia*, *Ipecacuanha*, Mercurius, *Nux vomica*, Pulsatilla, *Rhus*, *Sulphur*.

Chill and sweat, but no heat.—Arsenicum, Bryonia, *Pulsatilla*, *Rhus*, Sulphur, *Veratrum*.

Heat only, little or no chill and sweat.—*Aconitum*, Arsenicum, *Belladonna*, *Bryonia*, Calcarea, Coffea, *Ipecacuanha*, Lachesis, *Nux vomica*, Opium, Pulsatilla, Sulphur, *Veratrum*.

Heat and sweat, but no chill.—Aconitum, *Arsenicum*, Belladonna, Bryonia, *Capsicum*, *Carbo vegetabilis*, *Chamomilla*, China, Cina, *Coffea*, Hepar, Ignatia, Ipecacuanha, *Nux vomica*, *Opium*, Pulsatilla, *Rhus*, Veratrum.

Sweat prevailing.—Aconitum, Arsenicum, *Belladonna*, *Bryonia*, *Calcarea*, Carbo vegetabilis, *Cina*, *Hepar*, *Mercurius*, Natrum muriaticum, Pulsatilla, *Rhus*, *Sambucus*, *Sulphur*, *Veratrum*.

Chill, heat and sweat, all of the same degree.—*Aconitum*, *Arsenicum*, *Belladonna*, *Bryonia*, *Capsicum*, *Chamomilla*, China, Cina, Hepar, *Ignatia*, *Ipecacuanha*, Nux vomica, Pulsatilla, *Rhus*, Sulphur, *Veratrum*.

Chill, then heat.—*Aconitum*, *Arnica*, Bryonia, *Belladonna*, Capsicum, Carbo vegetabilis, China, *Cina*, *Hepar*, Hyoscyamus, Ignatia, Ipecacuanha, Natrum muriaticum, *Nux vomica*, *Pulsatilla*, *Rhus*, *Sulphur*, Veratrum.

First heat then chill.—Belladonna, *Bryonia*, *Calcarea*, *Capsicum*, *Nux vomica*, Pulsatilla, *Sulphur*.

Heat and chill, alternating.—*Arsenicum*, Belladonna, *Bryonia*, *Calcarea*, *China*, *Mercurius*, Natrum muriaticum, *Nux vomica*, Sulphur, Veratrum.

Heat and chill at the same time.—*Aconitum*, *Arsenicum*, Belladonna, Bryonia, *Calcarea*, *Chamomilla*, China, *Ignatia*, Ipecacuanha, *Mercurius*, *Nux vomica*, *Pulsatilla*, *Rhus*, Sulphur, Veratrum.

——— heat externally, chill internally.—Aconite, Arsenicum, Belladonna, Calcarea, Coffea, Ignatia, Lachesis, Nux vomica, Sulphur.

——— heat internally, chill externally.—Arnica, Bryonia, China, Mercurius, Pulsatilla, Rhus, Veratrum.

Sweat coming on with the chill.—Arsenicum, Calcarea, Nux vomica, Pulsatilla, *Sulphur*.

Chill then sweat, without heat.—Bryonia, Capsicum, *Rhus*, *Veratrum*.

Sweat and heat together.—Aconitum, *Belladonna*, Bryonia, *Capsicum*, *Chamomilla*, China, Cina, *Hepar*, Ignatia, Ipecacuanha. Mercurius, *Nux vomica*, *Opium*, *Rhus*, Veratrum.

Sweat after the heat.—*Arsenicum*, Bryonia, Carbo vegetabilis, *Chamomilla*, China, Cina, Coffea, Hepar, *Ignatia*, *Ipecacuanha*, Opium, Pulsatilla, *Rhus*, Sulphur, *Veratrum*.

Thirst before the attack.—Arnica, China, Pulsatilla, Sulphur.

——— **during the chill.**—*Aconitum*, Antimonium crudum, Arnica, Arsenicum, *Bryonia*, Calcarea, *Capsicum*, *Carbo vegetabilis*, *Chamomilla*, China, *Cina*, Hepar, *Ignatia*, Ipecacuanha, *Natrum muriaticum*, *Nux vomica*, *Rhus*, Sulphur, *Veratrum*.

——— **after the chill, but before the heat.**—*Arsenicum*, China, Pulsatilla.

——— **and heat together.**—*Aconitum*, *Belladonna*, *Bryonia*, *Calcarea*, Capsicum, *Chamomilla*, China, *Hepar*, *Hyoscyamus*, *Lachesis*, *Mercurius*, *Natrum muriaticum*, Nux vomica, Pulsatilla, *Rhus*, *Sulphur*, Veratrum.

No thirst during the heat.—*Arsenicum*, Belladonna, *Capsicum*, *Carbo vegetabilis*, *China*, *Ignatia*, *Ipecacuanha*, Lachesis, Mercurius, *Nux moschata*, Nux vomica, Pulsatilla, Rhus, Sambucus, Sulphur, Veratrum.

Thirst after the heat.—China, Nux vomica, Opium, Pulsatilla.

——— **during the sweat.**—Arsenicum, Chamomilla, China, Hepar, Mercurius, Natrum muriaticum, Pulsatilla, Rhus, *Veratrum*.

——— **after the sweat.**—Nux vomica.

Complaints accompanying Intermittent Fever.

Pains in the limbs.—Arsenicum, China, Natrum muriaticum, Nux vomica, Rhus, Veratrum.

Great weakness.—Arsenicum, China, Ferrum, Hyoscyamus, Lachesis, Natrum muriaticum, Nux vomica, Rhus.

Dropsical symptoms.—Arsenicum, China, Ferrum.

Drowsiness and sleepiness.—Belladonna, Carbo vegetabilis, Hyoscyamus, Lachesis, Opium, Pulsatilla, Rhus,

Sleep during the chill.—Natrum muriaticum, Nux moschata.

——— **during the heat.**—Ignatia.

——— **after the chill.**—Arsenicum.

Great nervous and mental excitement.—Aconitum, Arsenicum, Belladonna, Bryonia, Chamomilla, Coffea, Ignatia, Nux vomica, Pulsatilla.

Rush of blood to the head (with giddiness, delirium, stupor.)—Aconitum, Belladonna, Bryonia, Carbo vegetabilis, *Glonoine*, Hyoscyamus, Lachesis, Nux vomica, Opium, Pulsatilla, Rhus.

Violent headache.—Arnica, Arsenicum, Belladonna, China, Glonoine, Ignatia, Lachesis, *Natrum muriaticum*, Nux vomica, Pulsatilla, Rhus.

Deranged stomach.—Antimonium crudum, Arsenicum, Belladonna, Bryonia, Chamomilla, China, Ignatia, Ipecacuanha, Natrum muriaticum, Nux vomica, Pulsatilla, Sulphur.

Vomiting.—Antimonium crudum, Arsenicum, Bryonia, China, Cina, Ignatia Nux vomica, Pulsatilla.

Vomiting during the chill.—Bryonia, Ignatia.
——— **after the chill.**—Arsenicum, Nux vomica.
——— **during the heat.**—Nux vomica.
——— **of bile.**—Bryonia, Ignatia, Nux vomica.
——— **of mucus.**—China, Ignatia, Pulsatilla.
——— **of victuals.**—Ignatia.
Tongue, coated white.—Antimonium crudum, Bryonia, Nux moschata.
——— **sticky, dry during the chill.**—Bryonia.
Diarrhœa.—Arnica, Arsenicum, Chamomilla, China, Ipecuacanha, Pulsatilla, Rhus, Veratrum.
Constipation.—Arsenicum, Bryonia, Calcarea, Mercurius, Nux vomica.
Spleen, hardness of.—Nux moschata.
——— **pain in.**—Capsicum.
Liver, pains and swelling of—Arsenicum, China, Mercurius, Nux vomica.
Catarrhal symptoms (cough, &c.)—Aconitum, Belladonna, Bryonia, China, Hepar, Lachesis, Mercurius, Nux vomica, Pulsatilla, Rhus, Sulphur.
Oppression of the chest and difficulty of breathing.—Aconitum, Antimonium crudum, Arnica, Arsenicum, Bryonia, China, Ferrum, Hepar, Ipecacuanha, Lachesis, Nux vomica, Pulsatilla, Sulphur.

The above accompanying complaints are present particularly:

Before the attack.—*Arnica*, *Arsenicum*, Belladonna, Calcarea carbonica, *Carbo vegetabilis*, *China*, Cina, Ignatia, *Ipecacuanha*, *Natrum muriaticum*, Nux vomica, *Pulsatilla*, *Rhus*, Sulphur.

During the chill.—Arnica, *Arsenicum*, *Bryonia*, Calcarea, *Capsicum*, Carbo vegetabilis, *China*, Cina, *Hepar*, *Ignatia*, I pecacuanha, Lachesis, Mercurius, *Natrum muriaticum*, Nux moschata, *Nux vomica*, *Pulsatilla*, *Rhus*, *Veratrum*.

During the heat.—*Aconitum*, *Arsenicum*, Bryonia, *Belladonna*, Calcarea, Capsicum, *Carbo vegetabilis*, *Chamomilla*, China, Coffea, Hyoscyamus, *Ignatia*, Ipecacuanha, Lachesis, Mercurius, *Natrum muriaticum*, Nux vomica, *Opium*, *Pulsatilla*, *Rhus*, Sulphur, Veratrum.

During the sweat.—Aconitum, Arsenicum, Bryonia, Chamomilla, Lachesis, Mercurius, Nux vomica, Opium, Pulsatilla, Rhus, Sulphur, Veratrum.

After the attack.—Arsenicum, Bryonia, Carbo vegetabilis, Coffea, Ignatia, Lachesis, Nux vomica, Pulsatilla, Rhus.

Pulse, intermittent.—Arsenicum, China, Lachesis, Mercurius, Natrum muriaticum, Nux vomica, Opium.
——— **apparently wanting.**—Aconitum, Arsenicum, Carbo vegetabilis, Hyoscyamus, Opium, Veratrum.

Pulse hard.—Aconitum, Belladonna, Bryonia, Hyoscyamus, Nux vomica, Sulphur.

——— **small.**—Aconitum, Arsenicum, Belladonna, Hyoscyamus, Lachesis, Mercurius, Nux vomica, Opium, Veratrum.

——— **slow.**—Belladonna, China, Mercurius, Opium, Pulsatilla, Rhus, Sambucus, Veratrum.

——— **hurried.**—Aconitum, Arsenicum, Belladonna, Bryonia, Hyoscyamus, Mercurius, Pulsatilla, Sulphur.

——— **irregular.**—Aconitum, Antimonium crudum, Arsenicum, Bryonia, China, Hepar, Lachesis, Mercurius, Natrum muriaticum, Rhus.

——— **full.**—Aconitum, Belladonna, Bryonia, Ferrum, Hyoscyamus, Lachesis, Nux vomica, Opium, Pulsatilla, Sambucus, Sulphur.

——— **soft.**—Carbo vegetabilis, China, Veratrum.

——— **trembling.**—Arsenicum, Mercurius, Rhus.

Congestive or Pernicious Fever. Remittent or Bilious Fever.

These fevers, like intermittent fevers, are caused by a poisonous air, called miasma. In the commencement they may be treated as stated under *Fever and Ague.* But they should *always* be treated by a homœopathic physician. If the blood rushes to the head, causing very soon loss of consciousness, *Glonoine* should give relief; seldom *Aconitum*, and still more seldom *Belladonna*, according to the symptoms stated under "Congestion to the Head, and Headache."

Yellow-Fever.

As sure as the cholera will never pass a boundary line—sulphuretted hydrogen—or spread among people with sulphur in their stockings, so sure can it be said to Yellow Fever: "Thus far, and no farther!" But being a very different disease, it must be done in an entirely different way; sulphur would only promote the evil.

Just as I recommended *Fear, Care and Sulphur* in Asiatic Cholera, so I recommend *Fright, Run and Charcoal* in Yellow Fever.

Fright, because it would make people run away. Every one

who can possibly go away ought to do so; the sooner the better; even the sick should be scattered, never crowded.

The Yellow Fever has always one or more central points whence it spreads around, and is always communicated by inhalation. The substance carrying the disease is of a gaseous nature, and it acts on others not only more or less according to their state of susceptibility, exactly as it is in all infective diseases, but this infective gaseous substance must be in a certain state of condensation; it acts not if much diluted, mixed with a large body of air.

In this respect the cause and carrier of Yellow Fever, the miasma, as it is called, differs from others; it is only similar to the miasma from swamps, causing intermittent fever, but this latter is confined to certain localities; it cannot be carried about from place to place, it cannot be spread by the sick and dead.

Single cases of Yellow Fever, scattered about particularly in a pure atmosphere, in an air higher, cooler and more in motion, will never spread the disease, and have never done so. Therefore, the sooner and wider apart the sick are scattered about, the sooner the whole epidemic will be over. If this scattering about is done before a "panic," as this disease of the mind is called, spreads about, it will not be opposed by ignorant, barbarous neighbors, as has been the case. To scatter the sick is like scattering a fire, which will soon die out if there is no accumulation of combustible matter. To recommend people to go away from the focus is like removing combustible matter from a store on fire, which ought to be done in time and regular order by an organized body. All those who are necessary to oversee and form this organized body should stay, all others go away.

I admire with all my heart the grandeur of mind, shown by the members of the Howard Association in facing the terrible enemy, assisting the sick; the clergymen who stood firmly on their post to console in that reign of terror; the statesmen who took the helm to prevent disorder and confusion; all of them sacrificing their own comforts, health, and risking their lives. I admire all but one class—the physicians of the old

school. Although it was, as a matter of course, their plain duty to stay, it would have been much better for the sick, if they all had run away, following the example of their illustrious preceptor, Galen, who, as soon as an epidemic broke out, mounted his mule, and run away with his valuable boxes; his slave running after him as fast as only a slave can, who is running away.

What a display of wisdom and deep learning, to give calomel for no other reason than that the patients looked yellow, and because the liver ought to have something to do with it; for calomel acts, according to their most stupid superstition, on the liver!

As if every one, who recovered, would not certainly have done so much sooner and better without it.

To give quinine and fill the madhouses with idiots and fools, the almshouses with the blind, the deaf and the lame; all made artificially a burden to society by this same drug!

One of the most renowned physicians of the South came to Norfolk for the express purpose of advising his brother physicians to give nothing, no medicine whatever. He was truly a wise man, and an honest one.

The next thing to be done is to destroy the miasma on all points of generation, in each focus. The stagnant swamps along shore, the wharves, canals, &c., are out of the question in times of danger, and ought not to be touched; stirring them up would only increase the poison in the air; what should have been done in the fall and winter cannot be done in summer. But every ship with stinking bilge-water, or which had Yellow Fever or similar diseases on board, ought to be disinfected. It was one of the greatest absurdities of the old school to suppose that chloride of lime, which destroyed some other, entirely different, miasmas, would destroy that of Yellow Fever.

It is nothing but a remnant of the old superstitious times, when doctors were hunting for one antidote to all poisons, and when they tried to find a one remedy for all diseases. Every substance which is intended to destroy another, must have a chemical affinity for it. A few experiments would have convinced any one that chlorine mixes with the miasma without

changing it in the least. It is the same with all other "fumigations," even the most ridiculous, fires in the streets!

But fire produces a substance which, as chemistry has known for nearly one hundred years, has the most peculiar property of absorbing gases,—it is the *common charcoal.* Experiments will prove to any one, what astonishing quantities of gases will be readily absorbed by a mere handful of charcoal—the more if it is crushed or coarsely powdered, as this gives it a larger surface. And, what is to be particularly remarked, gases of that class to which the miasma of Yellow Fever no doubt belongs, are by preference, as it were, and in larger quantities, absorbed by charcoal. A few bucketfuls of it will disinfect a whole ship, if thrown down into the bilge water, repeated, if necessary, until there is no longer any bad smell.

This has never been done, and why not? The little black particles of charcoal are rather difficult to get out again! That's all. The same objection to it we will find in hospitals and private sick rooms.

My first proposition, since 1853,* when I had the first chance of observing for myself cases of Yellow Fever, was to send shiploads of charcoal to all infected places, to disinfect all suspicious vessels with it thoroughly, to have it in every sick-room, to put it by handsful on all and everything which passes from a Yellow Fever patient, what he vomits, his urine, his stools, at once before they are carried away; his sheets and bed-clothes before they are washed. This should be done in all and every case, and the washerwomen would then not die of the disease, as they have done, even in Philadelphia, in 1853. But it would, of course, require a great deal more water and work to remove all the little black spots from the linen.

Above all others, it should be the most peremptory rule to cover all corpses, without exception, and fill up the coffins with it, as the corpses produce the poisonous gas, and spread the disease more than anything else. By comparing the maps of the

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towns, and the local history of the epidemics, I found that the course of the fever was not so much in the direction of the prevailing winds, sometimes even against them, but always towards the burying-grounds, and principally along the streets through which the dead were carried,—the fever followed the dead.

As this use of charcoal should be ordered and enforced by the authorities—for the general application only can produce a perceptible result—let the following experiment be made in a public place, which will convince every one of the great usefulness of charcoal:

Put a dead rat into a small wooden box, upon a layer of charcoal about three inches thick, fill the box so that there are about six inches of charcoal over the rat. Every one knows what a terrible stench will come in due time from a dead rat. Place this box upon the main table of the council room, and let every one of the rulers of the town take a smell at it every day. If they should perceive more than the common cellar air, they have only to change the upper layer of charcoal, and all the smell will have gone in a few minutes. The rat may rot in a parlor without anybody perceiving it. In a few weeks nothing but skin, hair, sinews and bones will be left.

If a grave had been filled with charcoal, at least three to four feet high, it might be opened afterwards without any danger. A corpse, in a hermetically closed coffin, surrounded with charcoal two feet thick, might be transported without danger to any place.

But "let the dead bury the dead;" the most important result of such a rule, strictly carried out, would be the cessation of the fever in a very short time. All this, however, is independent of the treatment of the sick; but if, in addition to it, all cases were treated homœopathically, the good results would in a single week be perceived by all. It happens, not accidentally of course, but according to a law of nature, that what is the true chemical antidote, is also the best preventive and remedy, if taken internally, or the chemical is analogous to the dynamical. It happens, that among the symptoms of *Carbo vegetabilis*, as

collected by Hahnemann, we find a true and most striking similarity of the same group of symptoms which characterize Yellow Fever. It must be left to the scientific part of the physicians to examine this thesis, it is not for everybody.

The best preventive is *Carbo vegetabilis* in homœopathic preparations. The degree of attenuation, and the repetition, do not seem to be matters of much importance; time and careful observations will show. But if given at the very first, it may be sufficient. One dose of the highest dilution has been sufficient in several cases. A patient who had already, on the first day, bleeding of the gums, got well by taking the third trituration every six to eight hours, for a few days.

During the state of the greatest alarm, fatigue and exhaustion, many homœopathic physicians have given *Aconitum* and *Belladonna*, even in alternation; I cannot find a sufficient similarity neither with the one nor the other. Still the reports are a great deal more favorable than those of the allœopathists would be, because the latter always kill more than they cure.

If the homœopathic physicians were governed, from the very commencement of the epidemic, by the law of similarity, and find, according to Hahnemann's rule in the Organon, § 100–102, the medicines most corresponding with the character of the epidemic, which may change and will differ in different places, at different seasons and years, the results ought to be by far more favorable and striking than they have been hitherto.

Every one who cannot observe Hahnemann's rule, should commence with *Carbo vegetabilis*, which will act as a basis, after which all other medicines have a better effect. If alarming symptoms appear sometimes after it, another medicine may be given.

Aconitum, for a dry skin, hot fever, with great agony and restlessness.

Belladonna, rush of blood to the head or chest, when moving increases the symptoms.

Lachesis (or, according to several reports, *Crotalus*), in the low, sinking state.

Arnica, if the patient lies in a kind of stupor, with bad smell from the mouth; if he answers, when asked how he was, that he feels well.

Arsenicum, for great agony and burning pains; if not sufficient, *Cantharides* in water.

Fainting. Swooning.

When fainting occurs, it generally produces such alarm in those present, that all kinds of experiments, useless, disagreeable, and even injurious, are resorted to. If too large doses of spirits of hartshorn are administered, the consequences may be serious. Remember, the first thing to be avoided in all such cases is hurry. Loosen the clothing, if tight, about the neck, chest and abdomen; place the patient in a comfortable situation, and remove all objects which, when consciousness returns, might make a disagreeable impression. Sprinkle some cold water from a feather gently upon his face, apply a little water to the neck, the back part of the head, and to the pit of the stomach. If this does not produce any effect, and if the patient becomes cold, let him smell spirits of camphor.

When the cause is known, the remedy may be selected accordingly; for instance, if it arise from fright, *Coffea*, *Opium* and *Aconitum;* from loss of blood, or other debilitating causes, wine, but only a few drops should be given, and afterwards *China;* when produced by sudden mental emotions, *Ignatia* or *Chamomilla;* after loss of sleep, *Cocculus.* When slight pains cause fainting, give *Hepar;* when violent pain, *Aconitum*, *Coffea* or *Chamomilla;* when the pain preceding the fainting had almost driven the patient to distraction, give *Veratrum;* the same remedy will answer when debility and fainting are produced by the least exercise; when it occurs in the morning, *Nux vomica* is frequently of service, particularly in those who use ardent spirits immoderately, or those who have injured themselves by severe mental application. *Nux moschata*, if it occurs after exertion or taking cold in damp weather, in persons who used to complain of great weakness from the slightest exertion, particularly if, while fainting, they have palpitation of the heart, and are afterwards very sleepy. *Carbo vegetabilis*, in cases where too much mercury has been taken; when it comes on after dinner, *Nux vomica* generally removes it, or should this fail, *Phosphoric acid.* If it is preceded by giddiness, give *Chamomilla* or

Hepar, according to the symptoms. If preceded by nausea, *Ipecacuanha*.

These remedies should not be administered more than twice, from five to ten minutes apart; if no improvement takes place after the second time, select another medicine. When the relief is only temporary, repeat the dose as soon as the patient becomes worse again. When vomiting occurs after recovery from fainting, do not interfere with it at all; when the patient falls asleep after it, do not disturb him; rest will refresh him.

Apparent Death.

In regard to instances of apparent death, the same error is usually committed as in cases of fainting. Either too much is done, or too many things are tried at once, or nothing is done. There may be apparent death after a violent external injury, when life is only suspended. But appearance may become reality, by being taken for it too soon. There are many cases of sudden death; but apparent death is quite common too, particularly in cases of females who are pregnant, or in childbed. We know of but one sure sign of death, that is, when internal dissolution has proceeded so far as to become perceptible externally. Whenever there is the least uncertainty, and in all sudden cases, and when putrefaction does not commence as suddenly, nothing at least ought to be done that may cause actual death, and the interment should be postponed until the third day; on the third day changes always appear on the body, which are decisive; all further proceedings should be arrested until they make their appearance, though a week should elapse. In all cases of apparent death, particularly from external violence, the bodies should be treated with the greatest care; if they are treated as the dead generally are, viz: laid out on a board in a cold room, perhaps covered with ice, they will certainly be dead very soon, if they were not so before.

Apparent Death from Hunger.

Cases of persons, who from want of food have been so much weakened that they faint or are apparently dead, are by no means so very rare. They may and do happen on all our coasts after shipwrecks; in the mountains, when people lose their way, or in snow-storms, &c. All such persons must of course have food, as the first thing, but the longer they have been without it, the less of it they should have at once. Eating too much and too fast may kill them. In the worst cases, give repeated injections of warm milk; when they show signs of returning life, give the milk to drink, at first a few drops, afterwards more and more; if they want more, give a few spoonfuls of good toast-water, broth, and some little wine. When a sound sleep succeeds, cover them up warm, and not until after that sleep, give them more solid food in small quantities. The following excellent broth for such and similar patients, is highly to be recommended. Take one pound of good beef, free it from fat and bones, cut it up in small pieces, pour over it one pint of cold water, let it stand several hours, stirring it occasionally, then let it simmer over a slow fire, strain it through a hair sieve or coarse cloth, adding enough water to make it a pint, and season it with a little salt. Of this broth give at first a teaspoonful at a time, and afterwards more.

Apparent Death from a Fall.

Place the sufferer carefully on a bed, with his head elevated, and in a place where he may remain quiet, put a few globules of *Arnica* dissolved in water on his tongue, and wait quietly until a physician comes to see if there are any fractures, and whether there are still signs of life. It is a common practice to bleed in these cases. It may sometimes hasten resuscitation. But if they recover, they would have done so without being bled. When the patient has lost much blood from wounds, or from injudicious bleeding, give *China*, and a little wine, a few drops at a time, and afterwards *Arnica*.

Apparent Death from Suffocation, Hanging, Pressure, Choking.

Remove all tight clothing. Place the patient in a proper position, with the head and neck rather high, the neck being quite easy, neither bent forward nor upward, as is frequently the case when the head alone is too much elevated. Then commence rubbing gently but steadily with warm cloths, and give immediately an injection of about ten globules of *Opium* dissolved in half a pint of water, and injected slowly. This may be repeated every quarter of an hour, whilst the limbs are being rubbed, principally on the inside. From time to time hold a looking-glass before the mouth and nose, to see if the breath dims it; open the eyes to see if the pupils contract. Put warm cloths, or hot stones wrapped in cloths, to the feet, between the thighs, to the neck, and the sides. If in an hour or two no change is produced, take a bitter almond, pound it fine, and mix it in a pint of water, put a few drops into the mouth, or into the nose, and give the rest in injections. *Opium* or *Aconitum* are generally most suitable for the removal of the symptoms which appear after restoration is established.

The following method is often successful: a person in perfect health should pass his open hand from the head of the patient to his feet, keeping his hand at a distance of about an inch or two from the body of the patient; when arrived at the feet the hand should be returned quickly to the head of the patient, keeping it at a great distance from his body in doing so, and this should be continued in the same order for some time. Do not mind such would-be-wise people, who presume to ridicule such a proceeding, because their wisdom cannot explain how it can act. Ask them what causes cholera, intermittent fever, &c.? They will tell you that it is a "something" in the air, a poison, or miasma, and so forth. Nobody has ever been able to take hold of this "something," bottle it up, or show its existence by the most delicate chemical tests; the only test is the human body. All we know is, that people when exposed to this

"something" will sometimes certainly get the cholera, fever and ague, &c., and we know, too, that persons have been restored to life by the above described process; but how this "something" in the air or the passes of the hand act we cannot tell, we must be satisfied with the facts.

Apparent Death from Drowning.

A person apparently drowned should be undressed, the mouth and the throat be cleaned, the upper part of the body and head be bent forward for a few seconds, that the water, if possible, may run out, and then placed on a warm bed, wrapped in warm blankets, or in warm sand or ashes; in summer, place the patient, wrapped in a blanket, if possible, in the sun, with his face turned towards it, and the head slightly covered; then give injections, and commence rubbing the limbs with warm cloths, and continue this for hours. The passing the hand over the body, as described above, may be tried. Bleeding is folly. If the rubbing and injections produce no effect, put *Tartar emetic* upon the tongue, and give the same remedy—as much of the third trituration as will lie on the point of a penknife, dissolved in half a pint of water—in injections, and continue the rubbing. Persons who had been under water for half an hour, have been restored to life by continued and unwearied exertions.

Appraent Death from being Frozen.

Where animation has been suspended by freezing, it may be restored in some cases even when it has ceased for several days. Great care should be taken in moving persons in this condition, so that no part of the body may be injured. Let them be taken from the open air under cover, but consider that even a very moderate heat may kill them; a cold room or a barn where there is not the least draught, is the best place. Cover them entirely with snow, face and all, leaving merely the mouth and the nostrils free, in such a manner that every part of the body is covered with several inches of it. Place them in such a position that the melted snow may run off easily, and be replaced

by fresh. When there is no snow put them into a cold bath, the temperature of which has been reduced by ice. If ice is attached to the body or to the clothes, remove it.

In this manner thaw the body until every part becomes perfectly pliable, then gradually remove the clothing, if necessary, by cutting it from the body. As the limbs become soft and pliable, commence rubbing them with snow, and continue it until they become red; then place the patient on a dry bed, and rub him with cold flannel cloths, stockings, old pieces of felt, &c.

If signs of returning life do not soon manifest themselves under this treatment, small injections containing camphor—a drop of spirit of camphor to half a tumblerful of water—may be administered every quarter or half hour. If the patient begins to revive during the friction, or after taking the camphor, and gives symptoms of returning animation, administer small injections of lukewarm coffee without milk,— and as soon as he can swallow, give him some coffee—a teaspoonful at a time.

It frequently takes hours to restore life, but we ought not to be sparing of labor. For the violent pains which are felt sometimes after the sufferer has revived, give *Carbo vegetabilis* every five to six hours, and if this proves unavailing, *Arsenicum*. If heat or stinging pains are felt in the head, a few doses of *Aconitum* will be of service. If the patient craves wine or brandy, a small quantity may be given to him.

A person who has recovered from freezing, must avoid the heat of the stove and of the fire for a considerable time, as serious maladies, particularly disease of the bones, are liable to result therefrom. See "Frostbite."

Apparent Death from Lightning.

A person rendered insensible by a stroke of lightning, should be at once placed into a freshly made opening in the ground, in a position half sitting, half lying, with the face against the sun, and be covered all over with fresh ground. As soon as he moves the eyes, give internally a few globules of *Nux vomica*, by placing them upon the tongue, and repeat the dose in half an

hour, if there is no sign of returning consciousness. The same remedy may also be given in injection, by dissolving from fifteen to twenty globules in half a pint of water.

The complaints which frequently follow restoration, may generally be removed by *Sulphur* and *Nux vomica*. For blindness, *Phosphorus*.

If you cannot place the patient in the ground, put him in a current of cool, fresh air, and dash plenty of cold water over his face, neck and chest, and use *Nux vomica* as above.

Apparent Death from Mental Emotions, Bad Gases, and other causes.

Look under the different heads of the causes. A case of apparent death from violent mortification, was restored by *Chamomilla*. After suppressed grief, give *Ignatia*. After fright and violent anger, *Aconitum*. After grief caused by disappointed love, where apparent death followed after a violent pain in the heart, *Lachesis* restored the patient.

In cases of sudden, apparent death after violent mental emotions, you may, besides the remedies stated before, give *Apium virus* or *Glonoine*, if the face is pale. *Apium virus*, if it commenced like fainting, with such a weakness that the patient had to sit down on the spot, or fell down; sometimes with vomiting; particularly if it occurred after great mental or bodily pain. *Glonoine*, if the patient put his hand suddenly upon his heart or head; afterwards cold sweat.

Opium is better if the face is blue, as stated under "Apparent Death from Suffocation."

Apoplexy.

Against the premonitory symptoms of this complaint, such as great inclination to sleep; general feeling of dulness or heaviness; dimness before the eyes; buzzing in the ears; hardness of hearing; heavy, profound sleep, and snoring; frequent yawning, and fatigue after the least exertion; acute pains in the head; vertigo or giddiness; fainting; irritability of temper; loss of

memory; forgetfulness of words or things; acuteness of vision or double vision; difficulty of swallowing; numbness, or pricking sensation in the extremities; congestion of blood to the head, with beating of the arteries about the neck; red face, and quick, full pulse, &c.; see "Determination of Blood to the Head."

In cases of apoplexy, the common practice is bleeding; the revival of the patient may be hastened by it, but, at the same time, his death may be hastened too. Open the eyes of the patient,—if the pupils are very small, or if one of them is very small and the other very large, do not bleed; if both are very large, or one large and the other of natural size, the patient may be bled, although a skilful homœopathic physician will restore the patient without bleeding.

If the pulse is slow and full, face red or pale, give *Opium;* put a few globules of it upon the tongue of the patient, and use some globules, dissolved in a pint of water, as an injection; if the pulse is very weak, give *Lachesis* in the same way.

In other respects, select a remedy according to the cause, and particularly according to the symptoms which preceded the fit. If it was preceded by nausea or inclination to vomit, or if the patient vomits when he recovers, give *Tartar emetic.*, 3rd trit., as much as will lie upon the point of a knife, dissolved in half a tumblerful of water,—a teaspoonful every ten to fifteen minutes; if not better in half an hour, use the same solution as an injection. Select, according to the symptoms, from the following: *Aconitum*, *Veratrum*, *Pulsatilla*, *Phosphoric acid*, *Nux vomica*, *Arsenicum*, *Antimonium crudum*, *Hyoscyamus.*

The limits of this work will not admit of a more extended notice of the disorder; nor, indeed, is that necessary, as the treatment should in all cases be under the management of a homœopathic physician.

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OF THE

REMEDIES USED, THEIR NAMES, AND THE DISEASES IN WHICH EMPLOYED.

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Antimony crudum. Crude antimony. A Combination of Antimony-metal with Sulphur.

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Belladonna. Atropa Belladonna. A European poisonous plant.

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Calendula tincture. Calendula officinalis. MARIGOLD. GARDEN-PLANT.

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Cantharides tincture. SPANISH FLIES.

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Capsicum. Capsicum annum. CYENNE PEPPER.

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Causticum. HAHNEMANN'S REMEDY, MADE FROM QUICKLIME.

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Cina. Artemisia Santonica. Wormseed. An Asiatic plant.

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Colocynthis. Cucumis Colocynthis. A plant from the shores of the Mediterranean.

Vexation, 6. Colds, 16. Excesses, 24. Disordered stomach, 29.

Malt liquors, 32. Coffee, i37. Rhubarb, 41. Magnesia, 42. Lock-jaw, 86. Wounds, 87. Headache, 103, 109. Eye, 117. Faceache, 204. Bad taste, 205. Colic, 223, 224, 226. Piles, 236. Diarrhœa, 241. Dysentery, 246. Difficult urinating, 257. Pregnancy, 276. Infants, 313, 315, 316. Gout, 337. Rheumatism, 340, 341.

Crocus. Crocus sativus. SAFFRON. A plant cultivated in Southern Europe.
Eye, 115, 117. Nose, 135. Menstruation, copious, 264. Pregnancy, 270, 278. Childbed, 287, 288.

Cuprum. COPPER.
Irritability, 8. Colds, 10, 11, 12, 15. Tobacco, 38. Headache, 110. Squinting, 125. Hooping-cough, 149, 151. Bad taste, 205, 206. Worms, 232. Cholera, 248, 250. Menstruation, tardy, 261. Childbed, 287. Rash, 321. Erysipelas, 329. Rheumatism, 341.

Drosera. Drosera rotundifolia. SUN-DEW. A North American and European plant.
Homesickness, 5. Farsightedness, 123. Hoarseness, 139. Cough, 144. Hooping-cough, 149, 150, Croup, 152, Measles, 325.

Dulcamara. Solanum Dulcamara. BITTER-SWEET. A climbing plant of America and Europe.
Colds, 11, 12, 13, 14, 15, 16. Excesses, 23. Mercury, 43. Blood to head, 100. Eye, 119, 120. Earache, 128. Ears, 129, 130, 132. Catarrh, 137. Cough, 145, 147. Hooping-cough, 149. Bloodspitting, 156, 160. Bronchitis, 154. Pneumonia, 174. Toothache, 184–193, 200, 202. Bad taste, 205. Dulcamara, 207. Diarrhœa, 243. Difficult urinating, 257. Pregnancy, 274, 283. Childbed, 289, 291. Infants, 297, 305, 311, 316. Nettle rash, 322. Measles, 325. Abscess, 335. Warts 336. Rheumatism, 399.

Euphrasia. Euphrasia officinalis. EYEBRIGHT. A European and American plant.
Eyelid, 113. Eye, 115, 117. Sight, 124. Catarrh, 137. Cough, 143, 144. Asthma, 168. Infants, 297. Measles, 324.

Ferrum. Ferrum aceticum. ACETATE OF IRON.
Colds, 12. Drinking water, 30. Malt liquors, 32. Tea, 38. Sour food, 39. Quinine, 40, 41. Mercury, 43. Arsenic, 44. Loss of hair, 111. Eye, 118. Congestion to chest, 155, 158. Bloodspitting, 160 Pleurisy, 172. Bad taste, 205. Nausea, 215, 216. Itching of anus, 233. Diarrhœa, 242, 243. Green sickness, 267. Pregnancy, 279, 282. Infants, 314, 315. Gout, 337. Intermittent fever, 345, 350–354.

Glonoine. Nitrate of Oxyde of Glycil. A CHEMICAL PREPARATION FROM GLYCERINE.

Fright, 2. Irritability, 8. Colds, 9, 17. Sun-stroke, 18. Heat, 19. Ice-water, 30, 31. Digitalis, 41. Lead, 44, 67. External injury, 78. Blood to head, 99. Headache, 101. Palpitation, 165. Toothache, 184–193, 194. Pregnancy, 271. Intermittent fever, 349, 350–354. Congestive and remittent fevers, 354. Apparent death, 366.

Hepar. Hepar sulphuris calcareum. A CHEMICAL COMBINATION OF LIME AND SULPHUR.

Anger, 8. Colds, 11, 14, 16. Fatigue, 21. Surfeiting, 26. Iodide, 42, 65. Mercury, 43. Iron, 44. Acids, 64. Alkalis, 65. Arsenic, 66. Chloride of tin, 67. Zinc, 68. Snake-bite, 74. Bruises, 79, 80. Wounds, 84, 86. Windpipe, 95. Stomach, 95. Skin, 96. Giddiness, 98. Blood to head, 100. Headache, 107. Loss of hair, 111. Eyelid, 113, 114. Stye, 114. Eye, 119, 120. Light, 124. Earache, 127. Ears, 128, 129, 130, 132. Nose, 133. Catarrh, 136. Hoarseness, 140. Hooping-cough, 151. Croup, 152, 153, 154, 155. Laryngitis 160. Bronchitis, 163. Pneumonia, 174. Quinsy, 178, 179, 182. Toothache, 184–193, 190. Swelled face, 203. Faceache, 205. Bad taste, 206. Scurvy, 207. Dyspepsia, 213. Mucus state of the stomach, 214. Piles, 238. Jaundice, 255. Difficult urinating, 256, 257. Childbed, 293. Infants, 302, 304, 305, 316. Nettlerash, 323. Small-pox, 328. Erysipelas, 329. Itching of skin, 330. Itch, 331. Boil, 331. Carbuncle, 332. Whitlow, 333. Abscess, 335. Rheumatism, 339. Intermittent fever, 349, 350–354. Fainting, 360, 361.

Hydrophobium. THE CHEMICAL EXTRACT OF THE VIRUS.

Bite of mad dog, 75

Hyoscyamus niger. HENBANE. A poisonous plant of Europe.

Grief, 4. Mortification, 5. Homesickness, 5. Bite of mad dog, 75. Lock-jaw, 86. Bleeding of gums, 86. Eyelid, 114. Blindness, 124. Squinting, 125. Mumps, 126. Ears, 132. Cough, 141. Croup, 152. Bloodspitting, 159. Pneumonia, 173. Toothache, 184–193, 194, 197. Faceache, 205. Bad taste, 206. Scurvy, 207. Tongue, 209. Nausea, 216. Inflammation of stomach, 227, 230. Worms, 232. Difficult urinating, 256. Pregnancy, 276, 279, 281. Childbed, 286, 291. Infants, 307. Measles, 325. Rheumatism, 341. Intermittent fever, 348, 350–354. Apoplexy, 367.

Hypericum tincture. Hypericum perforatum. ST. JOHN'S WORT.

Stabs and cuts.

Ignatia. Ignatia amara. St. Ignatius' Bean. Fruits of a poisonous tree from the East Indies.

Fright, 1, 2. Grief, 4. Disappointed love, 4. Irritability, 8. Colds, 16. Excesses, 24. Water-drinking, 30. Coffee, 37, 38. Tea, 38. Tobacco, 38. Spices, 38. Herb teas, 40. Digitalis, 41. Lock-jaw, 86. Wounds, 87. Throat, 92. Windpipe, 96. Blood to head, 100. Headache, 103, 106. Eye, 116, 117, 120. Cough, 143. Bloodspitting, 160. Palpitation, 165. Asthma, 169. Quinsy, 179, Toothache, 184–193, 197. Bad taste, 206. Stomachache, 218, 219. Colic, 225. Itching of anus, 233, 234. Prolapsus ani, 235. Piles, 237. Menstruation, too copious, 264. Pregnancy, 275, 276. Childbed, 286. Infants, 296, 306, 314. Itching of the skin, 330. Rheumatism, 340. Epilepsy, 341. Sleeplessness, 342. Intermittent fever, 346, 348. Apparent death, 366.

Ipecacuanha. Cephaelis Ipecacuanha. A Native Plant of Brazil.

Colds, 10, 11, 12, 15, 16. Sitting up at night, 22. Surfeiting, 25. Overfeeding, 27. Disordered stomach, 29, 30. Quinine, 40, 41. Arsenic, 44, 66. Prussic acid, 66. Antimony, 67. Opium, 68. Wounds, 81. Windpipe, 94. Stomach, 95, 96. Headache, 102, 103, 104. Catarrh, 137, 138. Cough, 141, 146, 147. Hooping-cough, 149. Bloodspitting, 157, 158. Bronchitis, 164. Asthma, 167, 168, 169. Pneumonia, 174, 175. Bad taste, 206. Dyspepsia, 213. Mucous state of stomach, 214. Nausea, 215. Vomiting blood, 221. Inflammation of stomach, 227. Worms, 231. Piles, 238. Diarrhœa, 240, 242, 243. Cholera, 247, 249. Menstruation, too copious, 264. Pregnancy, 272, 279, 280. Childbed, 286. Infants, 300, 301, 303, 307. Teething, 309. Infants, 311. Rash, 321, 322. Measles, 324. Scarlet rash, 327. Intermittent fever, 344, 346, 350–354. Fainting, 361.

Lachesis. Trigonocephalus Lachesis. The Chemical Extract of the virus of this South American Snake.

Fright, 3. Disappointed love, 5. Colds, 17. Intoxication, 36. Delirium tremens, 35, 37. Sour food, 38, 39. Mercury, 43. Antimony, 67. Malignant pustule, 72. Bite of mad dog, 75. Bruises, 79. Wounds, 87. Stomach, 95. Skin, 96. Memory, 98. Ears, 129, 130, 131, 132. Nose, 135. Catarrh, 137. Hoarseness, 140. Cough, 147. Croup, 154. Spitting blood, 156. Laryngitis, 160. Bronchitis, 163. Inflammation of the lungs, 173. Quinsy, 179, 182. Toothache, 184–193, 201. Swelled face, 203. Tongue, 208. Dyspepsia, 213. Nausea, 215. Inflammation of stomach, 229, 230. Worms, 232. Piles, 238. Constipation, 253. Liver complaint, 254, 255. Jaundice, 255. Hernia, 259. Menstruation, tardy, 261,—painful, 265,—cessation of, 268. Pregnancy, 276. Scarlatina, 326. Erysipelas, 329. Itch, 331. Carbuncle, 332. Whit-

low, 333. Ulcers, 334. Rheumatism, 338, 339. Intermittent fever, 347, 348, 350–343. Yellow fever, 359. Apparent death, 366. Apoplexy, 367.

Lycopodium. Lycopodium clavatum. Club-moss. A German plant.

Stomach, 96. Headache, 104. Loss of hair, 111. Nose, 136. Croup, 155. Pleurisy, 172. Quinsy, 179. Menstruation, tardy, 261. Pregnancy, 273, 274, 276, 282. Childbed, 292, 293. Infants, 304, 305. Nettle rash, 323. Scarlatina, 326. Corns, 335. Rheumatism, 339, 341.

Mercurius. Mercurius solubilis Hahnemanni. Hahnemann's Preparation of Mercury.

Fright, 3. Mortification, 5. Home Sickness, 5. Irritability, 8. Colds, 10, 13, 14, 15, 16, 17. Fatigue, 20. Excesses, 24. Drinking water, 30. Drunkenness, 35. Tobacco, 38. Laudanum, 40. Quinine, 40, 41. Asafœtida, 41. Sarsaparilla, 41. Mezereum, 41. Rhubarb, 41. Sulphur, 42. Mercury, 43. Lead, 44. Painting, 63. Opium, 68. Pink-root, 69. Snake-bite, 74. Lock-jaw, 86. Throat, 92. Skin, 96. Memory, 98. Blood to Head, 100. Headache, 104, 107. Loss of hair, 111. Eye-lid, 113. Eye, 117, 118, 119. Blindness, 123. Light, 124. Mumps, 125, 126. Earache, 127. Ears, 128, 129, 130, 132. Nose, 133, 135. Catarrh, 136. Hoarseness, 139, 140. Cough, 142. Hooping-cough, 149. Blood-spitting, 156, 159. Laryngitis, 160. Bronchitis, 163, 164. Pleurisy, 172. Pneumonia, 173, 174. Concussion of chest, 176. Quinsy, 178, 179, 182. Toothache, 184–193, 198, 199, 202. Swelled face, 202, 203. Bad taste, 205, 206. Offensive breath, 207. Scurvy, 207, 208. Tongue, 208. Dyspepsia, 213. Nausea, 215, 216. Colic, 222, 223. Inflammation of stomach, 229, 230. Worms, 232. Prolapsus ani, 235. Piles, 237, 238. Diarrhœa, 241. Dysentery, 244. Constipation, 253. Liver complaint, 254, 255. Jaundice, 255. Difficult urinating, 257. Pregnancy, 274, 275, 282. Child-bed, 292. Infants, 297, 298, 299, 307. Teething, 309, Infants, 311, 312, 313, 314, 316. Measles, 325. Scarlatina, 326. Chicken-pox, 327. Small-pox, 328. Erysipelas, 329. Itching of Skin, 330. Itch, 331. Boil, 331. Whitlow, 333. Abscess, 335. Rheumatism, 338, 339, 340. Intermittent fever, 349, 350–354.

Natrum muriaticum. Kitchen Salt.

Fatigue, 21. Sour food, 39. Stings of insects, 73. Pneumonia, 176. Bad taste, 205, 206. Scurvy, 208. Tongue, 209. Dysentery, 244. Constipation, 253. Menstruation suppressed, 263. Whites, 269. Pregnancy, 273. Warts, 336. Intermittent fever, 348, 350, 354.

Nux moschata. Myristica moschata. NUTMEG, FROM THE EAST INDIES.

Colds, 10, 11, 12, 13, 14, 16, 17. Fatigue, 21. Excesses, 24. Intoxication, 35. Memory, 98. Headache, 108. Cough, 143. Palpitation, 165. Tooth-ache, 184–193, 195. Offensive breath, 207. Tongue, 209. Stomach-ache, 219. Diarrhœa, 243. Menstruation tardy, 261—suppressed, 262. Pregnancy, 273, 274, 278, 283. Child-bed, 285. Infants, 311. Intermittent fever, 349, 350–354. Fainting, 360.

Nux vomica. Strychnos nux vomica. THE SEED OF THIS EAST INDIAN TREE.

Vexation, 6. Anger, 7. Irritability, 8. Colds, 9, 10, 11, 12, 13, 14, 16, 17. Sun-stroke, 19. Sitting up at night, 22. Late hours, 23. Mental application, 23. Excesses, 23, 24. Loss of fluids, 24. Surfeiting, 25, Overfeeding, 27. Disordered stomach, 28, 29. Ice water, 30, 31. Milk, 32. Drunkenness, 34, 35, 36. Coffee, 37. Tobacco, 38. Spices, 38. Sour food, 38. Herb teas, 40. Laudanum, 40. Digitalis, 41. Valerian, 41. Colchicum, 41. Rhubarb, 41. Magnesia, 42. Lead, 44, 67. Arsenic, 44, 66. Bad gases, 62. Bad air, 63. Phosphorus, 65. Alcohol, 65. Prussic acid, 66. Antimony, 67. Opium, 68. Stomach, 96. Giddiness, 97, 98. Memory, 98. Blood to head, 99, 100. Headache, 101, 102, 103, 106, 108. Eyelid, 113. Eye, 115, 116, 117, 120. Far-sightedness, 123. Light, 124. Ear-ache, 127. Ears, 130, 132. Nose, 135. Catarrh, 137, Hoarseness, 139. Cough, 140. Hooping-cough, 149. Croup, 152. Congestion to the chest, 155. Blood-spitting, 158, 159. Bronchitis, 163. Palpitation, 165. Ashthma, 167, 168. Pleurisy, 170. Inflammation of the lungs, 174. Concussion of chest, 176. Quinsy, 180. Tooth-ache, 184–193, 196. Bad taste, 205, 206, Offensive breath, 207. Dyspepsia, 211. Heartburn, 214. Nausea, 215. Sea sickness, 216. Stomach-ache, 217, 218. Vomiting blood, 221. Colic, 222, 223, 225. Flatulency, 226. Inflammation of stomach, 227, 228, 229, 230. Abdominal congestion, 230. Worms, 231. Itching of anus, 233, 234. Prolapsus ani, 235. Piles, 236, 237. Diarrhœa, 243. Dysentery, 244. Cholera, 247, 249. Constipation, 253. Liver complaint, 254. Jaundice, 255. Difficult urinating, 256, 257. Hernia, 258, 259. Painful menstruation, 265 ;—too copious, 264. Pregnancy, 271, 273, 274, 275, 276, 279, 283. Child-bed, 285, 287, 292. Infant, 296, 297, 298, 299, 301, 303, 311, 312, 314, 315. Nettle-rash, 323. Measles, 325. Itching of the skin, 330. Carbuncle, 332. Chilblain, 332. Ulcers, 335. Gout, 337. Rheumatism, 339, 340. Nightmare, 342. Sleeplessness, 342. Intermittent fever, 348, 350, 354. Fainting, 360. Apparent death, 365, 366. Apoplexy, 367.

Opium. Papaver somniferum. White Poppy.

Fright, 1, 2. Fear, 3. Grief, 4. Colds, 12. Excesses, 24. Ice water, 30. Drunkenness, 34. Delirium tremens, 36. Spices, 38. Digitalis, 41. Lead, 44, 67. Bad gases, 62. Bad air, 63. Painting, 63. Antimony, 67. Camphor, 68. Saffron, 69. Turpentine, 69. External injury, 78. Wounds, 87. Windpipe, 95. Stomach, 95. Blood to head, 100. Headache, 104. Blood-spitting, 157, 159. Palpitation, 165. Pneumonia, 173, 175. Sea-sickness, 216. Cholera, 250. Constipation, 253. Jaundice, 255. Hernia, 258. Menstruation suppressed, 262. Pregnancy, 271, 273, 276. Child-bed, 285, 289. Infants, 299, 300, 302, 307. Epilepsy, 341. Nightmare, 342. Sleeplessness, 342. Intermittent fever, 349, 350, 354. Fainting, 360. Apparent death, 363, 366. Apoplexy, 367.

Phosphorus.

Over-feeding, 28. Sour food, 39. Fat-poison, 72. False step, 79. Wounds, 87. Giddiness, 98. Eye, 120. Nose, 136. Hoarseness, 140. Hooping-cough, 149. Croup, 154. Congestion to the chest, 155. Laryngitis. 160. Bronchitis, 163. Asthma, 169. Inflammation of the lungs, 172, 173, 174. Toothache, 184–193, 199. Stomachache, 221. Cholera, 251. Menstruation, tardy, 261. Pregnancy, 270, 273. Childbed, 291, 293. Measles, 324. Erysipelas 329. Corns, 335. Apparent death, 366.

Phosphoric acid.

Grief, 4, 5. Disappointed love, 4, 5. Home-sickness, 5. Colds, 11, 12, 16. Sitting up at night, 22. Excesses, 23. Loss of fluids, 24. Mercury, 43. Fat-poison, 72. Glandered horse, 72. Snake-bites, 74. External injury, 78. Fracture, 81. Headache, 110. Loss of hair, 111. Shortsightedness, 123. Earache, 128. Ears, 132. Nose, 133. Cough, 145, 147. Toothache, 184–193, 201, 202. Bad taste, 205, 206. Tongue, 208. Nausea, 215. Diarrhœa, 242. Cholera, 249. Childbed, 292. Scarlatina, 326. Corns, 335. Fainting, 360.

Platinum. A Metal.

Fright, 3. Disappointed love, 5. Grief, 5. Anger, 7. Excesses, 24. Lead, 44, 67. Headache, 107. Earache, 128. Faceache, 204. Stomachache, 221. Dysentery, 244. Constipation, 253. Menstruation, too copious, 264. Pregnancy, 270, 271, 279, 281. Childbed, 287, 289. Infants, 314.

Pulsatilla. Pulsatilla nigricans. A plant of Germany.

Fright, 2, 3. Fear, 3. Vexation, 6. Anger, 7. Irritable 8. Colds, 10, 11, 13, 14, 16, 17. Sitting up at night, 22, 23. Mental application, 23. Excesses, 24. Surfeiting, 25, 26. Overfeeding, 27, 28, 29. Cold drinks, 30, 31. Coffee, 37. Tobacco, 38. Herb-teas, 40. Quinine, 40, 41. Colchicum, 41. Spanish flies, 41. Rhubarb, 41. Magnesia, 42. Sulphur, 42. Mercury, 43. Iron, 44. Acids, 64. Alum, 66. Tin, 67. False step, 79, Burns, 89. Ears, 91. Giddiness, 97, 98. Headache, 101, 102, 103, 106, 107, 109. Eyelid, 113. Stye, 114. Eye, 116, 118, 120. Shortsightedness, 123. Light, 124. Ears, 126, 128, 129, 130, 132. Earache, 127, 130, 132. Nose, 134. Catarrh, 137, 138. Hoarseness, 139. Cough, 144. Hooping-cough, 149. Congestion to the chest, 155. Bloodspitting, 156, 158, 159. Bronchitis, 162. Palpitation, 165. Asthma, 167, 168, 169. Pleurisy, 170, 171. Inflammation of the lung, 174. Concussion of chest, 176. Quinsy, 180. Toothache, 184–193, 196, 200. Swelled face, 202, 203. Faceache, 205. Bad taste, 205, 206. Offensive breath, 207. Dyspepsia, 211. Mucus state of stomach, 214. Heartburn, 214. Nausea, 215. Stomachache, 218, 219. Vomiting blood, 221. Colic, 222, 223, 226. Flatulency, 226. Inflammation of stomach, 227, 229. Abdominal congestion, 231. Worms, 231. Piles, 237, 238. Diarrhœa, 241. Dysentery, 244. Constipation, 253. Difficult urinating, 256, 256. Menstruation, tardy, 260, 261,—suppressed, 262,—painful, 265,—cessation of, 268. Green sickness, 265. Whites, 268. Pregnancy, 272, 273, 274, 275, 276, 277, 283. Childbed, 285, 287, 289, 290, 291, 292. Infants, 297, 299, 301, 303, 312, 313, 314. Nettle rash, 322. Measles, 324, 325. Scarlet rash, 327. Erysipelas, 329. Itching of the skin, 330. Chilblain, 332. Gout, 337. Rheumatism, 338, 339, 440. Nightmare, 342. Sleeplessness, 342. Intermittent fever, 346, 347, 348, 350–354. Apoplexy, 367.

Rheum. Rheum palmatum. Rhubarb.

Colds, 17. Magnesia, 42. Bad taste, 205, 206. Mucus state of stomach, 214, Diarrhœa, 240, 242, 243. Pregnancy, 274. Childbed, 291. Infants, 300, 307.

Rhus. Rhus toxicodendron. Poison-oak. North American shrub.

Colds, 9, 10, 14, 16, 17. Fatigue, 20, 21. Malt liquors, 32. Sour food, 39. Quinine, 40. Mezereum, 41. Mercury, 43. Malignant pustule, 72. External injury, 78. False step, 79. Sprains, 70. Wounds, 85. Lock-jaw, 86. Bleeding of gums, 86. Burns, 89. Nose, 91. Giddiness, 97, 98. Memory. 98. Blood to head, 100. Headache, 101, 108. Eyelid, 113, 114. Eye, 116. Squinting, 124. Earache, 128. Nose, 133, 135. Hoarseness, 139. Cough, 143. Bloodspitting, 159. Inflammation

of the lungs, 173. Quinsy, 180. Toothache, 184–193, 200. Faceache, 205. Bad taste, 205, 206. Abdominal congestion, 231. Piles, 238. Diarrhœa, 241. Dysentery, 245, 246. Hernia, 258, 259. Pregnancy, 274, 376. Childbed, 290, 291. Infants, 297, 298, 299, 304, 305, 312, 313, 314, 315. Nettle rash, 322. Measles, 324. Scarlatina, 326. Smallpox, 328. Erysipelas, 329. Itching of the skin, 330. Corns, 335, 336. Gout, 337. Rheumatism, 338, 339, 340, 341. Intermittent fever, 346, 350–354.

Ruta. Ruta graveolens. GARDEN-RUE. A European shrub.

Bruises, 79. Sprains, 80. Lock-jaw, 86. Shortsightedness, 123. Nose, 133. Prolapsus ani, 235.

Ruta tincture. RUTA GRAVEOLENS. Common Rue.

Bruises, 79.

Sambucus. Sambucus nigra. ELDER FLOWERS.

Fright, 2. Colds, 12. Fatigue, 21. Sprain, 80. Hoarseness, 139. Croup, 152, 154. Asthma, 169. Intermittent fever, 346, 350–354.

Sanguinaria. Sanguinaria canadensis. BLOOD-ROOT. A North American plant.

Sick headache 104, 106. Nose, 136. Inflammation of the lungs, 173.

Secale. Secale cornutum. ERGOT OF RYE.

Lock-jaw, 86. Bloodspitting, 159. Pregnancy, 278. Childbed, 285, 287, 289, 291. Ulcers, 334.

Silicea. PURE FLINT.

Colds, 10, 16, 17. Over-heating, 20. Fatigue, 22. Drinking water, 30 Intoxication, 36. Sulphur, 42. Mercury, 43. Wounds, 84, 86. Bleeding of gums, 86. Eye, 90. Throat, 92. Windpipe, 94, 95. Stomach, 95. Skin, 96. Giddiness, 98. Blood to head, 100. Headache, 105, 110. Loss of hair, 111. Stye, 114. Eye, 120. Farsightedness, 123. Blindness, 124. Ears, 128, 132. Nose, 136. Catarrh, 138. Hoarseness, 139, 140. Cough, 146, 147. Bloodspitting, 156. Quinsy, 182. Toothache, 184–193, 202. Bad taste, 205, 206. Offensive breath, 207. Worms, 232. Itching of anus, 233. Pregnancy, 274, 277. Childbed, 292, 293. Infants, 302, 314, 316. Vaccination, 321. Erysipelas, 329. Carbuncle, 332. Whitlow, 333. Ulcers, 334, 335. Abscess, 336. Rheumatism, 339. Nightmare, 342.

Spigelia. **Spigelia anthelmintica.** South American Pink-root.

Colds, 10, 11. Sick headache, 105, 106. Palpitation, 165. Faceache, 204. Rheumatism, 339.

Spongia. **Spongia tosta.** Burnt Sponge.

Drunkenness, 35. Hoarseness, 140. Croup, 153, 154. Laryngitis, 160. Bronchitis, 162, 163. Bad taste, 205.

Staphisagria. **Delphinium Staphisagria Stavesacre.** A plant of Southern Europe.

Disappointed love, 4. Grief, 5, 6. Vexation, 5. Anger, 7. Excesses, 22, 23. Loss of fluids, 24. Drinking water, 30. Tobacco, 38. Sour food, 38. Mercury, 43. Wounds, 85, 86. Lock-jaw, 86. Memory, 98. Loss of hair, 111. Stye, 114. Light, 124. Ears, 132. Nose, 136. Cough, 145, 147. Bloodspitting, 156. Palpitation, 165. Toothache, 184–193, 200, 201. Faceache, 205. Bad taste, 206. Heartburn, 214. Sea-sickness, 216. Stomachache, 221. Dysentery, 244, 246. Constipation, 253. Pregnancy, 275. Infants, 305.

Stramonium. **Datura stramonium.** Thorn-apple.

Lock-jaw, 86. Pregnancy, 277. Childbed, 286. Infants, 307.

Sulphur. Brimstone.

Grief, 4, 5. Colds, 10, 12, 14, 15, 16, 17. Fatigue, 21. Mental application, 23. Excesses, 22, 23. Loss of fluids, 24. Drinking water, 30. Milk, 32. Drunkenness, 35. Sour food, 39. Quinine, 40, 41. Valerian, 41. Mercury, 43. Glandered horse, 72. Over-lifting, 78. Burns, 89. Eye, 90. Ear, 91. Nose, 91. Giddiness, 97, 98. Memory, 98. Blood to head, 100. Headache, 105, 106, 110. Eyelid, 113, 114. Eye, 117, 119, 120. Farsightedness, 123, Blindness, 124. Light, 124. Earache, 127. Ears, 128, 129, 131, 132. Nose, 133, 135. Catarrh, 138. Hoarseness, 139, 140. Cough, 146, 147. Congestion to chest, 155. Bloodspitting, 158. Laryngitis, 160. Bronchitis, 164. Palpitation, 165. Asthma, 169. Pleurisy, 171. Inflammation of the lungs, 173, 174, 175. Concussion of chest, 176. Quinsy, 179, 181, 182. Toothache, 184–193, 194, 199. Swelled face, 203. Bad taste, 205, 206. Offensive breath, 207. Dyspepsia, 213. Nausea, 215, 216. Vomiting blood, 221. Colic, 223, 226. Flatulency, 226. Inflammation of stomach, 229. Abdominal congestion, 230. Worms, 232. Itching of anus, 233, 234. Piles, 238, 239. Diarrhœa, 241, 242. Dysentery, 246. Cholera, 248, 249. Constipation, 254. Liver complaint, 255. Jaundice, 255. Hernia, 258, 259. Menstruation, tardy, 260, 261,—suppressed, 263,—too

copious, 264,—cessation of, 268. Green sickness, 266. Whites, 269. Pregnancy, 272, 273, 274, 276, 277, 282. Childbed, 291, 292, 293. Infants, 296, 298, 299, 303, 304, 305, 307. Teething, 309. Infants, 311, 312, 313, 314, 315. Vaccination, 321, 322. Nettlerash, 323. Measles, 324, 325. Small-pox, 328. Varioloid, 328. Erysipelas, 329. Itching of the skin, 330. Itch, 331. Boil, 331. Chilblain, 332. Whitlow, 333. Ulcers, 335. Corns, 335. Gout, 337. Rheumatism, 339, 341. Nightmare, 342. Intermittent fever, 349, 350–354. Apparent death, 366.

Tartar emetic. Tartarus emeticus.

Anger, 7. Overfeeding, 28. Windpipe, 94, 85. Hooping-cough, 151. Croup, 152. Bronchitis, 162. Inflammation of the lungs, 173. Infants. 297. Chicken-pox, 327. Small-pox, 328. Apparent death, 364. Apoplexy, 367.

Variolinum. THE CHEMICAL EXTRACT OF THE VIRUS.

Small-pox, 328.

Veratrum. Veratrum album. WHITE HELLEBORE. A European plant.

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