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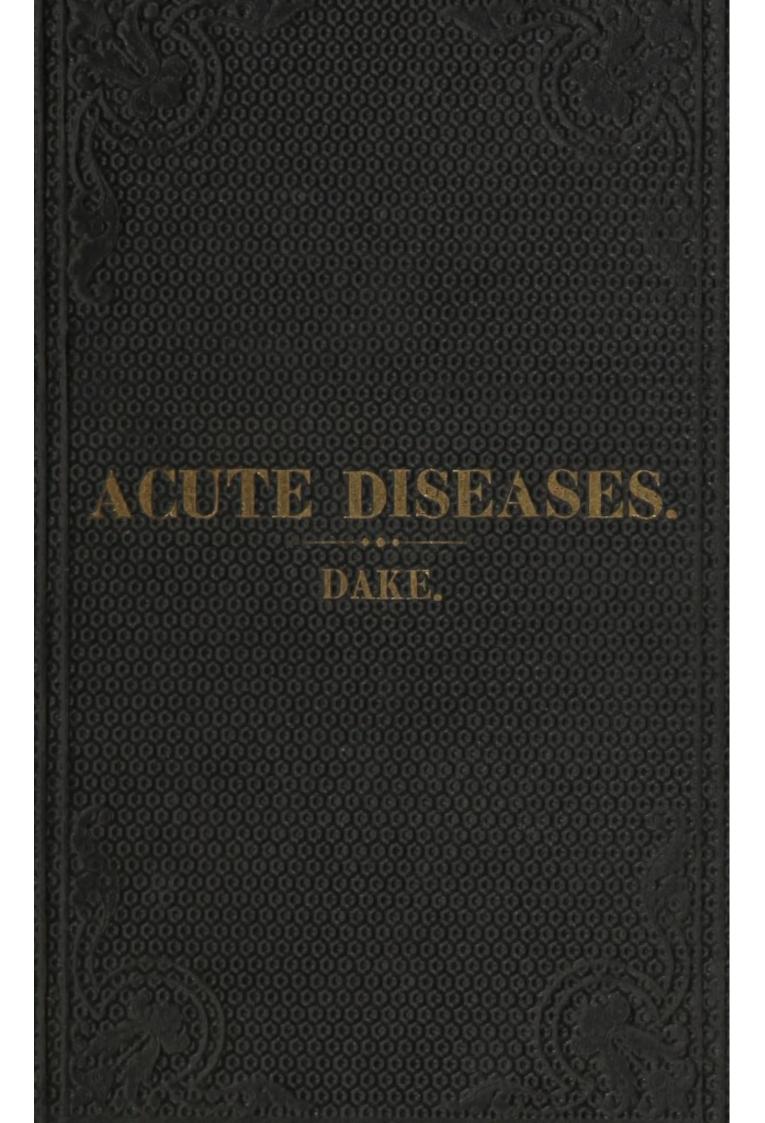
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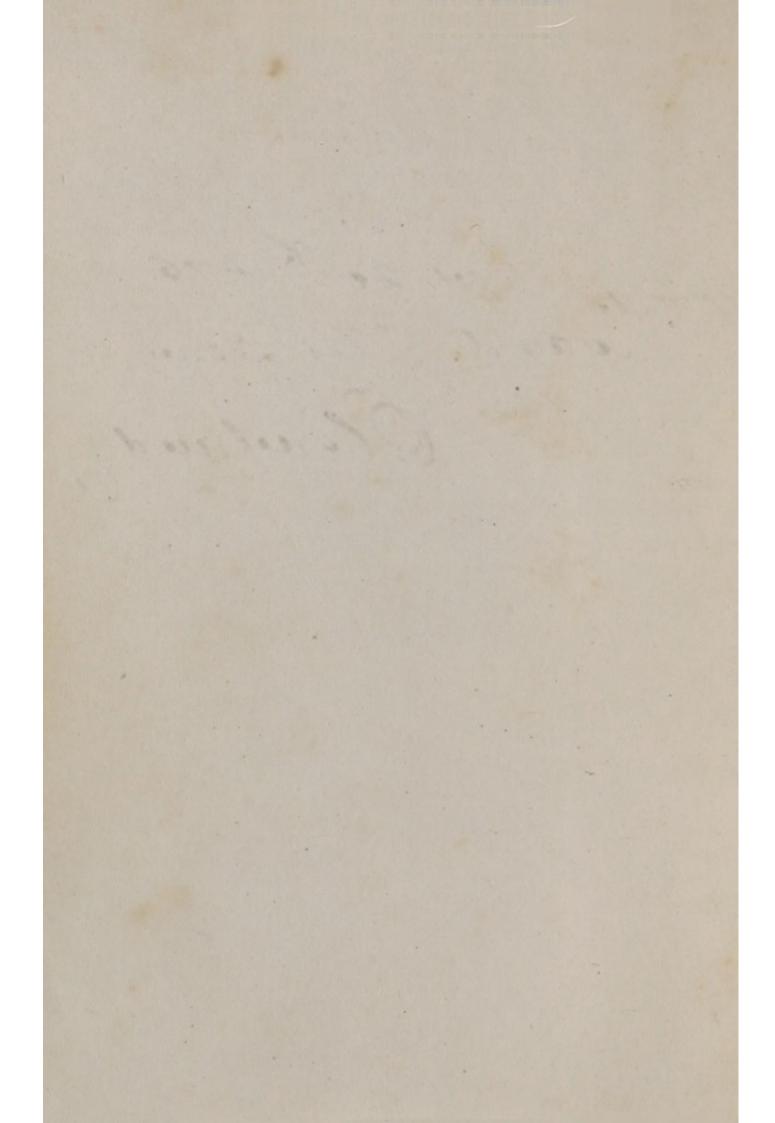


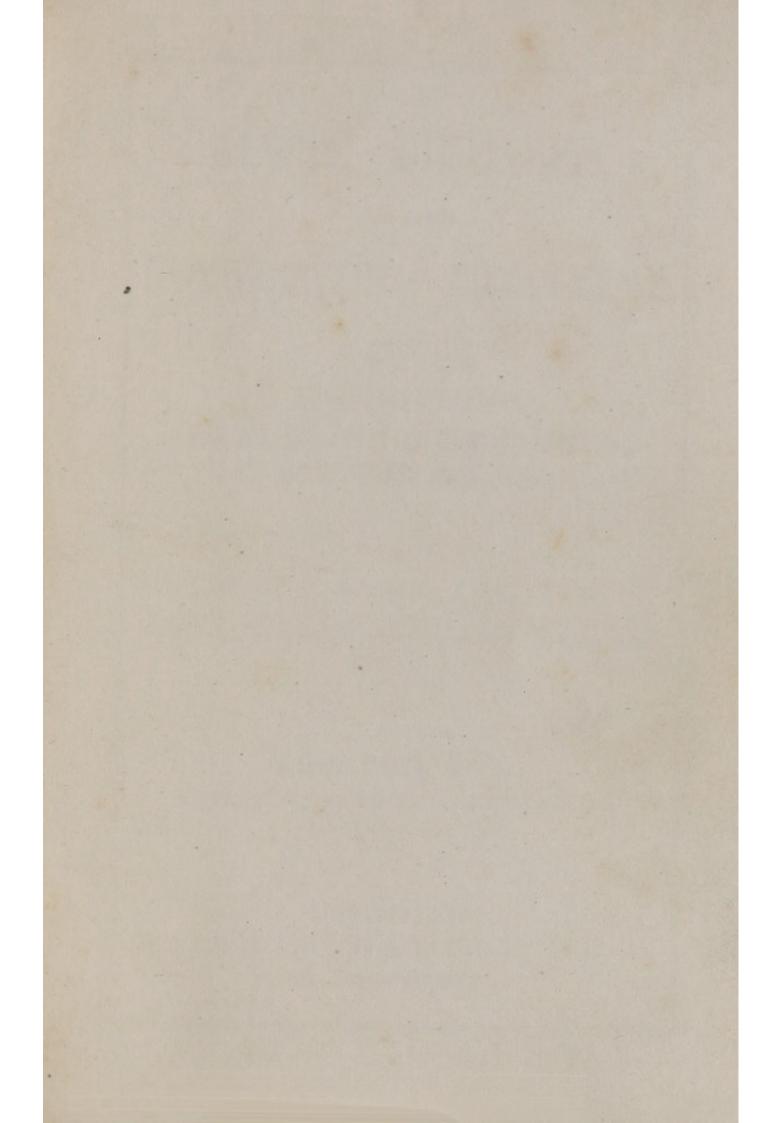
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# ACUTE DISEASES,

#### AND THEIR

HOMEOPATHIC TREATMENT.

#### ALSO,

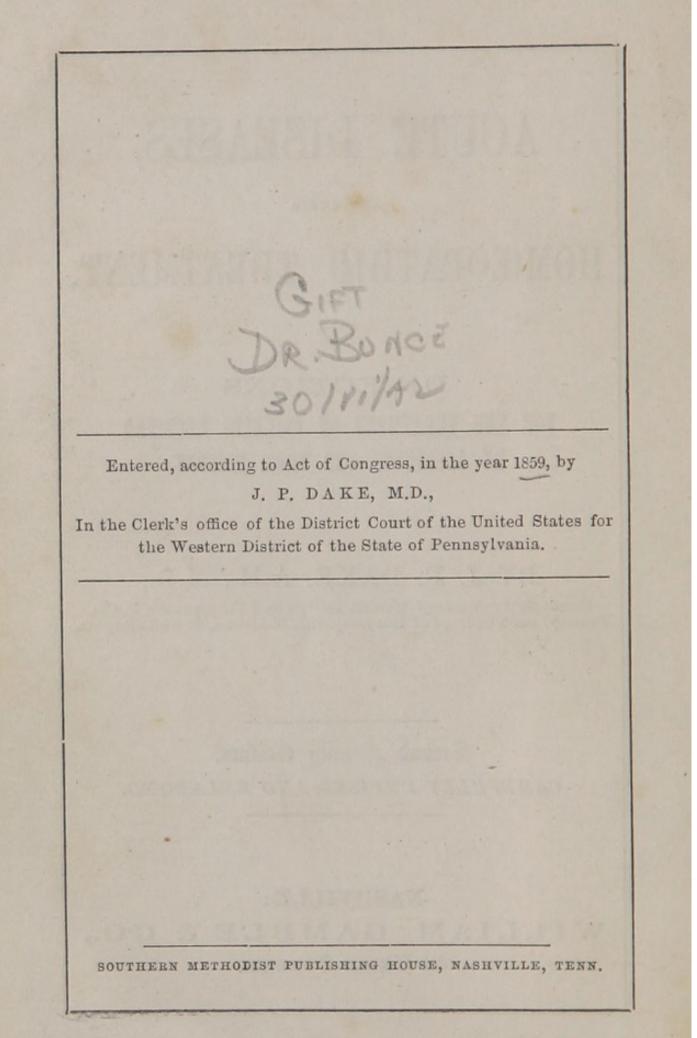
# DIRECTIONS FOR THE TREATMENT OF INJURIES RECEIVED BY ACCIDENTS AND FROM POISONS.

# BY J. P. DAKE, A.M., M.D.,

Formerly Professor of Materia Medica and Therapeutics in the Pennsylvania College of Homœopathic Medicine, at Philadelphia.

Second Family Edition. CAREFULLY REVISED AND ENLARGED.

NASHVILLE: WILLIAM GAMBLE & CO., 46 UNION STREET.



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# INTRODUCTION.

I HAVE often been asked to prescribe the remedies and measures most expedient in cases of illness occurring beyond the circuit of my ride, or that of any other homeopathic physician, and in which delay of treatment might be very dangerous. I have, from time to time, recommended the best works on Domestic Homeopathic Practice, and have frequently heard the complaint that, treating of Chronic as well as Acute Diseases, they were too voluminous, or, where abridged, too limited to give readily and clearly the information desired in urgent cases. I have therefore determined, for my own patrons, and others who may desire it, to prepare the following little treatise, with especial reference to such forms of Acute Disease as need very little description and very few remedies, and they of the most reliable character. I have entered upon this work with the fullest appreciation of the fact that diseases are not stereotyped—not done up in definite shapes, so that each can be labeled, and have its specific remedy attached. As the leaves of the forest, so cases of disease vary; seldom can

#### INTRODUCTION.

two be found which are just alike. Hence the necessity for the individualization of every case, and a reliance solely upon symptoms, as advocated by HAHNEMANN; and hence, also, the necessity of a general law of cure, such as he was permitted to discover. Experience, learning, and genius, alike and all, fail in the effort to reach forward, in the treatment of forms of disease which are new, unless guided by a general principle, and by the particular symptoms manifested by those new forms. Empirical and theoretical practice both, therefore, signally fail, and must ultimately be supplanted by the Homœopathic.

What shall I say, then, to you who, without medical education, or a knowledge of our therapeutic law, take this little book and attempt to meet the most alarming ailments that flesh is heir to? Be careful; read all the preliminary directions; compare closely the symptoms of the case with the indications given for the various remedies prescribed; then be exact in the preparation and administration of the doses. Let not your haste lead you into mistakes. And finally, be not too confident, but send for professional aid when within reach; for often the most fatal maladies begin mildly, and soon pass beyond all control.

The medical man will observe that I have endeavored to present, in every case, only those rem-

#### SECOND EDITION.

edies which have been often successfully employed. Having the wish to give but few, and thus to adapt the book and case to the capacity and circumstances of all, I have been compelled to omit many remedies which I frequently employ.

J. P. D.

PITTSBURGH, 1859.

# SECOND EDITION.

THE first edition of my little work being entirely exhausted, and to meet an urgent desire for more copies, I am induced to issue a second edition, considerably enlarged and improved. The chapters which have been added adapt the book to the wants of the people in the South and West, as well as in the North, and give the proper treatment for the latest forms of Acute Disease which may demand domestic treatment.

J. P. D.

NASHVILLE, 1871.

#### THE MEDICINES.

11

# THE MEDICINES.

THE design of this work being simply to point out such means as may be required in cases of Acute Disease, and such as may be conveniently carried by the traveler, the number of medicines is necessarily limited, and will comprise only the most reliable.

They must be kept tightly corked in their respective bottles, and preserved from the influences of light and heat. They should be kept out of the reach of children; not that they would be *poisonous*, but that they may be preserved from adulteration. DOSES.

# DOSES.

THE object in Homeopathic medication being to select the *least* dose that will effect the cure, and there being no guide, save experience, in determining how small the dose in a given form of disease should be, such preparations are recommended, and in such quantities as will cure most cases and be safe in all.

To economize space for the body of our work, directions so general as to suit the various diseases named, are here given for the administration of medicines.

1. For persons above the age of ten years, MIX IN A TUMBLER FOUR DROPS OF THE TINCTURE, OR ABOUT TWENTY PILLS, IN FOUR TABLESPOONFULS OF PURE WATER.

2. For those under ten, use one - half the quantity named above, in the same amount of water.

3. FOR THE FIRST CLASS, ONE TEASPOONFUL IS A SUFFICIENT DOSE; AND FOR THE SECOND, ONE-HALF A TEASPOONFUL.

4. The intervals between doses, as prescribed hereafter, must be lengthened as the patient improves.

#### DIET.

The water used should be such as the patient is daily accustomed to as a beverage; and the vessel, as well as spoon employed, must be perfectly clean. When the drops are put in the water, the mixture should be stirred briskly for five minutes, and then kept closely covered, and away from light and heat. A fresh preparation must be made as often as every twenty-four, or, in cold weather, forty-eight hours.

5. IF THE PILLS ARE USED DRY, EIGHT WILL BE A DOSE FOR AN ADULT, AND FOUR FOR A CHILD UNDER TEN.

IN TAKING THE PILLS, ALWAYS LET THEM DIS-SOLVE IN THE MOUTH.

6. WHEN THE MEDICINE IS IN POWDER FORM, A DOSE FOR AN ADULT WILL BE AS MUCH AS EIGHT PILLS WOULD MAKE IF MASHED; AND FOR A CHILD, HALF THAT AMOUNT.

## DIET.

IN Acute Diseases the appetite is generally wanting, or if present, it is of that morbid character which will of itself counsel abstinence from food.

The run of diseases treated of in this book is generally so short as to allow little or no nourishment before their termination.

#### DIET.

As it is best, however, to indicate some articles that may be found better than others, when nourishment is required, the following are recommended:

GRUEL, MADE WITH WATER AND OATMEAL, RICE, FARINA, BARLEY, OR WHEAT FLOUR, SEASONED WITH A LITTLE SALT OR SUGAR, OR BOTH; AND AS ARTICLES OF BEVERAGE, PURE WATER, WATER OFF FROM GUM ARABIC, SLIPPERY ELM, OR TOASTED BREAD; AND WEAK BLACK OR JAPAN TEA.

But when the violence of acute disease is subdued and the appetite calls for more substantial food, as in most chronic ailments, a wider range may be taken in the choice of aliment. In addition to articles already specified in such cases, use light bread and biscuit, not containing saleratus, soda, or other similar ingredients, and not too fresh; light puddings of wheat, Indian meal, rice, oatmeal, or bread, without spices or rich sauces; Indian or rye meal, cracked wheat, or pearl barley; pears, apples, and peaches, either raw or cooked, except in diarrhæa. Milk, fresh butter-milk, boiled milk, cream, butter, free from any rancid or unusual taste; plain custard, soft boiled eggs, beef tea, fresh scale fish, except salmon, chickens, pigeons, turkeys, partridges, pheasants, beef, mutton, venison, soups or broths of the animal or vegetable substances, specified as allowable; potatoes, carrots, green and dried peas, and corn, except in colic or diarrheea.

#### LIST OF REMEDIES.

# LIST OF REMEDIES EMPLOYED.

#### Full Names.

Aconitum Napellus, Aesculus Hippocastanum, Arsenicum Album, Belladonna, Bromine, k Bryonia Alba, k Camphor, × Cantharides, K Capsicum Annum, China, Cocculus Indicus, Colocynth, K Chamomilla, Croton Tiglium, Cuprum Metallicum, Glonoine, K Hepar Sulphur, Y Ipecacuanha,

Abbreviations. Acon. Aesulus. Arsen. Bell. Brom. Bry. Camph. Canth. Caps. Chin. Cocc. Colo. Cham. Croton. Cupr. Glon. Hepar. Ipecac.

### LIST OF REMEDIES.

| Full Names.           | Abbreviations. |
|-----------------------|----------------|
| Kali Bichromicum,     | Kali.          |
| Mercurius Corrosivus, | Merc. C.       |
| Mercurius Iodatus,    | Merc. I.       |
| Mercurius Vivus,      | Merc. V.       |
| Nitric Acid,          | Nit. Ac.       |
| X Nux Vomica,         | Nux. Vom,      |
| × Opium,              | Opi.           |
| Phosphorus,           | Phos.          |
| Pulsatilla,           | Puls.          |
| Rhus Radicans,        | Rhus.          |
| × Spongia,            | Spong.         |
| Sulphur,              | Sulph.         |
| Tartar Emetic,        | Tart. Em.      |
| Veratrum Album,       | Verat.         |

## Crude Tinctures.

1.12

| Arnica   | Montana,       |
|----------|----------------|
| Calendı  | ıla,           |
| Phytols  | acca Decandra, |
| Urtica 1 | Urens,         |

\$

Arn• Calend. Phytoac. Urt. Urens.

# ACUTE DISEASES, AND THEIR TREATMENT.

# FEVERS.

THE numerous affections of the human system ranked under this title, have been assigned to various causes, such as sudden changes in the temperature, weight, or electrical states of the atmosphere, errors in regimen, over-exertion of mind or body, and malarious influences. They are nearly all characterized by sensations of increased heat, by augmented rapidity of pulse, hurried breathing, headache, dullness of the senses, loss of appetite, etc.

## SIMPLE FEVER, FROM A COLD.

This begins with a chill or general feeling of coldness, which, however, is not always observed, and which soon yields to a general sensation of heat, flushed face, thirst, hot dry skin, headache, and, perhaps, pains in various parts of the body. These symptoms, if not soon removed by appro-(17)

#### ACUTE DISEASES,

priate remedies, or by the unaided efforts of nature, give place to those of inflammatory affections, such as pleurisy, lung fever, etc. It becomes, therefore, allimportant to check the progress of such fearful affections while yet in the bud, by breaking the simple fever. This can best be done as follows: At any time during the chilly stage, and before the heat and thirst have set in, keeping away from the fire, make use of

**Cold Water,** by rapidly washing the entire body with cloths dipped in it. After a smart rubbing of the surface with a coarse towel, walk or run till a state of warmth or a free perspiration is effected.

In cases where it is preferred, or more convenient, a wet sheet may be used as follows:—Dip a muslin sheet in cold water, wring it dry as possible, and spread it out on a heavy quilt. Upon the sheet thus prepared lie down, so that an attendant may wrap it and the quilt closely about you, leaving only the face uncovered so much that you can get sufficient air for breathing. Remain in this envelope till reaction takes place, causing you to feel warm and comfortable; then rub the surface well, dress and take exercise, as before directed. During either of the baths, warm drinks should be freely taken, also two doses of *Camphor*, at intervals of fifteen minutes. But if the fever has set in, or there already appear symptoms of affections of a

#### AND THEIR TREATMENT.

secondary and inflammatory character, the cold water must not be used, as it would no longer be homeopathic, and therefore safe.

When the cold stage is once past, and the fever rises, the proper remedy is

Aconite, prepared as directed in the introductory rules.

#### Dose every half hour.

When a free perspiration is effected, take no more; or, as the fever abates, lengthen the intervals between the doses, to one, two, or four hours. If, however, the *Acon*. fails, and inflammatory affections follow, they must be met as hereafter directed.

## INFLUENZA, OR COLD IN THE HEAD.

This, beginning with the symptoms present in the first stage of the common fever, may often be arrested by the means pointed out for that affection. Its characteristics are redness and watering of the eyes, irritation of the nose, with a feeling of obstruction, or a free discharge, dryness and soreness of the throat, dry cough, some oppression in breathing, headache, white-coated tongue, and a general feeling of languor.

Having used the *Acon*. without relief, prepare **Mercurius Vivus** as directed, and take

A dose every four hours.

When it is time for the third dose, and there is no sensible improvement, prepare

Bryonia, and take alternately with the Merc. Viv., until relieved.

#### Doses four hours apart.

**Camphor** is best when, with the symptoms already given, there is a sense of sudden and great prostration.

#### Dose every half hour.

Nux Vomica is best when the cough is dry, as from a titillation down in the throat, there is an increase of restlessness toward and during the night, and constipation and soreness in the bowels.

#### Dose every four hours.

Arsenicum is best when there is great thirst, sneezing, acrid, burning water running from the eyes and nose, which are sore and swollen, sensation of heat in the part of the head which is aching, general debility, with general increase of suffering when lying down, and relief when moving about and when in the open air.

Dose every four hours.

## SORE THROAT.

When soreness of the throat is felt, and difficulty in swallowing, it is not easy to anticipate the disease of which these may be the first symptoms; it may

#### AND THEIR TREATMENT.

be quinsy, scarlatina, or a malignant sore throat. It is well, therefore, to act both wisely and promptly in the use of remedies. Examine the appearance of the throat, by opening the mouth widely and pressing the tongue down with a spoon. The appropriate remedies are

**Capsicum,** when the palate, tonsils, and surrounding parts are very red or purple, swollen, sore and burning, swallowing, and even talking, difficult; or when the tongue is sore, red, swollen, and even protruding between the teeth, and there is headache and dizziness.

#### Dose every hour.

Belladonna, when the Caps. does not, in three hours, afford relief, and particularly if the headache is very bad, the face flushed, or there is reason to apprehend scarlet fever.

#### Dose every two hours.

**Phytolacca,** when with much inflammation there is a feeling as of something lodged in the throat, and a considerable collection of mucus.

#### Dose every two hours.

Mercurius Viv., when the tonsils and palate are much swollen, their color a pale red, the palate appearing lengthened and rather translucent, like a Malaga grape with the skin off—the throat filling often with mucus, constant desire to swallow; or

when there is not much inflammation or swelling, but small, yellow, smarting ulcers on the tonsils or parts near them, with constant flow of saliva in the mouth.

Dose every four hours.

Capsicum may be taken in alternation with Merc.

#### Doses two hours apart.

Hepar Sulphur, when there are stitching pains in the throat: abscess before or after it breaks.

#### Dose every six hours.

Arsenicum, when, with ulcers in the throat, there is great burning, a discharge of grayish or greenish matter, a feeling of great prostration, or other symptoms of a gangrenous condition.

Dose every eight hours, with a dose of Caps. between.

Nux Vomica, for sore, raw feeling in throat, worse when not swallowing, or when swallowing saliva than when swallowing solid food—especially if there is disordered stomach and constipation.

Dose every four hours.

Croton Tig., for great heat and dryness in the throat and mouth.

Dose alternately with Caps., two hours apart.

Bryonia, when Nux. Vom. fails, especially if

#### AND THEIR TREATMENT.

there are rheumatic pains in the shoulders, neck, or other parts of the body.

## Dose every four hours.

Hot Water, in either of the cases mentioned, should be used as a gargle, just before taking a dose of medicine. The greater the heat in the throat, the warmer should the water be. In all cases of inflamed throat, cold drinks are bad.

If none of the remedies named are at hand, Alcohol, Brandy, or Whisky may be taken, say twenty drops in a teaspoonful of hot water, every two hours.

## DIPHTHERIA.

The distinguishing feature of this disease is the formation of white or yellowish patches of membrane in the throat. These patches may also form in the windpipe, in the nose, or elsewhere upon the mucous membranes.

In any case of sore throat, the treatment already detailed (see Sore Throat) should be pursued, unless the diphtheritic patches appear and are unyielding; then resort must be had to some additional remedies.

Nitric Acid, when the patches are very distinct, the breath very offensive, great debility, moist skin, etc. Give in alternation with *Capsicum*, when there is great burning and heat in the throat; or in

alternation with Belladonna, when there is headache, flushed face, and great nervous excitement.

Doses two hours apart.

Mercurius Iodatus, in place of Nit. Acid, when there is considerable swelling of the glands. In alternation (as above) with Caps. or Bell., giving two doses of these to each one of the Merc.

#### Doses two hours apart.

Kali Bichromicum, when there is croupy cough or breathing, indicating an invasion of the larynx or trachea.

#### Doses half hour apart.

Bromine, when, after four hours, there is no breaking of the croup, under the use of the Kali.

#### Doses half hour apart.

Spongia or Hepar Sulphur may be required. (See Chapter on Croup.)

Either of these remedies may be used in alternation with *Bell*. or *Caps.*, when the condition of the throat, as indicated above, seems to call for their employment.

In any case of Diphtheria, especially when there are croupy symptoms, put a slice of fat bacon or salt pork on the throat, as directed in the Chapter on *Croup*.

Should there be a reäppearance of the patches, after being once cleared away, or should the reme-

#### AND THEIR TREATMENT.

dies named fail to remove them in a reasonable time, apply with a fine brush, *Sulphur*, 1st or 2d trituration, or the *flowers*, to the parts affected, in alternation with *Phytolacca*.

#### Doses one hour apart.

**Phytolacca,** in alternation with *Acon.*, will frequently cut short an attack of diphtheria, if used upon the first occurrence of chilly and feverish feelings, soreness, and accumulation of mucus in the throat.

#### Doses half an hour apart.

Alcohol. In severe cases, at first characterized by high fever, and then by extreme debility, especially when there are indications of impoverished blood and deficient nutrition, *Alcohol*, *Brandy*, *Whisky*, or *Wine* may be used as a remedy.

Of Alcohol 20 drops, or of either of the others a teaspoonful, in a tablespoonful of hot water, may be taken every two hours, by an adult, and half that quantity by a child under twelve.

Statistics, I think, bear good testimony in favor of the treatment of diphtheria which I have briefly detailed. In the winter of 1860-61, I kept a record of my cases, their symptoms, remedies, and results. Out of 193 cases, I lost but 7.

## CATARRHAL FEVER.

This affection begins with chilliness, succeeded by

#### ACUTE DISEASES,

a fever, which varies, being higher at one time than another, even in the same day. The mucous membrane, or what is commonly called the "lining" of the inner passages of the body, is the seat of irritation. When that portion embraced in the nose and eyes is particularly affected, the disease is termed "cold," or "catarrh" in the head. When the portion in the throat, and more especially the chest, is affected, it is called "catarrh" in the chest; and if accompanied with some fever, it is known as "catarrhal fever." In either case, at the outset, the mucous membrane is very dry and somewhat inflamed; but soon there is watery, irritating discharge from it, which becomes thicker, more difficult to remove, and even oppressive, if not checked by appropriate remedies.

Having already given, under the heads, Influenza and Sore Throat, the means most useful in catarrhal affections of the head and throat, those only will be pointed out here which are concerned in what is commonly called "catarrhal fever."

Aconite, at the outset, or as soon as any fever appears, particularly if the skin is dry and hot.

Dose every two hours.

Belladonna, when the fever continues, there is much headache, flushed face, soreness in the throat, short, dry cough, and nervous startings in sleep. Dose every two hours.

#### AND THEIR TREATMENT.

Bryonia, when the troubles are worse in the day-time; worse in moving; cough dry, causing pain and soreness in chest, sides, or pit of stomach.

#### Dose every two hours.

Tartar Emetic, when there is much oppression in breathing, palpitation of the heart, loose, rattling cough, with nausea and even vomiting of mucus, with or without a moist skin.

#### Dose every hour;

or in alternation with the Bell. or Bry.,

Doses one hour apart.

**Ipecac.**, when there is great prostration, difficult breathing, dry, hard cough, nausea, or vomiting.

Dose, in alternation with Bell., every hour.

Morcurius Vivus and Nux Vomica are sometimes indicated. (See indications given for them under the head "Influenza.")

Arsenicum is the chief remedy after *Ipecac.*, in cases of *suffocative Catarrh*, where there is great oppression of chest and a resulting stupor, cold extremities, etc.

Dose every half hour.

## CROUP.

This affection, though apparently of sudden occurrence, comes only after the manifestation of many or most of the symptoms excited by a cold,

#### ACUTE DISEASES,

and already described under the heads Simple Fever and Catarrhal Fever. It is mostly peculiar to children, and comes on usually at night. It is characterized by a singular "crowing" cough, extreme difficulty in breathing, and hoarseness of voice, such as no one will fail ever to recognize, having once heard them.

The treatment of this dreaded disease, to be efficient, must be promptly and carefully conducted. I have had, during the past twenty years, many cases, probably as many and as severe as any other physician in the country, yet, I am happy to say, I have not lost a case except when combined with Scarlet Fever or Diphtheria. This success I believe to be owing to my adherence to old and well-tried homœopathic remedies. Frequently I have seen new remedies brought out and their success in certain cases reported. They may be good, but have yet to cure any thing like the proportion of cases cured by Acon., Spong., and Hepar Sul.

Upon the first appearance of croup symptoms, the remedy is

Aconite, prepared as directed, and given Dose every fifteen minutes,

till four doses are taken; then, if not better, prepare Spongia, and give alternately with the Acon.

Doses twenty minutes apart,

till the patient is better; then one, two, or four hours apart.

Hepar Sulphur is the best remedy for the hoarseness and cough remaining after the attack of croup is broken.

## Dose every three hours.

**Bromine,** when *Acon.* and *Spong.* fail, especially if there are diphtheritic patches in the throat.

### Dose every hour.

**Iodine,** during or after Scarlet Fever, when there is great irritation in the nose and throat and swelling of the glands.

### Dose every hour.

During the day following an attack of croup, the patient must be kept in a warm, dry room, and as free from excitement as possible. In case of any return the following night, the same remedies must be used. If the case proves too unyielding, medical aid must be sought; but in ninety-nine cases out of a hundred the three remedies first prescribed will be all-sufficient.

N. B.—In all severe cases of croup, sew a thin slice of salt fat bacon or pork upon a strip of flannel and secure it upon the throat, changing it every day till the disease is broken up; then remove the bacon and leave. the flannel on for three or four days.

# ASTHMA.

This distressing difficulty in breathing may arise from a variety of causes, and demands, therefore, a variety of remedies, greater than I can here set forth. I will present two or three medicines which give relief oftener than any others.

**Ipecac.** is best in ordinary cases of Asthma, where there is great tightness and dryness in the air-vessels, especially if accompanied with nausea.

## Dose every half hour.

Arsenicum is better in cases where there is palpitation or great excitement of the heart, and where there is dropsy, or the dregs of chills and fever.

### Dosc every hour.

Nux Vomica is better in cases that have arisen from some indigestible food eaten.

#### Dose every hour.

Opium, Lobelia, and Pulsatilla are sometimes good.

# WHOOPING-COUGH.

This affection may frequently be shortened and almost always guided safely through its course by homeopathic remedies.

Belladonna and Coprum Metallicum suit many cases, especially if the paroxysms are violent,

very distinct, or threatening spasms. Give them alternately,

A dose every four or six hours.

Capsicum and Tartar Emetic are better if there is much rattling of mucus in the chest, vomiting, fullness and redness of the face.

## Alternately a dose every four hours.

Nux Vomica, when there is indigestion, constipation, pain in the abdomen; worse in the morning.

## Dose every four hours.

In this disease the patient should be taken daily into the open air and upon the highest hills, when the weather is favorable.

# PLEURISY.

This affection is characterized by a sharp, sticking pain in the side of the chest, is felt most in taking in breath, is preceded by chills and accompanied with more or less fever, thirst, etc.

Aconite is the chief remedy.

Dose every hour.

If the pain is unabated after two doses of Acon., prepare

Bryonia, and give it alternately with Acon. Doses half an hour apart.

If no relief is experienced after four hours, prepare Belladonna, and give in place of the Acon. and Bry.

## Dose every hour.

At the same time the Bell. is employed, use

Hot Water; wring cloths out and apply them to the seat of the pain, at the times for giving the medicine. Cover the hot compress with dry flannel. These three medicines and the hot water are capable of curing most, if not *all*, cases of pleurisy. Bleeding, cupping and blistering are not to be compared with them.

If there is much cough, with flushed face, the lungs may be involved, and the remedies in the next chapter should be considered.

# PNEUMONIA, OR INFLAMMATION OF THE LUNGS.

This affection is characterized by a chill, fever, pains in the chest, cough, difficulty in breathing, bloody expectoration, full pulse, and sometimes nausea and vomiting.

Aconite,

#### Dose every hour.

After the second dose, if not relieved, prepare Bryonia, and give it alternately with the Acon. Doses an hour apart.

**Phosphorus** may be substituted for the *Bry*. if there is no improvement in twenty-four hours.

**Tartar Emetic** is better in place of the *Bry.*, if there is much rattling of mucus in the chest, oppression in breathing, or nausea.

Belladonna may be substituted for the Acon. where there is flushed face, severe headache, or the fever continues unchecked.

**Opium,** when there is great stupor, heavy, labored breathing, red face, after *Bell*. Give two doses, one hour apart, and then go on with the regular remedies.

Hot Water may be applied as directed in pleurisy.

In the management of this affection, do not become frightened and led to resort to mustard plasters, blisters, or bleedings, for such measures have made many a mild case fatal.

# BRONCHITIS.

(See Catarrhal Fever and Pneumonia.)

# SPITTING BLOOD.

This affection is not necessarily dangerous, for very rarely so much blood is lost as to occasion death. Frequently the blood is from the nose, passing down into the throat. When this is the case, the spitting occurs generally at night, early in the morning, or after a sleep. Sometimes the blood is from the throat. When this is the case, it comes

in small quantities and is dark-colored. Sometimes it comes from the stomach. When this is the case, it is vomited up, and is accompanied with nausea and a burning in the pit of the stomach, and is dark-colored.

When the blood is from the lungs, it is usually of a bright red color, and often frothy. It comes after hard coughing, from a blow or strain, or from a sudden suppression of some habitual discharge, as in piles, or at the menstrual period.

Arnica is the remedy when the hemorrhage is caused by some mechanical injury. Take muslin, four ply, wet it with the tincture, one part with four parts of water, and spread it on the chest or stomach, according as one or the other of those parts may be the seat of injury. At the same time prepare and use *Arnica* internally.

## A dose every two hours.

Arsenicum is best when the blood comes from the stomach. This may be given in alternation with

## Capsicum,

## Doses an hour apart.

Nitric Acid, in alternation with Caps., is one of our best general remedies, especially for persons subject to dyspepsia, or reduced by other diseases.

Doses an hour apart.

Pulsatilla and Aconite are the best remedies in case the hemorrhage arises from a sudden suppression of the menstrual flow, or of a discharge of blood from piles. Give the two remedies alternately.

#### Doses an hour apart.

Belladonna and Ipecac., in alternation, are the best remedies when the hemorrhage is from the lungs.

#### A dose every hour.

China, when there is great debilty from loss of blood, flashes of heat, chills, etc.

## Dose every four hours.

Alcohol, or if that is not at hand, *Brandy* or *Whisky* may be used, in the absence of other remedies, especially if there is headache, flushed face, palpitation, fever, or extreme debility, watery-looking blood, pale face and cold extremities.

Dose of Alcohol 20 drops, or of Brandy or Whisky half a teaspoonful in a tablespoonful of Water, repeated every hour in active bleeding, or three hours in passive or slow bleeding.

The patient should be kept quiet, in a recumbent posture, and not allowed to talk, or drink cold water, except in moderate quantities. There is no occasion for fright, and every reason for the patient's remaining calm. Sudden emotions give the heart an extra impulse and increase the hemorrhage.

# COLIC.

This affection may be distinguished, generally, from any inflammatory condition, by an absence of soreness on pressure and an absence of any great. degree of heat. There are various kinds of colic, as will be seen in the indications given for the remedies below.

Nux Vomica is best, in case the pains come and go at intervals, and there is constipation of the bowels, or much flatulency.

## Dose every hour.

**Colocynth** is best in case the pains are accompanied by an urging to stool and looseness of the bowels.

## A dose every hour.

Chamomilla, in the case of infants, especially when cutting teeth, with looseness of bowels, etc.

#### Dose every hour.

Belladonna, in alternation with the *Cham.*, is sometimes very beneficial in the case of an infant, when there is much nervousness, flushed face, etc.

## Doses an hour apart.

**Pulsatilla** is best in case the pains come during the menstrual period, and especially if there is a sudden check of the flow.

## A dose every hour.

Cocculus in place of the Puls. when the pains

are very severe, there is flushed face, fullness in the head, and dizziness, with a scanty flow.

#### Dose every hour.

Cuprum is best when the pains are more like cramps, which cause the patient to cry out when they come.

#### A dose every hour.

**Camphor**, if the extremities are cold, with a disposition to belch and ineffectual efforts to do so.

#### Dose every 20 minutes.

In most cases of colic a compress wet in hot water and kept upon the painful part, by a dry flannel bandage, will be of service. Much relief is often afforded by the hands of a strong person, pressing firmly, the one to the back and the other the front of the region of pain.

# INFLAMMATION OF THE STOMACH.

This affection is distinguished by burning or cutting pains in the pit of the stomach, and to the leftside of it, increased by pressure, by taking breath or food. There is great thirst, nausea, and a disposition to vomit after taking food or drink.

Aconite should be given first, and then in alternation with one of the following remedies:

Doses half an hour apart.

Nux Vomica, when the attack has been induced by alcoholic drinks, or by eating of fruits or vegetables, and the bowels are constipated.

Arsenicum, when there is great thirst, nausea, burning in the stomach and vomiting; or there is diarrhœa.

Capsicum, when there is excessive burning in the stomach.

**Veratrum,** when the vomiting is excessive and not relieved by *Arsen.;* especially when the extremities are cold, or there are cramps in the stomach.

Hot Water should be taken at as high a temperature as can be borne.

Take a few spoonfuls before the use of any medicine, and then enough to satisfy the thirst at times between the doses of medicine.

In this affection no cold drinks are allowable. Should there be great external heat in the region of the stomach, occasional sponging with hot water may be practiced; or a compress, wet with hot water, and covered with dry flannel, may be applied.

Alcohol, or Brandy, or Whisky, in the absence of other remedies, may be used very beneficially. Alcohol 20 drops, or Brandy or Whisky half a teaspoonful, in a tablespoonful of hot water, may be repeated every hour or half hour.

# INFLAMMATION OF THE LIVER.

This affection has many of the symptoms of inflammation of the stomach, only that its seat and most of the pains are in the right, instead of the left side. Along the edge of the ribs of the right side there is great burning, soreness, and pain. The tongue is generally yellow coated, and the skin has a jaundiced appearance. The symptoms vary according as the upper or lower surface of the liver is affected.

Aconite should be the first remedy, especially if there is general fever.

## Dose every hour.

Nux Vomica is best when there is great tenderness and fullness of the liver and constipation of the bowels, especially in persons addicted to spirituous drinks.

#### Dose every two hours.

Bryonia, when there is constant short cough, pains shooting up into the chest, extreme soreness, with constipation of the bowels.

## Dose every two hours.

Arsenicum, when there is violent, burning pain, in the right side, fullness, vomiting of dark masses, and looseness of bowels, with cold extremities.

#### Dose every hour.

Mercurius Viv., when there is much enlarge-

ment of the liver, bitter taste in the mouth, shivering and disposition to sweat, with looseness of the bowels; alternately with *Bryonia* or *Bell*.

## Doses two hours apart.

Belladonna, when there is excessive pain, oppression in breathing, headache, giddiness, and flushed face.

#### Dose every hour.

Hot Water. A compress wet in it and covered with dry flannel may be kept applied over the region of the liver.

Renew it every hour.

# INFLAMMATION OF THE BOWELS.

This affection is distinguished by severe burning or cutting pains, great tenderness, and sometimes fullness in the abdomen, and is made worse by any movement.

Aconite. Give, for two hours,

Dose every half hour.

Belladonna, after the Acon., when there is yet much fever, flushed face, headache, and extreme soreness, with a smooth red tongue.

## Dose every hour.

Alcohol may be used in place, or in the absence, of *Bell.*, externally by a compress, and internally, 20 drops in a teaspoonful of hot water, every hour.

Brandy or Whisky may be used, if more convenient than Alcohol, double the quantity being necessary.

Nux Vomica, after the Acon., if the tongue is yellow coated, with red edges, and there is flatulency and intermitting pains, with constipation of the bowels.

## Dose every two hours.

Colocynth, if there is great and frequent urging to stool, with small discharges.

## Dose every two hours.

Mercurius Corosivus, after the Colo. has been used without effect; and especially, if there are mucous, bilious, or bloody stools.

### Dose every two hours.

Croton Tiglium, in case of violent purging and severe griping.

## Dose every hour.

Hot Water. A compress wet in it and covered with dry flannel may be applied to the abdomen, if there is constipation and great external heat, but in no other case.

# INFLAMMATION OF THE KIDNEYS OR BLADDER.

When the kidneys alone are affected, there is great pain, heat, and soreness across the small of the back. The water is high-colored and hot. When the bladder is also affected, the pains extend from the back over the hips and down in front. There is great pain and urging to urinate, and much burning and pain while urinating. Sometimes the water passes only in drops, and sometimes it is bloody.

Aconite and Cantharis, taken alternately, will cure nine cases out of every ten of either form of the affection.

#### Doses an hour apart.

**Belladonna** may be substituted for *Acon*. in case there is headache or extreme nervousness.

**Hot Water.** A compress wet in it and covered with dry flannel may be applied over the region of the kidneys or bladder.

Renew it every hour.

Alcohol or Whisky, twenty drops of the former or a teaspoonful of the latter, in a tablespoonful of water, may be used every two hours, in the absence of the other remedies named.

# GRAVEL, STRANGURY, ETC.

The remedies just named as best for inflammation of the kidneys and bladder, are also our best for pain and difficulty in passing water. If they are not sufficient, use

## Nux Vomica, or Camphor, or Pulsatilla.

#### Dose every hour.

# CHOLERA MORBUS.

This affection is usually brought on by improper eating or drinking, and is characterized by severe pains in the stomach and bowels, vomiting, and often violent purging. If there is reason to suppose the offending material to be yet in the stomach, drink

Warm Water, a pint or more, till the stomach is emptied.

**Ipecac.** if there are the usual symptoms of "biliousness," and bile is vomited.

#### Dose every half hour.

Nux Vomica, in alternation with the *Ipecac.*, if the attack has been induced by vegetable food, acid or spirituous drinks.

#### Doses half an hour apart.

Arsenicum, if there is violent vomiting and purging, great thirst and a sense of weight at the pit of the stomach.

#### Dose every half hour.

**Pulsatilla,** in alternation with the *Ipecac.*, if the attack has been induced by eating pastry, meat, or fatty substances.

Doses half an hour apart.

Veratrum, in place of Arsen., if that fails to check the vomiting and purging, especially if there are cramps in the stomach or bowels.

## Dose every half hour.

Cuprum, in place of *Verat.*, when there are cramps in the legs and arms.

## Dose every half hour.

The hands of a strong person applied firmly, one on the bowels and the other on the back, opposite each other, will afford some relief.

# CHOLERA INFANTUM.

This affection is characterized by much the same symptoms as the preceding, only that it occurs with infants and young children. The remedies are the same, except when the cause has been *teething*, in which case

Belladonna and Ipecac should be given alternately.

### Doses half an hour apart.

In all cases of diarrhœa, dysentery, or vomiting, either in grown persons or children, a flannel bandage should be put tightly around the body, so as to extend from the breasts down to the hips. This should be worn constantly by all persons who are subject to attacks of the kind. *Cold drinks* are not allowed in such affections.

# DIARRHŒA.

Of this affection there are many varieties, and for them many and various means have been used. It is my aim here to give two or three only of the many remedies, and such as may meet the demands of most cases of Diarrhœa.

Croton Tig., when the discharges are copious, sudden, and accompanied with violent gripings.

#### Dose every one or two hours.

Arsenicum, when *Croton* does not relieve, and especially when there is great thirst, nausea, debility and coldness of the surface of the body.

### Dose every hour.

**Pulsatilla**, looseness of bowels, from disordered stomach, no thirst, worse at night.

## Dose every two hours.

Chamomilla, diarrhœa in children when teething, nervous, fretful, drawing up their limbs.

Dose every hour.

Dulcamara is good if Cham. fails. Dose every two hours.

Veratrum or Cuprum, in case of cramps or vomiting, as in Cholera Morbus.

China, when there is great debility; the movements are worse at a certain time each night or day, or when there are symptoms of chills and fever. Dose every four hours.

Geraneum mac. is a promising remedy where the diarrhœa is disposed to be chronic.

**Brandy** is good, or *Whisky*, when there is headache, flushed face, thirst, and the discharges of a tar color.

A teaspoonful in a tablespoonful of hot water, every hour or two hours.

# DYSENTERY.

This affection differs from diarrhœa in this: the pains and urgings to stool are generally greater, and the discharges smaller and more frequent. There is a constant feeling as of something that should pass, yet unrelieved, except momentarily, by an effort at stool.

Bryonia and Aconite, alternately, when there is chilliness, yet flushed face and headache, aching in the back and limbs, with soreness in the abdomen and urging to stool.

#### Doses an hour apart.

Colocynth, when the colicky pains are very severe, the stools small, bilious, and frequent.

## Dose every hour.

Mercurius Cor., when the stools are mucous or bloody; in alternation with *Bell*.

#### Doses an hour apart.

Cantharis, when there is much pain in the blad-

der and difficulty in urinating; alternately with Colo. or Mer. Cor.

Doses an hour apart.

Arsenicum, when there is extreme thirst, vomiting, burning pains in abdomen, cold extremities, great anguish.

## Dose every hour.

Brandy or Whisky may be required, in putrid cases, where, after the fever, there is sinking and discharges of thin, non-coagulating blood, with thirst, nervousness, and delirium.

A teaspoonful in a tablespoonful of water, every hour.

For nourishment and drink, a thin gruel made of oat-meal and water, well boiled, is best. Cold drinks are not admissible.

# CHOLERA.

This affection, so dreadful even in name, is not often beyond the control of homœopathic remedies. Cases of it occur, nearly every summer, and are owing to individual peculiarities and circumstances. When it is epidemic, prevailing in certain localities and prostrating half a community at once, it generally assumes a form called Asiatic. The treatment of the two kinds is much the same, varying only as the symptoms vary.

In regard to the comparative success of homœopathic remedies, I must submit the following statis-

tics: During the prevalence of Asiatic Cholera in Europe, the British Islands, and the United States, in 1831, 1849, and 1854, the average rate of mortality, under the old school treatment, was *forty-eight* per cent., and under the homœopathic, but *eighteen* per cent.

#### PREVENTIVE MEASURES.

During epidemic cholera, attention should be paid to diet and habits, exposure to dampness or night air avoided, and a bandage of flannel worn round the stomach and abdomen. The least diarrhœa or disposition to vomit should receive attention.

**Cuprum** is undoubtedly the best preventive agent in all our Materia Medica. In my own practice, especially in the great epidemic of 1854, which took over twelve hundred people to their graves in two weeks, at Pittsburgh, not a single person had the disease who took this remedy as a preventive.

## Dose night and morning.

I would here warn all to avoid Brandy, Whisky, and all other inflaming drinks frequently resorted to as preventives; and all nostrums and specifics, put up and sold to prevent or cure Cholera. They are but deceptions, and only tend to increase the sufferings and hazards when the disease comes in earnest.

There is no end to the prescriptions for Cholera, for

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the reason that empirical and theoretical modes have failed, and failed again, to realize benefits from their most vaunted remedies. From the first appearance of Asiatic Cholera, down to this hour, the old schools of medicine have failed to agree upon any remedies, and now would tremble at its coming as much as ever before.

Croton Tig. should be used when there is simply a profuse diarrhœa, with griping pains.

Dose every hour or half hour.

Arsenicum, when the diarrhœa is not controlled by two or three doses of *Croton*, and there is nausea. Dose every hour or half hour.

Veratrum, when there is violent vomiting as well as purging, with cramps in the stomach, or bowels, or limbs.

## Dose every half hour.

**Cuprum,** when, with the vomiting, the cramps are very severe, especially in the arms or legs; alternately with *Verat*.

Doses half an hour apart.

**Cuprum** is the best remedy, and should be taken alone, when the cramps prevail, especially in the extremities, and there is little or no vomiting or purging.

Dose every half hour.

**Camphor,** at the outset of the disease, when there is great prostration, rapid sinking, and coldness of the extremities and surface of the body.

## Dose every ten minutes.

**Camphor** is also the best remedy when the others have failed, and the stage of collapse is setting in; when the hands are blue and cold, the eyes sunken, and the whole body bathed in a cold, profuse perspiration.

## Dose every ten minutes.

In this disease warm drinks alone must be used, and the patient must lie still in bed. Attendants should be particular to show no signs of alarm, for fear and fright have destroyed thousands who, but for them, might have recovered.

Ice Water. The surface of the body, especially the extremities, may be sponged quickly with this, and rubbed briskly, passing the hand from the extremities toward the trunk, when there is great coldness, particularly when there is threatening collapse.

# HEADACHE.

To come within the limits of this little work, I am compelled to omit a number of our most import-

ant remedies for headache. In obstinate cases, application must be made to a physician.

Belladonna, for persons who have full, active brains, and who are subject to a rush of blood to the head; more especially when there is a feeling of fullness in the head, heat and throbbing, and the eyes are very sensitive to the light.

## Dose every two hours.

**Glonoine,** when there is a feeling of fullness in the sides of the head, severe pains, which are made worse by any motion, a throbbing, and often a stiffness in the back and sides of the neck.

#### Dose every hour.

Bryonia, when the head feels like bursting; is made worse by every step or jar; the scalp is sore; better for stout, muscular persons.

### Dose every hour.

**Colocynth,** for very severe one-sided headache, which is increased by stooping or lying, especially when it comes in the latter part of the day and induces nausea.

#### Dose every hour.

Nux Vomica, for headache from indigestion or mental labor, and when there is momentary partial blindness or spots before the eyes, and when the headache begins in the morning. It is best adapted

to headache in persons of bilious temperament, or who are troubled with piles or constipation.

Dose every hour.

**Ipecac.**, for violent sick headache, nausea, and vomiting of bile; in alternation with Nux Vom.

Doses an hour apart.

Hot Water, for tendency of blood to the head, great heat, and stupefying pains. Apply a hot compress to the head, covered with dry flannel.

Renew it every hour.

**Brandy.** When other remedies are not at hand, Brandy or Whisky may be used, especially when the symptoms are those calling for Bell.

Dose, a teaspoonful in three tablespoonfuls of hot water, every hour.

Ice Water, for the same symptoms, when there is coldness of the extremities. Apply the cold water to the feet by bathing them for one minute, and then rubbing briskly with a coarse towel till there is warmth.

Application once every hour.

# NEURALGIA IN THE FACE AND HEAD,

This affection is one of the most acute and tormenting, and often one of the most incurable, that humanity is subject to. Beyond the application of

some powerful stimulants, or the more fashionable deception of anæsthetics, the old schools now claim no satisfactory measures of relief for it. But Homœopathy has in this, as in many other affections, furnished efficacious remedies where stimulants, anæsthetics, and other allopathic and palliative means, have entirely failed to do any good.

Belladonna, for neuralgia in the face or head, of any kind.

#### Dose every hour.

**Rhus Radicans**, for the same, when the *Bell*. fails to relieve, and especially when the pains are worse at night, or when the patient is at rest, or there is a sensation of heat in the top of the head.

#### Dose every hour.

Arsenicum, when the pains come at regular intervals, and are burning, and there is nausea, or a sense of general prostration; especially in persons who have had chills or been dosed with quinine.

Dose every two hours.

This remedy may be taken in alternation with *Bell.* or *Rhus.* 

Doses two hours apart.

Nux Vomica may be better than Arsen. in persons addicted to the use of strong coffee or spirit-

uous liquors, and for persons of a morose disposition and constipated habit.

Dose every hour.

Aconite, when the attack has come on after a chill, or from a cold, and especially if there is any fever accompanying.

Dose every hour.

Colocynth is very good in some cases. (See Headache.)

External applications, so far as my experience extends, exert little or no beneficial influence upon this affection, except, perhaps, the hot water pack mentioned for headache.

# TOOTHACHE.

This distressing pain may be relieved, often, without the dental forceps, especially when the nerve of the tooth is not immediately exposed to the air or to contact with food.

Belladonna is the first remedy here, as in neuralgia.

Dose every hour.

Aconite may be better if the ache is from cold just taken, and the person is just becoming feverish.

Dose every hour.

**Camphor** may relieve, if applied to the painful part, when the person is yet chilly.

Mercurius Viv. is best when there is heat and soreness about the root of the tooth, intolerable pains, swelling of the gums or cheek, all worse at night and in damp weather.

Dose every two hours.

This remedy, in alternation with *Bell.*, will afford relief in eight out of ten cases of toothache.

## Doses an hour apart.

**Chamomilla,** when there is a red, sore swelling of one cheek, soreness of the gum; the pain worse after hot drinks and in bed.

Nux Vomica is best when the toothache has been induced by coffee, green tea, or alcoholic drinks, or mental labor, especially in persons of an irritable disposition.

## Dose every two hours.

**Pulsatilla,** for toothache, when the pain extends to the eyes or ears, especially when it occurs in persons of a mild disposition, or in females during the menstrual period or pregnancy.

Dose every two hours.

## EARACHE.

When it comes from a cold, and there is much local heat or general fever,

Aconite is the first remedy.

Dose every hour.

**Pulsatilla** should follow *Acon*. in case two doses of it have given no relief, and especially if there is hardness of hearing, or any discharge from the ear.

## Dose every hour.

Belladonna, when there are sharp, sudden pains in the ear, extending to face, head, or throat; flushed face and intolerance of noise.

### Dose every hour.

Some relief may be obtained by placing a piece of cotton, wet with *Acon*. or *Bell*. one drop, and three drops of glycerine, into the ear, at the same time those remedies are administered.

Mercurius Viv., in case there is much swelling within or about the ear, or the pain is worse in bed, and especially if the glands of the neck are swollen and sore.

Dose every two hours.

Hepar Sul., if the discharge from the ear continues after the use of *Merc*. for a week, and is more purulent than mucous.

Dose night and morning.

Hot Water. A compress dipped in it, and cov-

ered with dry flannel, should be kept upon the ear and surrounding parts till the pain is relieved.

Renew it every half hour.

# INFLAMED EYES.

In this affection care must be used to shield the eyes from too much light. Reading and sewing must be omitted.

Hot Water. When there is great heat, redness or pains in any part of the eye, bathe with water hot as can be borne.

Apply it every night and morning.

Belladonna, when the lids or ball of the eye are much inflamed, being red, painful, and very sensitive to the light.

Dose every three hours.

**Pulsatilla,** when the lids are much swollen and are stuck together with mucus. This is the best remedy for inflamed eyes after measles.

Dose every four hours.

Rhus Rad. is better than *Puls*. if there is much inflammation and burning in the lids, with little discharge.

Dose every three hours.

Mercurius Viv., when Puls. and Rhus fail to

give relief, or when there is a mattery discharge from the eyes.

Dose every four hours.

Hepar Sul., if there are styles or ulcers on the margins of the lids.

Dose every six hours.

Alcohol is very good, in the absence of other remedies, especially where *Bell*. is indicated—there is flushed face, vertigo, etc.

Dose, a teaspoonful, in two tablespoonfuls of water, morning and night.

A solution of the same strength, made with hot water, should be applied to the inflamed eye, when the doses are taken internally.

## NETTLE RASH.

This affection is frequently called "hives" and "prickly heat," and is characterized by great itchiness, red elevations and white blotches on the skin. The pernicious practice of washing parts affected by this rash, with solutions of saleratus, sugar of lead, glycerine, etc., we cannot condemn in terms too strong. Many a child is thus made sickly for life, and not a few are killed outright.

Aconite and Bell. alternately, in case there is high fever, are the first remedies.

Doses an hour apart.

**Rhus Rad.**, when there is any predisposition to erysipelas or to rheumatism.

Dose every four hours.

Pulsatilla, when there is evident derangement of the stomach and looseness of the bowels.

Dose every four hours.

Nux Vomica, when there is derangement of the stomach and constipation of the bowels.

## Dose every four hours.

Hepar Sul. should be given, two doses a week, to children subject to such attacks.

Hot Water. In this affection cold baths are very unsafe; but warm, even hot baths, are very soothing and beneficial, especially when, in half a pint of hot water, is put a tablespoonful of alcohol.

A bath night and morning.

## CHICKEN-POX.

This is a mild eruptive disease, and seldom requires any medication. The pustules appear rapidly, and sometimes without any perceptible previous disturbance of health, and disappear about the fifth or sixth day. Should the fever be very high, it will be well to give

Aconite for its reduction.

Dose every two hours.

Beladonna, when there is any disturbance of the head, delirium, or disposition to spasms.

Dose every two hours.

Mercurius Viv., when there is redness of the eyes, with running from the nose, or other catarrhal symptoms.

Dose every four hours.

# SMALL-POX.

This much dreaded disease is not so unmanageable as is generally supposed. When it is prevailing, those who are not fully protected by vaccination, or by having had it already, should be careful to avoid exposure to it, and careful of their habits of living. Upon the appearance of its first symtoms, treatment should begin. The first stage seems much like a bad cold. There is chilliness, followed by fever, aching in the back, loins, and limbs, redness of the eyes, running from the nose, etc. Then comes pain, with soreness in the pit of the stomach. On the third day an eruption begins to appear on the face and scalp, at first fine and pointed, then filling up round, with whitish watery matter. This matter gradually thickens and hardens, till the pustules dry down and pass off in scales. From the time the pustules first appear, from eight to fourteen days pass before they are scaled off.

The diet should be strictly such as prescribed at the beginning of this book. The room should be kept dark and cool, but dry, and the bed fresh and clean.

Aconite, in the first stage, where there is much fever, full, bounding pulse, etc.

Dose every hour.

Rhus Rad. and Mercurius Viv., given alternately, will carry safely through fully eight out of every ten cases, without the aid of other remedies.

Doses four hours apart.

Belladonna should be substituted for *Rhus* when there is flushed face, congested eyes, headache, or delirium.

**Ipecac.** may be substituted for *Rhus* when there is nausea and vomiting.

Doses one or two hours apart.

Tartar Em., in place of *Merc.* or *Ipec.*, if there is much nausea or vomiting, and the lungs are involved.

Dose every two hours.

**Arsenicum** in place of *Ipec.*, when it does not afford relief, especially if there is great prostration, thirst and oppression at the pit of the stomach.

Glycerine, or Sweet Oil, applied with a soft feather all over the face, where the pustules appear,

as soon as they are filled up round, or in a soft muslin or linen, spread closely upon the parts, will generally prevent the "pitting."

# VARIOLOID.

This is a modified form of small-pox, and requires about the same course of treatment. The pustules develop and disappear more rapidly, and there is no fever on the tenth or eleventh day, as is generally the case in small-pox.

## MEASLES.

This affection begins with redness and watering of the eyes, short, dry cough, and a degree of fever; then a fine light red eruption appears on the face, neck, hands, etc. About the fifth or sixth day from the first appearance of the disease the eruption begins to die away upon the face.

Aconite is sometimes the only remedy required in this disease. In all cases it should be the first remedy.

Dose every two hours.

**Pulsatilla,** for the catarrhal symptoms, or in case the eyes are very much inflamed and swollen, or the eruption is slow in developing on the skin;

also for running from the ears occurring after the disease.

#### Dose every two hours.

Bryonia, when the cough is severe, there is difficulty in breathing, pain in the chest, and the eruption is faint.

Dose every two hours.

Tartar Em., if there is much rattling of mucus in the chest, nausea and stupor.

## Dose every two hours.

Belladonna, when there is tendency of blood to the head, delirium, and a burning skin; alternately with Acon.

#### Doses an hour apart.

Rhus Rad., after the eruption is well established on the surface, if it is burning and itching.

Dose every three hours.

Hot Water. When there is great heat of surface, full pulse, delirium, and the eruption does not come out, after the use of remedies named, let the person be put in a hot bath, and kept under water, except the face, for from five to ten minutes.

This is a last resort to bring out the eruption. After the bath, wrap the person in dry, warm flannel blankets, in bed.

Should the cough become croupy, see chapter on Croup.

The eyes must be carefully shaded from strong light and not used in reading for some days after measles.

# SCARLET FEVER.

This affection, which destroys more of the brightest of our children than any other that ever visits our firesides, is generally manageable under proper homœopathic treatment. If Hahnemann had accomplished no more in his lifetime than to furnish the remedies which he has for this disease, he would be deserving the thanks of the world through all time. To him the whole medical profession is indebted for *Belladonna*, as a preventive and remedy for the worst form of scarlet fever.

This disease begins variously. Sometimes with violent vomiting or purging; sometimes with headache; again with sore throat or a high fever. During its entire course, after the onset is made, the skin is hot and the pulse very rapid; the throat is inflamed, often swollen, and there is more or less eruption on the skin. I cannot better describe the various forms it may assume than by the indications for remedies that follow.

Aconite and Ipecac. when there is high fever and vomiting.

Doses half an hour apart.

Belladonna, in alternation with the *Ipecac*. in case the *Acon*. does not reduce the fever after two doses of it are given, especially when the surface of the body is red, throat inflamed, and there is headache.

#### Doses two hours apart.

Belladonna, when the skin is smooth, very red and hot, the throat very sore, and there is intense headache, or delirium, or spasms.

# Dose every two hours.

Croton Tig., when there is looseness of bowels, in alternation with *Bell*.

Dose two hours apart.

**Capsicum,** in alternation with *Bell.*, when the greatest trouble seems to be sore throat.

#### Doses an hour apart.

Mercurius Viv., when there is watering of the eyes, running from the nose, or much swelling of the throat or neck.

Dose every three hours.

Mercurius Viv., in alternation with *Bell.*, when in connection with the symptoms given for *Merc. Viv.*, the fever or headache continues.

Doses two hours apart.

The same, in alternation with Caps. when the

fever and headache are relieved, but the *throat* yet remains very sore.

Doses two hours apart.

Rhus Rad., when there is much aching in the limbs, or the eruption roughens the skin and is itchy.

Dose every two hours.

Arsenicum, in alternation with *Rhus*, in case there are pains in the limbs, swelling of the feet or ankles, puffiness of the face, or there is a general dropsical condition or oppressed breathing.

Doses three hours apart.

Should there be any symptoms of *croup*, or of *strangury*, refer to the chapters on those affections. During recovery great care should be exercised to prevent the patient's taking cold, for the secondary troubles are often worse than the primary.

Hog's Fat, applied either by rubbing with a piece of pork, or with fresh lard, over the entire surface of the body, has been very beneficially employed.

It should be thoroughly rubbed off with soft, dry flannel, after being on for ten minutes.

The application should be made every morning, till the eruption begins to die away.

Any pure oily substance spread in the same man-

ner would possibly do as well as the hog's fat, which I mention here because it can always be readily obtained.

Hot Water may be used as a gargle when the throat is highly inflamed.

Each time just before taking a dose of medicine.

When there is much putridity of breath, ulceration and destruction in the throat, one grain of *Carbolic Acid* may be dissolved in half a pint of water, and used twice a day as a gargle. The acid may be obtained from any apothecary.

I have been thus more explicit and lengthy on the treatment of Scarlet Fever, on account of its frequent and terrible ravages, and a fear that no homœopathic physician may in some cases be at hand to afford assistance.

Preventive treatment has not proved unsuccessful, but shows very favorable statistics. It consists in giving a dose of *Bell*. to each one subjected to the influence of Scarlet Fever, every morning, half an hour before breakfast. Some old school practitioners have poisoned children by giving allopathic doses of this agent. You should use the preparations furnished in cases with this book, or such as may be obtained from homeopathic physicians or pharmaceutists.

Children taking preventive treatment should be

under the rules of regimen, such as we prescribe in sickness.

# YELLOW FEVER.

I cannot here give a treatise on this formidable disease, but will try to furnish such indications of its presence, and for its proper remedies, as may prove reliable and useful to those exposed to its ravages, who may have no homeopathic physician within reach.

Farther north than Norfolk, in the east, and Natchez, in the west, it hardly ever visits; and south of those places it prevails only during the hot season, and then without any regularity as to times or causes, so far as can be discerned.

During its prevalence in any community, the residents should be very particular in their habits, avoiding all exposure to night air and the direct rays of the sun at noonday; all excesses in eating or drinking; all draughts of air, when perspiring; in fact, all influences which would ordinarily produce a cold, a chill, or any kind of fever.

For such as may not be acquainted with the disease from personal observation, I give the following brief description:

1. Chilliness, more or less distinct; sometimes slight shiverings or creepings in the back and limbs; at times, nausea or headache.

2. After the foregoing, there comes a reaction, or second stage, in a few hours, characterized by fever, rapidity of pulse, flushed face, eyes brilliant or pressed with blood, pains in the head, back, and limbs. There is great thirst, nausea, or vomiting of acid or bile, tongue white-coated, with red tip. These symptoms continue one or two days, ordinarily, and then begin to pass away, the person slowly recovering; or there comes increased soreness at the pit of the stomach, with heat and pain, and incessant vomiting; the skin is yellow; thirst increases; there is great restlessness and tossing; strangury, delirium, etc., ushering in the

Third and last stage, characterized by vomiting of greenish or dark-brown matter, ("black vomit,") attended with more or less rapid sinking of pulse and strength; the skin is darker and shriveled; sweats are profuse; extremities cold, and sometimes drawn with cramps.

**Camphor** is the best remedy when the first chilliness is felt.

Dose one or two drops every ten or fifteen minutes, till reaction and warmth are felt.

Aconite immediately after the *Camphor*, or at any time, if there is a general feeling of heat, rapid pulse, etc., as described in the first stage.

Dose every hour.

Belladonna, in alternation with Acon., if there is much headache, flushed face, and glistening eyes.

### Doses an hour apart.

**Ipecac.**, when there is much nausea and vomiting, and yellow skin, alternately with *Acon*. in the first stage, or *Bell*. in the second.

### Doses one hour apart.

Arsenicum, when the thirst and vomiting are excessive; great tenderness and burning at the pit of the stomach; prostration of strength, and threatening collapse.

#### Dose every hour.

The above remedies are those chiefly relied upon by my distinguished colleague, Dr. HOLCOMBE, of New Orleans, in his very gratifying experience in the treatment of Yellow Fever; as they also have been those of Dr. DAVIS, of Natchez, who by his great success in this dreaded disease has spread Homœopathy widely in the Valley of the Mississippi.

Cantharides, in alternation with either of the remedies named above, in case of prolonged or distressing strangury.

## Doses an hour apart.

Chamomilla, in cases of females and children,

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or sensitive persons, having much pain in the stomach or bowels, and nervous excitement.

### Dose every hour.

Tartar Em., when the chief troubles are nausea, violent vomiting, with moist surface.

# Dose every hour.

Nux Vomica, in cases of intemperate persons, or "high livers," when there is much pain in the stomach or bowels, constipation, tremors of the limbs, or numbness, alternately with *Bell*.

#### Doses an hour apart.

Bryonia and Rhus Rad. may be used to remove any typhoid symptoms which supervene. (See Typhoid Fever.)

In Yellow Fever the food must be very light, such as indicated in the chapter on Diet. Relapses occur from improper eating, or the least chill. The disease is often fatal, because persons do not soon enough recognize its attack, and use the proper remedies, and from carelessness during recovery.

The average rate of mortality by this disease, under old school, or ordinary treatment, has been over *thirty* per cent.; while under homœopathic it has been but *nine* per cent.

Careful and good nursing plays a most important

part in the treatment of this disease. Many, with the best of remedies, die for the want of it.

Coolness and deliberation should be exercised in the selection of the remedies in each case. Do not get frightened, and led to change remedies too often, or resort to empirical means.

# CHILLS AND FEVER.

In low, damp districts, where vegetation is rank, and the products of its decay load the air with an invisible but potent miasma — in Southern latitudes, or during the heats of summer and early autumn, also, in the Northern—a variety of fevers prevail, called "Intermittent" when there is a chill succeeded by fever; "Remittent," when the fever simply rises and falls, without a chill; "Bilious," when the liver is specially involved, and the fever is more or less remittent.

I can here discuss no theories regarding the essential nature of these various ailments, but will try to point out some reliable remedies for them, which may be employed in the absence of a physician.

And before proceeding, let me warn my readers to beware of the "heroic treatment," even yet quite common in regions where these fevers prevail. It is better for you to depend upon good nursing, some simple teas, and the strength of your consti-

tution, during any of these fevers, than to be filled with massive doses of Calomel and Quinine, the effects of which, should you even escape death, will, more than likely, convert you into walking thermometers, or miserable invalids and cripples, for the balance of life.

In regard to "Chills and Fever," I would say that, contrary to general opinion, the aim of treatment should not be simply to *break the paroxysms or chills*. The regulation of stomach, and liver, and nervous system, are quite as important as to control the circulation, for the restoration of good health.

Arsenicum, when the chill and fever are not distinct, but occur rather mixed, followed by sweat; internal heat, with external coldness; great thirst, and sometimes nausea and vomiting; pains all over, worse during chilliness and heat; great anxiety, and prostration of strength.

Especially good in old cases which have been dosed with Quinine or Cinchona Bark.

Good for daily chills, or those coming at longer intervals. Begin as soon as the sweating is over.

Dose every four hours.

China, when there is a feeling of languor, headache, thirst, and general uneasiness, preceding the chill; greatest thirst during the sweat, or after the

hot stage; during the fever, the veins of the forehead are full, headache severe.

#### Dose every four hours.

Nux Vomica, in persons of constipated habit, with more or less indigestion, flatulence, and headache; persons of bilious temperament, dark hair, eyes, and skin; especially when accustomed to high living, or use of spirituous liquors. Heat in the head, with chilliness of the body; sensation of trembling in the limbs, or of weight; pains in the abdomen, and back, and limbs; itching sensation over the body.

## Dose every four hours.

**Ipecac.** may be used in alternation with *Nux*. *Vom.*, if the skin is very yellow and there is much nausea; external heat increases the chilliness; lack of thirst.

Doses three hours apart.

Belladonna may be used after either of the remedies named during the hot stage, or cold, if there is great heat in the head, cold extremities, and delirium.

### Dose every hour.

Bryonia, when there is headache, dizziness, and flushed face, before the chilly stage; pains in the

sides, thirst, thickly-coated tongue, bitter taste, and constipation, or if there is cough.

Dose every three hours.

**Cocculus,** when, between paroxysms, there are cramp pains, or spasmodic troubles, in stomach or bowels, with dizziness, etc.

## Dose every two hours.

Cuprum, when the chill is *congestive*, with blue, shriveled surface, cramps in the stomach, bowels, or extremities; or vomiting; in alternation with *Nux Vom.* or *Bell*.

#### Doses an hour apart.'

I have now named the remedies most frequently used in Intermittent Fever, and would mention others which are coming into favor, did my space allow. Any case which is not benefited by what I have prescribed, must have the careful attention of a physician. Persons subject to chills should avoid night air, noonday suns, and excesses in eating and drinking, or relapses will occur.

# BILIOUS (REMITTENT) FEVER.

This disease is characterized by various feelings of discomfort, a chill, and continued fever thereafter; the fever rising and falling, and attended

with derangement of stomach and liver; headache, pains in the back and limbs; foul tongue and breath.

**Camphor**, when the first feelings of depression, and especially chilliness, occur.

# Dose every one or two hours.

Aconite, when the pulse is accelerated, the surface hot, face flushed, etc.

### Dose every hour.

Bryonia, when, after *Aconite*, there is headache, dizziness, white-coated tongue, constipation, soreness in stomach or abdomen, all made worse by moving about.

## Dose every four hours.

Rhus Rad., when there is much pain in back and limbs, tongue red at tip, bowels inclined to looseness; worse at night, or when at rest.

# Dose every four hours.

**Ipecac.,** in alternation with *Bry.* or *Rhus*, if, in addition to the symptoms calling for them, there is nausea and vomiting, yellow complexion, etc.

# Doses two hours apart.

Nux Vomica, in place of *Bry.*, when there is much fullness and pain in the bowels, yellow-coated tongue, especially in persons who use strong drinks.

Dose every four hours.

Belladonna may be used in alternation with either of the remedies named, if there is much tendency of blood to the head, nose bleed, or delirium.

Doses two hours apart.

Brandy or Whisky may be used, in the absence of other remedies named.

Dose, a teaspoonful in two tablespoonfuls of water, every three hours.

Alcohol, Brandy, and Whisky are especially useful in Gastric Fever, attended with great dryness in the mouth, thirst, headache, and tendency to delirium. They are infinitely better than the cathartics—Calomel, Blue Pill, and other reducing measures of allopathy.

# TYPHOID FEVER.

Bilious Fever, and various other acute diseases, may run into the typhoid form; or this fever may result from other debilitating and exciting causes. It may begin with slight chill, or it may not; there is excitement of the nervous system, and a train of symptoms, differing, as the head, chest, or abdomen may be the seat of greatest disturbance.

Bryonia, when the face is flushed, breathing difficult and rapid, cough, with soreness in the chest, mouth dry, tongue white or yellow-coated; head

aching, feels too full, dizziness on moving, moist skin, even with heat and rapid pulse; thirst, nausea, soreness in the pit of stomach or abdomen, constipation.

# Dose every three hours.

Rhus Rad., blue circles around the eyes, lips dry and brownish, tongue red at the tip, retention of urine or frequent desire to urinate; rapid, small pulse, stupefaction of mind, pulsations in the pit of the stomach, pains in the back and limbs, worse when lying or at night; bowels loose, delirium, desire to escape out of bed, mutterings, etc.

# Dose every three hours.

**Phosphorus,** after *Bry.*, when there is hard, dry cough, difficult breathing, or rattling, with yellowish expectoration tinged with blood, worse before midnight; painless diarrhœa, discharges watery, great weakness, fine eruption on the body.

# Dose every three hours.

Arsenicum, in slow cases, great debility, looseness of the bowels, excessive thirst, circumscribed redness of the cheeks, distress at the pit of the stomach, vomiting, voice weak, emaciation, hardness of hearing; lips, gums, and teeth covered with dark stuff; tongue dry, stammering; spots and rash on the breast, tendency to coldness of the extremities, etc.

Dose every three hours.

Aconite, Belladonna, Nux Vomica, Opium, Cocculus, and other remedies, may be required; but in a great majority of cases the remedies set forth will be sufficient.

Brandy or Whisky may be required. (See section on Bilious Fever.)

In this disease, physicians as well as patients are apt to become over-anxious, and to change too often from one remedy to another. Matters are made worse by changing and alternating remedies, and repeating doses too frequently.

The patient should be kept quiet and clean.

I cannot close this chapter without bearing testimony to the value of the *urine test* of Dr. Rapou's, for telling the progress and various stages of Typhoid Fever. In the first stage the urine is dark or turbid, becoming clear and of higher color as the disease goes to its height; presenting a cloud near the top, which gradually descends, as the fever nears its last stage; and making a pink-colored deposit at the bottom of the vessel, more and more dense as the end is reached.

As the deposit thickens, the patient should have more nourishing food. The deposit, as well as the perspiration on the skin, and the evacuations from the bowels, is indicative of a favorable crisis.

# MUMPS.

This affection is characterized by a swelling of the parotid glands, which lie just below and in front of the ears. The swelling may attack one or both sides, causing a fullness of the face in front of and below the ear, stiffness of the jaws, and pain when opening them, or when taking acids into the mouth.

Mercurius Viv. is almost a specific in Mumps.

# Dose every four hours.

Belladonna, in alternation with Merc., in case there is any headache, fever or delirium, or redness and pain in the swollen parts.

### Doses two hours apart.

Hot Water, applied by a compress to the swollen parts, will much relieve the pain or heat.

# Renew every hour.

Apply no Iodine, or other things, to suppress the swelling, as it may cause a sudden removal of the disease to other and more vital parts. For the same reason, avoid taking cold.

# ERYSIPELAS.

This is an inflammatory affection of the skin, frequently beginning with a small pustule, or redness, on the nose, lips, or eye-lids, and spreading upon

the face and scalp. It sometimes appears on other parts of the body; is almost always lobster-red, and burning hot. For farther description of the different kinds of Erysipelas, see the remedies below.

Belladonna, when the inflamed part is smooth and shining, or there is headache, fever, or delirium.

# Dose every three hours.

Rhus Rad., when the inflamed spots are covered with watery pimples or blisters.

Dose every three hours.

Bryonia or Nux Vomica should be given alternately with *Bell*. or *Rhus*, in case, with the symptoms for those remedies, there are violent pains in either side, or any derangement of the stomach or liver.

Doses two hours apart.

Cantharis, in place of *Bell*. or *Rhus*, in case there is scanty urine, or strangury.

Dose every three hours.

With a little camel-hair brush, or soft cotton, apply some of the *Canth.*, *Bell.*, or *Rhus*, to the parts most highly inflamed.

I have frequently cut short the run of Erysipelas, when starting on the end of the nose, by penciling it with tincture of *Cantharis*, after a thorough sponging with *hot water*.

The remedy applied externally should be the same as that given internally.

Erysipelas should, locally, be treated as a burn or scald, by excluding the air from the parts affected, by a closely-fitting compress of muslin, wrung out of hot water, and covered with dry flannel.

Renew it as often as the medicine is given.

If the Erysipelas should be of a *burrowing* kind, causing an abscess (see the following chapter), treatment same as for *Boils*.

Alcohol is very useful, or *Brandy*, or *Whisky*, in the absence of the remedies already named.

Dose, half a teaspoonful of Alcohol or a teaspoonful of Brandy or Whisky in two tablespoonfuls of Water, every two hours.

The same, without water, may be applied to the seat of inflammation by sponging each time that a dose is taken.

# BOILS.

When these are small, or located in places not very sensitive, no treatment by medicine is needed.

Arnica. Five drops, in a teaspoonful of water, may be applied by bathing, or by a compress.

Application every four hours.

Belladonna, when there is great heat and pain, and general disturbance of the system.

Dose every three hours.

Hepar Sulphur, when the Boil begins to soften, and matter to collect.

# Dose every four hours.

**Hot Water** should in every case be applied to the Boil just before the times for taking the medicine. A *poultice* of bread, ground slippery elm, or flax seed, and water, should be kept applied till the Boil opens; then a compress of *hot water* till all is healed up sound. In this affection, and the one that follows, do not break the skin till there appears a soft, white-looking spot, which indicates ripeness; then open it with a sharp-pointed lancet or knife, or the point of a needle.

**Phytolacca** has been very successfully used, both to subdue the inflammation of Boils and to shorten their course, as well as to check the tendency to them.

# Dose every four hours.

The same may be applied externally, by putting a few drops of the tincture on the poultice, or compress, each time it is renewed.

# CARBUNCLE.

This differs from a Boil in having more openings than one, and in being usually more severe and sickening in its progress. The treatment in this affection is the same as for Boils, with the following addition:

Arsenicum, when there is much general disturbance, such as nausea, prostration of strength, and when the cavity formed by the discharge of matter is slow in healing, and its edges are of a bluish color.

Dose every four hours.

**Phytolacca** may also be used, in the early stages, as for *Boils*.

# WHITLOW, OR FELON.

This is an inflammatory affection, coming generally near the finger-ends. It may affect the skin and parts immediately around the nail, or, deeper still, the covering of the bone. It is very painful, and sometimes destructive to the bone.

Ice-water and Hot Water. The part affected should be immersed four times for two minutes each, first in ice-water, and then in water hot as can be borne.

Repeat the bath every hour.

Belladonna should be taken when the pain, throbbing, and heat are very great.

Dose every two hours.

**Phytolacca** may be used, in the same manner as prescribed for *Boils*, when the inflammation and swelling are very great. (See Boils.)

Mercurius Viv., in alternation with *Bell.*, when there is much swelling, and the pain is deep-seated. *Doses two hours apart.* 

Hepar Sulphur, in alternation with Bell., after the opening of the abscess.

### Doses four hours apart.

**Poultice** of pulverized slippery elm or flax-seed meal, or a compress wet in *hot water*, should be applied from the time matter begins to collect till the abscess is entirely healed. As soon as the swelling appears soft it should be opened.

# AFFECTIONS OF THE HEART.

These are various, and can only be presented here by the indications given for the different remedies.

Aconite, when there is acute pain or heat in the region of the heart, or violent palpitation, bounding pulse, etc.

# Dose every hour.

Arsenicum, when there is great burning in the region of the heart, and a sense of smothering, worse when lying; especially when, in connection with these symptoms, there is a dropsical condition of the feet or ankles.

Dose every three hours.

Bryonia, in alternation with Arsen., when the patient is subject to rheumatism, or there is much headache or cough.

### Doses two hours apart.

**Capsicum,** in alternation with *Arsen.*, when the burning in the heart is very great, and there is a constant short cough and palpitation.

# Doses two hours apart.

Rhus Rad., in alternation with Arsen., or alone, when there are rheumatic pains in the limbs, which become worse when at rest, or at night.

### Doses two hours apart.

There are other important remedies for affections of the heart which I cannot present here, and for which reference must be had to a larger treatise, or to a physician.

# APOPLEXY.

It is very important that every one should be informed somewhat in regard to the symptoms and treatment of this affection. Fits of Apoplexy are very alarming, often very dangerous, and always requiring prompt measures of relief.

Those are most subject to them who are stout, have a large head and short neck, and who often feel a tendency of blood to the head. Such per-

sons should eat with moderation, especially in the evening; never drink, or drink very moderately, of coffee, chocolate, or any stimulating beverages; sleep with the head low; avoid great mental excitement, and bathe in the following manner: The face and head generally with warm or tepid water, and the feet with cold water, always rubbing them till warm.

**Opium,** when there is stupor and insensibility, more or less complete; heat in the head, coldness in the extremities, and a snoring as in deep sleep.

# Dose every fifteen minutes.

Belladonna, when the Opium has broken the stupor, and the patient moans, as if conscious of pain, or goes into a convulsion; when there is heat in the head, injected, red appearance of the eyes, and coldness of the extremities.

Dose every twenty minutes.

Glonoine. When two doses of *Bell*. have given no apparent relief, this may be substituted for it.

Dose every twenty minutes.

Nux Vomica, when the attack has been induced by eating or drinking improperly, and there is derangement of the stomach; and when there is rigidity of the limbs, with occasional jerking convulsions.

Dose every half hour.

Hot Water applied to the head by a compress wrung out, hot as can be borne, and covered with dry flannel, is one of the most important remedies for Apoplexy.

Application to be renewed every hour.

**Cold Water** applied to the feet and hands—the colder the better—is also a very important measure. This application is best when the extremities are very cold, and should be made with snow, ice, or ice-water, applied for a minute only, and succeeded by a very brisk rubbing with flannel.

Application to be made at the time when the hot water is put to the head.

Alcohol, Brandy, or Whisky may be used in the absence of the other remedies named, and in persons not habitually using those liquors as a beverage.

Dose, a teaspoonful of Alcohol, or two of Brandy or Whisky, in three tablespoonfuls of Hot Water, every half hour, till better.

# PARALYSIS-PALSY.

This, too, is an affection often requiring speedy measures of relief. Those who are threatened with it should live temperately, avoiding excesses of all kinds. The adulteration of liquors and beers with *Nux Vomica*, *Cocculus*, and *Lead*, is helping to cause

many more cases of this affection than were met with in olden times.

When want of sensation or motion is observed in any part of the body, after a fit of *Apoplexy*, or *spasms* of any kind, a continuance of the very remedies successfully employed in those affections will often be sufficient to remove it.

**Rhus Rad.** is our best remedy for such Paralysis, especially if there is aching in the parts affected, and this becomes worse when at rest.

### Dose every three or four hours.

This remedy is also one of the best for Paralysis following Rheumatism.

#### Dose every six hours.

Nux Vomica or Bryonia may be used when there is Paralysis of the lower limbs; the former remedy especially when the limbs are subject to a shaking motion, which is made worse by touching them.

Dose every four or six hours.

Cold Water, applied by sponging or pouring on parts lacking sensibility, is of great benefit.

Hot Water is better when there is much heat and pain, yet want of power in any part.

Apply, by fomentation, every four hours.

Electricity and Galvanism have been frequently

used with benefit, but, improperly applied, have made some cases incurable. Do not resort to such powerful agents, unless in the hands of a competent and careful practitioner.

# CONVULSIONS-SPASMS.

When these occur in Apoplexy, or during confinement, from congestion of the brain, the remedies pointed out under the head Apoplexy are to be used. When they occur in children, other remedies are required, such as I give below. In reference to these affections, which now are so frequent, and always so terrible in their visits, I must say a few cautionary words. Before the time of teething, infants seldom have spasms. When they do, it is generally from some carelessness on the part of the nurse; a fall, exposure to the sun, or improper feeding. During the time of teething, there is more excitement in the head than before-more tendency of blood in that direction, and therefore more restlessness and danger of spasms. The abominableyea, murderous-practice of bathing infants' heads in cold water, may be justly blamed for many a case of brain disease, and consequent death. The water used on a child's head should always be warmer than that with which the body, and especially the limbs, are bathed.

Convulsions in children are nearly always preceded by a sensible increase of heat in the head, and a corresponding coldness of the feet and hands. There are generally startings in sleep, grinding of the teeth, and great wakefulness, or uncommon stupor. I cannot here stop to describe the various forms of convulsions, except as indicated in the connections below.

Hot Water, upon the first appearance of heat in the head; apply this with cloths, for five minutes; or leave the wet compress on, covered with dry flannel.

# Application to be made every two hours.

If the child has eaten some rich and indigestible food, and seems sick at the stomach, put your finger down its throat, so as to provoke vomiting.

Aconite, when there is high fever, skin hot over the whole body, and great thirst.

# Dose every hour.

Belladonna, when there is much heat in the head, flushed face, and cool hands and feet; or when there is dilated pupil, and great nervous excitement; or when the *Acon*. fails to reduce the fever after two or three doses.

Dose every hour.

In case a spasm comes on with the above symptoms, give the *Bell*. till it ceases.

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# Dose every ten minutes.

Chamomilla, when, during spasm, there is a great jerking in the muscles of the face, clenching of the hands, redness of one cheek, and looseness of the bowels.

# Dose every ten minutes.

Nux Vomica, when the spasm has come from some indigestible food; the child has been colicky, and constipated in the bowels; and when it is inclined to bend its head backward, and to stiffen its limbs during the spasm.

## Dose every half hour.

Alcohol, or *Brandy* or *Whisky*, may be used with great benefit, in the absence of the other remedies.

Dose, twenty drops of Alcohol, or half a teaspoonful of Brandy or Whisky, in a tablespoonful of Water, every half hour.

Children under twelve should take half that amount.

In all cases of spasms, the most self-possessed person present should take the child, lay it upon a bed, without any elevation of its head; see that no part of the dress is too tight; prepare and administer the remedies as already directed. Agitating the

child yet more, by carrying it about or plunging it into a hot bath, is a pernicious practice. No application of water, except *hot* to the *head*, or *cold* to the *extremities*, can be recommended. One that comes out of a spasm, with ice to the head, or with the feet in hot water, would do so better without those means.

For farther remedies than those named, I must refer you to a competent physician.

# TEETHING.

Some children cut all their teeth without any sensible disturbance of health, while others are hardly ever well from the beginning to the end of teething. The plan of cutting the gums as soon as the form of a tooth can be seen, is bad; for, unless the tooth comes immediately through, the cut heals, thereby forming a tough scar, through which it has to force its tedious way. When the edge of the tooth looks white along the gum, and there is a disturbance of comfort or health, a slight cut with a knife, or a rub from the mother's thimble, will set free the struggling prisoner, and end all trouble.

The following remedies may be called for, in cases where several teeth are pressing forward at once, or when no relief is to be obtained by cutting the gum:

Aconite, when there is high fever, full, rapid pulse, and flushed face.

Dose every two hours.

Belladonna, when the Acon. fails to break the fever after two doses, or there is great nervousness, heat in the head, or threatening spasms.

# Dose every hour.

Chamomilla, when the bowels are loose, there are greenish-colored stools, startings and jerking of the muscles of the face during sleep.

## Dose every hour.

**Dulcamara,** when *Cham.* fails, and the diarrhœa continues, with heat in the spine, and great rest-lessness.

# Dose every three hours.

When there is at the same time *fever*, the *Acon*. may be given alternately with *Cham*. or *Dulc*.

Doses an hour apart.

**Ipecac.**, in alternation with *Bell.*, when, with the symptoms calling for *Bell.*, there is also nausea or vomiting.

# Doses an hour apart.

Hot Water. When the mouth seems hot, and the gums highly inflamed, relief may be obtained somewhat by washing and rubbing them with this article.

# CRYING AND SLEEPLESSNESS OF INFANTS.

I could not send forth this little volume, feeling that I had done justice to the cherished little ones of every household where it may be consulted, did I not, under the above heads, say a word or two.

An infant seldom cries much, unless it is hungry or in pain. Whether it be hungry, the mother or nurse can readily judge. If it is in pain, it is so from ill health, and therefore requires appropriate remedies.

An infant seldom is wakeful beyond what is common, unless it is the subject of some disease.

A more irrational and pernicious practice has never gained wide-spread favor, than that of dosing every infant that cries much, or that is very wakeful, with narcotic drops, cordials, and soothing syrups. The mother who purchases quietude in her nursery by such means, often brings there the quietude of death, or is afterward pained to see her children grow up weak-minded men and women, and fit votaries of the cup.

Instead of the brain - congestion and stupor, in which only the sense of pain is temporarily drowned, while the disease remains untouched, relief by proper curatives should be sought; then crying and sleeplessness will be gone.

If the troubles come from *Teething*, see the chapter on that subject; if from *Colic*, see the chapter on that subject; if from *Cold*, see that subject.

When they come without any perceptible cause, the following remedies may be given, to allay the nervous excitement:

# Belladonna, Chamomilla, or Nux Vomica.

### Dose every two hours.

A mother, or nurse, or any person having kind feelings toward the child, and a decided purpose, may soothe and comfort by gently passing the hand down from the top of the head, along the back of the neck and spine, to the feet; or from the forehead over the temples, cheek, and breast, to the feet; or by pressing the open hand gently on the head, or pit of the stomach, or on the abdomen.

# RHEUMATISM.

This painful affection seldom fails of relief, and that speedy, under homœopathic treatment. The only form of it for which I here wish specially to provide, is the *Inflammatory*. This is characterized by fever, severe pains, and often extreme soreness in various parts of the body.

Aconite, when the pulse is full and rapid, and

there is thirst, and the painful parts are hot and sore.

# Dose every two hours.

Bryonia, when the painful parts are very sore, swollen, and reddened; when the pains are made worse by motion, and the tongue is coated white or yellow; especially when there is disturbance of the stomach, and constipated bowels.

#### Dose every two hours.

Arnica, in case Bry. has failed to relieve, and there is much tenderness, as from a bruise.

## Dose every hour.

**Rhus Rad.**, when the pains are made better by motion, and are worse at night, or when at rest; when the painful parts feel stiffened and paralyzed, and especially when the attack is from the sudden suppression of some rash or eruption.

#### Dose every two hours.

Aconite may be given in alternation with either of these remedies, in case there is much general fever.

# Doses an hour apart.

Belladonna and Nux Vomica often relieve, when the person is stout, accustomed to eat and drink imprudently; especially when there is ten-

dency of blood to the head, or the pains come and go suddenly; in alternation.

### Doses two hours apart.

The application of raw cotton to the painful parts, keeping it bound tightly to them, affords protection and favors recovery. All rubbing, in this disease, as is common with "Pain-killers" of various kinds, is worse than useless. In place of doing good, the attack of Rheumatism is frequently thereby prolonged and aggravated.

# HEARTBURN-WATER BRASH.

This is peculiar to persons who are more or less dyspeptic. It may occur, from special causes, to those who are not generally subject to indigestion. For immediate relief, I know of no remedy of more value than

**Vinegar.** This should be of the best quality, and taken half a teaspoonful at a time.

## Dose every hour.

As a general thing, one dose is sufficient for relief, and then other remedies should be employed to overcome the dyspeptic condition.

Bryonia, when the food rises into the mouth with a bitter taste, and there is headache, flushed

face, and dizziness, with chilliness and feelings of heat alternately.

Dose every four hours.

Arsenicum, when there is much burning at the pit of the stomach, thirst, and occasional nausea, with soreness of the bowels and griping pains.

# Dose every two hours.

Nux Vomica, when the indigestion has arisen from indulgence in liquors or beers, or the use of fruits or vegetables, and there are riftings or eructations of wind, a foul taste in the mouth, and constipation of the bowels.

# Dose every four hours.

**Pulsatilla,** when the trouble has come from using fat or greasy food, or rich pastry, and there is more of a tendency to diarrhœa; especially when there is any soreness in the mouth.

## Dose every four hours.

Nitric Acid, when there is much acidity, burning, and especially if the tongue is sore, with little white ulcers.

Dose night and morning.

Persons subject to indigestion should drink little or no liquid while eating, and for an hour after. Still wines, such as *Catawba*, *Concord*, *Delaware*, *Clinton*, *Ives' Seedling*, or the *Rhine*, in place of tea

and coffee, are good, especially if there are acid eructations. Soda, saleratus, lime-water, and all other alkaline substances, should be totally discarded, for they destroy the lining membrane of the stomach, and frequently make Dyspepsia perfectly incurable.

# CONSTIPATION OF THE BOWELS.

Judging from the ample provision made by the old schools for this state of the bowels, one would suppose it to be the cause of all the "ills that flesh is heir to;" whereas, in truth, not once in a hundred cases of sickness in which it exists is it any thing but an effect, and that quite a harmless one, of the disease. The learning and ingenuity of the medical profession have been taxed, variously, to move the bowels; and yet moving the bowels has, in ninety-nine cases out of a hundred, no more to do in curing the patient than would cutting off his fingers and toes. I am happy here to record the fact, that our brethren of the old schools are learning, from our success without "physic," that it is a loss of material and of time to be scrubbing and torturing the bowels, because they are put in a state of temporary rest by disease. It will be better still when they learn how to remove the disease, in order that the bowels may act as usual, under the

guidance of kindly Nature. Constipation, if it occurs to persons who are not confined to their beds or rooms, is usually the result of inaction on the part of the stomach or liver, and calls for attention to them. When it occurs to those in bed, or confined to their rooms, it is merely a part of the general torpor and want of action which pervades the system, and needs no separate treatment. In all cases the diet should be chiefly or entirely of fruit and vegetables and coarse bread, such as are not in themselves binding to the bowels. For treatment, I refer you to a physician.

I may, however, here name some remedies, which often cure if rightly used:

Nux Vomica. A dose every morning, on rising; and

Opium. A dose every night, before retiring.

Use them for a week, and then change; using the *Nux. Vom.* at night, and the *Opium* in the morn-ing.

Make effort for a movement at a fixed hour every morning.

# PILES.

The pain caused by this affection may often be promptly relieved by bathing the parts in *hot water*, and lying down.

Nex Vomica, when the person is of a costive habit, or subject to indigestion and flatulency.

Dose every three hours.

Arsenicum, when there is more of a tendency to diarrhœa, and when there is great heat and burning in the parts.

**Æsculus Hippo.** is a new and valuable remedy, chiefly useful in cases where *Nux Vom.* is indicated, but fails.

For radical treatment of this painful affection, I must refer you to a physician.

# SEA-SICKNESS.

This affection, often distressing to the traveler as well as the voyager, requires some ready means of relief. Eating lightly just before and while under way, may help the matter some.

Nux Vomica should be taken just before starting, then, in case of giddiness, nausea, or vomiting while in motion, a dose of

**Cocculus** should be taken, and continued in alternation with the *Nux Vom*.

Doses two hours apart.

**Veratrum,** in case the vomiting continues after the use of *Nux Vom.* and *Cocculus*.

Dose every hour.

The middle part of a vessel or car being subject to the least up and down motion, is the best for those having this sickness; and lying on the back is the best position.

# BLEEDING OF THE NOSE.

Various are the causes of this flow, and various therefore must be its remedies. When it is but slight no interference is required; when too profuse or of too long continuance, use the following remedies:

Aconite, when there is considerable excitement of the pulse, hurried breathing, and hot skin.

## Dose every half hour.

Belladonna, when there is great heat and fullness in the head, or the bleeding has come from stooping or being overheated.

## Dose every half hour.

**Pulsatilla,** when the bleeding comes from a sudden suppression of the menses or an insufficient flow during the menstrual period.

## Dose every two hours.

Either of the remedies before named may be taken alternately with *Puls.*, when that remedy is indicated.

Doses an hour apart.

## ACUTE DISEASES,

When the blood coagulates or thickens in the nostril, be careful not to dislodge it for several hours, or else renewed flow may be provoked. Never apply cold water or ice to the nose, except just long enough to induce coagulation, or they will cause a reaction, in which there is an increased tendency of blood to the head, and a consequent continued bleeding.

# FLOODING-UTERINE HÆMORRHAGE.

This usually occurs during child-birth or a miscarriage, and requires very careful management. If it comes on in the early months of pregnancy, a physician should at once be consulted, as some manipulation, which only a skillful hand can perform, may be required. And the person should at once lie down and keep quiet, using, for the time, the remedies mentioned below. If it occur after a miscarriage or the birth of a child, in the absence of the physician, remove the pillow gently from under the patient's head and administer the following remedies:

Belladonna, when there is a rapid, yet full pulse, bearing down pains, and a copious flow, coming at intervals.

Dose every twenty minutes.

Ipecac., when the flow is more continuous, the

pulse not so full, and there is nausea, or a disposition to faint on rising up.

Dose every twenty minutes.

If the flow continues free, after four doses of the *Ipecac.*, give *Bell.* in alternation with it.

Doses ten minutes apart.

Alcohol, Brandy or Whisky may be required. (See directions for their use in chapter on Spitting Blood:)

Bell. and Ipecac., in my hands, have been efficient in the worst cases of uterine hæmorrhage, in connection with proper manipulation. Other remedies (such as China, Bryonia, etc.) are often required to complete the restoration of the patient, but the Bell. and Ipecac. will remove the immediate danger, and give time for competent medical aid to be brought.

# CHILL IN CONFINEMENT.

The most serious affections that a mother experiences during confinement are those which generally begin with a chill. It is, therefore, all important that a chill should be immediately broken before the march of inflammatory troubles can begin. Cover the patient well and give first,

Camphor, when the chill is yet on.

Dose every ten minutes.

## ACUTE DISEASES,

Aconite, when the chilliness is gone, and there is great heat all through the body, thirst, and a very rapid, full pulse.

Dose every half hour.

Pulsatilla, in alternation with the Acon., when there is a sudden suppression of the flow. Doses half an hour apart.

Belladonna, in alternation with the Acon. or the *Puls.*, when, in addition to the symptoms calling for one of these remedies, there is great heat in the head, or headache, flushed face, or delirium.

Doses half an hour apart.

Bryonia, when, besides headache, there is soreness all over, fever, with occasional chilliness and perspiration.

## Dose every two hours.

Nux Vomica, in alternation with *Bell.*, when there is constipation, pains in the abdomen, sudden jerkings or tremblings.

Doses two hours apart.

Warm drinks, such as weak black tea, may be taken freely. For farther remedies, recourse must be had to a physician, who, in all such cases, should be immediately summoned.

# ENGORGED BREASTS, ETC.

Chills occurring in child-bed, or while nursing,

may result in a hardness of one or both breasts, inflammation, and even abscess.

After emptying out the milk, as much as possible, breaking the chills, and subduing the fever, (see preceding chapter,) the following remedies may be used:

Hot Water. Apply by a compress, covered with dry flannel.

#### Renew every hour.

Bryonia, when there is great soreness and redness of the breast, and there is aching in the shoulders and back, with headache, white-coated tongue, and constipated bowels.

#### Dose every two hours.

Belladonna, if the face is greatly flushed, headache very severe, and no relief in four or six hours from *Bry*.

## Dose every hour.

Hepar Sul., in case an abscess is formed in the breast, especially when it is open and discharging. Dose every four hours.

Every effort must be made to draw the milk out of the breasts while it is possible.

# SORE NIPPLES.

I may be excused if I extend the scope of my

## ACUTE DISEASES,

book a little, to notice this trouble, which, though not particularly dangerous, is yet very painful, and generally quite unmanageable by domestic means.

Before confinement, the mother should, every day, thoroughly bathe the breasts and nipples with cold water to make them strong and tough. When the child begins to nurse, make a solution of Arnica tinct. one part and nine parts of water, and each time after nursing wash the nipples with it. Should they become sore, make a solution of pure brandy, one part and three parts water, and apply each time after nursing. If in four or five days the soreness is not relieved, make thimble-shaped cups of bees-wax, large enough to put over the nipples without pressing the ends, and each time after nursing wash the nipples in pure hot water, and put the cups on so that they will be kept in place.

At the same time take Hepar Sul.

Dose night and morning.

# SUPPRESSION OF MENSES.

Aconite, when, after taking cold, there is a sudden suppression of the flow, with some fever. Dose every hour.

**Pulsatilla,** when *Acon.* fails, after two doses, to restore the flow, especially if there is much pain in the back and lower part of the abdomen. *Dose every two hours.* 

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Belladonna, in alternation with *Puls.*, when there is a great tendency of blood to the head, nose bleed, delirium, or severe headache.

Doses an hour apart.

## DELAY OF MENSES.

When, without pregnancy, and from no immediate cold, the menses delay for days or weeks, it may be necessary to consult a physician.

The following remedies, however, may be sufficient:

**Cold Water,** applied to the lower limbs, from the hips down, every morning, followed by brisk rubbing and exercise, by walking or stamping the feet on the floor; together with

Pulsatilla, when the person is subject to indisposition, has a sallow complexion, leucorrhœa, or urinary troubles.

Dose night and morning.

Belladonna, with the cold water, when the face is flushed, headache, and nose bleed.

Dose night and morning.

# TOO EARLY AND TOO PROFUSE MENSES.

Rhus Rad., when the menstrual period recurs too often or is too profuse; use, during the intervals,

Dose every night. 3

Chamomilla, when the flow is dark-colored or in lumps, and the person is very irritable or nervous. Dose every four hours.

# DROPSY.

This affection, characterized by a pale, and generally painless swelling, which pits under the finger, comes from a variety of causes, and requires the knowledge of a physician for its proper treatment. The following remedies may be useful:

Arsenicum, when there is general dropsy, resulting from chills or the abuse of quinine.

Dose night and morning.

China, when the swelling has come on after the loss of blood or abuse of Arsenic.

Dose night and morning.

Rhus Rad., when it has come on after some disease of the skin, or from repelled eruption.

Dose night and morning.

Sulphur will also be required in case of repelled eruptions.

Dose twice a week.

Cautharis, when the urine is very scanty. Dose three times a day.

# DELIRIUM TREMENS.

When this terrible affliction comes on, in the absence of a physician, use the following:

## Nux Vom. and Belladonna alternately.

Doses one or two hours apart.

Hot Water. Let the patient drink freely of this; and, if there is great heat in the head, bathe it with hot water every hour.

**Capsicum**, when the thirst is very great, and there is a constant calling for liquors: give six drops of the pure tincture, in a tablespoonful of hot water.

## Dose every hour.

Capsicum and Belladonna may be used in alternation.

Doses an hour apart.

Aconite and Capsicum may be called for if the pulse is rapid and bounding, with thirst, etc.

Doses an hour apart.

## FAINTING.

This occurs only in sensitive or nervous persons, and is induced by pain, fatigue, foul or confined air, or emotional excitement. When one is discovered to be fainting, the clothing should be loosened, and immediate way made to the open air. If the air does not restore consciousness soon, sprinkle the face with cold water; and when that fails, hold a handkerchief, wet in alcohol or some other stimulating spirit, for a moment to the nose, and bathe

the forehead with the same. The following remedies may also be required:

Aconite, when there is feverishness or violent palpitation of the heart.

Dose every half hour.

Belladonna, when there is flushed face, headache, and a feeling or appearance of blood pressing to the head.

## Dose every half hour.

Chamomilla, when there is great excitability, fear, and predisposition to hysterical troubles.

Doses half an hour apart.

Alcohol, Brandy or Whisky may be used in the absence of the other remedies.

Dose, ten drops of Alcohol or half a teaspoonful of Brandy or Whisky, in a tablespoonful of Water.

For proper remedies to overcome the liability to fainting fits, application must be made to a physician.

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# ACCIDENTS.

# SUN-STROKE-EFFECTS OF HEAT.

THIS comes from too much exposure to the sun during hot weather. For its prevention, all who are thus exposed should wear flannel shirts and high-crowned hats, or such as will allow a large pocket-handkerchief to rest upon the top of the head; and they should frequently, say two or three times a day, bathe the head with very warm water. When one is found struck down by the heat, and seems to be in an *apoplectic* condition, refer to the chapter on that affection, and employ the means there pointed out.

Never put *cold water* to the head, but rather upon the feet, if they are disposed to be cold, with rapid rubbing, till they are warm.

If *headache* only is experienced, see the chapter upon that subject.

Brandy or Whisky, in teaspoonful doses, repeated 5

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every half hour, may do much good, in the absence of other remedies; but these must not be given if the breath of the person smells at all of liquor, since the falling and insensibility may have been caused by them. And I may here remark, that the use of those liquors, as a beverage, predisposes persons to sun-stroke.

For most other effects of heat, ample time will be allowed for the consultation of a physician.

# STROKE OF LIGHTNING.

When one has been struck by lightning, so as to become apparently lifeless, all efforts toward a restoration are often vain; nevertheless, it becomes those at hand to do all they can in the case. A full supply of fresh air should be afforded, all tight clothing removed, and *cold water* dashed upon the face and breast. No signs of life appearing, an artificial respiration should be effected, as directed hereafter in the chapter on *Drowning*.

If an electrical or galvanic apparatus should be at hand it would be well, putting the positive pole or electrode at the base of the back part of the head, to pass the left down the spine, and to hold it, for a minute at a time, at the lower end of the spine and on the soles of the feet; but this should not be continued after signs of life appear.

In all cases where it is possible, a physician should be summoned at once.

# SUFFOCATION.

This may occur from different causes, such as impure air, compression of the neck, and choking by something lodged in the throat. In the first case, the open, fresh air should be sought; in the second, the means of compression, such as rope or cravat, must be removed; and in the third, the article in the throat must be dislodged. The removal of things from the throat must be effected carefully, to prevent injury, and can best be done with a pair of long, slim forceps; when these are not at hand, the fingers, or a wire bent into a hook shape, may be used. If the substance lodged be round or of a nature not too rough, and is too far down to be brought up, it had best be forced down by any means at hand suitable for the purpose. When the choking is not grave, and especially if it is by some article of food, a good thumping with the flat hand between the shoulder-blades will relieve it. To revive a person apparently dead from suffocation, and after the removal of the cause, it will be best to dash cold water upon the face and breast; and this failing, to resort to the means of artificial respiration recommended in the chapter on Drowning.

If there is a congested purple appearance of the head and face, such as occurs in *apoplexy*, refer to the chapter on that subject.

# DROWNING.

I can give no directions for the treatment of persons apparently dead from drowning, better than those of the late Marshall Hall:

"1st. Treat the patient *instantly on the spot*, in the open air, freely exposing the face, neck, and chest to the breeze, except in severe weather.

"2d. In order to clear the throat, place the patient gently on the face, with one wrist under the forehead, that all fluid, and the tongue itself, may fall forward, and leave the entrance into the windpipe free.

"3d. To excite respiration, turn the patient slightly on his side, and apply some irritating or stimulating agent to the nostrils, as dilute Hartshorn, Camphor, or Alcohol.

"4th. Make the face warm by brisk rubbing, then dash cold water upon it.

"5th. If not successful, lose no time; but to *imi*tate respiration, place the patient on his face, and turn the body gently but completely on the side and a little beyond; then again on the face, and so on alternately. Repeat these movements, deliberately and perseveringly, fifteen times only in a minute.

"6th. When the face position is resumed, each time make a uniform and efficient pressure along the spine, removing the pressure immediately before rotation on the side.

"7th. Rub the limbs with firm pressure from the extremities toward the body.

"8th. Substitute for the patient's wet clothing plenty of that which is dry and warm. From time to time, to excite inspiration, slap the surface of the body briskly with the open hand.

"9th. Rub the body briskly till it is dry and warm, then dash cold water upon it, and repeat the rubbing."

## FROST-BITE.

When any part of the body has been frozen, care should be used not to bring it near the fire, or any warming apparatus, else disorganization will take place, or the reaction that follows the deadened state will be very painful, if not in itself, also, very destructive. The part should be rubbed with *snow* or bathed in *ice-water*, so as to control, while it induces, the necessary reaction. Should the reaction, after all, be too great, and the part become very hot and burning, let it be bathed in *hot water*, and *Alcohol* or *Whisky*.

## CHILBLAIN.

This affection seldom follows a frost-bite which

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has been treated as above directed; when it does, and indeed, in most other cases, its predisposing cause is an unhealthy state of the blood, or of the secretions of the body. For present relief, hot water and Alcohol, equal parts, applied to the affected parts, is the best of all agents. Tincture of Arnica, and more especially tincture of Urtica Urens, one part to three of water, will destroy the itching and burning. But as the affection may sometimes result in troublesome abscesses, and especially as it is not altogether a local one, recourse should be had to a physician for a more radical treatment.

# BURNS AND SCALDS.

A burn or scald is more or less dangerous, according to its location and extent. The affections of important organs, to which they may give rise, demand very careful management, and require the skill of a physician. The best application to a part that has been burned or scalded is *hot water*. Apply raw cotton, wet, in *hot water*; let it be saturated afresh with hot water, without being raised, every fifteen minutes, till the burning sensation ceases; then let it be simply kept from drying till the part is well. The tincture of *Urtica Urens*, prepared as directed for chilblains, may be applied in the cotton compress. Care should be used, from the

time of the first application, not to let the affected part be for one instant exposed to the air.

Alcohol, or *Brandy* or *Whisky* should be used in case of an extensive burn, when there is fever, delirium, or rapid sinking of vitality.

Dose, half a teaspoonful of Alcohol, or a teaspoonful of Brandy or Whisky, in two tablespoonfuls of Water, every hour.

Alcohol one part and warm water five parts, should be applied by compress to the seat of burn.

Carbon Oil, such as is used in lamps, or the crude, as taken from the ground, is the best for application where the burn or scald is small, or on a finger, or other part, where a water compress would be inconvenient.

Wet a piece of soft muslin in it and wrap it closely upon the injured part.

## STINGS OF INSECTS.

The sting of a bee, wasp, or other insect, when not productive of much pain or inflammation, requires no special treatment. When remedies are required, the application of *Alcohol* or the tincture of *Arnica* to the parts affected will be of service. When there is much inflammation and swelling, *hot water* should be applied by a compress, renewed every half hour.

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Some insects burrow under the skin, and others make a puncture, into which they deposit their eggs, making thereby very grievous sores sometimes. A good remedy for these is to rub with lard or a bacon rind every day.

# ENVENOMED BITES.

When one has been bitten by a *rabid dog* or a *venomous serpent*, dry heat should be directed upon the spot, where the skin is broken, by a red-hot iron, or any other means that may be at hand. The heat should be applied constantly for an hour, or until the patient begins to shiver, then removed. At the same time that the heat is applied, whisky should be drank freely, till the stomach seems ready to reject it. When the treatment has gone thus far, time can be taken to summon a physician. Usually after the sleep induced by intoxication, the patient recovers without farther trouble.

# RUPTURES.

These generally take place at the navel or in the groin, and require the attention of a physician. But lest the protruding intestine become strangulated and inflamed, it is necessary to have it returned with all possible haste. If the rupture is at the navel, it is easily reduced by common pressure;

the patient lying on his back. A pad, two inches in diameter, made of stiff paste-board, covered with muslin, should be kept upon the navel by a bandage passing around the body. If the rupture be in the groin or down into the scrotum, the patient must be placed upon his back, with his head and shoulders low, heels and hips raised. Gentle but firm pressure must then be made from the lowest part of the tumor, up toward the abdomen. If the intestine is not soon returned, it is better to desist from farther efforts till the arrival of a physician. Should the first efforts prove successful, keep the patient on his back till a suitable truss is provided and applied by a physician.

# CONCUSSIONS.

When a person has received a violent concussion of the head, or any part, the tincture of *Arnica*, one part to three of cold water, should be immediately applied to the parts that have been bruised, by means of a compress of muslin or raw cotton, covered with dry flannel. This should be renewed every half hour, till sensibility and heat return. At the same time,

Arnica should be prepared and administered by pouring into the mouth.

Dose every half hour.

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If the head has been the seat of chief injury, and there is apparent congestion of the brain, stupor, difficult breathing, etc., refer to the chapter on *Apoplexy*. Should there be "convulsions," as will sometimes be the case when children are injured, refer to the chapter on that subject.

For other and the more lasting effects of concussion, a physician must prescribe.

## BRUISES.

In all cases of injury by a fall or a blow, where only the fleshy parts are implicated, Arnica tincture should be applied, prepared as follows: When the skin is not broken, one part to three of cold water; and when the skin is broken, one part to nine of cold water. This application should be made with a compress of muslin or raw cotton, and be renewed every half hour. But if reaction has taken place before any application is made, and the injured parts are inflamed and swollen, cold water must not be used, but rather hot water, with the proportions of tincture named above. At the same time the Arnica tincture is externally applied, Arnica should be administered internally.

Dose every hour.

# SPRAINS.

Troubles of this character, when not properly at-

tended to at the outset, are sometimes worse than dislocations or fractures. As soon as possible after the occurrence of a sprain, the part affected should be wrapped in cloths wet in a solution of *Arnica tincture*, one part to three of *cold water*. This wrapping should be wet afresh every hour. As in bruises, so here, if inflammation has arisen, the application must be *hot* and not cold. Should the part afterward be painful and lame,

Rhus Rad. may be taken.

Dose every four hours.

And a solution of the same, one part to five parts of water, may be applied externally. As dislocations are sometimes mistaken for mere sprains, it will be well to have the attention of a physician, when there is any room for doubt as to the real nature of the injury.

# DISLOCATIONS.

These can seldom be reduced without surgical aid, yet much can be done to keep the parts in a good condition for that operation, and to make the patient more comfortable till the surgeon arrives. Put the limb in a position of perfect rest, and wrap the joint in the manner directed for the treatment of *sprains*.

Sometimes a wrist or elbow, an ankle, knee, or

even a shoulder, may be put in place by a strong pulling or extension of the parts.

Unprofessional persons would be justified in making the attempt, provided they were entirely sure there was no fracture, but only a dislocation.

## FRACTURES.

I may say pretty much the same of these as of dislocations: put the parts at rest gently, and apply the solution of *Arnica*; then send at once for a surgeon.

# BLEEDING FROM WOUNDS.

When only smaller vessels, or the veins, are cut, the flow of blood is easily checked by the pressure of a compress wet with *cold water*. When an artery is cut, the blood is of a bright red color, and comes out in jets, corresponding in time with the beats of the pulse. The most dangerous hemorrhage always comes from an artery; and it is therefore important to know how it should be checked, in order to save life till the arrival of a surgeon. It must be remembered that much more pressure is required to stop the blood in an artery than in a vein.

1st. When the wound is on the head or face, a hard compress, tightly bound, may suffice to check all bleeding.

2d. When an artery in any part of the arm or hand is cut, the surest method of stopping hemorrhage is to grasp the flesh of the arm on the upper side, at a point half way from the elbow to the shoulder, or higher if necessary to be above the wound, and hold it firmly. The grasp should take in as much of the flesh of the arm as possible, leaving the ends of the fingers and thumb above the bone. Or a hard roll of cloth, or a ball, or a potato, may be placed upon the same part of the arm—upper and front side, and bound there tightly by a strap or bandage.

3d. When an artery is cut in any part of the leg, strip away the clothing from the thigh and groin, and feel just in the groin, till you find the pulsation of an artery under your finger; then grasp the leg in such a way that the thumbs will rest upon the artery just below, or in, the groin. Or a hard *roll* of cloth, or a ball, or a potato, may be placed at the point where the thumbs should be, and bound tightly there.

# CUTS AND LACERATIONS.

Before bringing the edges of a cut or lacerated wound together, see that there is no dirt or other foreign substance in it. When it is nicely cleaned, bring the edges of the wound together gently, and

#### ACCIDENTS.

if there is yet some bleeding, apply narrow strips of adhesive plaster across it, in such a way as to keep it together; then apply a compress of *Calendula*, or, if that is not at hand, *Arnica*, one part tincture to five parts of *cold water*, and keep it wet. If there is no hemorrhage, strips of the court-plaster will be better than the adhesive. The strips should always be put so far apart as to allow any matter that may form to escape freely.

#### POISONS.

# AND THEIR ANTIDOTES.

In all cases of poisoning, efforts should immediately be made to cause vomiting, so that any portion of the destructive agent which may be yet in the stomach will be expelled. This can be effected by any kind of emetic, but generally the readiest means will be *mustard water*, which can be prepared by putting a teaspoonful of ground mustard into half a pint of warm water. This should be swallowed hastily, and then as much luke-warm water drank as possible. The vomiting should be kept up till the stomach is thoroughly emptied.

In all cases the nearest physician should be summoned; but that no time be lost, the following antidotes may be employed:

## For Acids,

Such as Sulphuric, Nitric, Muriatic, Oxalic, Phosphoric, Prussic, or Acetic.

Take magnesia, chalk, soda, saleratus, or wood-

## POISONS,

ashes, mix in warm water, and let the mixture be swallowed hastily. If prussic acid be the poison taken, let large quantities of strong coffee be drank, and cold water dashed upon the back.

## For Alkalies and Earths,

Such as Lime, Caustic Potash, Carbonate of Potash, Pot and Pearl Ash, Hartshorn, or Ammonia.

The readiest antidote is *vinegar*. Let half a teaspoonful be taken every two minutes, for twenty minutes, or longer, if the poison has been taken in a large quantity.

Sweet oil, flax-seed oil, or, indeed, any kind of common oil, freely taken, will be of service.

# For Alcohol, or Spirituous Liquors.

After a thorough vomiting, give milk or strong coffee freely.

## For Arsenic.

After vomiting, give freely of the white of eggs in warm water, or of soap-suds.

# For Bitter Almonds or Peach-Kernels.

Large draughts of strong coffee.

# For Copper and its Compounds.

White of eggs in warm water, or sugar water.

## AND THEIR ANTIDOTES.

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## For Corrosive Sublimate.

White of eggs in warm water; sugar water; starch in warm water, or milk.

## For Poisonous Gases or Vapors.

Plenty of fresh air; copious showers of cold water; vinegar applied to the nostrils and face.

## For Lead or its Salts.

White of eggs in warm water; soap water, or milk freely drank.

## Narcotics,

Such as Opium, Laudanum, Paregoric, Morphine, Belladonna, Stramonium, etc.

Excite vomiting at once; then give large draughts of the strongest *coffee*, and keep the patient in motion, so that he cannot sleep.

## Phosphorus.

Large draughts of strong coffee, or magnesia, or chalk, in warm water.

## Mercury.

White of eggs in warm water; milk, or wheat flour in warm water, freely drank.

# Vitriol-White, Blue, or Green.

White of eggs in warm water; sugar water.

I have thus briefly referred to those articles which, more commonly than others, are the means of poisoning.



