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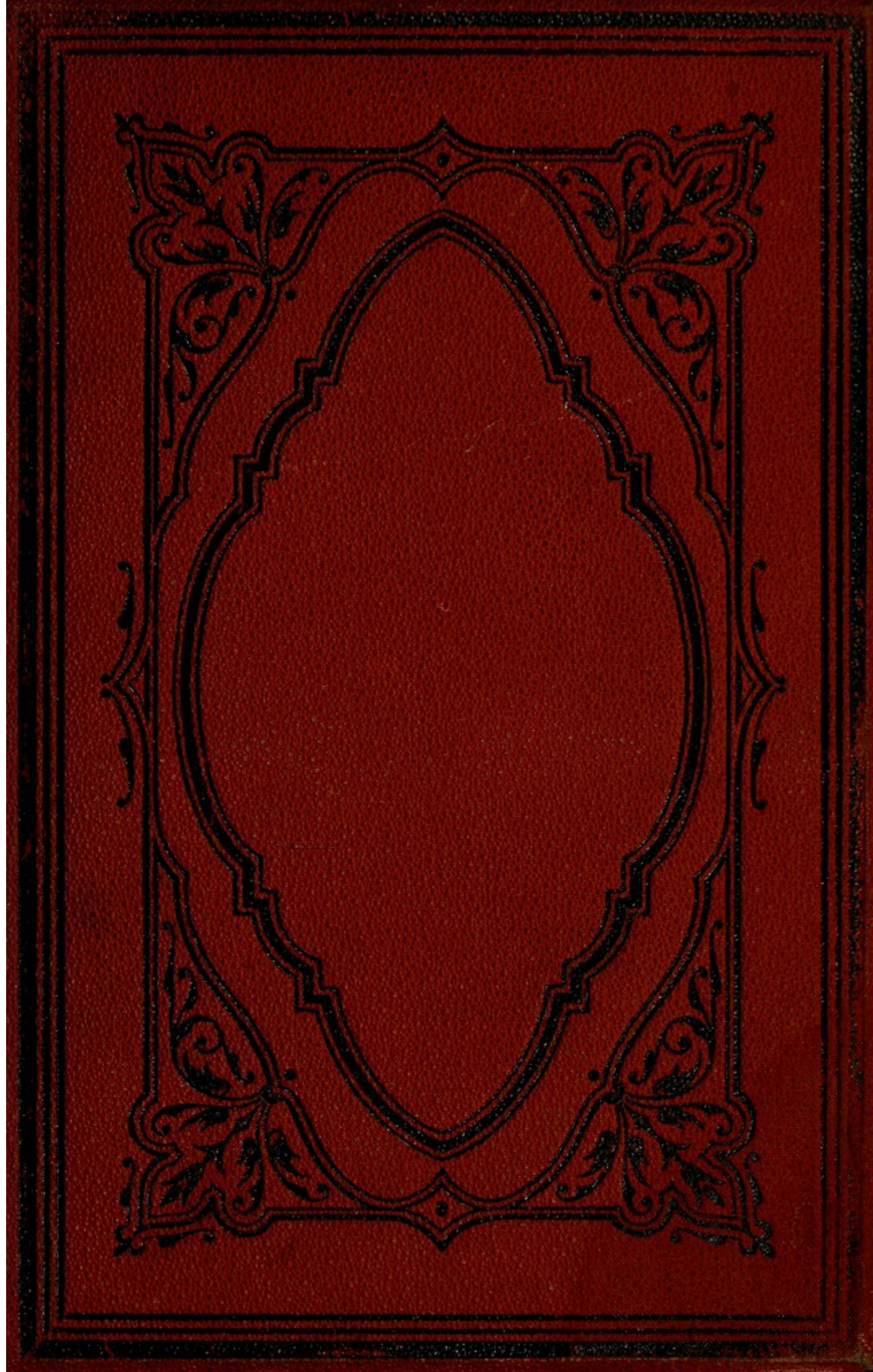
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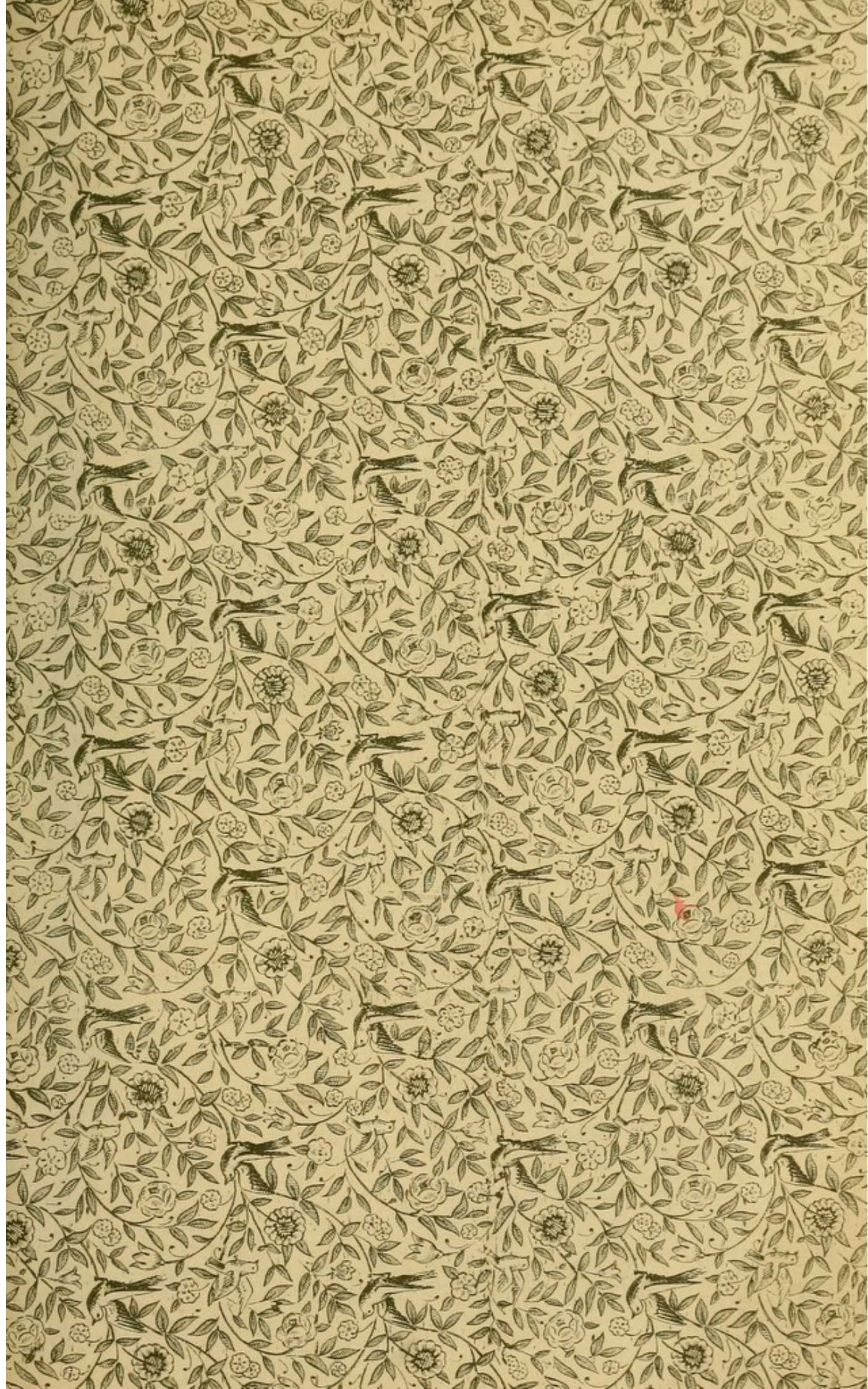
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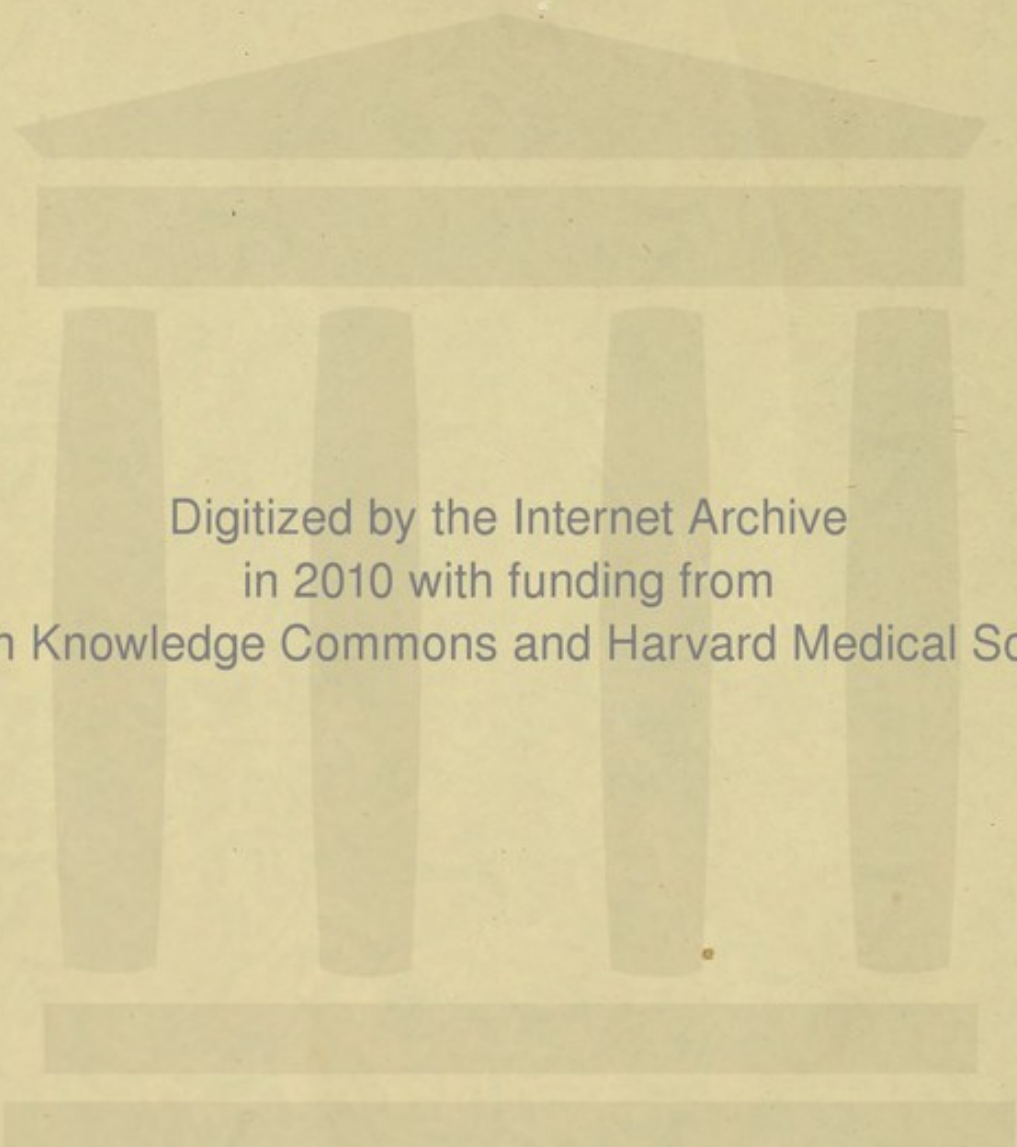
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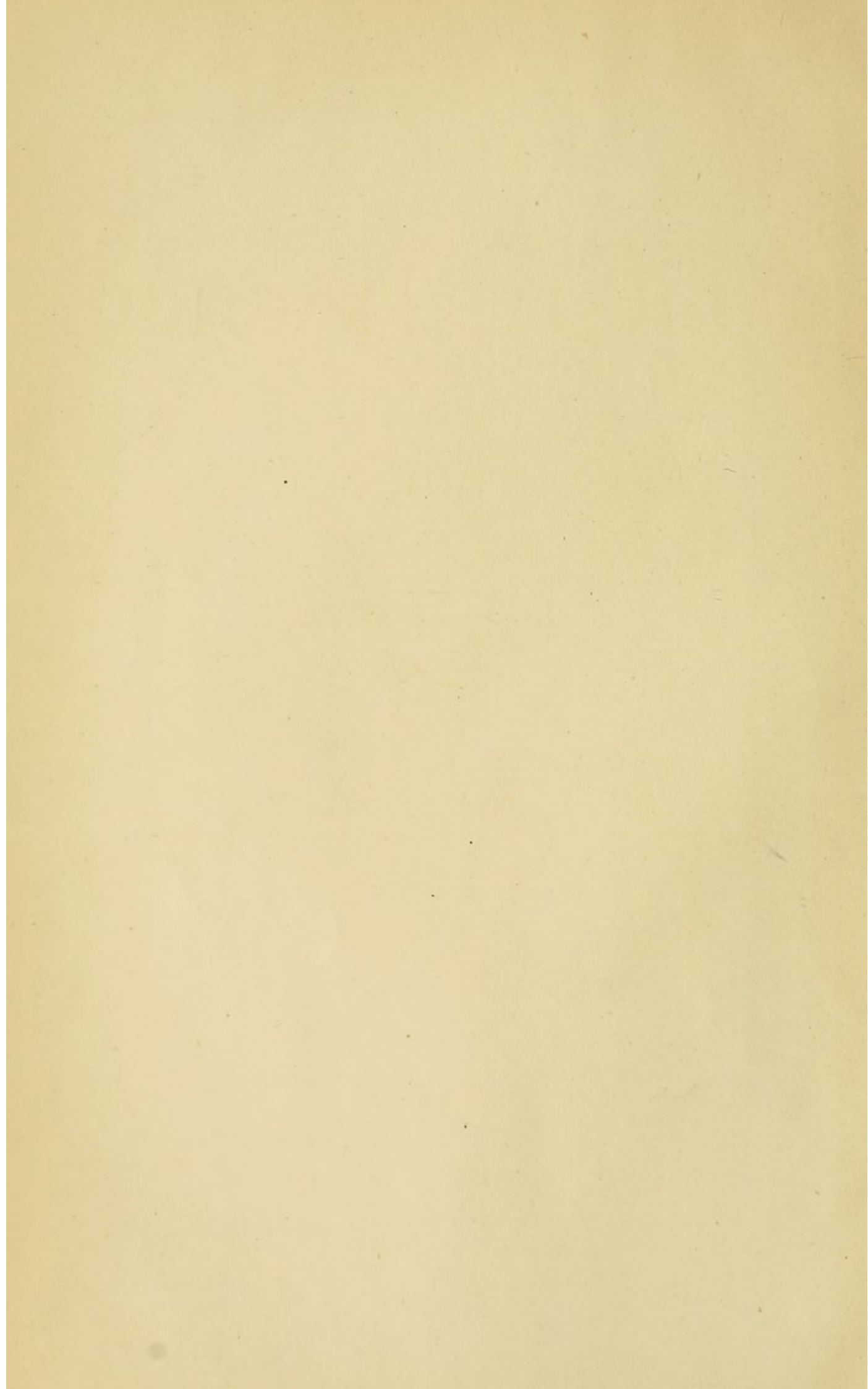
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EATON'S

DOMESTIC PRACTICE

FOR

PARENTS AND NURSES.

ILLUSTRATED.

BY

C

MORTON M. EATON, M. D.,

CINCINNATI, OHIO,

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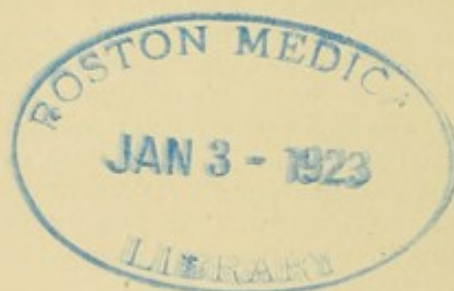
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PREFACE.

WE have prepared this work to supply a want, expressed by parents and nurses, of an illustrated and easily understood domestic treatise. We have tried to make this very plain, and at the same time have tried to choose language which will not offend the most fastidious. The work is prepared especially for parents and nurses, and therefore contains more of obstetrics and diseases of women than is usual; and the illustrations in these departments we have tried to make instructive and at the same time unobjectionable. Anatomy is rather profusely illustrated, as we think in this way most people learn the meaning of the language used in the description of the various parts and organs of the body. The *Materia Medica* we have tried to make plain and very easy of reference and comprehension, and have explained carefully the meaning of attenuation and potency as taught by the old masters, but which are not ordinarily correctly understood. The processes of fecundation and gestation, as well as safe and easy delivery, have received careful attention. In general diseases of children and adults we have endeavored to be clear, though brief, and have named but few remedies in connection with the treatment of each disease, but have tried to make clear the indications for the use of them,

paying special attention to diseases of infants, catarrh, and hay asthma. We trust the index will be found very complete and correct, and the dictionary of medical terms satisfactory, though we owe great credit to Dr. Laurie, of England, for this. We are under obligations to Drs. Burt and Cowperthwaite's *Materia Medica*, and Johnson's *Family Guide*, for many items in therapeutics. Messrs. Clark and Maynard, of New York, and Mr. J. H. Bogart, of this city, have aided us in the illustration of the work. The description, causes, symptoms, and treatment of each disease have been kept distinct, and the reader will the more easily refer to what he wishes to read on this account. The young practitioner will probably find much in this book calculated to help him in an emergency, when not having the time to read exhaustive works. The type used is exceedingly plain, and the mechanical execution of the whole does great credit to the Western Methodist Book Concern of Cincinnati, to whom we are under many obligations in this regard.

Very respectfully,

THE AUTHOR.

CINCINNATI, May 1, 1882,
120 West Seventh Street.

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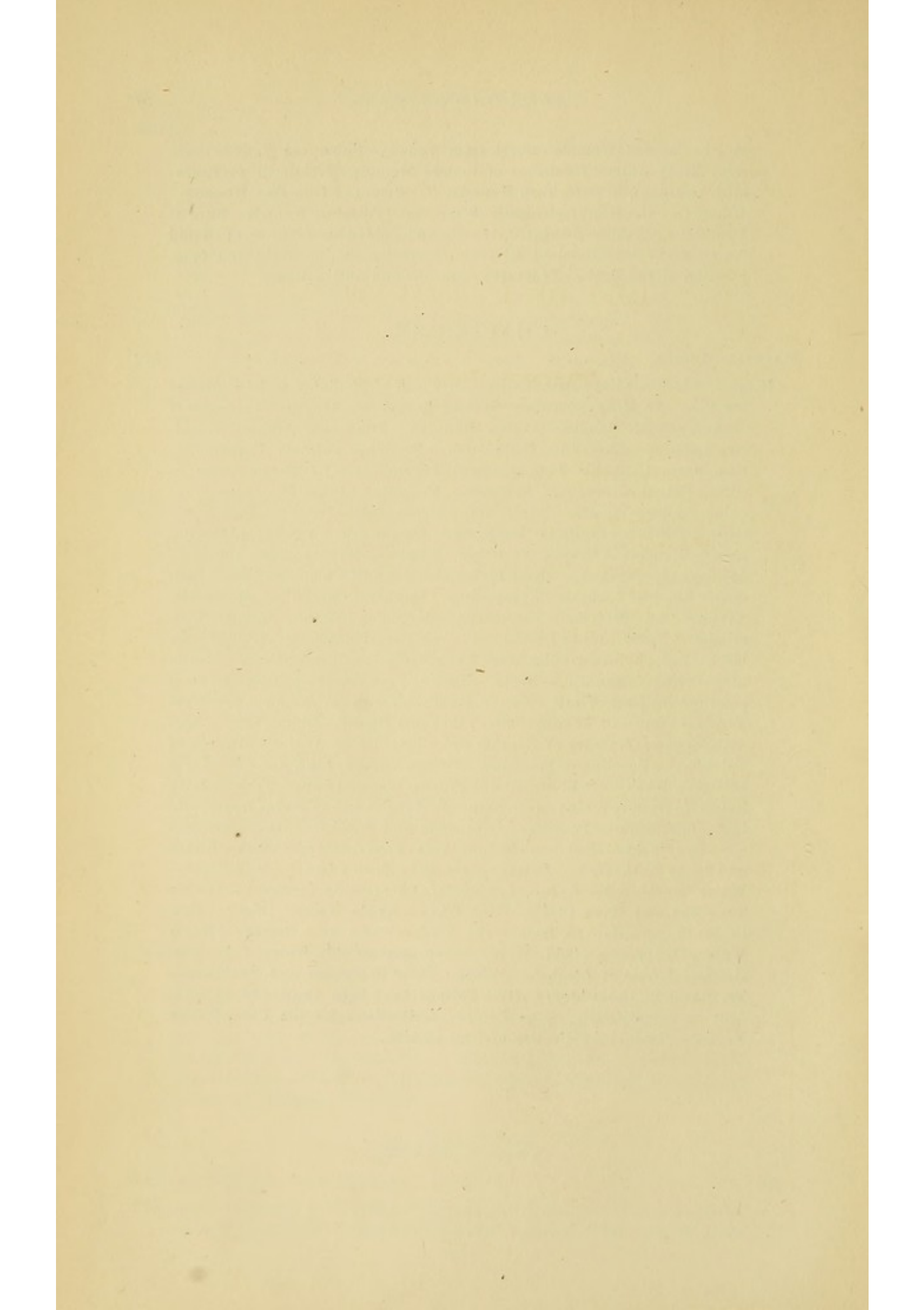
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DICTIONARY

OF

MEDICAL TERMS, AND OF MANY DISEASES,

WITH THEIR REMEDIES.*

Abdomen (*abdo*, to hide). The cavity of the body lined by the peritoneum; it contains the stomach, liver, spleen, pancreas, kidneys, bladder, and bowels, and is separated from the chest by the diaphragm.

Abdomen, coldness of; *Veratrum Album*.

Abdomen, distension of, with dull, uncomfortable feeling, as though too much had been taken; in hypochondriacs, persons of sedentary habits, and those subject to piles; *Nux Vomica*, *Chamomilla*.

Abdomen, dropsy of (ascites); *Arsenic*, *China*, *Mercurius*, *Apocynum*, *Digitalis*.

Abdomen, pain in, colic; *Chamomilla*, *Colocynth*, *Nux Vomica*.

Abdomen, pendulous; well-fitting flannel bandage; *Ignatia*, internally and externally.

Ablution, water slightly tepid or cold, vigorous friction after, with a coarse Turkish towel, or flesh-gloves, to keep the action of the skin, as one of the main purifiers of the body.

Abnormal, not natural, unhealthy, morbid, irregular.

Abortion, miscarriage; after the seventh month, premature labor; *Secale*.^{3x}

Abrasion, loss of skin by scraping, excoriation; if the extent is small, and the skin merely rubbed off, *Calendula Plaster*, or the painting-on of prepared *Collodion*. When from a fall, and there is any dirt or grit in the wound, it must be first carefully bathed with warm water and a perfectly clean sponge, that every offending particle may be got rid of. When accompanied by a bruise, especially

on the forehead, bathe with warm *Arnica* lotion.

Abscess, a collection of pus or matter in a fat or fleshy part of the body; the result of inflammation; *Hepar*, *Silicea*, *China*.

Absorbents, minute vessels, conveying matters of various kinds to the blood; as lacteals, lymphatics.

Acarus, an insect infecting the skin, as in itch.

Accouchement, child-bearing.

Acephalous, having no head.

Acetabulum, a cup-like cavity, receiving the head of the thigh-bone at the hip-joint.

Acidity; *Carbo Veg.*, *Pulsatilla*, *Nux Vomica*. Avoid sweet things (sugar even in tea), and malt liquor.

Acne, a pustular affection of the face and forehead, chiefly in young people; *Graphites*, *Nitric Acid*, *Mercurius*, *Hepar*, *Rhus*, *Sepia*, *Sulphur*; ointment, glycerole, or lotion of remedies. Great attention must be paid to fresh air, exercise, and diet. Spirituous wines, high-seasoned food, and coffee must be refrained from; together with cold, indigestible vegetables, as cucumbers, melons, and nuts of all kinds, raw apples, pears, and all very cold drinks and ices. Good cow's or goat's milk, or whey, used as a drink and article of diet, with light food, fresh vegetables, and ripe fruit.

Acrid, corrosive, pungent, irritating.

Acupuncture, plunging of small needles into the fleshy parts of the body.

Acute, of disease, sharp, rapid; of pain, severe.

Adhesion, reunion of wounded or fractured parts, morbid connection of neighboring surfaces.

* Taken largely from Laurie.

Adipification, deposit of fat.

Adipsia, absence of thirst.

Adolescence, approach to maturity.

Adynamic, attended by great debility, prostration.

Ægophony, voice sounding like the bleating of a goat.

Ætiology, doctrine of morbid causes, causation.

After-birth (placenta), retention of; *Pulsatilla*, *Secale cor.* Application of cold hand, with friction over abdomen.

After-discharge (lochia), too abundant; *China*, *Belladonna*.

After-discharge (lochia), offensive; *Arsenic*, *Baptisia*.

After-pains, succeeding child-birth; *Arnica*, *Aconite*, *Chamomilla*, *Cimicifuga*, *Secale*.

Ague Chill, cold stage of an intermittent.

Alæ nasi, wings or lateral cartilages of the nose.

Albuginea oculi, tunic of the eye.

Albugo, white speck, opacity of the cornea, leucoma.

Albumen, an organic element of the body, found almost pure in the white of egg.

Albuminuria, albuminous urine; a dropsical disease, in which much albumen shows itself in the urine; chronic Bright's disease; *Phosphoric ac.*, *Apocynum*, *Phytolacca*. Warm clothing, very careful diet.

Alkali, a substance, as potash or soda, which neutralizes acids, and changes a vegetable blue to green.

Alkaloids, substances possessing somewhat similar properties to alkalies.

Allopathy, the old practice of medicine.

Alopecia, loss of hair, baldness; *Calcarea*, *Arsenic*.

Alveolar, belonging to or connected with the alveoli.

Alveoli, the bony sockets of the teeth.

Alvine, pertaining to the bowels.

Amaurosis, gutta serena, obscuration, impairment, or loss of vision from insensibility of the retina; *China*, *Belladonna*, *Phosphorus*, *Nux Vomica*.

Amblyopia, dull or dim-sightedness.

Amenorrhœa, suppression or delay of menstruation; *Pulsatilla*, *Cimicifuga*, *Caulophyllum*.

Amentia, idiocy.

Amnion, envelope of the fœtus.

Amorphous, irregularly shaped.

Anæmia, bloodlessness; *China*, *Ferum*, *Arsenic*.

Anasarca, general dropsy; *Apis*, *China*, *Arsenic*, *Apocynum*, *Digitalis*, *Mercurius*.

Anesthesia, loss of sensation, when from paralysis; *Plumbum*, *Aconite*.

Aneurism, dilatation or rupture of the coats of an artery. (See "Diseases of the Blood-vessels.")

Angina, affections of the throat, as sore throat; *Potass. chlo.*

Angina maligna, putrid sore throat; *Ars. iod.*

Angina parotidea, mumps.

Angina pectoris, spasm of the heart; literally, inflammation of the chest; *Arsenic*.

Angina tonsillaris, quinsy.

Anfuish, *Aconite*.

Animalcula, minute insects, visible only through the microscope.

Animalization, conversion of food into organic matter.

Anodyne, a soothing remedy.

Anorexia, want of appetite; *Nux.*

Anosmia, want of, or loss of smell.

Antacid, a substance which neutralizes acids.

Antagonistic, acting in an opposite manner.

Anteflexion, a bending forward. In anteflexion, the body of the womb is bent forward, whilst the neck and mouth remain in their right position. Anteflexion is more rarely met with than retroflexion or retroversion; it does not give rise to nearly so much inconvenience, except that the difficulty of passing water, and other disturbance of the urinary apparatus, are strongly marked.

Anthelmintic, vermifuge, cure for worms. (*Santonine*.)

Anthrax, carbuncle.

Anthropophobia, dread of human beings.

Anticipating, returning before the usual time, as in ague.

Antidote, a counter-remedy, an agent to neutralize the action of a remedy or a poison.

Antihelix, the prominence on the outer ear.

Antiphlogistic, remedies in the old system against inflammation.

Antiseptic, designed to prevent putrefaction.

Anti-spasmodic, adapted to the relief of spasm.

Antrum, a bony cavity.

Antrum-highmorianum, a cavity

- above the teeth in the upper jaw, often liable to inflammation and soreness; *Belladonna*, *Mercurius*.
- Anus**, external opening of the rectum, the fundament.
- Anus**, bearing down of; *Ignatia*, *Podophyllum*, *Nux Vomica*, *Nitric Acid*.
- Anus**, burning at; *Arsenic*, *Mercurius*.
- Anus**, excoriation; *Alumina*, *Graphites*.
- Anus**, fissure of; *Arsenic*, *Hydrastis*, *Nitric Acid*, *Nux Vomica*, *Æsculus*, *Aloes*, *Plumbum*, *Merc. Cor.*
- Anus**, soreness of; *Mercurius*.
- Anxiety**, *Arsenic*, *Hellebore*, *Aconite*.
- Aorta**, the main artery of the body.
- Apathy**, want of sensibility; *China*.
- Aperient**, gently laxative.
- Apex**, summit, point.
- Aphonia**, loss of voice; *Causticum*, *Phosphorus*, *Gelseminum*, *Rumex*.
- Aphrodisiac**, remedy for sterility.
- Aphthæ**, thrush, sore mouth; *Arsenic*, *Hydrastis*, *Borax*, *Baptisia*, *Acid*, *Sulphuric*; *Acid*, *Muriatic*.
- Aphthous**, belonging to, or resembling thrush.
- Apnœa**, breathlessness, as from heart disease (*Digitalis*, *Arsenic*); absence of respiration, suffocation, asphyxia.
- Aponeurosis**, an expansion of muscle in the form of white shining membrane.
- Apophysis**, a projecting end of a bone, as of the spine.
- Apoplexy** (a striking down), loss of sensation, and mental manifestation; the cessation, more or less complete, of motion, with a comatose condition, circulation and breathing continuing; *Opium*, *Belladonna*, *Aconite*, *Conium*, *Arsenic*.
- Appetite**, craving; *Arsenic*, *Nux vomica*.
- Appetite**, deranged, depraved; *Nux vomica*, *Graphites*.
- Appetite**, loss of; *Ignatia*, *Nux vomica*, *China*, *Arsenic*, *Pulsatilla*, *Phosphoric acid*.
- Apyrexia**, intermission of a febrile condition; the condition of intermittent fever, or ague between the paroxysms; sometimes used to denote the cessation of a fever.
- Arachnitis**, inflammation of the arachnoid.
- Arachnoid**, resembling a spider's web, a thin membrane of the brain, between the dura and pia mater; it is serous, and composed of two layers.
- Arc**, arch, segment of a circle, as in the colon, aorta, or palate.
- Ardor urinæ**, burning urination; *Aconite*, *Cantharides*.
- Ardor ventriculi**, heartburn.
- Areola**, the colored circle which surrounds the nipple, the darkness of which is one of the signs of pregnancy; or which is seen round the vesicles of vaccination or small-pox.
- Areolar tissue**, cellular tissue.
- Arrack**, a strong, heating, spirituous liquor, made in India, from rice, or from the juice of the cocoanut, with or without sugar.
- Arrowroot**, the fecula or starch of a Bermuda tree, called the Maranta. To make arrowroot, rub the powder, with a little cold water in a basin, with the back of a spoon, until completely mixed, then pour boiling water over it, stirring assiduously, until a soft gelatinous mucilage is produced; lastly, boil for five minutes. A table-spoonful of the powder is sufficient to make a pint. With milk, it is a nutritious and bland article of diet.
- Arterialization**, the oxygenization of the blood whilst passing through the lungs.
- Arteries**, the vessels conveying blood to the heart; they were so called at first, because the ancients believed they contained air.
- Arteritis**, inflammation of the coats of the arteries.
- Arthralgia**, arthrodynia, pain in the joints.
- Arthritis**, gout, literally inflammation of the joints.
- Arthrosis**, joint, articulation.
- Articular**, relating or belonging to joints.
- Articulated**, provided with, or united by joints.
- Articulation**, the union of bones with each other, either movable or immovable.
- Ascaris**, ascarides, small intestinal worms, or entozoa; lombricoides, or long, round, and vermiculares, or thread, maw, or pin worms. For round worms, *Ruta*, *Santonine*; for thread-worms, *China*, *Mercurius*.
- Ascites**, abdominal dropsy. (See under "Abdomen.")
- Asphyxia**, suspended animation, as produced by drowning, hanging, or suffocation; it arises from the fact of the outer air being cut off, the unchanged venous blood stagnates in the minute vessels of the lungs. Asphyxia may sometimes be occa-

sioned by irritating gases or odors, producing spasmodic closure of the glottis. Lay the patient on the back, with head slightly raised, draw tongue forward, move arms across the chest and upwards.

Asthenia, want of strength, debility, feeble action of the heart.

Asthenic, extremely weak, applied to disease of low type or character.

Asthma, difficulty of breathing in paroxysms, accompanied by a wheezing sound, tightness at the chest, cough and expectoration; *Arsenic*, *Ipecacuanha*, *Asclepias tuberosa*, *Gelseminum*, *Lobelia*; *Acid*, *hydrocyanic*.

Astragalus, the upper bone of the foot, on which the main bone of the leg (the tibia) rests.

Astringents, medicines employed to contract muscles, constrict blood-vessels, or restrain discharges. External astringents are "Styptics."

Ataxic, disordered, irregular, as applied to the nervous system and pulse in typhus.

Atlas, the first bone of the spine or vertebra, so called from its supporting the whole weight of the head.

Atony, want of tone, weakness of every organ.

Atrophy, wasting, as from want of nourishment, or because the organs are unable to assimilate it; *Arsenic*, *Sulphur*, *Phytolacca*; daily baths of oatmeal gruel, in which the patient must be immersed.

Atropine, the active principle of *Belladonna*. A single drop of a solution of one grain in four drachms of distilled water, with a few drops of acetic acid, applied to the lower eyelid, will cause dilatation of the pupil in from fifteen to twenty minutes.

Attenuation, applied to disease, emaciation; in homeopathic medicine, specific dilution of a medicine; it sometimes is used to denote its strength.

Auricle, the outer ear.

Auricles, the two upper cavities of the heart, one right, the other left; the right receives the blood of the body, the left the blood from the lungs.

Aurium tinnitus, ringing in the ears.

Auscultation, the act of listening, examination of an internal organ, especially the heart and lungs, either by the unaided ear, or by the stetho-

scope. This method was revived by Laennec.

Automatic, involuntary.

Autopsy, examination, inspection, as of a body after death.

Axilla, the armpit. It is covered with hair, contains areolar tissue, lymphatic glands, the main artery and vein, and numerous sebaceous or sweat follicles.

Axis, the second vertebra of the neck, forming the axis on which the head turns.

Azygos, having no fellow, a term in anatomy applied to certain bones and muscles which occur singly, having no duplicate.

B

Biceps, the double-headed muscle of the arm and thigh.

Bifurcation, division of a trunk into two branches, as of the trachea, or windpipe, and of the aorta.

Bile, a yellow, greenish, viscid, bitter, nauseous fluid secreted by the liver; it serves to rid the body of superfluous hydro-carbon, to emulsify nutritive matters, and to stimulate the bowels.

Biliary, that which relates to bile.

Billous, that which is produced by bile, an epithet loosely applied to certain constitutions and diseases, which are supposed to be specially subject to, or arise from, superabundance of bile (*Mercurius*, *Iris*, *Podophyllum*, *Leptandra*, applied specially to such constitutions).

Bistoury, a small knife used in surgery, with a straight blade, usually movable in the handle; it is so called from a French town of the name, formerly famous for the manufacture of surgical instruments.

Bladder, the reservoir of the urine, composed of muscular fibers and stout membrane, with a mucous lining, situated behind the pubes, and in the front of the rectum, or lower bowel, the uterus and vagina intervening in the female; it has a rounded form, but is considerably longer than it is wide.

Bladder, catarrh of (chronic inflammation); *Mercurius*, *Terebinth*, *Uva ursi*.

Bladder, distention of; *Belladonna*, *Nux vom.*, *Opium*; hot fomentations.

Bladder, inflammation of; *Aconite*, *Belladonna*, *Cantharis*, *Mercurius*.

Bladder, irritability of; *Cantharis*, *Hyoscyamus*.

Bladder, spasm of; *Hyoscyamus*, *Aconite*, *Cantharis*, *Nux vomica*, *Gelsemium*.

Bladder, stone in. (See "Calculus.")

Bladder, thickening of coats of; *Merc. iod.*

Bleeding may be often checked by *Hamamelis* lotion, two tea-spoonfuls of tincture to a tea-cupful of cold water; aided by pressure, as from thread, if the wound is on the finger; by that of the hand, succeeded by a roll or two of calico bandage of three fingers' breadth, which can easily be torn off as wanted, if it is on the hand, arm, or leg. If a finger, hand, or arm is deeply or badly cut, it must be kept in a sling, that the flow of blood may be moderated. If a leg, the patient must lie with the limb flat, or slightly elevated. When blood simply oozes, or drops from a wound, it is only venous; pressure and rest, as advised above, will control it; but if there be spurting, an artery, though it may be but a small one, has been injured; a finger or thumb must be firmly pressed down on it at once, and kept there until the bleeding stops. Remember that the main artery in the thigh and the arm runs straight down on the inner side, and that pressure on its course nearer the body than the wound speedily checks arterial hemorrhage. The readiest plan is grasping with one hand or both, with the thumbs and fingers on the middle of the inside of the limb. But as hands are apt to get tired, and as doctors are not always at hand, as a substitute, use a twisted handkerchief long enough to go round and a little to spare, the knot made over the inner side and middle of the thigh or arm—the key of the room, a short ruler, a stout penholder, or even a wooden tobacco-pipe; put into the knot before it is tied; then tied, and the key made to twist the handkerchief up so as to tighten it as far as possible, and increase the pressure from the knot.

Bloodlessness, anæmia.

Blood is formed from the chyle, it permeates and nourishes every organ and texture of the body, and is the source from which every secretion is obtained. Arterial blood is of a florid,

or bright red color; venous blood, of a brownish red, hence often called black, is the remains of the arterial blood, after the different elements have been taken from it in nutrition. The serum, or liquor sanguinis of the blood, holds fibrine, albumen, and various salts, as chlorides of potassium and sodium, phosphate of lime, carbonate of soda, lime, magnesia, oxide of iron, and lactate of soda, in solution, with an animal coloring substance, and a little fatty matter. The quantity of blood in the body varies from 15 to 20 lbs., and the proportion of arterial to venous blood is about 4 to 9.

Blood, spitting of. (See under "Blood-vessel," below.)

Blood-vessel, an artery, vein, or capillary containing or conveying blood.

Blood-vessel, breaking, bursting, or rupture of, spitting of blood, raising of blood from the lungs in greater or less quantity. It is very often a mere exudation from the mucous lining of the bronchial tubes, or sympathetic of general congestion. It may arise from the irritation of tubercle, and very rarely from the actual rupture of a vessel in a cavity of the lungs; *Aconite*, *Ipecacuanha*, *Drosera*, *Hamamelis*, *Trillium*, may be tried in the order in which they stand. *Aconite*, if there be fever. *Ipecacuanha*, if there be nausea. *Drosera*, if there be general congestion; and the last two if it be obstinate.

Bloody-flux, dysentery.

Blotch, a pustule on the skin; an eruption usually of a large kind; *Arsenic*.

Bloody sound, in examination of the lungs, is as though some one were blowing into the listener's ear through a tube. It is heard, in a healthy state, over the windpipe, and the upper part of the bronchial tubes; when it proceeds from the lungs it indicates disease.

Blue-stone, sulphate of copper.

Blue vitriol, sulphate of copper, used as an escharotic and stimulant to sores or ulcers.

Blush, a red color suffusing the cheeks, face, and neck, involuntarily produced by an affection of the mind, acting primarily on the center of emotion, and through it on the nerves, which are distributed

to, and act upon, the capillary vessels of the skin.

Body, the total collection of organs, the material substance of an animal, the trunk, the main part, as of a bone, or of the womb; the rectum, or lower bowel, as prolapse, or "coming down of the body."

Boil, an inflamed, conical, hard, circumscribed swelling, having its seat under the skin; after an indefinite period of pain it "points," becomes white or yellow, and breaks, discharging pus, or matter mixed with blood. When it breaks, a small, grayish, fibrous mass, consisting of dead tissue, appears, called the core, or set-fast, until the suppuration of which the boil will not heal; *Arnica*, *Belladonna*, *Hepar*.

Bone, the solid, hard part of the body, constituting the framework, or skeleton; it is also tough and elastic, consisting of one-third organic, and two-thirds earthy, or inorganic matter; organic matter, gelatine, fat, water, and blood-vessels; earthy matter, phosphate and carbonate of lime, fluoride of calcium, phosphate of magnesia, soda, and chloride of sodium; bone is denser and stronger than oak. The body contains about 208 separate bones, excluding the thirty-two teeth. The bones are divided into long, short, flat, etc.

Bone-nippers, forceps with strong handles and cutting edges which touch; used for cutting off splinters of bone.

Bones, brittleness of (*fragilitas ossium*), occasionally met with as a disease, always more or less the case in old age.

Bones, softening of (*mollities ossium*), a disease which leads to great deformity; it is progressive and incurable.

Borborygmus, croaking in the bowels and rumbling, caused by flatulence; *Chamomilla*, *Lycopodium*, *Nuxvomica*.

Born alive: to be "born alive," a child must breathe after it is wholly born; for it to have breath "in transitu" is not sufficient.

Bosom (from the Saxon), the breast and parts adjacent; the chest, as inclosing the heart, considered as the seat of the affections.

Bougie, a long, slender, flexible instrument, of variable size, of gum-elastic, gutta-percha, or cat-gut, for

mechanically dilating the gullet, the canal of the urethra, or the lower bowel; sometimes they are made of wax, and medicated, and sometimes of flexible metal. A catheter is a hollow bougie.

Bowed legs, arise from children being allowed to stand or walk too soon, before the bones are at all consolidated. Rubbing with the hand, in quite young children. *Calcarea*, may help to remedy them.

Bowels, constipated. (See "Constipation.")

Bowels, loose, or relaxed. (See "Diarrhoea.")

Bowels, open, or regular, the state of the intestinal canal when the evacuations are normal.

Brachial, belonging to the arm, as of an artery, muscle, or veins.

Brain, otherwise called the "cerebrum," includes several masses of white and gray nervous matter, and is to be regarded as but a continuation and amplification of the spinal cord. It consists of two halves or hemispheres. It is the seat of thought, emotion, and will, or volition. It has three membranes for its nourishment and protection—the dense fibrous "dura mater," the vascular "pia mater," and the filmy "arachnoid." Its average weight is a little more than three pounds.

Brain, concussion of, or "being stunned," as from a blow, fall, or shock; fainting sickness, stupor, insensibility, and inability to move; may be slight and temporary in its effects, or so severe as to cause injury to the brain, softening, and death; *Arnica*, *Aconite*, *Belladonna*, *Opium*, *Gelsemium*, or *Veratrum viride*, with rest, quiet, and fresh air.

Brain, congestion of, increased heat of the head, throbbing, fullness, and weight, eyes somewhat inflamed and painful, sleepiness, indisposition to mental effort, noises in the ear; *Belladonna*.

Brain, inflammation of (meningitis), dry, hot skin, intense pain, eyes inflamed, great dread of light, prostration, delirium, vomiting; *Aconite*, *Bryonia*.

Brain, inflammation of tubercular, attended by tuberculous deposit on the brain or its membranes; commencement insidious; cough, headache, peevishness, appetite capri-

cious, drowsy restlessness, then listlessness, great pain in the head, and dread of light, remission of symptoms, then stupor, heaviness, convulsions, insensibility; *Belladonna*, *Opium*, *Nux vomica*.

Brain, overwork of (brain-fag), tired, listlessness, every thing a trouble, brain feels weary, stomach sympathizes; *Nux vomica*, *Acid*, *phosphoric*; *Helonias*, *Xanthoxyllum*.

Brain, softening of; one of the results of inflammation, attended by constant pain in the head, failure of memory, proneness to be easily affected either by joy or sorrow; numbness, cramps, sleeplessness, then paralysis, or uncertain attacks of frenzy.

Brandy-mania; *Nux vomica*.

Break-bone fever, peculiar to the South.

Breast-bone, the sternum.

Breast, the chest, thorax, mamma.

Breast, abscess of, "gathered"—(1) if inflammation result from a blow, *Arnica*. (2) if from cold, *Belladonna*, *Mercurius*, *Hepar*.

Breast, abscess of, when broken; *Arnica*, *Silicea*.

Breast, cancer of; age about forty, hard enlargement, pain as from a hot needle, pain down the arm, glands in armpit often sympathize, straw-colored complexion commonly, but not always; *Conium*, *Ars.*, *Iod.*, *Phytolac dec.*

Breast-glass (milk glass), a flat glass kept over the nipple, to receive the milk when secreted too quickly for the child to draw off.

Breast-pump, a small glass for drawing off the milk by exhaustion of the air.

Breath, the air expelled from the chest at each expiration.

Breath, offensive, due to carious teeth; disordered secretion of the air-passages; derangement of digestion; *Carbo veg.*, *Arsenic*.

Breath, shortness of (dyspnœa), may arise from flatulent distention of the stomach, irregular action of the heart, inflammation of the lungs, spasm, hysteria, or simple fatness.

Breath, residual, that remaining in the chest after and during an ordinary act of breathing.

Bright's disease, albuminuria, with a tendency to dropsy; in the acute form it sometimes follows scarlatina; it may be produced also by cold, cholera, or intemperance. In the

chronic form it is accompanied either by granular, lardaceous, or fatty kidney. For the acute form, *Apis*, *Apo-cynum*, *Squills*; *Acid*, *phosphoric*. For the chronic, see body of work.

Broken-winded, emphysematous, asthmatical.

Bronchia, the two divisions of the windpipe, with their ramifications.

Bronchitis, inflammation of the bronchial tubes, feverishness, shortness of breathing, wheezing, rattling of mucus; *Bryonia*, *Ipecacuanha*, *Phosphorus*, *Arsenicum*.

Bronchitis, chronic, Winter cough, chronic catarrh; difficulty of breathing, wheezing cough, expectoration, which, if abundant, causes loss of flesh; may be mistaken for pulmonary consumption; no hectic fever, physical signs differ; *Pulsatilla*, *Hepar*, *Sanguinaria*.

Bronchitis, mechanical, from irritating dust, or minute particles inhaled; *Ipecacuanha*, *Arsenic*, *Lobelia*.

Bronchocele (Derbyshire-neck, wen, goitre), an enlargement of the thyroid gland, from drinking water at all hard, or impregnated with lime or chalk (*Spongia*, *Iodine*); drink only boiled filtered water.

Bronchophony, pectoriloquy, unnatural resonance of the voice in the bronchial tubes, corresponding to obliterated air-vesicles.

Bronchus, a bronchial tube.

Bronzed skin, the result of an affection of the kidney (supra-renal capsule), called Addison's disease; general languor, debility, bloodlessness, feeble heart, irritable stomach, bronzed skin; *Arsenic*, *Sepia*.

Broth, a weak decoction of meat, to which various vegetables, as carrots, onions, or celery, may be added; a stronger decoction constitutes soup.

Brow-ague, hemicrania, frontal neuralgia, of an intermittent nature, felt every or every other day, chiefly prevalent in marshy districts; *China*, *Arsenic*.

Bruit, a sound of the heart or lungs heard on auscultation or percussion, as the humming-top sound of the veins of the neck in chlorosis, of the chest in pleurisy; of the heart in inflammation of its covering, the pericardium.

Brunner's glands are situated between the mucous and muscular coats of the stomach and intestines; so called from their discoverer.

Brygma, grinding the teeth, a common symptom of gastric derangement and irritation from worms, and other causes.

Bubonocoele, tumor, rupture, hernia in the groin.

Bucca, the mouth, the cheek, and hollow of the cheek.

Buccinator, a muscle situated in the substance of the cheek; it assists in mastication, and if the cheeks be distended, its contraction forces out the air.

Bulb, the name given in anatomy to any part which resembles a bulb in shape, as the bulb of a tooth or a hair, or of the throat (the tonsil).

Bunion, an enlargement of the bursa of the ball of the great toe; for relief, the wearing of proper-shaped boots, without elastic sides, applying *Arnica* lotion, and placing a piece of cotton wool between the great toe and the next, or wearing *Arnica* felt plaster, with a circular hole cut in. Should it threaten to gather, treat as an abscess.

Burnett, Sir W., fluid; a solution of chloride of zinc, used as an antiseptic and disinfectant, originally used to preserve timber or canvas.

Burns and scalds, injuries produced by heat; lotion of *Cantharides*; if extensive, flour well, and envelop in cotton wadding, after removing the clothes carefully. Administer *Aconite*, *Gelseminum*, or *Opium*. For ulcers left, *Hydrastis* lotion.

Bursæ mucosæ, membranous sacs about the joints of the arm and leg, filled with an oily fluid, to lubricate the surfaces over which the tendons move; after a sprain or bruise, this fluid often accumulates to a considerable extent.

Button scurvy, indolent, button-like growths on the skin; it has appeared as an epidemic in Ireland, among the poor and badly fed.

Buxton, waters of; contain sulphate of soda, chloride of sodium and magnesia, carbonate of lime, carbonic acid, and azote; temperature about 82° Fah., advised in gout and rheumatism.

C.

Cachexia, cachexy, vitiated constitution, bad habit, or morbid condition of body, characterized by deficient digestion, assimilation, and

nutrition. It may arise from scrofula, cancer, tubercle, or syphilis; or be produced by close confinement in dark ill-ventilated rooms; or it may result from malaria, as in ague.

Cadaverous, like to a dead body, as a "cadaverous smell."

Caducity, that period of human life which precedes the decrepitude of age.

Cæcal, belonging to the cæcum. The cæcal or blind extremity of a duct is its closed end.

Cæcum, (*cæcus*, blind), the blind intestine, so called from its being open at one end only; it is situated between the ileum and colon, is three or four fingers in breadth, and fills up the right iliac fossæ; it is often the seat of an uncomfortable accumulation of flatus or fæces. The ileo-cæcal valve shuts off the communication between it and the ileum.

Cæsarian section, otherwise gastrometrotomy, or gastro-hysteriotomy; an incision made through the walls of the abdomen and womb, for the extraction of an unborn infant, as in the death of a mother before delivery. Julius Cæsar is said to have been thus born.

Calcaneum, the largest of the bones of the foot, forming the heel.

Calcine, to reduce a substance to powder by heat, as chalk to pure lime, by driving off its carbonic acid.

Calculi, a concretion formed usually in the reservoirs or excretory ducts of the body; either the slow result of deposit, or occasioned by irritation. Those chiefly requiring notice are the Arthritic, or Gouty, the Biliary, and the Urinary.

1. Arthritic, tophi, or chalk-stones; deposits consisting chiefly of urate of soda, in persons who have been affected with gout in the ligaments and capsules of the joints; they are sometimes seen in the ear and in the eyelids. *Kali hydriodicum* internally and externally.

2. Biliary, biliary concretions, gall-stones, composed of thickened bile, or chiefly of cholesterin, found in the gall-bladder, the substance of the liver or the hepatic ducts. Causes obscure. If quiescent, they cause no uneasiness; when they pass, they occasion intense agony and violent retching; *Aconite* or *Nux vomica*, with hot fomentations.

3. Urinary, sometimes proceed from the kidney, more commonly formed in the bladder, by precipitation or irritation; (a) most frequently they are composed of uric acid, when they are globular or oblong, light-brown, pale fawn, or deep rich brown in color, often passed with the urine; (b) next in frequency those of oxalate of lime, dense and heavy, but not of large size, but angular, studded with tubercles, and of a rich brown or "mulberry" color; (c) those consisting of phosphates of lime, which are pale-brown, or gray, smooth, and polished; or of ammoniaco-magnesian phosphates, brilliant white in color, studded with crystals; or the fusible, a compound, of the two foregoing, grayish-white, of large size, and comparatively light. If the urine be acid, changing litmus-paper red, vegetable diet; if alkaline, changing turmeric-paper brown, an animal diet must be enforced. Cheese, acid drinks, and sour fruit favor the uric acid deposit. Phosphatic urine denotes organic disease of the kidney or bladder; its treatment is tedious, and usually difficult.

4. Calculus in the kidney is often accompanied by pain and inflammation of the kidney, with turbid or bloody urine; *Aconite*, *Cantharis*, *Cannabis*.

Calefacients, substances, as mustard or pepper, which produce warmth when applied to the skin.

Calentura, a wild delirium, accompanied by a wild desire to jump into the sea, by which sailors in the tropics are sometimes attacked. To be treated as inflammation of the brain, by *Veratrum viride*, *Belladonna*, *Gelseminum*.

Caligo, a speck on the cornea, or dimness of sight arising from it.

Calisthenics (*καλός*, beautiful; *σθένος*, strength), the science of developing by regulated movements, grace, and vigor of body.

Calix, a flower-cup; also a small, cup-like canal in the interior of the kidney.

Callosity, induration or horny thickening of the skin, when exposed to constant pressure; or the hardness of the cicatrix of ulcers, or an induration in old wounds, ulcers, or fistulous openings.

Callus, bony matter thrown out between the extremities of a fracture serving to unite them; also a hardness in the skin.

Calomel (*καλός*, beautiful, and *μεγας*, black), formerly designated Black Ethiops mineral or submuriate; now applied allopathically to chloride of mercury.

Camphine, turpentine purified by distillation from a solution of caustic potash.

Canaliculi, minute tubes in the structure of bone.

Canary Islands, climate of, much resembles that of Madeira, though not quite so equable.

Cancellated, "latticed-worked," applied to the texture of those bones of the body which consist of communicating cells that contain fatty matter; such arrangement allows of the expansion of the ends of the bones.

Cancer, a malignant affection of constitutional origin, displacing or transforming into its own nature neighboring tissue, and reproducing itself in other parts of the body. It is called cancer or "crab," from its hideous appearance when ulcerated, from the tortuous veins surrounding it, or from its puckered appearance. Cancer is most commonly hard or scirrhus, as of the breasts, stomach, and rectum; or soft, as the encephaloid, or brain-like; or fungoid and colloid, or jelly-like; *Arsenicum*, *Iodide*, *Conium*, *Baptisia*.

Cancer, chimney-sweeper's, cancer of the scrotum, produced by the irritation of soot. For early stage, *Arsenic*, *Thuja*.

Cancerous, related to or connected with cancer, as a cancerous constitution.

Canceroid, of a cancerous appearance, as of ulcers or growths on the skin.

Cancerum oris, mortification or gangrene of the cheek, in very debilitated children; cheek swollen, inflamed, hard and red at one spot; ashen-gray, rapidly spreading ulcer on the inside; *Arsenic*, *Chlorate of Potass*, frequent administration of strong beef-tea, to keep up the strength.

Canine, resembling a dog, as canine or sardonic laughter; canine teeth, two in the upper and two in the lower jaw, behind the four front teeth, sharp, like those of the dog; they are otherwise called cuspids,

and those in the upper jaw are commonly called the eye teeth. In children, these teeth often come in a most irregular fashion; they very commonly right themselves.

Canker, ulceration of the mouth or throat; *Hydrastis*, *Mer. cor.*

Canthus, the corner or angle of the eye.

Canula, a small tube, of silver, gold, or platinum, used in surgery, as in tapping and opening of the windpipe, or tracheotomy.

Capillary, hair-like, minute-vessels; the terminations of the arteries and veins are so termed.

Capsule, a membranous sac or envelope.

Carbo, charcoal, one of the elementary bodies, used in homeopathic medicine in the form of vegetable and animal charcoal, and graphites. In bulk it is a good antiseptic, and is a capital application to gangrenous and foetid ulcers of all kinds. The diamond is the purest specimen of carbon, and sugar consists largely of it.

Carbonic acid is a heavy, colorless gas, a compound of oxygen and carbon; no light will burn in it; no animal can breathe it. It is a chief product of respiration, after the oxygen in the air breathed has been exhausted in the lungs. In the form of mephitic vapor, or choke or fire-damp, it collects in mines and vaults; quicklime absorbs it readily if introduced into a suspected vat, barrel, well, or vault. It is the main agent in effervescing drinks, as soda-water and sparkling drinks.

Carbuncle (a live coal), an extensive, deep-seated, flat boil, the result of low vitality and great debility, affecting chiefly certain localities, as the nape of the neck.

Carcinoma, cancer.

Cardiac, relating to the heart.

Cardialgia, "colica ventriculi," "gastrodynia," "gastralgia," "pain of the stomach," "heartburn," "spasm of the stomach," acidity of the stomach extending into the throat, often accompanied by gnawing sensations, violent pain and vomiting; *Nux vomica*, *Carbo veg.*, *Ignatia*.

Carditis, inflammation of the muscle or substance of the heart; symptoms similar to those of inflammation of the covering membrane or pericardium.

Caries (decay), ulceration of bone. ("Necrosis" is its death.) Caries is accompanied by swelling, inflammation, often abscess and sanious discharge, and followed by fistulous openings; caused by blows, specific virus, or morbid constitution.

Carious, the subject of caries.

Carminatives, medicines which cause the removal of flatulence.

Carnification, transformation into flesh, as of the lung, when the tissue or substance of it acquires a solidity resembling that of muscle; sometimes bone becomes softened to such a condition.

Carnivorous, flesh-eating.

Carnosity, a fleshy excrescence.

Carotids, the large arteries which carry blood to the brain; on both sides of the neck.

Carpal, belonging to, or connected with the wrist.

Carpus, the wrist, the part between the fore-arm and the hand, consisting of eight bones.

Carrageen moss, *chondrus crispus*, Irish moss. Moss from Carrageen, in Ireland, from which a nutritive jelly is prepared, much extolled by many in consumption, rickets, scrofula, diarrhoea, and dysentery. An ounce of moss soaked in three pints of cold water; boil for a quarter of an hour; sugar and lemon-juice may be used to flavor, or milk substituted for water.

Cartilage, a semi-transparent, whitish, tough, elastic substance, intermediate between bone and ligament, of which the bones of the body are first formed. It enters into the composition of the joints and ribs; the nose, the ear, and windpipe mainly consist of it. It is made up of phosphate of lime, albumen, and water.

Carbuncle, a small portion of flesh, a fleshy excrescence.

Casein, the nitrogenized, flesh-forming, curdy or cheesy constituent of milk, identical with fibrin and albumen, and resembling vegetable legumen, gluten, or casein of peas and beans.

Caseous, like casein, resembling cheese.

Cast, contortion, cast in the eye, strabismus, squinting.

Catalepsy, literally a seizure or surprise, a rare form of hysteria, in which the limbs and body remain fixed in the position they are made

- to assume; the senses and power of will are also suspended. It is sudden in its attacks.
- Cataleptic method**, the use of external agents when internal remedies are inapplicable.
- Catalysis**, paralysis.
- Catalytic**, the property of a medicine by which morbid agencies are counteracted in the blood.
- Catamenia**, menses, the usual "periods."
- Catamenial**, relating to menstruation.
- Cataplasma**, a poultice.
- Cataract**, opacity of the crystalline lens of the eye, or its capsule, preventing the passage of rays of light, and precluding vision. The causes are obscure; it usually affects elderly people.
- Catarrh**, discharge from a mucous membrane.
- Catarrh**, bladder, of, mucous or puriform discharge from the bladder without inflammatory symptoms; *Pulsatilla*, *Cannabis*.
- Catarrh**, epidemic, influenza, symptoms of cold, with very considerable debility; *Gelseminum*, *Pulsatilla*, *Mercurius*, *Phosphorus*, *Arsenic*, *Nux vomica*.
- Catarrh**, nasal, sneezing, pains in the head, obstruction of the nose, chilliness; *Camphor* or *Dulcamara* as preventives; *Nux vomica*, *Pulsatilla*, *Arsenic*, *Mercurius*.
- Catarrh**, pulmonary, bronchitis.
- Catarrh**, Summer, hay-fever; attacks of spasmodic breathing from the inhalation of the pollen of ripe grass; *Danthox.*, *Kali bichromas*, *Ipecacuanha*, *Arsenic*, *Sabadilla* (Dr. Bayes); principally by inhalation.
- Catarrh**, uterine, uterine leucorrhœa, or white discharge; *Pulsatilla*, *Hydrastis*, *Sepia*, *Arsenic*.
- Catharsis**, artificial purgation.
- Cathartics**, purgatives.
- Catheter** (literally, an explorer), a slender, hollow, curved instrument for drawing off the water from the bladder; made of silver or gum-elastic.
- Catheterize**, to introduce the catheter.
- Cat's-eye**, a diseased condition of the eye, with an opalescent appearance of the pupil of the eye.
- Caul**, or lucky hood; when a child is born with the membranes over the face, it is said to be born with a caul.
- It is often dried, sold for a high price, and even bequeathed, since it is superstitiously supposed to be a great preservative against harm.
- Cauliflower excrescence**, a diseased growth in the armpit, vulva, and elsewhere, resembling a cauliflower; *Thuja*, *Arsenic*.
- Caustic**, literally, that which burns, corrosive, escharotic; the substance most commonly used is lunar caustic, or solid *Argentum nitras*.
- Cautery**, that which fires, burns, or disorganizes the part to which it is applied; *e. g.*, the actual, or red-hot iron, the galvanic.
- Cell**, a small cavity, or a membranous minute vesicle, with liquid contents.
- Cellular**, composed of cells; "cellular tissue," net-like.
- Cellulose**, identical with starch, forming the principal part of the thickness of the cells and vessels of vegetables.
- Cephalgia**, headache.
- Cephalic**, relating to the head.
- Cephalitis**, inflammation of the brain.
- Cerate**, a mixture of wax, oil, or lard.
- Cerate**, simple, an excellent vehicle, for any external remedy, is made of 1 oz. of white wax to 2 oz. of lard; for the lips—wax, 9 parts; olive oil, 16 parts; colored with alkanet-root, and medicated with *Calendula*, or *Hydrastis* without the alkanet.
- Ceratitis**, inflammation of the cornea.
- Cereals**, cerealia, gramineous or leguminous plants, the seeds of which are useful for food, as wheat, oats, barley, peas, beans, lentils.
- Cerebellitis**, inflammation of the cerebellum.
- Cerebellum**, or "little brain," is the hinder and lower portion of the brain, just above the spinal cord, and communicating with it by the medulla oblongata; its average weight is 5½ oz.; in a vertical section it resembles the branches of a tree; its function appears to be that of regulating muscular movement. It is divided into two lobes or hemispheres.
- Cerebro-spinal**, exerting special influence over one or more functions of the brain and spinal cord, and their respective nerves.
- Cerebrum**, the brain.
- Cerumen** (cera wax), the yellow, acrid, unctuous fluid secreted by the glands of the ear, which lubricates the passages, and prevents bodies floating

- in the air, and insects, from penetrating. Hardness of, sometimes causes deafness; it must be softened by almond oil or glycerine dropped well in at night; in the morning the ear must be thoroughly syringed with tepid water.
- Cervical**, belonging to, or connected with the neck.
- Cervical ligaments**, two in number; one in front and one at the back of the spine, which in animals, as the ligamentum nuchæ, is of great strength.
- Cervical vertebræ**, constitute the first part of the spine; they are seven in number.
- Cervical vesicæ**, the neck of the bladder.
- Cervical uteri**, the neck of the uterus, or womb.
- Chafing**, Erythema, Intertrigo, a fret or gall of the skin; excoriation from friction or cold winds between folds of the skin, as in fat children. *Cauticum* as a lotion; *Veratrum viride*, or *Hydrastis*, locally and internally.
- Chalybeate**, ferruginous, or containing iron.
- Change of life**, cessation of the menses, with all its attendant symptoms of flushing, sick-headache, and the like. It generally occurs about the age of forty-five, or thirty years from the commencement of menstruation.
- Chapped**, fissured, cracked, as of the lips or hands; *Calendula*, in the form of glycerole, *Graphites* internally, or *Hydrastis* both internally and locally.
- Character of disease**, its nature or appearance.
- Charcoal**, *Carbo vegetabilis*.
- Charlatan**, a person who talks a great deal about himself, and endeavors to pass himself off as more experienced and skillful than he really is.
- Charpie**, lint.
- Chicken-breasted**, or pigeon-breasted, projection of the breast-bone, causing deformity of the chest.
- Chicken-broth**. Take half a fowl, or the inferior joints of a whole one, one quart of cold water, one blade of mace, a quarter of an onion, salt to taste, and ten pepper-corns; put these, with the fowl, into a saucepan, gently simmer for an hour and a half; then strain, and put by in a cool place until wanted.
- Chilblain**, an erythematous inflammation of the feet, hands, or ears, produced by cold; there is redness, swelling, tingling, itching, and pain; equal parts of *Arnica* and *Glycerine*, well rubbed in night and morning; if blistered, *Cantharides* lotion; if ulcerated or broken, *Hydrastis* ointment, applied as plasters, and *Arsenicum* night and morning.
- Child-bed fever**, puerperal fever, after delivery, hot skin, shivering, disappearance of the milk, tenderness of the abdomen, sickness, delirium; *Aconite*, *Veratrum viride*, *Belladonna*, *Mercurius*.
- Chincough**, whooping-cough.
- Chiropodist**, one who professes to remove corns and bunions.
- Chirurgeon**, a surgeon.
- Chirurgia**, surgery.
- Chloasma**, or liver-spot, a brown or yellowish-green patch on the skin of the forehead, neck, breast, abdomen, or groin; *Sepia*, *Caulophyllum*, *Nitric acid*.
- Chlorine**, a greenish-yellow gas, of strong, suffocating smell, and disagreeable taste, which destroys at once all vegetable colors.
- Chlorodyne**, a patent medicine or nostrum, containing morphia, cannabis indica, peppermint, chloroform, and treacle; neither better nor worse than other opiates, and quite as much to be avoided, as hurtful in all cases, capable of relief by homeopathic medicine, and only of use in utterly hopeless cases.
- Chloroform**, introduced by Sir J. Simpson, as an anæsthetic to deaden pain in childbirth and surgical operations; dose for inhalation, half a drachm to two drachms; its use requires caution, it should be very pure.
- Clorosis** (*χλωρος*, green), pallor virginum, green-sickness; there is the pallor of anæmia, with a yellowish-green aspect, peculiar odor of the breath, irregularity or suppression of menstruation, a peculiar blowing sound in the arteries, shortness of breath, depressed appetite, and debility; *Pulsatilla*, *Arsenic*, *Helonias*, *Ferrum*, *Calcaria phosphorica*.
- Cholagogue**, a purgative reputed to increase the flow of bile.
- Cholera**, an epidemic prevalent in the East, and occasionally in temperate climates; characterized by the suddenness of its seizure, prostration, vomiting, violent purging of rice-water stools, cramps, and collapse; *Camphor*, *Arsenic*, *Veratrum album*, *Cuprum*.

Cholera infantum, Summer and Autumn diarrhoea of children; *Veratrum album*, *Arsenic*.

Choleraic, resembling cholera, as of violent diarrhoea, with cramp and prostration.

Cholesterin, or Adipocere, a fatty substance, always found in the body as a solid, in minute, white, shiny scales, as in biliary calculi; it may be obtained from the bile largely, also from the blood and nervous matter.

Cholicele, a swelling formed by accumulation of bile in the gall-bladder.

Choloid, resembling bile.

Cholosis Americana, yellow fever.

Chondrin, a variety of gelatine.

Chondroma, a cartilaginous growth proceeding from a bone, as "spina ventosa," "osteo-sarcoma."

Chondrosis, a morbid formation of cartilage.

Chordæ vocales, the vocal cords.

Chorea, literally a dance, St. Vitus's dance, involuntary jerkings of one or more limbs, or contortions of the face, in weakly girls and young women; *Stramonium*, *Mercurius*, *Nux*, *Ferrum*.

Chorion, the thin, glistening, transparent membrane entirely investing the ovum in foetal life.

Choroid (*χοριον*, and *ειδος*, like), parts resembling the corion or true skin, from the number of their blood-vessels, as the choroid muscle, the choroid plexus in the brain, the choroid coat of the eye.

Chronic (*χρονος*, time), lasting a long time, of some duration; applied to disease as the opposite of acute.

Chronicity, the state of a chronic malady.

Chronothermal, literally, relating to time and heat; a system of medicine based on the supposition that increase or decrease of heat produces more or less movement in the body; that all movement is either attraction or repulsion; and as these are peculiar to electricity, causes of disease are electric, and medicines must act in the same way to cure them.

Chyle, the nutritive fluid, of a milky whiteness, extracted, by intestinal absorption, from the chyme; *i. e.*, food after it has been subjected to the process of digestion.

Chyliferous, carrying chyle.

Chylification, the process of forming chyle.

Chylopoetic, concerned in the formation of chyle; of the various organs, as the stomach, intestines, mesentery, liver, and pancreas.

Chyme, the pultaceous mass into which the food is reduced, after being subjected, for a time, to the action of the stomach and gastric juice.

Chemical, produced by the aid of chemistry, as chemical food.

Chemistry, the science which investigates the constituents of bodies, and the laws of the combination and separation of the elementary particles of matter.

Cicatrization, the process by which a scar is formed.

Cicatrix, a seam or scar left by the healing of wounds, ulcers, or sores.

Cilia, the hairs of the eyelids; they prevent the entrance of floating particles into the eye, and also aid in shading it from strong light.

Cineritious, of the color of ashes, gray, as of the cortical substance of the brain.

Cinesipathy (*κινησις*, motion), the art of curing by graduated and scientifically directed movements; the movement cure.

Circulation, the motion of the blood through the body, discovered by Harvey in the reign of Charles I; it is sent from the left ventricle of the heart, through the arteries and capillaries, to every part of the body; from these it enters the veins, and returns to the right side of the heart, from which it is forced into the lungs, to be purified or oxygenized by the inspired air; it then, by the pulmonary veins, is poured again into the left side of the heart. In the lungs it is mixed with the chyle, the process of digestion.

Cirrrosis, of the liver, granulated, tubercular, or hob-nail liver, where the extremities of the bile-ducts are choked with bile, and the substance of the liver itself, badly nourished, is shrunk or atrophied. The term is also, sometimes, applied to lardaceous or albuminous liver; of the lung, a tendency to consolidation or contraction of the lung-substance, with dilatation of the bronchial tubes.

Clammy, adhesive, sticky, glutinous.

Clavicle, the collar-bone, shaped somewhat like the letter *ω*; it serves for the attachment of muscles of the neck and arm, and for the protec-

tion of the vessels and nerves which branch off to the arm.

Clavus, a nail, *clavus hystericus*, a severe pain in the head in hysterical subjects, which is as though a nail were being driven in; *Ignatia*.

Clifton, the mildest and driest climate in the west of England, admirably adapted for a Winter residence.

Climacteric (*κλιμακτηρ*, a step), critical times in life, or periods at which great changes take place.

Climate, is of great importance in the treatment of disease; consumptive patients require one dry and equable, which will admit of regular daily exercise in the open air; chronic gout and rheumatism necessitate a warm climate; hypochondriasis and indigestion, change of scene and traveling; paralysis, epilepsy, and mania, a bracing situation; bronchitis necessitates a warm and damp situation.

Clinical, bedside; lectures so called are delivered at the bedside, or on particular cases.

Clinic, a school or class where medicine is taught by the personal examination of patients.

Clonic, tumultuous or irregular convulsions, or convulsions with quick, alternate relaxation; in a tonic convulsion there is constant rigidity.

Clot, a concretion of soft or fluid matter, as of blood.

Clyster, an injection thrown into the bowel by a bladder and pipe properly prepared; sometimes it means only the small tube of an enema apparatus.

Coagulation, the change of fluids into a substance like curd or butter.

Coagulum, a clot.

Coaptation, the adaptation of the extremities of a broken bone together.

Coat, a covering or outer envelope, as of an artery.

Coccyx, four small bones attached to the lower part of the sacrum, forming the extremity of the spine.

Cochlea, cavity of the internal ear.

Cœliac, artery and vein of the abdomen.

Cœliac passion, intense colic.

Coitus, sexual connection.

Colic, severe spasmodic pain in the bowels, usually about the navel.

Collapse, sinking, failure of vital power, as in cholera, or after an accident.

Colliquative, a term applied to various discharges, as diarrhœa, or per-

spiration, producing increasing exhaustion.

Collodion, a mixture obtained by dissolving gun-cotton in rectified ether and alcohol; it rapidly dries by evaporation, and is useful, with *Calendula*, for small cuts, and as an application to the face in small-pox, and with *Arnica* or *Calendula* to bed-sores.

Colloid, resembling glue or jelly.

Collyrium, an eye-water.

Colon, the large bowel divided into the three portions—the ascending, the transverse passing across the abdomen, and the descending, which ends in the rectum, or lower bowel.

Columnæ carnæ, the fleshy columns which project more or less into the auricles and ventricles of the heart, serving to strengthen its walls, and prevent their too great dilatation.

Coma, lethargy stupor.

Comatose, resembling coma.

Comminuted, broken to pieces; a fracture is comminuted when the bone is broken into small pieces.

Commissure, a point of union between two parts; the commissures of the lips and eyelids are their angles at the place of union.

Communicable, contagious.

Complication, the co-existence of several diseases, or of circumstances foreign or added to the primary affection.

Complementary air, that which can be drawn into the lungs over and above that taken into the lungs by an ordinary breath.

Compress, to press together, as the edges of a wound; or make pressure upon, as of a bleeding artery, varicose veins, ulcers, or dropsy.

Compress, a piece of calico or linen well wetted with water, applied to an affected surface, securely covered by a thicker and dry piece of linen, flannel, or oiled silk, to prevent evaporation.

Concha, the hollow of the external ear.

Concussion, a violent shaking or disturbance, as of the brain from a fall or blow, severe injury, or overwhelming emotion; *Arnica*.

Condensation, increase in density.

Condiments, articles used to improve the savor of food, as pepper, salt, mustard, spices.

Condyle, a protuberance on a bone.

Condyloma, a soft, fleshy, indolent

- excrecence; caused from syphilis and situated on or around the genital organs in either sex.
- Confluent**, running together, specially applied to the pustules of small-pox.
- Congener**, of the same kind or species, resembling each other.
- Congenital**, hereditary, existing at birth.
- Congestion**, over-fullness of the blood-vessels of any organ, usually associated with debility and oppression, sometimes with collapse.
- Congestive**, relating to, or largely attended by congestion.
- Conjunctiva**, the lining of the eyelids, the external coat of the eyeball.
- Conjunctivitis**, inflammation of the conjunctiva; ophthalmia; *Aconite*, *Belladonna*.
- Conoid**, cone-shaped.
- Constipation**, confined state of the bowels; *Nux vomica*, *Opium*, *Mercurius*, *Bryonia*.
- Constitution**, the peculiar structure and connection of parts which characterize a system or body; the prevailing state of the organs of the body in their individual and relative arrangement, order, or activity, as a robust, feeble, cold, phlegmatic, bilious, nervous, or irritable constitution. In a good constitution every organ is well developed, endowed with due energy, and performs its functions with ease.
- Constitutional**, hereditary, belonging to the nature of an individual, adapted to improve the health.
- Constrictive**, styptic, astringent.
- Consultation**, a personal visit to a physician, or an application to him by letter, to prescribe and give his opinion about a case; the meeting of two or more medical men, to examine, give their opinion, and prescribe for a patient.
- Consumption**, a wasting away, progressive emaciation and feebleness, as an accompaniment of disease, seen in a marked manner in connection with tubercular affection of the lungs; hence consumption has become a synonymous term; *Drosera*, *Phosphorus*, *Arsenic*, *Iod. of Ars.*, *Sanguinaria*, *Calcaria*, *Ferrum*, are the principal remedies.
- Consumption**, galloping, phthisis pulmonalis, or tubercular consumption, which runs a very rapid course, the lungs breaking up, often in an incredibly short time.
- Contact**, is used chiefly with regard to the contagion of disease; it is immediate or direct when we touch the patient himself, mediate or indirect when we touch things that he has touched, or which have emanated from him. The contaminated air of an infected room is the most common source of contagion of the second sort.
- Contagion**, the communication of a disease from one person to another by mediate or immediate contact, as small-pox, scarlet fever, measles, typhus, cow-pox. Those diseases which are usually produced by contagion, but which may originate from other causes, are said to arise from "common contagion," as typhus, mumps.
- Contagious**, communicable by contagion.
- Contiguity**, near neighborhood.
- Continued fever**, a fever which runs its course without decided remissions and intermissions.
- Continuity**, direct connection, integrity of structure, without division or break.
- Contortion**, violent movement, accompanied by a twist or cast.
- Contractile**, capable of a contraction, as of the fibers of a muscle.
- Contra-indicated**, opposed to that which the evident nature of an affection or disease manifestly requires.
- Contusion**, a bruise more or less severe or extensive, produced by a blow from some blunt weapon, or by forcible contact against a resisting substance; the blood is thereby stagnated in the capillaries, or effused by the rupture of several of them. *Arnica* is the best application.
- Convalescence**, the stage of recovery from illness.
- Convolution**, a rolling together, or of one part on another, as of the round undulating projections on the surface of the brain.
- Convulsion**, violent and involuntary contraction of some of the muscles of the face or the limbs.
- Convulsive**, accompanied by, or resembling a convulsion, spasmodic.
- Copulation**, sexual connection.
- Coracoid**, resembling the beak of a crow, applied to a process of the shoulder-blade or scapula.
- Core**, the central part of a boil; a small, grayish, fibrous mass of dead tissue appearing in the middle of a boil when it breaks.

- Corn**, a thickening and hardening of the outer skin on projecting parts of the feet, raised above the surface like the head of a nail; the base, or root, frequently extends to the tendons, and sometimes to the covering of the bone itself, thus accounting for the pain felt before or on changes of weather. Frequent soaking in hot water; *Arnica* plaster of considerable thickness, with a hole in the center.
- Cornea**, the horny, transparent coat of the front of the eye.
- Corneitis**, inflammation of the cornea.
- Corona**, top of the head, crown.
- Coronal**, relating to the top of the head; the coronal suture, or connection of the bones of the head, extends from one ear to the other.
- Coronary**, resembling a crown.
- Coronoid**, resembling the beak of a crow, as applied to parts of certain bones.
- Corpora**, as applied to various anatomical parts of the body; small eminences as in the kidneys and brain.
- Corpulence**, obesity, an unusual development of fat or flesh in proportion to the build of the body. To be controlled by avoidance of sugar and starch in articles of diet, and by exercise.
- Corpus callosum**, a firm substance at the base of the brain, connecting the two halves, or hemispheres.
- Corpuscle**, a small body or particle.
- Corpuscles**, blood, globules of the blood.
- Corrosive**, that which has the property of eating or wearing gradually away.
- Corrugate**, to wrinkle.
- Cortical**, the outer portion, as of the brain or kidney.
- Coryza**, inflammation of the Schneiderian membrane of the nose, with increased discharge; cold in the head, rheum, or running at the nose; *Dulcamara*, *Mercurius*, *Arsenicum*, *Nux.*
- Costal**, connected with, or appertaining to, the ribs.
- Cough**, forcible, audible, and usually repeated expulsion of air from the lungs, the result of irritation of the throat, windpipe, or bronchial tubes.
- Counter-extension**, the holding of the upper part of a limb very firmly whilst the lower is drawn carefully down, as in fracture or dislocation.
- Counter-irritation**, irritation produced in one part of the body with a view of lessening that existing in another part, as by mustard plaster.
- Coup de soleil**, sunstroke.
- Course**, method, usual plan of proceeding.
- Courses**, periods, menses.
- Cow-lick**, a tuft of hair growing out of its ordinary position, as though it had been licked by a cow.
- Cow-pox**, the pustule resulting from vaccination.
- Coxalgia**, pain in the hip, a scrofulous disease of the hip, with affection of the cartilage, disease of the bone, and sometimes spontaneous dislocation, occasioning shortening of the limb, and sometimes hectic and death.
- Cradle**, a semicircle of thin wood, or strips of wood and wire, for keeping the bedclothes from broken bones, or in rheumatic fever.
- Cramp**, a sudden, involuntary, and highly painful contraction of a muscle or muscles, most frequently of the legs or toes; it is a marked symptom of cholera. *Nux. v.*
- Cramp of the stomach**, a sudden and most painful contraction of the muscular coat of the stomach, with a sense of constriction; *Nux vomica*, *Ignatia*, *Camph.*
- Cramp**, Writer's, or Scrivener's Palsy, inability of the hand to perform its usual work, with a constant tendency to cramp, in clerks, law-writers, violin or piano-forte playing.
- Craniotomy**, the operation of opening the head in otherwise impossible child-birth.
- Cranium**, the skull.
- Crisis**, constitution, temperament.
- Crassamentum**, the clot, as of blood.
- Craw-craw**, a species of itch, common on the African coast.
- Cream**, the thick part of milk, composed of butter, serum, and casein, which rises to the surface if it is allowed to rest; it is yellowish-white, and of sweet, agreeable taste. By many persons, with whom it agrees, it may be used as a substitute for, or in addition to, cod-liver oil.
- Creosote**, a colorless, oily fluid, of strong characteristic odor and burning taste, obtained from tar by distillation; it is a powerful antiseptic.
- Crepitant**, Crepitus, crackling.
- Crest**, the top or ridge.
- Cretaceous**, having the character of, or resembling chalk.
- Cretefaction**, conversion into chalk.

Cretenism, a state of idiocy, usually accompanied by an enormous goitre; it is often hereditary, and is commonly prevalent in the Pyrenees, Tyrol, and parts of Switzerland.

Cribratus, Cribiform, having holes like a sieve.

Crick in the neck, a painful rheumatic affection of the muscles of the neck, causing the head to be held on one side; *Rhus*, or *Bry*.

Crickoid, having the form of a ring.

Crisis, a decisive turn or height of any acute disease.

Critical, times or days on which such a turn is likely to take place.

Critical period, change of life.

Crotalus horridus, the rattle-snake.

Croup, spasmodic sawing breathing, the result of inflammation of the lining membrane of the windpipe; usually the attack comes on suddenly; sometimes it follows a common cold. *Aconite*, *Spongia*, *Hepar sulph*.

Croup, false or spurious, "Millar's Asthma."

Croup, hysterical, spasm of the muscles of the windpipe, not infrequent in hysterical females, attended by a long, protracted, loud, convulsive cough, followed by a crowing respiration, and attended by a difficulty of breathing so great as to threaten suffocation. *Ignat.*, *Verat. vir*.

Crucial, of the shape of a cross.

Crucible, a vessel of earth or black-lead, in which substances are placed which it is required to submit to strong heat. It derived its name from being made in the form of a cross, or having a cross impressed on it in the old times of alchemy.

Crural, belonging to the thigh or leg.

Crust, scab, eschar.

Cuboid, of the form of a cube, applied to one of the bones of the foot.

Cuneiform, wedge-shaped.

Curare, the woorali, or arrow-poison, a potent poison from a kind of convolvulus conjoined with that of a serpent.

Currie, or Curry, an Indian condiment, composed of coriander seeds, pepper, cayenne, tænegreek, and turmeric.

Curvature, spinal, is of two kinds. Angular curvature, commencing early in life, the result of disease of the bones of the spine, ends in incurable deformity, or hump-back. It is a manifestation of scrofulous disease. Absolute rest in the recumbent position. Lateral curvature, or Twist,

is much more common, especially in young girls; one shoulder is higher than the other, one shoulder-blade more prominent than the other, and the spine bent to one side. Stays, the position girls are allowed to assume, general delicacy, bad training, and under-feeding, all dispose to this state of things. Graduated exercises and manipulation of the muscle, together with constitutional remedies, are the treatment enjoined.

Cut, a division of the skin and flesh by a sharp-cutting instrument; if slight, *Calendula* plaster; if deeper, *Calendula* lotion; if very large, stitches may be required.

Cutaneous, relating to, or affecting the skin.

Cuticle, the outer scarf-skin, or epidermis.

Cutis, the skin, or outer covering of the body, consists of three layers—the epidermis, or scarf-skin; the retémucosum, the seat of the complexion; and the derma, or true skin. It serves as a protection, is the seat of touch, and serves for the exhalation of perspiration. Its heat, dryness or moisture, and also its color, are of value as indications in disease.

Cutis anserina, goose-flesh, when the papillæ of the skin become prominent through cold.

Cutis vera, the true skin, or derma, beneath the outer skin.

Cyanosis, blue disease, so called from the color of the skin; it arises from a malformation of the heart, or some obstruction to the circulation on the right side of the heart. Its effects can only be palliated by treating the most prominent symptoms. An analogous color of the skin may result from large and repeated doses of *Lunar caustic*.

Cynanche, disease of the throat.

Cynanche maligna, putrid sore throat.

Cynanche parotidea, mumps.

Cynanche tonsillaris, quinsy.

Cynanche trachealis, croup.

Cyst, a bag or envelope, containing morbid matter.

Cysticercus, the tailed bladder-worm, some species of which are found in the human subject.

Cystitis, inflammation of the bladder.

Cystocele, a rupture formed by the protrusion of the bladder.

Cystorrhagia, hemorrhage from the bladder.

D.

Damp, suffering from, or during; *Dulcamara, Rhus, Mercurius*.

Damp sheets, to test, place a polished clean drinking tumbler in for a few minutes; if it be dimmed, the sheets must not be used. If there be any doubt, remove them; sleep in the blankets. Take *Rhus*.

Dandriff, scurf; good brushing, followed by a borax wash.

Dawlsh, in Devonshire, a resort for consumptive patients, offering, however, but limited space. It is well protected from northerly winds and fierce south-western gales.

Deaf-dumbness, the inevitable result in children born deaf, and the dread of those who have been deaf for years. Special education is required for deaf-mutes, and determined practice in the case of the deaf.

Deafness may arise from inflammation; from thickening; from accumulation of, or hardened wax; from debility, as after fever; from a cold; from throat affection; from enlarged tonsils; from thickening of the membrane of the drum, or its partial or entire destruction; from disease of the bones of the ear; from paralysis of the nerves; from malformation. *Pulsatilla* and *Hydrastis* for recent cases; *Sulphur*, *Belladonna*, and *Mercurius*, and *Mercurius protoiod.* for throat deafness; *Baptisia* for debility, or *Sanguinaria*; *Gelseminum*, *China*, or *Arsenicum* for nervous deafness. Considerably increased wax; *Conium*, *Mercurius*, to render it natural.

Death, apparent, is distinguished from real death by the heat of the arm-pits, by the look of the eye, examination of the chest, or the mirror dimmed when held to the mouth, or the movement of down placed below the nostrils.

Death, sudden, is ordinarily caused by disease of the heart, apoplexy, or the rupture of an aneurism; sometimes by rupture of some internal organ.

Death, black, the plague of the fourteenth century, malignant typhus.

Death-thraw, death-spasm, or agony.

Debility, weakness, prostration; *China*, *Arsenic*, *Veratrum album*, *Aletris*, *Helonias*, *Phosphoric acid*. Excitement during the continuance of an acute affection, unless the

prostration come on very suddenly, and is excessive, is more dangerous than debility.

Decline, that period of a disorder or paroxysm when the symptoms begin to abate; or the time of life when the physical and moral faculties begin to lose their energy and activity; consumption of the lungs from the failure of strength it produces.

Decoction, the boiling of ingredients in fluid in order to extract their soluble parts.

Decrepitude, the last period of human life, or old age.

Decubitus, lying down.

Decussation, union in the form of an X or cross, used of the nerves which cross each other.

Defecation, faecal or alvine evacuation, stool.

Degeneration, a change in the structure of an organ, transforming it into some morbid substance, as tubercle cancer.

Deglutition, the act of swallowing.

Dejection, depression of spirits; or the expulsion of the faeces.

Delhi boil, an inveterate cutaneous affection, prevalent in India, which assumes the form of a boil, and may afterwards ulcerate, forming the "Delhi ulcer;" *Veratrum viride*, *Hepar*, *Arsenic*, *Baptisia*, *Hydrastis*.

Delliquescent, to become moist by attracting moisture from the air, as smelling-salts, salts of tartar, tartaric acid.

Delirium, wandering of mind, raving, as the result of sympathetic or real brain affection; *Belladonna*, *Aconite*, *Veratrum viride*, *Hyoscyamus*.

Delirium tremens, "the horrors," "mania a potu," delirium of drunkards, opium-eaters, or those addicted to tobacco; it is preceded by lassitude, watchfulness, headache, and loss of appetite; *Nux vomica*, *Gelseminum*, *Opium*.

Deltoid, the triangular muscle of the shoulder, or upper part of the arm.

Dementia, insanity.

Demonomania, insanity, where the patient fancies himself possessed.

Dengue, the dandy, or break-bone fever of the West Indies, a variety of rheumatic fever, violent in its symptoms, but of short duration, and seldom fatal; preceded by languor, chilliness, and pains in the tendons; *Cimicifuga*, *Eupatorium perfoliatum*.

Dentition, the process of cutting the teeth, which is carried on from the fifth to the eighteenth month. The first, or milk teeth, are twenty in number; of these, the first are the two middle teeth of the lower jaw, then the two corresponding of the upper jaw. During this period children are liable to feverishness, fretfulness, diarrhœa, and sometimes convulsions; *Aconite*, *Chamomilla*, and *Belladonna*, are the principal medicines. The second, or permanent, teeth are thirty-two; the shedding of the first set begins at six or seven, and the replacement and completion by the second occupies until the eighteenth year.

Depilatory, that which causes the loss, or effects the removal of hair.

Depletion, blood-letting, inordinate evacuation.

Depressants, sedatives.

Depression, a fracture of the skull, where the fractured portions are forced inwards.

Derivatives, revulsive remedies, counter-irritants.

Dermatitis, inflammation of the skin.

Dermis, the true skin.

Dermoid, resembling the skin.

Desiccation, drying up.

Desquamation, scaling or peeling-off of the skin.

Detergents, cleansing remedies.

Dextrin, a substance obtained by the action of dilute *Sulphuric acid* on starch at boiling-point, used for soaking bandages for fracture.

Diabetes, excessive secretion of urine containing sugar, characterized by great thirst and progressive emaciation; *Phosphoric acid*, *Nitrate of Uranium*.

Diagnosis, discrimination and decision as to the nature of a disease from its symptoms and physical signs.

Diagnostic, a symptom characteristic of a disease.

Diaphoresis, increased perspiration, sweating.

Diaphoretic, a medicine, the effect of which is to produce perspiration.

Diaphragm, the muscular division between the lungs or chest and abdomen.

Diaphragmitis, inflammation of the diaphragm.

Diarrhœa, frequent or continuous liquid alvine evacuation or stools; *Mercurius*, *Arsenic*, *Veratrum album*.

Diarrhœa, colliquative, that which

produces rapid exhaustion, as that prevalent in consumption; *Ars*.

Diarrhœa hectica, a dangerous diarrhœa of India, seriously affecting the constitution, and continuing, unless checked, without perceptible intermission; *China*, *Arsenic*.

Diarthrosis, a movable joint, one which admits of movement in every direction, as the shoulder-joint.

Diastase, a vegetable principle allied to gluten.

Diastole, dilatation of the heart and arteries as the blood enters them; the opposite of systole, when they contract to send forth the blood.

Diathesis, constitution, predisposition to certain diseases rather than to others.

Diet, a prescribed kind of food.

Dietary, the regulated diet or allowance of food.

Dietetics, that branch of medicine which concerns itself with the consideration, apportioning, and prescribing of the diet best adapted to certain diseases and conditions.

Digestion, the process by which food is rendered suitable for assimilation, in order that it may supply the waste of the body.

Digital, having the shape of the fingers, or belonging to the fingers.

Dilatation, increase of the bulk of a body, or of a canal or opening, as of an aneurism.

Diluents, liquids which increase the proportion of fluid in the blood; of these, water is the chief.

Diphtheria, diphtheritis, inflammation of the soft palate, uvula, and tonsils, attended by great prostration, and a tendency to the formation of false membrane; *Bell.*, *Kali chlo.*

Diploe, the spongy structure which separates the two tables of the skull.

Diplopia, double vision; two distinct sensations are produced by the same object.

Dipsomania, an insatiable desire for intoxicating liquors.

Discharge, increased secretion from a part, boil, or abscess.

Discutients, medicines possessing the power of resolving tumors.

Disease, the opposite state to that of health, with deviation in function or structure, nutrition, or operation.

Disinfectants, agents capable of neutralizing morbid effluvia; the chief of these are—*Carbolic acid*, *Chloride of Lime*.

- Disinfection**, the act of destroying miasmata with which clothing, persons, or rooms may be infected, as by sulphurous acid, chloride of lime, or excessive heat.
- Dislocation**, the forcible disturbance of a joint by violence or disease, so as to render it useless, and causing deformity.
- Disorganization**, complete change in the structure of an organ, or destruction of its texture.
- Dispensatory**, a book which treats of the composition of medicines.
- Disposition**, a particular condition of the body which renders it susceptible to disease or diseases of a certain kind, as consumption, affection of the lungs, indigestion, temperament, prevailing habit of mind.
- Diuresis**, a very abundant or unusual flow of urine.
- Diuretic**, a medicine which increases the quantity of urine.
- Division**, an accidental separation of parts, or a cutting of them for a specific purpose; a class.
- Dorsal**, pertaining or relating to the back.
- Dorsum**, the back, as of the hand, foot, as well as from the neck downwards.
- Dose**, the precise quantity of a medicine adapted to certain diseases and certain ages.
- Douche**, a bath in which a column of water is brought to bear on a particular part of the body; it may be ascending, as in affections of the womb; descending, as in affections of the joints; it may also be hot or cold.
- Drachm**, the ancient name for a piece of money weighing the eighth part of an ounce; it now means that quantity by weight or measure; sixty grains, or three scruples.
- Drastic**, violently purgative.
- Draught**, the quantity of fluid drunk at once; a given quantity to be taken; a current of cold air; determination to the breast, felt by the nursing-mother at stated times, or at the sight or thoughts of her infant.
- Dressing**, the application of bandages, plaster, or lint to an injured part, or the removal of the same; the thing or things so applied.
- Dropsy**, the accumulation of serous fluid in the cavities of the body, as the chest and abdomen, or its dependent portions, as the legs; it is a symptom of liver, kidney, or heart disease.
- Drum**, the auditory membrane of the ear; the tympanum.
- Duct**, a channel or canal.
- Duodenum**, the first part of the intestines, commencing at the small or pyloric end of the stomach; the ancients estimated it at twelve fingers' breadth; hence its name. It is capable of considerable distension.
- Duodenum**, inflammation of, characterized by white tongue, bitter taste, want of appetite, fullness, distension, and tenderness across the bowels, just below the stomach, often yellowness of the skin, and feverishness; *Bryonia*, *Nux vomica*, *Mercurius*.
- Dura mater**, the tough, fibrous, semi-transparent, outer membrane covering the brain; it serves to protect, and also to support, the different parts of the brain.
- Dynamic**, that which relates to the vital forces of the body.
- Dyscrasia**, derangement, disorder; a bad habit of body.
- Dysentery**, inflammation of the mucous membrane of the liver, bowel, or rectum, attended by fever, and the passing of mucus and blood; it is sometimes epidemic and malignant; *Mercurius corrosivus*, *Ipecacuanha*, *Ars*.
- Dysmenorrhœa**, difficult and painful menstruation; *Cimicifuga*, *Caulophyllum*, *Pulsatilla*, *Viburnum*.
- Dyspareunia**, painful sexual connection.
- Dyspepsia**, indigestion, both slow and painful; *Nux vomica*.
- Dyspeptic**, one who suffers from indigestion; connected with, or resulting from, indigestion.
- Dysphagia**, difficulty of swallowing.
- Dysphonia**, difficulty of speaking, imperfect voice.
- Dyspnoea**, difficulty of breathing; *Arsenicum*, *Ipecacuanha*.
- Dystocia**, difficult parturition of labor.
- Dysuria**, difficulty of passing water; *Cantharides*.

E.

- Ebullition**, a transient eruption.
- Ecchymosis**, a bruise, or discolored patches like bruises; extravasation of blood under the skin; *Arnica*.
- Eclampsia**, a seizure or convulsion of children and pregnant or child-bearing women; *Belladonna*.
- Eclectism**, the selection from the opinions and practice of physicians

- of every or any school or sect of medicine. In America it is synonymous with herbal or botanic practice.
- Economy**, animal, the aggregate of laws by which the body is governed.
- Ecraseur**, an instrument which cuts by means of a steel chain worked by a mandrill.
- Ecstasis**, or Ecstasy, a state of absorption rendering the patient utterly oblivious of surrounding objects, and as if in the contemplation of an entrancing vision.
- Ecthyma**, an eruption of large, round pustules, quite distinct from each other, and situated upon a hard and inflamed base; *Belladonna*, *Arnica*, *Hepar*, *Hydrastis*.
- Ectozoa**, parasitic animals which infest the outside of the body.
- Ectropion**, eversion of the eyelids; most commonly the lower one is turned down; a slight surgical operation is often required for its cure.
- Eczema**, tetter or running scall, inflammation of the skin, attended by an oozing of moisture; the oozing sometimes dries, and forms scabs; *Aconite*, *Pulsatilla*, *Mercurius*, *Ars*.
- Eczema of the face**, milk-crust; *Aconite*, *Pulsatilla*, *Viola*, *Graph*.
- Eczema of the head**, humid scall or ringworm; the discharge is very profuse, or it dries and mats the hair together; *Aconite*, *Mercurius*, *Causticum*, *Ars. iod*.
- Eczema inveterata**, bakers' and grocers' itch; *Sulphur*.
- Eczema mercuriale**, or Rubrum, a variety caused by mercury; *Aconite*; *Acid*, *nitric*.
- Efferent**, bearing or carrying outwards.
- Efflorescence**, redness of skin; *Belladonna*.
- Effluvia**, impure exhalations or infiltration; *Carbolic acid*.
- Effusion**, the pouring out of serous fluid, as the result of inflammation.
- Egophony**, a sound heard in the chest when listening to it with a stethoscope; sharp, harsh, tremulous, and broken, like that of a goat; it is a sign of pleuro-pneumonia and consolidated lung, with pleural affection.
- Elaborate**, to improve or refine by successive operations, as in digestion, and the separation of certain of the animal fluids.
- Electro-puncture**, the insertion of wires, and then the connecting of them with the poles of an electric or galvanic battery.
- Element**, a simple, ultimate constituent of the human body, as oxygen, hydrogen, carbon, nitrogen, fibrin, albumen, and casein.
- Elephantiasis**, a variety of leprosy where the leg is enormously swollen and misshapen, and the skin also thick, dark, often scaly, and ranged in folds; or nodous swellings in the armpits, groins, eyebrows, on the face and arms, sometimes becoming cancerous, with destruction of the bones and of whole limbs.
- Elephantiasis of India**, red, livid, or yellowish spots, slightly prominent, to which succeed indolent tumors formed under the skin; the joints of the fingers swell, and become ulcerated; the bones of the nose decay, the lips considerably thicken, the patient becomes frightfully emaciated, and dies; *Arsenic*.
- Elongation**, the lengthening of a limb, as in dislocation, or hip-disease.
- Emaciation**, wasting away of the flesh; *Cod-liver Oil*, *Glycerine*, *Arsenic*.
- Embonpoint**, plumpness; when excessive it becomes corpulence, obesity, overfatness.
- Emesis**, the act of vomiting.
- Emetic**, a medicine to produce vomiting, as *Ipecacuanha*, *Tart. em*.
- Emetine**, the vegetable alkaloid of *Ipecacuanha*.
- Eminence**, a protuberance, a projection.
- Emmenagogue**, a medicine which is supposed to have the power of bringing on menstruation; *Pulsatilla*, *Cimicifuga*, *Caulophyllum*, *Ferrum*.
- Emollient**, softening, soothing.
- Emphysema**; in this affection air escapes from the air-passages into the substance of the lungs; it may be produced by wounds, pressure, or contusion, or arise from internal causes.
- Empirical**, practice based solely on experience, and not determined by settled law or sound principle; quackish.
- Emprosthotos**, spasm or convulsion, by which the body is bent forward, as in lock-jaw, or tetanus.
- Empyema**, a collection of blood or pus in some cavity of the body, chiefly the pleura, or serous covering of the lung.
- Empyreumatic**, having a burnt smell

- and acrid taste, as the result of decomposition by heat.
- Emulsion**, a milk-like mixture, composed of oil minutely divided, and held in suspension in water by mucilage.
- Emulsive**, applied to seeds and kernels from which, by expression, oil may be extracted, as almonds, apricots, peaches, hemp, rape, melons, gourds, and nuts.
- Emunctory**, the outlet of an excretory duct.
- Enamel**, the outer coating of the teeth, formed of phosphate of lime and a very little animal matter; it is milky white, and excessively hard.
- Encephalitis**, inflammation of the brain and its membranes; *Belladonna*, *Veratrum viride*, *Gelsemium*.
- Encephalon**, the brain. Encephaloid, brain-like.
- Encysted**, inclosed in a membranous envelope, sac, or pouch.
- Endemic**, peculiar to certain localities, as ague in marshy districts.
- Endermic**, introduced through the skin by abrading the surface.
- Endocarditis**, inflammation of the internal parts of the heart, most commonly associated with that of its covering membrane, or pericarditis; *Aconite*, *Veratrum viride*, *Cactus*.
- Endocardium**, the lining membrane of the interior part of the heart.
- Endometritis**, inflammation of the lining membrane of the womb, frequently attended by diphtheric exudation, or passing of membranous shreds; *Aconite*, *Borax*, *Lycopodium*.
- Endonephritis**, inflammation of the lining membrane of the kidney.
- Endosmose**, the law by which fluids pass from without to within organic membranes.
- Enema**, an injection, or clyster. "Starch enema," for diarrhoea and dysentery.
- Enervation**, exhaustion, debility, languor.
- Engorgement**, obstruction, in the blood-vessels, of a part or organ, giving rise to increase of volume; congestion.
- Ensiform**, sword-shaped, as the cartilage of the breast-bone.
- Enteralgia**, pain in the bowels, colic; *Colocynth*, *Chamomilla*.
- Enteritis**, inflammation of the bowels; violent pain, increased on pressure, with vomiting and inflammatory fever; *Aconite*, *Belladonna*, *Mercurius*, *Veratrum viride*.
- Enterocoele**, abdominal rupture, containing a portion of bowel only.
- Enterocolitis**, inflammation of the small intestines and colon.
- Enterozoa**, intestinal worms.
- Entophyte**, a vegetable parasite growing in the interior of the body.
- Entozoa**, intestinal worms.
- Entropion**, the inversion or turning inwards of the eyelashes, occasioning irritation, inflammation, and sometimes ulceration.
- Enucleation** (literally, the taking out of a kernel), the operation of removing tumors or cancers without cutting them.
- Enuresis**, incontinence of urine; it may arise from irritability of the bladder, distension, paralysis, stone, or calculus, renal disease, or pressure on the bladder, or simply from old age; *Aconite*, *Sulphur*, *Nux*.
- Ephelis**, a freckle, or larger brown patches on the skin. Simple spirit lotion; *Sepia*, *Caulophyllum*, *Sulph. Ars*.
- Ephemeral**, lasting only one day.
- Epicanthis**, a defective formation, when a fold of skin passes from the root of the nose, over the inner corner of the eye.
- Epicranium**, the skin and integuments, or covering of the skull.
- Epidemic**, a disease which attacks a number of individuals at the same time, referable to the condition of the atmosphere.
- Epidermis**, the outer or scarf-skin, or cuticle, composed of minute scales.
- Epigastric**, pertaining to, confined to, or principally seated in the stomach.
- Epigastrium**, the region of the stomach.
- Epiglottis**, an oval fibro-cartilage, the use of which is to cover the glottis as substances pass over into the gullet.
- Epilepsy**, anciently called "the falling sickness;" attacks of loss of consciousness, often attended by convulsive movements of the muscles, distortion of the eyes, flushed face, and foaming at the mouth, frequently preceded by indisposition, giddiness, and stupor.
- Epiphora**, watery eyes; *Calcaria*. It must not be confounded with the results of fistula lachrymalis.
- Epiphysis**, a portion of bone separated from the body of the bone by cartilage, which by age becomes converted into bone.

- Epiploon**, the reflection of the peritoneum, constituting a caul, or apron, in front of the intestines.
- Epispastic**, blistering, vesicatory.
- Epistaxis**, bleeding from the nose.
- Epithelium**, cuticle of the mucous membrane, composed of cells of various shape and size.
- Epulis**, an excrescence on the gums, sometimes ending in cancer.
- Equal**, as applied to the pulse and breathing, when the pulsations and inspirations which follow each other are alike in every respect.
- Equilibrium**, that state of the various organs and forces which constitutes health.
- Equivocal**; symptoms are so denominated when they belong to several diseases.
- Eradicative**, possessed of the power of rooting out a disease, or entirely counteracting a constitutional liability.
- Erethism**, constitutional irritation, sometimes produced by mercury, allopathically.
- Ergotism**, a disease produced by the use of spurred rye; giddiness, spasms, convulsions, torpor, numbness of the hands and feet, which waste away, lose sensation, and separate from the body by dry gangrene. The remedies are—*Camphor*, *Solanum*. Hence ergot, or *Secale corn.*, is the remedy for senile gangrene.
- Erosion**, the action of any corrosive substance; ulceration is often spoken of as spontaneous erosion.
- Erratic**, wandering, irregular, disappearing from one part to appear in another, as gout, erysipelas, pain.
- Errhine**, a remedy acting on the membrane of the nose, producing irritation and sneezing.
- Eructation**, raising wind forcibly from the stomach, belching; *Carbo veg.*
- Eruption**, the breaking-out of a rash, pimples, spots, blisters, or blotches.
- Eruptive**, attended by a rash, pustules, spots, or small blisters, as measles, scarlatina, small-pox, nettle-rash, herpes.
- Erysipelas**, St. Anthony's fire, specific inflammation of the skin, epidemic, or following wounds, attended by constitutional symptoms, feverishness and debility, accompanied by vesicles or blisters, sometimes deepening in its effect, and followed by infiltration, or deposit of serum; *Beladonna*, *Baptisia*, *Arsenic.*
- Erysipelatous**, resembling or partaking of the nature of erysipelas.
- Erythema**, rash, efflorescence, or redness of the skin, not accompanied by swelling, blisters, infiltration, or fever, as in chafing or excoriation.
- Eschar**, a crust, scab, or slough, distinguished from the living part by its color, hardness, and the other properties; it is attended by a secretion of fluid, or pus, between the living and dead parts.
- Escharotic**, a substance such as caustic potass, which, applied to the body, causes the death of the part, and its separation as an eschar.
- Ethmoid**, shaped like a sieve—a name given to one of the internal bones of the head.
- Etiology**, the history of the causes of disease.
- Eustachian tube**, a canal partly bony and partly cartilaginous, about two inches in length, leading from the throat to the inner part of the ear; when it is blocked, or obstructed, deafness ensues.
- Evacuants**, medicines which cause a discharge from the body, as emetics or purgatives.
- Eversion**, a turning outwards.
- Evolution**, primary development.
- Exacerbation**, aggravation, or increase of the symptoms, paroxysm.
- Exaltation of the vital forces**, a morbid increase in the action of organs or parts, such as occurs in inflammation.
- Exanthem**, a more or less vivid, circumscribed, or diffuse redness of the skin, which moderates or disappears under pressure of the finger.
- Exanthemata**, eruptions attended by fever; eruptive fevers.
- Exanthematous**, belonging to, or resembling an exanthem.
- Excitability**, proneness to extravagance in expression, or hilarity of spirits from slight causes.
- Excitant**, stimulant.
- Excoriation**, abrasion, removal of the outer skin by friction; *Calendula*, *Hydrastis*, or *Causticum*, as lotions.
- Excrescence**, a morbid growth, as a wart, polypus, or pile.
- Excretory**, designed for the discharge of matters, as the perspiration through the skin.
- Exercise**, work, labor, exertion of the body; or of any part of it, as

conductive to health; where the will is anxiously brought into play, it is "active," as walking, running, gymnastics; where the patient is simply borne or carried, it is styled "passive," as riding in a carriage. It improves the digestion, it increases the secretions, and gives strength to the body.

Exfoliation, separating or scaling in thin layers, as of dead bone.

Exhalant, sending forth vapor, either visible or invisible.

Exhaustion, loss of strength occasioned by excessive evacuations, great fatigue, privation of food, or disease.

Exophthalmia, protrusion of the eyeball.

Exostosis, a bony excrescence.

Exotic, that which comes from abroad, or grows in the tropics.

Expectant medicine, watches the disease, removes deranging influences, but does not prescribe medicine; it gives both the disease and the patient, as far as possible, the same chance; it does nothing to check or avert the disease, and is altogether unworthy of its name; a mere cheat to the patient, and a disgrace to the physician that avows it as his plan of action; it simply relies on the powers of nature.

Expectoration, discharge of matter, as mucus or pus from the chest.

Experience, knowledge gained by observation or practice.

Experiment, a trial made on the body to determine the effect of remedies.

Expert, one specially skilled.

Expiration, expulsion of air from the lungs.

Exploration, attentive examination.

Exsanguinity, bloodlessness, anæmia.

Extraneous, foreign, not belonging to an organ of the body.

Extravasation, effusion or infiltration of fluid into a structure, as of blood after a blow.

Extremity, the end or termination; limbs, arms, or legs.

Exudation, a matter which oozes through the pores of a membrane.

F.

Facial, belonging to, or connected with the face.

Facies Hippocratica, or cadaverous, death-like countenance; the

eyes are sunken, the nose pinched and cold, the forehead tense and dry, the complexion livid; *Arsenicum*.

Factitious, artificial.

Faculty, a power to make, perform, or execute.

Fæcal, excrementitious.

Fæces, dregs, evacuations.

Fainting, swooning, syncope, loss of motion, strength, and color, and sensibility from weakness, loss of blood, or fright; *Camphor*, *Nux*.

Falciform, scythe-shaped.

Falling-sickness, epilepsy.

Falmouth, in climate resembles Penzance for the consumptive in Winter.

False, accidental, made by accident, as a "false passage;" spurious, resembling only that which is true, as "false pleurisy," "false membrane."

Falx, a membrane resembling a scythe in shape.

Fancy mark, nævus, mother's mark.

Faradization, the localized, therapeutic application of induction currents of electricity, which are instantaneously developed in metallic conductors.

Fascia, a band composed of the fibers of a muscle.

Fasiculus, a small bundle.

Fatigue, nental; *Aletris*, *Nux vomica*; corporeal, *Arnica*.

Fauces, the space on the two sides of the arch of the palate; the throat.

Favosus, or Favus, a name given to a state of ulceration resembling a honeycomb; scall on the head.

Febricula, a slight degree of fever; ephemera; *Aconite*.

Febrifuge, a medicine to subdue fever, as *Aconite*, *Gelsemium*, *Bryonia*, *Veratrum viride*, *Ars.*, *China*.

Febrile, relating to fever, indicating fever, or arising from it, as "febrile pulse," "febrile action."

Febris, fever, a disease characterized by quick pulse, heat of skin, thirst, impaired function and loss of strength; may arise from irritation or specific action, as surgical fever, scarlatina, typhus.

Feculent, foul, composed of dregs or excrement.

Feigned diseases; many of these are assumed by beggars, impostors, and soldiers who wish to escape duty; sometimes persons will pretend to have sustained injury after an accident, when there is little or no occasion for it. A little care, es-

- pecially when the patient's attention is diverted, will generally suffice to insure detection.
- Felon**, a whitlow.
- Femoral**, connected with, belonging, or related to the thigh.
- Femur**, the thigh, the thigh-bone.
- Fenestra**, an opening or aperture.
- Ferment**, to work, to effervesce, a change wrought in a liquid by heat or moisture, by which certain new substances are produced.
- Ferruginous**, of the nature of iron, containing iron, chalybeate.
- Fester**, to corrupt or rankle; to discharge a thin fluid as the result of irritation; to form matter; *Arnica*, *Hepar*, *Belladonna*, *Silicea*.
- Fiber**, a filament. Fibrous, composed of filaments or fibers.
- Fibrin**, an organic substance existing both in animals and plants, contained in the blood and chyle, and constituting the principal part of the solid portion of animals, or the flesh; it is soft, solid, whitish, elastic, insoluble in water.
- Fibula**, a clasp, the small or splinter-bone of the leg, placed somewhat like that of a brooch-pin.
- Fibular**, vessels, etc., of the leg.
- Ficus**, a fig-wart, or reddish fleshy excrescence, found sometimes on the eyelids, chin, tongue and other organs; *Thuja*; *Acid*, *nitric*.
- Fidgets**, restlessness, troublesome, uneasiness of the nerves and muscles of the legs or arms, and irresistible impulse to change their position; *Aconite*, *Nux*.
- Filament**, a thread-like termination, a fibril.
- Filamentous**, containing or composed of thread-like substances.
- Filiform**, of a thread-like shape.
- Filter**, to pass a liquid through coarse paper, in order to clear it.
- Fimbria**, a fringe.
- Firing**, burning with a hot iron, cauterization.
- Fissure**, a sort of chap, as on the hands; or an intensely sore, narrow cleft or division, especially near the anus. *Acid*, *nitric*; *Silicea*.
- Fistula**, a tubular ulcer, with one or two small openings, and either internal or external.
- Fistula in ano**, generally arises from impediment or pressure; strong pressure greatly aids their cure.
- Fistula lachrymalis**, is occasioned by the blocking-up of the nasal duct; it produces a constant watering of the eye; *Calcaria*, *Silicea*, *Sulphur*.
- Fistulous**, resembling a fistula.
- Fit**, paroxysm, convulsion, sudden attack.
- Fixed**, of oils, not capable of being volatilized by heat.
- Flaccidity**, softness, flabbiness; offering little resistance to pressure.
- Flanks**, the sides of the body from the lower part of the chest to the top of the pelvic bone.
- Flap**, a portion of flesh separated and capable of being lifted up, as though hinged.
- Flatulence**, wind or gas emitted from, or accumulated in the stomach or bowels, or both.
- Flatus**, flatulence, wind.
- Flesh**, the soft parts of the body; the muscles.
- Flexible**, capable of being readily bent.
- Flexor**, a muscle, the office of which is to bend certain parts.
- Flexura**, curvature.
- Flocci volitantes**, specks floating before the eyes; most frequently the result of stomach derangement.
- Floccitatio**, picking at the bedclothes.
- Flocculi**, cloudy sediment.
- Flooding**, violent bleeding, hemorrhage; *Arnica*, *Hamamelis*, *Erigeron*, *Trillium*, *China*, *Ipecacuanha*, *Bell*.
- Fluctuation**, the undulation of fluid in a cavity on pressure with the fingers, as water in dropsy, or matter in abscess.
- Fluke**, a broad flat parasite, or worm, infesting the liver of the sheep, goat, or ox.
- Fluor**, a flux or flow; "fluor albus," leucorrhœa; the whites.
- Flush**, evanescent heat and redness of the face and neck, from the blood being driven into the capillaries of the face by emotion or nervous disturbance, as the blush of emotion; the flushing of "the change of life."
- Flux**, a discharge; bloody, dysentery.
- Fœtal**, relating to the fœtus.
- Fœtor**, disagreeable odor.
- Fœtus**, the unborn child.
- Follicle**, a fold; a small sac or bag.
- Follicular**, consisting of, or involving chiefly the follicles of a part.
- Fomentation**, a cloth well wrung out of hot water, applied to a part, then covered by a dry flannel, and applied as often as it gets dry or cool.
- Fomites**, any thing which retains heat; a term applied to substances

which are supposed to retain contagious effluvia, as woolen goods, feathers, cotton.

Fontanelle, an aperture at the junction of the bones or sutures of the skull in the infant, covered by membrane.

Foramen, an aperture or opening, as in bone.

Fore-arm, the part of the arm between the elbow and wrist; it comprises two bones and twenty muscles.

Formative, plastic; giving form, or having the power of giving it.

Formication, pain like that which would be caused by a number of ants crawling over the part; *Aconite*, *Nux vomica*.

Formula, a recipe, a prescription.

Fossa, a groove, a shallow cavity.

Fracture, a broken bone; *simple*, when the bone is merely broken; *compound*, when a wound is caused in addition to the bone being broken; *comminuted*, when the bone is broken into several pieces, or shattered.

Frænum, a fold of membrane which retains an organ in its place—as of the tongue.

Fragilitas, fragility, brittleness; liability to be easily broken—as of the bones.

Frambæsia, “the yaws,” tumors of a contagious character, resembling strawberries or raspberries, which ulcerate and produce emaciation.

Fremitus, a shuddering; a dull diffused resonance.

Frontal, pertaining or related to the forehead.

Frothy, applied to expectoration when largely mixed with air.

Fugacious, fugitive; applied to symptoms which quickly appear and disappear—as *fugacious redness*, *swelling*, or *tumor*.

Functional, relating to, or affecting the action of, an organ.

Fundament, the fundus, or bottom of any thing.

Fungoid, that which resembles or grows after the manner of a fungus.

Fungus, spongy, fleshy excrescence; proud flesh.

Funis, Funiculus, the umbilical cord, attaching the infant to the placenta.

Funny bone; when the nerve just above the elbow-joint is forcibly pressed upon, a peculiar tingling sensation in the fingers, and all the parts to which it is distributed, is produced.

This is called “touching the funny-bone.”

Furfuraceous, like bran.

Furor, violent delirium, intense passion, rage.

Furunculus, a boil, or small phlegmon; a blind boil is indolent, and only very imperfectly suppurates or discharges.

Fusion, the changing of a solid into a liquid by heat; melting.

G.

Galactophorous, milk-carrying vessels.

Galactorrhœa, inordinate flow of milk; *Calcaria*, *China*.

Gall, the bile; of the skin, chafing.

Gall-bladder, a membranous bag or reservoir, lodged in a depression on the under surface of the liver; it receives a portion of the bile when the stomach is empty.

Gall-stones, biliary concretions or calculi; the passing often causes intense pain and sickness; *Aconite* and *Chamomilla*, *Gelsemium* and *Nux vomica*.

Galvanic cautery, a wire applied to the pole of a battery used to destroy morbid growths.

Galvanism, or Voltaic Electricity, is generated by the action of a chemical liquid on two plates of metal, as copper and zinc, contained in a cell, or by a multiplication of such plates and cells. Galvani discovered the action, and Volta devised the arrangement of pairs of cells. Galvanism is used in paralysis, lead-palsy, constipation, neuralgia, suspended animation.

Galvano-puncture, electro-puncture.

Ganglion, an enlargement or knot in the course of a nerve; a hard, round, indolent swelling, of the color of the skin, situated on a tendon, varying in size from that of a pea to that of an egg; it consists of a thick albuminous fluid, contained in a cyst of greater or less thickness. Treatment—compression by tea-lead firmly bound on; a smart blow or incision; *Ruta*; *Acid, benzoic*.

Ganglionic, applied to nerves, in the course of which ganglia occur; such are the greater part of the branches of the sympathetic system.

Ganglionitis, inflammation of a ganglion, whether that of a nerve or of a tendon.

Gangrene incipient mortification; partial death of a part; there is loss of feeling, discoloration, effusion of fluid, and loosening of the skin; it may arise from violent inflammation, burns, frost-bites, bruises, or internal causes; *Arnica*, *Arsenic*, *Secale*, and yeast poultices.

Gangrenous, affected with gangrene.

Gargle, a liquid medicine, to be retained in the mouth, and then thrown in contact with the palate, uvula, tonsils, and top of the throat; used in sore throat.

Gaseous, in the form of gas, or an aeriform fluid.

Gastralgia, gnawing or burning in the stomach, with loss of appetite; spasm of the stomach. *Nux vomica*, *Arsenic*.

Gastric juice, the acid digestive fluid secreted by the glands of the stomach, containing chlorohydric and acetic acids, with pepsin.

Gastric nerves, the pneumo-gastric; also to the lungs and filaments of the great sympathetic.

Gastritis, inflammation of the stomach, attended by heat, pain, vomiting as soon as any thing is taken into the stomach, hiccup, great anxiety, and general feverishness. *Veratrum viride*, *Arsenic*.

Gastrocnemii, the two fleshy masses which make up the back part, or calf, of the leg.

Gastrocolitis, inflammation of the stomach and colon.

Gastrodynia, neuralgic pain in the stomach; flatulent colic.

Gastro-enteritis, inflammation of the stomach and small intestines.

Gastrorrhœa, the secretion of an excessive quantity of mucus from the lining membrane of the stomach.

Gastroses, diseases which are seated in the stomach.

Gastrotomy, Caesarian section.

Gelatine, an animal substance comprising tendons and ligaments; it is firm, whitish, slowly soluble in cold, but readily dissolves in hot water, forming, as it cools, a tremulous jelly. It is also termed *chondrin*; its equivalent in the vegetable world is *gluten*; it is nearly related to *protein*. Gelatine forms the basis of all animal soups, and, as such, is highly nutritious.

Genitalia, organs of generation or reproduction.

Genital organs, organs of generation.

Genus, a collection or group of species analogous to each other.

Germ, the rudiment of a new being.

Gestation, pregnancy.

Gesticulation, making many gestures; in disease, an evidence of severe brain disturbance.

Gibbous, arched, vaulted, prominent.

Giddiness, sensation of reeling or whirling, which has a tendency to deprive the body of its steadiness.

Gin-drinker's liver, nutmeg liver; when cut across it resembles the section of a nutmeg.

Ginglymus, Ginglymoid, a hinge-joint—as that of the knee and elbow—admitting of movement in two directions only.

Glabella, the space between the eyebrows.

Glacial, having the appearance of ice—as glacial, acetic, and phosphoric acid.

Glands, the secretory organs of the body; chiefly reddish, spongy, knot-like bodies occurring in the course of the lymphatics; very liable, in scrofulous subjects, to engorgement, inflammation, and suppuration.

Glandular, affecting the glands; having the texture, form, or appearance of glands.

Glaucoma, opacity of the vitreous humour of the eye.

Glenoid, a shallow cavity resembling that containing the eye; chiefly, such a cavity for the reception of the upper extremity of the arm at the shoulder.

Globules, diminutive rounded particles, or pellets; the red corpuscles of the blood—circular in the mammalia, elliptical in birds and cold blooded animals; they contain hematin and globulin, and in man are $\frac{1}{3000}$ part of an inch in diameter; the white corpuscles of the blood are considered to be chyle and lymph in process of transition.

Globus hystericus, a choking sensation in the throat, common in hysteria. *Ignatia*, *Gelseminum*.

Glossal relating to, or connected with, the tongue.

Glossitis, inflammation of the tongue. *Aconite*.

Glossoplegia, paralysis of the tongue.

Glottis, the small oblong aperture of the windpipe between the vocal chords.

Glottis, spasm of, symptoms of suffocation; *Gelseminum*, *Ipecacuanha*.

Glucose, grape, fruit, starch, or honey sugar.

Gluteal, relating to the buttocks.

Gluten, found in the flour of wheat, and other grain, and giving it its nutritive quality as distinguished from the starchy part.

Gluteus, the muscle composing the buttocks, seat, or nates.

Glycerine, a straw-colored syrupy fluid, soluble in water and spirits of wine, the basis of fat; and is one of the forms under which it may conveniently be administered in all wasting diseases.

Glycerine lotions. Half an ounce to ten ounces of water, with or without such tincture as may be desired, as *Calendula*, *Hydrastis*, *Causticum*, or *Veratrum viride*, tends to keep the part moist (as it does not easily evaporate), in inflammation, and other affections of the skin.

Glycerine ointment. Spermaceti, $\frac{1}{2}$ oz.; white wax, 1 drachm; oil of almonds, 2 ozs.; glycerine, 1 oz.; melt the spermaceti and wax with the oil, then incorporate the glycerine in a mortar. It forms the basis of a mild, soothing ointment for *Hydrastis*, *Veratrum viride*, and *Calendula*.

Glycerole, glycerine and starch heated together (1 oz. of glycerine to 70 grs. of starch), to about 240°, the mixture being constantly stirred all the while. One drachm of tincture, as *Hamelis*, *Hydrastis*, *Calendula*, and the like, to an ounce or half an ounce of glycerole.

Glycogenic, the peculiar substance in the liver which is converted into sugar.

Glyster, clyster, an enema, or injection.

Goat's milk, resembles that of the cow; it is somewhat stronger in taste, and the curd is more solid. *Artificial*—1 oz. fresh suet, cut into small pieces, tied in a muslin bag, and boiled in 1 qt. of cow's milk; sweeten with 1 oz. white sugar candy. Useful in scrofula and consumption.

Goitre, Derbyshire-neck, enlargement of the thyroid gland in the front of the throat, bronchocele; *Spongia*, *Iodine*; for drink, boiled soft water.

Gonalgia, pain in the knee, from gout, rheumatism, or as indicative of hip disease.

Gonitis, inflammation of the knee.

Gout, arthritis, a peculiar inflamma-

tion of the fibrous and ligamentous portions of the toes, particularly of the ball of the great toe; it is often fugitive and hereditary; *Ledum*, *Nuxvomica*, *Pulsatilla*, *Aconite*.

Gown-red, red gum, an eruption to which young infants are subject; so called from its uniform red color, and because it covers the infant like a garment; *Chamomilla*, *Aconite*.

Granular, containing granules, or small particles, as in inflammation of the eyelids, and disorganization of the kidney.

Granulations, reddish elevations which form on the surface of suppurating wounds. They result from inflammatory action, but are part of the process of healing by the deposition of fleshy particles.

Granule, a sugar-coated pill.

Gravel, small concretions composed of urates and animal matter, formed in the kidneys, and passed along the ureters into the bladder.

Gravel, a fit of, the acute pain occasioned by the passage of gravel into the bladder.

Gravity, specific; the relation between the weight of a body and its bulk; or the weight of a body in air, then in pure distilled water, divided by the loss of weight in the water, will give the specific gravity.

Grinders, the double, or molar teeth.

Grocer's itch, inveterate eczema; psoriasis.

Grubs, an affection of the skin follicles; "acne punctata."

Grumous, clotted, thick, as of blood.

Gurgling, the sound heard when there is pus in a cavity in the lungs, also from gas in the bowels.

Gynæcology, pertaining to the diseases of women.

H.

Hands, dropped, wrist-drop, paralysis of the hands, caused by lead-poisoning.

Hare-lip, a fissure or separation of parts in one or both lips, chiefly the upper; almost invariably a deformity from birth, though it may result from a wound. Curable by operation;—by pins and twisted sutures.

Haversian canals, the nutritive canals of bone.

Hay asthma, or hay fever—Summer catarrh, caused by the pollen of grasses; *Arsenic*, *Kali bichromas*,

- Ipecacuanha*, and *D'Anthon*; all by spray, as well as taken internally.
- Headache** may be congestive, *Beladonna*, intermittent, *China*, *Arsenic*; nervous, *Cypripedium*, *Aletris*; sick, *Cimicifuga*, *Chamomilla*; stomach, *Nux vomica*.
- Heart**, a hollow muscle, consisting of two receptacles, or auricles, and two propelling vessels, or ventricles; the right auricle and ventricle, constituting the pulmonic heart, receiving the venous blood and chyle, and sending it to the lungs to be purified, or oxygenized; after this is accomplished, the blood is returned to the left auricle, then by contraction forced into the left ventricle, and thence to the arteries and capillaries through the body. There are valves to prevent the return of the blood into the heart from the large artery, or aorta, and also from the ventricle into the auricle; these may be affected by deposits on them, or the heart itself may be enlarged, or flabby, or degenerated by accumulation of fat. The heart is surrounded by a serous covering called the pericardium, which, like all such membranes, is subject to inflammation, followed by the effusion of fluid. Any such occurrences as those just referred to seriously interfere with the heart's functions. The heart weighs about 8 oz., and is about the size of the closed fist.
- Heartburn**, pyrosis, the rising of a hot fluid into the throat, the result of indigestion; *Nux vomica*, *Carbo veg.*
- Heat-apoplexy**, sunstroke.
- Heat**, internal, a sense of heat felt by the patient, but not apparent to the touch.
- Heat**, prickly, lichen of the tropics; *Aconite*, *Rhus*, *Graphites*, *Sulphur*.
- Hectic**, a slow, weakening, sympathetic fever, which accompanies advanced organic disease, as consumption; without the presence of such organic disease it is usually caused by nervous irritation, felt in the soles of the feet, and the palms of the hands; *Aconite*.
- Helix**, the border of the outer ear.
- Helminthiasis**, affections caused by the presence of worms in the alimentary canal; *Cina*, *Santonine*.
- Helminthic**, anthelmintic, capable of dislodging worms.
- Hemeralopia**, the faculty of seeing objects only by daylight.
- Hematemesis**, vomiting of blood, oppression, pain at the stomach, burning, and sickness; *Nux vomica*, *Hamamelis*, *Ip.*
- Hematin**, the coloring matter of the blood.
- Hematocoele**, a swelling or tumor formed of effused blood.
- Hematodes fungus**, fungoid bleeding cancers, very malignant in their nature, chiefly in the eyeball, thigh, and testes.
- Hematosi**s, the changing of the venous blood and chyle, or proceeds of digestion, by the action of oxygen in the lungs.
- Hematuria**, hemorrhage, or passing of blood from the bladder or kidneys, usually by exudation; *Cantharides*, *Hamamelis*.
- Hemicrania**, pain confined to one side of the head.
- Hemiplegia**, paralysis confined to one side of the body; *Nux vomica*.
- Hemiplegia facialis**, paralysis of one side of the face.
- Hemispheres of the brain**, the two divisions of the brain, separated by a tough membrane.
- Hemoptysis**, spitting or expectoration of blood from the lungs; cough, difficulty of breathing, heat at the chest; *Aconite*, *Arnica*, *Hamamelis*, *Trillium*.
- Hemorrhage**, discharge of blood from the nose, lungs, bowels, stomach, or womb, or any other organ or vessel of the body; *active*, when it arises from plethora; *passive*, when it is the result of debility. For the *active*, *Aconite*, *Arnica*; for the *passive*, *China*, *Ipecacuanha*.
- Hemorrhoidal vessels** and nerves, those distributed to the rectum, or lower bowel.
- Hemorrhoids**, piles, enlargement of the veins of the rectum, accompanied by constipation, and discharge of mucus or blood; often constitutional, but brought on, or aggravated by sedentary habits; *Nux vomica*, *Sulphur*, *Hamamelis*, *Sepia*.
- Hemostasia**, stagnation of blood.
- Hepatalgia**, pain in the liver.
- Hepatic**, arising from, limited to, belonging to, or acting specifically on the liver.
- Hepatitis**, inflammation of the liver.
- Hepato-scirrh**us, cancer of the liver.
- Hepatization**, change into a solid condition, resembling or applied to the lungs when consolidated by

- fibrous deposits, so as to give a solid sound when percussed, and to be incapable of being permeated by air.
- Hereditary**, transmitted from parent to child, as a constitution or disease.
- Hernia**, rupture, protrusion of the bowels, in the groin, near the thigh, or at the navel; when slight, it may be remedied by a truss, and cured by *Nux vomica*.
- Heroic**, of a violent nature, as remedies.
- Herpes**, inflammation of the skin, accompanied by small blisters, or vesicles; *Aconite*, *Mercurius*.
- Herpetic**, of the nature of herpes.
- Hiccough**, Hiccup, a convulsive catch of the breath repeated at intervals; *Nux vomica*, *Ignatia*, *Bryonia*.
- Hip disease**, a scrofulous affection, otherwise styled *Coxalgia*, being not simply inflammation of the structures in and around the joint, but a thickening, and, if not checked, ultimate decay of the cartilage of the joint works. There is great pain, deformity of the limb, from a thrusting outwards of the thigh, and sometimes the formation and discharge of matter, when the patient is not only worn by suffering, but weakened by the drain of the system. It may be mistaken for rheumatism; and scrofulous abscess in the neighborhood of the joint may be taken for hip disease. There is pain on movement, greatly intensified if the affected limb is pressed forcibly and quickly upwards; *Chamomilla* relieves the pain, and *Bryonia*, *Conium*, *Pulsatilla*, *Silicea*, and *Calcarea* are of great service.
- Hipped**, hypochondriac.
- Hippocratic face**, pale, nipped, sunken, cadaverous.
- Hippuria**, excess of hippuric acid in the urine, giving a strong odor.
- Histology**, the minute anatomy of the human body.
- Hoarseness**, roughness of voice; *Belladonna*, *Causticum*, *Phosphorus*, *Rumex*, internally and by spray.
- Hobnail liver**, nutmeg liver.
- Home-sickness** (Nostalgia), a variety of melancholy; an overpowering desire to return to one's country, attended by wasting and hectic fever; *Aurum*, *Ignatia*, *Arsenic*.
- Homology**, similarity of structure.
- Hordeolum**, a sty.
- Horripilation**, a sense of creeping, chilliness, and goose-flesh; *Aconite*, *Mercurius*.
- Housemaid's knee**, an inflammation of the membranous sac in front of the knee-cap; there is great pain on movement; *Bryonia*, *Mercurius iod.*, *Kali hydriod.*, with rest.
- Humerus**, the shoulder; the bone of the upper part of the arm.
- Humorists**, those who thought that disease was wholly produced by the derangement of the humors of the body.
- Hyaline**, Hyaloid, resembling glass.
- Hybrid**, the product of two distinct species; a mule.
- Hydatids**, (1) vesicles or small bladders containing a clear fluid, sometimes developed in the womb, and giving rise to symptoms of pregnancy; their expulsion is attended with more or less flooding; (2) a species of intestinal worm or parasite.
- Hydragogue**, purgatives causing profuse watery discharges.
- Hydrocele**, a collection of fluid in the scrotum; *Merc. iod.*, *Apocynum*, *Arsenic*.
- Hydrocephalus**, water on the brain; *Belladonna*, *Staphysagria*.
- Hydropathy**, cure by the application and use of water.
- Hydro-pericardium**, effusion of serum within the covering of the heart; symptoms obscure; those of enlargement of the heart, with great oppression and sense of fluctuation; *Arsenic*.
- Hydrophobia**, dread of water, with violent convulsive fits as the result of a bite; suck the wound, cauterize with a lighted cigar or red-hot skewer; give first *Belladonna*, then *Gelsemium*.
- Hydrophthalmia**, dropsy of the eye, from increase of the aqueous or vitreous humors.
- Hydrothorax**, dropsy of the chest, *Aurum*, *Apis*, *Arsenic*, *Apocynum*.
- Hygiene**, the art of preserving the health by regimen, ventilation, etc.
- Hygienic**, relating to hygiene.
- Hyoides**, the bone between the base of the tongue and windpipe.
- Hyperæmia**, engorgement of the small blood-vessels, plethora of a part of the body; *Aconite*.
- Hyperæsthenia**, great sensibility.
- Hypercatharsis**, excessive purging.
- Hypertrophy**, unnatural or morbid enlargement of a part.
- Hypochondriasis**, depression of spirits, with languor, listlessness, and despair of recovery as the result of

long-continued indigestion, especially affection of the lining membrane of the stomach; *China*, *Nux vomica*, *Pulsatilla*, *Sepia*.

Hypogastrium, the lower part of the abdomen.

Hysteralgia, pain in the womb; *Chamomilla*, *Belladonna*, *Secale*.

Hysteria, divisible into the state of nervous irritation and susceptibility so called, and the hysterical or convulsive attack or fit, which, however violent, is unattended by any loss of consciousness; *Ignatia*, *Gelseminum*, *Platina*.

Hysteritis, inflammation of the womb; *Belladonna*, *Mercurius*, *Veratrum viride*.

I.

Ice, is useful to suck in sore-throat, diphtheria, violent thirst and sickness; also in hernia or rupture, and inflammation of the brain; pounded and placed in a bladder.

Ichor, foetid watery discharge from wounds or sores; *Carbolic acid*.

Ichorous, resembling or of the nature of ichor.

Ichthyosis, fish-like skin, dry, scaly, and almost horny, entirely altered in texture; *Arsenic*, *Phosphorus*.

Icterodes, a complexion resembling jaundice.

Icterus, jaundice, yellowness of the complexion and eyes, orange-colored urine, and white evacuations, with debility, and often sickness, the result of derangement of the liver; *Mercurius*, *China*, *Podophyllum*. It may be followed by dropsy, hectic, or general wasting.

Icy-cold, a sensation of cold as intense as that caused by the application of ice.

Idiocy, absence of the intellectual and moral faculties.

Idiopathic affections, such as are primary, original diseases.

Idiosyncrasy, individual peculiarity of constitution.

Ileum, the longest of the small intestines.

Ileus, deep-seated, acute, obstinate pain in the bowels, with faecal vomiting, and constipation; *Aconite*, *Nux vomica*.

Ilium, the haunch-bone, the superior side-bone of the hips.

Imbricated, placed one over the other, like the tiles on a roof.

Immobility, absolute stiffness, incapability of movement.

Impacted, pressed very firmly together; wedged.

Impetiginous, of the nature of impetigo.

Impetigo, inflammation of the skin, somewhat deeply seated, and somewhat virulent, with purulent or mucopurulent discharge in considerable quantities, or forming a crust as it dries; *Iris*, *Clematis*, *Bell*.

Impressions, indentations or depressions on the various bones.

Incarcerated, fixed, incapable of reduction (so of rupture).

Incisors, the front teeth of the upper and lower jaw, the use of which is to cut the food; they are eight in number.

Incontinence, inability to retain the urine; *Belladonna*, *Gelseminum*; *Acid*, *phosphoric*; *Arsenic*, *Nux. v.*

Incrustation, the forming of a crust, and the crust so formed.

Incubation, literally, hatching; the period between the taking of an infection and its manifestation as a recognized disease.

Incubus, nightmare.

Incus, one of the auditory bones of the ear, so called from its resemblance to an anvil; it is situated within the tympanum or drum.

Indication, a well-marked or leading symptom.

Indigenous, native to a country.

Indigestion, difficult or painful digestion; *Nux v.*, *Pulsatilla*, *Carbo veg.*

Indisposition, a slight derangement of health or function.

Induction, electricity of, Faradization.

Induration, hardness.

Inertia, inactivity, sluggishness.

Infarction, a plugging or wedging up.

Infection, the propagation of disease by touch or miasm.

Inferior, lower.

Infiltration, effusion, the filling of the interstices of the cellular tissue with fluid; usually the watery portion of the blood; sometimes it is pus or urine.

Infinitesimal, very highly divided or triturated, as opposed to material; of a dose or medicine.

Inflammation, increased tendency of blood to a part or organ, attended by heat, pain, redness, and swelling; it may be active (*Aconite*), erythematous or erysipelatous (*Belladonna*), congestive (*Byronia*).

- Inflation**, filling with air, distended by flatus or gas.
- Influence**, action, power.
- Influenza**, epidemic catarrh, frequently obstinate, attended by violent bone-pains and considerable debility; *Getseminum*, *Pulsatilla*, *Arsenic*.
- Infraorbital**, beneath the eye or orbit.
- Infundibulum**, a name given to parts which resemble a funnel in shape.
- Ingesta**, food, aliment of any kind.
- Inguinal**, situated in, or relating to, the groin.
- Inhalation**, the breathing of gas, air, or vapor for medical or surgical purposes; a very useful form of administering the medicines indicated in affections of the throat, lungs, or bronchi.
- Injection**, the throwing up or in of a fluid by means of a syringe; may be usefully tried in cases of severe pain, or very rapid disease, as hydrophobia, cerebro-spinal fever, poisoning, snake-bites.
- In-kneed**, knock-kneed, the result of a too rapid growth, or an accompaniment of rickets; *Calcaria*, *Silicea*, *Calcaria*, *Phos*.
- Innervation**, the nervous influence necessary for the maintenance of life and its functions.
- Inoculation**, the puncturing or scratching with the small-pox virus, with a view of producing a mild attack.
- Inorganic**, having no organs or instruments of life, as minerals.
- Inosculation**, the union of the extremities of blood-vessels, by which the circulation is completed.
- Insalivation**, the mixture of the food with the saliva.
- Insanity**, madness, unsound mind, mental aberration, deranged intellect, moral madness.
- Insolation**, exposure to the sun, or its effects, as sunstroke.
- Insomnia**, sleeplessness.
- Inspiration**, the drawing of air into the lungs, performed in health about fifteen times in the minute.
- Inspiratory**, pertaining to inspiration; as applied to muscles, those by which it is performed, as the diaphragm, and those between the ribs and of the abdomen.
- Inspissated**, rendered thick, as in making an extract of a vegetable juice.
- Insufflation**, inflating with air, or blowing into the mouth of a newborn infant.
- Integument**, that which covers; the skin, or, less correctly, the cellular tissue and fat in addition.
- Intention**, a stretching, as of the edges of a wound, which is said to heal by first intention when there is no discharge of matter, but the simple joining or union by plaster, stitch, or suture, is sufficient.
- Intercostal**, between the ribs.
- Intercurrent**, occurring in the course of some other disease.
- Interlobar**, between the lobes, as of the lungs.
- Interlobular**, amongst, or chiefly confined to the lobules of the lungs, as interlobular pneumonia.
- Intermission**, an interval, as between the paroxysms of a fever, or the beat of the pulse, or of the heart.
- Intermittent**, ague.
- Interosseous**, situated between the bones.
- Interspinal**, placed between the processes or jutting parts of the spinal column.
- Interstice**, a space or interval.
- Interstitial**, that which takes place in the interstices of any substance.
- Intestines**, bowels, (1) *the small*, consisting of the duodenum, jejunum, ileum, constitute four-fifths of the whole, and aid in the chylication of the food—in other words, aid in completing digestion; (2) *the large*, the cæcum, colon, and rectum.
- Intra-articular**, within a joint.
- Intussusception**, a reception within; the falling of a portion of one of the small intestines into a lower, which, serving as a sheath, causes obstruction and strangulation; *Aconite*, *Nux v*.
- Invagination**, intussusception, the receiving of one part into another, as in a sheath.
- Invalided**, sent home or dismissed as unfit for service through failing health.
- Invermination**, symptoms caused by the presence of worms.
- Iris**, the colored part of the eye.
- Iritis**, inflammation of the iris.
- Ischiatic**, parts connected with the ischium.
- Ischium**, the hip-bone, the lower bone of the pelvis.
- Ischuria**, suppression of urine, difficult urination.
- Isochronous**, that which occurs at the same time, as the beat of the heart and the arteries.

Isomorphous, similarly shaped, or having the same crystalline form.

Isopathy, the cure of a disease by the disease itself, as of small-pox by inoculation, consumption by a trituration of the expectoration, urinary or kidney affection by a dilution of the water passed.

Itch, scabies, a skin disease produced by the burrowing of an acarus, the product of filth; *Sulphur*.

Itching, pruritus, prurigo, troublesome irritation, sometimes the result of debility, or extreme nervous sensibility; *Sulphur*, *Arsenic*, *Aconite*, dusting with violet powder, bathing with oatmeal gruel.

J.

Jactation, tossing about, restlessness.

Jaundice, (See "Icterus.")

Jejunum, the part of the small intestines between the duodenum and the ileum, so called because it is always found empty after death.

Joint, stiff, ankylosis, the uniting of the ends of bones at any of the joints, as a result of injury or disease of the joints. It is caused by thickened synovial membrane, the deposit of fibrous membrane, or bony deposit. Treat by passive motion, division of tendons, or removal of bone.

Jugular, belonging to, or connected with the throat.

Jugular veins, the two large veins at the side of the neck, next to the carotid arteries; they convey the venous blood from the brain.

Julep, a sweet, demulcent, or acidulous drink.

Jurisprudence, medical, legal medicine, involving questions relating to suicide, poisoning, and coroner's inquests.

Juxtaposition, being placed near to, close proximity.

K.

Kidneys, the glands designed for the secretion of the urine. They may be enlarged, become fatty, hard and contracted.

Kinesipathy, the method of treating disease by appropriate movements of the various limbs; invented by Ling, a Swede.

King's evil, scrofula.

Kleptomania, an irrepressible propensity to steal, a species of insanity.

Kneading, shampooing.

Knee, housemaid's. (See under "Housemaid.")

Knock-kneed. (See "In-kneed.")

Kumyss, or Koumyss, the whey of mare's milk; it is highly nutritious and easy of digestion in consumption.

L.

Labial, belonging to the lips.

Labyrinth, the parts of the internal ear.

Lachrymal, relating to, or connected with the tears.

Lachrymal canal or duct, formed in the upper cheek bone, and lined by mucous membrane; it conducts the tears from the corner of the eye into the nose; inflammation of; *Aconite*, *Belladonna*, *Hepar*, *Mercurius*, *Silicea*.

Lachrymal fistula, the result of frequent inflammation; the eye constantly waters, and matter exudes; gradual probing required.

Lachrymal gland, situated under the upper eyelid, is composed of several small lobules; it secretes the tears, and pours them over the ball of the eye by means of its excretory ducts.

Lachrymation, constant or profuse watering of the eye.

Lactation, suckling.

Lacteal, pertaining to the secretion of milk; a minute absorbent vessel of the absorbent system, conveying chyle.

Lactiferous, milk-carrying vessels of tubules of the breast, arranged towards the nipple.

Lacuna, a canaliculus, or small cavity.

Lamina, a thin plate.

Lancinating, sharp, shooting pain.

Languor, general relaxation, debility, lassitude.

Lardaceous, waxy in appearance and texture.

Laryngeal, connected with, or belonging to, the larynx, or windpipe.

Laryngismus, spasm of the glottis, causing contraction, or closure of the opening, a struggle for breath, and a feeling of suffocation; *Gelsemium*, *Ipecacuanha*.

Laryngismus stridulus, Millar's asthma of children, child-crowing; from partial obstruction of the windpipe; rickety children are especially liable to such attacks; *Gelsemium*, *Calcaria*.

- Laryngitis**, inflammation of the windpipe, shrill voice, pain, tenderness, suffocative breathing; *Aconite*, *Spongia*, *Lachesis*.
- Laryngitis**, chronic; *Kali bichromas*, *Hepar*, *Argentum*, *Causticum Sanguinaria*.
- Laryngoscope**, an instrument designed by means of mirrors and reflected light, for the inspection of the vocal chords and windpipe.
- Laryngotomy**, cutting into the windpipe for the removal of any thing lodging in it, or for the relief of an obstruction of the glottis.
- Larynx**, the windpipe, a tube composed of cartilaginous rings lined by mucous membrane; it serves for the passage of the air to and from the lungs, and for the modulation of the voice in singing or speaking.
- Lavement**, an enema or injection.
- Laxative**, gently aperient.
- Lenticular**, having the shape of a small lentil, freckled with reference to the skin; or of the form of a double lens with regard to the eye.
- Lepra**, leprosy, an inveterate scaly disease of the skin, comprising several varieties.
- Leprous**, resembling or affected with leprosy.
- Lesion**, hurt or injury caused by violence or disease.
- Leuco-cythemia**, superabundance of the white corpuscles in the blood, often associated with enlargement of the spleen and liver, and of the lymphatic glands.
- Leucoma**, a white speck on the eye, albugo.
- Leuco-phlegmatic**, torpid, sluggish in temperament.
- Leucorrhœa**, fluor albus, white discharge from the vagina; *Aconite*, *Pulsatilla*, *Hydrastis*, *Calcaria*.
- Levator**, an elevator, that which helps to raise.
- Lichen**, aggravated or obstinate eczema; vascular congestion; infiltration; dryness of the skin and itching, like an ordinary goose-flesh, reddened, and continuing so; *Sulphur*, *Arsenic*, *China*.
- Lienitis**, inflammation of the spleen.
- Lientery**, diarrhœa of half-digested food, showing very great irritation of the bowels; *China*, *Phosphorus*, *Lachesis*, *Nux*.
- Ligament**, a fibrous cord serving to unite bones, and aid in the formation of joints.
- Ligature**, a thread or cord for the tying of arteries of bleeding limbs, or for the removal of excrescences; or the act of so tying.
- Line**, as a measure, the tenth or twelfth part of an inch.
- Linea alba**, a tendinous band constituting the middle of the abdomen, extending from the breast-bone to the top of the pubic bones.
- Lingual**, related to or connected with the tongue.
- Lint**, linen well scraped for dressing sores.
- Lipoma**, a fatty tumor.
- Lippitudo**, blearedness of the eyelids; they are red, swollen, and painful, with a copious secretion of thin humor; *Pulsatilla*, *Arsenic*.
- Liquor amnii**, fluid by which the foetus is surrounded previous to birth.
- Liquor sanguinis**, the fluid portion of the blood.
- Lithotomist**, one who is in the habit of operating for stone, or performing lithotomy.
- Lithotomy**, the operation of cutting into the bladder for the extraction of stone.
- Lithotriptic**, capable of dissolving urinary calculi.
- Lithotrite**, the instrument for performing the operation.
- Lithotritry**, the operation of crushing stone in the bladder.
- Lithuria**, the lithic acid diathesis; the passing of urine containing lithates or urates of soda; it is quite clear when passed, but deposits a bran-like sediment on cooling.
- Litmus-paper**, unsized paper dyed blue with tincture of litmus; it turns red if dipped into acid.
- Liver**, the largest gland in the body, situated on the right side, immediately below the ribs; it should not be sensitive to touch, afford too great a sense of hardness, or extend too far across the abdomen.
- Lobe**, a part or division, as of the liver, brain, or lungs.
- Lobular**, affecting or relating to the lobules.
- Lobule**, a small lobe or division, as of the lungs.
- Lochia**, the natural flow after delivery; offensive, *Arsenic*, *Baptisia*.
- Lock-jaw**, tetanus, rigidity of the muscles of the jaws, with violent spasm; *Nux vomica*.
- Louse**, pediculus, may be caught from dirty children, or be engendered by

disease or extreme weakness; apply essence of bergamot, or high-dried Scotch snuff in glycerine; or if these fail, an ointment of 3d trituration of *Mercurius*.

Lucifer-match maker's disease. (See "Phosphorus.")

Lumbago, rheumatic stiffness affecting the muscles of the loins; *Rhus*, *Arnica*, *Cimicifuga*.

Lumbar, belonging to or affecting the loins.

Lumbar abscess, psoas abscess, forms beside the psoas muscle at the bottom of the abdomen; sometimes found as low as the thigh; may result from injury or disease of the bones of the spine.

Lumbricales, the small muscles in the palm of the hand or sole of the foot.

Lumbricoides, large round worms which sometimes infest the bowels; *Santonine* will avail to dislodge them.

Lunacy, Lunatic, the state of being, or a person who is of unsound mind or insane.

Lungs, the principal organs of respiration, completely filling the chest; the right is divided into three, the left into two lobes; the upper lobes are more prone to disease.

Lupus, literally a wolf, so called from its rapacity; a ragged, spreading ulceration, chiefly affecting the sides of the nose; it is otherwise called "herpes exedens;" *Hydrastis*, *Arsenic*, *Kali bichromas*.

Luxation, a dislocation, sprain.

Lymph, (1) the fluid contained in the lymphatic vessels and thoracic duct after fasting; (2) exudation, as after an abrasion of the skin, or between the edges of a clean wound; (3) the colorless fluid of the vaccine vesicle.

Lymphatic, sluggish, as of temperament.

Lymphatics, the vessels which absorb the process of digestion from the bowels, the chyle, and convey it to the thoracic duct, by which it is conveyed to the right side of the heart.

M.

Macies, wasting, emaciation, mesenteric disease.

Macrocephalus, one who has a large head; a name given to a child born with very large brain development.

Macula, permanent discoloration of the skin, which is also usually somewhat altered in texture. Ephelis and nævus, or mother's mark, belong to this category.

Madarosis, loss of the hair, particularly of the eyelashes.

Maggot pimples (see "Acne"); *Hydrastis*, *Hepar*.

Magma, a thick residuum left in making tinctures.

Magnetism, animal; mesmerism, an influence exerted over one person by another, by which the person acted upon is placed in a state of hypnotism or nervous sleep. It has been employed in nervous affections, hysteria, and sleeplessness. The highly nervous and hysterical are most easily affected.

Magnetism. (See "Electro-magnetism" and "Galvanism.")

Malady, English, hypochondriasis.

Malaise, languor, indisposition.

Malar, belonging to the cheek, as the malar bone.

Malaria, miasm, infectious effluvia, or exhalations.

Malignant, virulent, exerting pernicious influence, dangerous to life, as an ulcer, a cancer, a fever.

Malingering, to feign disease.

Malleolus, the ankle.

Malleus, the longest and outermost of the small bones of the ear.

Malpighian bodies, the minute red granules of the kidney.

Malpractice, bad, careless, ignorant treatment of an accident or disease.

Mammæ, the female breasts.

Mammary, relating to or affecting the breast.

Mammary abscess, gathered breast, inflammation and suppuration of the glands from injury or cold; *Belladonna*, *Mercurius*. If the abscess begin to point, with increased redness, give *Hepar*; put a linseed poultice over the whole breast. When the breast has broken, continue the *Hepar*, warm bathing, and a tepid rag over; cover with oiled silk. If the abscess show no disposition to heal substitute *Silicea* for *Hepar*. If the edges get hard and red after giving *Silicea*, substitute *Hydrastis*, and syringe carefully twice a day. When the breast is heavy and swollen, support it by a large silk handkerchief spread under it, and tied around the neck, or by a split bandage.

Mania, raving or furious madness.

Marasmus, wasting away of the body, emaciation, atrophy.

Marrow, the oily, yellowish fluid which fills the canal of the long bones; it is exuded by the lining membrane.

Masseter, the muscle that raises the lower jaw, and aids in mastication.

Mastication, the act of chewing the food, performed by the tongue, jaws, teeth, cheeks, and saliva. It is an important part of digestion; to neglect it imposes unnecessary labor on the stomach.

Mastitis, inflammation of the breast or mammae, sometimes commonly called the weed when occurring after child-birth.

Mastodynia, neuralgic pain in the breast.

Mastoid, having the form of a nipple; a process connected with the bone at the side of the head.

Materia medica, the whole of the therapeutic agents employed medically; a complete arrangement and account of such.

Maturation, ripening, full development.

Maturity, (1) the state of being fully developed; (2) condition of an abscess, or gathering, when pus or matter is fully formed.

Maxilla, the jaw.

Maxillary, belonging to the jaws.

Measles, rubeola, an eruptive, catarrhal fever, chiefly affecting children, accompanied by faintly reddish spots, frequently arranged as irregular crescents, redness and watering of the eyes, and brassy, ringing cough; *Aconite*, *Pulsatilla*.

Meatus, passage, aperture, canal, as of the ear.

Mechanism, the structure of the body.

Meconium, the greenish discharge from the bowels of a newly born infant.

Median line, an imaginary line from the crown of the head to the feet, supposed to divide the body into two equal parts.

Mediastinum, the membranous division formed by the pleura between the lungs.

Medicament, a medicine or remedial agent.

Medulla, the marrow. Medullary relating to the marrow, or resembling it in appearance.

Medulla spinalis, the spinal cord.

Meibomian glands, the small sebaceous glands on the margins of the eyelids, secreting a humor which facilitates their movements.

Melancholia, melancholy, gloomy brooding, mistrust, and depression.

Melanosis, black deposit.

Melasma, a black, bruise-like spot on the legs of old people.

Melituria, diabetes.

Membranes, supple elastic webs which secrete or absorb fluid; they sometimes constitute an organ, or they envelop or encircle organs or joints. They are mucous in the air-passages and stomach, serous round the lungs and heart, synovial in the joints, fibrous over the muscles and bones.

Meninges, the three membranes which cover the brain, the dura mater, arachnoid, and pia mater.

Meningitis, inflammation of the membranes of the brain. (See "Brain, Inflammation of.")

Menopausia, the change of life.

Menorrhagia, excessive menstrual flow; *Belladonna*, *Calcaria*, *China*, *Ipecacuanha*, *Nux.*, *Viburnum*.

Menostasis, the cessation of the menses.

Menses, the monthly courses or periods.

Menstruation, painful; *Cimicifuga*, *Chamomilla*, *Pulsatilla*, *Belladonna*, *Viburnum*.

Menstruation, vicarious, that which occurs from other than the ordinary sources, as bleeding from the nose, or an ulcer.

Menstruum, a substance which possesses the property of dissolving others by the aid of heat, as water, alcohol, ether, acids, oils.

Mentagra, an herpetic eruption on the chin; *Hepar*, *Ars.*, *Merc.*

Mesenteric disease; these glands are liable, in children, to scrofulous enlargement and disease; the nourishment of the body is faulty, the abdomen large, the appetite capricious, the evacuations clay-colored, and very offensive; *Sulphur*, *Arsenic iodidum*, *Calcaria*.

Mesentery, a double fold of the serous covering of the bowels, situated between the small intestines, containing several of the lymphatic or mesenteric glands.

Mesial, situated in the middle; used to denote an imaginary line dividing the body into two halves.

Mesocolon, folds of the serous covering of the intestines, which fix the colon to the walls of the abdomen.

Metabolic, relating to change or transformation.

Metacarpus, the part of the hand from the wrist to the fingers, constituting the palm and the back of the hand, composed of five metacarpal bones.

Metamorphosis, a change of form or shape, transformation.

Metastasis, a change in the part or organ affected by a disease occurring during its course; a transfer from one part to another.

Metatarsus, the front part of the foot, behind the toes and before the solid bones of the foot; it is composed of five bones, one to each toe.

Meteorism, excessive distension of the bowels by flatus or gas; tympanitis.

Methomania, dipsomania, a craving for stimulants.

Metra, the uterus, or womb.

Metralgia, pain in the womb, hystericalgia.

Metratrophia, imperfect development or wasting of the uterus.

Metritis, inflammation of the womb, pain, swelling, tenderness, vomiting, difficulty of passing water; *Aconite*, *Belladonna*, *Mercurius*, *Veratrum viride*.

Metro-carcinoma, cancer of the womb.

Metro-peritonitis, inflammation of the serous covering of the bowels and of the womb.

Metrorrhagia, flooding, hemorrhage from the womb; *China*, *Ipecacuanha*, *Secale*, *Trillium*; patient to lie; cool drinks, cold applications, perfect quiet.

Miasm, (1) morbid exhalation from swampy ground; (2) contagious emanation from the sick, or the clothes of the sick.

Microcephalic, having a very small or imperfectly developed head.

Microscopy, the art of examination by the microscope.

Micturition, urination, passing water.

Miliary, small, resembling millet-seeds. *Fever*—an eruption of small red points, vesicles, or sudamina, the result of overheating in the course of a fever, or from the too high temperature of the sick room; *Aconite* or *Gelsemium*, with cooling, but not acidulated drinks.

Milk, mother's, contains more sugar-of-milk and cream, and less casein, than cow's milk; it differs somewhat according to the time after delivery.

Milk, mother's, substitute for; the best may be gathered from the following table of the constituents of four kinds:—

	Woman.	Ass.	Goat	Cow
Water.....	889	890	844	864
Sugar.....	43	50	36	38
Butter.....	26	18	56	36
Casein.....	39	35	55	55
Earthy Salts.....	2	5	6	6

The milk of the ass most nearly resembles human milk, though it occasionally produces diarrhoea. The milk of the goat has a characteristic odor, and forms an extremely compact curd; asses' milk, on the contrary, is distinguished by the delicacy of its curd, and the great ease with which it is digested and assimilated. Cow's milk contains less water and sugar, but more butter, casein, and earthy salts; it therefore needs the addition of water and sugar-of-milk—half an ounce, coarsely crushed, to seven and a-half ounces of boiling water; when dissolved, add seven and a-half ounces of fresh cow's milk, and give, through a feeding-bottle, at the same interval, but not oftener than, if the mother's supply were ample, she would suckle it herself. The milk must *always* be freshly mixed as required.

Milk, asses', resembles mother's milk in consistence, smell, and taste; it contains less cream, but more soft, caseous matter; very useful for delicate children and consumptive patients. *Artificial*—Sugar-of-milk, 2 oz., to a pint of tepid skimmed cow's milk.

Milk, goat's. *Artificial*—1 oz. fresh suet cut into small pieces, boiled in a quart of cow's milk; strain, and add $\frac{1}{2}$ oz. white sugar candy; adapted to scrofulous and consumptive cases.

Milk, mare's, affords only a small quantity of oily matter, more serum, and but little casein; it is softer than cow's milk.

Milk, solidified; add a little less in quantity, by weight, of white sugar, then evaporate to dryness.

Miner's elbow, a somewhat similar affection of the elbow to that of the knee in house-maids, being an enlargement of the fibrous sac of the elbow in those who lean much upon it, as miners.

Minim, the 60th part of a drachm by measure, or a tea-spoonful.

Mitral, having the form of a bishop's miter.

Mitral valves, the two triangular valves of the systemic heart, situated between the left ventricle and auricle; they prevent the return of the blood into the auricle.

Modus operandi, the method by which remedies exert an influence.

Molar, that which bruises or grinds, a double tooth; there are six in each jaw in the permanent set.

Mole, a fleshy mass which sometimes forms in the womb; a false conception or blighted fœtus.

Molecule, a minute atom.

Molimen, an effort or struggle.

Mollities, a softening.

Mollities medulla spinalis, softening of the spinal marrow.

Mollities ossium, softening of the bones, originating in the cells of nutrition; the gelatinous part only remains, the rest is absorbed.

Molluscum, a rare skin affection, consisting of tumors varying in size from a pea to that of a pigeon's egg, filled with fluid, and often attached by a pedicle or stalk.

Monad, a primary cell or germ.

Monograph, a treatise on a single disease or medical subject.

Monomania, mental aberration on one point; irrational on one subject only.

Monoplastic, that which retains its original form.

Monstrosity, that which has an unusual conformation, either in excess or defect.

Morbid, diseased.

Morbili, the little plague, measles.

Moribund, in a dying state.

Mortal, deadly, that ends in death.

Mortality, the death-rate.

Mortification, or spachelus, the death of a part; or the loss of vitality; it sinks in temperature, turns dark, and if there is not sufficient strength in the constitution to cast it off, it infects the whole body. The early stage is termed "gangrene."

Mosquito bites; *Ledum*, *Spirits of Ammonia*.

Mother's mark (see "Nævus"); *Thuja*, *Hamamelis*, and *Nitric acid*, internally and externally.

Moxa, a slowly-burning substance, as cotton wool, applied to the skin as a counter-irritant.

Mucosity, a fluid which resembles mucus.

Mucous, (1) secreting mucus; (2) having its seat, or affecting the mucous membrane.

Mucus, the secretion from the mucous membrane.

Mulberry calculus is composed of oxalate of lime; it is dark-brown in color, and very heavy and hard; it is produced by nervous exhaustion.

Multilocular, having many cells, divisions or cavities.

Mumps, "cynanche parotidea," an epidemic and contagious affection, accompanied by swelling of the glands underneath the ear; *Belladonna*, *Mercurius*.

Murmur, respiratory, the noise heard during inspiration and expiration.

Musæ volitantes, spots or motes floating before the eyes, generally the effect of stomach derangement.

Mydriasis, morbid dilatation of the pupil of the eye.

Myelitis, inflammation of the spinal cord or its membranes.

Myeloid, having the appearance of marrow.

Myology, that part of anatomy which treats of the muscles.

Myomalacia, softening of the muscles.

Myopia, short-sightedness; it requires concave glasses.

Myosis, permanent contraction of the pupil, usually caused by inflammation of the iris.

Myositis, inflammation of the muscles.

Myotomy, dissection of, or division of the muscles.

Myrtiform, of the shape of a myrtle-leaf.

N.

Nævus materni, spots or marks, of various kinds, on children at birth.

Nape of the neck (nucha), pain at; *Æsculus*, *Nuxvomica*, *Veratrum viride*.

Narcosis, Narcotism, the total effects, as nausea, stupefaction, produced by narcotics.

Narcotic, stupefying, producing sleep.

Narcotized, stupefied by or under the influence of a narcotic.

Nares, the apertures of the nose; the nostrils.

Narrow chest, to be overcome by dumb-bells, Indian clubs, and gymnastics.

Nates, the buttocks, which in man alone are prominent and full.

Nausea, an inclination to vomit; qualmishness; *Ipecacuanha*, *Arsenic*, *Kreosote*.

Nauseant, any thing that produces nausea.

Navel, the umbilicus, the center of the abdomen.

Navicular, having the shape of a small ship.

Near-sightedness, myopia; it requires concave glasses.

Nebula, (1) a speck on the cornea; (2) a cloudy suspension in the urine.

Neck, stiff; *Rhus*, *Cimicifuga*, *Bry*.

Necrology, tables of rates of mortality.

Necrophobia, exaggerated fear of death, seen in hypochondriasis and fevers.

Necropsy, "post mortem" examination.

Necrosis, the death or decay of a bone, or a portion of it; *Acid nitric*.

Neoarthrosis, a new or artificial joint.

Neoplasm, a new formation or tissue.

Nephralgia, pain or neuralgia of the kidney; *Chamomilla*, *Gelseminum*, *Aconite*.

Nephritic, that which relates to or is seated in the kidney.

Nephritis, inflammation of the kidneys.

Nephrolithiasis, calculus in the kidney.

Nephrospastic, that which depends on spasm of the kidney.

Nephrothromboid, that which originates from clots of blood in the kidney.

Nerves, sensitive cords distributed through the body, of the same substance as that of the brain and spinal cord, in bundles of white parallel threads of varying thickness.

Nervine, a medicine which acts on the nerves.

Nervous, affecting the nerves; weak, irritable; or the opposite, strong.

Nervousness, the state of having the nerves affected; hypochondriasis, nervous weakness, fear, dread.

Neuræmia, functional disease of the nerves.

Neuralemia, the fine transparent membrane investing the nerves.

Neuralgia, very acute nerve pain, increasing to a paroxysm, then disappearing, to return in the like fashion.

Neurine, the substance which composes the nervous system, principally albumen, fat, and phosphorus.

Neuritis, inflammation of a nerve.

Neuroma, the morbid enlargement of a nerve; a tumor on a nerve.

Neuropathic, belonging to disease of the nerves.

Neuroses, Neurotica, diseases of the nervous system.

Neurotomy, Neurotrosis, wounding a nerve.

Neutral, indifferent, taking no part, exciting no influence.

Nictation, twinkling of the eye; winking.

Nidorous, having the smell of any thing burnt.

Night-blindness, hemeralopia; objects can only be seen by a bright light, and the range of vision is contracted; it sometimes is connected with deaf-mutism, and is seen in the offspring of related marriages; *Belladonna*, *Veratrum album*, *Hyoscyamus*.

Nipple, sore; *Calendula* cerate; Borax or Tannin lotion.

Nisus, straining, effected by retention of the breathing, and contraction of the muscles of the abdomen.

Nitrogenized, containing nitrogen or azote, *e. g.*, animal food, as opposed to saccharine or oily.

Nitro-glycerine, glonoine.

Noctambulatio, somnambulism, sleep-walking.

Node, Nodosity, (1) a hard concretion, forming round joints affected with chronic rheumatism; (2) swelling of the bone or its covering; (3) a ganglion or enlarged tendon. *Acid nitric*; *Silicea*, *Phosphorus*, *Kali iodidum*.

Nodulus, a small knot.

Noli me tangere, lupus—which see.

Nomenclature, the vocabulary of names appropriated to the various diseases or affections.

Normal, natural, healthy.

Nosocomial, relating to or derived from a hospital, as nosocomial gangrene.

Nosology, the classification of disease.

Nostalgia, home-sickness.

Nostrum, a quack specific.

Nota materni, mother's mark, nævus.

Nucleated, possessed of a nucleus or kernel.

Nucleus, a body, about which matter is collected; the germ of a new cell.

Nutrition, the process of repairing the waste and promoting the growth of the body.

Nyctalopia, the faculty of seeing only by night.

O.

- Obesity**, corpulence, excess of fat; avoidance of starchy, oily, and saccharine food; regular exercise; *Pulsatilla*.
- Oblique**, that which deviates or inclines from the central line, as certain muscles.
- Obstetric**, connected with or relating to parturition, or child-birth, or midwifery.
- Occipital**, relating to the occiput.
- Occipito-frontalis**, the flat muscle which covers the head from the occiput to the forehead, and wrinkles the forehead.
- Occiput**, the back part of the head.
- Occlusion**, mechanical closure of an orifice or canal.
- Occult diseases**, latent.
- Odontalgia**, toothache.
- Odontoid**, having the shape of a tooth.
- Odontology**, a dissertation on the teeth.
- Œdema**, swelling from infiltration of serous fluid; anasarca is general œdema.
- Œdematous**, affected with œdema.
- Œsophagitis**, inflammation of the œsophagus.
- Œsophagus**, the membranous continuation of the swallow or gullet, as far as the stomach.
- Officinal**, medicinal.
- Olecranon**, the head or extremity of the elbow-joint.
- Olivary**, olive-shaped, oblong, whitish eminences on the spinal cord.
- Omentum**, the peritoneum or serous covering of the bowels; the caul.
- Omohyoid**, a flat muscle at the side and front of the neck.
- Onychia**, whitlow, abscess near the finger-nail; *Hepar, Silicea*.
- Onyx**, a collection of matter between the layers of the cornea, having the shape of a finger-nail.
- Opalescent**, opaline.
- Opaline**, having a milky appearance, resembling opal.
- Operation**, the use of instruments for relief or cure; "capital," "major;" serious, important; "minor," trivial.
- Ophthalmia**, inflammation of the eye; *Aconite, Belladonna, Mercurius*.
- Ophthalmic**, belonging or related to the eye.
- Ophthalmitis**, inflammation of the ball of the eye.
- Ophthalmoscope**, an arrangement of mirrors for illuminating the interior of the eye so as to judge of its condition, especially the retina.
- Opiate**, a medicine containing opium, or one that produces sleep; a narcotic.
- Opisthotonos**, a spasmodic curving of the body backwards.
- Opodeldoc**, soap liniment.
- Optic**, belonging to vision.
- Optic nerve**, the nerve of the 2d pair, giving sensibility to the eye.
- Orbicular**, circular, spherical.
- Orbit**, the cavity which receives the eye.
- Orbital**, connected with the orbit.
- Organ**, a part of the body designed for some definite function, as the stomach or liver.
- Organic**, furnished with parts or organs.
- Organization**, structure or formation.
- Organism**, the living economy.
- Orthopnœa**, difficulty of breathing.
- Orthopœdia**, that part of surgery whose object it is to prevent or correct the deformities of children.
- Os**, a bone, a mouth. Ossicula, small bones, as of the ear.
- Osmazone**, an extractive matter, which gives the flavor of meat to soups.
- Ossification**, the process of change into bone.
- Ostalgia**, pain in a bone.
- Osteology**, a treatise on the bones of the body.
- Osteoma**, a bony tumor.
- Osteosarcoma**, cancerous degeneration of bone.
- Os uteri**, the mouth or entrance of the womb; the "os tinæ."
- Otalgia**, earache; *Aconite, Pulsatilla*.
- Otitis**, inflammation of the ear.
- Otorrhœa**, discharge of matter from the ear.
- Ounce**, eight drachms, two table-spoonfuls.
- Oval**, egg-shaped, elliptical.
- Oval foramen**, the communication between the auricles of the foetal heart.
- Ovaria**, the ovaries, whence the ova pass through the Fallopian tubes into the womb.
- Ovarian**, relating to or connected with the ovary.
- Ovariectomy**, the operation for the removal of the ovary.
- Oviduct**, a Fallopian tube.
- Ovulation**, the formation of ova.
- Oxydation**, the combining with oxygen.

Oxygen, one of the principal gases, a component of the atmosphere, of water, and of vegetable and animal substances; it is the chief supporter of respiration, and as inhaled in proper dilution, it is of great service in debility, scrofula, asthma, dropsy, and paralysis.

Ozena, ulcerative disease of the membrane or bones of the nose; *Aurum, Sepia*.

Ozone, a peculiar modification of oxygen which exists in very pure atmospheres, and notably more in some districts than others; it is also evolved at the positive pole of a galvanic battery.

P.

Pabulum, aliment, food.

Packing, hydropathically, is the enveloping a part or the whole of the body in a wet sheet, either cold or tepid; outside this, several dry blankets, and outside of all a mackintosh sheet, or feather-bed.

Pad, a small, flat cushion—three or four thicknesses of flannel stitched together usually—for the chest or bowels; it may be used wet or dry.

Pains, the effect of the contractions of the womb in labor; they are false or spurious when they are simple, spasmodic, and have no influence in bringing on labor. They may be deficient (*Pulsatilla, Cimicifuga, Caulophyllum*), grinding (*Chamomilla*), too short (*Pulsatilla, Cimicifuga, Secale cor., Vir.*).

Pains, after, those which follow labor, and are equally produced by contraction, if excessive; *Vir., Sec.*

Palate, the hinder portion of the roof of the mouth.

Palate, artificial, a plate of tortoise-shell, gold, or vulcanite fitted into the roof of the mouth when the palate is deficient.

Palate, cleft, imperfect or fissured.

Palmar, belonging to the palm of the hand.

Palmar artery, wound of, heat, with graduated compress of pieces of lint, of some thickness, firmly bound on.

Palmares, the muscles of the palm of the hand.

Palpebra, the eyelids, so called from their constant movement.

Palpation, the method of exploring disease by touching parts of the body with the tips of the fingers.

Palpitation, tumultuous action of the heart.

Palsy, trembling, with loss of power of a limb, or of the head; otherwise called "shaking palsy."

Palsy, lead, paralysis produced by the action of lead, as in painters or compositors; otherwise called metallic palsy.

Palsy, sempstresses'. (See "Writers' Cramp.")

Panacea, a universal remedy.

Panada, bread grated, and then boiled in water to the consistence of pap.

Pancreas, the abdominal salivary gland, or "sweetbread," composed of lobes and lobules united by meshy tissue; lies across just beneath the stomach; the use of its secretion appears to be the emulsion of fat, so as to fit it for absorption.

Pancreatic emulsion, a private preparation from the sweetbread of animals; recommended for patients who can not take, or who are tired of, cod-liver oil.

Pandemic, an epidemic which attacks the whole or a greater part of the population.

Pang, suffocative, of the breast, angina pectoris.

Panniculus, a membrane.

Pannus, literally a piece of red cloth; taken to denote a vascular condition of a portion of the cornea of the eye.

Pap of the throat, the uvula.

Papillæ, the small eminences or points on the tongue, the skin, and mucous membrane.

Papilliform, resembling papillæ.

Papular, consisting, or largely made up of, pimples.

Paracentesis, tapping, to let off a contained fluid, as sometimes in dropsy of the abdomen or chest.

Paralysis, partial or complete loss of the power to move a limb or set of muscles; it may be accompanied also by loss of sensation, or the power of feeling.

Paraplegia, paralysis of the lower half of the body, including, to a greater or less extent, the bladder and lower bowel.

Parasites, plants or animals which subsist within or on other animals or plants; the itch insect, the louse, and the different worms are examples of the one kind, and the mistletoe of the other.

Parasitic growths, cancer tubercle.

- Paregoric**, that which soothes or calms; anodyne.
- Parenchyma**, the connecting structure or texture of an organ, as of the lungs, liver, or kidneys.
- Parietal**, constituting the walls, as the parietal bones, which form the sides and upper part of the skull.
- Parietes**, the walls or inclosure, as of the chest.
- Paropsis**, disordered or perverted vision, as amaurosis.
- Parotid glands**, the largest of the salivary glands, beneath the ear, composed of several lobes; it opens into the mouth, near the second upper double tooth.
- Parotitis**, the "mumps," epidemic inflammation of the parotid gland.
- Paroxysm**, an increase or aggravation of the symptoms of a disease, at regular or irregular intervals.
- Parturient**, having recently given birth.
- Parturition**, partus, child-birth.
- Par vagum**, the pneumo-gastric nerve, distributed both to the lungs and stomach.
- Passive**, resulting from loss of strength, unattended by reaction, as of bleeding.
- Patella**, the knee-cap.
- Pathetic**, a name given to one of the muscles of the eye, and to the fourth pair of nerves.
- Pathogenesis**, Pathogenetic, relating to the origin or production of disease; or the action of drugs on the healthy organism.
- Pathologist**, one skilled in pathology.
- Pathology**, that branch of medicine which concerns itself with the history of diseases in common, or the history of each particular disease; the physiology of disease.
- Pathomania**, a perversion of natural feeling, inclination, temper, and disposition.
- Pectin**, the basis of vegetable jelly.
- Pectoral**, relating, belonging to, or affecting the chest.
- Pedicle**, a slender stalk.
- Pediculated**, supported by a stalk.
- Pediculus**, the louse, destroyed by snuff in glycerine, or an ointment of the 1st trituration of *Mercurius vivus*, and attention to cleanliness.
- Pediluvium**, a bath for the feet.
- Pellicle**, a thin skin or membrane, a film.
- Pelvic**, connected with, or belonging to, the pelvis.
- Pelvimeter**, an instrument for measuring the capacity of the pelvis.
- Pelvis**, the basin-shaped cavity which supports and contains the bowels, and to which the thighs and their muscles are attached.
- Pemphigus**, watery blebs or vesicles scattered over the body, without surrounding inflammation or swelling.
- Pendulous**, hanging down.
- Penniform**, arranged like the feathers of a pen on a common stalk.
- Pensile**, hanging by small roots.
- Pepsin**, a peculiar digestive principle, which, with the gastric juice, forms the digestive solvent of the stomach.
- Peptic**, an agent that promotes digestion, or easy of digestion.
- Peptone**, or albuminose, a low form of albumen, into which, in the process of digestion, all substances are converted previous to absorption by the lymphatics.
- Percussion**, striking the walls of a region of the body, as the chest or abdomen, to ascertain the condition of the internal organs, as the lungs or liver.
- Perforation**, an aperture passing into or through the substance of an organ, as the bowel or stomach, from the action of an internal or external cause.
- Perforatus**, a name given to a muscle, the fibers of which open, to allow those of another muscle to pass through.
- Pericarditis**, inflammation of the pericardium; palpitation, twitching, pain in the side, feverishness, and breathing by catches; *Aconite*, *Veratrum viride*.
- Pericardium**, the membranous sac or envelope which surrounds the heart; it serves to keep it in position, and to facilitate its movement from the lubrication by its serous secretion.
- Perichondrium**, the membrane which covers cartilage.
- Pericranium**, the membrane which covers the cranium or bones of the skull.
- Perinæum**, the part between the anus, or seat, and the genitals.
- Periodicity**, recurrence of paroxysms at longer or shorter intervals.
- Periosteum**, the fibrous membrane which adheres to and covers the bone.
- Periostitis**, inflammation of the periosteum; *Mercurius*, *Kali iod.*
- Periostosis**, a tumor occurring on a bone, and covered by periosteum.

Peripheral, relating to, or connected with, the circumference.

Periphlebitis, inflammation of the sheath of a vein; *Aconite*.

Peripneumonia, inflammation of the substance of the lungs.

Peristaltic action, the undulation or vermicular movement of the intestines in their convolutions.

Perisystole, the interval between the dilatation and contraction of the heart.

Peritoneum, the serous membrane which lines the abdomen and envelops the bowels.

Peritonitis, inflammation of the peritoneum, commonly called inflammation of the bowels.

Peroneal, belonging to the fibula, or small bone of the arm.

Perspiration, the exhalation or transpiration, sensible and insensible, from the skin.

Pertussis, whooping-cough.

Pessary, an instrument of various shapes and sizes, with or without a stem, and either solid or hollow, for supporting the womb in the vagina.

Pestilence, a malignant, rapidly spreading disease, resembling the plague as to its extension and danger, as cholera, yellow fever.

Petechiæ, purple spots on the skin, ecchymosis; occurring in fevers, they are a sign of great danger and prostration.

Petrolinæ. (See Vaseline.)

Petrous, hard as a stone or rock, a term applied to the bone of the head at the back of the ear.

Peyer's glands, numerous small glands beneath the mucous glands of the small bowels, so called from Peyer, their discoverer.

Phagedæna, a sore which eats rapidly into the surrounding surface.

Phalanges, the bones of the fingers and toes.

Phalangeal, relating or belonging to these.

Phantasm, a false appearance, an apparition.

Phantasy, morbid imagination, fanciful delirium.

Phantom tumor, a distension from wind.

Pharmacodynamics, a consideration of the effects and uses of medicines.

Pharmacologia, the materia medica.

Pharmacopœia, a work giving the standard or authoritative formulæ for the preparation of medicines.

Pharmacy, the preparation of medicines, or a place where they are prepared.

Pharyngeal, relating to or connected with the pharynx.

Pharyngitis; inflammation of the pharynx, diphtheria, and clergyman's sore throat, are ranged under this head.

Pharyngocele, an enlargement at the upper part of the gullet, in which the food is apt to lodge.

Pharyngoglossal, connected with the pharynx and tongue; a nerve so called, which helps to regulate the motion of the tongue, and supply the sense of taste.

Pharynx, the upper part of the swallow or gullet.

Phases, changes in a disease.

Phenomenon, (1) any change observable by our senses in an organ or function, as of the circulation or breathing; (2) a symptom as of any particular disease.

Phlebitis, inflammation of the veins, tenderness, heat, redness, and knots in their course; *Aconite*, *Pulsatilla*. It may follow wounds, operations, or labor.

Phlebotomy, bleeding, blood-letting.

Phlegm, stringy mucus expectorated or vomited.

Phlegmasia dolens, milk-leg, a hot, white, marbled swelling of one leg in second or third week after delivery; it consists in the obstruction of the veins; *Aconite*, *Pulsatilla*.

Phlegmon, boil, circumscribed inflammation of the skin, ending in the formation of matter; *Arnica*, *Hepar*, *Silicea*.

Phlegmonous (inflammation), deep-seated and intense inflammation of the tissue beneath the skin.

Phosphatic, consisting of, or containing phosphates—used of the urine; of constitution, a predisposition to the formation of phosphates.

Photophobia, dread of light.

Photopsia, a false perception of light, as sparks or flashes.

Phrenitis, inflammation of the brain (see "Meningitis"); sometimes it is brought on by the heat of the sun.

Phthisis, emaciation, decay, consumption.

Phthisis acutus, galloping consumption.

Phthisis laryngea, laryngeal consumption, inflammation, ulceration, and sometimes bony hardening of

the cartilage of the windpipe; *Lachesis, Rumex*.

Phthisis mesenterica, mesenteric disease, consumption of the bowels.

Physiognomy, (1) the art of telling the character by the countenance; (2) in disease, the expression of the face is of great service in estimating the character of a disease, or the degree of pain.

Physiology, the science of the laws of life; it is divided into *animal* and *vegetable*; when it relates to both, it is *comparative*.

Physometra, accumulation of wind in, and its discharge from, the womb; *Bromine, Phosphoric acid, Lycopodium*.

Pia mater, the thin membrane which immediately covers the brain, and that which lines its fossæ.

Pictorum, from paint, as "colica pictorum," painters' colic; *Alumina, Opium*.

Pigment, coloring matter.

Pilules, small sugar-coated, or sugar-of-milk pellets or pills, medicated or charged with various medicines.

Pimple, a very small boil, or inflamed spot, or papula.

Pinched, of the features, contracted sunken, as in abdominal disease.

Pineal, like a pine cone in shape. Pineal gland, a small conical-shaped body in the brain.

Pisiform, of the shape of a pea.

Pit, a pock-mark. Pit of the stomach, the middle and lower part of the stomach, often sensitive to pressure, and always even to a moderate blow; not unfrequently the seat of pain.

Pituitary, concerned in the secretion of mucus. Pituitary membrane, the mucous membrane of the nose.

Pituitous, resembling mucus.

Pityriasis, dandriff, bran-like scales or scurf on the head.

Pins and needles, a sensation in the leg produced by pressure on the large nerve; as the limb recovers, a general pricking and tingling is felt in it.

Placebo, a totally harmless medicine or powder, given simply to amuse or satisfy a patient.

Placenta, the after-birth; its object is to eliminate nourishment from the maternal blood, and to convey it to the unborn child.

Plague, pestilential typhus, glandular pestilence, Levant fever, an affection of a most virulent character, attended by carbuncles and implication

of the glands of the groin and the armpits. It may be communicated by woollen goods, articles of furniture, and clothing. To guard against its spread, quarantine is enforced.

Plaster, any application of a firmer consistence than an ointment spread on linen, silk, or leather; useful to bring and keep the edges of a wound together, to serve as a protection, and in certain cases to maintain a medicated substance in apposition to the skin, so that it may be gradually absorbed, as *Arnica, Calendula, Belladonna, Conium*.

Plantar, connected with the sole of the foot.

Plastic, that which helps to form the organized substance of the body, as the various aliments.

Plastic force, the formative power in organized bodies.

Plastic lymph, liquor sanguinis, the serum of the blood.

Plasticity, the quality of giving form or shape to matter.

Platysma, widely extended, as the superficial broad muscle of the neck.

Pledget, a small compress of lint.

Plethora, overfullness of the blood-vessels in a part, or superabundance of blood in the system.

Pleura, the fibrous, investing, or covering membrane of the lungs.

Pleurisy, false, or spurious; pain in the muscles between the ribs; difficulty of breathing, but without fever; no fixed pain; *Bryonia, Nux vomica*.

Pleuritis, Pleurisy, inflammation of the covering of the lungs; the usual free motion is impeded; there is shivering, fever, pain in the side, and short cough; *Aconite, Bryonia*.

Pleurodynia, false pleurisy.

Pleuro-pneumonia, inflammation of the lungs and pleura at the same time; *Aconite, Bryonia, Phosphorus*.

Pleurothotonous, spasmodic contraction of the muscles of one side of the body, curving it forcibly to one side.

Pleximeter, a small plate of ivory or metal, with a raised rim, to be placed on the chest, and struck with a small hammer, or tip of the finger, in order to elicit various sounds in the examination of the lungs.

Plexus, a close net-work of nerves or blood-vessels.

Plugging, the introduction of a dossil, of lint or rag, or a roll of either, as required.

Pneumatica, diseases of the organs of respiration.

Pneumogastric, distributed both to the lungs and stomach, as the pneumogastric nerve.

Pneumonia, inflammation of the lungs; difficulty of breathing, shivering fever, pain, cough, rusty expectoration; *Aconite*, *Veratrum viride*, *Phosphorus*, *Chelidonium*, *Antim.*, *Ars.*

Pneumonitis, pneumonia, inflammation of the lungs.

Pneumorrhagia, spitting of blood; flow of blood from the lungs.

Pneumothorax, emphysema of the lungs, or accumulation of air in the cavity of the pleura, often accompanied by effusion of fluid.

Pock-mark, the mark or pit left from small-pox.

Pododynia, pain in the soles of the feet, in the case of those who have to stand long.

Pointing of an abscess, the maturing or coming to a head.

Polycholia, superabundance of bile.

Polychrest, a medicine of multifarious uses.

Polygalactia, excessive secretion of milk; *Calcaria*.

Polypharmacy, the prescribing of more than one medicine to be taken at the same time.

Polypi of the heart, fibrinous clots found after death.

Polypus, mucous, soft, vascular, fibroid or follicular tumors attached by a pedicle to the mucous membrane of the nose, womb, or rectum. They are sometimes painful, bleeding, and cancerous. Treatment, locally—*Iodine*, *Nitric acid*, *Thuja*; internally—*Conium*, *Iodine*, *Kali hydriodicum*, *Sepia*, *Nitric acid*, *Thuja*.

Polyuresis, Polyurea, diabetes insipidus; unusual flow of urine.

Pomum Adami, "Adam's apple," a projection in the front of the throat, formed by the thyroid cartilage.

Popliteal space, the back part of the knee-joint or ham, one of the parts where aneurism sometimes forms.

Pore, an excessively minute space in the skin, through which the perspiration passes; in an ordinary temperature about two pounds of insensible perspiration will be passed in twenty-four hours.

Porrigio, ringworm, scald in the head; *tinea capitis favus*; *Graphites*, *Phos-*

phorus, *Sepia*, *Baryta*, *Lycopodium*, *Zinc*.

Porrigio favosa, scald head, with large straw-colored pustules.

Porrigio larvalis, milk-crust, milk-scab.

Porrigio scutulata, ringworm.

Portal system; four large veins—the two mesenteric, splenic, and gastric, collect the venous blood from the viscera of digestion; the trunk formed by their union enters into the liver, and ramifies through it. *Porta*, literally, means that part of the liver where the vessels enter as by a gate.

Posology, dosiologia, the doctrine of doses in which medicines should be prescribed.

Possessed, epileptic; formerly supposed to be caused by demoniacal possession.

Posterior nares, the opening of the nostrils into the gullet.

Posthumous, occurring after death; applied to a child born after the death of its father.

Post mortem (after death), a surgical examination of the body of a patient made after death.

Post partum, after delivery, as of flooding.

Postural, relating to position, as of a broken limb.

Potass bromide, much, but undeservedly, vaunted in sleeplessness, restlessness, and nervous excitement.

Potency, the strength to which a medicine is diluted.

Pound, 12oz. troy, or apothecaries' weight; 16 oz. avoirdupois.

Poupart's ligament, or crural arch; a ligament extending from the front of the haunch bone to the pubic bone in front.

Precordia, the fore-part of the chest; the region in front of the heart.

Predisposition, a constitution which disposes to disease on a slight exciting cause.

Pregnancy, duration of, 280 days; nine calendar or ten lunar months, of four weeks, reckoned from the third day after the last menstruation.

Prepuce, the foreskin.

Presbyopia, far-sightedness, long sight.

Pressure, bearing down.

Pretended diseases. (See "Feigned Diseases.")

Primæ viæ, the stomach and bowels—*i. e.*, the first passages, the lacteals being the second.

Primipara, a female who brings forth for the first time.

Probang, a slender rod of whalebone, tipped with a small piece of sponge, for pushing down foreign bodies arrested in the gullet or swallow.

Process, an eminence or projection of bone; a part prolonged beyond others.

Procidencia, prolapsus, bearing down of the womb, or of the lower bowel.

Proctitis, inflammation of the rectum.

Proctorrhœa, mucous discharge from the anus,

Procto-scirrh, cancer of the rectum.

Prodromus, the period immediately preceding the attack of a disease, in which the premonitory signs occur.

Profluvia, morbid discharges, fluxes, or excretions.

Profundus, a name given to a part which is deeply seated.

Prognosis, an opinion formed beforehand as to the progress and termination of a disease; "prognostic," a guide to such an opinion.

Prolapsus, the falling down of a part, as of the womb or lower bowel.

Prolapsus, rectum, of; *Ignatia*, *Nux vomica*.

Prolapsus uteri, falling down of the womb; *Belladonna*, *Nux vomica*.

Prolapsus, vagina, of; *Aconite*, *Calcaria*, *Nux vomica*.

Pronator, the muscle of the fore-arm, by which it is extended.

Prophylactic, preservative against, as *Belladonna* in scarlatina, *Camphor* in cholera.

Prosopalgia, faceache, facial neuralgia; *Aconite*, *Gelseminum*, *Belladonna*.

Prostate gland, a gland of the size of a chestnut, situated just before the neck of the bladder; it is liable to inflammation, abscess, and enlargement.

Prostatitis, inflammation of the prostate.

Prostration, great feebleness and loss of power.

Protein, a chemical substance from which animal or vegetable albumen, fibrin, casein, and gluten are obtained; these are called protein compounds; sometimes the term "albuminoid" is substituted.

Prurigo, irritation, troublesome, morbid sensitiveness of the nerves of the skin; *Aconite*, *Arsenic*, *Sulphur*.

Pruritus, heat, itching, often distressing in old people; *Arsenic*.

Pseudo, false, as asthma, croup, membrane, consumption.

Psoas, a muscle on each side of the loins, extending to the thigh, which it helps to bend.

Psoitis, inflammation of this muscle, and the parts before the spine in this situation; it is attended by fever, pain, and a fixing of the thigh in a half-bent position. It may end in the formation of matter, and form a "lumbar" or "psoas abscess." It is sometimes accompanied by disease, or caries of the bones of the spine; *Belladonna*, *Silicea*, *Pulsatilla*, *Arsenic*.

Psora, Psoric, a peculiar predisposition arising from a taint in the constitution, which leads to the development of various skin diseases, and affections of the mucous membrane.

Psoriasis, a cutaneous affection, where the skin is red, coarse, thickened, and wrinkled, or smooth, dry, brittle, itching, and peeling.

Psorophthalmia, purulent inflammation of the eyes in new-born children.

Psychical, Psychological, relating to the description or treatment of mental disease.

Pterygion, an enlargement of the superficial vessels of the eye, from the inner corner to the pupil, generally produced by dust; *Aconite*, *Arnica*.

Pterygoid, wing-shaped, applied to parts of the sphenoid bone.

Ptosis, palsy of the upper eyelid; *Gelseminum*, *Spigelia*.

Ptyalism, a profuse flow of saliva from the mouth, *Mercurius vivus*; if produced by mercury, gargles of salt and water, or Condyl's fluid; *Nitric acid* internally.

Puberty, the period at which boyhood and girlhood really end; as the girl nears puberty, distinctive traits, and often distinctive derangements, manifest themselves.

Pubes, the center of the bone in the front of the hips.

Pubic, relating to, or connected with, this bone.

Pudenda, the genital organs.

Pudic arteries and nerves, those distributed to the genital organs.

Puerperal, relating to, or consequent on, child-birth.

Puerperal convulsions, convul-

sions following delivery; *Belladonna*, *Gelseminum*, *Hyoscyamus*.

Puerperal fever, a malignant variety of inflammation of the bowels, following child-birth; *Aconite*, *Belladonna*, *Mercurius*, *Veratrum viride*, *Baptisia*, *Arsenic*.

Pulmonary, Pulmonic, relating, connected with, affecting, or involving the lungs.

Pultaceous, like pap, of a softened, half-liquid appearance.

Puncta lachrymalis, the orifice of the lachrymal canals of the eye.

Puncture, a trifling wound made by a pointed instrument; a "stab" is more violent, and deeper.

Puncture, to prick or open with a grooved needle or lancet; to set free matter or other liquid.

Pupil, the aperture or apple of the eye, surrounded by the various colored iris. It derives its name from the tiny reflection of objects seen in looking into it.

Puriform, resembling pus; thick, creamy.

Purpura, small livid spots under the skin, from effused blood; a sign of great debility; *Arsenic*.

Purpuric urine, urine depositing purpurine.

Purring tremor, a peculiar tremor or pur felt in placing the hand over the region of the heart, as a sign of ossification or contraction of the openings between the auricles and ventricles.

Purulent, consisting of pus, or partaking of the nature of pus or "matter."

Pus, commonly designated "matter," yellowish and creamy, as produced in abscesses by inflammation.

Pustular, consisting of, or appearing as pustules, as in small-pox.

Pustule, malignant, carbuncle.

Putrefaction, decomposition of animal matter.

Putrescent, undergoing or resulting from decomposition.

Putrid, any disease, as a fever, where the perspiration and excreta have a putrescent odor; rotten, decayed.

Pyæmia, alteration or deterioration of blood by pus, giving rise to "purulent infection."

Pyelitis, inflammation of the interior of the kidney.

Pylorus, the lower or right orifice, or outlet of the stomach; it is the gate or closure of the stomach, from the

action of a fibrous ring, preventing the food passing into the bowels during digestion.

Pyometra, collection of matter in the womb.

Pyrexia, the hot stage of fevers, with quick pulse, hot, dry skin, and thirst.

Pyriformis, pear-shaped, pyramidal.

Pyrosis, heartburn, water-brash, water-brash.

Pyuria, discharge of pus or matter in the urine, a symptom in stone, and in some affections of the kidney or urethra.

Q.

Quackish, empirical, unprofessional, boasting of skill without any reason to support the boast.

Quadratus, square-shaped.

Quarantine, the time which passengers or crew coming from an infected district are obliged to keep isolated on shipboard.

Quartan, an intermittent fever or ague, coming on every fourth day.

Quickening, the time when the movements of the unborn child are first felt.

Quinsy, inflammation and suppuration of one or both tonsils; cynanche tonsillaris; *Belladonna*, *Mercurius*, *Hepar*; with hot steaming.

Quintan, an intermittent returning every five days. (See "Ague.")

Quotidian, an intermittent returning every day. (See "Ague.")

R.

Rabies, Rabid, hydrophobia, madness arising from the bite of a mad dog.

Rachialgia, acute pain in the spine.

Rachitis, rickets.

Radial, relating to, connected with, or near to the small bone of the forearm.

Radiating, proceeding or issuing from a common center or point, going in all directions.

Radical, exterminating by the roots, thorough, as opposed to palliative.

Radius, the upper bone of the forearm.

Râle, wheezing or rattling, the sound made by the passing of air through mucus, from which the bronchial tubes, or air-passages, are unable to free themselves, or through softened tuberculous matter. Thin, viscid mucus produces a whistling sound.

- Ramification**, the branchings out of an artery, vein, or nerve.
- Ramolissement**, softening. (See "Softening of Bone, or of the Brain.")
- Ramus**, a twig or branch of an artery or vein.
- Rancid**, fatty matter, as ointments, turned acrid from age, or the contact of air; in this state they become irritating instead of soothing, and are unfit for use.
- Ranula**, a soft semi-transparent tumor under the tongue, from accumulation of saliva in the duct.
- Raphe**, a line or division resembling a raised stitch.
- Rash**, an eruption or exanthem.
- Ration**, the daily allowance of food to sailors or soldiers.
- Reaction**, the rallying of the vital power after a shock, or after the effect of some morbid or depressing influence.
- Recipe**, a prescription or receipt for the preparation of a medicine, or of any article requiring to be made up of several ingredients.
- Rectal**, relating to or connected with the "rectum," or lower bowel.
- Rectocele**, prolapse or bearing down of the posterior part of the vagina, implicating the rectum; *Aconite*, *Arnica*, *Nux vomica*.
- Recto-vaginal**, embracing or affecting the rectum and vagina.
- Recto-vesicle**, implicating or affecting the rectum and bladder.
- Rectus**, straight.
- Recurrent**, relapsing; of arteries or nerves, returning.
- Red-gown**, small red spots like flea-bites, which cover the infant all over like a gown; otherwise termed "red-gum."
- Reduction**, the bringing or putting back into its place.
- Reflection**, a bending or turning back, a duplicature.
- Reflex**, affected without consciousness.
- Refraction**, change of direction in the rays of light, as they pass from a rare through a denser medium.
- Refrigerant**, that which cools or lowers the heat of the body.
- Regimen**, the regulation of diet and of every thing essential to the welfare of a patient, with a view to the preservation or the restoration of health.
- Region**, a part of the body near or over any organ, as the heart, stomach, or liver.
- Regurgitation**, return of food or liquid from the stomach, or vomiting at will; *Belladonna*, *Antim. crud.*; or return of blood through a valve after it has passed it, as in the aorta, or from a ventricle of the heart back into the auricle.
- Rejection**, excretion, or casting out by the mouth, as vomiting or spitting.
- Relapse**, return of a disease, or of some of its symptoms, after they have apparently subsided.
- Relapsing or famine fever**, epidemic remittent, bilious remittent, mild yellow fever, or hunger-pest.
- Relaxant**, a medicine which lessens the tension or tightness of fibers or muscles, as *Gelseminum*, *Lobelia*, *Antim. tart.*
- Remission**, a temporary suspension of symptoms.
- Remittent**, lessening or suspending at regular or irregular intervals, followed by an increase or aggravation of symptoms.
- Renal**, belonging to, or connected with, or acting upon the kidneys.
- Resection**, a cutting or paring-off of the ends of the bones forming joints, or elsewhere.
- Reserve air**, or supplementary, that remaining in the lungs after or during breathing.
- Residual air**, that remaining after forcible breathing.
- Resolution**, subsidence or disappearance without discharge or evacuation.
- Resonance**, when from consolidation, or a mass of crude tubercle, the thrill of the voice, as in speaking or counting, is heard more loudly than in health if the ear is placed against the chest.
- Respiration**, the act of breathing.
- Respiratory murmur**, the sound heard in the lungs in health, as the breath passes through, on placing the ear against the chest.
- Respiratory tract**, that part of the spinal cord whence the nerves of respiration take their rise.
- Restiform**, in shape like a rope.
- Restlessness**, agitation, the result of mental or arterial disturbance in severe illness; often a very grave symptom.
- Resuscitation**, restoration when apparently dead.
- Retention of urine**, accumulation in the bladder, from paralysis, from pressure, inflammation, stricture, or

hysteria. Treat according to the cause; sometimes the catheter alone will suffice.

Reticulum, the honeycomb bag, or second stomach of animals which chew the cud.

Retina, the innermost lining of the eye, a sensitive expansion of the optic nerve, with a ramification of minute blood-vessels.

Retinitis, inflammation of the retina.

Retrocession, or Retrogression, disappearance, or going back.

Retroflexion, derangement of the womb; the neck, or lower part, remaining in its right position, whilst the upper part, or body, is bent backwards.

Retro-vaccination, vaccination from the cow after having vaccinated the cow from an infant or adult.

Retroversion, the body of the womb is tilted backwards, so that it lies horizontally, or nearly so; this sometimes happens in the earlier months of pregnancy, or it may be caused suddenly from lifting.

Revaccination, repetition of vaccination.

Revulsion, diverting a disease from one part of the body to another.

Rheum, a thin watery discharge from the nose or air-passages, as the result of a cold.

Rheum salt, a popular name for almost all skin diseases unattended by fever, except ringworm or itch.

Rheumatic gout, enlargement of the joints, with pain, affecting chiefly the fingers, thumbs, wrist, elbow, and knee; common amongst gentlemen's servants and house-painters; also equally affecting women and men.

Rheumatism, pain in the muscles, joints, tendons, or covering of the bone; the result of cold, damp, or wet, often shifting, and increased by changes of weather or storms; it is articular when affecting the joints, muscular when affecting the muscles, synovial when affecting the membrane of the joints, periosteal when affecting the covering of the bone. It is also divided into acute and chronic; *Bryonia*, *Rhus*, *Nux vomica*, *Colchicum*, *Sulphur*.

Rheumatism, acute, rheumatic fever; the ordinary symptoms of fever, hot skin, thirst, restlessness, with pains, and often immobility of the limbs or joints, together with

excessive perspiration, affording no relief. The chief danger is heart affection; the next, crippled joints; *Aconite*, *Bryonia*, *Mercurius*, *Cimicifuga*, *Chamomilla*, *Rhus*, *Nux vomica*.

Rheumatism of the chest, pleurodynia.

Rhinoplasty, the method of forming a new nose by surgical operation.

Rhomboideus, a muscle at the back of the shoulder, shaped like a folded handkerchief or rhombus.

Rhonchus, wheezing or rattling sound; in examination of the chest, a sound of obstructed breathing.

Rhythm, measured, regular, or stated movement, as of the heart.

Rice-water; the evacuations in cholera are so called because of their resemblance to it.

Rickets, Rachitis, sponginess, unsymmetrical development of the bones in a child; *Silicea*.

Riding of bones; overlapping instead of union of the ends of broken bones.

Rigor, chilliness, with shivering; the cold stage of fevers; the indication of the formation of matter.

Rima, an opening; in the windpipe, that of the glottis.

Ringworm (*Herpes Circinatus*, or *Porrigo Scutellata*). It is divided into herpetic, vesicular, or pustular; an eruption on the head of rings of vesicles, or isolated patches; *Sepia*, *Rhus*, *Sulphur*, *Staphysagria*, *Arsenic*.

Roseola, rose rash, false measles.

Rotator, that which turns round.

Rotheln, sometimes called false measles. More common in the Western States. It often prevails epidemically, is contagious among children. The eruption resembles measles, but disappears in two or three days.

Rubeola, the measles.

Rudimental, only slightly developed, as of muscles.

Rugæ folds, or wrinkles.

Rumination, chewing the cud.

Rupia, an eruption of large flat blebs or vesicles; *Arsenic*, *Baptisia*, *Hamelis*.

Rupture, a breaking or bursting forth of the omentum or caul, with or without a portion of intestine, into the groin, into the scrotum, or at the navel. It often causes great pain, if unreduced or put back, with faintness, sickness, and great danger. It may result from lifting, straining, or coughing.

S.

Sac, a bag or pouch; the outer covering or envelope of a tumor or swelling.

Saccharine, of the nature of, or containing sugar.

Sacral, belonging to, or connected with the sacrum.

Sacrum, the lower bone of the pelvis, on which the spine rests.

Sagittal, arrow-shaped, straight.

Saliva, the fluid secreted by the parotid glands, and those under the jaw and under the tongue.

Salivary, related to or connected with the saliva.

Salivation, an unusual or profuse flow of the saliva, otherwise called ptyalism; *Nitric acid*.

Saltation, dancing.

Sanguification, conversion of the chyle into blood; the making of blood.

Sanguineous, stained with blood, consisting of blood.

Sanies, a thin, serous, discolored fluid, resembling matter and blood, often discharged from ulcers.

Sanitary, the regulation of drainage, overcrowding, water-supply, and the construction and ventilation of dwellings, as affecting the health of individuals or communities.

Saphena, manifest, visible; a name given to two large veins of the leg just under the skin.

Sarcocoele, cancer of the testicle.

Sarcoid, resembling flesh.

Sarcoma, any excrescence or tumor having the consistence of flesh.

Sarcomatous, flesh-like.

Sardonic, canine, because the Sardonius herb was said to produce such.

Satorius (*sartor* a tailor); the large muscle in the front part of the thigh, by which the legs are crossed.

Scab, a crust forming on a sore, from the gradual consolidation of the fluid oozing from it.

Scabies, the itch.

Scale, a thin flake of dry skin or cuticle, often produced by inflammation.

Scalped head, inflammation of the scalp, followed by scabs.

Scaly, squamous, covered with scales.

Scapha, the cavity or entrance of the outer ear.

Scaphoid, boat-shaped.

Scapula, the shoulder-blade.

Scapular, connected with the shoulder-blade.

Scar, a cicatrix, reddish line, or formation, afterwards turning white, at

the union of wounds or the healing of ulcers.

Scarf-skin, the outer skin, the epidermis.

Scarification, to make small cuts on the skin or other surface with the point of a lancet, so as to draw blood or let out effused fluid.

Scarlatina, scarlet fever, an epidemic fever, accompanied by sore throat, small, reddish, continuous spots, and often followed by glandular swellings; it is frequently very violent in its attacks on the throat, and is sometimes malignant; *Belladonna*, *Kali chlo*.

Schneiderian membrane, that lining the nose.

Sciatic, the large nerve running down the back of the thigh.

Sciatica, a rheumatic or nervous pain affecting this nerve, exceedingly distressing, and often very obstinate; *Cimicifuga*, *Gelsemium*, *Chamomilla*, *Mercurius*.

Scirrhus, hard, stony cancer, principally affecting the breast.

Sclerotic, the tough, fibrous membrane which helps to preserve the globular or round form of the eye.

Scleritis, inflammation of the sclerotic coat of the eye.

Scope, a common ending to the names of instruments for testing the state of the internal organs by hearing or sight, as laryngoscope, ophthalmoscope, stethoscope.

Scorbigulus cordis, the pit of the stomach.

Scorbutic, arising from, or connected with scurvy.

Scrofula, a state of the system distinguished by glandular swellings, indolent humors, badly healing wounds or ulcers.

Scrofulous, of the nature of scrofula, inclined to, or suffering from scrofula.

Scruple, twenty grains.

Scurvy, a peculiar affection of the gums and other parts of the body, to which sailors and others, long deprived of fresh meat and vegetables, are exposed.

Scybala, hard feces in lumps.

Sea-air, containing saline particles mixed with, and often impregnated with iodine, and largely charged with ozone, forms a valuable change for the debilitated and jaded.

Searching, probing; passing a metallic sound into the bladder, to see if it contains calculus or stone.

Sea-sickness, intense nausea and vomiting produced by the motion of the vessel at sea; *Glonoine 3x*.

Secretion, the elaboration or separation of certain matters from the blood, as affected by the various glands; *e. g.*, the salivary glands, the pancreas, and liver.

Secundines, the after-birth.

Semen, a fluid secreted by the testicles, in sexual excitement discharged from the male organ. The fecundating principle.

Seminal, pertaining to the semen.

Sensorium, the brain, as the seat of sense and perception.

Septemia, morbid condition of the blood, produced by putrefactive or septic matter.

Septic, capable of producing putrefaction.

Septum, a partition between two cavities, as in the heart and brain.

Sequestrum, a portion of dead bone separated from the rest.

Serosity, the serum or watery part of the body.

Serrated, having teeth like a saw.

Serum, Serous, thin, watery fluid, or the membranes which secrete it, the watery part of the blood.

Sesamoid, of the shape of a small seed; applied to the small bones at the joints of the great toes, and sometimes of the thumbs.

Seton, a strip of twisted cotton passed by a needle through the skin and portion of flesh, in order to set up a constant discharge; this was formerly much used in obstinate headache, and apoplectic symptoms.

Shampoo, to press the joints, and vigorously rub the limbs, after a hot bath; technically called "tripsis."

Shedding the teeth, the gradual supplanting of the first set of teeth by the second.

Shingles, a vesicular eruption showing itself at the waist, or round the armpit, attended by inflammation, and very considerable neuralgic pain; *Aconite, Cistus, Rhus, Arsenic*.

Shock, depression of vital power after accidents or operations.

Sialagogue, that which causes a considerable flow of saliva, as *Mercury, Pyrethrine*.

Sign, an evidence exhibited by a patient; a symptom; phenomenon betokening the approach or the existence of disease, or the prospect of recovery.

Sinapism, a mustard plaster.

Sinciput, the front part of the head.

Singultus, hiccup or hiccough.

Sinus, a cavity or hollow.

Sitz-bath, a half or hip-bath, useful in any abdominal congestions, also for its generally calming qualities.

Sleep, should be quiet and peaceful; it is oppressed in affections of the chest and stomach, starting in those of the heart, and stertorous or snoring in those of the brain. Its natural duration at night should be from seven to eight hours.

Slough, the part which separates from a sore or ulcer, or the dead part which is cast off from the living in mortification.

Snow-blindness, blindness produced by the reflection of the rays of the sun on snow; the Esquimaux use, as a preventive, spectacles of light wood, with a narrow slit only to admit light.

Snuffles, breathing with difficulty through the nose from accumulation of mucus.

Solidification, otherwise called "hepatization;" the causing of the lung, through disease, to become solid and impervious to respired air.

Somnambulism, walking in sleep.

Somniferous, causing sleep, hypnotic, soporific.

Sorbefaciant, calculated to promote absorption, as *Bromine, Mercurius, Conium, Iodine, Spongia*; also friction and pressure.

Sordes, foul, brown matter discharged from ulcers; or dark-colored incrustation on the teeth.

Sore mouth, stomatitis, inflammation and ulceration of the mouth; *Hydrastis, Baptisia, Arsenic, Merc.*

Souffle, a respiratory murmur.

Sound, a polished steel, curved instrument, used by surgeons, in order to ascertain the presence of stone in the bladder.

Spasm, a morbid or forcible contraction of one or several muscles; a convulsion.

Specialist, one who devotes himself to one particular branch of the treatment of disease, as that of the chest; or the affections of women, or of the eye or ear, or mental disease, or affections of the skin.

Specific, direct, immediate, as of the action of a medicine; or capable of curing some one or more particular disease.

- Speculum**, a polished instrument for dilating and examining any cavity, as the ear, the rectum, or the vagina.
- Sphenoid**, wing-shaped, applied to one of the bones at the fore-part of the base of the skull and upper part of the nose.
- Sphincter**, a muscle which closes or constricts an opening in any organ.
- Sphygmograph**, a delicately constructed instrument for demonstrating the force, frequency, and rhythm of the pulse.
- Spiculum**, a small pointed fragment, as of bone.
- Spina bifida**, a congenital deformity, when the lower vertebræ of the spine are wanting, and a soft tumor, composed of the spinal cord covered by its membranes, presents itself.
- Spinal curvature or deformity**, either angular or lateral; angular is caused by disease of the bones of the spine, which crumble and give way. Lateral curvature is very common in growing girls, from weakness of the muscles on either side of the spine.
- Spirometer**, a kind of gasometer for estimating the capacity of the lungs, or the quantity of air expelled at one time by a forcible breathing.
- Splanchnic**, of, or relating to, the internal organs or viscera; but more particularly the bowels.
- Spleen**, the ductless gland situated at the large end of the stomach, composed of areolar tissue. It is considered to aid in the elaboration of the red corpuscles of the blood, and also to serve as a storehouse for the blood, for the purposes of digestion.
- Spleen**, enlargement of; tumor of the spleen (splenoncus), or ague cake, formerly a very common result of intermittent fever or ague.
- Splenitis**, inflammation of the spleen; *Aconite*.
- Splint**, a flat piece of wood, or other substance applied to broken bones, as a support, and to prevent movement until union takes place.
- Splinter**, a fragment of bone, as in a fracture; a small pointed piece of wood, penetrating the flesh; it should be extracted as soon as possible, as it sets up considerable irritation, and causes much pain.
- Spongy**, soft, porous.
- Spontaneous**, of its own accord, without ostensible cause, or not as the effect of medicine.
- Sporadic**, diseases which occur independently of epidemic or contagious influence.
- Sprain**, the twisting of a joint by violence or accident, as the knee, ankle, wrist, or elbow especially, and the swelling pain and lameness which result; *Arnica*.
- Sputa**, secretions ejected from the mouth by spitting—*e. g.*, mucus; they may be gummy, frothy, viscid, blood-stained, ash-gray, or cheesy, from softened tubercle.
- Squinting** (strabismus), may arise from imitation or defect in one or other of the eyes, or be a symptom of water on the brain. If nervous or muscular, and tolerably recent; *Belladonna*, *Stramonium*, *Gelsemium*.
- St. Anthony's fire**, erysipelas.
- Stage**, a distinct period or division in a disease, fever especially.
- Stammering**, an involuntary interruption, or total inability to utter a letter or syllable. Treatment—regulated methodical speaking; *Stramonium*, *Cuprum*, *Nux*.
- Stapes**, one of the small bones of the ear, like a stirrup in shape.
- Staphyloma**, a projection of the surface of the eye.
- Staphylotomy**, excision of the uvula.
- Staxis**, slight bleeding from the nose.
- Sternal**, connected with, or relating to, the breast-bone.
- Sternoclavicular**, connected with the breast-bone and the collar.
- Sternum**, the breast-bone.
- Sternutatory**, that which produces sneezing; *errhine*.
- Stertor**, deep snoring.
- Stethometer**, an instrument for measuring the movement of the chest in breathing.
- Stethoscope**, a hollow instrument, some ten or twelve inches long, for conveying the various sounds of the lungs or heart with increased distinctness to the ear.
- Stiff joint** (ankylosis), an immovable joint, from inflammation or injury. If complete there is no cure; if simply ligamentous, friction and movement will benefit.
- Stiff neck** (torticollis); from cold, *Aconite*, *Bryonia*, *Rhus*; from damp, *Mercurius*.
- Stimulant**, any thing which produces a temporary, arterial, and nervous excitement and energy, as alcohol, cold, electricity, music, joy, and hope.
- Stimulus**, literally, a goad; that which

- excites or rouses, as the prospect of recovery.
- Stitch**, a sharp, shooting pain, like that produced by a prick from some pointed instrument; *Aconite*, *Arnica*.
- Stocking**, elastic, much more useful, as well as much less costly, than the old-fashioned laced stocking; of great service as an auxiliary in varicose veins of the leg, and weak knees and ankles.
- Stomach**, the principal organ of digestion.
- Stomachal**, Stomachic, related to, or connected with, the stomach; that which is good for, or that strengthens, the stomach.
- Stomach-pump**, a small pump or syringe for introducing nutritive liquids into the stomach, or for quickly withdrawing poisonous matter from the stomach.
- Stomatitis**, inflammation of the mouth; heat, redness, dryness, swelling and pain of the tongue, cheeks, gums, or palate. Give *Aconite*, attend scrupulously to diet, and, if membranous patches appear, give *Borax*, *Hydrastis*, or *Phosphorus*; followed, if requisite, by *Muriatic acid* and *Arsenic*.
- Stomatitis**, mercurial, inflamed mouth and gums, the result of mercury; *Acid, nitric*; and Chlorate of Potash wash.
- Stoppage of the bowels** (see "Enteritis, Inflammation of the Bowels"); *Aconite*, *Nux vomica*, *Chamomilla*, *Arsenic*.
- Strabismus**, squinting, cross eyes.
- Strain**, sometimes used as equivalent to "Sprain"—which see; or the effects of lifting heavy weights, or attempting it beyond the strength; *Arnica*.
- Strangulation**, compression so as to stop the circulation, as by hanging, or a cord fastened round; also of the bowels in rupture or hernia, when an operation is imperatively required.
- Strangury**, great difficulty of passing water; it is passed only by drops, and is accompanied by pain and straining; *Aconite*, *Cantharides*.
- Strapping**, (1) diachylon, or adhesive plaster, spread on linen, silk, or elastic material; used in strips for confining the edges of wounds, or the protection of sores; (2) the application of plaster in this manner.
- Strawberry-mark**, nævus—which see.
- Striated**, marked with channels or grooves, or lines of a different color.
- Stricture**, the narrowing of a channel or canal of the body, as of the gullet, lower bowel, or urethra; *Aconite*, *Nux vomica*, *Gelseminum*, or by mechanical dilatation, by bougies, and other instruments.
- Stroke**, apoplectic, an apoplectic seizure; *Opium*, dry on the tongue.
- Stroke**, paralytic, a paralytic seizure; *Belladonna*, *Nux vomica*.
- Stroma**, the foundation structure of any organ.
- Struma**, scrofula. Strumous, scrofulous.
- Stump**, the part left after a limb, or a portion of it, has been amputated; the part remaining in the gum after a tooth has broken off.
- Stunned**, concussion of the brain, more or less complete or serious; it may be but momentary, and the effect quickly pass off, or unconsciousness may last some time, and be of serious import. *Arnica*, *Aconite*, *Belladonna*, and *Opium*.
- Stupor**, great lessening or suspension of sensibility; lethargy; absence of taking notice, or of feeling; a sign of bad import in any serious affection.
- Styptic**, capable of arresting bleeding; *Arnica*, *Hamamelis*, *Trillium*, *Tincture of Iron*, *Gallic* and *Tannic acids*, *Matico*.
- Sub-acute**, moderate, not severe.
- Subclavian**, that which is under or beneath the clavicle.
- Subcutaneous**, immediately under the skin.
- Subcutaneous injection**, with a syringe.
- Sublingual**, situated under the tongue.
- Subluxation**, a sprain.
- Submaxillary**, situated under the jaw. Submucous, placed under the mucous inflammation.
- Subscapula**, beneath the shoulder-blade.
- Subserous**, underneath the serous membrane.
- Subsultus tendinum**, involuntary twitching of the tendons of the limbs, an evidence of extreme irritability, combined with prostration, in a case of fever.
- Succussion**, the act of shaking.
- Sudamina**, an eruption of small points attended with great perspiration, which may be simply the effect of heat, or of collapse and prostration in fever.

- Sudoriferous**, sweat-carrying, as of the glands of the skin. Sufflation, puffiness.
- Suffocation**, a forcible stopping of the breath, by hanging, drowning, smothering, strangling, or the breathing of noxious gases.
- Suffusion**, a spreading over, or extravasation, as of blood in a blood-shot eye, or of a color.
- Suicide**, the act of killing oneself, "felo de se;" most frequently the result of disease of the mind.
- Sulcus**, a furrow, or groove.
- Sulphureous**, Sulphuretted, having the properties of, related to, or containing sulphur.
- Summer complaint**, diarrhœa occurring in the Summer; *Iris v.*, *Verat. alb.*
- Sunburn**, tanned skin from exposure to the sun. Simple spirit-lotion with a little rose or elder-flower water will suffice; *Aconite* if there is any inflammation.
- Sunstroke**, "heat-apoplexy," "coup de soleil," loss of consciousness, and an apoplectic condition, following exposure to extreme heat in Summer, may occur on a dull hot day, or under a bright sun. *Aconite*, if the face is pale, every ten minutes, with heat to the feet and hands if cold; *Belladonna* if the face is flushed.
- Super** (in composition), more than ordinary; in excess.
- Superciliary**, that which relates to, or is connected with, the eyebrows; an expression made by raising the eyebrows, as a token of surprise.
- Supination**, supine, lying on the back.
- Supplementary air**, the reserve in the chest, which can be forcibly expelled after an ordinary breath has taken place.
- Support**, abdominal, useful after delivery, or from weakness of the abdominal muscles, giving rise to bearing down of the womb.
- Suppository**, small medicated cones or cylinders of cocoa-butter, for introduction into the lower bowel, in the case of fissure, or other painful affections of that part; *Hydrastis*, *Hamamelis*, *Arsenic*, *Belladonna*, may be cited as most adapted.
- Suppuration**, the forming of pus, or matter, in a wound, abscess, or boil, as the result of inflammation. *Aconite*, *Belladonna*, *Hepar*.
- Suppurative**, facilitating, hastening, or maturing suppuration; *Hepar*.
- Surgery**, the treatment of external diseases or affections, or the planning or performing of operations for their relief.
- Surgery**, conservative, that which aims, in operations, to sacrifice or remove as little as possible.
- Surgical**, that which relates to, or falls under, the domain of surgery.
- Suspensory**, that which sustains or upholds.
- Suture**, (1) a union by serrated or indented edges; (2) in surgery, a stitch, as the interrupted, quilled, glover's, or twisted; useful in very deep wounds, or when it is intended to prevent disfiguration, as on the face.
- Sweating-sickness**, an old name for bad cases of congestive fever, or fatal English cholera.
- Swoon**, swooning, fainting, syncope.
- Symmetrical**, proportionate, alike on each side.
- Sympathetic**, produced, by reaction, from some organ primarily or principally affected, as pain in the breast from ovarian disturbance.
- Sympathy**, the connection which exists between one organ and another, and between one part of the body and another.
- Symphysis**, the union or juncture of bones, as in the front of the pelvis.
- Symptom**, a perceptible change in any organ or function, as the result of disease; also the various sensations which ensue. The study of the symptoms of disease is of great importance to those who desire to understand how to prescribe intelligently. The symptoms produced in the healthy by remedies in low attenuation, or in full strength, are also to be studied in the *Materia Medica*.
- Symptomatology**, the observation and description of symptoms.
- Synchondrosis**, union by means of cartilage.
- Synchronous**, occurring at the same time.
- Syncope**, fainting, swooning.
- Synovia**, the unctuous fluid secreted by the synovial membrane, which lubricates the joints.
- Synovial**, relating to, connected with, or secreting the synovia.
- Synovitis**, inflammation of the synovial membrane of the joints. *Bryonia*, *Mercurius*.
- Systole**, the contraction of the heart and arteries, which drives the blood onward.

T.

Tabes, wasting, as in hectic.

Tabes dorsalis, wasting of the spinal cord.

Tabes mesenterica, mesenteric disease, tuberculous affection or consumption of the bowels.

Table, a term applied to the bones of the skull.

Tænia, tape-worm.

Talipes, club-foot.

Tape-worm, *Mercurius cor.*, *Kousso*.

Tapping, the operation of drawing off the effused fluid or water in dropsy; it is only palliative.

Tarsal, that which is connected with the back part of the foot.

Tarsal cartilages are seated in the edge of each eyelid.

Taxis, methodical pressure and manipulation, with a view of reducing hernia or rupture.

Teeth, temporary, or children's first set, twenty; four incisors, two eye-teeth, and four double teeth in each jaw.

Teeth, permanent, when complete, and the jaw has perfectly developed, are thirty-two; four incisors or cutting-teeth, two eye-teeth, four fanged or bicuspid teeth, and six double teeth, or molars, in each jaw.

Temperament, a name given to the differences in constitution, disposition, and proclivity manifested by individuals.

Temporal, relating to or connected with the temples, which are so called from the Latin *tempus*—time, because there the hair first turns white.

Tenaculum, a hook.

Tendinous, composed of tendons, or resembling a tendon.

Tendo Achilles, the large tendon below the calf, attached to the heel; the rupture of it is treated by a strap from the heel to the knee.

Tendon, the white, tough, cord-like ending to certain muscles.

Tenesmus, frequent, ineffectual, painful desire to relieve the bowels, as in dysentery, with straining, or forcing-pain generally.

Tenotomy, the operation of dividing a tendon.

Tent, a small roll of lint, or small cylindrical piece of sponge.

Tertian fever, ague whose paroxysms return every forty-eight hours, or third day, usually the most easily manageable form.

Tetanic, severely rigid spasm, resembling that of lock-jaw.

Tetanus, lock-jaw.

Tetter, properly an eruption of vesicles, herpes; but popularly it includes impetigo, eczema, and psoriasis.

Textural, affecting the texture of an organ.

Texture, the disposition of the several parts of which an organ is composed.

Therapeutic, that branch of medicine which relates to the cure of disease by medicines.

Therma, heat. Thermal, hot, as of baths.

Thesis, a dissertation.

Thirst, excessive, polydipsia, dipsosis.

Thomsonian, herbal, botanic, from the founder, Thomson.

Thoracic, relating to, or connected with the chest or thorax.

Thrush, aphthæ; specks white, or curd-like, on the tongue and cheek, preceded by a red granular eruption from enlarged papillæ; common in infants a few weeks old, in whom it associated with derangement of the digestion; in adults it is the attendant of prolonged and extreme debility; *Borax*, *Chamomilla*, *Arsenic*, *Hydrastis*.

Thymus, the gland behind the breast-bone; it is concerned in the elaboration of blood.

Thyroid cartilage, of the windpipe or larynx, having the shape of a folding door—hence its name; concerned in vocal resonance.

Thyroid gland, one of the ductless glands, of a brownish-red color, situated on either side of the windpipe, at the upper part; its function has not been ascertained; it is larger in females than in males, and also during menstruation.

Thyroidal, related to, or connected with, the thyroid gland or cartilage.

Tibia, the large or shin-bone of the leg.

Tibial, related to or connected with the tibia.

Tic, Tic-douloureux, paroxysmal, violent neuralgia of the face; *Aconite*, *Arsenic*.

Tinea-capitis, ringworm of the head, scald-head.

Tinnitus aurium, ringing in the ears; often merely imaginary, or the result of indigestion; sometimes indicative of brain or functional disturbance of the heart; or it may be connected with deafness.

Tissue, a web or membrane. Titillation, tickling.

Tolerance, the power of enduring or bearing large or frequently repeated doses of medicine.

Tone, firmness, vigor.

Tongue is composed of muscle, and covered by mucous membrane, presenting numerous papillæ or points.

Tonics, medicines which give tone to the stomach and increase the appetite.

Tonsillitis, inflammation of the tonsils. Cynanche tonsillaris. (See "Quinsy.")

Tonsils, the glands, of the shape of an almond, on each side of the uvula, at the upper part of the throat; the mucus they secrete facilitates swallowing; they also materially aid the voice.

Tonsils, enlargement of, causes snoring and throat-deafness; a sign of scrofulous weakness; *Baryta, Merc. iod., Sulph. iod.*

Tooth; a tooth is composed of crown or top, neck and fang, or root, inside which is the pulp, which is highly sensitive and vascular; the solid portion consists of dentine or tooth-bone, composed chiefly of phosphate and carbonate of lime, with fluoride of calcium; this is covered by a thin crust of very hard enamel, containing only 3 per cent of animal matter.

Toothache, pain in a tooth; *Belladonna, Mercurius, Aconite.*

Tormina, acute, twisting, colicky, griping pains; *Colocynth, Chamomilla.*

Tourniquet, a surgical instrument, consisting of a band of webbing and screws, for tightening it over the course of an artery, to stay violent arterial bleeding.

Toxicology, a treatise on poisons, their nature, effects, and treatment.

Trachea, the windpipe, composed of cartilaginous rings, muscular fiber, and mucous membrane.

Tracheal, belonging to the windpipe.

Tracheitis, inflammation of the trachea, or lower part of the windpipe.

Tracheotomy, or making an incision through two or three of its rings into the windpipe.

Trance, lying, as in slumber, for an indefinite period, pulsation and breathing being continued.

Transfusion, introducing the blood of an animal into the human subject, or from one person to another, in the case of dangerous hemorrhage, care

being taken to avoid the entrance of air into the veins.

Trapezius, a broad superficial muscle from the back of the neck, over the shoulder and the upper part of the back, of the shape of a trapezius.

Traumatic, relating to or arising from a wound.

Treatment, method of cure.

Tremor, involuntary trembling of the body, or of some part of it, the power of motion not being interfered with; often caused by the use of spirits or tobacco, from their effect on the nervous system.

Trepan, an instrument used for removing portions of fractured bone of the skull; the use of it, or the operation itself, is called "trepanning." The Trephine is also an instrument for the same purpose; the use of it is called "trephining."

Trichinae, minute parasites, or entozoa, found in the muscles and intestines, where they have caused perforation and death; they are caused by eating pork, or sausages made of uncooked pork. Trichiniasis, or Trichina Disease, refers to the effects so produced.

Trichocephalus, a species of worm infesting the colon and blind intestine, or cæcum; *Santonine*, followed by *Sulphur*.

Tricuspid, having three cusps or points, as the valves of the right side of the heart.

Trigemini, the fifth pair of nerves.

Trismus, spasmodic stiffness of the muscles which aid in performing the act of swallowing, and also of the muscles on the side of the neck; partial lock-jaw, or tetanus.

Trituration, rubbing down a substance in a mortar, always in the same direction, until it is thoroughly and most minutely divided.

Trocar, an instrument used for drawing off fluid, or tapping, in dropsy; it is so called from the triangular shape of its point, and consists of a stylet and canula, the canula remaining as a channel for the fluid.

Trochanter, a name given to two projections of the thigh bone.

Trunk, the principal or main portion of the body, to which the limbs are attached.

Truss, a bent bar of flexible steel, covered with leather, to which a pad and strap are attached, for retaining a rupture in its place.

Tubercle, deposit of friable, irritating matter, which becomes calcareous or softens, involving the surrounding tissue of the lung.

Tubercular, that which relates to or consists of tubercle.

Tuberculosis, consumption of the lungs or windpipe.

Tuberosity, a projection, the surface of which is rough.

Tumor, a permanent swelling of some part of the body, the product of a morbid influence; they are fleshy, fibroid, fibro-cellular, fatty, vascular, bony, or cancerous.

Tunic, an enveloping or lining membrane.

Tunicula, a fine membrane, coat, or skin.

Turbinated, bones shaped like a top, consisting of thin plates rolled together; situated just above the nose.

Turgescence, Turgidity, swelling, distension of the blood-vessels.

Turn of life, cessation of menstruation; change of life.

Tussis, cough. Tussis convulsiva, whooping-cough.

Tympanites, flatulent, drum-like distension of the abdomen or bowels, as occurring in typhus and other diseases.

Tympanitis, inflammation of the tympanum, or drum of the ear.

Tympanum, the sensitive cavity of the ear or drum; it is lined with mucous membrane, furnished with four small bones, and supplied with a plexus of nerves.

Typhoid, resembling typhus, abdominal typhus, enteric fever, attended by prostration, abdominal tenderness, and diarrhœa.

Typhus, continued or nervous fever, sometimes called brain fever; prostration, entire loss of appetite, delirium, characteristic rash; *Bryonia*, *Rhus*, *Baptisia*.

Typical, representative, having a particular form or character.

U.

Ulcer, Ulceration, Ulcerated, an open sore, which may begin as an abrasion or pimple, or result from a wound, burn, scald, or bruise; *Arsenic*, *Hydrastis*, *Silicea*.

Ulcerative, relating to or attended by ulceration.

Ulna, the bone of the fore-arm, which forms the prominence of the elbow.

Umbilicus, the navel. Umbilical, belonging to the navel.

Uction, an anointing, or the ointment so used.

Unguentum, an ointment; spermaceti ointment may be used, medicated with certain tinctures, as *Aconite*, *Arnica*, *Bryonia*, *Belladonna*, *Hydrastis*, *Sanguinaria*, *Camphor*.

Union by first intention, the rapid healing of wounds by adhesion, without discharge of matter.

Uræmia, a condition of blood containing uræa, as a disturbing poisonous element.

Urea, an essential constituent of the urine, white, pearly, and transparent.

Ureter, a long membranous canal, which conveys the urine from the kidney into the bladder.

Ureteritis, inflammation of the ureters, generally caused by the passage of a stone from the kidneys into the bladder.

Urethra, the membranous channel along which the urine passes from the bladder.

Uric acid, an acid in the urine, in the form of urate of soda, or urate of ammonia; it is often deposited from the urine even in health.

Urine, naturally, is pale-yellow, perfectly transparent and acid, of peculiar odor; two pints and a-half may be taken as the average quantity passed in twenty-four hours.

Uriniferous, that which conveys urine.

Urinometer, a small, glass, graduated float for estimating the specific gravity of urine.

Urticaria, nettle-rash, wheals like those produced by nettles, with heat and stinging; *Rhus*.

Uterine, connected with or affecting the womb.

Uterus, the womb. Metritis, inflammation of the womb; *Belladonna*, *Veratrum viride*, *Mercurius*.

Uvula, a small nipple-like body or projection in the middle of the arch of the palate, to which it helps to impart strength.

V.

Vaccination, the preservative application of cow-pox virus.

Vagina, the passage to the uterus.

Vaginismus, spasmodic contraction of the vagina.

Vagus nerve, the pneumogastric.

Valetudinary, one constantly oversolicitous about his health; never well, and never really ill.

Valve, a small door, formed by a fold of membrane, which prevents the return of liquids into any cavity.

Valves of the heart, the mitral and tricuspid.

Vapor bath, useful in colds, in fevers, and rheumatism—obtained from the steam of hot water; various portable ones are made; a spirit lamp under a wooden chair covered by blankets, or a shallow vessel of water kept boiling by a spirit lamp.

Varicella, chicken-pox.

Varicocele, enlargement of the veins of the scrotum.

Variola, small-pox.

Varioloid, modified small-pox.

Varicose, permanently enlarged veins; *Hamamelis*, rest, and elastic stockings.

Vascular, plentifully supplied with blood-vessels.

Vaseline, a beautiful, transparent, odorless ointment made from coal-oil. It is healing in its qualities as well as soothing to inflamed tissues. Bruises, sprains, etc., are benefited by its use. When perfumed it is a nice hair dressing (also called *Petroline*).

Vehicle, that which serves for the exhibition or medium of administration of medicines, as water, glycerine.

Vein, bursting of, in the leg—rest, elevation, pressure by firm pads; *Hamamelis*, *Arnica*.

Veins, blood-vessels conveying to the heart.

Velum pendulum palati, the mucomembranous curtain of the palate.

Vena porta, the large vein of the liver.

Venesection, bleeding, blood-letting.

Venous, relating to the veins or the blood of the veins; the opposite of arterial.

Ventricle, cavities in the brain and heart.

Vermicular, worm-like.

Vertebræ, the bones of the spine.

Vertebral, related to or connected with the vertebræ.

Vermiform, like a worm in shape.

Vermifuge, a medicine which destroys or removes worms, as *Cina*, *Mercurius*, *Santonine*.

Vertex, the top, highest part, or crown of the head.

Vertigo, giddiness, dizziness.

Vesica, the bladder.

Vesical, connected with the bladder.

Vesication, formation of blisters.

Vesicles, small blisters.

Vesicular, consisting of, or distinguished by vesicles.

Vessel, a canal, as an artery, vein, lymphatic, or capillary.

Villi, small delicate prolongations, or mucous membranes.

Villous, furnished with such.

Virus, poison, venom, contagious matter.

Vis medicatrix naturæ, instinctive healing power; the power inherent in nature, or of the body to right itself.

Viscus (plural, *Viscera*), any internal organ of the body.

Vital principle, the force inherent in the constitution, during life, of maintaining, and to a certain degree controlling, its operations.

Vitreous, resembling glass, hyaline.

Vivisection, opening or dissecting living animals.

Vocal chords, are formed partly of mucous membrane and ligamentous fiber; they are thick and strong; they are capable of being brought close together, and of being considerably tightened, the approximation and tension regulating the pitch of the voice.

Voice, articulate sound, produced by the breath, the windpipe, glottis, palate, and tongue, lips, and teeth, aided by the resonance of the bones of the head and face.

Vomer, a ploughshare, a name given to a bone dividing the nose, resembling it in shape.

Vomica, a cavity in the lungs.

Vomiting, controlled by *Ipecacuanha*, *Acid*, *hydrocyanic*; *Kreosote*, *Arsenic*.

Vulnerary, a medicine good for wounds, as *Arnica*, *Bellis*, *Calendula*, *Hypericum*.

Vulva, the longitudinal folds of the pudendum.

Vulvitis, inflammation of the vulva; *Belladonna*, *Bryonia*, *Hepar*.

W.

Waistcoat, strait, a dress of stout material used for restraining maniacs or the fury of delirium; it has long sleeves, which are tied behind, as are all its fastenings, so that it thoroughly confines the patient. It is not much used; vigilant watching is more relied on.

Wall-eyed, having a white iris.

Wart, a small horny excrescence on the skin, chiefly on the hands.

Wash, black, very useful for indolent sores. Calomel dissolved in lime-water, one drachm to six ounces.

Water, consists of eight parts, by weight, of oxygen and one of hydrogen. It should be as pure as possible for drinking, as, when it is impure, it is a fruitful source of disease.

Water-beds, of mackintosh, filled with half water and half air; very serviceable for fever cases, or patients confined to their beds for any length of time, as they prevent bed-sores.

Weed, gathered breast; inflammation and suppuration of the breast.

Wen, a swelling on the head, of variable size, without change of color or inflammation; sometimes it is used to designate "goitre," or "Derbyshire-neck."

White-leg, (see "Milk-leg after Confinement"); phlegmasia dolens.

Whites, see "Leucorrhœa;" or "Fluor albus."

Whitlow, abscess of the finger ends; *Belladonna*, *Arnica*, *Hepar*.

Whooping-cough (Pertussis), begins as common cold, followed by a nervous cough, with convulsive fits, ending in a characteristic whoop; *Bell.*, *Drosera*.

Wildfire, erysipelas.

Winter cough, chronic bronchitis.

Womb, inflammation of, dull pain, abdominal fullness, sympathy of the bladder and lower bowel; *Belladonna*, *Veratrum viride*, *Mercurius*.

Womb, prolapsus of, or bearing down; *Belladonna*, *Nux vomica*. (See "Anteflexion," "Retroversion.")

Womb, ulceration of; *Cimicifuga*, *Hydrastis*, *Calendula* application.

Wounds, are of four kinds: (1) cuts or incised wounds, punctures or stabs; plaster, stitches, *Calendula* lotion; (2) lacerated or torn wounds; cold water, *Calendula*, *Carbolic acid*; (3) contusions or bruises; *Arnica*; (4) those from fire-arms or gun-shot wounds.

Wrench, a sprain; *Arnica*, *Hamamelis*.

Wry-neck, generally a rheumatic affection, sometimes symptomatic of brain affection.

Y.

Yawning, a sign of fatigue or pulmonary lethargy, or from sympathy; it may, when hysterical, be spasmodic; *Ignatia*, *Gelsemium*. It sometimes tokens an attack of ague.

Yeast, the product which collects on the surface of beer when fermenting.

Yellow fever, the gastric and malignant bilious remittent fever of the tropics, especially of the West Indies and Southern States; *Aconite*, *Belladonna*, *Veratrum viride*, *Arsenic*.

Z.

Zona, herpes zoster, shingles.

Zygoma, the bony yoke connecting the temporal and malar, or cheek-bone.

Zygomatic, relating to or connected with the zygoma.

Zymotic, relating to fermentation; any epidemic, endemic, sporadic, or contagious disease produced by morbid influences acting as a ferment in the body.

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EATON'S DOMESTIC PRACTICE.

CHAPTER I.

INTRODUCTION.

THE PHYSICIAN'S AND PEOPLE'S INTERESTS ARE IDENTICAL. HOW TO
CHOOSE A PHYSICIAN.

It is not to be expected that within the limits of a book like this we will be able to teach all of Medicine, Surgery, and Obstetrics, as well as Anatomy, Physiology, Materia Medica, and Diseases of Women and Children; but a little general knowledge of each may be recorded, together with some illustrations to explain our meaning, and some directions for the use of a few common Homœopathic remedies, not intending, in the least, to supplant the family physician; but especially to let new converts to our system of practice know what to do for a slight ailment without having recourse to Castor Oil, Paregoric, Onion Syrup, Hive Syrup, and the like, which are never needed.

We shall name but few remedies in connection with each disease, as a rule, and will try to give clear directions for their use, with the understanding that, if quick relief is not obtained, the family physician is to be consulted.

We would in no way stand in the way of the physician's duties; but would help him by trying to have his patients understand the need of his services in the early days of disease, and be able to use reasonable treatment till he arrives, instead of doing things and giving remedies which

positively interfere with his treatment for some time after he is called.

Besides, it is but right that the people should know what to do for slight ailments under our system as well as under the old school. It is not for our good, as physicians, that our patrons be obliged to send for us for every trifling ailment; neither is it for our good that they use Allopathic drugs before they call us; therefore, every family, yes, every adult person, requires to know something of the laws of health, and how to use simple remedies for some trivial affections, and what to do in emergencies before the physician can be called, and when no member of our school can be had. The mother wants to know what to do if her little one takes the croup or spasms, and what to do for it if colicky or fretful. She needs to know many little things about taking care of her child as well as herself, which she hates to ask her physician about, for fear of seeming very ignorant.

We think women, as well as men, should know something of their sexual formation and functions, the better to preserve health if they have it, and secure it again if it is lost. Such information only makes the physician's task the easier, by enabling him the more readily to obtain the assistance of his patients in carrying out his directions in their treatment. How many women imagine that the womb commences at the exterior of the body. How few understand the relations of the pelvic and abdominal organs, and hence can not understand the injurious effect of tight lacing, and wearing heavy clothing suspended by a belt or band about the waist. Many are unduly alarmed at symptoms which *rest* would entirely remove, and make themselves much expense and great trouble in the treatment which might be avoided.

We will try to be very clear in telling all about the little things we think should be known by the people gen-

erally; and in the use of medical terms, we will so explain them that all may understand.

In an experience of a quarter of a century we have noted many things the people should understand, and we believe the physician who learns the object and scope of this book will feel it to his interest to place it in the hands of his patients.

Not believing a physician can safely treat himself when very sick, we have no idea that other people can. Neither do we think any person without a thorough medical education should attempt to treat the sick, more than to use some simple, common remedy in an emergency, till the family physician can be called, excepting in a very few trifling ailments which are annoying but not dangerous, when a simple remedy, conjoined with proper diet, bathing, etc., is all that is required. We, therefore, intend this book to be plain, simple, and explicit, and, we hope, correct as well, and be a companion and adviser to the people without interfering with the physician, but rather aiding him in his trying profession.

We think if the people had more knowledge of disease they would be more merciful often in their criticisms of the physician who, after using every effort, loses his patient. They would appreciate that it is not always that remedies will have the desired and ordinary effect, owing to want of proper absorption or assimilation; just as food taken into the stomach sometimes fails to nourish and strengthen the person. This want of effect can not always be foreseen by the most skillful physician. He prescribes as he does, because he knows that these remedies usually produce the effect he desires. If he sees a failure in the desired result he feels at once sad, and fears want of absorption by the glands in the stomach and bowels. The people often expect rapid results when they are impossible on account of this want of absorption of the remedies used, and it often takes

some days to get activity of these absorbent glands so that the remedies especially for the cure of the disease may take effect. Sometimes the progress of disease is so rapid that there is actual destruction of the tissues of the body in a few hours, and, of course, treatment is useless. And yet people wish all things done that can be done for themselves or their sick friends; hence the physician must use every effort for their recovery, even if he feels it is all in vain. Sometimes favorable results follow in these desperate and apparently hopeless cases; therefore, it is best to persevere, and never give up as long as there is life.

CHOICE OF A PHYSICIAN.

It may be thought that upon the choice of a physician I may well remain silent; but as much depends upon this I will say a few words:

First. Be sure he is a graduate of a respectable college. You may properly ask him to show you his diploma. If he has some considerable experience all the better. Experience is not always with the aged, however, as some study medicine late in life, and others have little experience in many years of attempt at practice. A physician's experience must not always be measured by the length of time his sign has been out.

Second. Choose the educated physician, and one that makes little noise and boasts not of many diplomas (for these have sometimes been bought), neither tells much of what he has done. See that he keeps good company, uses good language, is neat and polite, though not overmuch polite, for, if so, suspect him.

Third. Select one who does not claim to know too much, for great claim to knowledge is a sure sign of ignorance. The truly wise never boast of their knowledge or make it conspicuous.

Fourth. Choose an honest man, who pays for what he

has, and makes no false promises. If dishonest in one way he will be in another.

Fifth. If the physician of your choice is sometimes away in attendance upon medical societies, prize that man's services and leave him not, for while he is away he is at work for you. Remember that.

Change not your physician for slight cause, nor in the midst of severe sickness, nor trouble him with much counsel. He will in many cases do better by himself.

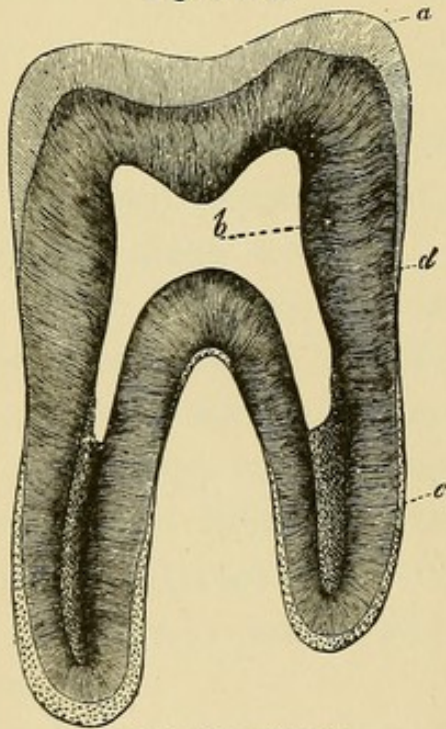
Sixth. Change physicians, or resolve upon a change, only when yourself and family are in health; and, after selecting another, give him your confidence.

CHAPTER II.

ANATOMY.

THE frame of the human form is made up of about two hundred and forty-six bones. The various human frames differ in the number of the sesamoid bones (which are small bones developed in the tendons of some muscles in some persons and not in others).

Fig. No. 1.



SECTION OF A TOOTH.

a, The Enamel. b, The Dental Cavity.
c, Tooth Substance.

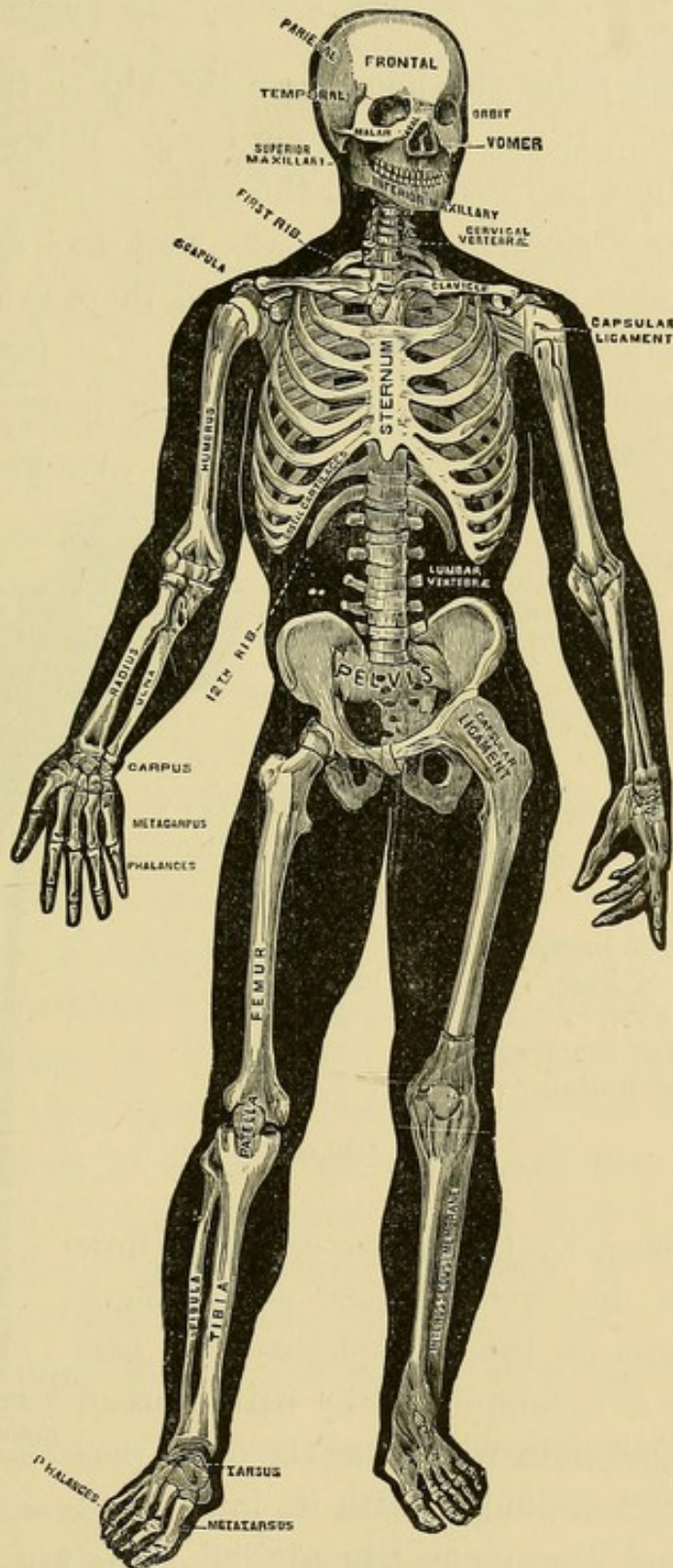
NUMBER OF BONES IN DIFFERENT PARTS OF THE BODY.

In the head,	8 bones.
“ “ ears,	6 “
“ “ face,	14 “
“ “ spinal column,	24 “
“ “ upper extremities,	64 “
“ “ lower extremities,	62 “
“ “ ribs,	24 “
The sternum in front of chest,	1 “
“ bone of the tongue (Os Hyoides),	1 “
“ sacrum between the hip bones in the back,	1 “
“ coccyx below the sacrum,	1 “
(This in the young consists of four or five pieces.)	
“ teeth,	32 “
“ sesamoid (about)	8 “
Total,	246

DESCRIPTION OF SOME OF THE BONES OF THE HUMAN BODY.

In the arm from the shoulder to the elbow there is but one bone (the *humerus*). It is a strong, compact bone. Below the elbow, there are two bones down to the wrist, the *radius* on the thumb side and the *ulna* on the inner side of the fore-arm (as the part of the limb between the elbow and wrist is called). These are more slender bones. In the wrist there are eight bones, arranged in two rows, called

Fig. No. 2.

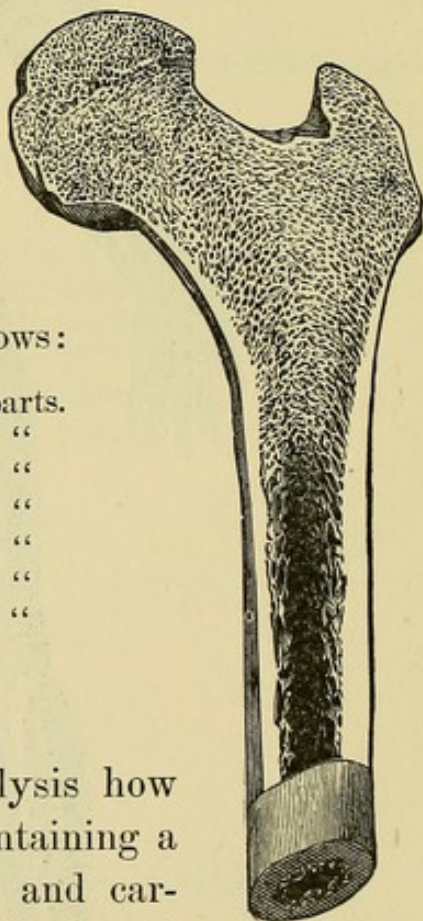


BONES OF THE HUMAN SKELETON.

carpal bones. The bones in the body of the hand are five, called *metacarpal bones*, and the bones of the fingers are called *phalanges*.

IN THE LOWER LIMBS the bone from the hip to the knee is called the *femur*. It is a large, strong bone. Below the knee to the ankle there are two bones, the *tibia*, or shin bone, and the *fibula* (a very slender bone). The foot has only seven bones in the ankle called *tarsal bones*, and there are five long bones in the foot called *metatarsal bones*. The bones of the toes are the same in number as those in the fingers, and are also called *phalanges*. The bones are all covered with a firm membrane, called *periosteum*. To this membrane many of the muscles of the body are attached, and it serves to nourish the bone to a very great extent.

Fig. No. 3.



THE BONES ARE COMPOSED AS FOLLOWS:

Cartilage,	32.17	parts.
Blood-vessels,	1.13	"
Phosphate of lime,	51.04	"
Carbonate of lime,	11.30	"
Fluate of lime,	2.00	"
Phosphate of magnesia,	1.16	"
Chloride of sodium,	1.20	"
Total,	100.00	

It will be seen by the above analysis how important it is that we use food containing a sufficient amount of the phosphates and carbonates. This is accomplished by eating bread in part made from flour which has the outer portion of the kernel ground up with its inner part.

In childhood these constituents of bone are not fully deposited, and as a consequence, the bones of children will often bend and not break. In old age, however, the earthy parts are often in excess, so that the bones break very easily.

SECTION OF BONE,
Showing its internal structure.

THE REPAIR OF BROKEN BONES.

No surgeon can unite a broken bone. It has to be done by nature, according to God's laws. The surgeon may set the bones which are fractured (broken); that is, he may place them in proper position, and then apply splints or other dressings to hold them still. Nature throws out a plastic material about the ends of the broken bones, which is at first watery, but soon thickens so it becomes something like putty. This material finally hardens into bone, and makes the original bone as strong as before it was broken, if it has been kept still and is well set. When the long bones are broken the muscles tend to shorten the limb by their contractions, thus pressing one end of the broken bone past the other; therefore, it is necessary to draw out the limb, and hold it there so the two broken ends of bone will come together, and unite so as to make a naturally shaped limb. Patients or friends must not loosen the bandages the surgeon has applied, even if they feel uncomfortable, as by so doing the limb might become shorter for life.

In case of a fracture of a limb, when no surgeon can be soon obtained, the friends should draw out the limb and fasten it if possible; or if not able to fasten it, they may sit and hold it steadily drawn out until the surgeon arrives. Some padded pieces of shingle or thin board may be tied on the entire limb also, at the seat of the injury, and a piece of board as long as the entire limb may be tied to it with bandages of cloth in case the patient has to be moved any distance before the surgeon can be obtained.

FAILURE OF THE BROKEN BONES TO UNITE.

Sometimes the broken bones are found to still be ununited after six or eight weeks of rest and proper treatment. This is not often the fault of the surgeon. It may be due to the want of good blood in the patient, or to the fact that the patient has disturbed the dressings from time to time; and

it may be due to a strip of torn flesh getting between the ends of the bone. The surgeon may in these cases be obliged to pass an instrument in between the ends of the bone and scrape them and remove any pieces of torn flesh between them, and then again treat the case as one of recent fracture.

In the hardening of the soft material thrown out to unite the broken bones quite a bunch is often observable. This in the course of several years mostly goes away by absorption. The bunch is no evidence of unskillful treatment. If the length of the limb is nearly restored, it is well.

In case the bone is broken near to a joint, these exudations of material to unite the bone may interfere with the movement of the joint. The joint should, therefore, be carefully moved each day after four weeks while the plastic material is a little soft, so as to prevent its hardening over the joint.

FRACTURES OF THE BONES OF THE HEAD.

In fracture of the bones of the head this plastic material is only thrown out just between the edges of the broken bones, a wise provision of nature, for otherwise the bunch of new bone would press upon the brain and cause much injury.

THE JOINTS.

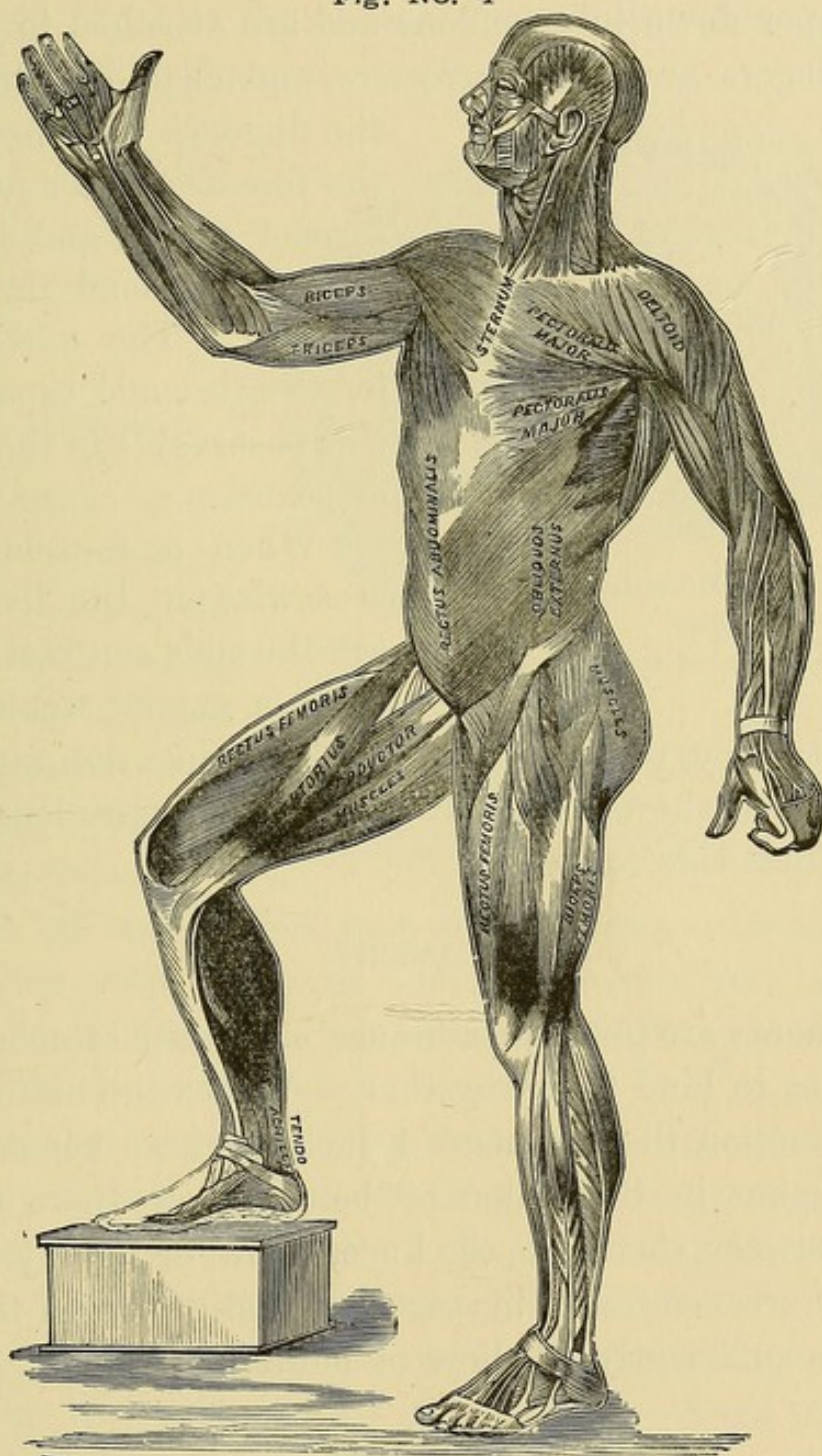
When bones are movable against each other their ends are covered by a tough substance called cartilage, and between these cartilages is situated a little sack of oily fluid called synovial fluid. This is to oil the joints and make them easily movable. This fluid is sometimes dried up or fails to be secreted in rheumatism and inflammation of the joints, and the patient complains of stiffness of the joint, and it sometimes makes a noise like cracking when the joint is moved.

Treatment.

This condition requires oil in some form applied to the joint. I like *Vaseline* the best. The patient in these cases

should also drink milk and cream, and eat butter, potatoes, beets, and fat meat freely so as to increase the fat in his system.

Fig. No. 4



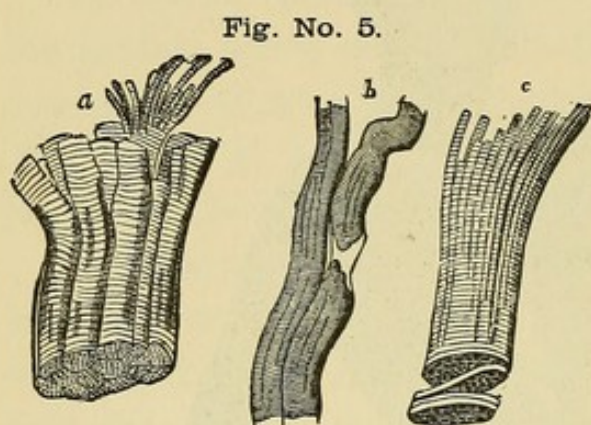
PROMINENT MUSCLES OF THE HUMAN FRAME.

THE MUSCLES.

It will be seen by the cuts that the muscle is made up of fibers. These have power of contraction, by aid of the

nerves, and enable us thus to move our limbs. We can not attempt to name all the muscles of the body in this book. In the *fore-arm* those muscles on the outer side of the arm which taper down into tendons and are attached to the back of the fingers are called *extensors*, and enable us to extend

the fingers. On the front of the fore-arm the muscles are termed *flexors*, and enable us to flex or bend the fingers inwards. The muscles slip in sheaths, and especially is this observable in the TENDONS or CORDS.



SECTIONS OF MUSCULAR TISSUE.

a, Ultimate Muscular Fibers.

b, Fibers torn across.

c, Shows the regularity of the ultimate-fiber of Muscles.

When a muscle is cut crosswise in the living person the ends contract, so as to cause a gaping wound, while

if the cut is lengthwise of the muscle, it does not gap to any extent, which shows that the muscle contracts lengthwise; but not from side to side.

LIGAMENTS.

Ligaments are tough membranes or tissues attached to the bones so as to bind them together. Where the united bones have no motion the ligaments attaching these bones are unyielding; but in the union of bones where there is to be motion between them, like the knee, elbow, or wrist joints, the ligaments are composed in part of elastic fibrous tissue, so as to give sufficiently to allow of motion.

TENDONS.

Tendons are simply cords of tough tissue made up of the sheaths of muscles and their minute fibers, and are continuous with the muscles. By means of these tendons the fingers and toes are moved by the muscles, which are situated

some distance from them, thus allowing of more symmetry to the limb than would be otherwise possible. This arrangement gives us great strength in the fingers and still allows them to be slender, the power to move them being largely in the muscles of the fore-arm, which communicate with the fingers by means of these tendons just described.

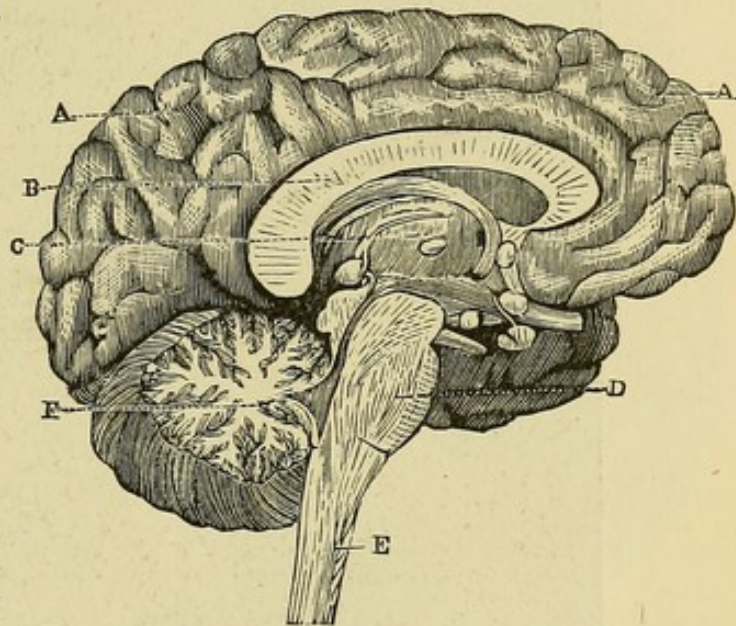
THE NERVES.

The *brain* is the great nerve center. From it arises the *spinal cord*, which passes down the back in a canal surrounded by bone; and from the *spinal cord*

are given off nerves from each side. These cross each other before they come out from the cord, so we have an injury on one side of the cord producing its effects upon the opposite side of the body from the injury.

These nerves go to every limb and organ of the body. In them resides the power of motion and feeling, the fibers coming from the back of the cord being those of feeling, and those from the front being those of motion. When the back part of the cord is injured only, we have loss of feeling in the parts below the injury. When the front only of the cord is affected, we have loss of motion. When the entire cord is injured, we have loss of both feeling and power of motion in those parts below the seat of injury.

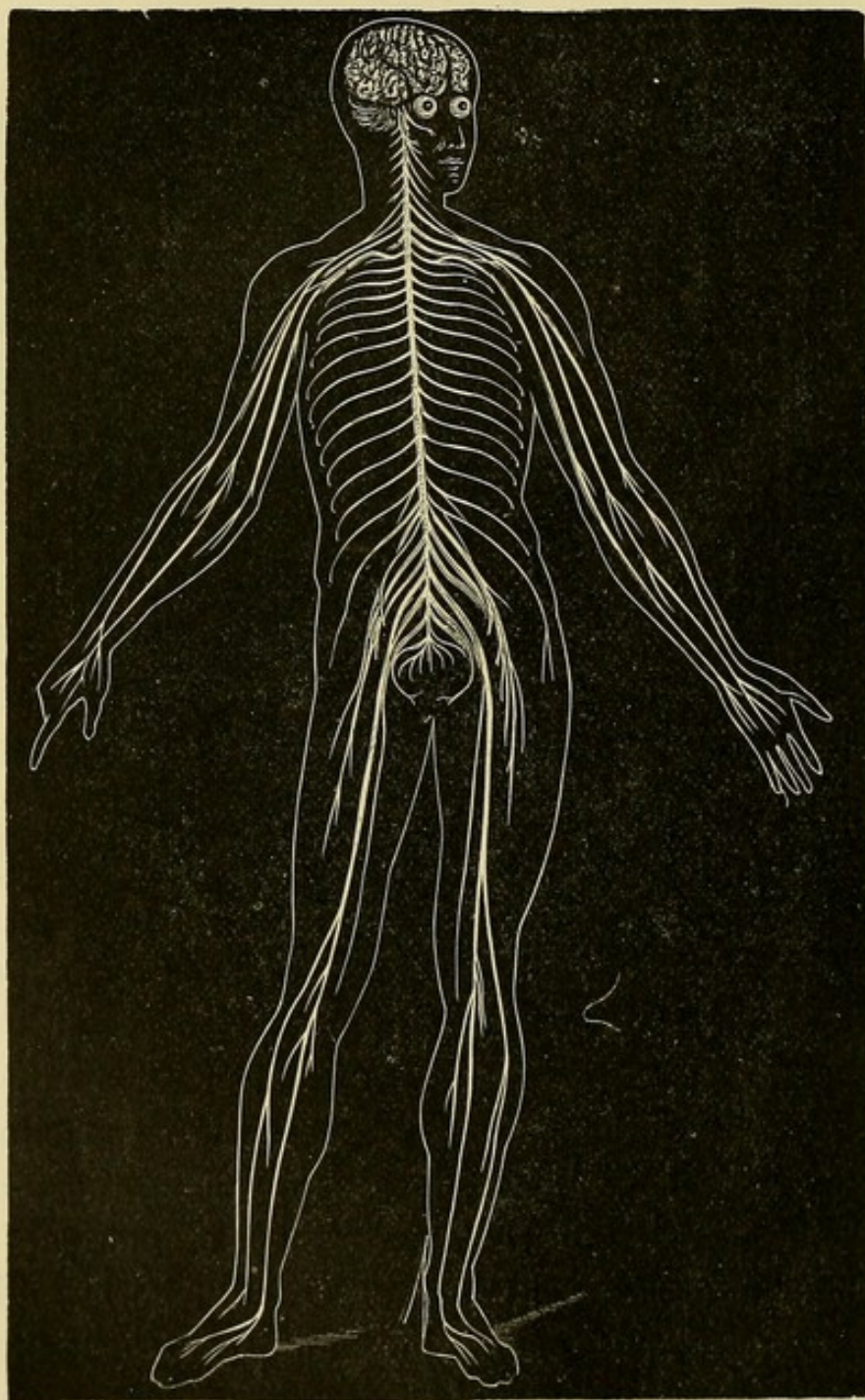
Fig. No. 6.



VERTICAL SECTION OF THE BRAIN.

A, Left Hemisphere of Cerebrum. B, Corpus Collosum.
C, Optic Thalamus. D, The Pons Varolii.
E, Upper extremity of the Spinal Cord. F, The Arbor Vitæ.

Fig. No. 7.



THE CEREBRO SPINAL NERVOUS SYSTEM.

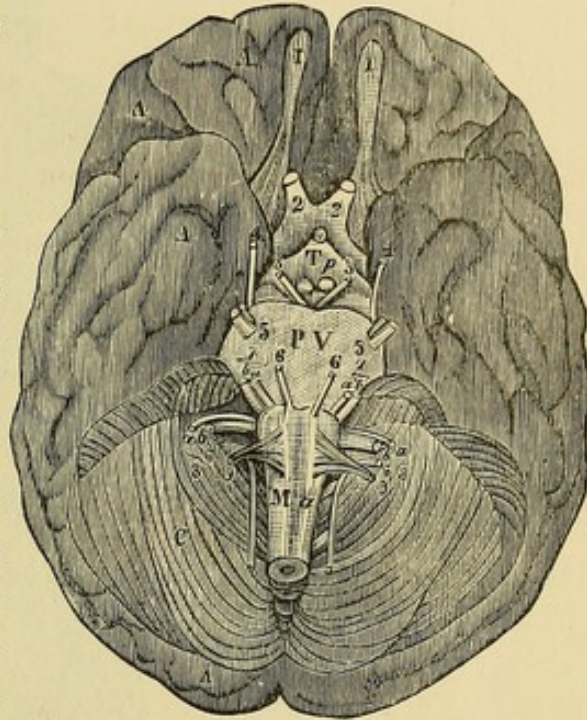
NERVES OF SPECIAL SENSE.

These are given off from the lower part of the brain directly. They are the nerves of sight, smell, taste and hearing.

Fig. No. 8.

GANGLIONIC NERVES.

The ganglionic or sympathetic nervous system, as it is sometimes called, is a very complicated arrangement of small ganglia situated in every part of the body, and communicating freely with each other, and also with the nerves of the spinal cord. On account of this complicated arrangement of nerves the symptoms of a disease are often manifested at a distance from the real trouble; and we are liable to be misled by these symptoms if we do not well understand somewhat the action of these sympathetic nerves.



THE BASE OF THE BRAIN, SHOWING THE ORIGIN OF NERVES OF SPECIAL SENSES.

1, 1, Olfactory Nerves
2, 2, Optic Nerves.
3, 3, Motores Oculorum.
ab. Auditory and Facial Nerves.
M, a, Medulla Oblongata.

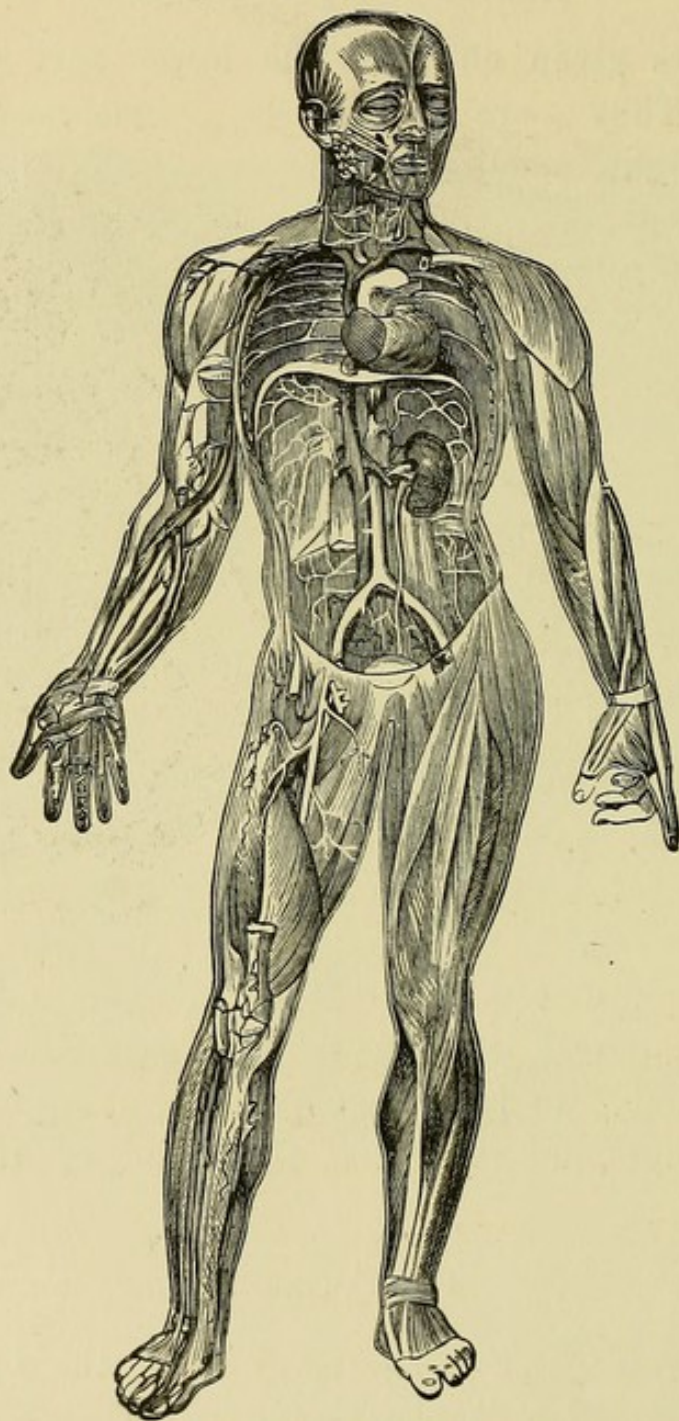
P. V. Pons Varolii.
C, Cerebellum, or Small Brain.
A, Cerebrum, or Large Brain.

THE ARTERIES.

The arteries carry blood away from the heart. They are so constructed as to be elastic, so that when the heart contracts and forces the blood into them they expand to some extent, and we feel this impulse in various parts of the body, and this is called THE PULSE. Some imagine the pulse is only felt in the wrist or just above the wrist on the front of the fore-arm, but this is not true.

The heart is the motive power that drives the blood through the arteries all over the frame. It receives the blue

Fig. No. 9.



THE ORGANS OF CIRCULATION.

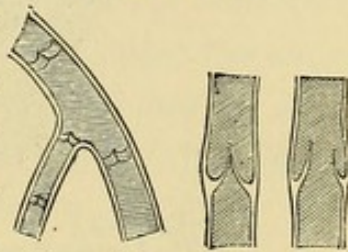
blood from the veins, and sends it to the lungs, by way of the pulmonary arteries; then it is returned to the heart by the pulmonary veins, and then is sent out through the arteries again. The heart beats or contracts, in the healthy male adult, about sixty-eight or seventy times in a minute; in women it is a little faster, beating from seventy-four to

eighty times in a minute ; and in infants, one hundred times per minute. In cases of fever or inflammation, the pulse beats faster than in health. The arterial blood through the general system is red, and when an artery is cut the blood spurts out in jets.

THE VEINS.

The veins carry the blue or impure blood from the general system back to the heart. They are not so elastic as the arteries, or rather they have not the power of contraction when put upon the stretch. They have valves, however, to help lift the blood onward toward the heart. When a vein is cut, the blood runs out in a steady stream, and not in spurts, as when an artery is cut.

Fig. No. 10.



THE VALVES OF THE VEINS.

THE SKIN.

The skin covers the entire body, and is composed of two layers. The outer layer is constantly falling off in the form of scales. The outer layer of skin has no sensation or feeling, but the deeper layer is very sensitive, as small nerve-twigs are everywhere thickly distributed to it.

In the skin we have the roots of the hair, sweat-glands and ducts, and oil-glands.

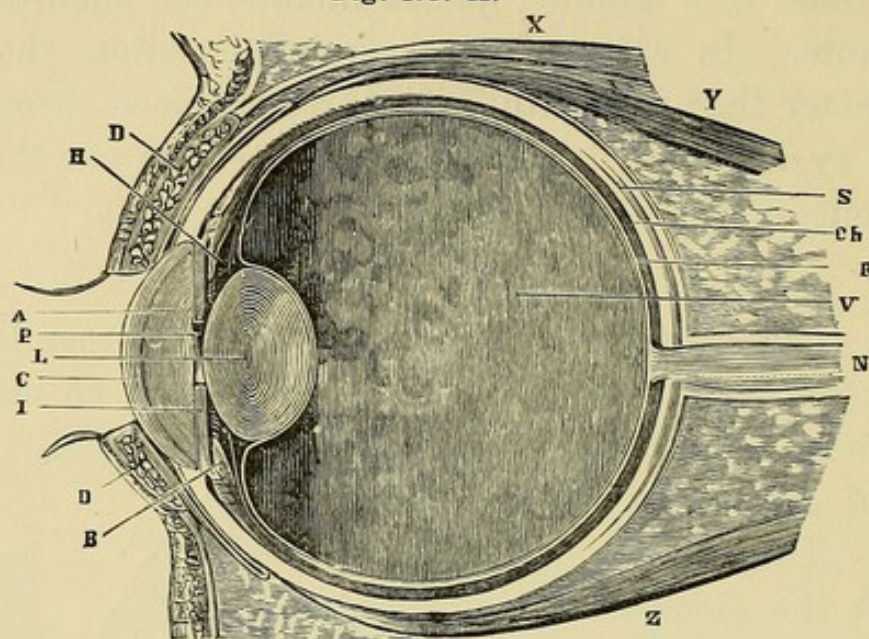
COMPLEXION.

In the deep cells of the inner skin lies a coloring matter. Difference in this causes the varieties in complexion of different people, nations, and races.

THE EYE.

This is a wonderful organ, and strongly made. We can not here fully explain all its structure. We may, however, see that it is so complicated as to require careful attention not to strain or injure it ; and when affected by disease it

Fig. No. 11.

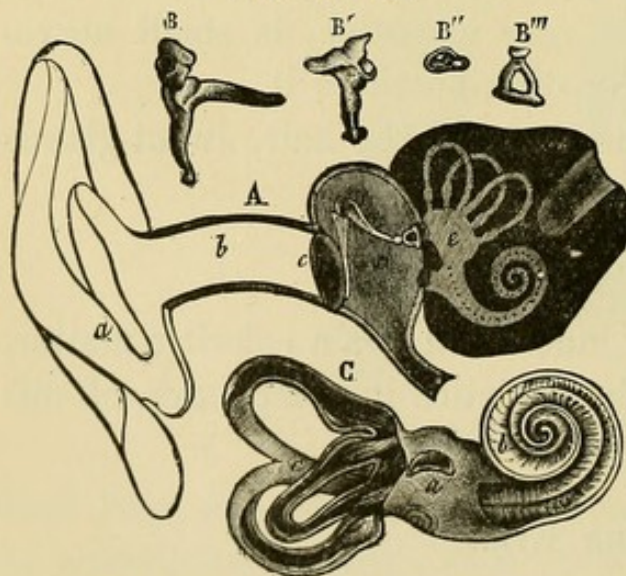


VERTICAL SECTION OF THE EYE.

- | | |
|--|--|
| C, The Cornea. | Ch, The Choroid. |
| A, The Aqueous Humor. | R, The Retina. |
| I, The Iris. | N, The Optic Nerve. |
| P, The Pupil. | DD, The Eyelids. |
| L, The Crystalline Lens. | X, The Levator Muscle of the Upper Lid. |
| H, The Ligament of the Lens. | Y, The Upper Straight Muscle of the Eye. |
| B, The Ciliary Process. | Z, The Lower Straight Muscle. |
| V, The Cavity containing the Vitreous Humor. | |
| S, The Sclerotic. | |

is always best to consult a competent oculist, as the ordinary physician is but poorly fitted to attend to it, and tampering with it by the ignorant is inexcusable.

Fig. No. 12.



THE EAR AND ITS DIFFERENT PARTS.

- A, Diagram of the Ear.
 a, b, External Ear. d, Middle Ear.
 c, Membrane tympani. e, Internal Ear.
 B to B''', Bones of the Middle Ear (magnified).
 C, The Labyrinth, or internal Ear (highly magnified).

THE EAR.

The ear is likewise of very complicated structure, and should receive careful attention, and only be treated, when diseased, by those skilled physicians who make its diseases a special study.

THE NOSE.

The nose, which is the organ of smell, is much larger in its interior surface than is gen-

erally imagined. Each side of the nose has large curved bones overlapping each other, like one spoon over another, if held one-third of an inch apart. These curved bones are covered with a membrane, to which are distributed the olfactory nerves. This is a mucous membrane, and liable to an irritation which is called catarrh. This disease will be spoken of more at length in another place.

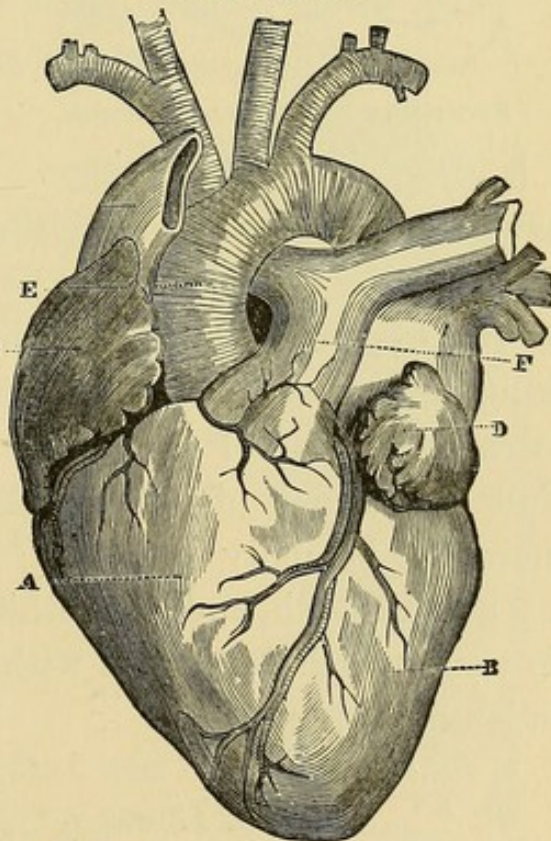
THE TONGUE.

The tongue is the organ of taste. Over its upper surface is spread out the gustatory nerve, which communicates the sense of taste to the brain. The condition of the tongue is often an index of disease; therefore, its appearance in health should be noted. There are various appearances of the tongue in health in different persons; therefore, all should know how their tongues look in health, in order to tell their physician regarding it, for otherwise he might think the peculiarity was due to disease.

THE HEART.

The heart is situated within the chest, on the left side, or a little to the left of the center of the body, just under the left nipple. It is a strong muscular organ, and by its contraction it drives the blood onward through the system with great force. A branch of the pneumogastric nerve is distributed to it; another branch goes to the stomach, and another to the lungs. In this explanation we may

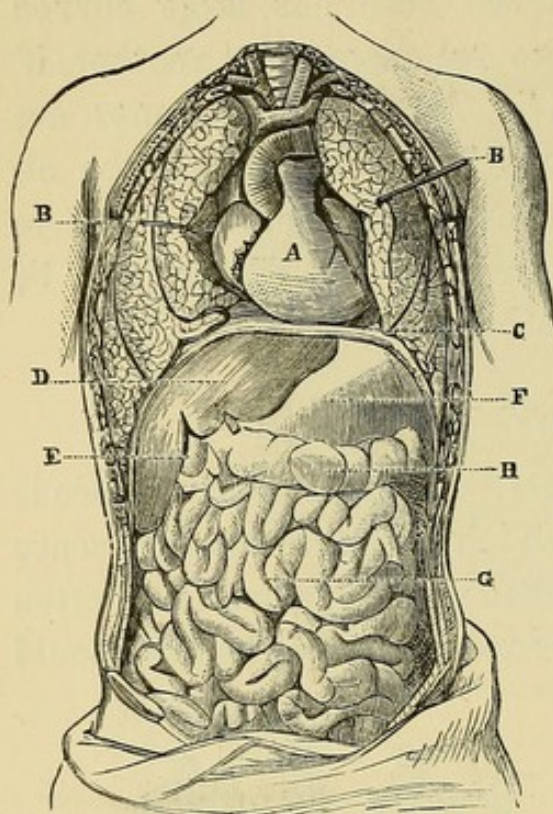
Fig. No. 13.



THE HEART AND LARGE VESSELS.

- | | |
|---------------------|----------------------|
| A, Right Ventricle. | D, Left Auricle. |
| B, Left Ventricle. | E, Aorta. |
| C, Right Auricle. | F, Pulmonary Artery. |

Fig. No. 14.



SECTION OF CHEST AND ABDOMEN.

A, Heart.
B, The Lungs.
C, Stomach.
D, The Liver.
E, Large Intestine.
G, Small Intestine.

see how a trouble in the heart produces effects in the lungs, and trouble in the stomach makes some people have palpitation of the heart, and so on.

THE CHEST.

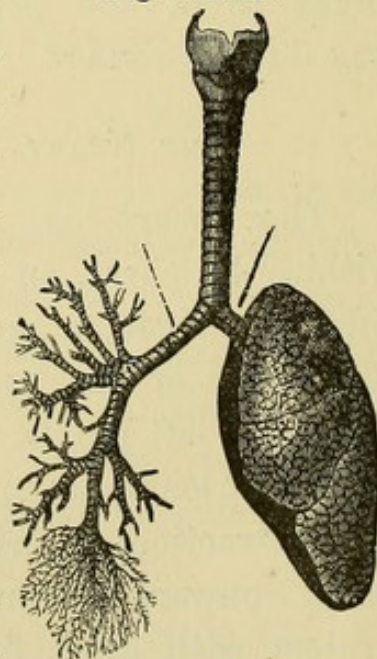
By the chest we mean the part of the body surrounded by the ribs, except in the back, where we have the spine, and in front, where we have the sternum, to which the ribs are attached by means of cartilage. The chest contains the heart and lungs. At the lower edge of the ribs, and dividing the chest from the abdomen we

have the diaphragm, or division membrane. Compression of the chest, by tight lacing or by leaning over, so as to prevent its full expansion, either while studying or at work, is calculated, sooner or later, to cause disease of the lungs or heart. Full expansion of the chest should, therefore, be daily practiced, by inhaling a full breath, and no clothing should be worn which interferes with the free action of the lungs.

THE LUNGS

Are large, spongy organs, full of cells, which receive the air we breathe. Between these cells are small blood-vessels, only separated from them by a thin membrane, and through this membrane passes the oxygen of

Fig. No. 15.



LARYNX, TRACHEA, AND BRONCHIAL TUBES.

Fig. No. 16.

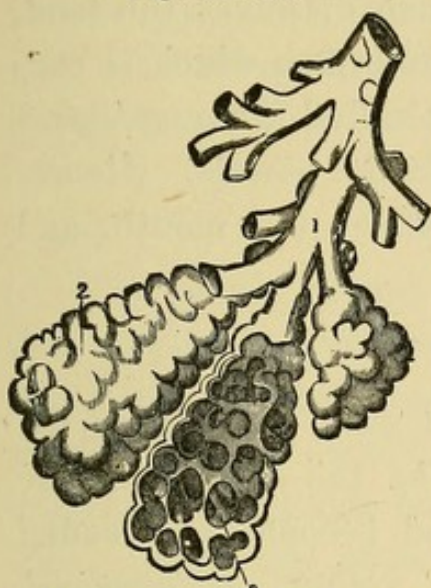


DIAGRAM AND SECTION OF THE AIR-CELLS.

the air, to make the blood red, and capable of sustaining life; and the poisonous *carbonic acid gas* passes from the blood through this same membrane, and is breathed out of the body. It is in this way the blood is kept pure. It is easily seen that if the air we breathe is not supplied with oxygen, or if we draw back into the lungs the same air we breathe out, we must soon die. All vegetable growths, like grass and trees, throw off *oxygen*, and absorb carbonic acid

gas. This is why the air is purer and more healthy in the country than in the city. The chest is lined by a membrane called the *pleura*.

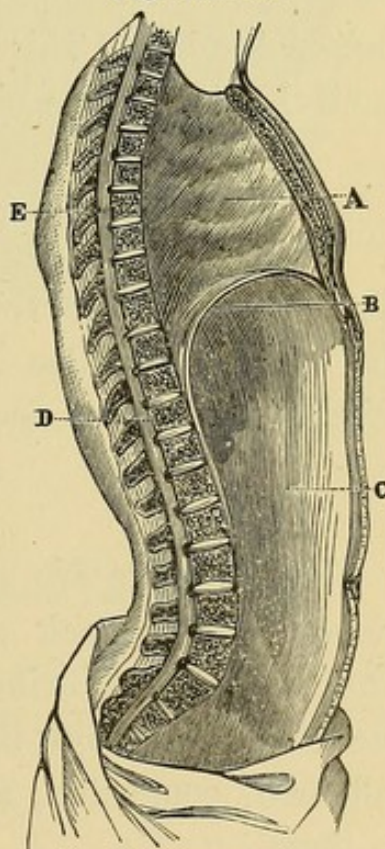
THE ABDOMEN.

The abdomen contains the stomach, bowels, liver, kidneys, spleen, and pancreas, and in pregnancy, the womb rises up into the abdomen from the pelvis. The abdomen is situated below the ribs, and extends down to the bones of the pelvis (hip bones). It is lined by a membrane called the *peritoneum*.

THE STOMACH.

The stomach receives the food and digests it. It is situated just below where the ribs join. The hollow place below the ribs is called the pit of the stomach. The stomach is a muscular organ, capable of contraction; hence it turns the food from side to side, and has glands which throw

Fig. No. 17.



SECTION OF THE TRUNK, SHOWING THE CAVITIES OF THE CHEST AND ABDOMEN.

A, Cavity of Chest.
B, Diaphragm.
C, Abdomen.
D, E, Spinal Column.

glands which throw

out a fluid called the gastric juice, which dissolves the food. The stomach is lined with mucous membrane, which is continuous up through the tube (which is called the *æso-phagus*) to the mouth, and downwards through the bowels. Hence, diseases of the stomach sometimes affect the mouth, and sometimes the bowels.

THE LIVER.

The liver is situated on the right side, just under the edge of the ribs. This organ secretes the bile from the blood. When it does not act, the blood becomes overloaded with bile, and the patient becomes yellow or *jaundiced*. Many times, however, the liver is thought to be diseased when it is not affected, and some physicians say the liver is affected when really they do not know what is the matter. *Injury* results in this way from taking medicines which are hurtful under these circumstances.

THE SPLEEN.

The spleen lies on the left side, just under the edge of the ribs. It is a reservoir for blood when there is too much in the system, and also in cases of congestive forms of disease, when it sometimes becomes much enlarged.

THE KIDNEYS.

The kidneys are situated just below the ribs in the abdomen, at the back and a little to the side of the spine. They secrete the urine from the blood, and pass it down to the bladder through tubes called *ureters*. They may become inflamed, congested, and enlarged, and abscesses may form in them.

THE PANCREAS.

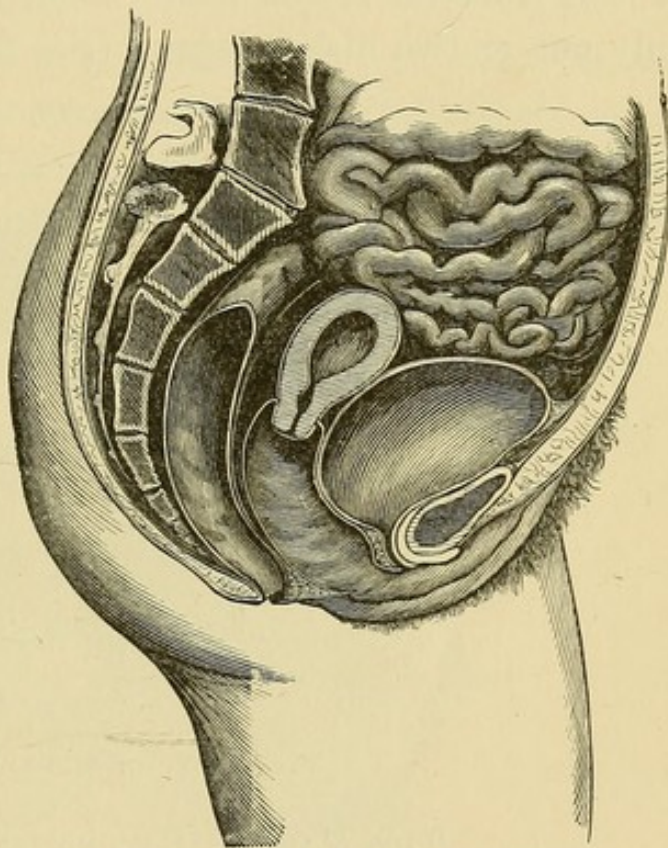
The pancreas lies in the abdomen, back of the stomach. It is long and slender (*i. e.*, is about six inches long), and weighs about three ounces. It secretes a fluid called pan-

creatic juice, which empties through a duct into the upper part of the bowel, and aids in the digestion of the food after it passes out of the stomach.

THE BOWELS.

The bowels occupy a large part of the abdomen. The first twelve inches from the stomach is called the *du-o-de-num*; then come the small bowels, which criss-cross from side to side. They are often twenty feet long, and empty into the large bowel or *colon* low down in the right side. This passes upwards to near the ribs; then across in front of the stomach to the left side just below the edge of the ribs, then turns downward to the lower part of the abdomen on the left side, and makes a large turn, and finally passes down, at the back part of the pelvis, to the outside of the body, where it is called anus. The lower few inches of the bowel is called the rectum.

Fig. No. 18.



BOWELS, WOMB, VAGINA, AND BLADDER,
IN NATURAL POSITION.

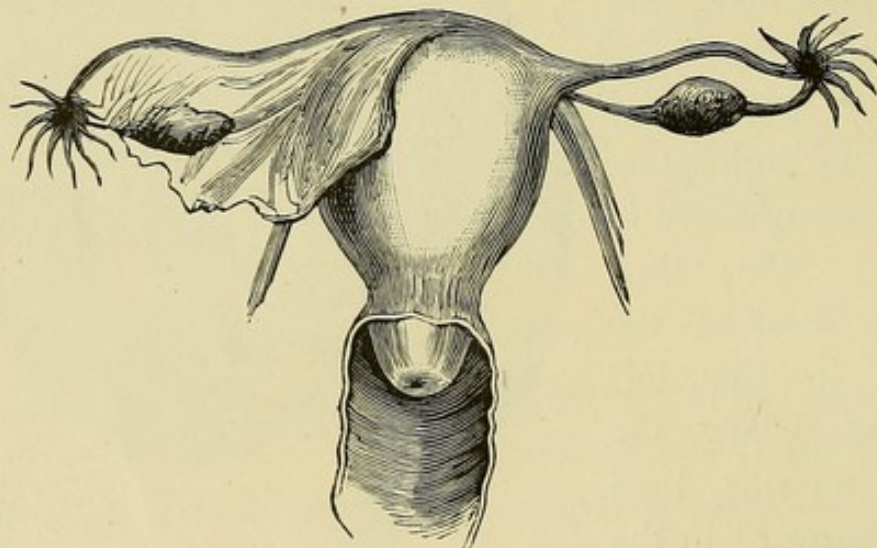
THE PELVIS.

The pelvis is the cavity below the abdomen. It contains in man the lower bowel called the rectum, and also the bladder. In the female it contains the bladder, womb, vagina, ovaries, and rectum. (See figure above.)

THE BLADDER.

The bladder is simply a receptacle for the urine. The urine is not secreted here, but in the kidneys. It dribbles into the bladder through tubes called ureters directly from the kidneys, and is retained in the bladder till it is convenient to evacuate it. The tubes through which the urine flows from the bladder is called the *urethra*. In the male this tube is from six to ten inches long, while in the female it is only one or two inches long. (See figure on page 97.)

Fig. No. 19.



VIRGIN WOMB AND OVARIES.

THE VAGINA, UTERUS, AND OVARIES.

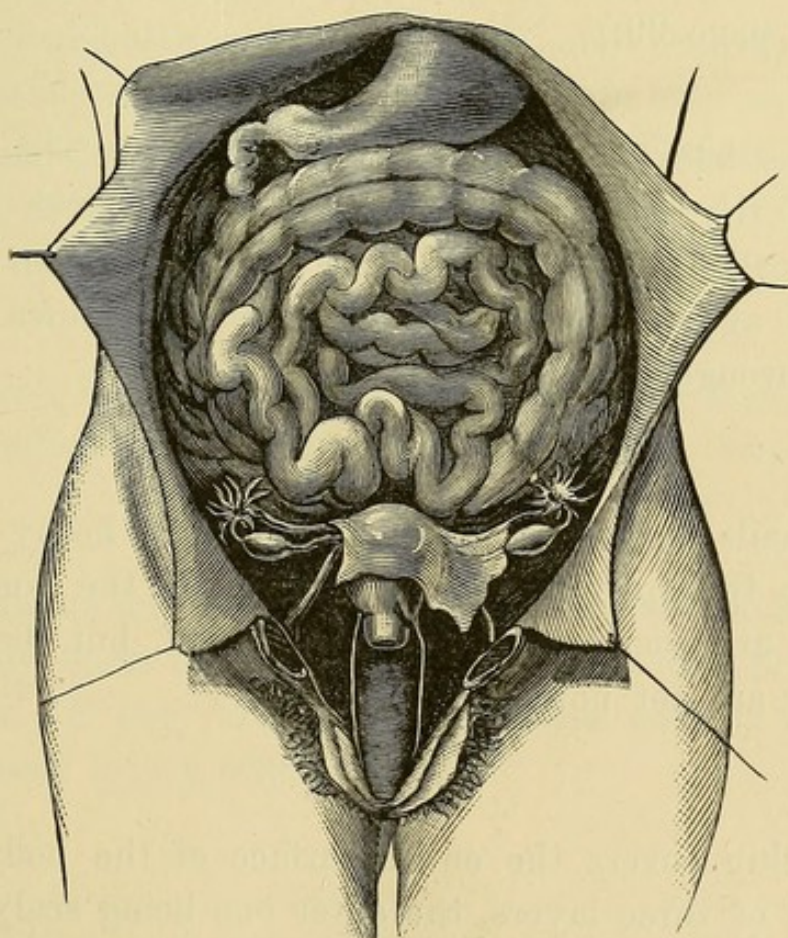
The vagina is situated just in front of the bowel, and just back of the water passage. In virgins the canal is nearly closed by a membrane called the *hymen*. After marriage this membrane can not be found. The vagina is four or five inches long. (See figure on page 97.)

Above the vagina is the *uterus*. It is a pear-shaped muscular organ (see figure on page 97), and is about three inches long. The cavity inside measures about two and one-half inches. The uterus has no strong attachments to hold it, and it is consequently often displaced.

This displacement may be downward or sidewise, backward or forward. These displacements are sometimes caused from a fall, or from jumping or dancing, wearing tight corsets, or any tight, heavy clothing about the abdomen. In displacement of the uterus, the pain felt is often entirely in the small of the back. There is a general feeling of weight and heaviness; often, constipation, and a frequent desire to pass urine. Frequently there is also much *leucorrhœa* in these cases.

The uterus enlarges in pregnancy, and at full term fills a large part of the abdomen, and presses the bowels out of place, compresses the kidneys, liver, and stomach, and often deranges the healthy action of all these organs. After confinement the uterus contracts, and becomes small again.

Fig. No. 20.



STOMACH, BOWELS, WOMB, OVARIES, AND FALLOPIAN TUBES,
IN THEIR NORMAL POSITION.

THE OVARIES.

The ovaries are bodies as large as a very small hen-egg. In them are formed the human *ova*, or eggs. These pass down to the uterus, through the *Fallopian tubes*. (See Fig. 20.) There are two ovaries, one on either side of the uterus, attached to this organ by small ligaments, which are close beside the *Fallopian tubes*.

THE FALLOPIAN TUBES.

The Fallopian tubes open from the uterus into the abdominal cavity, and their abdominal extremities are sprawling, like fingers. These finger-like ends of the Fallopian tubes clasp around the ovaries, after womanhood is established, and draw the egg (or ovum) into the canal of the tube, and it then passes into the uterus. (See figure of these organs on page 99.)

THE TESTICLES.

The testicles in the male are similar in shape to the ovaries of the female, but are situated exterior to the body, in a sac called the scrotum. They secrete semen after puberty (or age of manhood), and this is thrown into the urethra through ducts or tubes.

THE NAILS.

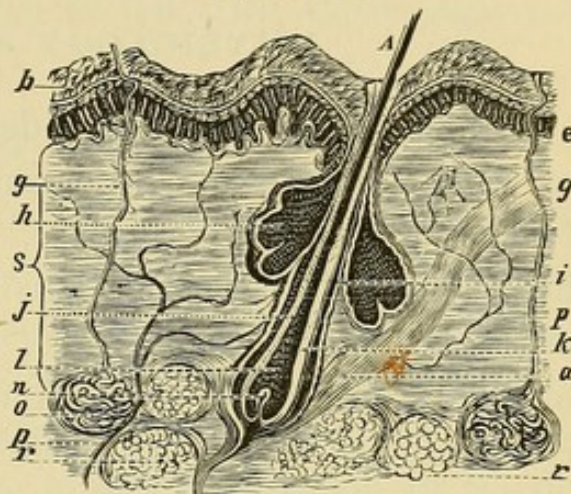
The nails on the fingers and toes are horny growths, similar to the epidermis or outer skin of the body, scales of which are constantly being thrown off, but, being very thin, they are not noticed to be horny.

THE SKIN.

The skin covers the entire surface of the body. It is composed of three layers, the outer one being scaly, as may be seen in Figure No. 21, which represents a greatly magnified section of the skin. The upper layer, marked *b*, called

the epidermis, is composed of minute scales. This layer of skin is supplied with no nerves, and consequently a needle may be inserted through it without causing pain. It is this part which is constantly being thrown off, and is often rubbed off in large quantities while bathing. Underneath this, shown in a darker outline, is the rete mucosum. It has a large supply of nerve filaments, and is very sensitive, as is also the third layer, marked *s*, and they taken together constitute the true skin. In the skin are situated the hair-bulbs and sweat-glands, and beneath these are the oil-glands or adipose tissue. The skin may absorb medicines or poisons, and is subject to many diseases, so called, but which really are but symptoms of diseases of other organs or parts of the system.

Fig. No. 21



SECTION OF THE SKIN (magnified).

- | | |
|---|--|
| <i>A</i> Hair and its Root. | <i>t</i> Hair-bulb, with Follicle and Papilla. |
| <i>b</i> The Epidermis. | <i>n</i> Papilla. |
| <i>c</i> Rete Mucosum. | <i>a</i> Sweat-gland and Duct. |
| <i>j</i> Hair Follicle. | <i>p</i> Arteries. |
| <i>j</i> Outer Root-sheath of the Hair. | <i>r</i> Fatty Tissue. |
| <i>k</i> Inner Root-sheath. | <i>s</i> True Skin, or Derma. |

THE HAIR.

The hair is also a horny appendage of the skin, the same in composition as the nails. (See Figure No. 21.)

THE SWEAT DUCTS.

The sweat ducts may be seen represented in Figure No. 21. They open on the surface of the skin, and are very numerous. If they are closed by sudden cold, or from other causes, much injury often results.

CHAPTER III.

PHYSIOLOGY AND HYGIENE.

By *physiology* we mean a description of the healthy action of the different parts and organs of the body, while *pathology* teaches the effects of disease. We now confine ourselves to healthy action of organs, leaving the diseased actions to another part of this book. We can not, in the small compass of this work, go very much into detail of every item and circumstance which the student of medicine should study, and we desire it understood that we simply mention a few things we think the people generally should know, leaving to large works the task of minute description.

NUTRITION.

In order that we live, we have to be nourished or fed, and it may be of interest to notice the constituents of our bodies, that we may better understand what they need to nourish them. The body is composed of Water, Starch, Sugar, Fat, Fibrine, Albumen, Casein, Carbonate of Lime, Soda, and Potassa, as well as the Phosphates of Magnesia, Soda, and Potassa. Nearly three-fourths of the weight of the body is composed of water. Hence, we see water is of the first necessity in our nourishment.

The following table shows the great amount of water in different parts of the body, and in some of the secretions:

THE PROPORTION OF WATER IN 1,000 PARTS,

In Saliva is	995	In Blood is	795
" Perspiration is	986	" Brain is	789
" Gastric Juice is	975	" Ligaments is	768
" Lymph is	960	" Muscles is	750
" Urine is	936	" Cartilage is	550
" Pancreatic Juice is	900	" Bones is	130
" Milk is	887	" Teeth is	100
" Bile is	880	" Epidermis is	37
" Synovial Fluid is	805		

In view of these facts, we will do well to remember the use of water in the system. The various parts of the body are constantly undergoing repair, and are constantly breaking down, therefore the body must be fed with those elements entering into its composition.

DIGESTION.

The food we take into the stomach requires digestion before it can be absorbed into the general system. The food, in order to be prepared for digestion, should be well divided. The teeth are given us to chew our food suitably before it is swallowed, then the glands in the mouth (called *salivary glands*) throw out a juice to still further aid in its digestion.

After being swallowed into the stomach, the food meets with the gastric juices (juices of the stomach), and is dissolved by them; then it passes into the upper bowel, and meets with the pancreatic fluid and bile, and is by these further prepared for absorption. It is then mostly absorbed in the small bowels, by being sucked up by the absorbent glands (called *lymphatics*) and carried into the lymphatic vessels, which empty it into the veins, and with other blood it is carried to the heart, then to the lungs for purification, then back to the heart, and is thrown out from the heart to the whole system. Thus it is that food enters into the system and builds up the blood, and then the blood supplies needed nourishment to the bones, flesh, and all parts of the system, by some process which is in accord with God's law, but which is beyond our knowledge to understand. We see the grass grow, and talk of the nourishment it gets from the soil and air, but how mysterious the process still! So of digestion, so of absorption, so of all the processes of animal life; we may watch their phenomena, and give names to the changes we see produced, but how little we really know of the origin of life, or even how it is maintained!

FOOD.

Different articles of food vary as to their ease and rapidity of digestion, and it may be of interest to study the various articles of diet regarding their digestibility. Dr. Beaumont's experiments show the following results as to time required for the digestion of the following articles:

		H. M.
Rice,	Boiled,	Digested in 1
Eggs, whipped,	Raw,	" 1 30
Trout, salmon, fresh,	Boiled,	" 1 30
" " "	Fried,	" 1 30
Apples, sweet,	Raw,	" 1 30
Venison steak,	Broiled,	" 1 35
Sago,	Boiled,	" 1 45
Tapioca,	"	" 2
Barley,	"	" 2
Milk,	"	" 2
Liver, beef's, fresh,	Broiled,	" 2
Eggs, fresh,	Raw,	" 2
Codfish, cured, dry,	Boiled,	" 2
Apples, sour,	Raw,	" 2
Cabbage, with vinegar,	"	" 2
Milk,	"	" 2 15
Eggs, fresh,	Roasted,	" 2 15
Turkey, wild,	"	" 2 18
" domestic,	Boiled,	" 2 25
" "	Roasted,	" 2 30
Goose,	"	" 2 30
Pig, sucking,	"	" 2 30
Lamb, fresh,	Broiled,	" 2 30
Beans, pod,	Boiled,	" 2 30
Cake, sponge,	Baked,	" 2 30
Parsnips,	Boiled,	" 2 30
Potatoes, Irish,	Roasted,	" 2 30
Cabbage, head,	Raw,	" 2 30
Spinal marrow,	Boiled,	" 2 40
Chicken,	Fricassee,	" 2 45
Custard,	Baked,	" 2 45
Beef,	Boiled,	" 2 45
Oysters,	Raw,	" 2 55
Eggs,	Soft boiled,	" 3
Beef, fresh, lean, rare,	Roasted,	" 3
Beefsteak,	Broiled,	" 3
Mutton, fresh,	"	" 3
" "	Boiled,	" 3
Chicken soup,	"	" 3
Dumpling, apple,	"	" 3

			H. M.
Oysters,	Roasted,	Digested in	3 15
Pork steak,	Broiled,	"	3 15
Pork, salted,	"	"	3 15
Mutton,	Roasted,	"	3 15
Bread, corn,	Baked,	"	3 15
Carrot,	Boiled,	"	3 15
Sausage,	Broiled,	"	3 20
Flounder,	Fried,	"	3 30
Oysters,	Stewed,	"	3 30
Beef,	Boiled,	"	3 30
Butter,	Melted,	"	3 30
Cheese, old,	Raw,	"	3 30
Bread, wheaten, fresh,	Baked,	"	3 30
Turnips,	Boiled,	"	3 30
Potatoes, Irish,	"	"	3 30
Eggs,	Hard boiled,	"	3 30
"	Fried,	"	3 30
Green corn and beans,	Boiled,	"	3 45
Beets,	"	"	3 45
Salmon, salted,	"	"	4
Beef,	Fried,	"	4
Veal,	Broiled,	"	4
Fowls, domestic,	Boiled,	"	4
" "	Roasted,	"	4
Ducks, domestic,	"	"	4
Heart, animal,	Fried,	"	4
Beef, old, salted,	Boiled,	"	4 15
Pork, salted,	Fried,	"	4 15
" "	Boiled,	"	4 30
Veal,	Fried,	"	4 30
Ducks, wild,	Roasted,	"	4 30
Suet, mutton,	Boiled,	"	4 30
Cabbage, with vinegar,	"	"	4 30
Suet, beef,	"	"	5 03
Pork, fat and lean,	Roasted,	"	5 15

RESPIRATION. (*Breathing.*)

It has been seen by the reader who has followed me thus far that it is necessary that the blood be purified in the lungs by meeting with pure air there. Hence to breathe pure air is one necessity of life. We breathe about eighteen times in a minute in health, and when not excited. When excited we breathe much faster; and, on the other hand, some quiet people only breathe fourteen times in a minute.

The air we breathe into the lungs comes down to a thin

membrane which separates the air-cells from the little twigs of blood-vessels. The oxygen of the air goes through this membrane to the blood by absorption, and the process is called *endosmose*. The carbonic acid gas is thrown off from the blood into the air-cells by *exosmose*, and is breathed out of the system. The air we breathe, if pure, contains about twenty-one parts of oxygen to seventy-nine parts of nitrogen, by measure. Water contains eight parts of oxygen to one part of hydrogen, by weight. Hence the blood receives oxygen by way of water as well as by the air we breathe.

Every one, in order to keep the lungs healthy, should draw in full breaths of air, so as to fill all the air-cells and prevent their becoming clogged up and useless; for if the air-cells are filled up to any great extent we can not draw in enough breath to maintain life or keep the blood pure.

EXPANSION OF THE CHEST.

In order to have a full expansion of the air-cells of the lungs, the chest must have room for free exercise. If this expansion of the chest is prevented by lacing or wearing tight-fitting clothing to compress the chest, the air-cells can not fill, and disease is likely to result.

VENTILATION OF BUILDINGS.

Good ventilation is closely allied to the necessity for full, free expiration and inspiration, which together are called respiration, or breathing. The carbonic acid gas thrown off from the lungs by each act of respiration soon causes an excess of this gas in the air, if the person is confined in a small room, without openings for the coming in or the passing out of the air. Hence it is always necessary that some means be adopted for the changing of the air. Leaving the window open at the top is a plan adopted by some; but it has some objections. The bad air may escape to some extent, it is true; but the fresh air has no good chance to

enter the room. If we open the window both at top and bottom, we have better ventilation; but in this way a person may take a cold while sleeping or even sitting in a room; and, besides, in cold weather it would be impossible to keep the room warm if ventilated in this way.

The best way to have fresh, warm air in Winter, especially in school, is to have a cold-air box, giving ingress to out-door air, directly over the furnace in the cellar, and then as the air is warmed, allow it to pass all over the house under the floors, and enter the rooms at the floor or near it. This warm air at once rises and the impure air is displaced, and should pass out also at the floor into a ventilating shaft, which should be just by the side of the chimney of the building, with but one thickness of brick between them, so that the warmth of the chimney may cause an ascending current of air in the ventilating shaft, and thus aid in carrying off the impure air from the rooms. This system I have seen work nicely, and keep the school-rooms with perfectly pure air, and no drafts were felt to cause colds to the children.

In building residences there should always be ample means provided for air getting in as well as out of the house, and to accomplish this, and at the same time save all the heat, is worthy of much thought and trouble.

COAL STOVES IN SLEEPING ROOMS.

Many a person has lost his life from sleeping in a small room where there was burning a coal fire in a close stove. The burning of coal exhausts the air of its oxygen; and, besides this, when the door of the stove is left a little open, the gas from the stove will often enter the room, and cause the air to become so overloaded with carbonic acid gas as to make it poisonous. The effect of this gas is to cause stupidity of the brain and all the faculties. The gas is heavier than atmospheric air, and sinks to the floor of the room; hence, sleeping on or near the floor in these cases is most dangerous.

The breathing of air loaded with disease germs may cause the person to become affected by disease; or, in other words, disease is often communicated by means of the air we breathe; hence it is clear that if more attention was paid to the breathing of pure air, as well as proper bathing and exercise, *much of disease might be prevented. This is emphatically true if we conjoin with this attention to proper diet.*

THE CIRCULATION OF THE BLOOD.

The circulation of the blood was discovered and announced to the world by Dr. William Harvey, of London, in 1628. I will not stop to tell of the opposition to his theories which he encountered. It is but a repetition of the history of all new discoveries in medicine, the bigotry of the profession having usually tried to frown down for a while any attempt to bring forward new ideas. Physicians have seemingly, in all the time since medicine has existed as a separate science or art, somehow conceived the idea that they knew it all. I believe there are a few of that kind still living, but they are not numerous, and to-day most well educated physicians desire to discover all improvements possible, and avail themselves of all those discovered by others.

But this is a digression from the circulation of the blood. We have, to a considerable extent, explained the course of the circulation of the blood in describing the arteries, veins, heart, and lungs, and it only remains for me to call attention to some of the necessities for equalizing the circulation, so that congestion or inflammation does not ensue. One of the most important precautions is to always keep the feet warm and dry. In conjunction with this, the entire body should be protected from sudden changes of temperature by suitable clothing, and no tight bands or elastics should be worn around the limbs to stop the return of the blood to the heart from the extremities, or retard its free course from the heart to them.

COMPRESSING THE CHEST

With corsets interrupts the circulation of the blood, by partially stopping the heart's action, and is about as injurious in this way as in the obstruction to the free action of the chest in breathing, before mentioned. In order that we have free circulation of the blood we must exercise.

EXERCISE

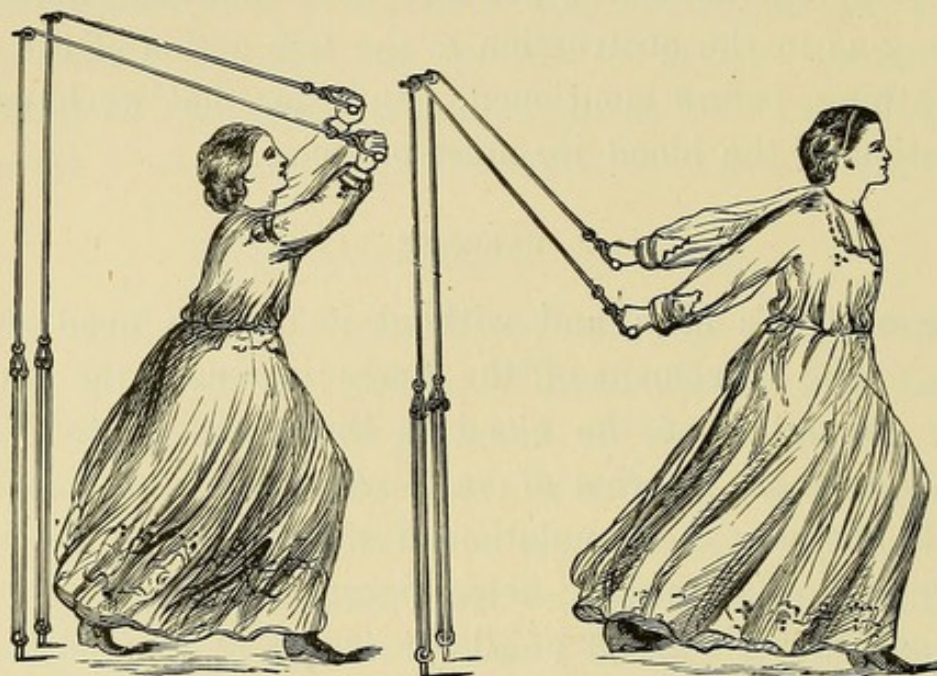
Is one of God's laws, and without it no one need expect health. The movement of the limbs increases the activity of the circulation of the blood in them, and keeps it from stagnation in the internal organs. *Exercise* is not only beneficial to increase the circulation of the blood, but helps materially to develop muscle; helps digestion (if used in moderation), and causes activity of all the organs of the body, when not carried to the extent of great fatigue. Let no one be ashamed of exercise; but let all be ashamed to take none, for by so doing they hurt themselves, disobey God, and dishonor their bodies by dwarfing them, and eventually causing its injurious effects to be experienced in torpidity of brain and perversity of judgment.

SHOULD EXERCISE BE TAKEN IMMEDIATELY AFTER EATING?

To this question we answer, No. Our own feelings incline us to take rest after eating, and fortunately experiments upon animals prove that rest after eating is the more favorable for active digestion. The dog that is fed and sent at once upon the hunt, and after three hours of running is killed, is found to have the food taken still in the stomach, undigested; while another dog, fed at the same time, with the same kind of food, is allowed to go to sleep and keep still, till, at the end of three hours, he is also killed, and is found with his stomach empty, the food having all digested and passed out of it. These experiments, as well as experience,

have demonstrated that it is better to rest for a while after eating; then the taking of reasonable exercise is a benefit.

Fig. No. 22.



PHYSICAL EXERCISE.

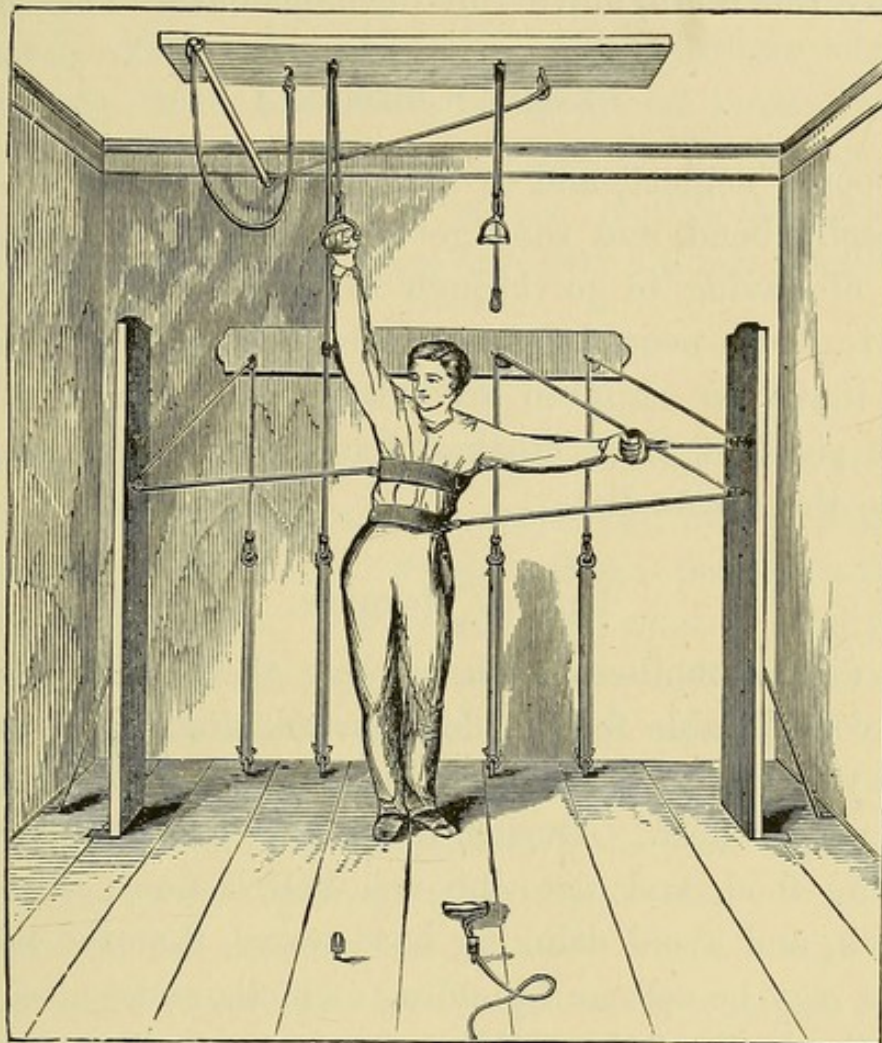
When one has no employment requiring exercise, people should use some means of exercising the muscles, and thereby expanding the chest and exciting activity of the circulation of the blood. The above figures show in themselves a very good method of taking in-door exercise. The cords are elastic and may be attached to weights which run over pulleys, or may be attached directly to rings in the side of the building.

Figure Number 23 shows a more complicated apparatus for gymnastic exercise, but it can be put up at a moderate expense.

THE ACTION OF THE BOWELS.

The operations from the bowels should be regular, and as frequent as once or twice a day as a rule. This carries away from the system that which is not appropriated in the food taken, as well as the used-up and worn-out material of the system, which is thrown off in this way. Long continued con-

Fig. No. 23.



GYMNASTIC EXERCISE—APPARATUS FOR HOMES.

stipation should not be allowed, as this material (if not cast off) is somewhat absorbed back into the blood, and causes impurity of this fluid; and diseases of various kinds may result from this cause. Regular habits in the movements of the bowels, as well as using proper food to keep them in good condition, is of much importance. As a rule, some coarse food should be eaten at each meal. Unbolted flour makes bread, rolls, and cakes much more wholesome than when they are made from fine flour. Besides the advantage of this kind of flour in keeping the bowels active, it also furnishes more completely the elements necessary to nourish the whole system, especially the bones. In

raising children, this is of great importance, that their bones, especially the teeth, have full development. This item in

FEEDING CHILDREN

Many people neglect, and as a consequence these children's bones easily bend, and they get bow-legged. The unpleasantness of having to go through life with crooked limbs is enough to cause people at least to be willing to take a little trouble that *their* children are not in like manner affected. And the sight of these crooked limbs should cause mothers to notice their own diet.

DIET OF MOTHERS.

The diet of mothers while nursing their children should contain considerable food made from unbolted flour, that the child may receive through the milk nourishment for his bones as well as his flesh. During pregnancy the mother should avoid this food, and use the well-bolted flour, vegetables, and fruits, and avoid drinking hard water, that the bones of the child may be soft and yielding at birth, and consequently making the birth of the child easier to the mother and safer to the child. Immediately after its birth, let the food be changed to a considerable amount of unbolted flour, made up in such a way as is most agreeable to the taste. While nursing the mother should drink water freely, but should avoid acids and all food of difficult digestion, like pork, cabbage, beans, etc.

DIET IN GENERAL.

Those people who do a large amount of work should live upon a heavier diet than those who work or exercise little. The man who shovels dirt or chops wood all day can well eat his pork and beans, or beef and beans with cabbage and pickles; but the man who stands by to oversee the work does not need so much of strong food. He may well eat fish,

vegetables, fruits, and the like. The plain bread and milk of our forefathers may well be adopted by us if we will but use bread made from unbolted flour. The injurious effects of living largely upon fine flour, pastries, and sweets is daily noticed by the active physician. And if the people would live more plainly, exercise properly, clothe themselves as they should, and breathe pure air, the doctors would have little business.

BATHING.

That it is our duty and privilege to keep clean none will deny; but regarding the manner and frequency of bathing it may be well to say a few words. Some people bathe too much, others too little. I may also say, what is good for one is not always good for another. People differ in strength, in constitution, in nerve force, in brain power, as well as power of endurance.

The object of bathing is to cleanse the skin of impurities and keep the pores open, as a first principle. It may also be used to refresh the system in very warm weather. If bathing is used to refresh the system when wearied, no soap should be used in the water, and the temperature of the bath should be moderate, or that which is called tepid. The *warm bath* is weakening to the body, especially if it is used daily, except it is necessary for cleanliness. And in this case one should rub the entire body with a cool, damp cloth, or use a cool shower-bath after the warm bath has been used. In using the *cold shower-bath* care must be exercised to continue it but for a moment, and then use active rubbing of the surface with a dry coarse towel at once, to prevent chilling.

In bathing we must remember that the warm bath is weakening, and that the tepid or moderately cool bath is strengthening (if used but for a short time). Young babies are very generally bathed too frequently, and with too warm

water, which causes them to be more easily affected by cold than they otherwise would be. After the child is bathed all over in water, it is always well to bathe the little one with equal parts of bay rum and tepid water, leaving this on the skin without drying it with a cloth or towel.

FREQUENCY OF BATHING.

No set rules can be laid down as to the frequency of bathing, which will apply to all alike. The aged should not bathe so frequently as the young and middle-aged. Their strength is not equal to the effort, and the activity of their systems being less, there is less of effete matter thrown off from the system by the skin, hence there is less impurity to wash off. Many people neglect bathing so entirely that it becomes our duty to urge upon them a greater attention to this matter. The leaving of the sweat (called also perspiration) upon the skin closes the pores and prevents insensible perspiration, as it is called. (This insensible perspiration is a sort of steam that is thrown off from the healthy body without our notice.) Besides the closure of the pores of the skin, which causes injury to internal organs by tending to produce congestion in them, it causes the person to be very disagreeable in the offensive odor which he carries about with him, and thus disgusts those he comes near. Especially is this true regarding the feet. They need almost as frequent bathing as the hands and face, and yet how many bathe the feet but once a week or month.

THE GENERAL BATH.

The general bath refers to getting into a large bath-tub one-half full of water, so as to cover with water the entire body, except the head. General bathing may also be accomplished in streams or ponds of water in the country, where the place is retired from observation.

SEA BATHING.

This is bathing in salt water, and is generally taken in bathing-suits of loose clothing. For purposes of cleanliness this bathing is valueless; but, as a tonic, it is of use many times by stimulating the circulation of the blood, and as an amusement it is of service to the tired, weary brain and body. This kind of bathing, being fashionable, has its advantages in the way of exercise to those people who, at home, seldom do any thing, or lead employments where the body and limbs are kept almost entirely inactive. Hence these classes of people are benefited by sea-bathing. One thing is to be noticed, and that is, that people seldom take cold from sea-bathing, even when the water is quite cool. This is owing to the salt in the water, which acts as a tonic to the surface of the skin. We may take a useful hint from this, and put common salt or sea salt (if we can get it) in the water in which we take a full bath in case we are fearful of taking cold, or when we are conscious of a need for a tonic stimulating action on the skin.

THE FOOT-BATH.

By the foot-bath we mean placing the feet and ankles, and not the entire body, in water. This should be used of a moderate temperature by those whose feet perspire (sweat) freely. The *warm foot-bath* is useful in treating diseases arising from sudden cold, especially to attract the blood away from the head in case there is too much blood in this region.

THE SITZ-BATH.

This is also termed the hip-bath. It consists in placing the hips in a tub of water, and not using the full bath. Sometimes the sitz-bath and foot-bath are used at the same time. This form of bath should not ordinarily be used without the advice of a good physician, for much harm is

liable to result from it when improperly employed or used in an improper manner.

THE SHOWER-BATH.

The shower-bath is one where the water is allowed to flow over the person from a height, the water coming through small holes in the apparatus so as to make it into small streams or drops, like a shower. This bath should not be used except by competent medical advice.

WHEN SHALL WE BATHE?

As a rule, we should never bathe immediately after a hearty meal. Ordinarily just before we are going to take moderate exercise is the best time, if the stomach be not then full. We should never bathe and then go at once for a ride, unless we wrap up very warmly with clothing. Children may well be bathed in the morning, before being sent out for exercise, in walking or playing. If they are so soiled as to require it, they may be bathed in the evening, but should go at once to bed, and be warmly covered till full reaction is established and the entire surface of the body is in a good glow of heat.

MEDICATED BATHS.

Placing a patient in a bath of water in which some medicine has been mixed is one way of giving medicine, as the skin absorbs considerable through the pores. This treatment is useful in some skin diseases and in impurities of the blood, but should not be used without the advice of a good physician.

VAPOR OR STEAM BATHS.

Vapor baths are given to patients in the treatment of disease, but are not needed for purposes of cleanliness. In using the vapor-bath the patient is placed in a nude state in

a box with a hole in the top large enough to contain his neck. He sits upon a chair, and the vapor is admitted near the floor, or is made from a steam generator in the box; or blankets may be wrapped about his body and made tight at the neck, the patient sitting on a chair as before, and the vapor being admitted under the blankets. A cold cloth should be applied to the top of the head while taking the steam-bath, and the patient should not remain in it more than ten minutes, when he must be wrapped dry and placed in warm blankets. This bath requires the greatest of care, and must be used under directions of an experienced person only. The use of these baths by traveling quacks should never be encouraged. They seldom know one-fourth as much about disease as your own family physician, and they can know nothing of your constitution. How ridiculous it is to go to them and pay large fees, because they make great promises, and false statements of cures they have affected.

MODERATION IN EATING AND DRINKING.

The effect of eating too much is to interfere with digestion by over distention of the stomach, causing the food to sour on the stomach or pass out of it undigested into the bowels, where it causes wind, pain, etc., sometimes causing diarrhoea, sometimes congestion, or inflammation of the stomach or bowels, or both. Children are very often overfed, and a mistaken kindness in this respect is often the cause of their illness. True, children may eat more frequently than the aged, but the food given them between meals as well as at meals should be plain and easily digested, and cakes, candies, puddings, pies, and the like, should be but seldom if ever given them. Fat meat (if not well boiled), cucumbers and green corn may be equally injurious.

Drinking to excess is about as injurious as eating too much, and when the drink consists of alcoholic liquor, the effect on the system is doubly bad.

Milk and water are articles of drink most suited to the young, and if older people would use these drinks to the exclusion of beer, whisky, rum, and the like, they and their families would be better off. The use of pure grape, raspberry, or currant wine, may sometimes be of service in preventing waste of the flesh in protracted disease, and may stimulate digestion; but this can usually be as well done with homeopathic remedies, like *China*, *Nux vomica*, or *Arsenicum*.

Tea and *coffee* are in general use, and have done much harm by causing disease, especially when drank strong, very warm, and in large quantities.

LIQUOR DRINKING.

Liquor drinking is often a matter of habit and fashion, and in France it is something of a necessity on account of the bad quality of the water they have for drinking. The wine used there I have found to be very weak. In the United States, as a rule, we have good water to drink, and there is no excuse for the drinking of wine, as there is in France. When we look around and see the great injury which has resulted from the excessive use of liquor, we can but wish that the taste for it may never be developed in us. How many happy, prosperous homes have been broken up and desolated on account of strong drink. How many talented men have become wrecks of humanity; how many of independent fortune have squandered it in drink and the dissipation which the habit leads to, and have compelled their families to leave their cozy homes and earn their own living in the hardest manner.

When we think of these things, which are no fancy pictures of the imagination, but facts which most of those even in middle life have themselves observed, can we but resolve to keep clear of the use of such destructive, ruinous agents, as ardent spirits have proved themselves to be? Their use, then,

as a common drink (or beverage), is one that can not be too heartily condemned. As medicines, they may be occasionally required; but we would urge that other remedies be first used and found wanting in proper effect before recourse is had to stimulants, except in urgent cases where the family physician may think they are at once demanded.

The physician should feel his responsibility in educating the taste of his patients to love alcoholic drink. The taste for the use of liquors is an acquired one, and it is only by repeated use of them that any desire for them is awakened; therefore, the physician who prescribes these stimulants without urgent need is largely responsible if his patient should become a devotee to its use. Above all things, never give alcoholic stimulants to children as a beverage. The very old, infirm person, may need wine with his food; but this is using it as a medicine to increase digestion, and not as a beverage. Besides, we may also remember that it is the excessive use of these things, and not their moderate indulgence, which does the harm; but being aware how hard it is always to be moderate, we may more safely resolve to taste not at all.

SLEEP.

A sufficient amount of sleep is a necessity of our being. What constitutes a sufficient amount of sleep is a question of interest. The young need much more sleep than the middle-aged, while the very aged need about as much sleep as the very young. The infant should sleep at least three-fourths of the time; from two to sixteen years of age the child should sleep from ten to fourteen hours out of the twenty-four, the fourteen hours being a proper amount of sleep for the child of two years of age. The adult need not sleep more than eight hours out of twenty-four. This gives us eight hours for ordinary labor, and eight for improving our minds in reading and needed recreation, taking our meals, and relief of the needy. When for

any reason we lose our regular sleep, we suffer from weariness of mind and body.

Sleep has been provided by our Creator as a restorer of nerve force and strength, and is a necessity of the whole animal creation. Some students make the mistake of depriving themselves of sleep in great part, to acquire education more rapidly. This can not be done without danger, for the weary body and mind must after a time give way, and disaster is likely to follow. The men or women who would accomplish anything in literary work must be careful to preserve strength of body and mind, or all their efforts will be likely to prove failures.

POSITION OF THE BODY IN SLEEP.

We should sleep in a reclining posture, so that all the muscles of the body may be at rest. The head should be only slightly elevated. The bed should be only moderately soft, as it is with springs and a hair mattress. Sleeping on a feather bed, as is the custom of some people in Summer and Winter, is not healthy, as the feathers retain the heat of the body too much. A feather bed may be used without injury in very cold weather. Those people who habitually sleep on and under feathers are slow in thought and action, show a dullness of preception and sensibility, which others have not.

SHOULD THE YOUNG AND OLD SLEEP TOGETHER?

The effect of the young and old sleeping together, is that the old gain strength, and the young lose it. This we have observed in numerous instances.

MANHOOD, WOMANHOOD.

The period of change from youth to manhood or womanhood is called *puberty*. In the male the voice changes, and the beard grows upon the face. In the female the bust becomes more rounded, and the entire system becomes more

symmetrical, and the catamenia appear each month, and last for three or four days. While this change is going on, the youth of either sex feels peevish and irritable, and more inclined to idleness. Gentleness should be exercised toward them, that they may feel that others are kind to them, or they may at this time learn to despise home and friends, and fall into bad company. Until the period of puberty is established, neither the male nor female are capable of becoming parents, as a rule.

CONCEPTION.

There is a mystery about the development of a new life in a new being which is beyond our understanding. We know that ova, or eggs, are developed in the ovaries, and pass down through the Fallopian tubes at each monthly period. We know that this also occurs in some more frequently. We know that when the seminal fluid (secretion from the testicles) comes in contact with the ovum in the uterus, the Fallopian tube, or even within the abdomen, conception is liable to follow. It is most common that this occurs in the uterus, so this is called natural conception. When it occurs in other localities it is termed extra-uterine, or unnatural conception. The period of gestation after conception is about nine months. The period of gestation varies somewhat, but it may be very well reckoned by the table which follows. This table is arranged on a calculation of forty weeks, which allows one week over the nine calendar months. It is transcribed from Ruddock, and will be found as correct as any calculation we are able to make. Exceptional instances are on record, and have occurred in our own experience, where the term of gestation has been protracted to eleven months in several cases, and in one to the extraordinary time of fourteen months. These protracted terms of gestation usually indicate an unnatural position of the child, and these we will explain under "unnatural positions," in the chapter on Obstetrics.

CALENDAR OF THE THREE PERIODS OF GESTATION.

Last Menst. ceased.	Quick.	Labor.	Last Menst. ceased.	Quick.	Labor.
Jan. 1	May 20	Oct. 8	Feb. 15	July 4	Nov. 22
... 2	... 21	... 9	... 16	... 5	... 23
... 3	... 22	... 10	... 17	... 6	... 24
... 4	... 23	... 11	... 18	... 7	... 25
... 5	... 24	... 12	... 19	... 8	... 26
... 6	... 25	... 13	... 20	... 9	... 27
... 7	... 26	... 14	... 21	... 10	... 28
... 8	... 27	... 15	... 22	... 11	... 29
... 9	... 28	... 16	... 23	... 12	... 30
... 10	... 29	... 17	... 24	... 13	Dec. 1
... 11	... 30	... 18	... 25	... 14	... 2
... 12	... 31	... 19	... 26	... 15	... 3
... 13	June 1	... 20	... 27	... 16	... 4
... 14	... 2	... 21	... 28	... 17	... 5
... 15	... 3	... 22	Mar. 1	... 18	... 6
... 16	... 4	... 23	... 2	... 19	... 7
... 17	... 5	... 24	... 3	... 20	... 8
... 18	... 6	... 25	... 4	... 21	... 9
... 19	... 7	... 26	... 5	... 22	... 10
... 20	... 8	... 27	... 6	... 23	... 11
... 21	... 9	... 28	... 7	... 24	... 12
... 22	... 10	... 29	... 8	... 25	... 13
... 23	... 11	... 30	... 9	... 26	... 14
... 24	... 12	... 31	... 10	... 27	... 15
... 25	... 13	Nov. 1	... 11	... 28	... 16
... 26	... 14	... 2	... 12	... 29	... 17
... 27	... 15	... 3	... 13	... 30	... 18
... 28	... 16	... 4	... 14	... 31	... 19
... 29	... 17	... 5	... 15	Aug. 1	... 20
... 30	... 18	... 6	... 16	... 2	... 21
... 31	... 19	... 7	... 17	... 3	... 22
Feb. 1	... 20	... 8	... 18	... 4	... 23
... 2	... 21	... 9	... 19	... 5	... 24
... 3	... 22	... 10	... 20	... 6	... 25
... 4	... 23	... 11	... 21	... 7	... 26
... 5	... 24	... 12	... 22	... 8	... 27
... 6	... 25	... 13	... 23	... 9	... 28
... 7	... 26	... 14	... 24	... 10	... 29
... 8	... 27	... 15	... 25	... 11	... 30
... 9	... 28	... 16	... 26	... 12	... 31
... 10	... 29	... 17	... 27	... 13	Jan. 1
... 11	... 30	... 18	... 28	... 14	... 2
... 12	July 1	... 19	... 29	... 15	... 3
... 13	... 2	... 20	... 30	... 16	... 4
... 14	... 3	... 21	... 31	... 17	... 5

Last Menst. ceased.	Quick.	Labor.	Last Menst. ceased.	Quick.	Labor.
April 1	Aug. 18	Jan. 6	May 19	Oct. 5	Feb. 23
... 2	... 19	... 7	... 20	... 6	... 24
... 3	... 20	... 8	... 21	... 7	... 25
... 4	... 21	... 9	... 22	... 8	... 26
... 5	... 22	... 10	... 23	... 9	... 27
... 6	... 23	... 11	... 24	... 10	... 28
... 7	... 24	... 12	... 25	... 11	Mar. 1
... 8	... 25	... 13	... 26	... 12	... 2
... 9	... 26	... 14	... 27	... 13	... 3
... 10	... 27	... 15	... 28	... 14	... 4
... 11	... 28	... 16	... 29	... 15	... 5
... 12	... 29	... 17	... 30	... 16	... 6
... 13	... 30	... 18	... 31	... 17	... 7
... 14	... 31	... 19	June 1	... 18	... 8
... 15	Sept. 1	... 20	... 2	... 19	... 9
... 16	... 2	... 21	... 3	... 20	... 10
... 17	... 3	... 22	... 4	... 21	... 11
... 18	... 4	... 23	... 5	... 22	... 12
... 19	... 5	... 24	... 6	... 23	... 13
... 20	... 6	... 25	... 7	... 24	... 14
... 21	... 7	... 26	... 8	... 25	... 15
... 22	... 8	... 27	... 9	... 26	... 16
... 23	... 9	... 28	... 10	... 27	... 17
... 24	... 10	... 29	... 11	... 28	... 18
... 25	... 11	... 30	... 12	... 29	... 19
... 26	... 12	... 31	... 13	... 30	... 20
... 27	... 13	Feb. 1	... 14	... 31	... 21
... 28	... 14	... 2	... 15	Nov. 1	... 22
... 29	... 15	... 3	... 16	... 2	... 23
... 30	... 16	... 4	... 17	... 3	... 24
May 1	... 17	... 5	... 18	... 4	... 25
... 2	... 18	... 6	... 19	... 5	... 26
... 3	... 19	... 7	... 20	... 6	... 27
... 4	... 20	... 8	... 21	... 7	... 28
... 5	... 21	... 9	... 22	... 8	... 29
... 6	... 22	... 10	... 23	... 9	... 30
... 7	... 23	... 11	... 24	... 10	... 31
... 8	... 24	... 12	... 25	... 11	April 1
... 9	... 25	... 13	... 26	... 12	... 2
... 10	... 26	... 14	... 27	... 13	... 3
... 11	... 27	... 15	... 28	... 14	... 4
... 12	... 28	... 16	... 29	... 15	... 5
... 13	... 29	... 17	... 30	... 16	... 6
... 14	... 30	... 18	July 1	... 17	... 7
... 15	Oct. 1	... 19	... 2	... 18	... 8
... 16	... 2	... 20	... 3	... 19	... 9
... 17	... 3	... 21	... 4	... 20	... 10
... 18	... 4	... 22	... 5	... 21	... 11

Last Menst. ceased.	Quick.	Labor.	Last Menst. ceased.	Quick.	Labor.
July 6	Nov. 22	April 12	Aug. 23	Jan. 9	May 30
... 7	... 23	... 13	... 24	... 10	... 31
... 8	... 24	... 14	... 25	... 11	June 1
... 9	... 25	... 15	... 26	... 12	... 2
... 10	... 26	... 16	... 27	... 13	... 3
... 11	... 27	... 17	... 28	... 14	... 4
... 12	... 28	... 18	... 29	... 15	... 5
... 13	... 29	... 19	... 30	... 16	... 6
... 14	... 30	... 20	... 31	... 17	... 7
... 15	Dec. 1	... 21	Sept. 1	... 18	... 8
... 16	... 2	... 22	... 2	... 19	... 9
... 17	... 3	... 23	... 3	... 20	... 10
... 18	... 4	... 24	... 4	... 21	... 11
... 19	... 5	... 25	... 5	... 22	... 12
... 20	... 6	... 26	... 6	... 23	... 13
... 21	... 7	... 27	... 7	... 24	... 14
... 22	... 8	... 28	... 8	... 25	... 15
... 23	... 9	... 29	... 9	... 26	... 16
... 24	... 10	... 30	... 10	... 27	... 17
... 25	... 11	May 1	... 11	... 28	... 18
... 26	... 12	... 2	... 12	... 29	... 19
... 27	... 13	... 3	... 13	... 30	... 20
... 28	... 14	... 4	... 14	... 31	... 21
... 29	... 15	... 5	... 15	Feb. 1	... 22
... 30	... 16	... 6	... 16	... 2	... 23
... 31	... 17	... 7	... 17	... 3	... 24
Aug. 1	... 18	... 8	... 18	... 4	... 25
... 2	... 19	... 9	... 19	... 5	... 26
... 3	... 20	... 10	... 20	... 6	... 27
... 4	... 21	... 11	... 21	... 7	... 28
... 5	... 22	... 12	... 22	... 8	... 29
... 6	... 23	... 13	... 23	... 9	... 30
... 7	... 24	... 14	... 24	... 10	July 1
... 8	... 25	... 15	... 25	... 11	... 2
... 9	... 26	... 16	... 26	... 12	... 3
... 10	... 27	... 17	... 27	... 13	... 4
... 11	... 28	... 18	... 28	... 14	... 5
... 12	... 29	... 19	... 29	... 15	... 6
... 13	... 30	... 20	... 30	... 16	... 7
... 14	... 31	... 21	Oct. 1	... 17	... 8
... 15	Jan. 1	... 22	... 2	... 18	... 9
... 16	... 2	... 23	... 3	... 19	... 10
... 17	... 3	... 24	... 4	... 20	... 11
... 18	... 4	... 25	... 5	... 21	... 12
... 19	... 5	... 26	... 6	... 22	... 13
... 20	... 6	... 27	... 7	... 23	... 14
... 21	... 7	... 28	... 8	... 24	... 15
... 22	... 8	... 29	... 9	... 25	... 16

Last Menst. ceased.	Quick.	Labor.	Last Menst. ceased.	Quick.	Labor.
Oct. 10	Feb. 26	July 17	Nov. 21	April 9	Aug. 28
... 11	... 27	... 18	... 22	... 10	... 29
... 12	... 28	... 19	... 23	... 11	... 30
... 13	Mar. 1	... 20	... 24	... 12	... 31
... 14	... 2	... 21	... 25	... 13	... 1
... 15	... 3	... 22	... 26	... 14	Sept. 2
... 16	... 4	... 23	... 27	... 15	... 3
... 17	... 5	... 24	... 28	... 16	... 4
... 18	... 6	... 25	... 29	... 17	... 5
... 19	... 7	... 26	... 30	... 18	... 6
... 20	... 8	... 27	... 1	... 19	... 7
... 21	... 9	... 28	Dec. 2	... 20	... 8
... 22	... 10	... 29	... 3	... 21	... 9
... 23	... 11	... 30	... 4	... 22	... 10
... 24	... 12	... 31	... 5	... 23	... 11
... 25	... 13	Aug. 1	... 6	... 24	... 12
... 26	... 14	... 2	... 7	... 25	... 13
... 27	... 15	... 3	... 8	... 26	... 14
... 28	... 16	... 4	... 9	... 27	... 15
... 29	... 17	... 5	... 10	... 28	... 16
... 30	... 18	... 6	... 11	... 29	... 17
... 31	... 19	... 7	... 12	... 30	... 18
Nov. 1	... 20	... 8	... 13	May 1	... 19
... 2	... 21	... 9	... 14	... 2	... 20
... 3	... 22	... 10	... 15	... 3	... 21
... 4	... 23	... 11	... 16	... 4	... 22
... 5	... 24	... 12	... 17	... 5	... 23
... 6	... 25	... 13	... 18	... 6	... 24
... 7	... 26	... 14	... 19	... 7	... 25
... 8	... 27	... 15	... 20	... 8	... 26
... 9	... 28	... 16	... 21	... 9	... 27
... 10	... 29	... 17	... 22	... 10	... 28
... 11	... 30	... 18	... 23	... 11	... 29
... 12	... 31	... 19	... 24	... 12	... 30
... 13	April 1	... 20	... 25	... 13	... 1
... 14	... 2	... 21	... 26	... 14	Oct. 2
... 15	... 3	... 22	... 27	... 15	... 3
... 16	... 4	... 23	... 28	... 16	... 4
... 17	... 5	... 24	... 29	... 17	... 5
... 18	... 6	... 25	... 30	... 18	... 6
... 19	... 7	... 26	... 31	... 19	... 7
... 20	... 8	... 27			

The ovum or egg, when impregnated, becomes attached to the interior of the uterus (in normal cases), and a thick, fleshy material is thrown out, which receives the blood from

the uterus, and carries it through the cord to the child (or foetus, as it is then called), which is contained within a sac or bag of water, which is called the *amniotic fluid*. In this the child floats and is nourished by the blood received through the fleshy attachment, called placenta or after-birth, till it is born, when it first breathes. Thus a new being comes into existence. The uterus grows to accommodate the new being till it is expelled, when it contracts to its former size, or nearly so. After conception the monthly periods cease till the child is delivered, and return with some women soon after confinement, and in others not till eight or ten months afterward. Occasionally menstruation continues in small amount for one or two months after conception has occurred, and the time of quickening has to be taken as the basis of calculation regarding the completion of the full term, when labor may be expected. This will usually be found to be about twenty weeks after quickening. A very few women menstruate during the entire period of their pregnancy; others have become pregnant who had never menstruated, but these cases are very rare. Menstruation may cease from other causes than pregnancy; but these cases will be found described under Amenorrhœa. The complete understanding of the whole subject of conception requires much study and experience, as no doubt the reader begins to realize.

CHAPTER IV.

SYMPTOMS.

WE obtain symptoms of disease by noticing the pulse, the heat, dryness, or moisture of the skin, the condition of the tongue, the rapidity of the breath, the look of the eye, appearance of the alvine discharges, the color of the face, the position in which the patient lies, position of his hands, limbs, etc.

THE PULSE.

The natural pulse I have mentioned under the head of the circulation of the blood in the arteries. The pulse that is *wiry*, or *hard* and *fast*, indicates inflammation in some part.

A *slow pulse*, if not habitual, may indicate debility, or tendency of blood to the head.

A *changeable pulse* indicates nervous derangement, intermittent fever, and sometimes organic disease of the heart.

A *fine, scarcely perceptible pulse* denotes great exhaustion.

THE TONGUE.

A thick, dirty, *white coating* on the tongue indicates *gastric derangement*.

A *thick yellow coating* on the tongue, with bitter taste, indicates *biliary derangement*.

A thick white coating on the tongue, with red papillæ appearing through the fur, indicates *scarlet fever*.

A clean, smooth, bright red tongue indicates *inflammation* of the *gastric* or *intestinal mucous membrane*.

A blackish, dry, furred, and tremulous tongue indicates *abdominal* or *putrid typhus*.

A sharp pointed, tremulous tongue indicates *irritation* and *inflammation of the brain*, and is often met with in habitual drunkards.

A swollen tongue, coated white, indented or notched on the edges, indicates derangement of the *nerves* and *lining membrane* of the *stomach*; met with in gastric fevers.

THE COUNTENANCE.

The expression of the countenance is often an excellent symptom of what is occurring in distant parts of the body, and affords valuable assistance to the physician in many obscure and complicated cases.

Features contracted, anxious expression, difficulty of breathing, and rapid dilatation of the nostrils indicate *acute inflammation of the lungs*.

Features pointed, with expression of anxiety, brows knit, countenance pale, lips dry and bluish, indicate *pain and inflammation of the abdominal viscera*.

Face flushed, wild expression of countenance, eyes red and sparkling, pupils contracted or dilated, great sensibility to light, squinting, twitching of the eyelids and muscles of the face, indicate *inflammation of the brain*.

Face flushed and swollen, lips blue, eyes prominent, anxious expression, sudden startings in sleep, indicate *organic disease of the heart*.

Cheeks pale and blanched, lips white and puffy, dark circle around the eyelids, languid expression, indicate *chlorosis*, or "*green sickness*."

Pale, delicate complexion, puffiness of upper lip, with margins of a carnation tint, indicate *scrofula*.

Deep yellow complexion indicates *jaundice*, or derangement of the liver.

Squinting or distorted eyes are ominous of *dropsy of the brain*; but may be due to abnormal nervous action.

THE NERVOUS SYSTEM.

Pain is an important symptom, in whatever part or organ it may have its seat.

Sharp, darting pains, ceasing and returning at intervals, indicate *neuralgia*.

Tearing, throbbing, and aching pains, aggravated by contact, pressure, or movement, indicate *inflammatory action*.

Stitching, or *pricking* pains, indicate determination of blood to a part.

Sudden suspension of pain, where there is acute inflammation, is ominous of *mortification*.

Sudden, rapid, jerking movements of the head and limbs indicate *cerebral irritation*, *mania á potu*, and some forms of *insanity*.

Pain in healthy structures often indicates disease in a remote part; for example, pain in the knee may indicate disease of the hip joint, and pain in the right shoulder and arm is often the result of a diseased liver.

RESPIRATORY ORGANS.

Short, hurried breathing, using principally the abdominal muscles, indicates inflammation of the *lungs*.

Using the muscles of the chest alone in breathing indicates *abdominal inflammation*.

Irregular breathing, with snoring respiration, indicates *compression* of the *brain*, or *the effects of poisoning by opium*.

Wheezing, short, panting, anxious respiration, with constriction of the top of the windpipe, indicates asthma.

Cough, with expectoration of thick, dirty-yellow, or greenish sputa, which sinks in water, indicates *disorganization of the lungs*.

Cough, with expectoration of tough, white mucus, indicates *chronic bronchitis*.

Painful cough, with rust-colored or bloody expectoration indicates *inflammation of the lungs*.

ALVINE DISCHARGES.

Very light or clay-colored stools evince a *lack of bile*.

Very dark evacuations denote an *exuberance of bile*.

Green discharges (of infants) denote *acidity of the stomach*.

Glairy, dark-green evacuations, like chopped spinach, are characteristic of *dropsy of the brain*.

Bloody mucous stools, accompanied by straining, indicate *intestinal inflammation*.

Hard dry stools indicate a *relaxed and torpid state of the mucous membrane of the bowels*.

THE URINE.

A healthy male adult excretes about two and a half pints of urine in twenty-four hours; it is of a pale amber or straw color, remaining clear after standing, and precipitating no sediment, but having a peculiar *ammoniacal* smell.

Red scanty urine denotes *inflammation*.

Urine clear and abundant indicates *nervous affections*.

Urine depositing a sediment indicates biliary derangement.

Urine turning *milky* soon after being emitted (especially in children), denotes the presence of *worms* in the intestines.

POSITION OF THE BODY, LIMBS, HANDS, ETC.

If the patient lies with the thighs drawn up, it is an indication of tenderness and inflammation of the bowels, or some of the organs of the abdomen or pelvis.

If the patient lies squarely upon the back, and is inclined to slip down in bed, the indication is bad, and shows great prostration and weakness.

Lying upon the side is a favorable indication, if the position is assumed by the patient of his own will.

The head thrown back indicates trouble at the base of the brain. Thus by noticing these little things, we may judge of the feelings and diseases of the little ones, though they can not speak to tell us of their illness.

DIET ALLOWED DURING HOMEOPATHIC TREATMENT.

BREAD.—Bread made of rye flour, or unbolted wheat flour, is best. Plain biscuit free from potash, soda, or alum, buckwheat cakes not raised with fermenting powders, crackers, light puddings made of rice, farina, corn starch, tapioca, and bread.

MEATS.—Tender beef, mutton, venison, chicken, and wild game. In *acute* or inflammatory diseases, animal food is seldom allowable.

Fresh butter, cream, cottage cheese, milk curds, ice-cream not flavored with aromatics or other injurious drugs.

VEGETABLES.—Irish potatoes, green peas, beans, especially lima beans, tomatoes, asparagus, squashes, carrots, rice, hominy, etc.

FISH.—Fresh fish, as perch, rock, sea-bass, mackerel, shad, small creek fish, and oysters.

FRUIT.—All kind of *ripe* fruits not of an acid quality, such as apples, pears, peaches, plums, grapes, raspberries, strawberries, blackberries, sweet cherries, sweet oranges, melons, cantaloupes, and such others as are known to not disagree with the patient.

DRINK.—Pure fresh water is preferable to all other drinks; where it is desired, a little raspberry, strawberry, or currant jelly may be added to suit the taste. Good fresh milk, buttermilk, rice-water, barley-water, toast water, *sweet*, *newly made* cider, chocolate, or weak black tea may be taken.

The meals should be taken at regular intervals, the food well masticated, and not eaten hurriedly. Long fasting or eating between meals should be scrupulously avoided. Do not take food very hot or cold, nor when greatly exhausted.

ARTICLES OF DIET NOT USED DURING HOMEOPATHIC TREATMENT.

The following articles of diet should be avoided while under homeopathic treatment, not only on account of the

injurious effects which they have upon the system, but because they antidote the effects of the medicine.

BREAD.—Cakes prepared with much fat or with aromatics, pastry, pies, honey, and all kinds of confectionery.

MEATS.—Veal, geese, tame ducks, liver, tripe, sausages, smoked salt meat, rancid butter, strong cheese, all highly seasoned soups.

VEGETABLES.—Salads, cucumbers, pickles, spices, parsnips, parsley, celery, radishes, horse-radish, onions, and all kinds of peppers, catsup, mustard, nutmeg, ginger, etc.

FISH.—Salt fish of all kinds, pickled salmon, eels, crabs, lobsters, clams, etc.

FRUITS.—Pine-apples, cranberries, and all kinds of nuts and fruits not mentioned in the allowed articles.

DRINKS.—All alchoholic and fermented beverages.

DISEASES AND THEIR NAMES.

GENERAL EXPLANATIONS.

Disease is not an evil spirit to be cast out by some horrid means, as the ancients imagined. The remnants of this idea are, however, to some extent prevalent to-day, and are manifested in the disposition to think that serious diseases must be cured by some bad tasting, disgusting remedies; that the more severe the disease, the more severe must be the treatment, etc. These are the remains of the mistaken ideas of the dark ages, and show no true idea of the real nature of disease. Disease is an unhealthy, abnormal action of the organs of the body, or a want of action in some of them. Treatment of disease is, therefore, simply to correct the unhealthy action, or arouse activity, when the disease is due to a want of action in any part.

All the functions of the body are dependent upon nerve force, or strength, for power to act; hence, irregular, unhealthy action, or want of any action is usually due to a want of nerve strength. If we cut or injure the nerve, we

have unnatural feeling, or entire loss of sensation in the part to which the nerve is supplied, or an entire paralysis (loss of power) in the part, or organ.

A very little medicine is all that is required to act upon the nerve, and when any organ is diseased it is more easily affected than in health; therefore, a small amount of medicine is sufficient to correct an unhealthy action in any organ if there is already irritation or excited action there, and a moderate quantity of medicine is all that is demanded where there is a torpid action of a part, if a medicine is given which has an affinity for this part of the system. This is some explanation of how diseases are relieved or cured, and why it is that a small amount of medicine is sufficient to do it. Other explanations may be found in the carefully divided form in which we use medicines homeopathically, and in the use of one medicine at a time, so that one does not counteract the effect of another.

When a person is sick the first thing to think of is, what has caused this? If the patient has been overeating, let him go almost entirely without food for two or three days, drinking a moderate amount of good pure water. If overwork is the cause, let him rest for a few days. If the food has been bad and indigestible, use a remedy like *Nux vom.* to awaken digestive action, and let him go without food for a time. If the cause be cold, use bathing in warm water and wrapping in blankets to arouse perspiration. If the cause be fright, let the patient have rest and sleep, giving an occasional dose of *Aconite*. If the disease seems to originate from breathing poisonous air, give some *Chlorate of Potassa*, and use bathing in tepid water freely. Sometimes the cause of the disease which is present may not be easily found out, and we must prescribe entirely from the symptoms we find present. People will always do best to send for their family physician in the commencement of all those cases which seem to be obscure as to their cause or symptoms.

CHAPTER V.

GENERAL DISEASES.

FEVERS.

FEVER, as it is called, is characterized by a dry, hot skin, and, as a general thing, a quick pulse. It assumes many forms, and originates from many causes. We also have fever in many diseases which are not called fevers. In these cases the fever is considered of less account than the other symptoms, and hence the disease is named from the most important manifestations. We have some fever in inflammation of the bowels, lungs, brain, bladder, throat, etc.; also in dysentery, rheumatism, erysipelas, measles, small-pox, etc.: still in naming the disease we say nothing of the fever.

Some fever preceded by a slight chilliness is usually present in all the diseases I have named, in the commencement of their course, just as it is in the beginning of the various ordinary fevers; therefore, it is often impossible for the most skillful physician to always determine at first what form the disease will manifest after a few days. His treatment may, however, be correct in most cases, if he tries to relieve the symptoms present. In fact, to-day we never treat disease as an individuality, but according to the manifestations present in the case, as well as the constitution, age, and habits of the patient. Therefore, an error in the naming of a disease does not always indicate that the treatment has been wrong, for the distinctive symptoms which give it a name may not be manifested for several days after an attack; but the general symptoms common to several diseases may have been properly treated.

VARIETIES OF FEVERS.

The common names given to the various forms of fever are as follows :

Bilious	Fever	Gastric	Fever
Brain	"	Catarrhal	"
Intermittent	"	Scarlet	"
Remittent	"	Yellow	"
Malarial	"	Puerperal	"
Typhus	"	Traumatic	"
Typhoid	"	Nervous	"
Milk	"	Lung	"

BILIOUS FEVER.

Bilious fever usually commences with a chill, more or less severe, followed by vomiting, dry, hot skin, great thirst, rapid, full pulse; there is usually severe headache; the tongue is heavily coated with a thick brownish coating.

Causes.

Bilious fever is often caused from a torpid liver, and taking cold, and is more common with people who live in low, marshy districts. This fever may be caused by over-eating and want of exercise.

Treatment.

The first thing to do is to put the feet in a warm foot-bath, and let the patient drink freely of warm water, and consequently vomit freely. The full warm bath may be given, if convenient; after which let the patient be wrapped warmly in bed, with a cool wet cloth applied to the forehead, and be often changed. The first remedy to give is *Aconite*. If the patient be an adult laboring man, put a half tea-spoonful of the first dilution of *Aconite* in a half goblet of cold water; mix well, and then give him a tea-spoonful from the glass every half hour, till perspiration is established, then only once in two hours. If the patient be a lady, use one-

half as much medicine. If it be a youth between six and fifteen years of age, only put fifteen drops of medicine in the water; and if between two and six years of age, use but ten drops in the half glass of water; and if an infant under two years, only use five drops in the water. Often *Aconite* is the only medicine needed. Ordinarily, the physician should be called; but if no homeopathic physician can be obtained, after the fever is arrested, as I have suggested, give a powder of the 3^x of *Arsenicum alb.* every three hours, giving the powder in size to correspond to the age of the patient.

Bilious fever is often intermittent, that is, stops for eight or ten hours, and then rises again. In such cases, a powder of *Arsenicum alb.* may be given every hour during the interval of fever, and then resume the *Aconite* when the fever rises, leaving off the *Ars.* when we give the *Aconite*.

BRAIN FEVER.

(*Nervous Fever—Inflammation of the Brain.*)

Causes.

This fever may be caused by blows upon the head, or from falls and striking on the head, by colds, excessive study, worry, or great fright.

Symptoms.

The symptoms of brain fever are moaning in the sleep and restlessness, and in the first stage of this fever, which is that of congestion or stagnation of blood in the veins of the brain, the pulse is often very slow, even slower than in health, and the body may feel cold, instead of too warm. In the second stage, when reaction comes on, the pulse becomes fast, hard, wiry; the body becomes very warm and dry, but this is sometimes changed to profuse sweating in a short time, and then in an hour to heat and dryness again. So of chilliness; sometimes it goes and comes at short intervals, mixed in with flashes of heat.

Treatment.

If coldness is present, *Ars. alb.* is the remedy. If there is present coldness and alternate flashes of heat, it is still the remedy, given in powder every half hour. When high fever comes on, of course the family physician should be called, if possible, as the case would begin to look serious. If the homeopathic physician can not be obtained, we would advise giving *Belladonna*, using either powders in the 2^x attenuation, or dilutions, by putting (according to age) five to thirty drops of the 1st in a half glass of water, and then giving the patient one tea-spoonful from the glass every half hour till the symptoms moderate, then only once in two hours. Warmth to the feet, and keeping the head cool, is not to be neglected. A very weak, plain diet is all that is required in that line, but always allow plenty of cool water to drink.

INTERMITTENT FEVER.

In intermittent fever we have a high fever for a few hours, and then it ceases for ten to twenty-four hours, usually returning periodically. In the beginning of intermittent fever there is usually chilliness, lasting from one to three hours, followed by fever, lasting several hours; but before the fever comes on the next time there is little or no chilliness. The tongue has usually a white, thick coating. The pulse is fast and intermits, that is, beats regularly a few times, and then misses a beat, and so on. This is called an intermittent pulse, and is present in intermittent, remittent, bilious, and malarial fevers, as well as ague, and in some cases may indicate heart disease (if there be no fever in the case).

Causes.

The cause of intermittent fever is usually nervous weakness, causing torpidity of digestion, and loss of action in the liver and kidneys, as well as the skin.

Treatment.

Ordinarily, *Ars. alb.* is the remedy, whether there is fever or not. Give this remedy in powder, in the 3^x trituration, in doses according to the age of the patient, repeating the remedy every two or three hours, according to the violence of the symptoms. Especially is *Arsenicum* indicated if there is intense thirst.

I will name some other remedies which may be studied and used in case *Arsenicum* does not soon accomplish a cure:

Aconite.—Violent chill, and heat, especially about the head and face; *cough during the fever*; great fear and anxiety of mind, with nervous excitability; palpitation of the heart, and pleuritic stitches in the chest.

Antimonium c.—White-coated tongue; great sadness and a woeful mood; *chilliness predominates*; great desire to sleep.

Apis mel.—Worse in a warm room or near a stove; renewed chilliness from the slightest motion, with heat of the face and hands; sweat, alternating with dryness of the skin.

Cina.—Thirst only during the chill or heat; pale face throughout the paroxysm; restless at night.

Gelsemium.—Chill mostly in the evening, commencing in the *hands and feet*; the heat is attended with nervous restlessness and mental anxiety; vertigo, with a sense of intoxication.

Ignatia.—Thirst *only* during the chill; external heat with partial internal shuddering; *the chill is relieved by external* heat; very little perspiration, or only in the face; headache, and pain in the pit of the stomach.

Ipecacuanha.—Paroxysm sets in with yawning, stretching, and a collection of saliva in the mouth; chill increases by external heat; no thirst in the cold stage, but a great deal in the hot; *nausea and vomiting* predominate.

Lachesis.—Paroxysm usually in the afternoon; the chill

predominates; much chattering of the teeth, with violent headache and soreness of the chest.

Lycopodium.—Constant sense of fullness in the stomach and abdomen as though they would burst; *obstinate constipation*; red sediment, like sand, in the urine; great fear of being left alone.

Natrum mur.—During the heat violent headache; dry tongue, and ulcerated corners of the mouth.

Belladonna.—*Slight chill*, with *much fever*, or *vice versa*; some parts are cold while others are warm [*Rhus*]; violent throbbing headache, with stupefaction; heat and red face, with throbbing of the carotids; choking sensation in the throat, with dry mouth.

Bryonia.—The chill predominates; great thirst during all the stages; violent, dry, racking cough, with stitching pains in the side of the chest [see *Rhus*]; stitching pain in the region of the liver and abdomen; hard, dry stools, as if burnt; exceedingly irritable; every thing makes him angry.

Calcaria carb.—Persons of a scrofulous diathesis; thirst during the chill; feet feel as if they had on cold, damp stockings; patient very weakly in general; vertigo and shortness of breath on going up-stairs; diarrhoea; stools whitish, undigested.

Carbo veg.—Paroxysms irregular, sometimes commencing with sweat, followed by chill; the attack is preceded or attended by toothache and pain in the limbs; thirst only during the chilly stage [*Ign.*]; vertigo, redness of the face, and sick stomach during the hot stage; when eating or drinking, sensation as if the stomach or abdomen would burst.

Chamomilla.—Chill generally light; heat and sweat predominate; much thirst in the hot stage [only in the cold stage, *Carb. v. Ign.*]; face red, or one cheek red and the other pale; very impatient; can hardly answer one civilly; hot perspiration about the head and face; pain in the abdomen, with frequent emissions of large quantities of pale urine.

China.—The paroxysm is preceded by nausea, headache, hunger, anguish, and palpitation of the heart; thirst before the chill, and during the sweating stage; chills alternating with heat, skin cold and blue [see *Nux*]; ringing in the ears, with dizziness and a feeling as if the head was enlarged; pain in the region of the liver and spleen when bending or coughing; sallow complexion; suitable to persons living in miasmatic districts.

Nux vomica.—Long-lasting, hard chill, with bluish, cold face and blue finger-nails; great heat, notwithstanding the patient wants to be covered up; *during the chill*, pain in the sacrum; *during the fever*, headache, vertigo, red face, pain in the chest, and vomiting.

Pulsatilla.—*No thirst* during the entire paroxysm, or only in the hot stage; bitter or sour vomiting of mucus or bile; thickly coated tongue, and *bad taste in the morning*; slight disorder of the stomach induces a relapse; much gastric disturbance; mild, tearful disposition.

Rhus tox.—Chill preceded by stretching of the limbs and yawning; perspiration after midnight or towards morning; during the hot stage nettle-rash breaks out; restlessness, constantly changing position.

Sepia.—Great coldness of the hands, with sensation as if the *fingers were dead*; during the heat, vertigo, even to insensibility; sweating over the whole body, with anxiety and dryness of the throat.

Sulphur.—Chilliness in the back, chest, and arms, with coldness of the hands, feet, and nose; during the heat, thirst with burning in the hands and feet, and a bruised, tired feeling in the limbs; burning heat on top of the head; frequent weak, faint spells through the day; early morning diarrhoea.

Administration.

The medicine should be given immediately after the paroxysm. Put fifteen to thirty drops, according to age, in a

tumbler one-third full of water, and give two tea-spoonfuls every three or four hours during the intermission. If the fever runs high during the hot stage, give an occasional dose of *Aconite*.

Diet and Regimen.

The diet should consist of plain, substantial food of easy digestion. All pastry and fat food should be avoided; well-cooked beef or mutton and vegetables, and good, ripe fruits of all kinds may be taken in moderation. Pure, fresh water or milk should constitute the principal drink; all alcoholic beverages should be strictly avoided.

REMITTENT FEVER.

Remittent fever is similar to intermittent fever, with the exception that the intervals between the fever are shorter, and, consequently, the duration of the fever each day is longer. In most cases of remittent fever the liver is torpid, which has given rise to the term bilious remittent fever. The causes and treatment are essentially the same as in intermittent fever, which the reader will please consult.

MALARIAL FEVER.

Malarial fever is a term applied to a form of remittent fever which shows some typhoid symptoms, but is not fully developed typhoid fever. In some cases the wandering of the mind is marked, and there is usually much prostration of strength and indifference to surrounding objects, though sometimes the feelings are extremely acute, so that no noise can be endured, and there is much trouble to compose the nerves enough to sleep. Malarial fever is slow in its progress, but is more dangerous than ordinary remittent fever.

Treatment.

In the treatment of malarial fever *Arsenicum*, *Baptisia*, and *Rhus tox.* are the chief remedies. *Bryonia*, *Belladonna*,

or *China* may be indicated in some cases. Study and use these remedies, if you can not get a physician of our school.

Diet.

In cases of malarial fever, milk, soups, and beef tea are demanded in moderation, with plenty of cool water to drink. The surface of the body must be often sponged with tepid water, and the clothing should be daily changed. Fresh air must be freely admitted to the sick-room, which must also be kept as quiet and free from visitors as possible.

TYPHOID FEVER.

Symptoms.

The symptoms of typhoid fever come on gradually. For a week or so the patient feels drowsy, dull, and inclined to say nothing. He answers questions slowly, if at all, and often appears not to hear what is said to him. If urged to speak of himself, he claims not to be sick; the next day, says he is better; and always says he is better, all through his illness. The pulse is feeble, but often fast. The eyes look dull; the skin is dry at times, and again covered with perspiration. The bowels are torpid. There is no appetite; often little thirst. The tongue is inclined to be red in the center and white on the sides. This red center of the tongue becomes more and more dry from day to day, and finally cracked. Sometimes the whole tongue is red and dry at the outset, at other times the edges only are affected. The patient is often inclined to get out of bed and go out of doors without clothing. Diarrhœa is often present in the later stages.

The disease is to some extent contagious, if persons are with the sick ones constantly. The disease is often epidemic, or occurs with many people in the same town or locality at the same time. All ages are liable to it, and it occurs at all times of the year, usually more in the Fall, however, as it is

at this time that the system is more reduced from the heat of Summer; and, as the whole disease shows debility and exhaustion, this might be expected. There is a disposition to disease in the absorbent glands of the bowels, and sometimes ulceration in them takes place, and we have hemorrhage from the bowels as a result. This is usually a fatal symptom, but not always so. Bloating of the bowels is a constant symptom in the variety which affects the bowels. .

Treatment.

In the treatment of typhoid fever we must recollect that the disease is one of debility, and hence remedies must be chosen with this as a symptom of the greatest importance. The remedies required are usually few, but in the complications which sometimes arise, various remedies are required. The general directions given in the treatment of malarial fever are also applicable here. Typhoid fever is a serious disease, and in the outset, as well as all through its continuation, a good homeopathic physician should have charge of the case; but for the guidance of those who can not have one, we will mention the principal remedies needed, and give some indications for their use. Patience must be exercised, however, as it is impossible to effect a rapid cure if the disease is well established.

Apis mel.—Dryness of the mouth and throat, with difficulty of swallowing; great soreness in the pit of the stomach and abdomen; constipation, or frequent, foul, bloody mucus, and involuntary stools; white miliary eruption on the chest and abdomen; great weakness, and sliding down in bed.

Arnica.—Tongue dry, with a brown streak in the middle; confusion of thought, and when speaking forgets the word; sore and bruised feeling all through the patient, which compels him constantly to change position.

Arsenicum.—Face pale, shrunken, or yellowish-colored;

cold sweat on the forehead; constant licking of the lips, which are dark, dry, and cracked, with sordes on the teeth; tongue dry, shriveled, bluish, or black, with inability to protrude it; intense thirst, drinking often, but little at a time; coma or low, muttering delirium, and trembling of the limbs; extreme debility or complete prostration.

Baptisia.—Dull, stupefying headache, with confusion of ideas; head feels as if scattered around, and the patient tosses about the bed to get the pieces together; tongue coated brown, dry (particularly in the center); sordes on the teeth; very offensive breath; very fetid and exhausting diarrhoea; the sweat, urine, and stools are all extremely fetid.

Belladonna.—Face flushed and bloated, with red, sparkling eyes and dilated pupils; *throbbing headache, with violent pulsation of the carotids*; intolerance of noise or light; delirium, with a wild look; *he wishes to strike, bite, or quarrel*; starting, jumping during sleep, with desire to escape; sleepiness, but can not sleep; tenderness of the abdomen; the least jar of the bed painful.

Bryonia.—Lips dry, brownish, and cracked; tongue coated with a thick, white, or yellowish fur; *later, brown and dry*; *oppressive, stupefying headache*, or pain as if the head would split, *worse from the least motion*; delirium day and night, with strange fancies, and desire to escape from bed and go home; can not sit up from nausea and faintness; great soreness in the stomach; constipation; stools dry and hard.

Calcaria carb.—Adapted to persons of a scrofulous habit; palpitation of the heart, with tremulous pulse, anxiety and restlessness; despairing mood, with fear of death, tormenting all around him; constant tickling under the sternum, causing a dry, hacking cough; after great anxiety and worriment of mind.

Carbo veg.—Mostly in the last stages of abdominal, and in all stages of putrid typhus. Face pale, sunken, hippo-

cratic, cold; eyes sunken, dull, without luster, and insensible to light; tongue dry, dark, and tremulous, or sometimes moist and sticky; coma or sleeplessness, with muttering delirium; complete torpor of all the vital functions; Colliquative diarrhœa, brownish, grayish, or bloody, of a cadaverous smell, and involuntary; great prostration; wants more air, and to be fanned all the time; *extremities cold, and covered with cold perspiration.*

Hyoseyamus.—Tongue red, brown, dry, and cracked; lips look like scorched leather; *furious delirium, which continues while awake*; loss of *speech* and consciousness; great restlessness, jumping out of bed, and endeavoring to escape; eyes red and sparkling, staring, rolling about in their orbits; twitching and jerking of the limbs.

Lycopodium.—Earthy, yellow complexion; tongue dry, black, and cracked, or covered with tough mucus; sopor delirium, slow breathing, with open mouth; prostration and depression of the lower jaw; circumscribed redness of the cheeks; he uses wrong words when expressing an idea; fan-like motion of the *alæ nasi*; bowels much distended, with rumbling, particularly in the left hypochondria; constant sensation of fullness in the stomach, extending up to the throat; great fear of being left alone; red, sand-like sediment in the urine; indisposed to lie on the left side; he awakes from sleep very cross and irritable; *worse from 4 to 8 P. M.*

Mercurius.—In the early stage. The patient does not complain of any thing in particular, yet feels so weak and ill all over that he is obliged to go to bed; tongue dirty-yellow, or clean, with bitter, foul taste; gums swollen and ulcerated, with offensive breath; headache, especially in the forehead and on the vertex; region of the stomach and liver very sensitive and painful; dry, hot skin, or *copious perspiration*; green-yellow stools, with tenesmus; dark urine; symptoms all worse at night and in rainy weather.

Nitric ac.—Mostly in advanced stages of the disease. Inclination to looseness of the bowels, with green, slimy, acrid stools, accompanied by severe pain; hemorrhage from the bowels, and great sensitiveness of the abdomen; extremely offensive urine; irregular pulse, failing strength.

Opium.—Face swollen and of a purplish color; extreme drowsiness and coma, with stentorous breathing; delirious talking, with eyes wide open; pulse full and labored, *or slow and feeble*; impending paralysis of the brain; involuntary stools, and retention of urine.

Phosphorus.—*Typhoid pneumonia.* Soporose condition, dry, black lips and tongue, open mouth; great depression of the mental faculties, mild delirium, and grasping at flocks; *thirst for very cold drinks*; vomiting of what has been drunk as soon as it becomes warm in the stomach; painless diarrhoea, discharges watery, greenish or black, decomposed blood; great sense of weakness and emptiness in the abdomen.

Phosphoric ac.—Does not wish to talk, and answers very slowly; tongue dry and cracked; teeth covered with sordes; fixed look, with hollow, glassy eyes; continual delirium, or dull mutterings; great rumbling in the bowels, and painless, watery diarrhoea; cold perspiration on the face, hands, and pit of the stomach; pulse frequent, feeble, and intermittent.

Pulsatilla.—Febrile heat, mingled with chilliness; thickly-coated tongue, with bad taste in the morning; *taste as of putrid meat in the mouth, with inclination to vomit*; symptoms very changeable, feeling well one hour, and very miserable next; craves fresh, cool air, is worse in a warm room; *mild, tearful persons*; symptoms all worse toward evening.

Rhus tox.—Face red and swollen, with blue circles around the eyes; lips dry, brownish, or black; muttering delirium, or talking to himself; stoppage of the ears and dullness of hearing; dry, troublesome cough, with *oppression of the chest*; severe pains in the limbs, worse during rest;

diarrhœa, with profuse, watery, sanguineous, or jelly-like evacuations; involuntary stools, with great exhaustion; worse at night, particularly after midnight.

Stramonium.—Constant and repeated *jerking of the head up from the pillow*; loquacious delirium, with a desire to escape from bed; tongue yellowish-brown, and dry on the center; lips sore and cracked, and sordes on the teeth; no desire for water, although the mouth is very dry.

Sulphur.—In persons having an unhealthy skin, and where well-chosen remedies do not have the desired effect.

Adjuvants.

The use of water, both internally and externally, is highly beneficial in the treatment of *Typhoid Fever*. The patient may drink small quantities, gargle his dry and burning mouth, bind wet cloths to his hot and painful head, and apply wetted linens to the tender, bloated abdomen.

Frequent sponging of the entire body is an efficient method of reducing the temperature, and will be very grateful to the patient.

In *obstinate constipation*, warm-water injections will greatly facilitate the action of the bowels; and where *diarrhœa* occurs, lavements of starch-water (about two ounces) administered after every stool, will have a salutary effect.

Diet and Regimen.

Fresh, sweet milk, in moderate quantities, may be taken at any stage of the disease. Good, *fresh buttermilk* is also an excellent article of diet, and pleasing to the palate. *Beef-tea* or *mutton-broth* in the later stages, where there is great exhaustion, is the best nutriment. No solid food should be taken so long as there is any tenderness of the abdomen.

All *alcoholic stimulants* should be totally discarded, as they only *exhaust* the vital forces instead of "giving

strength," as is generally supposed. The room occupied by the patient should be large, well ventilated, and clean.

TYPHUS FEVER. (*Ship Fever*.)

Symptoms.

Typhus is much like typhoid, but is more rapid in its attack, the face is more flushed and there is a higher feverish action. There is not, however, the bloating of the bowels (called tympanites), which we so often have in typhoid. The tongue is coated with a thick brown or black coating. Diarrhœa does not often occur in *Typhus*. This disease is more contagious than typhoid fever. It is most frequently developed on shipboard, and spreads on land from those so affected.

Treatment.

The treatment of typhus fever is much like that of typhoid, to which the reader is referred. The Chlorate of Potassa may well be given in small quantity in the outset to neutralize poisonous gases.

SPOTTED FEVER. (*Cerebro-spinal Meningitis*.)

Description and Symptoms.

This is a violent disease, consisting of an inflammation of the membranes of the brain and spinal cord, mainly affecting its upper portion. It usually prevails epidemically. Its cause is unknown, but is supposed to be due to a peculiar condition of the atmosphere. It chiefly affects the young, though the old and middle-aged are not free from it. The patient is usually attacked suddenly without warning. The attack assumes a great variety of forms. Sometimes spasms are the first symptoms, sometimes delirium and fever. The pulse is sometimes high and wiry, at other times soft and feeble. The head is usually drawn back, and sometimes the whole body is bent or curved backwards. Sometimes there is wild delirium, sometimes total stupidity.

Treatment.

The useful and successful homeopathic treatment we have found to be *Aconite*, in mother tincture, giving from two to six drops at a dose, once in an hour, when active delirium was present with a high pulse. When there is stupor and a weak pulse, *Bell.* is the remedy, 1st dilution six drops in water every two hours. Always alternate these remedies with the of *Potass. chlo.* 1^x, used in solution. After the active symptoms have subsided, *Nux. vom.*, *Ars. alb.*, or *Phos.* may be indicated. (See indications for remedies in *Materia Medica.*)

GASTRIC FEVER.

Gastric fever signifies a fever arising from a disordered or inflamed stomach. In inflammation of the stomach there is a great amount of tenderness, a very wiry pulse, intensely red tongue; but in gastric fever there is less intensity of these symptoms, and a greater degree of fever.

Symptoms.

The fever usually comes on with a chill accompanied with vomiting. All through the course of the disease vomiting and fever are constant symptoms, at least until the disease is under control. The chill lasts but a short time, usually, and is followed by fever, sometimes continuous, at other times it is intermittent. There is coldness, often, of the feet and hands, while the body and head are very warm.

Causes.

The causes of gastric fever are overeating; or using indigestible food; or drinking ice water so as to prevent digestion; or the excessive use of liquors, together with cold, while these other causes are operating.

Treatment.

The treatment of gastric fever addresses itself primarily to the stomach. Hot warm wet cloths should be applied

over the pit of the stomach, and covered with oil silk, or woolen cloths. The warm foot bath, or even a full warm bath, may also be used to advantage.

Remedies.

Ipecac 3^x, given every hour a tea-spoonful of the water after putting ten drops of the dilution in a half glassful, will usually allay the vomiting.

Aconite 3^x may be given after *Ipecac* for the fever and soreness, using it in the same way and the same strength.

Arsenicum alb. is indicated if there is great thirst with alternating flashes of heat and chilliness.

Verat. alb. if there is present with the other symptoms of fever, vomiting, etc.; also diarrhœa.

Diet.

The diet should consist mainly of thickened milk. Give cool water for a drink; sometimes add a little gum arabic to the water used for drinking; use no hot drinks or food. If following these directions does not speedily stop the disease, the physician should be called without delay.

CATARRHAL FEVER.

Catarrhal fever results from a cold, and in fact is a general cold affecting the entire mucous membrane of the body; and with it is associated a fever often quite intense. It is not dangerous, and needs care and attention to prevent its becoming settled into some other forms of fever.

Treatment.

The remedy to use is *Aconite* low (*i. e.*, in 1^x, 2^x, or 3^x dilutions), according to the age of the patient, using 3^x for infants. Give *Aconite* every hour until perspiration is established, afterward give *Phos* 3^x if there remains a hacking cough; *Bryonia* if there are sharp stitches in the chest; *Nux vom.* if there is a very free discharge from the nose, or if there is constipation; *Verat alb.* if there is diarrhœa.

SCARLET FEVER.

This disease might properly be classed among the eruptive diseases, like *measles*; but it will do as well to discuss it in this book in connection with other fevers. The disease sometimes develops spontaneously, but it usually arises from contagion. It is considered contagious because it spreads from one person to another, usually among children and youth. It has proven a deadly disease under the old plan of treatment by the old school, but is not necessarily a bad disease. We say this in the light of twenty-five years of experience, and after having treated great numbers of patients affected with it. I do not really consider it more dangerous than whooping-cough, if properly managed and treated.

Varieties.

The different varieties of the disease only refer to the intensity of the symptoms, and are only different developments of the same disease.

Scarlatina is often used to designate the simplest form, which is also termed *scarlet rash*. There is, however, a mistake often made in this, for no matter how mild the disease, the eruption should take a regular course and remain out about seven days if it be *scarlatina*, just as much as if it was a malignant case termed *Scarlatina Maligna*. There is a rash resembling that of scarlet fever which is caused from irritation of the bowels usually, but it will last but a day or two. It also is accompanied with fever. *False measles* (*Roseola*) have also been called scarlet fever by mistake.

How to Distinguish these Diseases.

In scarlet fever the eruption first appears in the back and upper part of the mouth, then on the face and chest, then over the body, and finally down over the limbs, taking at least three days before the limbs are fully affected; while in *Roseola* and eruptions caused from irritation of the stom-

ach, the eruption occurs all over the body and limbs the first day. If this regularity in the appearance of the eruption be noted, no mistake need be made regarding these diseases, no matter how high the fever in *Roseola*, or how mild the case of scarlet fever.

Malignant scarlet fever sometimes is caused by some peculiar atmospheric condition, like that which produces *spotted fever*, but it is more frequently produced by the severe medication and unwise treatment to which the little sufferer is subjected in simple cases. This also may seem an unwise assertion, and I would not make it if I did not deeply feel a desire to save the children's precious, innocent lives; and I speak from large experience, which I defy any one to contradict by reference to those I have treated, all of whom have been either in or adjacent to Cincinnati, Peoria, or Chicago. I will further assert that bad malignant cases, caused from atmospheric conditions (not from bad treatment), may usually be changed to mild ones by proper treatment within two days, if the disease has not actually produced destruction of the tissues.

Symptoms.

There is usually at first one or two days of feverish symptoms, complicated with some tenderness and redness of the throat, with a little nausea before the eruption is thrown out. The eruption consists of a redness of the skin in irregular patches, sometimes being almost completely over the surface affected. There is no elevation of the skin into pimples or little lumps under the skin. By making pressure upon this red surface it becomes white for a moment, but immediately resumes the scarlet hue when pressure is removed. The throat becomes more swollen on the inside, and sometimes the glands of the throat and neck become enlarged. The patient is restless and feverish, the pulse is high, and usually the fever is continuous; in some cases

little fever only is manifested; often the mind wanders, in bad cases. This is likely to be a symptom if the eruption does not come out freely, and the vomiting is worse in these cases also. After ten or twelve days the skin begins to peel off of the hands and feet, and sometimes from the whole body. I should also mention that the eruption disappears in the rotation in which it came; first from the face, and lastly from the limbs. The disease commences in from three to seven days after exposure.

Complications and Results.

If we have complications they must be treated as best we can, on principles laid down in connection with these various conditions. As to bad results, like deafness, loss of sight, running at the ears, etc., I can say I never had any of them left in a patient I had treated.

Treatment.

In the treatment of scarlet fever we must remember that the disease must run a regular course. Do not try to cure the patient, but help him to withstand the disease, and let him suffer as little as possible.

First. The eruption should appear freely. *Belladonna* is the remedy to aid this. *Kali chlo.* is also of the greatest importance, though *Iodine* or *Potass iodid.* will often do as well. One of these given in first dilution should always be alternated with *Bell.*, using the *Bell.* according to the age of the patient, from the first, for adults, to the 3^x, for infants. Put thirty drops in one-third of a glass of water, and give a tea-spoonful every two hours, using the *Kali* or *Iodine* the intermediate hours.

To prevent the spread of scarlet fever, also give *Bell.*, according to age, to all those exposed; and even when it is prevailing in the vicinity, give *Bell.* as a preventive. It usually prevents the disease, and if it is taken at all, it will be mild.

Tepid bathing is always in order in scarlet fever, and after the bath we may rub the little patient gently all over with sweet oil.

The diet must be very light. Great injury results from giving too much food ; even too much milk must be avoided ; still, cool water may be drank freely. No gargle is necessary. Washing the mouth with a very weak solution of *Chlorate of Potassa* is always good practice. Let the patient have rest and fresh air, and wait for the disease to run its course. Never waken the little one to give it medicine. Change the clothing daily. Follow these directions, and forty-nine out of fifty will recover without bad results. Never allow oil or any physic to be given, or any washes to be applied to the throat. Keep the patient warm, but in fresh air.

YELLOW FEVER.

Yellow fever prevails only in warm climates, as a rule, exceptionally being brought further North by importation, and occasionally by clothing. As a rule, it prevails only in the warm months, even in the South the first frosts putting a stop to its ravages. It seems to be a bad form of *bilious fever* with *typhus symptoms* combined. It is developed from filth and heat, and spreads by contagion and infection by the people affected, or from the clothing worn or handled by them, and sometimes from articles which have only been somewhere near persons affected. One instance I well recollect, where a pair of new shoes were sent from Vicksburg, when the disease was prevailing there in 1878, to a lady living two hundred miles away, in the State of Tennessee, where there had been no yellow fever. In a few days the lady receiving the shoes was down with the disease, and it spread from her to the entire district. The disease may affect those of any age, but usually will affect the same person but once. During the epidemic of 1878 many had the disease for the second time.

Symptoms.

In the commencement of an attack of yellow fever the bones ache, the head feels light and dizzy, and the patient experiences chilliness more or less marked. Soon feverishness comes on, the skin is dry and hot, pulse is hard, full, and rapid. There is a burning pain in the stomach, and vomiting of a violent character sets in. The fluid vomited is dark brown in color; the skin becomes yellow; the urine is scanty; the mind wandering; and, after about two days, the symptoms usually subside, in a measure; and, in favorable cases, the patient goes on to rapid recovery. In many cases, however, the symptoms become even more grave; the tongue becomes dry and cracked; the thirst and fever are violent; black vomit sets in; the skin becomes cold and clammy; the pulse is feeble, eyes sunken, etc.

Treatment.

In no disease has the good and superior effect of homeopathic treatment been more manifest than in the treatment of this disease. This was strikingly evident during the epidemic in 1878. So marked was this that the old school physicians attempted no denial of the claim, and the patrons of the old school freely acknowledged it to me personally. By the statistics published then, the result of the old school treatment showed a loss of from fifty to eighty per cent of their patients, while among those treated homeopathically there was a loss of less than *six per cent*. I would myself hesitate to believe there was so large a difference in the results of the different methods of treatment, had I not visited most of the large cities of the South the next Winter, with my family, and personally learned, both from those patronizing homeopathy and also from those who had always employed the old school, that the statements in the reports were true. I took great pains to investigate the disease and its successful treatment while there, and the next May read

a paper on the subject before the Western Academy of Homeopathy, in St. Louis.

The remedies used by the homeopathic physicians in their wonderfully successful treatment were *Aconite* and *Belladonna*, used in dilutions from the 1st to the 3^x, according to the age of the patient, preparing from fifteen to thirty drops in a half glass of water each, and giving a dessert-spoonful every hour alternately; using the remedies less frequently as the disease subsided. The second stage of collapse seldom came on, except from imprudence in diet; and in those cases *Ars.* 3^x, in powder, seemed to be the remedy. Occasionally *Nux v.* was found useful, where there was twitching of the muscles, cramps of the limbs, etc., with diarrhoea in cases of men, and *Puls.* 3^x for similar symptoms in women.

Diet, Nursing, etc.

A little thickened milk, made with wheat or rice flour, made quite thin, and well cooked, is the most suitable food for a few days, or it may be made in the shape of gruel, if the stomach constantly rejects the milk. The greatest care has to be exercised during convalescence, to give only light soups, and very small quantities of any food, for a week or two. The patient may take a small drink of cool water often, and lumps of ice may be held in the mouth when all drink is at once rejected. No stimulants or hot drinks must be allowed. The patient should be bathed often with the sponge-bath, using tepid water, to which a little soda may be added. The clothing should be often changed, and fresh air be supplied liberally. The nurse should be cheerful and brave, and show no alarm. Patients often die in epidemics from fear. Always bear this in mind, and try to make them feel that you are not alarmed.

The frequent changing of medicine in this, as in other diseases, is not desirable, neither is it likely to lead to favorable results. Of course, the family physician should be con-

sulted at once, in any attack of disease during an epidemic ; but sometimes the physician can not be obtained on account of distance, his absence, the urgency of his duties, or his own illness, hence it is well for people to know what to do in epidemic diseases.

No cathartics must be allowed, under any circumstances, in this disease.

TRAUMATIC FEVER. (*Surgical Fever.*)

Traumatic fever is associated with, and to a great measure dependent upon, surgical operations, or follows accidents where the flesh is torn or the bones broken, or both. It is mentioned here that the reader may know what is meant by the term. The treatment usually requires *Aconite*. Sometimes, especially when there is much pain in the injured part, *Arnica*, with local applications of the same diluted with water, may be used. In case the fever arises after pus has formed in the wound, and in cases when *abscesses* have developed, antiseptic remedies are required. They are *Carb. ac*, *Kali chlo.*, *Iodine*, and the like. The best of physicians are required to manage these cases.

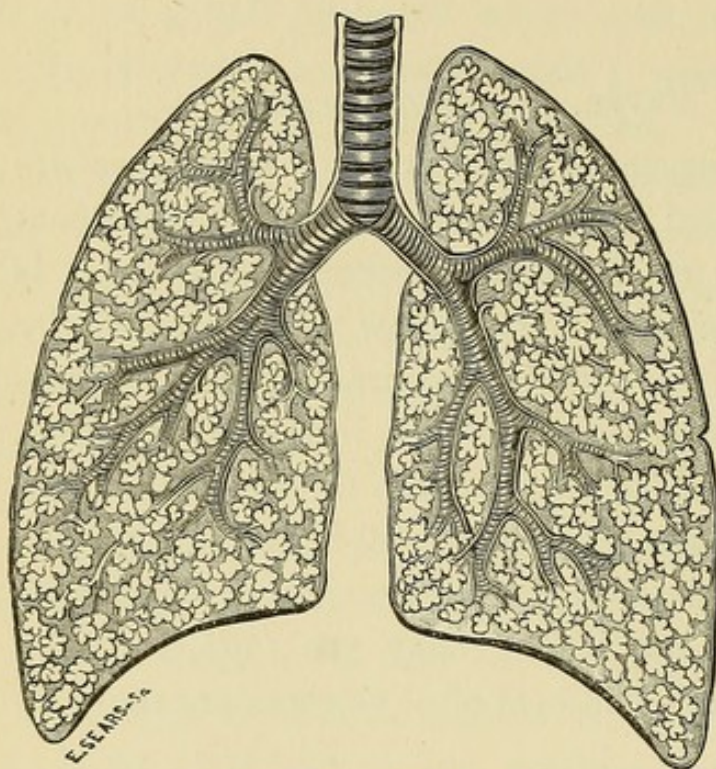
LUNG FEVER. (*Pneumonia, Pneumonitis.*)

The fever resulting from inflammation of the lungs used to be called lung fever; but of late years it is termed *Pneumonia*, which not only indicates that there is fever in the case, but signifies the whole process of diseased action in the lungs occurring in this class of cases. *Pneumonia* is liable to affect all ages and classes of people. It consists first of congestion in the lungs, then inflammation, affecting mainly the lung substance, and sometimes results in an abscess in this tissue. This, of course, implicates many air-cells. Most cases of *pneumonia* recover, however, without the formation of an abscess. When abscesses form they may sometimes require to be evacuated by the surgeon, with the aspirator.

Symptoms.

The first symptom of pneumonia is usually a chill, followed by fever in a few hours. Rapid breathing is a distinctive symptom of this disease in conjunction with the

Fig. No. 24.



SECTION OF THE LUNGS.

fever which has been preceded by a chill. The congestive stage lasts but a few hours in some cases, in others a day or two; but when no fever arises after twenty-four hours of congestion of the lungs, we may well term the difficulty *congestion of the lungs*. The pulse in the congestive stage may be lower than normal, but when reaction and fever come

on it becomes rapid, wiry, and hard. The tongue is usually coated white, the skin is dry and hot; and there is pain and soreness in a part or whole of the chest. The feet and hands are often cold, when the body and head are very warm. There is a dry, painful, hacking cough, with little expectoration at first, but in a few days the amount raised is large, and is often tinted with blood.

Causes.

The cause most prominent is cold. Usually pneumonia is contracted from exposure to cold winds while standing, riding, or sitting in a draft of air when very warm. Cool, damp weather is more likely to develop pneumonia than the very cold, clear, dry atmosphere.

Treatment.

If we see the patient while chilling, the warm foot bath with hot wet cloths to the chest and giving a powder of *Ars.* every half hour is the proper treatment. If the congestive stage is passed and fever runs high, *Verat. vir.*; two-drop doses of the *Tr.* for an adult, and one-fourth drop doses for an infant, repeated every two hours. If there is great fear manifested by the patient, I would prefer *Aconite* to *Verat. vir.* If there is much of severe stitching pain, showing that the pleura is affected, give *Bry.* in the same manner by itself. Let the patient have fresh air to breathe, but keep the body well clothed with flannel, and keep the feet warm. The remedies which may be needed for the cough and expectoration, I will note after saying a few words about a form of the disease called

TYPHOID PNEUMONIA.

Here we have the usual symptoms of pneumonia, together with some of those peculiar to typhoid fever, especially those of the brain accompanied with great exhaustion; the dry, brown, fissured tongue, and the rapid, weak pulse. The mind wanders; in imagination they see horrid sights, desire to get up and run away, etc. For these symptoms *Baptisia* is the most prominent remedy.

Aconite or *Verat. vir.* are not useful in the typhoid form of pneumonia, and should these symptoms develop in the first instance, as they will sometimes do in very old people, we must commence with *Baptisia*, and not with those remedies mentioned as appropriate in ordinary pneumonia.

Remedies Which May be Needed.

Arsenicum 3x.—Sweet expectoration with severe cough, worse after midnight, with great prostration of strength; thirst, and a weak stomach.

Bryonia 3x.—When the cough causes painful stitches in

the side, worse on motion; constipation; the expectoration is stringy, tough, etc.

Phosphorus 3^x.—Rust-colored sputa; dry cough; hard stools.

Tartar em.—Loose cough, but unable to raise much; short breathing.

FEVER AND AGUE.

(*Shakes, Chills, Chill and Fever, Dumb Ague.*)

The ague, or chills and fever is a variety of intermittent fever with the chill more prominent. Chill returns before the fever each time, which recurs every day, or most commonly, every two days, and occasionally, every three days. The *dumb ague* has aching of the bones, feeling of great depression, and a severe chill, but no shaking; while in regular *chills and fever* the patient shakes severely during the chill stage. Both varieties of the disease may affect those of any age, and one attack is no protection from having another. The disease affects people most who live in newly settled countries, but occasionally prevails near rivers, on low ground, in old settled places, as we observed, on the Connecticut River, in Mass., in 1881. The people in Hadley were then having chills equal to those in new towns in Illinois on the Illinois River.

Causes.

The cause has been supposed to be malaria, but when we consider that malaria has never been discovered by any analysis of the atmosphere, we feel the term at least needs explanation. It has been thought that there was a miasm in the air in these localities where ague exists, owing to the decomposition of vegetation, and the disturbing of a soil which had long lain unmolested.

We believe that the true and only cause will be demonstrated some day to be a peculiar electrical condition of the atmosphere, which exhausts the nerve force, thus causing

irregular nerve action, and consequently irregularity of the circulation, producing the effects as seen in ague (congestion followed by heat, fever, perspiration, etc.). This nervous prostration and irregularity of action causes loss of action in the liver, kidneys, and other glands of the body. In some instances torpidity of the liver and the general secretions may be a cause of the development of these symptoms characteristic of ague, when conjoined with the nerve prostration previously mentioned.

Symptoms.

At first the patient experiences a feeling of lassitude (weariness). His bones ache, especially in the lower limbs. He yawns and stretches. These symptoms sometimes are present for an hour or so each day for several days, when a distinct chill is experienced. The body is cold, the nails turn blue, and the patient shakes violently (if it be regular ague). He finds it impossible to keep still, neither can he be held still by ordinary force; the back aches, and feels as if there was ice applied to it. There is usually great thirst, and sometimes vomiting. In other cases, these two last symptoms are not present. After a period varying from one to four or five hours, these symptoms subside, and an intense fever sets in, the face becomes flushed, and the entire body is intensely hot; the pulse rises to 120 or 140 beats in the minute, the thirst is great, the head aches violently. After a period, varying from one to six or eight hours, the fever abates, and profuse perspiration commences, and all the other symptoms pass away, the patient feels hungry, takes a sleep, and awakes feeling quite well, though weak, till the coming on of the next chill, which, in turn, is followed by fever and perspiration as before.

In dumb ague we have all the symptoms above mentioned, except the shaking. Ordinarily the dumb ague is the more disagreeable, however.

Treatment.

I have entered rather fully into the description of this disease, because people often can well treat it themselves, and save much expense. The first thing to do before giving remedies is to notice the peculiarity of each case. If the bowels are constipated and the skin sallow, give *Podophyllin*, 1^x or 2^x in powder, repeated every three hours till free action of the bowels is effected; or this may well be alternated with *Nux v.*, in case the chill lasts long. As a rule give *Aconite* or *Gelseminum*, during the fever, every half hour. After the perspiration commences give the selected remedy every two hours. *Arsenicum alb.*, in powder, is the remedy, if there is great thirst, with restlessness. *Ipecac* should be given if the vomiting has been the more prominent symptom. *Quinia sulph.* 1 gr. pills to an adult, if there has not been vomiting and not excessive thirst, with a white-coated tongue present. *China* 1^x to 3^x may be used for young children under the same circumstances. *Nat. mur.*, 6^x to 30^x, where there is low spirits in chronic cases. After the chills are interrupted *Nux vom.* is usually demanded by the want of strength, loss of appetite, and especially the trembling of the limbs. *Electricity* used in mild current is often useful in restoring tone and strength to the system, used by letting the patient hold the electrodes in his hands for about five minutes at a time.

CONGESTIVE CHILLS.

The congestive chill is dangerous. It is an aggravated form of ague chill—being nearly all chill, with little or no reaction. The stagnation of blood seems to specially affect the brain and spinal cord. It usually affects only the middle-aged; is peculiar to those localities where fever and ague is common. The disease needs active treatment, and the physician should be at once called and given entire charge of the case.

Symptoms.

The symptoms are much like the chill in ague, but more severe; there is greater coldness, but seldom any shaking; the eyes are sunken, lips blue; entire body cold; mind stupid, often amounting to unconsciousness; the pulse is slow and feeble, sometimes only forty beats to the minute. The attack comes on suddenly, without premonition. The chill lasts sometimes for a whole day, when there is a little reaction, and the patient again goes into another chill; sometimes cold, clammy perspiration stands over the skin. The patient is too insensible to complain of pain. The pupil of the eye is usually dilated.

Treatment.

Mustard drafts or poultices should be applied to the hollows of the feet, and a long one should also be applied to the spine. The limbs should be briskly rubbed with the naked hand, or the flesh-brush; and hot *brandy* or *gin* may be given internally, freely. Together with this, *Qui. sulph.*, in two-grain doses, should be given every two hours, or one-grain doses may be given every hour. This plan should be continued till the chill passes off, when we must examine the case carefully, and prescribe according to the unhealthy condition found to be present. Sometimes it is well to continue the *Qui.* for twenty-four or thirty-six hours. In all cases, where it is possible, place the patient in the hands of the best physician it is possible to obtain.

MILK-SICKNESS. (*Trembles.*)

Milk-sickness, or trembles, is peculiar to newly-settled countries. It affects cattle, and also people who drink the milk of cows affected with the disease. Eating the flesh of animals affected with the disease is said to produce the disease in the people also. This, however, does not often happen, as animals diseased in this way are seldom slaughtered for beef (which, of course, would be only done by very un-

principled butchers). Sometimes cows are milked and the milk is used by the family before it is discovered that they have the trembles. The animal affected with the trembles shakes, and appears weak and hardly able to walk. Animals often die of the disease. It is caused in them by eating of a poisonous growth which is something like a potato or an artichoke. It grows in swamps, and cattle, in going into these swamps after water to drink (when water is scarce), sometimes force them out of the mud with their feet, and other cattle coming after, eat them. They are said to resemble the potato in taste. It never results in cattle except where they are pastured in these swampy places, and when both water and grass are scarce; therefore, the theory has become prevalent that the disease results from the cause mentioned.

Symptoms.

In people, the disease comes on with a chill, aching in the joints, vomiting; followed by fever, purging, trembling, and exhaustion.

Treatment.

Arsenicum alb. 3^x.—A dose every half hour, for two or three hours, and then every two hours, giving *Kali chlo.* 1^x in the intervening hour, is as good treatment as any. Let the patient be bathed, and then briskly rubbed with the naked hand. He may drink freely of cool gum-arabic water, and take thin thickened milk for food. The disease is dangerous at best.

HAY FEVER. (*Hay Asthma.*)

Hay fever is so named from its cause being supposed to be the inhalation of the pollen from grass, as it becomes ripe, and termed hay. Some people seem to inherit a predisposition to the disease. Those affected are liable to have a return of it every hay season. The disease is very distressing to some persons; others are so little affected as to not be very seriously incommoded. It is peculiar to no country, though people living in high altitudes are

seldom affected. Dr. Charles H. Blackley, of Manchester, England, has given the profession an exhaustive treatise on this disease (a copy of which I received, with the author's compliments, while I was in London, in 1881), and I give Dr. Blackley credit for much about hay fever which I incorporate in this work. Especially is this valuable regarding its treatment and prevention. Hay fever comes on at about the time of the ripening of the grass. This period varies according to the latitude of the place. Ordinarily the disease continues from four to six weeks. The pollen from ripe grass is wafted long distances by the wind, and is carried to large cities, and affects people though remote from agricultural districts.

Symptoms.

Sneezing is one of the first symptoms of hay fever; this is followed by watering of the eyes and nose, smarting of the eyes, a fullness in the head, and oppression in breathing. All patients with hay fever do not have the same symptoms entire; some have more trouble with the nose and eyes, others more marked difficulty of breathing; the watering of the eyes and nose and sneezing being the most common symptoms. Traveling on dusty roads may aggravate the symptoms very much. There appears to be in those affected by hay fever a particular irritability of the mucous membranes, together with nervous exhaustion, hence the

Prevention and Treatment

Must look, in part, to rectifying these conditions. Dr. Blackley found, by many experiments, that the best remedies were *Iod. of Ars.*, 3^x *Trit.*, a three gr. dose from June 1st to July 1st three times a day, then through July the same amount of *Arsenite of Quinine* 3^x. He also smears the nostrils three times a day with the following:

R Zinci Ox.,	ʒi
Ac. Tannici,	grs. x
Cerat. Simp.	ʒi M.

He also bathes the eyes with the following lotion three times a day :

R Cupri. Sulph.,	grs. x
Aqua Rosæ,	℥iij
“ Dist.,	℥xii M.

He also uses in the nostrils tubes to fit them, in the outer ends of which a fine sieve or screen is fastened, so as to prevent the breathing in of pollen. (We think the eyes might be protected in the same way.) He advises the wearing of a long, thin duster while out of doors, and that it be removed and well shaken before entering the house, so that the pollen may not adhere to the clothing constantly worn, and be inhaled even when in doors. This plan enables one to dispense with the nose and eye protectors while in the house. In this way the symptoms were made very mild, though no treatment which he tried completely prevented or stopped the difficulty, unless the patient removed out of the influence of the pollen. Still, with this treatment, the suffering felt was very slight indeed.

Bryonia is useful in many cases, and especially those where the catarrhal symptoms are largely manifested in the chest, together with asthmatic breathing, some fever, etc.

Ipecac, *Anthoxanthum*, *Euphrasia*, *Gelsemium*, etc., are remedies which have been recommended. They may be taken internally in 3^x *atten.* and also sprayed into the nose and mouth with the *Prussian atomizer*, a cut of which may be seen on page 235. This may be done three times a day, using the eye-wash before mentioned at the same time.

The wearing of amber beads around the neck has been found beneficial by some. With those exhausted by hard work or study, *Nux* 3^x and *Phos.* 3^x in alternation every three hours will be found of service. People affected with *hay fever* usually find relief by going to live in the forest, quite away from places where hay is grown, and remaining there till the season for hay is over.

DELIRIUM TREMENS. (*Mania a Potu.*)

This disease is developed from the excessive use of ardent spirits, usually in those considered habitual drunkards. Occasionally it results when the person afflicted has been drinking to excess but a short time.

Symptoms.

The patient is affected by wild delirium, is violent, imagines horrid objects are bent on his destruction. He thinks loathsome animals are crawling around or over him. His eyes seem to stand out from his head, and he is constantly in fear of some one doing him an injury.

Causes.

Excessive use of strong, alcoholic drink is the foundation cause; but the acting cause may be that he is suddenly deprived of his accustomed stimulant. So it may develop when, for a time, the patient has been drinking little or none at all.

Treatment.

In the treatment of *delirium tremens* we must be governed somewhat by the history of the case, noting the time during which the patient has habitually used liquors to excess. If he is an old drunkard and there is no hope of his being reclaimed, we may allow moderate indulgence in his usual drinks, and give him *Nux vom.* in *Tr.* in from five to ten drop doses every three hours. If the patient has not long used liquors to excess, we better keep them entirely from him, and give him beef tea and *Nux vom.*, as before mentioned. Sometimes *Ignatia* 3^x is useful to procure sleep. The old school give Opium, Morphia, or Hydrate of Chloral in large doses to stupefy; but the effect of this treatment is to largely interfere with digestion, the very thing we wish to assist in order to restore strength, which we accomplish with the *Nux vom.* The inflammation of the stomach usual

in these cases the reader will learn about under the head of *Gastritis, or Inflammation of the Stomach*.

DROPSY, ANASARCA, ASCITES, AND HYDROTHORAX, OR DROPSY OF THE CHEST.

The terms *dropsy* and *anasarca* are applied to watery effusions into the entire cellular tissue of the limbs and body; but *ascites* is limited to abdominal dropsy. We also have *dropsy of the chest*, which is a watery effusion into the pleural cavity, and is termed *hydrothorax*.

Causes.

The causes of dropsy may be a cold, causing a sudden arrest of the action of the skin and kidneys, disease of the heart, disease of the liver, nervous prostration, and, in the chest, the effusion may be due to inflammation of the pleura, as it may, in the abdomen, result from inflammation of the peritoneum (or lining membrane). Disease of the kidneys may cause dropsy of either variety; and it is sometimes produced also by the excessive use of *Arsenic*. When it results from taking too much *Arsenic*, the first effect is usually noticed to be a bloated, shiny, white condition under the eyes.

Symptoms.

In dropsy affecting the limbs, the feet and ankles are first affected, being swollen and puffy, especially in the evening. This is often all gone in the morning, after a good night's rest, and appears again the next evening, and so on. After a time, the whole limb becomes enlarged, but is not tender or red, as it is in inflammation. The skin preserves its normal color. By pressing the tissues, a dent is left when we take off the pressure; this dent fills up soon, however.

When the dropsy affects the abdomen, there is at first unusual fullness noticed when standing, which disappears

as the patient lies down; after a time the abdomen gets so full that the roundness and fullness exists even when reclining.

In dropsy of the chest, the patient feels best standing or sitting; in fact, he can not lie down if the effusion is very great, as the water then interferes with the action of the lungs. Sometimes there is dropsy of the pericardium (the covering of the heart); this is called dropsy of the heart, and causes weakness of the pulse, and difficulty in lying down as well. A skilled physician should always be called in any dropsical affection of the chest or heart.

Treatment.

When it is evident that the dropsy is the effect of cold, no time should be lost in seeking to establish the action of the skin by inducing perspiration. This may be assisted by the warm full bath, or the warm foot bath, after which the patient should be warmly wrapped in flannel blankets, and given *Aconite* if there is a rapid, wiry pulse, using the medicine in 1st dilution, giving ten drops to an adult every two hours, and only one drop to an infant (intermediate ages in proportion); always giving the medicine in a table-spoonful of water if an adult, or in a half tea-spoonful if an infant. This is to be continued till some moisture of the skin is produced; then we should make the intervals between the doses longer. If alternating chills and flashes of heat are present, and the patient is thirsty or aches all over, and has not taken *Arsenicum*, *Arsenicum* 3^x is the remedy to give.

The following remedies may be of use in some cases. Carefully notice the symptoms peculiar to each, and choose a remedy in accordance with the most urgent ones.

Apis mel.—Dropsical effusions, *with waxy paleness of the skin*; great soreness in the abdominal walls; stinging, burning pains in different parts of the body; urine scanty, dark, like coffee grounds. Complication, with *scarlet fever*, uterine tumors, etc.

Bryonia.—Lower eyelids oedematous; lips bluish, dry, and cracked; stitching pains in the region of the heart; wants to lie perfectly quiet.

China.—*General debility*; organic affections of the liver and spleen; great thirst, drinking little and often [*Ars.*]; in old people and where it arises from the *loss of animal fluids*.

Colchicum.—Face yellow and oedematous; skin dry and cold, or alternating with heat during the night; scanty, dark-colored urine.

Digitalis.—Doughy swelling, which easily yields to the pressure of the finger; paleness of the face, blue lips, and swelling of the eyelids; hydrothorax originating in organic disease of the heart; strong visible pulsations of the heart, and irregular pulse; *dropsy of knee-joint and scrotum*.

Lycopodium.—Urine scant, with red sediment, *like sand*; constipation.

Sulphur.—Dropsical, burning, swellings of external parts; bluish spots on the skin; it is *dry and husky*; greatly exhausted, without any apparent cause; after *suppressed itch* and other cutaneous eruptions.

SLEEPLESSNESS. (*Insomnia.*)

This is a condition of loss of ability to sleep. It is very uncomfortable to the person so affected, and is worthy of attention, because it indicates that the nervous system is in a state of excitement or exhaustion from some cause, and that some disease of the brain is impending, or that there is already present some disorder of some part of the system. The case should be carefully examined by a skillful physician, if some simple remedies do not do away with the difficulty.

Aconite is indicated, if the pulse is hard and frequent, and the patient is annoyed with fear of some impending evil to himself or some one else.

Belladonna is indicated, when the face is flushed, patient drinks immoderately, is very fretful and peevish.

Chamomilla is indicated in cases of teething children; stools green, watery, and slimy.

Mercurius sol. is indicated in sleeplessness, with dark green, frothy stools, bitter taste in the mouth, tongue coated a dirty yellow color.

Nux vom. with habitual constipation, or constipation alternating with diarrhœa, poor appetite, and bad digestion.

Ignatia, for weariness as a cause of the sleeplessness.

Pulsatilla, for sleepless, restless condition, with suppression of menstruation; bad digestion, caused from eating rich food—especially for women.

Sulphur.—Sleepless and dizzy, constant heat on top of the head.

NIGHTMARE.

This is a distressing feeling of oppression felt during sleep. The patient imagines he is being crushed by a heavy weight, or some huge monster; or feels himself to be falling down a great depth. These sensations are often due to indigestion, or an overloaded stomach, torpidity of the liver, or weariness of mind.

Nux vom. is the best remedy, as a rule, in men troubled in this way, and

Pulsatilla, in case the patient is a female with similar symptoms.

Of course, the diet should be plain for a few days, and all hygienic rules should be observed.

CHOREA. (*St. Vitus's Dance.*)

The young are usually those affected by this disease. Generally, it comes on before puberty, and is more common with girls than boys. It is a nervous disease, but is dependent upon conditions of the other parts of the system not entirely healthy. The period preceding the development of puberty, for a year or two, is characterized by a general disturbance of the entire system in some persons, but the

various symptoms are not uniform. Some are fretful, careless, and indifferent; others, wild, daring, active, etc.

Symptoms.

The symptoms of chorea are twitching of the muscles of the body, face, and limbs. These twitchings and jerking are not under the control of the will. The patient can not keep still. The difficulty is likely to alarm the inexperienced, but is not as a rule dangerous. Accompanying these symptoms there is usually considerable weakness of body and mind manifested; and torpidity of digestion, bad taste in the mouth, loss of appetite, sleeplessness, etc., are frequently present.

Treatment.

The first thing to do in the treatment is to regulate the condition of the stomach and bowels. Usually, the bowels are torpid in their action, and require *Lyc.*, *Op.*, *Nux.*, or *Bry.* Tepid soap-and-water injections may be used to advantage, for a few times, once a day. The patient should have good air, frequent tepid baths, plenty of rubbing of the surface of the body and limbs, and plenty of simple, plain nourishment, like soup, beef-tea, etc. The patient, under this plan of treatment, will usually recover in a few weeks. The secretions from the kidneys must be noted, and rectified if not natural. In cases of girls with delayed menstruation, *Puls.* 3^x is one of the most useful remedies, given every three or four hours.

CAUTION.—Other young people should not be allowed to see those affected in this way, as in many instances they will also become affected. Not because the disease is contagious, but there is such a desire to imitate in the human race, especially when young, that it is unwise to allow of those affected by these jerking spasmodic affections being seen by those who are of similar age. The same is true regarding hysterical and epileptic patients.

EPILEPSY. (*Falling Fits.*)**Symptoms.**

In this disease the patient falls down unconscious, the eyes roll up in the head, the body is drawn out of shape, the limbs are drawn up, the teeth are tightly closed; after a few minutes, the patient turns from side to side, froth comes from the mouth, and the patient twists in violent spasms. In a few minutes, the spasm passes off, and the patient falls into a quiet sleep, which lasts for a half hour or more; and when the patient awakens he is about as well as ever, though feeling somewhat weak. The attacks vary in frequency from one or two a year, to several in a day. I once had a patient that got entirely well after having as high as fifty-two attacks in a day and night. This great number in a day is very unusual, however, and one a day, or one every two or three days, is considered very frequent.

Causes.

The causes of epilepsy or falling fits are various. Some are caused from worms, some from an effusion of blood pressing upon the brain within the skull, some from fractures of the skull, when pieces of bone press upon the brain substance. This fracture of the internal table of the skull sometimes takes place from a fall or a blow, and still leaves the outer table of bone apparently all right. This is owing to the internal layer of the bones of the skull being more brittle than the outer table, which will spring down from a blow and spring back into place again without being broken. Sometimes epilepsy is caused from masturbation or excessive venery, causing an irritable condition of the brain. This irritation of the brain may also be induced by sun-stroke, or getting severely overheated.

Treatment.

In this as in many other diseases, the treatment must have reference to the cause as much as possible. At least

the cause must be removed in all cases, if possible. If the patient has at any time had an injury to the head, there is little hope of curing it. If the cause be excessive venery or masturbation, these must be discontinued, and if the passions are insatiable, the patient should be given *Bromide of Potassium* in five-grain doses every three hours; and *Spts. Camph.*, five drops, may well be alternated with it.

Nux vom. 3^x may be useful in those cases greatly debilitated.

Merc. cor. 3^x may be of use given every three hours in those cases where we have reason to think heat or sunstroke was the cause of the irritation of the brain.

Santonine should be used if the patient has round worms.

Koosso for tape-worm (study also other remedies for worms).

General Directions.

When a person falls in a fit of epilepsy, we should place him in as comfortable position as possible, and undo any tight clothing about the throat or chest; a cork may be placed between the teeth to keep him from biting his tongue, and some strong person should remain beside him to prevent his injuring himself when the spasmodic jerking or contortion comes on. When he falls into a sleep and the muscles become relaxed, he may be left by himself till he awakens. The remedies must be given between the attacks. Electricity applied by a skillful physician may be of use in some cases, but it better not be tried by those of inexperience.

FAINTING. (*Fainting Fits.*)

Some people faint from wearing tight clothing about the chest, thus obstructing the breathing and the action of the heart. Some people of weak lungs are affected in this way by close air in a crowded room. Some faint from fright or sudden mental emotion.

Symptoms.

The faint person looks pale, the cheeks and lips are white, the pulse beats very gently and slowly, and is sometimes entirely gone. In fact, the person looks much like death; but the heart still beats feebly.

Treatment.

When a person faints he should be laid down, with the head low. Never hold up the head of a fainting person, or put a large pillow under his or her head. The clothing about the throat and waist must be loosened if it is at all tight, and the patient must have fresh air to breathe. If persons faint in a close, crowded room, it is best to at once carry them to the out-door air, or at least into a well-ventilated room. Bathing the face with cold water is very well, and holding smelling-salts to the nose is all right, but do not forget to lay the patient down and loosen the clothing. In case fainting spells come on frequently, an expert physician should examine the heart carefully, and if found affected, the case should receive his best attention.

RHEUMATISM, GOUT, LUMBAGO, SCIATICA.**Description and Symptoms.**

Rheumatism is developed in several varieties. We have the INFLAMMATORY OR ACUTE RHEUMATISM, characterized by the suddenness of the attack, the inflammation and swelling, tenderness, etc., of the parts affected. This variety usually affects the large joints, like the knee, hip, elbow, or shoulder. Sometimes only one joint is affected, in other cases several joints are affected. Sometimes it shifts suddenly from one joint to another. In inflammatory rheumatism we have also what is termed a *rheumatic fever*, which is usually intermittent in its character.

Then we have MUSCULAR RHEUMATISM (one form of the acute variety), affecting some of the large muscles of the

body. In this form there is some tenderness and swelling of the parts affected, but not so much as there is in regular inflammatory rheumatism.

Then we have CHRONIC RHEUMATISM. In this variety there is not so much inflammatory action, but there is some enlargement of the joints usually. Chronic, or, as it is sometimes called, *sub-acute rheumatism*, affects both small and large joints, and there is a tendency to deposit calcareous material around the joints, which interferes with their action, besides causing enlargement of them. In *chronic rheumatism* there is little or no fever, but considerable pain is experienced in the affected part.

LUMBAGO is a variety of *rheumatism* which affects the muscles of the small of the back, and at times, I think, affects the articulations of the bones in this region.

GOUT is much like *inflammatory* or *acute rheumatism*, but only affects the smaller joints, like those of the foot, toes, wrist, and fingers.

SCIATICA is an inflammation of the sciatic nerve primarily, but affects the surrounding tissues, especially the muscles of the thigh, so as to cause pain on motion, and has many symptoms showing its similarity, in part, to rheumatism. It affects the thigh from the hip joint down the back portion of the leg to the knee. Tenderness is experienced from pressure along the course of the nerve, which sometimes can be traced like a cord all the way along its course.

Causes of Rheumatic Affections.

We may remark that the primary cause of rheumatism is usually cold. This produces an arrest of insensible perspiration and consequently the system retains what should be thrown off; this induces stoppage of healthy action in the liver and kidneys, and the development of stiffness or inflammation in the joints or muscles. People who sit most of the time are more subject to *sciatica*, hence we believe that the

bruising of the parts has something to do with this particular affection. In the progress of *rheumatism* or *gout* there is an arrest of the development or secretion of the fluid in the joints and the covering of the muscles and tendons, which, when normal, allows them to move easily. This fluid is oily, and when it is arrested in secretion, or dries up from irritation or fever, the joint becomes stiff, and a cracking sound is heard on motion, and the joint is often too painful to move.

In *gouty affections* the system is usually overfed; the diet has usually been too rich, and there has been, in many cases, indulgence in wines.

Treatment.

First in the treatment of rheumatic or gouty affections, we place warmth to the surface of the body as of the greatest importance; in fact, without it, little can be done. In the inflammatory and muscular varieties, as well as in gout, we prefer to put the patient into a warm pack, and let him lie there for four or six hours, and if a favorable impression is not made the first time, use it daily for several days.

Method of using a "Warm Pack."—To use a warm pack, strip a bed to the lower sheet, spread in it two good woollen blankets, then take all the clothing from the patient and spread a sheet wrung quite well from hot water over the blankets; now at once have the patient lie upon the hot, wet sheet, then wrap the sheet tightly over him, except his head (which must be left exposed); then bring the two blankets over him from each side, pin them securely around his neck and tuck them nicely about his feet. He may drink freely of cool water while in the pack. If the perspiration is very free, take off one or two thicknesses of blanket.

In chronic or sub-acute rheumatism, the wearing of

woolen next the skin is important, and this should be used in connection with the thorough oiling of the affected joints daily with *Sweet Oil* (Olive Oil) or *Vaseline*.

In *Sciatica*, rest and warm applications are of great benefit, and better be insisted on.

Flannel in Rheumatism.—All patients who are inclined to have rheumatism should wear flannel next the skin, Summer and Winter, for at least a year or two to prevent another attack.

Chemical Treatment.

The excessively acid or excessively alkaline condition of the blood being present in most cases of rheumatism, it has been found a great aid in the cure, as well as to prevent a return of the disease, to correct these excesses by *chemical treatment*; that is, by remedies to change this excess of *acids* or *alkalies* to a natural condition. The case of excessive alkalinity being given, acids, as a food or drink, while those who have an excess of acids should take alkalies, like soda, magnesia, or common salt, to correct this condition.

How to detect the excess of Acids or Alkalies.—This is very easily done. Natural urine changes blue test paper to a slightly pinkish hue, and if we find by dipping a piece of the blue test paper in the urine of our patient that it is turned very red, there is an excess of acids; if the paper remains as blue as ever, the urine is too alkaline, and shows that the blood is in the same condition. This course of diagnosis the most skillful physician will always adopt. He will also note if there is red sand in the urine, and, if so, he will give his patient *Lycopodium* as one excellent remedy for it. If the urine is yellow, or dark-colored, it indicates torpid action of the liver, and demands *Nux*, *Podophyl.*, *Merc.*, or *Iodine*, according to other symptoms, which determine which one to give. The patient should have fresh, pure air to breathe, though he must be kept warm.

GENERAL REMARKS ON REMEDIES FOR RHEUMATISM, GOUT, SCIATICA,
LUMBAGO, ETC.

No one must imagine there is any one medicine which will cure all cases of rheumatism. Causes and conditions differ, and the treatment must differ also. The condition of the general system must be studied, and often remedies for the correction of some unhealthy condition in the stomach, liver, or kidneys may do more to rid the system of rheumatism than could be done with any direct rheumatism medicine.

The affection being a painful one, opium is very generally given by the old school; but we think the patient makes a quicker recovery without its use, and the system is left in so much better condition without it, that we advise that it be not used.

Washes and liniments of all kinds are to be prohibited. There is always a danger in rheumatic affections, especially the inflammatory varieties, that the valves of the heart become affected; and while the disease is confined in its manifestation to some of the joints or muscles, it is much safer that it be not driven to the heart. It is for this reason that all schools of medicine, as represented by their best men, agree that washes and liniments applied to cases of inflammatory rheumatism is unwise and unsafe practice.

Special indications for Remedies.

(Read above remarks on treatment, before consulting these remedies.)

Aconite.—In the first stages of rheumatic complaints, where the pulse is rapid, wiry, and hard; the affected parts are very sensitive to the touch; fever, thirst, etc.

Arsenicum.—When there is great thirst; the patient aches all over; the fever intermits; tongue coated white.

Bryonia.—When the patient can not bear the least motion; he constantly wishes to move the affected parts, but the movement causes extreme pain; especially useful in cases coming on after getting wet; constipation.

Belladonna.—May be given at night, when there is restlessness and want of sleep, with a flushed face.

China, low, will be found of benefit in malarious districts, and when we have rheumatism and at the same time intermittents; patient feels very weak; fever intermits; tongue has a white coating.

Colchicum.—Is especially adapted to chronic cases; it should be given low, till slight nausea and diarrhoea is induced.

Dulcamara.—When the disease is made worse by every cold change in the weather.

Lachesis.—Patient worse after sleeping; left side most affected.

Lycopodium.—Urine dark; red sand in the urine; constipation; feeling of fullness in the stomach; most useful in old people.

Nux vom.—Where the disease affects the back or loins mostly; the patient is tormented by jerking of the limbs; great sensitiveness to cold air; is very irritable; troubled with constipation and indigestion.

Phos.—With extremely hard stools; patient is troubled also with a cough; indigestion, with belching up of wind from the stomach.

Pulsatilla.—In women, with scanty menstruation; light skin; tearful disposition, where the swelling is not great.

Rhus tox.—The pains are for a moment somewhat relieved by motion; also when great relief is experienced from the pain by the application of warmth to the parts affected.

Sulph.—Chronic rheumatic conditions, with heat in top of the head; faint, weak feeling; use for a week, four doses a day, and then choose some other remedy. (Only in chronic cases.)

Indications regarding Rest.

Rest relieves; give *Bryonia*.

Motion relieves; give *Rhus tox*.

Indications regarding Parts affected and Aggravations.

Parts affected.—Back : *Cim.*, *Nux vomica*, *Sulphur*.

Chest : *Bryonia*, *Spigelia*.

Joints : *Bryonia*.

Muscles : *Nux vom.*, *Rhus*, *Gelseminum*.

Neck : *Nux vomica*.

Shoulders : *Bryonia*.

Pain.—Aching : *Veratrum viride*.

Bruised : *Arnica*.

Burning : *Arsenic*.

Cramping : *Cimicifuga*, *Nux vomica*.

Dragging : *Chamomilla*, *Arsenic*.

Muscles as though torn : *Rhus*, *Arnica*.

Numbness : *Aconite*, *Nux vomica*.

Sharp : *Aconite*, *Bryonia*.

Shooting : *Aconite* or *Nux vomica*.

Sore : *Gelseminum*.

Stiff : *Bryonia*.

Tearing : *Colchicum*.

Tightening : *Nux vomica*.

Twitching : *Nux vomica*.

Wandering : *Pulsatilla*.

Attended by.—Chilliness : *Aconite*, *Gelseminum*, *Arsenic*.

Headache : *Aconite*, *Belladonna*, *Glonoine*.

Heat : *Aconite*, *Belladonna*, *Veratrum viride*, *Arnica*.

Heart complication : *Aconite*, *Cactus*, *Spigelia*, *Veratrum viride*.

Perspiration, excessive : *Gelseminum*.

“ relieving : *Arsenic*.

“ sour : *Mercurius*.

“ unrelieving : *Chamomilla*, *Dulcamara*.

Relieved.—Cold : *Pulsatilla*.

Warmth : *Sulphur*, *Rhus tox*.

Worse.—Cold, by : *Bryonia*, *Aconite*.

Morning, towards : *Mercurius*.

Worse.—Movement, by: *Bryonia*.

Night, at: *Gelseminum, China*.

RICKETS.

This is a scrofulous condition of the bones, caused from bad nutrition, many times inherited from parents, especially those of near blood relationship. The bones are soft (contain too much of animal material, and too little of the earthy). But this is not all; there is a faulty nutrition in these cases, which makes it difficult to arrest the disease.

Symptoms.

The bones bend, the breast-bone projects, the neck looks settled into the chest, the shoulders project too prominently, sometimes the bones of the head enlarge, and spread out to an enormous size. The affection usually develops at one or two years of age, if at all. The faculties of the mind are impaired in those cases of enlargement of the head; but in some cases where the head is not particularly affected, the brain seems to develop naturally. The patient remains of short stature, however, and the chin and teeth are usually prominent.

Treatment.

The patient affected with rickets should at once be taken to the sea-shore, and be bathed often in warmish salt water. The child should also be much in the open air. If it is impossible to go with it to the sea-shore, bathing in sea-salt water may be used at home. The diet should include unbolted flour, and the medicine should be of a tonic character. The general strength must be built up with *Phos.*, *Nux*, *Calc. carb.*, *Silicia*, etc.; remedies must in each case be chosen according to the most prominent symptoms.

The patient should wear some apparatus to sustain as well as may be the weight of the body, especially the head;

and the lower limbs should be supported with some kind of splints so as to prevent their bending, or rectify the deformity if it already exists. There is no use in saying the child will outgrow the disease; this is not so. Great deformity is sure to exist through life if great care is not exercised to prevent it. Where the head becomes greatly enlarged, there is no hope of perfect recovery, and little hope of the child's living more than a year or two. If the head is not enlarged the child may be so far relieved by proper management, diet, and treatment, as to be of quite tolerable shape, and enjoy life quite well, as well as being able to support himself through life.

NEURALGIA.

Description and Symptoms.

Neuralgia consists of a pain in the nerve tissue itself, hence the pain from it follows the course of the nerves in the body or limbs. The pain experienced in neuralgic affections is extremely severe, is usually sharp and darting; sometimes it is intermittent, and often returns the same time each day, like an ague, and is then termed *periodical neuralgia*. Neuralgic pains may affect any part of the body, and all classes and ages are liable to have them; but they are more common with people of weakly constitutions, or those broken down by sickness or hard work.

Neuralgia receives different names, according to the part affected :

Neuralgia of the half of the head is called *hemicrania*.

"	"	"	face	"	"	<i>tic douloureux.</i>
"	"	"	sciatic nerve	"	"	<i>sciatica.</i>
"	"	"	side of chest	"	"	<i>pleurodynia.</i>
"	"	"	stomach	"	"	<i>gastrodynia.</i>
"	"	"	heart	"	"	<i>angina pectoris.</i>

Then we have general neuralgia affecting all parts of the system. The most prominent symptom of neuralgia of either

variety is pain; acute, severe, darting pain, with little or no swelling or redness. Slight pressure increases the pain in some cases, when steady deep pressure relieves it.

Causes.

The principal cause of neuralgia is cold taken when the system is in a weak condition, or when a nerve is exposed, as in a decayed tooth. In neuralgia of the head or face, we should always examine the teeth carefully to see if there is a nerve exposed there, which causes the difficulty. Taking cold after having teeth extracted is frequently a cause of neuralgia, also.

Treatment.

For temporary relief we usually find warmth to the affected part is the best remedy; sometimes the warm foot bath gives relief to neuralgic pains in other parts.

Aconite low internally and externally is one of our most useful remedies. Give to an adult two drops of the *Tr.* in water every two hours, and put a tea-spoonful of the *Tr.* in a half tea-cupful of hot water, and apply cloths wet with this to the affected part.

Arsenicum 3^x is very useful between the attacks of neuralgia, given every two hours, especially if the attacks are periodical, or if there is aching of the whole body, flashes of heat, great thirst, etc. A very weak condition of the general system, with a tendency to dropsical swelling, is also an indication for *Arsenicum*. It may be used in the form of *Iodide of Ars. 3^x Trit.*, in case the patient has blood impurities.

If relief is not obtained by the use of the treatment already mentioned, the following remedies may be studied and one at a time may be selected and used according to the most prominent symptoms in the case. In neuralgic affections the patient should dress warmly and have fresh pure air to breathe. Good nourishment and healthy diges-

tion, as well as activity of all the functions of the body, are to be taken into account. Bad teeth must be removed, or treated and filled.

Belladonna.—Darting pains of the cheek bones, nose, and side of the face; violent shooting or tearing pains in ball of the eye; convulsive jerkings in the facial muscles; great intolerance to *noise* or *light*; aggravation in the afternoon.

Causticum.—Drawing pains on the right side, from the cheek-bone to the temple; obstinate constipation and hemorrhoids.

Chamomilla.—Stitching, jerking pains, that seem intolerable, especially at night; the pain causes hot perspiration about the head, and extorts cries; very impatient, can hardly answer a civil question; great sensitiveness to pain, becomes almost furious.

China.—*Periodical attacks*; darting, tearing pains, aggravated by the *least contact*; pain mostly in the infra-orbital and maxillary nerves; exacerbation every other day; weakly persons who have lost much blood.

Cimicifuga.—Intense pains in the eye balls, of a dull, aching, sore nature; sensation as if the top of the head would fly off; the brain feels too large for the skull, pressing outwards and upwards.

Colocynth.—Neuralgia chiefly on the left side of the face; violent rending and darting pains, aggravated by *touch* or *motion*; tearing, screwing pains, together with great restlessness and anxiety.

Gelseminum.—*Throbbing pain in the brain*, passing through to the forehead and eyes; great heaviness of the eyelids, can not keep them open.

Hepar s.—Worse when in the open air, and better from wrapping up the face; after the abuse of mercury.

Mercurius.—Tearing pains, worse at night in bed; pain starts in a decayed tooth, and involves the whole side of

the face; much perspiration affording no relief; if the pain has arisen from a cold.

Nux vomica.—Drawing, tearing, or compressive pains, chiefly in the forehead or in the part just above the root of the nose; numbness of the affected part; redness and lachrymation of the eyes; fluent watery discharge from the nose; constipation, with frequent urging to stool.

Phosphorus.—Face swollen and pale; vertigo, and buzzing in the ears; sensation of weakness and emptiness in the abdomen; long, narrow, hard stools, very difficult to expel; aggravation from chewing, talking, or touching the affected parts.

Pulsatilla.—Darting, tearing pains extending from the jaw to temple; chilliness even in a warm room; *disposition to weep and complain*; aggravation towards evening and in a warm room; better from cold and worse from warm applications.

Rhus tox.—Pain aggravated by rest, must move continually to get a little relief; worse at night.

Sepia.—Sensation of emptiness at the pit of the stomach; yellowness of the face, particularly across the bridge of the nose resembling a saddle; sense of great weight in the anus, not relieved by stool; especially during the period of gestation.

Sulphur.—Mostly chronic cases, or where well-chosen remedies have not the desired effect; after suppressed cutaneous eruptions; dry, husky, scaly skin; no perspiration; constant heat on top of the head.

Verat. alb.—Drawing, tearing pain in the right side of the face and above the ear; sunken eyes and coldness of the extremities; attacks of pain, with delirium.

CRAMP IN THE SIDE.

Pain in the right side below the edge of the ribs indicates trouble in the liver. If the part is tender, the liver is probably congested or inflamed, and *Aconite* is demanded.

Pain in the left side below the ribs is likely to be a symptom of congestion of the spleen, and calls for *China* or *Arsenicum*.

Pain in the chest on either side, sharp and stitching in character, indicates pleurisy, or congestion of the lungs, and demands *Bryonia*, or *Aconite* as remedies. These remedies failing, the family physician should be consulted.

CRAMPS IN THE LIMBS.

These will sometimes come on while the patient is sleeping, and are very annoying. They indicate want of regular circulation of the blood, and may be caused by a weak, nervous condition, and in pregnant women may be caused from pressure of the enlarged uterus upon the veins in the abdomen, thus stopping the blood in the limbs and causing the cramps which usually affect the calves of the legs more than other parts.

Treatment.

The limb affected should be briskly rubbed for temporary relief, and usually *Nux v.* is the remedy required for the treatment of the difficulty. In case the cause is pregnancy, no permanent relief can be expected till after confinement.

PARALYSIS (*Palsy*), HEMIPLEGIA, PARAPLEGIA, ETC.

Description and Symptoms.

Paralysis signifies a loss of the power of motion. When half the person is affected it is termed *hemiplegia*, and when a part of the body, like one limb or the face only, is affected it is called *paraplegia*. *Paralysis* is usually a serious difficulty. Sometimes it comes on suddenly, and at other times gradually. There is no pain experienced in a paralyzed part, as a rule. Sometimes, however, there is loss of motion and no loss of feeling.

Causes.

The causes of paralysis are usually in the spinal cord. Some pressure there upon the origin of the nerves causes them to lose their normal action, and as a consequence, the parts to which these nerves go are left powerless. A blow upon the spine, or a fall so as to injure it, is the most frequent cause, but it may result from a sunstroke. After diphtheria, and in a few cases it may be caused in women from uterine inflammation or displacement, producing such reflex action on the spinal cord as to cause congestion of the coverings of the cord, that pressure results. Sometimes this reflex irritation affects the base of the brain, and we have *paralysis of one side of the face* as a result.

In all cases of paralysis the nerve is the part affected. The muscles only contract by nerve power, just as the engine moves by the steam. Paralysis of a limb may also result from direct injury to the nerve distributed to the part.

Treatment.

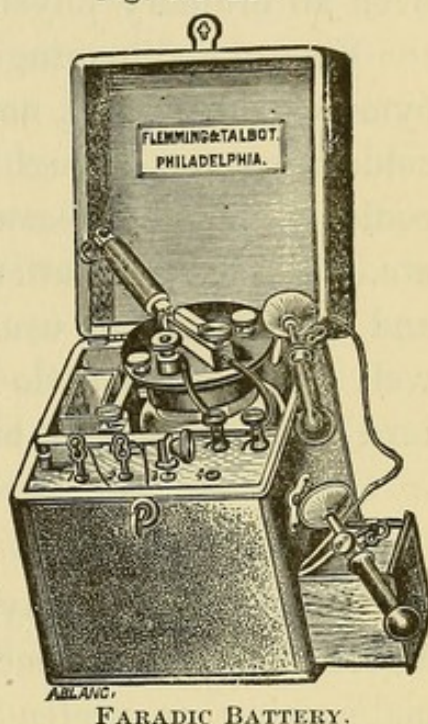
Usually a skillful physician should have charge of a case of paralysis; but if one can not be obtained, the family may use some reasonable treatment. First let the patient rest in bed; give him good air and easily digested food. When the trouble is recent, *Merc. sol.* 3^x every four hours, alternating with *Aconite* 3^x, is good treatment. After a week or two, *Nux vom.* is usually demanded, or *Puls.* in case of women with suppressed menstruation. *Nux* should be given in 3^x attenuation every three hours; and *Puls.* may be used the same if it is demanded. This plan will cure many bad cases; in fact, I have usually cured them in this way. One old man, seventy-two years of age, almost entirely paralyzed, was brought to me from Pennsylvania, after he had been affected for several months, and I succeeded in three months in getting him quite well, except that he never quite recovered the use of one arm. He died six years

afterward of *dysentery*. This was by many physicians called a hopeless case, and they were disposed to laugh at me for trying to do any thing for him. But the result justified the effort, and greatly pleased a large circle of friends and relatives. I mention it only to encourage perseverance in cases which look bad.

Electricity applied to the spine and the affected limbs is also sometimes of considerable benefit. The current should not be very strong.

This Faradic battery (electromagnetic) is sufficiently large for domestic use. It is easily kept in order and regulated. Always remove the zinc plate from the fluid when not in use.

Fig. No. 25.



HYPERÆSTHESIA. (*Too great feeling.*)

This is also a nervous difficulty. It is also an extremely painful trouble, as the slightest touch to the affected part or the least motion of it causes great pain, though there is no swelling or redness, nor any fever or heat of the skin. It is mostly confined to women, and is usually caused by uterine trouble. *Ignatia*, *Nux*, *Verat. vir*, or *Bell.* may be tried, but a good physician had better see the case. Rest for such a case is indispensable. Compelling such a patient to exercise is the greatest cruelty. Let them have good, fresh air and gentle nourishment, with perfect rest.

MALINGERING.

(*Pretending to disease which does not exist.*)

Some people pretend to have disease for the sake of sympathy, some imagine they are sick, some make a pre-

tense of sickness to avoid work. This is most frequently observed in *prisons* and in *armies*. Persons are so skillful in the pretense to disease, in some instances, as to deceive even an ordinary physician.

Where malingering is suspected we must compare the symptoms carefully, note the pulse (which the patient can seldom control, though I have known instances where this could be done at pleasure), the condition of the skin, tongue, etc. Watch the patient when he thinks no one sees him, and the deceit can usually be detected. When the case is well made out, a little treat to a cold bath, or strong mustard plasters, usually brings the patient to his senses.

HYSTERIA.

Some forms of hysterical fits, caused by anger and a desire to trouble some one, also come under the head of malingering or pretending to sickness. Such patients are best cured by entire neglect. There are, however, cases of hysteria which are true diseased actions, and demand our sympathy and active treatment. These I will mention under the department of diseases of women, as it is women who mostly suffer in this way.

THREATENED DEATH FROM ACCIDENTAL CAUSES—ASPHYXIA.

DROWNING.

Efforts to restore those in danger of death from drowning must be persevered in, as those apparently lifeless have been restored to life after they had been in the water some time. The task seems a hopeless one, we know, in many instances, because death seems stamped on the countenance, and the body is as limber as if really dead. There is no breathing or pulse perceptible, and still we may hope for success by using active measures.

First, the supposed drowned person should be turned

face downwards, and the body held up for a half minute, while some one opens the mouth to allow all the water in the lungs to run out by its own gravity; then lay the person on his back and press quite heavily upon the chest with both hands, and while this pressure is maintained have some one turn the patient on his side; then relax the pressure, and let him turn again upon his back; reapply the pressure to the chest, and again turn him upon the side as before; cause him to turn, about every four seconds, or fifteen times in a minute.

Warmth to the limbs should be applied as best we may. To do this, the wet clothing should be removed, and dry substituted, if possible. The limbs should be rubbed briskly also. Smelling-salts should be placed to his nostrils, and if possible, a few drops of *Nux* may be placed in his mouth.

Efforts to restore breath and the circulation should not be abandoned for at least one half hour. Electricity may be used also.

THREATENED DEATH FROM LIGHTNING.

When a person is suffering from the effect of a stroke of lightning, there is almost the same appearance as when there is apparent death from drowning, but the treatment must be different. Cold water should be dashed in the face; if he do not speedily revive, put some *Nux vom.* in his mouth, and then place the patient in a freshly dug hole in the ground, with the body in a half-sitting, half-reclining position (if the clothing is off, all the better); then cover him well over with earth, except the chest and head; continue to repeat the *Nux* every ten minutes for an hour or two.

THREATENED DEATH FROM FREEZING. (*Frost-bite.*)

When any part of the body appears frozen, we must take the patient into a cool room, and rub him briskly with snow, or cold water, until the parts become soft and warm; then the body may be wrapped in blankets.

Coffee may be given the patient, using no milk or sugar

in it. For the stinging, burning pains after frost-bite, *Arsenicum* or *Apis* are the remedies.

When the hands, feet, or ears are touched with frost, or frozen, great care must be exercised during the balance of the Winter, to protect these parts from the cold air.

CHILBLAINS, which result from frosting the feet, require bathing in tepid salt and water daily, and if, in a few weeks, a cure is not effected, take *Comp. tr. of Iodine*, diluted one-half with water, and paint the bottom and sides of the foot with it every two days, and keep the parts well anointed with *Vaseline*.

THREATENED DEATH FROM HANGING.

Of course, cut the patient down at once ; loosen the rope about his neck ; open well the clothing about the chest ; and try to use artificial respiration, besides having the limbs briskly rubbed, and applying *Spirits of Ammonia* to the nostrils, and electricity to the spine.

THREATENED DEATH FROM STARVATION.

Where a patient has received no food for many days, small injections of warm milk, used every hour, are the best at first ; and only give easily digested food for several days.

ASPHYXIA.

Asphyxia is a term applied to the condition of suffocation or loss of breath from strangulation, (see "threatened death from hanging"), violent shock from an injury, or a fright ; being under water (see "drowning"), breathing poisonous gases, or too much Chloroform or Ether.

ASPHYXIA FROM INHALING ETHER OR CHLOROFORM.

Care should be exercised that the patient inhales a good quantity of atmospheric air with the Ether or Chloroform, and lies flat upon the operating table or bed, with only a

small pillow under the head so as to prevent *asphyxia*; but in spite of every precaution it will sometimes occur. The attendants as well as the physician should be cool and clear headed under these circumstances, or the patient may lose his life if all are so frightened as to render no assistance.

First when it is noticed that the patient has ceased to breathe, he should be turned on his face, with the head falling off the bed or table, and the body should be lifted up so as to let the blood gravitate to the brain. Some one should seize the tongue with forceps or the fingers, and draw it out of the mouth, and some *Nit. of Amyl* should be held to the nostrils. If the *Amyl* is not at hand, *Ammonia* may be used in its stead. These means are usually sufficient to establish respiration, and remove all dangerous symptoms.

Asphyxia from strangulation and drowning we have treated of already; see pages 190 and 192.

In cases of asphyxia from inhalation of poisonous gases in old wells or mines, the patient should be taken into the fresh, cool air as speedily as possible, and rubbed briskly with the bare hand moistened with cold water, camphor, or alcohol, and artificial respiration should be tried as well, applying electricity to the spine if it is at hand. The application of *Spirits of Ammonia* or *Camphor* to the nostrils is also useful.

LOCKJAW—TETANUS.

Description and Symptoms.

Lockjaw comes on suddenly in the variety caused from injuries or wounds called traumatic, that is, we have little warning of an attack. There is usually a spasmodic action of many of the muscles of the body, but especially of the muscles of the jaws, which are spasmodically contracted, so that the mouth can not be opened. In the variety which comes on from constitutional causes (called *Idiopathic Te-*

tanus), there is more warning of an attack. This variety of tetanus commences with stiffness of the neck as from a cold, difficulty is experienced in putting out the tongue, the voice is hoarse, and there is sometimes difficulty of breathing, as there is in asthmatic suffocation.

Causes.

The cause of traumatic lockjaw is commonly a punctured wound, as a nail or tack sticking in the foot. It may also develop from other wounds, or even after surgical operations. The idiopathic variety arises from disorders of the general system, especially those affecting the brain or spinal cord.

Treatment.

If the cause appears to be a punctured wound, care should be taken to keep the wound open. This can be done by probing it daily and applying poultices of flax-seed meal. *Tr. of Iodine* should be put into the wound once or twice a day with a brush. *Nux vom.* is the remedy to give if spasmodic action has come on. If there is only a feverish condition, *Aconite* and *Arnica* in alternation every hour may well be given. No time should be lost in getting the services of a skilled physician as speedily as possible. Other remedies may be called for by the nature of the peculiar symptoms and conditions of the case; but as these vary so materially, no general directions for treatment can be given, except to use such remedies as the symptoms seem to require.

A study of the *Materia Medica* is of great service in helping one to recognize the peculiar line of symptoms calling for a particular remedy.

SCROFULA.

Scrofula indicates an impure state of the blood, which is manifested by enlargements of some of the glands of the body, especially those in the neck; by small sores on various parts

of the body, and by various eruptions on the skin. There has been much dispute about the particular nature of scrofula; but the whole matter resolves itself into the fact that there is impure blood as a basis, whatever manifestations are present, in the way of enlarged glands, indolent sores, or unpleasant eruptions. It is generally agreed that much of this impurity of blood often comes from the parents, and it is also agreed that this impurity may in a great measure be due to bad digestion, want of exercise, impure air of cities, too rich or oily a diet, syphilitic taint, etc. When scrofulous swellings of the glands inflame and suppurate, they show little disposition to heal, and in fact are very difficult to get to heal in some instances. In scrofulous affections several glands are usually affected at the same time, or become affected (enlarged and inflamed) in succession. So of eruptions and sores on the skin in this class of patients, they as a rule are obstinate. The complexion of the scrofulous person is usually light, the general strength is usually not good, and the patient's mental strength frequently seems to be about as weak as his body.

Treatment.

In the treatment of scrofulous affections the first attention should be paid to good air, diet, exercise, bathing, clothing, etc., and the next to remedies. Among these I place *Iodine* as the most useful. It may be used in 3^x dilution, or it may be used as *Iod. of Ars.* or *Iodide of Merc.*, in the 3^x attenuation. I usually prefer it in powder (which is called trituration), giving one of these remedies at a time, and it is well to give one a week, using a dose every four hours, then change to the other.

Phytolac. dec. is of service when there are hard glandular swellings.

Belladonna is useful when the throat is affected. It may be alternated with *Merc.*

Cal. carb. is useful in children where there is a failure to close in the openings of the child's head (called fontanelles). In curvature of the spine, etc.

Dulcamara.—In skin affections, moist tetter forming crusts, aggravated by cold changes in the weather.

Merc. cor. may be used in cases where the eruptions on the skin have a yellowish, shiny appearance. It may sometimes be alternated with *Ars. iod.*

Silica.—Children of large heads. Caries of the bones (softening of bone), indolent ulcerations of the skin, etc.

Sulphur is always valuable in scrofula. It may be best used in chronic cases. Give it for a week, and then give some of the other indicated remedies.

WHITE SWELLING.

White swelling manifests itself in enlargement and inflammation of the bones of the knee; but the skin is white and shiny, and not red, as in rheumatic affections. The disease is scrofulous in its nature, with a special tendency to affect the bones, particularly those of the knee joint. The limb below, and often above the knee, becomes smaller than natural. The patient is usually pale, and after a time becomes very thin in flesh.

The remedies under scrofula may be studied for a selection of the one best adapted to the case. Sometimes local applications of *Comp. Tr. Iodine* to the knee are of service. No weight should be borne upon the affected limb; but the patient should sit upon the edge of a high table and swing the limb below the knee for a few minutes daily to prevent stiffness. This method of movement is called *passive motion*.

HIP DISEASE—COXALGIA.

This is also a disease due to a scrofulous or tuberculous condition of the system, and is peculiar to children between the ages of three and fourteen years. Sometimes the dis-

ease comes on without any obvious exciting cause, and in other instances, a fall or some injury to the hip seems to be the direct cause of the trouble.

Symptoms.

There is usually slight pain in the knee of the affected limb, with slight lameness. After a time the pain in the knee becomes very severe, and pain in the hip is noticed. The affected limb at first appears a little longer than its fellow, but as the disease progresses it becomes shorter. The apparent lengthening of the limb is due to the position the patient usually assumes, a sort of dragging of the limb, but the shortening apparent as the disease progresses is real. This is owing to the growth of the well limb, and the arrest of development in the affected one. Motion, or resting the weight of the body on the limb, causes increase of pain, both in the knee and hip. The buttock of the affected side becomes small and flabby. There are often enlarged glands in the groins or neck, or skin eruptions appear in connection with these pain symptoms, which, taken in connection with the scrofulous appearance of the patient, will clearly indicate the nature of the disease. Matter forms, in many cases, after a few months in or around the hip joint. The formation of matter is indicated by the occurrence of chills. This matter, if not let out by surgical operation, finds its way to the surface of the flesh by ulceration, and often opens and discharges at several places in the upper part of the thigh. Small pieces of bone sometimes pass out of these openings with the matter. These are called *spicula of bone*. This indicates what is called *necrosis*, or death of a part of the bone. *Caries*, or softening of the bone, occurs in some cases.

Treatment.

In the earliest stage of the disease, when pain is only felt in the knee, the child should be kept at rest on his back most

of the time, and when he rises, he should press no weight upon the affected limb. Warm flannels should be worn on the limbs, and if they cover the body also all the better. Good air, bathing, etc., are necessary. Let the diet be made largely from unbolted flour made into bread, rolls, cakes, etc. *Remedies* similar to those noted in *scrofula* are indicated.

Termination of Hip Disease.

Most cases will recover in from six months to two years, under this treatment, but there will usually be left some shortening of the limb. That is, the other grows—this does not, to any great extent. Hence, a shorter limb than its fellow must be expected. Sometimes dead bone keeps up the irritation, and it may be necessary for the surgeon to cut down upon and remove this dead bone. No one can judge of the necessity for this so well as the skilled surgeon himself. These operations are usually successful, and the entire head of the bone of the leg (*the femur*) may be removed, and a useful limb be preserved. These operations are not often required, as the proper remedies will usually arrest the disease, when given in connection with proper diet, rest, etc.

DIPHTHERIA.

Description and Symptoms.

This disease is often spoken of and written about as a throat affection entirely; but this is not true. The disease affects the entire system as much as small-pox or typhoid fever. It is more common in children, but adults sometimes are affected. It is not peculiar to any climate or any time of year, but usually prevails more in the Spring and Fall. It occurs as an epidemic, and also in occasional instances. It is in a measure contagious, and though it often attacks those not exposed to it, it is more liable to spread among those who are exposed. It is, therefore, best to keep others away from those affected, as much as possible. There is usually

an exudation of a white false membrane in the throat in these cases; but the false membrane may appear in the vagina and over the internal surface of the labia in girls, or may appear upon any irritated surface of the skin in those affected by the disease.

We look upon the disease as a poison in the blood, affecting the entire system, and producing a condition of prostration near to that in typhoid fever. Without these symptoms of prostration, we are not likely to see genuine diphtheria. I say *genuine*, because many cases of simple inflammation of the throat are termed diphtheria, which should not be so named.

The train of symptoms, comprising weakness, nerve-prostration, brain-depression or irritation, the rapid, weak pulse, or slow, weak pulse, the red tongue, which becomes dry, brown, and often fissured, derangement of mind, nausea, and fever, usually preceded by a chill, must be largely present, as well as the sore throat and deposit of false membrane, to constitute a case of diphtheria. In fact, these symptoms are *more* characteristic, because we have a false membrane formed in the throat in other diseases, in some cases. Sore throat is not always complained of in a case of diphtheria, because the system is so affected as to cause a sort of insensibility to pain. Hence, when great complaint is made of a sore throat, and the patient is otherwise quite well, we have a case of ordinary inflammation, and not diphtheria. But when we have present those general symptoms just named, we should examine the throat to see if it is inflamed, whether the patient complains of it or not.

The first appearance of the disease, as seen in the throat, consists of intense redness; next, within twenty-four hours, we see a white appearance, like a flake of snow, situated usually upon one side of the throat. This has a disposition to spread. Ulcerated spots must not be mistaken for false membrane. Ulcers are depressions, have a tendency to eat down into the tissues; while the membrane of diphtheria is

an exudation, or growing up above the surface of the surrounding tissues.

The disease has been very fatal under severe old-school treatment, but not very fatal under homeopathic treatment. There are a few cases which develop rapidly, and there seems to be a destruction of the blood, as from poison, from its early manifestations, which baffles every effort to cure, however wisely directed.

Causes.

Of the causes of diphtheria, we know little. We believe it to be due to a poison inhaled from the atmosphere or from those affected with the disease.

Preventive Measures.

In case of an epidemic of diphtheria, many are wild to learn of something to prevent the disease. The profession is not agreed upon any preventive measures; but my own experience leads me to place great faith in the preventive power of *Chlorate of Potash*, taken in very small doses, about four times a day. I have used it in several epidemics, and I do not know of any one having been attacked with diphtheria who had taken this medicine for as long as a week. I give it by putting about five grains of the medicine in a half glass of water, and then giving a tea-spoonful out of the glass, to an infant, up to two years old, every four hours. Give children from two to six years of age, two tea-spoonfuls; and older children, three tea-spoonfuls, at the same time. Fix the medicine fresh every day. Other remedies have been claimed by some physicians as preventive, but as this one has been entirely satisfactory to me, I have had no experience with others.

Results.

There is danger of deafness or paralysis following after very severe cases of diphtheria, especially when the violence of the disease has not been stopped early by proper medi-

cine. I say this in the light of experience in a large number of cases, among which I have never had a case of deafness or paralysis which continued for but a few weeks, and only in a few instances have we ever had these results at all; but on the contrary, rapid complete recovery has been the rule, without leaving any bad effects behind.

Treatment of Diphtheria.

Although the disease has been considered so dreadful, I have never found it required any severe treatment. My idea is, that the patient can in no disease well endure severe treatment and the disease also, and we should not ask ourselves what the patient can stand, but what does he require.

Kali chlo. (or Chlorate of Potash as it is called) is the remedy to neutralize the poison causing the disease. I give it similarly as directed in the prevention of the disease; sometimes with small children I find it convenient to have the 1^x trituration made, and use a small powder of this instead of the liquid, giving it every two or three hours. (Only a skillful chemist can make this trituration.)

Belladonna.—Usually *Bell.* 2^x or 3^x is the remedy I use in alternation with the *Kali chlo.*; these remedies I continue till the active symptoms disappear, after which *Nux vom.* 6^x or *Ars. iod.* 3^x are sometimes useful to give strength, appetite, etc. If paralysis or deafness comes on, *Nux* is the remedy to use.

I will not mention the great number of remedies which have been used in this disease, as they are not needed, as I have found by my own experience.

The patient should be allowed plenty of fresh air, and the clothing should be often changed. Milk or gruel is a sufficient diet till the disease abates, after which soup and beef tea may be given; always allow the patient to drink cool water freely. Gargles and washes are quite unnecessary, and are often injurious. If the patient has difficulty in

swallowing, give injections of beef tea, and have him inhale the *Vapor of Iodine*; do not use the *Tr. of Iodine*. The *Compound Tr of Iodine* will do, as this will dilute with water; the *Tincture* will not. I use a solution made with crystals of *Iodine* fifteen grains, *Iodide of Potassa* forty-five grains, water one ounce. Then put ten or fifteen drops of this in about two table-spoonfuls of boiling water, and let the little one breathe in the steam vapor from this for a few moments, and repeat this every four hours till the membrane is detached and thrown off, then omit it. Let the patient have rest; continually working with him night and day is a great injury. Do not feed him oftener than every four hours. Great injury results from too much food in the stomach.

CHAPTER VI.

AFFECTIONS OF THE MIND AND HEAD.

MENTAL EMOTIONS.

THE condition of the mind greatly affects the health and functions of the body. Fright, grief, or anger may, and usually do, affect the health unfavorably; while pleasure, joy, and gladness have a favorable effect, and tend to promote the health of the body. We do not think it is hard to understand why this is so, when we consider that the nerve power carries on all the functions of the body, and that the great nerve center is the brain, and that the mental faculties also have their abiding place as well as origin in the brain. Thinking of this, we can reverse the order and understand how bodily affections sometimes impress the mental faculties, and even cause insanity. This is not so well understood as it should be, as in our opinion many would be cured of mental derangements, if this was appreciated, who now are allowed to go as incurable cases.

Remedies in Mental Emotions from Fright.

Aconite is the remedy where *fear* is the apparent cause of shock to the system.

Bell. where the shock to the nerves has caused convulsions.

Nux v. when spasmodic twitching of the muscles results from a nervous shock from fright.

Remedies where Grief seems to be the cause of the Mental and Nervous Depression.

Ignatia 3^x is here the most prominent remedy on general principles; while *Nux vom.* 3^x is useful if there

is an irritable mood, with weakness, constipation, indigestion, etc.

Remedies in Affections largely caused by Anger.

Nux vom. here also takes the lead, especially indicated if the patient wishes to be alone, together with the symptoms of constant irritability of temper, constipation, twitching of the muscles, restlessness, etc.

Colocynth is also a useful remedy where the patient has also colicky, griping pains in the bowels.

Santonine.—This remedy may be given in those cases liable to angry fits of ungovernable temper; using it in the 1^x attenuation in powder, giving a dose of about four grains every four hours. This will be recognized as a worm remedy, and it is the possibility of the existence of worms that would cause us to prescribe it. Worms being often a cause of the irritable, angry disposition, we may well treat the cause of this condition. If pin-worms affect the patient, simply inject into the bowels from ten to thirty drops of *Spirits of Turpentine* mixed in a half tea-cupful of thin starch-water.

INSANITY.

The derangement of mind termed insanity is one dependent, in some cases, upon injuries to the brain from blows or falls, sometimes from diseased action in the brain not connected with injuries, sometimes from derangement or abuse of some of the other parts of the body, notably those diseases affecting the generative organs in both sexes, and sometimes comes on as a hereditary trouble (a sad inheritance from parentage). To determine the sanity of a person we have to judge him in comparison with others, and also as regards the reason shown for the acts committed in the light of the circumstances of the patient. It is now universally admitted that a person may be insane on one subject and perfectly rational on all others. In this case there is a

loss of the true balance of mind power. Much thought and study is needed to appreciate the peculiarities of mind derangement, and the patient so affected should receive the careful attention of the most skilled physician.

Treatment.

We can not attempt, in the small space allowed us here, any extended effort to direct the treatment. Every case must be judged of and treated by itself. On general principles I may, however, say that where severe mental labor or excitement has been the clear cause of the difficulty, rest and recreation are clearly reasonable elements or agents in the treatment of the case. The insane person should have our sympathy and kind attention. *Severe, barbarous treatment* should not be resorted to nor allowed. Usually the well-conducted private *insane asylum* is the best place for the insane. Here the mind is rested, or amused and strengthened, and those accustomed to these diseases become more expert in detecting the cause of the ailment, as well as in the use of means and remedies for its cure.

LOSS OF THE HAIR.

Premature loss of hair may be caused by severe illness, like typhoid fever or brain fever; or it may result from erysipelas affecting the scalp; from syphilis, intense study, or severe headaches, and in some instances from the abuse of mercury. The use of patent medicines to increase the growth of the hair has, in some instances, caused the falling out of that which was present.

Treatment.

Gentle stimulation by brushing and some oil is of service. The scalp should be bathed with *Bay Rum* once a day. *Vaseline* is a good application to the scalp in many instances. With the following wash I have caused the hair to grow on

bald spots, and even become the natural color on those who had turned gray :

℞ Tr. Cantharides, ℥i
 Ol. Ricinii, ℥ij
 Alcohol, ℥ij M.

Perfume at pleasure, apply once a day with gentle friction.

SUNSTROKE. (*Coup de Soleil*.)

This affection is caused by intense heat, usually from the direct rays of the sun, though it may occur when the heat is great, even when the person is in doors, or in the shade. It is more liable to affect those who use much beer or liquor.

Symptoms.

Usually in sunstroke the patient feels dizzy and sleepy, and soon becomes unconscious; sometimes the dizziness is preceded by a feeling of fullness in the head, an oppression for breath, and he sometimes complains of a faint feeling at the outset. The patient affected with sunstroke has much the appearance of an intoxicated person, but the history of the case, with the prevalence of very hot weather and the conditions surrounding the case, will help clear up the diagnosis. True, we may often smell liquor on the breath of the person affected with sunstroke, and the attack may have been in part due to the effect of liquor. In most cases the condition of the pupil of the eye will help clear up the diagnosis. When the case is one of sunstroke the pupil is usually very large; while in insensibility from intoxication, it is usually very small, like a pin-head. The pulse is slow; generally there is a flushed face, but sometimes it has a white, pale appearance. There is usually heat of the head, and coldness of the hands and feet, in sunstroke, and the attack commonly comes on without warning.

Treatment.

As a rule, if we see the patient very soon after an attack, ice-water or ice should be applied to the head and warmth to the feet, and opium 3^x may be put on the tongue. If we do not see the case for two or three hours after an attack, and we find the heat of the head not great, the best application to the head is warm water, by means of hot, wet cloths, and the back may be rubbed with some stimulating wash like *Tr. Capsicum* or *Tr. Cantharides*, largely diluted with water. *Belladonna* is, in this condition, the better remedy, giving an adult the 3^x attenuation, or a child the 6^x, every half hour, till consciousness returns, always keeping the feet warm. Ice to the head after the first hour or two is positively dangerous treatment, in our judgment, and the patient better be let alone than to have this applied.

The condition is one of exhaustion and deficiency of nerve power, so as almost to arrest life, and warmth is much the more likely to prove successful. After consciousness returns, and if there be an irregular circulation (the pulse intermits), and there is *nausea*, or alternating hot and cold feelings, *Arsenicum* is demanded.

If there is a rapid, wiry pulse, dry, hot skin, and a contracted pupil, *Aconite* will be of service.

If there is twitching of the muscles, restlessness, pain in the back of the neck or spine, *Nux vom.* is the remedy to use.

Preventive Measures.

To avoid sunstroke should engage the attention of all during extremely hot weather, and the extra liability to an attack in those addicted to the use of beer or other liquors as a beverage, is a sufficient argument in favor of temperance. When possible, the sun's rays should be kept from the head, by carrying a sunshade or using broad-brimmed straw or other light hat, in the crown of which a damp silk

handkerchief should be placed, or some large leaves will do very well. Ice-water should be used very sparingly, and the diet should be more than ordinarily plain and simple. Exercise should be taken with great moderation.

HEADACHE.

Headache is one of the most common complaints of the human race, especially womankind. Headache has many phases, regarding the peculiarity as well as the location of the pain. The pain may be dull or darting, constant or intermitting. It may affect one portion of the head and not another. There may be soreness and tenderness, or neither, and the light or a noise may increase it in some cases. It may come on at regular intervals, or only occasionally. It is peculiar to no age, sex, or condition; but affects women more than men, simply owing to their more delicate nervous organization.

Causes.

The causes of headache are as various as its manifestations. They may be produced from cold, indigestion, constipation, hard brain work, worry of mind, decayed teeth, loss of sleep, from sympathy with other affections of the body (especially uterine disease), as well as in inflammation in the brain itself.

Treatment.

First try to remove the exciting cause; but as this will sometimes require some delay, we may well give at least temporary relief by remedies chosen according to their homeopathic indications; always keep the feet warm and dry, is a motto it is well to remember if we are subject to headache. As a rule, in those headaches caused from derangement of the nervous system, or in diseases that affect the brain through sympathy, warm applications to the head are beneficial. Experience shows that at least ten cases of headache are relieved by warmth where one is relieved by cold.

I shall mention several remedies for headache, because the cause of the trouble is so various, and because different remedies are required according to the peculiarity of the pain, as well as its particular location. Read carefully the indications for the use of each remedy, and give the selected one singly, using the medicine much stronger for an adult than for a child, and repeating the dose in a half hour, if the effect is not observable in that length of time (for we are very often able to relieve a severe headache in a half hour with the proper homeopathic remedy).

Remedies.

Aconite.—Violent headache; bitter, bilious vomiting, with anguish and fear of death; gets desperate, and declares he can not bear the pains.

Arnica.—Headache caused by a blow, or concussion of the brain.

Arsenicum.—Periodical headache; *beating pain in the forehead*, with inclination to vomit; Extreme thirst, drinking little and often; pains worse during rest, and better by motion.

Belladonna.—Head feels as if it would burst; congestion of blood to the head; violent throbbing pain, especially in the forehead; boring headache in the right side of the head; vertigo, with stupefaction and vanishing of sight; *nausea and vomiting of bile, mucus, or food*; can not bear noise or bright light.

Bryonia.—Headache sets in on first waking in the morning; the head aches as if it would split open, aggravated by stooping or motion; wants to keep perfectly still; sour or bitter vomiting; lips parched, dry, and cracked; hard, dry stools, as if burnt; patient very irritable.

Calcarea c.—Dull, stupefying, oppressive pain in the forehead, with cloudiness of intellect; throbbing headache in the morning, continuing the whole day; feeling of coldness in

the head; feet cold, as if they had on damp stockings; much dandruff on the scalp; vertigo on going up-stairs; *Menses too soon, too profuse, and lasting too long.*

China.—Headache from suppressed catarrh; pressure in the forehead as if it would burst; ringing in the ears, and weak, fainting spells; worse every other day.

Coffea.—Patient very sensitive and excitable; pain in the head as if it would fly to pieces, worse from noise or light; *Head feels too small*; extreme wakefulness; burning, sour eructations.

Ignatia.—Boring, sticking pain in the forehead, relieved by lying down; headache as if something hard pressed upon the surface of the brain; an empty feeling at the pit of the stomach; constipation, with prolapsus ani.

Ipecacuanha.—If nausea and vomiting are the most prominent features; stooping causes vomiting; diarrhoea with green stools.

Lachesis.—Headache with nausea and drowsiness; throbbing or beating pains in the temples; pressing headache early in the morning, worse from stooping; can not bear any thing tight about the waist; vertigo, with paleness of the face; *pain in the left ovarian region*; despondent mood; *aggravation after sleeping.*

Nux vomica.—Headache with sour, bitter vomiting; stupefying headache, especially in the morning; habitual constipation of large, difficult stools, with frequent urging; persons of *sedentary* or *intemperate* habits, or those *troubled with piles.*

Phosphoric ac.—Dreadful pain on top of the head, as though the brain were crushed, after long-continued grief; too early and long-continued menstruation, with pain in the liver; painless diarrhoea; whitish stools.

Pulsatilla.—Headache consequent upon eating rich, greasy food; *tearing, drawing, or stitching pains*; she *weeps and complains*; very bad taste in the morning.

Sepia.—*Leucorrhœa* between the menses.

Sulphur.—Pains mostly in the forehead and temples, *pressing, throbbing*, or tearing; constant heat on top of the head; early morning diarrhœa, driving the patient out of bed in a hurry; frequent weak, faint spells through the day; *suppressed eruptions; hemorrhoids*.

Veratrum.—*Nervous headache*; violent pains that almost deprive the patient of reason; becomes very weak and faint, with cold perspiration all over; coldness on top of the head; vomiting, with exhausting diarrhœa, and cold sweat; nervous headache at each menstrual period; *great thirst for cold drinks*.

SICK HEADACHE.

This difficulty is extremely painful, and is accompanied with a deathly sickness of the stomach. It affects women more than men, and is often periodical, occurring every two three, or four weeks, and lasting, if not relieved, from one to three days.

Causes.

The prime cause of sick headache is in the nervous system—a sort of irritation, probably, at the base of the brain, where the nerve arises that goes to the stomach. This condition is sometimes inherited, and sometimes is developed independently of inheritance. It is aggravated, in women, at the menstrual period, or from riding, or some unusual fatigue or excitement, and is due, in many cases, to displacements, or slow inflammation in the uterus or ovaries; and is, of course, worse at the monthly period, or when the body is shaken by riding, producing by reflex action the irritation at the base of the brain. This irritation at the base of the brain is also a result of excitement, especially that which is sexual. The same results follow undue excitement or exhaustion, in the male as well as the female. Usually, in all these cases, there is some derangement of digestion, but it is not upon this alone that the disorder depends.

Treatment.

Pulsatilla.—Is a useful remedy in women having scanty or obstructed menstruation.

Viburnum.—When the menses are painful, or too free and painful.

Platina.—When there is tenderness over the ovaries.

Belladonna.—When there is bearing down pain, and tenderness in the lower part of the abdomen.

Cocculus.—Is a useful remedy when there is extreme prostration, and pain in the back; painful menstruation, etc.

If these remedies do not prove curative, when used for a month or two, using the one most applicable to the case, and giving a dose every four or six hours during the intervals of the attacks, and every hour when the pain comes on; then the skillful, experienced physician should be consulted—one devoting his entire time to this branch, who stands well with his brethren, is the best to choose in such a case.

In case of men, the best remedy is *Nux 3^x*, given every half hour during the continuance of the pain, and three times a day for some weeks afterwards. Avoid mental labor, and sexual excitement. Eat moderately, and take all the sleep possible. Very hot wet cloths applied to the back of the neck, and taking a hot foot-bath, are of great service in many cases, in both men and women. To get permanently cured, some perseverance in treatment is absolutely necessary. Men are usually little affected after fifty years of age, and women seldom after the climacteric period (cessation of menstruation).

DROPSY OF THE BRAIN. (*Hydrocephalus.*)

Dropsy of the brain may exist before birth, or it may come on after acute inflammation of the membranes of the brain, or severe diseases, like scarlet fever or small-pox; and it may result from the irritation of the brain produced by teething. As a rule, before dropsy of the brain occurs, there is

present a very considerable irritation in the membranes of the brain, and the dropsy is the result of effusion of the serum of the blood into these membranes, the same as we have in the chest after pleurisy, or in the abdomen after peritonitis.

Symptoms.

The person affected with dropsy of the brain is usually drowsy and dull, and in severe cases is entirely insensible. The pupil of the eye is largely dilated, and the pulse is slow and weak. These symptoms are present in compression of the brain from apoplexy, and congestion in sun-stroke; and we have to judge of the presence of water on the brain by the history of the case, showing previous irritation for a considerable period. Convulsions are sometimes present in cases of dropsy of the brain.

Treatment.

As the disease is a serious one, the family physician should have the exclusive care of the case as regards treatment, but in case no good physician can be obtained, the following remedies may be used, according to their indications:

Opium 6x.—Is useful where there is entire insensibility; hard, loud breathing; eyes half open. Dose every two hours.

Zincum 3x.—may be given in cases which seem hopeless, where there is, in connection with the dilated pupil, half-open eyes, and loud, slow breathing; coldness of the hands and feet, and a scarcely perceptible pulse. Dose every two hours. This remedy has proven successful in these desperate cases.

Mercurius, Arsenicum, Nux v., or Lycopodium may be needed during convalescence, used according to the peculiar symptoms indicating their use.

Any function of the body is likely to be disturbed by this disease, through its effect upon the general nervous system, and the peculiar effects which may follow any given case can

not be foreseen; hence, we must use judgment in prescribing for the resulting conditions, whatever they may be. A partial paralysis of the body is liable to result in some cases, which must be treated the same as if occurring in any other condition. The bowels should be kept active in this disease. The *Merc. protoiodide* 1^x to 3^x will usually do this, and the remedy is a useful one in its general effects also. The diet of these patients should be very light.

APoplexy.

Apoplexy consists of pressure of blood upon the brain, from the sudden rupture of a blood-vessel within the skull; while in sun-stroke, the blood-vessels of the brain are overfull, and cause the pressure in this way.

Apoplexy usually comes on very suddenly, and occurs in cold as well as warm weather; while sun-stroke only occurs in very warm weather, or shortly after very warm weather. The full-blooded, plethoric person is more liable to have apoplexy than the thin, spare-built. Apoplexy may result from a blow upon the head, which fractures the skull, and, in some instances, when no fracture of the bone is produced.

Symptoms.

The patient with apoplexy is often stricken down unconscious, without warning. We find the pupil of the eye dilated; the pulse weak and slow, though sometimes full. There is general stagnation of the circulation. The face is often red, and seems bloated, though sometimes the face is white; the hands and feet are cold. This is the case usually after several hours have elapsed since the attack. The patient is unable to tell his name, or answer any question; but sometimes appears to realize that he is spoken to, but is unable to reply.

Treatment.

If the attack of apoplexy comes on after receiving a blow upon the head, a careful examination should be made for a

fracture of the skull. If a depression of bone is found to exist, no time should be lost in having the bone raised by a skillful surgeon. The operation required is called trephining. In case remedies fail to bring the patient to consciousness, where a blow on the head has been received just before the occurrence of apoplexy, and where no depression of bone can be discovered, the surgeon should make an incision through the scalp, at the seat of the injury, to better examine the bones. In this way effused blood may sometimes be evacuated, and the patient is cured without trephining; as the skull may be fractured, and not depressed, and be the cause of the rupture of a blood-vessel and the effusion of blood and pressure on the brain. I once treated a soldier, in camp, in this way, who had been kicked by a horse, and after a few hours apoplexy came on. The man lay thirty-eight hours unconscious, and a consultation of several army surgeons decided the case hopeless; after which I operated, with the result of having the patient regain consciousness in half an hour. He entirely recovered in a few weeks, and served in the Eleventh Illinois Volunteer Cavalry for three years afterwards, enjoying good health.

In apoplectic attacks where there has been no blow upon or injury to the head *Opium* 3^x is the remedy to first give. This acts as a stimulant and tonic to the brain, and better enables the patient to bear the disease.

As soon as consciousness returns *Bell.* 3^x is most likely to be indicated by the flushed face, dull feeling in the head, etc. Generally, as consciousness comes back, there is reaction, and some considerable activity of the circulation. This, within reasonable limits, is all right, but must be kept within bounds, and *Bell.* 1^x is the remedy to do it.

Whatever symptoms arise, we may meet with appropriate homeopathic remedies.

The diet should consist of weak gruel in great part, and the patient must not, for some time, take any active exercise.

GIDDINESS—VERTIGO.

Giddiness, dizziness or vertigo, is dependent upon two opposite conditions, that of too great fullness of the blood-vessels in the brain, or an absence of a normal amount of blood in the brain, as we see when a person has giddiness from loss of blood. Hence, in the correct understanding of a case of vertigo care should be exercised to discover which of these two conditions is present, in order to know how to direct treatment.

Causes.

The causes of giddiness dependent upon too great fullness of blood in the brain are plethora of the general system, indigestion, over-fullness of the stomach, getting overheated, or holding the head down below the body. It may also arise from blows or falls upon the head, and may result in the course of fevers of various kinds from an increased action of the heart. When arising from want of blood in the brain, the cause may be loss of blood from accident or from fright, breathing bad, stagnant air, tight lacing, which obstructs the heart's action, disease of the heart itself, etc.

Treatment.

In the treatment of giddiness arising from over-fullness of the head, the patient should use a restricted diet, like gruel, vegetables, etc., but no meats. The patient must have fresh, pure air to breathe, and all tight lacing must be loosened. If the stomach fails to digest the food, *Nux* 3^x for men, or *Puls.* 3^x for women, are excellent remedies.

Arsenicum 3^x where there is nausea and thirst.

Aconite 3^x, for a bounding pulse, throbbing of the arteries in the forehead, dry skin, etc.; after fright.

Bell., for the condition of flushed face, dilated pupil, and the patient is inclined to stupor, with vertigo on rising.

CHAPTER VII.

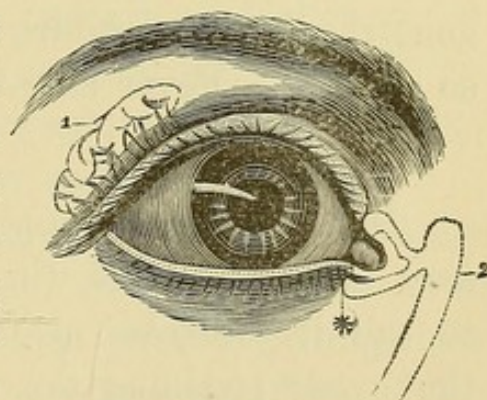
DISEASES OF THE EYE AND EAR.

INFLAMMATION OF THE EYE—OPHTHALMIA.

(SIMPLE AND GONORRHEAL.)

WE are chiefly concerned with the more common inflammation of the lining membrane of the eyelids, which also covers the ball of the eye. This membrane is called the *conjunctiva*, and hence inflammation of this membrane is known among physicians as *conjunctivitis* (the termination *itis* always signifying inflammation). The *cornea* is sometimes affected by inflammation called *corneitis*; but this affection requires the attention of a skilled oculist, and we will not attempt to describe it, or its treatment. The disease termed conjunctivitis is often simple in its character, and may well be treated with simple remedies. We have *Acute Ophthalmia* (acute inflammation of the conjunctiva), *Chronic Conjunctivitis*, *Purulent Ophthalmia*, *Gonorrhœal Ophthalmia*, etc. Chronic inflammation of the conjunctiva tends to the development of granulations of the lids, and a thickening of the entire conjunctiva, and when this occurs so as to affect that portion over the ball of the eye covering the pupil, we have a partial loss of sight as a result.

Fig. No. 26.



FRONT VIEW OF RIGHT EYE.

(NATURAL SIZE.)

1. The Lachrymal, or tear gland, lying beneath the upper eyelid.
 2. The Nasal Duct is shown by the dotted line. The * marks the orifice in the lower lid.
- The central black spot is the *pupil*; surrounding it is the *iris*; and the triangular white spaces are the visible portion of the *sc. erotic*.

Symptoms.

The symptoms of inflammation of the eye in its simple form are redness, smarting, itching, and watering of the eye. In the chronic form these symptoms are less marked, and the history of the case shows it to have existed for some time, and often that the acute attack has become the chronic condition, by the moderation of the severe symptoms. In purulent ophthalmia there is great swelling of the lids, and a large, constant discharge of pus (thick matter) from under the lids.

In gonorrhœal ophthalmia the inflammation is very severe, and the history of the case shows that the application of gonorrhœal matter to the eye has caused the difficulty. The discharge of matter is very free, but it is not so yellow as in purulent ophthalmia, neither is it so thick. *Gonorrhœal ophthalmia* occurs as a rule only in those persons affected with gonorrhœa, or in children recently born whose mothers are so affected. Fever may be present in either variety.

Causes.

The causes of simple acute inflammation of the eye may be simple cold (in which case it would be correct to call it *catarrhal ophthalmia*); dust or sand blown into the eyes; straining the eyes in reading, writing, or other employment; getting lime in them, or a blow or other violence.

Chronic ophthalmia (or conjunctivitis) may be caused by the acute being but partly cured; and the chronic variety may also originate from either cause mentioned as connected with the acute disease. And still there are other causes for the chronic inflammation of the eye. Among these are the scrofulous conditions of the system (this form is termed *scrofulous ophthalmia*), and the *rheumatic* variety, occurring in otherwise rheumatic patients and being affected by changes of temperature, which is painful when moving the eye, but has

not so much redness as in the acute variety. The cause of gonorrhoeal ophthalmia is the direct application of the gonorrhoeal matter to the eye.

Treatment.

In treating a case of sore eyes, we should read carefully the description, symptoms, and causes, that we may be able to judge of the kind of a case we have. If direct injury be the cause, bathe freely with a dilution of *Arnica*, made with a tea-spoonful of the *Tr. of Arnica* in a half tea-cupful of tepid water, and apply compresses wet with the same to the eyes, and give *Arnica* 2^x internally.

If particles of sand, cinders, steel, or any other foreign bodies, be under the lids, causing the irritation, the lids should be turned by seizing the wipers and turning the lid back over a probe or pencil, and then wipe the lid gently with a soft, silk handkerchief. If a particle of steel or cinder sticks fast in the lid, we may need a probe or pair of small forceps to remove it. After all foreign substances are removed, treat the same as in external injury mentioned above.

Lime getting into the eye from whitewashing is a common occurrence, and needs prompt treatment. Wash out the lime freely with a weak dilution of vinegar, getting some of it well up under the lids to neutralize the effect of the lime, then after an hour or two drop into the eye a few drops of Olive Oil, and repeat this every two or three hours, afterwards treating the inflammation like any ordinary case of inflammation from other causes.

In cases of acute inflammation from a cold use *Aconite* 3^x internally, and warm water compresses externally. If this does not greatly relieve in twenty-four hours, use *Bell.* 3^x in place of the *Aconite*, and continue the warm water compress.

In chronic inflammation of the eye *Merc. Iod.* 3^x, a powder every four hours, is usually beneficial; bathe the eye

with *Hydrastis Tr.* and *Glycerine*, equal parts, four times a day, and let some of the wash get under the lids.

Sometimes other treatment is required, and if so, consult the physician if possible.

In the scrofulous variety we may get benefit from *Merc. iodid.* 3^x, *Ars. iodid.* 3^x, or *Cal. carb.* 3^x, and using the same external treatment as in the chronic variety.

In *purulent ophthalmia* care must be exercised to prevent other persons using the same towels or handling the patient, and he should sleep alone, and keep as much apart from the healthy as possible, to avoid communicating the disease.

Chlorate of Potash (*Kali chlo.*) is a useful remedy for a wash to the eye. Put 20 grs. in an ounce of distilled water, and bathe freely with this diluted one-half with warm water.

Aconite internally is generally indicated by the fever, heat, and redness, etc. After the subsidence of the active symptoms, *Bell.* is usually indicated by intolerance of light, the flushed face, etc. Locally a curd of alum is useful in chronic cases of the purulent variety. This is made by simmering a little milk on the stove for five minutes and then dropping into it a small lump of alum for a moment, then remove the lump of alum not dissolved, and let the milk cool. Soon a nice curd will form which may be applied to the outer part of the eyelids directly, without a cloth between, and be allowed to remain on the eye several hours.

In *Gonorrhœal Ophthalmia* the treatment is similar to that of the purulent character. Very great care must be exercised not to get the matter from the eye on the cloths or towels used by others. Warm, soothing applications are in order, the same as in the purulent variety, and the wash of *Kali chlo.* is also beneficial. In extremely obstinate cases, turning the lids and applying a 2 gr. solution of *Arg. nit.* to

the internal surface of them with a soft, camel's hair brush once in two days is excellent treatment. Never use the *Argent. nit.* strong.

The internal remedies used for gonorrhœa are usually required in *Gonorrhœal Ophthalmia*. The patient should be kept in a dark room till the active symptoms subside in the *acute simple, purulent, and gonorrhœal* varieties. And colored glasses, shades for the eyes, or broad-brimmed lined hats should be used till perfect recovery is established.

GRANULATIONS OF THE EYELIDS.

Granulations of the eyelids consist of small growths upon the internal surface of the lids which cause a sensation as of sand in the eye, and produce some irritation constantly. Usually eyes affected with granulations are constantly watering, and the lids are often glued or stuck together after sleeping.

Causes.

The cause of granular lids is usually chronic inflammation of the lining membrane. They have been supposed to be contagious or infectious, and spread from one to another by using the same towels. This is rarely the case unless the granulations have come on after a case of *purulent ophthalmia*.

Diagnosis.

We decide the case to be one of granular lids, from its history, the feeling of roughness, and, more than either, by turning the lids inside out, and seeing the granulations standing thick over a part or a whole of the lids. They are found more upon the upper than the lower lids, so both must be examined. The inside of the lower lid may easily be seen by placing two fingers below the eye and pressing downward; but to see the inside of the upper lid, we must turn it by taking hold of the eye-winkers, and turning it upward over a pencil, probe, or knitting-needle.

Treatment.

The treatment of granulations requires some dexterity and skill, and the homeopathic oculist should take the case in hand, if he can be had. If he can not, then give *Thuja* 3^x, internally, every four hours, and apply a piece of *Sulphate of Copper* to the granulations once in three days. After touching the granulations with the copper, for a moment, a soft brush, with some soft, tepid water, should be at hand, to wash off any superfluous copper on the lid.

Mer. iod. 3^x is often a useful remedy where there is any enlargement of any of the glands of the body at the same time.

Iod. of Ars. 3^x is useful where there is thirst, hot and cold flashes, and a weakly condition generally.

Nux v. 3^x is useful if there is a dimness of sight, twitching of the muscles of the face, constipation, indigestion, etc.

STY. (*Hordeolum*.)

Sty is a painful boil, of small size, on the edge of the eyelid.

Treatment.

Apply a flax-seed meal poultice, and puncture as soon as matter has formed. The formation of matter is shown by the whitish or yellowish appearance of the sty. Styas seem to have a disposition to recur in some people, and this shows the need of some medication. The usual cause being impure blood, we give remedies to excite the activity of the glandular system, like *Merc.*, *Merc. iod.*, *Hepar*, or *Ars. iod.*, using a single remedy in 3^x attenuation, and repeat the dose every four or six hours, making the size of the dose to correspond to the age of the patient.

OPHTHALMIA TARSI.

This is an inflammation of the edges of the lids, affecting the *Meibomian glands*, which are situated just at the margin

of the lids. It is generally a chronic affection, and is often obstinate. It causes a falling out of the eyelashes, and gives to the person an unpleasant appearance, and the lids become stuck together when the patient sleeps.

Causes.

The cause of this state of affairs is usually found in the general system, being a condition of impurity of the blood, from torpid glandular action tending to scrofula.

Treatment.

I have usually been rapidly successful in the treatment of this condition by giving *Merc. iod.* 3^x and *Ars. alb.* 3^x in alternation, every two hours, and smearing the edges of the lids every night with *Vaseline*, to one ounce of which thirty grains of the 1st *trit. of Merc. cor.* had been added. This acts finely upon the affected glands, and helps to prevent the lids from sticking together when asleep. If the lids do get stuck together, care must be exercised to bathe them carefully with warm water to get them open gently, and not tear out the eyelashes.

Hepar sulph., *Sulph.*, *Pulsatilla*, and *Rhus tox.* may be studied in case the treatment above given does not quickly prove curative, as there may be present in the system a condition calling for one of these remedies. (See the department of *Materia Medica*, for indications for their use.)

WEAKNESS OF SIGHT.

Weakness of sight may be due to so many causes, we can hardly expect to instruct the general reader in every way that he may intelligently prescribe for cases he may meet even in his own family. Still, a few suggestions may be of advantage to those who must depend upon themselves. If dimness of vision results from inflammation and a thickening of the conjunctiva over the pupil, so as to keep out the light, *Hydrastis* and *Glycerine*, equal parts, do well for a local applica-

tion; giving internally *Hepar*, *Merc. iod.*, or *Ars. iod.*, three times a day.

Dimness of sight may result from congestion of blood in the interior of the eye, in which case the pupil will be dilated, and *Bell.* is the remedy, sometimes using *Merc. iod.* for a few days at a time. When overwork is the cause of the dimness of sight, *rest* is the thing to adopt, and *Nux v.* may be taken with advantage.

If old age is the cause, *Nux vom.* gives great relief in many cases, given four times a day in the 3^x attenuation. Glasses sometimes have to be used in dimness of vision; but we would not recommend them till other means had failed, as it is sometimes the case that glasses prove a great injury. A skillful oculist is the proper person to select glasses, and determine when they are needed.

IN STRABISMUS (cross eyes);

ENTROPION (inversion of the eyelid);

ECTROPION (turning out of the eyelid);

LAGOPHTHALMUS (hare eye, or inability to close the lids);

PTOSIS (a palsy of the upper lid from palsy of the third nerve so the patient is unable to raise it);

ANCYLOBLEPHARON (a firm union of the lids);

All require surgical treatment, and are only mentioned here for the general information of the reader, and he can only be advised to consult the oculist in case of these troubles of the eye, as well as others we have not mentioned.

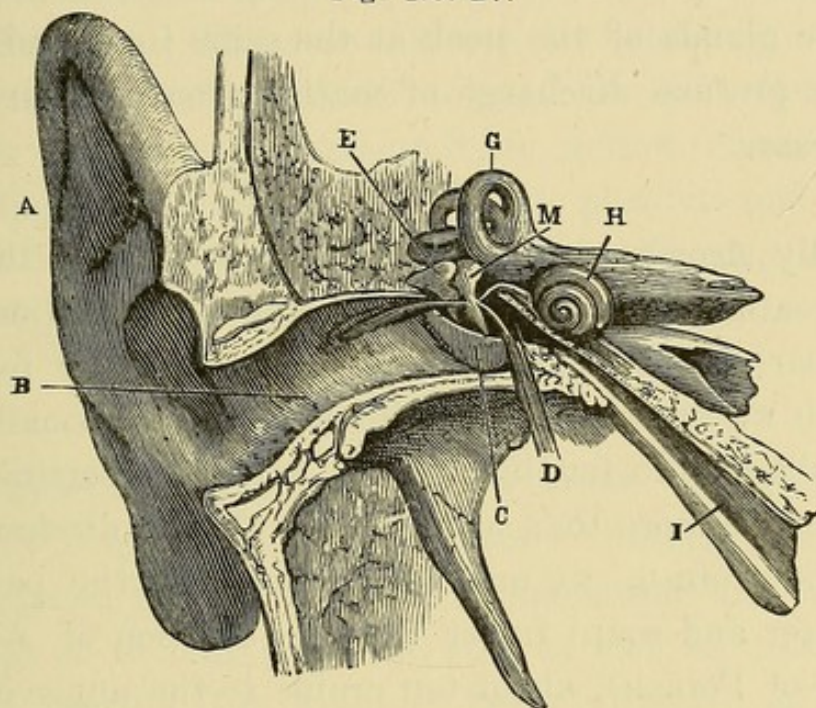
DISEASES OF THE EAR.

FOREIGN BODIES, OR INSECTS IN THE EAR.

Occasionally a fly or bug gets into the ear, and sometimes children will put beans, pieces of pencil and the like into the ears, and be unable to remove them. When an insect gets into the ear there is usually produced quite severe and sudden pain, and the patient, though he be an adult, may not be

aware that anything is in the ear. So it is always well when there is earache to carefully examine the ear by the aid of a strong light. To examine the ear for the presence of insects or foreign bodies, the upper edge of the ear should be seized

Fig. No. 27.



SECTION OF THE RIGHT EAR.

- | | |
|-------------------------|-------------------------------|
| A, The Concha. | E, Incus, or Anvil. |
| B, Auditory Canal. | M, Malleus, or Mallet. |
| C, Membrane of the Drum | I, Eustachian Tube. |
| (the lower half). | G, Semicircular Canals. |
| D, A small muscle. | H, Cochlea, or snail's shell. |

and drawn upwards, and a little away from the head, and the light be allowed to shine into the ear as far as possible. If any thing can be discovered, it should be seized with slender forceps and removed, after which a few drops of olive oil should be dropped into it, and a bit of loose cotton may be gently inserted into the ear to keep out the cold, especially if the weather be cool, and the patient is obliged to be out of doors.

INFLAMMATION OF THE INNER EAR.

Inflammation of the internal ear may result from cold, foreign bodies in the ear, or external injury from accident, or in probing it with sharp instruments to remove wax or foreign bodies.

OTORRHŒA consists of an inflammation of the external portion of the internal ear. It may be caused by the peculiar constitution of the patient in connection with cold, as after scarlet fever. This difficulty commences with fever, headache, and pain in the ear, and sometimes there is swelling of the glands of the neck at the same time, and there is usually a profuse discharge of matter from the ears in this class of cases.

Treatment.

Usually *Aconite* is the best remedy to give in the outset of the treatment of all recent cases of inflammation of the internal ear, and the parts may be bathed three or four times a day with warm water and castile soap, using a small syringe with a rubber bulb for this purpose, and not inserting the end of the syringe more than a half inch. If the discharge from the ear is profuse, we may (after cleansing the parts with warm water and soap) inject a weak solution of *Kali chlo.* (Chlorate of Potash), about ten grains to the ounce of water, using this about twice a day. Internally, *Cal. carb.* is a useful remedy, especially in fleshy people, and where the disease is chronic.

Ars. iod., *Bry.*, or *Merc. iod.*, may be demanded by the chronic inflammation and discharge, using them singly as particularly indicated. (See the *Materia Medica.*)

In very chronic cases *Zincum sulph.*, five grains to the ounce of water, may be prepared, and after the ear is cleansed, a few drops of this *Zinc.* solution may be dropped into the ear in the morning, and then a little *olive oil* (sweet oil) in the evening, and the whole be washed away the next morning with tepid water and castile soap, always putting a little loose cotton in the ear after each treatment, and allowing it to remain about three hours, when it should be removed and some fresh substituted. This plan of treatment should be used with perseverance, as we can give an assurance of success if it is carried out faithfully. The medicine should be

given less frequently, and the wash be less frequently used, as the patient gets better.

Boracic ac., finely pulverized, and blown into the ear, after syringing out the pus, with warm soft water, is also most excellent treatment in chronic cases of inflammation of the middle ear. This remedy may be used in full strength, and applied morning and evening. To blow the medicine into the ear, take a goose-quill or hollow glass tube, and after dipping one end of it into the powder, and getting a little of it into the tube, insert this into the ear, just a little, and blow into the opposite end of the tube.

DEAFNESS.

Deafness may depend upon a great variety of causes, some of which are easily understood. Foreign bodies in the ear, hardened wax in the ear, inflammation and ulceration, or polypi of the ear (tumors), etc., as well as disease of the nerve of hearing (the auditory nerve), disease of the brain itself, disease of the drum of the ear, and affections of the throat may cause deafness, either partial or complete. Partial deafness often arises in the course of some fevers, especially typhoid, and in diseases of the brain, and it may result from the use of very large doses of quinine. We will now consider some of these causes, and see what can be done for them.

ACCUMULATION OF WAX IN THE EAR.

This is one of the most common causes of partial loss of hearing, and strange to say it is not discovered in some cases for a long time, and the patient becomes convinced that he must always remain in this condition. In a case of deafness the first thing to do in the examination is to find out if the difficulty be not due to this cause. The wax is usually easily discovered in the ear by seizing the edge of the ear and drawing it upwards and outwards and

letting a strong light come into the ear, when, if wax in large amount be present we can see it filling up the canal of the ear, wholly or in part.

Treatment.

To remove the wax, a small scoop, with no sharp edges, should be used. If the wax is found very hard and compact, a few drops of olive oil should be dropped into the ear, and the next day some warm soft water and Castile soap should be injected into the ear a few times with a small bulb syringe, when we may again attempt the removal of the wax with the scoop, if the water shall not have dislodged it. In this way by a little perseverance, gentleness, and skill we may succeed in removing the wax and at once have the gratification of restoring the hearing. After the wax is removed, soft, tepid water and soap should be used with the syringe above-mentioned, daily for a few days, to cleanse the parts, and after drying the ear gently, about two drops of olive oil should be dropped into the ear.

POLYPI OF THE EAR—LOSS OF THE DRUM OF THE EAR.

Polypi of the ear are usually of the mucous variety, and may be seen as almost colorless tumors occupying the canal of the ear.

Treatment.

The treatment for these polypi is to seize them with forceps and remove them by torsion, that is, twist them off; or, they may be cut off with long, slender scissors. The removal of these polypi will, in many cases, restore perfect hearing.

The skilled aurist is the best judge of the causes of deafness, and is the only one, in some instances, competent to judge of its real cause and the proper treatment to adopt; especially is this true of diseases affecting the drum of the ear. Sometimes this is destroyed by ulceration resulting

from inflammation of the internal ear, and an artificial drum is the only relief to the resulting deafness.

DISEASES OF THE AUDITORY NERVE AND BRAIN, AND THE EFFECTS OF FEVERS IN CAUSING DEAFNESS.

Deafness, resulting from the above causes, may sometimes be relieved by *Nux v.* 3^x, given every four hours for some time. *Phos. ac.* may be alternated with the *Nux v.*, in some cases to great advantage, giving just enough in water to make it taste slightly acid. *Phos.* is a nerve food and *Nux* is a nerve stimulant, hence, by this treatment, we get both nourishment and stimulation for the nerve. Where we have reason to believe the base of the brain is suffering from slight pressure by reason of a little effusion of serum, and thus affecting the hearing, we may give *Merc. iod.* 3^x to excite glandular action and absorption. Use it in the 3^x attenuation, a powder every four hours, always making the size of the powder in this, as other cases, according to the age of the patient. The condition requiring this remedy is most likely to follow typhoid fever, spotted fever, inflammation of the brain, severe scarlet fever, or small-pox, and the symptoms indicative of this condition of pressure are, a general loss, in small degree, of all the special senses, smelling, hearing and sight especially. The intellectual faculties are also more than usually slow in their action. The patient has to think a little in order to understand what is said to him, has a hesitating speech, is inclined to sleep, etc.

AFFECTIONS OF THE THROAT CAUSING LOSS OF HEARING.

Usually, where disease in the throat is a cause of loss of hearing, the deafness is only partial, and usually goes away with the disappearance of the throat trouble. Still, the knowledge that diseases of the throat may cause some degree of deafness may comfort some one with a throat affection, also troubled with slight deafness, in the assurance that as

the throat gets better the hearing will be restored. In case of severe ulceration of the throat, in some instances, the deafness may remain permanent, on account of the healing of the ulcers interfering with the

EUSTACHIAN TUBES.

These tubes, which pass from the ear to the throat, have an active agency in the enjoyment of good hearing. Closure of these tubes—granulations in them, or their being filled with mucus—will affect the hearing. They are usually swollen shut in inflammation of the throat or tonsils, where the hearing is affected in such cases. In diphtheria, scarlet fever, or membranous croup, they may be also affected by the peculiar effects of these diseases.

EARACHE. (*Otalgia*.)

Pain in the ear is quite frequent in children, and may affect adults. It may result from cold, and be a neuralgic condition; or it may be largely caused by teething, or occur in those prone to have neuralgia of other parts. Earache accompanies inflammation of the ear, of course, but we are now speaking of a severe pain in the ears, where there is apparently no inflammation of the part. The attack usually comes on suddenly, with considerable severity, and is frequently caused from being out in a cold wind, or sitting in a draft of cold air.

Treatment.

I have found the best remedy to be *Aconite* 1^x, twenty drops in a half glass of water, giving a tea-spoonful every two hours to a child, or every fifteen minutes to an adult, and wetting cotton with *Aconite* 1^x, and putting it into the affected ear. In addition to this, a hot salt bag, or hot, wet cloths, applied to the ear and side of the face, we find of great service.

Bell. 3^x.—May be indicated when the patient is very

sensitive to noise, with a flushed face, or has a sore throat at the same time.

Dulcamara 3x.—Is useful, if the pains only come on at night.

Puls. 3x.—In girls of mild disposition, inclined to be chilly, where the ear feels stopped up.

ADMINISTRATION.—Put ten drops of the medicine in a half glass of water, and give a tea-spoonful every two hours.

BUZZING IN THE EARS.

Buzzing in the ears may be caused by slight affections in the ear, or slight throat troubles, and is sometimes present in slight affections of the heart.

Treatment.

Aconite.—For buzzing in the ears, with heat about the head or general fever.

Belladonna.—After scarlet fever or throat diseases.

China.—When the noise in the ears is a kind of hissing.

Merc. viv.—If the patient perspires much.

Nux vom.—When worse in the morning.

Puls.—When worse in the evening.

CHAPTER VIII.

AFFECTIONS OF THE NOSE.

INFLAMMATION OF THE NOSE.

INFLAMMATION of the nose may occur from external injury, or from sunburn, freezing, erysipelas, or the excessive use of liquors, etc. It is one of those affections which annoy the patient exceedingly, and still are not dangerous. When the inflammation affects the nose as a result of injury, *Arnica* lotion externally, and *Aconite* or *Arnica* internally, will be found of service. In cases where the skin is peeled off from violence, sunburn, or freezing, the *Calendula ointment* or simple *Vaseline* are excellent dressings. When the inflammation arises from excessive use of liquors, no remedy will be of much service until the person gives up the use of them, unless it be that the liver is torpid and there is constipation and bad digestion, in which case *Merc. protoiod.* 2^x, for a few doses, followed by *Nux v.* 3^x, three times a day, conjoined with the local use, three times a day, of a weak solution of *Zinc* may relieve. In erysipelas of the nose, where the inflammation is shiny, and the parts red and swollen, *Belladonna*, internally, is usually the best remedy, for a day or two at least, following it with *Bryonia*, or *Arsenicum*, if there is alternating heat and chilliness, or giving *Merc. cor.* 3^x when there is weakness, with stupidity, profuse sweating, loss of appetite, etc. And, as a local application, we may coat the nose well over, three times a day, with *Cold cream*. Where the inflammation seems to arise from ulceration of the interior of the nose, *Cal. carb.* 3^x, given every three hours, for two or three days, is very useful, con-

joined with such local treatment as is calculated to heal the ulceration. (See article on *Ozena*, for treatment of ulcerations of the nose.)

NASAL CATARRH—OZENA.

Catarrh of the nose is one of the most common affections which afflict humanity, and people spend much money upon quack nostrums and doctors to relieve themselves of the difficulty. By catarrh we mean the chronic condition of inflammation within the nostrils, which discharge large quantities of bad-odored matter. In this condition *ulceration* is often present, when we may term the disease *ozena*.

The acute attack of inflammation properly denominated *acute catarrh*, is usually the result of sudden cold, and is easily relieved with *Aconite* given for a day, and followed by *Nux v.*; but the *chronic catarrh*, or *ozena*, is not easily cured. Much patience and perseverance is necessary, and this is not all. Skill and judgment are indispensable, and people are most likely to find these qualities in their family physician. Therefore, give him the charge of the case if possible; but if this is not possible, then the patient may try to treat himself. Do not imagine that there is any one remedy with which to cure every case, but there are certain general principles which do apply to all cases. Let these be well understood first, and then study the peculiarities of each case.

In all cases of *chronic catarrh of the nose* there is inflammation of its lining membrane, and a profuse thick yellowish, bad smelling discharge from the organ. The history of the case shows it to be of long duration, sometimes for years. We should appreciate the great extent of surface affected; each nostril being divided into three divisions by the turbinated bones, which are curved, and these are covered by the internal lining membrane, so that if this lining membrane is carefully dissected out, we find it large enough to cover a dinner plate. We must recollect that the nose

communicates with the frontal sinuses above the eyes, and that the disease sometimes extends to them. Hence, local applications alone, can not be depended upon; neither can internal medication by the stomach alone be trusted.

Causes.

The causes of catarrh of the nose of the chronic variety and ulceration of the nose, called *ozena*, are: first, cold, affecting the lining membrane; second, inhaling dust and soot; third, inherited scrofulous taint in the blood, and syphilis (either inherited or acquired). These two last causes are more likely to produce ulceration. Hence, when we have ulceration of the nose of a chronic character, our line of treatment is at once determined. Remedies to purify the blood are demanded, and these cure by exciting healthy action in the excretory glands.

Symptoms.

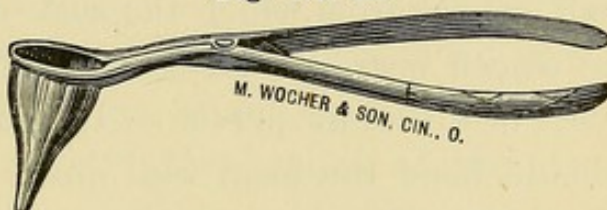
The profuse discharge of bad-odored matter, bad breath, with the disease remaining chronic, are familiar symptoms. We may also have headache, a sense of fullness over the eyes, a cough, and raising hard pieces of phlegm. This cough may result from the extension of the inflammation to the throat, bronchial tubes, or lungs; or may be due to the matter from the nose falling into the throat from the nose. In very chronic cases of catarrh of the nose digestion is impaired, by reason of the swallowing of some of this offensive matter, and the interference with digestion because of its presence in the stomach; or because it awakens a chronic, or *sub-acute inflammation* in this organ. When large scabs or scales form in the nose, they are usually indicative of ulceration, and when blood oozes from the nose whenever these scales are removed, it shows that the ulceration is somewhat serious, though most cases can be cured by careful attention.* The ulcerated spots are usually found on the inner side of the nostril, and a small nasal speculum is of service, to dilate

the nostril and bring them into view. They are usually white around the edges, of irregular shape, with a hollow in the center.

Treatment of Nasal Catarrh and Ozena.

First regarding local treatment: the parts should be kept well cleansed with a tepid water and castile soap douche, used morning and evening; after the douche, the spray may be used to convey medicines directly to the affected surfaces, and the camel's hair brush may be used to apply local remedies to the ulcers, first dilating the nostril with the nasal speculum, to bring the ulcers into view. There is little use in trying to apply medicines to the nostrils in any manner in cases of catarrh till all the

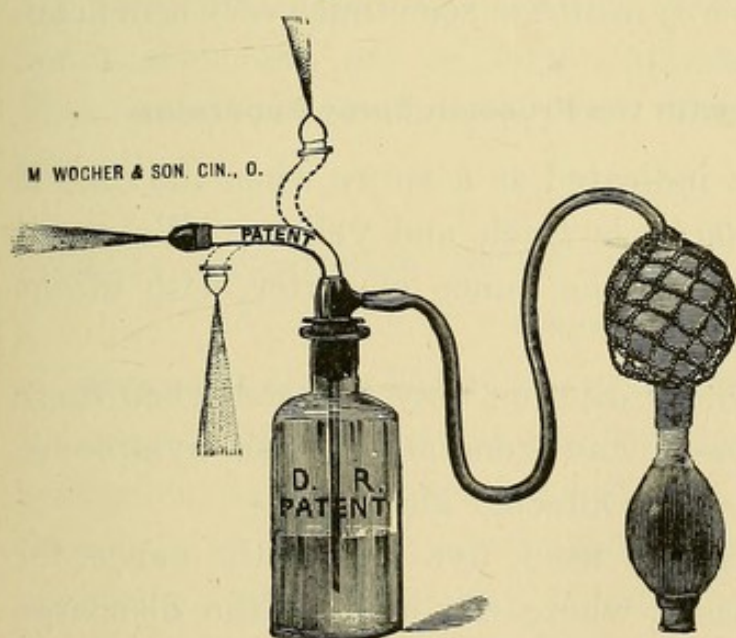
Fig. No. 28.



NASAL SPECULUM.

matter or dry scales are removed.

Fig. No. 29.



PRUSSIAN SPRAY APPARATUS

The liquid we wish to use as a spray is placed in the bottle; we then compress the lower bulb; this throws the spray through the nozzle, which may be inserted well up into the nose, first on one side, then the other. The nozzle is limber enough so that we can change the direction of the spray as we choose, as may be seen by the figure above.

As a spray apparatus, we much prefer the Prussian. It throws a continuous fine spray, and does not get out of order. This last quality is very valuable, as most instruments are continually out of order, and this is cheaper, though it costs for a single one five dollars, or forty-eight dollars a dozen.

I have found them to give the best of satisfaction, because the treatment is so much more rapidly successful with it

than with the use of others. I some time since made arrangements with Messrs. Wocher & Son., of this city to manufacture them for me.

To use a douche, we should have a rubber bag with a long tube and a nozzle at the end of the tube. The rubber bag should be open at the top so we may easily pour water from a pitcher or bowl into it, and have a loop or handle to it by which it may be suspended from a nail or hook. The nail or hook from which the sack or bag is to be hung, should be placed near the wash-bowl, and a little higher than the head of an adult person. In using the douche the patient should bend the head well down with the face towards the floor, and after introducing the nozzle of the douche, both nostrils should be well compressed around the nozzle, so as to prevent the escape of the water by its side, then allow the water to flow for a moment through one nostril and then the other. This manner of using the douche is important in the use of medicines in this way, which is sometimes very beneficial.

Remedies to Use with the Prussian Spray Apparatus.

Iodine.—Iodine is indicated as a spray when the case is chronic and the discharge is thick and yellow. We use it in a five grain solution to the ounce of water, with fifteen grains of *Kali iod.* added.

Belladonna.—Bell. 1^x dilution may be used when there is tenderness of the nose and general feverish symptoms, especially when the head is affected also.

Carbol. acid.—May be used, five grs. to the ounce, for a few days in some cases, where the odor of the discharge is very offensive.

Remedies Which may be Used with the Douche.

Hydrastis Tr.—Put a tea-spoonful in a tea-cupful of tepid water—useful when the discharge is profuse, but thin and watery.

Natrum mur.—(Common salt.) Put a half tea-spoonful in a half pint of tepid water, and if this causes pain or smarting, use it weaker. This is useful to cleanse the parts when there is a feeling of fullness in the nose. It is healing also in cases of ulceration.

Other Local Applications.

Comp. Tr. Iodine.—*The Compound Tincture of Iodine* may be applied, once in two days to ulcers in the nose, with a small brush, and if severe smarting is produced, use a solution of 15 grs. of Iodine, 45 grs. of *Kali iod.* to the ounce of water instead. This stimulates the healing of the ulcer.

Argentum nit.—(Nitrate of silver.) This may be used with a brush to the ulcers, when they seem filled up with granulations, and there is a tardy development of the mucous membrane over them. (Using it about five grs. to the ounce.)

Vaseline.—This may be used after the douche, or a few hours after the use of local applications, with the brush. This remedy is, perhaps, of more universal application than any other.

INTERNAL MEDICATION IN CHRONIC CATARRH OF THE NOSE AND OZENA.

Remedies.

Bryonia is a good remedy in affections of the mucous membranes of any part of the body, and the chronic inflammation in the nose termed catarrh, is not an exception, though it is of more use in those cases where there is no ulceration, and where the disease has existed but a few months.

Calcaria carb.—This is indicated in fleshy people, with light complexion, where there is ulceration of the nose. Use the 3^x trituration, a powder every three hours.

Merc. cor. 3^x indicated in cases where bad blood is suspected, where there are ulcers not disposed to heal.

Merc. iod. in similar conditions to *Merc. cor.*, where there is also enlargement of the glands, or skin disease at the same time as the catarrh and ulceration.

Sulph.—*Sulph.* is a remedy which often puts the system in favorable condition for the action of other remedies: hence, when we do not seem to be getting satisfactory results from the treatment, *Sulph.* should be given for a few days, 3^x *Trit.*, and then we may return to the use of the indicated remedy, often being able to notice at once favorable progress.

Puls. 3^x is sometimes just the remedy to give girls where we also have scant or absent menstruation. The establishment of menstruation being, in some instances, soon followed by the cure of the catarrh.

Merc. protoiodide is indicated when there is constipation, with a sallow skin, in connection with chronic nasal catarrh.

Lycopodium.—*Lycopodium* may be useful if there is habitual constipation, in cases of catarrh or ozena. It may be used in the 1^x to the 3^x, and given every three hours, till the bowels are affected slightly, when we may continue it in alternation with some indicated remedy, every six hours.

General Directions for Treatment.

If possible, the patient affected with catarrh or ozena should have a change of atmosphere. No particular temperature is important; a change is the thing. Fat food should not be allowed. As soon as a great change for the better is noticed in the quantity of the discharge, remedies should be given less frequently, and local applications should be more seldom used.

BLEEDING OF THE NOSE. (*Epistaxis.*)

Bleeding of the nose is, in some instances, a relief to the system, as in case of over-fullness of the blood-vessels of the

brain; and in cases of women, where the menses are arrested from cold, or are delayed in girls who have arrived at mature age. Nose-bleed may also be caused by an injury or a fall. Where it arises from congestion of the blood-vessels of the brain, there are usually present fullness in the head, drowsiness, dizziness, etc., before the bleeding commences. In some people the disposition to nose-bleed is inherited apparently, and in some it is due to a weak condition of the coats of the veins, in which case the patient is liable to have hemorrhage from very slight causes, from any part of the body, especially from the nose and bowels.

Treatment.

Slight nose-bleed needs no treatment, but where the bleeding recurs often, or is very profuse, and is not soon arrested, some means of checking it are advisable.

Remedies.

Aconite.—Aconite is indicated for excessive nose-bleed, where there is a rapid, wiry pulse; the patient has taken cold.

Belladonna.—This may be useful when there is a flushed face; beating of the temporal arteries in very nervous people.

Gelseminum.—Is useful where there is evidently a malarious condition of the system, where the hemorrhages come on somewhat periodically, with feverish symptoms.

Ipecac.—This is useful on general principles, when there seems to be no special indications for other remedies.

Pulsatilla.—This should be used in cases where there is also present delayed or suppressed menstruation.

Macrotine.—For similar conditions to *Pulsatilla*, when *Pulsatilla* fails of having a good effect.

Nux vom.—Is indicated in patients who also have piles, and are constipated.

Secale cor.—Is useful in a relaxed condition of the veins, causing a disposition to hemorrhage from slight causes.

General Directions for the Treatment of Epistaxis.

Putting the feet and hands in warm water is a very great assistance in arresting almost any case of bleeding of the nose. Cold applied to the back of the neck and forehead, is also often useful. In persistent cases of hemorrhage from the nose, where life is endangered by its long continuance, when remedies totally fail, plugging the nose is necessary. This must be done from the back part of the nose, as well as the front, and a physician should be called to do this. These plugs of sponge or cotton may remain for twenty-four hours. When the patient is greatly prostrated by loss of blood, *China* is a useful remedy.

FOREIGN BODIES IN THE NOSE.

Children will sometimes put beans, peas, kernels of corn, or other substances in the nose, which should be removed before they swell and produce inflammation. When such an accident happens, the child should be taken on the lap, and a handkerchief should be held tightly over its mouth, and the other nostril compressed with the fingers so that by the effort at crying the foreign substance may be blown out in this way. If the patient is old enough to know how, he may be directed to blow forcibly through the nostril in which the substance is lodged, while compressing the other nostril with the fingers, and holding the mouth shut at the same time; opening the mouth to get a fresh inspiration of air, then closing it, and again blowing through the obstructed nostril. Should this method fail, we may try to remove the substance with slender forceps. Failing in this way, we may push the substance back into the nose with the blunt end of a lead-pencil, covered with soft cloth, well oiled; in this way the substance may be forced back into the mouth, through the posterior nares. After the removal of the substance, the nose should be well anointed, internally, with *Vaseline* for several days.

POLYPUS OF THE NOSE. (*Nasal Polypus.*)

Polypi of the nose are usually gelatinous (soft or jelly like) or mucous. They are tumors which grow in the nose, and the cause of them is unknown. They produce a feeling of fullness in the nose with a desire to blow something from it which will not come away, and usually cause some irritation, which in turn produces a watery discharge from the nose. They can sometimes be seen by compressing the nostril not affected with the fingers, and blowing forcibly through the affected side. In other cases they may be brought into view by using the dilating speculum shown in connection with examination of the nostrils in *ozena* (see cut on page 235), and in other cases they project back into the mouth through the posterior nares.

Treatment of Nasal Polypi.

Nasal polypi should be removed with long slender forceps by twisting them off, called torsion. There is very little danger of hemorrhage in removing them in this way. When a person will not allow of their removal in this way, we may apply to them every two days by means of a brush or probe, a solution of *Argentum nit.* (nitrate of silver), ten grains to the ounce of water; but absolute removal is the best treatment. The surgeon, if one can be had, should perform the operation; if not, a layman of some skill may do it safely, if he will remove the polypus by twisting and not by pulling. Internal remedies are of little or no use in this affection, and it is a waste of time and expense to attempt their cure with them. After the removal of the polypus, the nose should be well oiled with *Vaseline* several times daily.

CHAPTER IX.

AFFECTIONS OF THE MOUTH.

TOOTHACHE. (*Odontalgia*.)

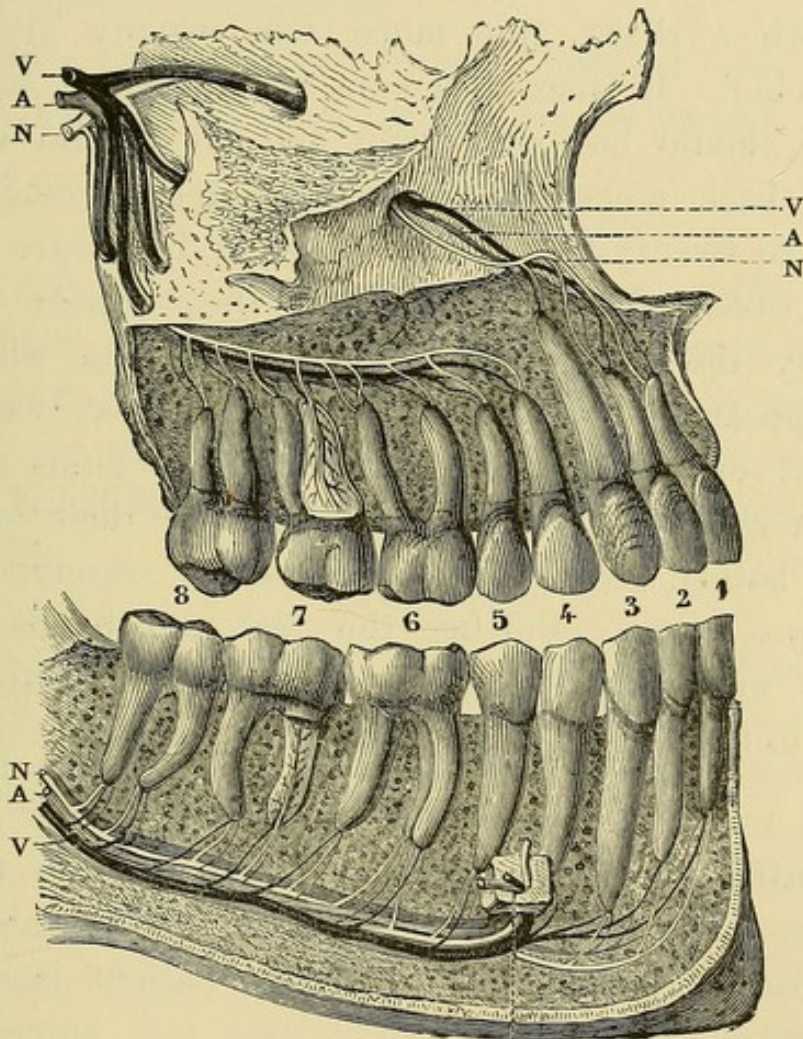
TOOTHACHE is often, of course, due to decayed teeth, in which case the services of the dentist are required to remove or fill them; but there are other causes of toothache where remedies may be of service and prove curative. We may incidentally mention here that the use of strong acids or mercurials have injured thousands of teeth, and as these things can be avoided, they should not be used even if prescribed by a physician. It is a burning shame and disgrace to medicine that otherwise educated and scientific men have given to patients such treatment as to injure them. Had this not been so, homeopathy might have never existed, however. It certainly would never have held the extensive power and patronage it now has among the thoughtful, educated, and wealthy.

Causes.

Toothache is often due to cold, a neuralgic condition, disease of the gums from want of attention, or as a result of strong medicines, or being deprived of the use of vegetables as in scurvy, as well as the decay of the teeth. In some instances a disordered stomach or liver may cause toothache, especially when the gums or teeth are any ways affected, and severe pain in the teeth and gums may be caused by teething, or the growth of the teeth before they are very near the surface. This accounts for many cross babies. They suffer from toothache even before any teeth are vis-

ible. See their development as shown in Fig. No. 58, page 596, and notice the arrangement of nerves and blood-vessels going to the teeth as shown in Fig. No. 30. We may see from the arrangement of nerves how a pain in one tooth

Fig. No. 30.



SECTION OF THE JAWS—RIGHT SIDE.

V, A, N, Veins, Arteries, and Nerves of the Teeth. The root of one tooth in each jaw is cut vertically to show the cavity and the blood-vessels, etc., within it. 1 to 8, Permanent Teeth,

is communicated to another, or even to all the other teeth of the side of the jaw where the decayed tooth is situated, or even to the side of the face and the head as well.

Symptoms.

The diagnosis of toothache is usually easy; but the peculiarities of each case must be noticed in order to prescribe intelligently. First, let the gums and teeth be care-

fully examined, to see if they are diseased; notice if the tongue is coated, if the skin is hot and dry, if the pulse is fast or natural.

Treatment.

If the patient is cutting teeth, whether the milk or permanent ones, and the gums are red and swollen, cutting them with a sharp gum lance will usually give almost instant relief. If there is a gum boil which is soft to the touch, it should be punctured; and we should remember that the back molars, called wisdom teeth, come at from eighteen to twenty-four years of age, and be sure they are not the cause of the pain, and if they appear to be, as shown by the tender condition of the gum where they should appear, and we find it swollen, we may well scarify it and at once relieve the pain. If the gums are found tender in children or adults who have all their teeth, they may be bathed with a few drops of the second of *Aconite* every two hours. Putting the feet and hands in warm water is of service in almost any case of toothache, and warmth to the face is, in most cases, a temporary relief.

Remedies in Toothache.

Aconite.—This is useful in throbbing, severe toothache, where the pulse is fast, or the patient has neuralgia of the entire head, or one side of the face; patient is constantly fearful and anxious.

Antimonium.—Pains worse after eating.

Arnica.—Pain after a tooth has been extracted.

Arsenicum.—Is useful in periodical toothache, patient has great thirst.

Bryonia.—The mouth is dry, the teeth feel too long, patient is very irritable; pain relieved by drinking ice-water.

Carbo veg.—The gums bleed, teeth loose, pain worse from eating salt food.

China.—The pain comes on from exposure to a draft of air.

Mercurius sol.—Pains in several teeth at once; there is much saliva in the mouth, teeth feel sore.

Nux vom.—Patient very irritable, uses wine freely, constipation.

Sepia.—Toothache during pregnancy, yellow spots on the face, profuse leucorrhœa.

Sulph.—Pains relieved by cold, burning heat on top of the head, has scanty, black, menstrual discharges.

GUM BOIL. (*Alveolar Abscess.*)

Gum boil is the result of inflammation at the root of a tooth which develops matter, and ulcerates through the gum to find exit. Sometimes it discharges by the side of the tooth; in any event it must discharge when matter has formed; but before matter has formed it is sometimes cured by remedies.

Treatment.

When we have swelling pain and tenderness at the side of the jaw by the side of a tooth, or where there is a piece of a fang of a tooth left in the jaw, we may wet the part with the 2^x of *Aconite* every two hours, and give internally *Merc. iod.* 3^x, a powder every three hours. If it is evident in a day or two that suppuration can not be prevented, we may give *Hepar sulph.* 3^x every three hours. When we can determine that matter has formed, the sac should be punctured.

SCURVY. (*Bleeding of the Gums.*)

Scurvy is a disease of the general system, with its manifestations principally in the mouth.

Symptoms.

The gums swell and become spongy, bleed easily, and sometimes profusely. The breath is offensive, the face looks bloated, and the skin has an eruption like tetter. After a time the limbs swell, the nose bleeds, and blood flows

from the bladder with the urine, or passes from the bowels. Sometimes we have a little bleeding from the gums after using a brush to cleanse them; this, however, is only a case of tender gums, when the other symptoms are wanting.

Causes of Scurvy.

Abuse of mercury, bad, damp air, exposure to cold, and living for a long time without fresh vegetables, are the principal causes of scurvy.

Treatment.

First of all the patient should have fresh, pure air, and plenty of fresh vegetable diet; without these other treatment will not avail, and with these, a patient will usually recover, if the disease has not been of more than six months' standing, and proper remedies are used in the treatment.

Remedies and Indications.

Arsenicum alb.—The mouth is reddish blue, burning, secretion of tough, bloody saliva, gums turn brown and threaten mortification (also *China*); use 3^x trituration, a powder every three hours.

Carbo veg.—Useful in cases arising in part or wholly from the abuse of mercury; the gums fall away from the teeth. Use 3^x trit., a powder every three hours.

Nux vomica.—Useful when digestion is impaired; constipation; patient weak and irritable. Use 3^x a powder every three hours.

Treatment of Simple inflammation of the Gums.

Simple inflammation of the gums without the other symptoms peculiar to scurvy, and where the history of the case shows no use of mercury, or deprivation of fresh vegetables, may be treated first by cleansing them with water, after eating, and then gently brushing them with a very soft brush, wet with a solution of *Kali chlo.* (Chlorate of Potash).

This solution can be made by putting a tea-spoonful of the potash in a half glass of water, or in this proportion; or the gums may be bathed with *Tr. Myrrh* and *Tr. Hydrastis* equal parts, diluted one-half with water, after they have been cleansed with water.

Merc. cor. 6^x—Is useful if mercury be not a cause of the trouble.

Carbo veg. 3^x—Is useful when the breath is very offensive.

CANKER IN THE MOUTH. (*Ulcerated Sore Mouth.*)

These conditions are caused by bad digestion and assimilation. In canker of the mouth we see small white elevated spots inside the cheeks and on the gums. This is most common in children. Ulcers in the mouth have an abrasion of the mucous membrane on the lips, cheeks, or gums, and occur in patches; the little sores smart, sting, or burn, and are always very annoying. These sores may be caused by secondary effects of syphilis, and it is sometimes hard to tell, except by the history and character of the patient, whether or not there is a syphilitic taint in the system in these cases.

Treatment.

INDICATIONS FOR REMEDIES.

Merc. cor.—This remedy heads the list as the most efficient one, given in the 3^x *trit.*, a powder every four hours, especially for the ulcerated condition.

Nux vom.—Is of general utility where there is poor digestion, constipation, tendency to piles, or prolapsus ani. This may well follow after giving the mercury for four or five days.

ADJUVANTS.—As adjuvants or helps to the cure, the mouth may be washed three times a day with a weak solution of *Kali chlo.* or a diluted *Tr. of Hydrastis*.

DIET.—The patient should use no butter, or fats of any kind.

RANULA. (*Swelling under the tongue.*)

Ranula consists of a small swelling or soft tumor under the tongue. It consists of a little sack, and contains a little palish yellow or bluish fluid. It is caused by an obstructed follicle.

Treatment.

The treatment consists in cutting out a piece of the sac with scissors. If only punctured it is liable to refill.

INFLAMMATION OF THE TONGUE. (*Glossitis.*)

Inflammation of the tongue is not of frequent occurrence, but does sometimes exist as a distinct affection.

Causes.

The tongue may get bruised by hard, large substances in the mouth, or by getting caught between the teeth, and it may become strained by violent, long-continued use of the voice in public speaking, or a sudden exposure to cold may cause swelling and tenderness of the organ. The tongue may also become irritated and inflamed by rubbing against irregular teeth, or artificial plates in the mouth.

Symptoms.

Pain, swelling, and tenderness of the tongue, with fever in some cases, characterize an attack of glossitis; moving the tongue causes an increase of pain.

Treatment.

Arnica.—Arnica is indicated in most cases, using *Aconite* in alternation when there is much general fever, and the patient has evidence of having taken cold. *Bryonia* may be given in place of *Aconite* where there is also some cough, with sharp, stitching pains in the chest or other parts of the body.

Arsenicum.—This may be indicated after the active inflammation has subsided, and the patient is weak and exhausted. (See also *China.*)

Belladonna.—Is useful where the whole throat is also inflamed, and the patient has a flushed face or dilated pupils.

General Directions.

The patient should not talk or attempt to eat. Beef tea, milk, and water may be drank. The patient should be kept in a warm room, and sponged daily.

OFFENSIVE BREATH.

This is so annoying to those with whom we associate as to demand serious attention, if it was not also a symptom of conditions which require treatment for the preservation of life.

Causes.

Diseased teeth or gums, derangements of the stomach, ulcerations of the throat, as well as catarrh of the nose, may cause an offensive breath. (To say nothing of the use of tobacco and eating onions.)

Treatment.

The treatment, of course, consists in removing the cause of the difficulty. No one has a bad breath without cause. The use of tobacco can be discontinued, and we think it would be more frequently given up if the person using it could smell his own breath. We can say the same of the eating of onions. The dentist can fill or extract the diseased teeth, and the patient can use a brush and keep the gums clear from material which otherwise lodges and decays there. The treatment of catarrh of the nose and indigestion we describe elsewhere.

BAD TASTE IN THE MOUTH.

This may arise from any of the causes just mentioned as producing a bad breath, and besides these, the bitter taste indicates the torpid liver; the sour taste, acidity of the

stomach or indigestion; the saltish taste shows a tuberculous tendency, and the absence of natural taste shows nervous derangement, often sympathetic with other diseases or produced directly by them.

Remedies.

Merc. sol., *Pod.* or *Lyc.*—Bitter taste in the morning.

Bell. or *Bry.*—A sweetish taste.

Phos. ac., *Nux v.*, or *China.*—Sour taste.

Ars. or *Carb. veg.*—Saltish taste.

Sabi.—Oily taste.

Phos., *Ant.*, or *Nux.*—Loss of taste.

SALIVATION. (*Ptyalism.*)

Salivation or ptyalism consists of an exceedingly profuse secretion of saliva (or spittle). It flows from the mouth in almost a stream in bad cases. The cause of this excessive flow of saliva is commonly the abuse of the use of mercury, but it may be caused by the use of *Iodine* or *Kali iod.*, in some people. It may also result from the effect of cold. The pathological condition causing this excess of saliva is inflammation in the salivary glands in the mouth. When mercury has caused this condition, the gums are found grayish white in appearance, and are liable to shrink away from the teeth, which after a time become loose and decay, or drop out.

Treatment.

When mercury is evidently the cause of the salivation, wash the mouth every hour with a solution of *Kali chlo.*, made with fifteen grains in a half glass of water. If it is evident the affection arises from cold, *Merc. cor.* 6^x trit., a powder every three hours is an efficient remedy. Study also *Aconite*, *Bell.*, *Lachesis*, *Carbo veg.* in the *Materia Medica*.

CHAPTER X.

DISEASES AFFECTING THE THROAT.

QUINSY. (*Tonsilitis*.)

QUINSY, or tonsilitis, consists of an inflammation of the tonsils, which are situated each side of the throat, in the back part of the mouth. When inflamed, these glands swell to large size, and make it difficult to swallow, and if the disease is not arrested they are likely to gather and break. This process often takes a week or more, and when both tonsils are affected at the same time, the patient suffers for want of nourishment, because of its being so painful or impossible to swallow. One attack seems to make a person more liable to another. The causes of tonsilitis are usually cold and an inactive condition of the system, often called a bilious condition, and it is also sometimes due to scrofula.

Symptoms.

The attack of quinsy usually commences with chilly sensations, and soreness of the throat, and there is difficulty of swallowing, headache, coated tongue, fever, and a wiry, rapid pulse. Upon looking in the throat, we see either one or both tonsils red and swollen, and filling up the back part of the mouth on each side of the throat.

Treatment.

Aconite and *Mercurius*, in alternation every two hours are the remedies best calculated to abort the disease. If it does not greatly subside in twenty-four hours, *Bell.* and *Hepar sul.*, in alternation, are of service, given every two hours. *Ars.*, *China*, or *Nux v.* may be required in the con-

valescent stage. The patient should take a warm foot-bath twice a day, and keep the feet warm all the time. The patient should have plenty of fresh, pure air to breathe, and may drink cold milk or cold beef-tea for nourishment. To prevent other attacks, *Ars. iod.* or *Merc. iod.* should be given morning and evening, a powder of the 3^x attenuation for several weeks.

CHRONIC ENLARGEMENT OF THE TONSILS.

Chronic enlargement of the tonsils is liable to remain after quinsy. They are disagreeable, in affecting the voice, and being in the way of swallowing hard food. Persons affected with enlarged tonsils are more liable than others to have quinsy.

Treatment.

The remedies calculated to reduce the size of the chronically enlarged tonsils are *Iodine*, *Spongia*, or *Mercurius*. One may be used for two weeks, giving a powder every six hours of the 3^x trit., and then another for the same time, and so on.

SORE THROAT. (*Inflammation of the Throat.*)

A simple sore throat means a mild inflammation of the throat. It usually is caused from taking a cold. Those who use their voices much in reading, singing, or speaking, are more liable to it.

Treatment.

Bell.—This is, as a rule, the best remedy, especially if there is fever, with soreness of the throat.

Merc. cor.—For sticking pains in the throat.

Bry.—For a tendency to frequent attacks.

ULCERATED SORE THROAT.

Ulcerated sore throat is more severe than simple inflammation. It is dependent, often, on an imperfect action in

the stomach, and a general derangement of the system. The attack may come on as a direct result of cold, and may, for a day or two, appear like a simple case of inflammation of the throat. There may be fever, and there is usually pain in swallowing. On examination, in about two days after the soreness of the throat is complained of, we find ulcers on the tonsils, or by the side of them. There is a feeling of weariness; and often headache, nausea, and loss of appetite are complained of in these cases.

Treatment.

Baptisia.—Large ulcers, breath offensive, dull headache.

Merc. cor.—Stitches in the throat, with ulceration, weakness.

Iodine.—Useful in ulceration of the throat, with glandular enlargements, or scrofulous tendency.

Nit. acid.—Stinging pain in the throat; useful after the abuse of *Mercury*.

Administration.

Use the 3^x trituration, a powder every three hours, of the selected remedy, making the powders to correspond somewhat with the age of the patient. A gargle of *Kali chlo.* may be used, in some cases, to cool the throat, and give some temporary relief. If a very little is swallowed, it is very good as a remedy, when we suspect irritation of the stomach, as indicated by nausea or a red tongue.

FOREIGN BODIES IN THE THROAT.

When a foreign body is lodged in the throat—which is most likely to happen to children—the child should be turned on its face, with the head downward, when often the child's efforts at crying will dislodge the body, and cast it off. If this effort fails, a physician should be at once called in. In the case of adults, an effort to cause vomiting may be made, by tickling the throat with the finger, or a feather, or putting

snuff on the tongue. Sometimes the substance may be seen, and extracted with forceps. Sometimes, when the substance is lodged below where it can be seen, taking a drink, or eating something, will cause it to pass down into the stomach, where it is likely to do no harm, as nails, tacks, cents, pieces of pencil, etc., have passed the bowels without doing any harm.

LOSS OF VOICE.—HOARSENESS.

Hoarseness is due, usually, to a cold, causing slight inflammation of the throat, and slight swelling of the vocal cords. Hoarseness may also be due to ulceration of the throat, in ordinary simple, or in syphilitic ulceration, or in cases of *bronchial consumption*, as it is called, which usually more or less affects the throat. Total loss of voice, coming on suddenly, is usually the result of sudden cold affecting the throat. It is often unpleasant, but is not dangerous, and usually passes off in two or three days.

Treatment.

Causticum.—Hoarseness, especially in the morning.

Belladonna.—Hoarseness, with a feeling of fullness in the throat; total loss of voice.

Phos.—Loss of voice, with some hacking cough; chronic hoarseness.

INFLAMMATION OF THE LARYNX. (*Laryngitis*.)

Acute inflammation of the larynx (which is situated between the mouth and trachea, or windpipe) has many of the same symptoms of ordinary sore throat, and as the treatment should be much the same, it is not important to discriminate between them. The attack of laryngitis, however, causes more spasmodic breathing, something like asthma or croup, together with the pain and soreness common in simple sore throat, and is more difficult to cure than ordinary sore throat.

Causes.

This disease is usually caused by inhaling cold air when the person is very warm, or inhaling strong fumes of *Sulphur* (brimstone), *Iodine*, *Bromine*, or the like; or from excessive use of the vocal organs.

Treatment.

Much the same remedies may be used as in *sore throat*. Inhaling the vapor of *Aconite* or *Bell.* is an excellent way of using these remedies in laryngitis. The spray-inhaler, or vaporizer, called the *Prussian* (a cut of which may be seen on page 235) is a very useful instrument in making the spray, which, in severe cases, may be inhaled every half hour. *Bell.* should have preference to *Aconite*, if the fever is not high, and there is much suffocative breathing. The 2^x dilution of the remedy may be put in the atomizer, and the spray be thrown in the throat for a half minute, while the patient draws in a few full breaths of air and vapor. The warm foot-bath and a warm wet compress to the throat are of service. Try to get the patient to perspire. After the acute attack has passed off, *Phos.* is likely to be indicated by some hacking cough.

Cubebs.—This is one of the most useful of internal remedies for this disease, when active inflammatory symptoms have subsided. Use 1st or 2d dilution every two hours, according to the age of the patient.

CHRONIC LARYNGITIS. (*Bronchial Consumption.*)

Chronic laryngitis sometimes results from acute attacks, and sometimes comes on gradually; in the latter case it is to be feared that it may be due to tubercular deposits, which usually also affect the *bronchia* at the same time, and the disease is then termed *Bronchial Consumption*.

Symptoms.

The symptoms of *chronic laryngitis* and *bronchial consumption* are those indicating debility. There is loss of flesh,

want of ability to endure fatigue, a tormenting hollow cough, rapid weak pulse, etc. There is usually considerable tough mucus coughed up, with here and there a streak of yellow matter. Sometimes the cough is croupy, and the voice much affected. If the disease advances unchecked, the emaciation becomes more marked, hectic fever comes on, and the patient passes away. Of course, the physician of experience and skill should have charge of all such cases as threaten this termination, even in the outset, and we note the early symptoms here, that the reader may be able to take due and timely warning, and govern himself accordingly. The physician will, by means of examination be able early to discover the dangerous tendency of the case, and will be the best able to direct the proper treatment. Different cases are so unlike, that one may require quite a different treatment from another, and we can only suggest as best we can, those remedies and such management, as we think advisable where no homeopathic physician can be procured.

Treatment.

First and foremost we say, give the patient pure, clear, fresh air to breathe; use bathing frictions, exercise and food with judgment. Study hygienic rules, and follow them. The equal and healthy circulation of the blood, and the activity of the secretory and excretory glands must always tend to the throwing off of disease, and a restoration to health. A blind reliance on remedies to the neglect of hygienic living costs many a one his life.

In the treatment of chronic laryngitis, as in the acute, we like to use remedies by inhalation; so also of bronchial consumption, *bronchitis*, abscess of the lung, and pulmonary consumption. Different remedies have to be used, however. Where there is present soreness, fever, heat, thirst, dry skin, rapid wiry pulse, *Aconite* is a useful remedy. For a spasmodic condition, with a flushed face, *Bell.*; when there

is no fever, but exhaustion, want of glandular action, and the case continues chronic, *Iodine* in solution, two grains with six grains of *Kali iod.* to the ounce of water, may be inhaled. Inhalation of Carbolic acid, ten grains to the ounce is of service in some cases, where there is evident ulceration in the larynx or bronchial tubes. Inhalation should be used as a rule but once or twice a day, and then but for a minute or two.

Remedies.

Aconite.—Short dry cough with tickling in the larynx; hemorrhage from the lungs; *febrile excitement*; stitches in the chest and thirst.

Belladonna.—Cough at night, shortness of breathing, and mucous rattling; adapted to young girls at the age of puberty.

Calcaria c.—Cough worse in the morning, with expectoration of lumpy, purulent, yellow, or greenish matter; perspires easily, and is fatigued from any little exertion; losing of flesh, yet has a good appetite; very *sensitive to cold air*; *scrofulous habit*.

China.—Suitable to persons who have had frequent attacks of pneumonia, and who have been *debilitated by hemorrhage*.

Dulcamara.—The symptoms are aggravated by every cold change in the weather; cough, with expectoration of bright red blood.

Ferrum met.—Cough worse in the evening, till midnight; in the morning, copious expectoration of purulent matter; in the evening, the cough is dry; hemorrhage from the lungs, with *pain between the shoulders*.

Hepar sulph.—Suitable for scrofulous young people or children in the first stage of the disease; rattling, choking cough, worse after midnight; the least exposure to cold excites the cough.

Iodine 3^x or *Merc. iod.* may be given in this class of cases, a powder each morning. Iodine excites healthy action

in the excretory and secretory glands, and hence helps to aid in nourishing and purifying the blood, which is always beneficial in all diseases characterized by torpidity of glandular action; a sallow skin being one of the indications pointing to such a condition.

Phosphorus.—Short, dry cough from tickling in the chest, aggravated by reading, talking, laughing, or walking in the open air; hoarseness with *loss of voice*; tension and tightness across the chest; constipation, *stools long, narrow*, and difficult to expel.

Pulsatilla.—*Dry cough* during the night; *suppression of the menses*, especially from taking cold; mild, tearful disposition.

Sulphur.—*Dry cough*, with hoarseness and dryness in the throat; also for a *loose cough* with expectoration of greenish lumps, having a sweetish taste.

BRONCHITIS. (*Inflammation of the Bronchial Tubes.*)

The bronchial tubes are the large tubes conveying the air to the lungs. They are liable to inflammation, and when inflamed, the disease is termed bronchitis. This disease may affect those of any age; it is often confounded with inflammation of the lungs. The disease may be *acute* or *chronic*. Acute bronchitis is usually caused by cold, especially breathing very cold air after being in a warm room. The attack of bronchitis may be combined with inflammation of the throat, and it may come on after the throat is affected; the inflammation passing down the tissues which are connected. Breathing in dust is another cause of bronchitis.

Symptoms.

The symptoms of *acute bronchitis* are chilliness, fever, hoarseness, a feeling of tickling or prickling in the chest; a distressing dry cough at first, and, after a time, thick, tough mucus is raised. With these symptoms there is a feeling of

suffocation or tightness of the chest, and there is sometimes pain and soreness in the upper part of the lungs.

The symptoms of *chronic bronchitis* are a dry, hollow cough; some hoarseness; some shortness of breath; asthmatic breathing, when exercising; raising of tough mucus; loss of appetite; and often vomiting, and loss of flesh.

Treatment.

In the acute attack of bronchitis the warm foot-bath is of service, or a full warm bath may be taken. The moisture of the skin should be aided by warm clothing and avoidance of cold air.

When fever and soreness is present, *Bell.* or *Aconite* may be inhaled with the vapor apparatus, a figure of which may be seen on page 235. Use remedies for inhalation in the 1st dilution, for adults, or the 3d for children. Inhaling the steam from hop-water is often very soothing to the inflamed tubes.

Remedies.

Aconite.—This is the most useful remedy in the outset of an acute attack, if fever has come on. If there is chilliness and aching of the limbs, use *Ars.* 3^x, a few doses, till reaction is established.

Ant. tart. 3^x trit.—A powder every three hours is very useful where there is tightness of the cough, weakness, nausea, etc.

Ars. alb.—Is indicated by pains in the whole body, as well as the symptoms of bronchitis in the same case.

Bryonia.—This is indicated after *Aconite* has been given till the pulse is about normal and the skin moist, in cases where the breathing causes sharp pains in the chest; where the patient is constipated, or takes cold easily.

Bap.—Is indicated when the patient becomes delirious.

Belladonna.—Is indicated for a rush of blood to the head, red face, spasmodic cough, like whooping-cough.

Treatment of Chronic Bronchitis.

The case of chronic bronchitis will, as a rule, be greatly benefited by the inhalation of *Iodine spray*, using a solution of *Iodine*—about five grains of *Iodine* and fifteen grains *Kali iod.* to the ounce of water—inhaling the spray once a day, and taking remedies also at the same time. Use the Prussian inhaling instrument seen on page 235, and draw in the breath while the spray is thrown into the mouth; three or four inspirations of the spray are sufficient at one time.

Remedies in Chronic Bronchitis.

Cubebs.—Cubebs, 2^x dilution, are indicated by a tickling in the throat, tough, thick mucus, hard spasmodic cough.

Mer. iod.—The 3^x *trit. of Iodide of Mercury* is indicated in chronic bronchitis, in cases of scrofulous constitution, where there is torpid glandular action.

Cal. carb. 3^x—Is indicated in fleshy people, with bronchitis, after *Merc. iod.* has been used. After giving this a week or two, we may again give the *Merc.*

Nux v. 3^x—Is indicated by the irritable temper, pain in the back, nausea after coughing, loss of appetite, weakness; and if piles or constipation are present.

CHAPTER XI.

DISEASES OF THE CHEST.

PNEUMONIA. (See Lung Fever.)

INFLAMMATION OF THE LUNGS. (See Lung Fever.)

CONGESTION OF THE LUNGS. (See Lung Fever.)

PLEURO-PNEUMONIA. (See Lung Fever.)

PLEURISY. (*Pleuritis*.)

PLEURISY signifies an inflammation of the pleura, which is the membrane covering the lungs, and which also lines the chest.

Causes.

The causes of pleurisy are usually cold, external injury, or over-exertion.

Symptoms.

The attack of pleurisy commonly commences with a chilly sensation, and a feeling of oppression in the chest. Fever soon comes on, though in some cases fever and chilliness alternate every few moments. Sharp, stitching pains are felt, usually in one side, under the ribs. These pains are increased by every act of breathing, as this effort expands the lungs and presses them against the ribs, thereby increasing the pain by a sort of rubbing of the inflamed membrane. The patient has a short breath, because a long inspiration causes pain.

Treatment.

First, put the feet in warm water, and apply a very warm, wet, cotton compress over the affected side; cover it with dry flannel, and bind the whole on with a towel or a piece of muslin pinned very tightly about the chest. This prevents the expansion of the chest, and immediately

relieves much of the sharp pain. We usually keep the chest compressed, till the patient has fully recovered, though the hot compresses usually need only be used for a few hours. A full, warm bath, or a hot pack, may be of great service in the outset of an attack of pleurisy, as well as in any congestive condition from cold, whether it affects the lungs, bowels, throat, or other parts of the system.

Remedies and Indications.

Aconite.—Is generally useful in any of these sudden attacks from cold, and may be given till some little perspiration is established. It is indicated by the sharp pains, the fever, chilliness, etc.

Arsenicum.—This may be more useful than *Aconite* if there is more chilliness than fever, with some nausea, cold feet and hands, and aching over the entire body, especially in the lower limbs, with a white coat on the tongue.

Bryonia.—Is to be preferred if there is present some cough, and movements of the body are especially painful.

HYDROTHORAX; AND ADHESIONS OF THE PLEURA.

These are results of pleuritis, commonly called pleurisy. *Hydrothorax*, or dropsy of the chest, consists of an effusion of watery fluid into the cavity of the chest. This is called a serous effusion, being thrown out from a *serous membrane*. (A serous membrane is a shut sac.) If hydrothorax comes on at all it usually affects the person within a few weeks after having had an attack of pleurisy. *Adhesions* to the covering of the lungs and the lining of the ribs are frequent results of pleurisy.

Symptoms.

The symptoms of hydrothorax are an oppression of the breath; patient can not lie down in comfort on account of a feeling of suffocation, and the spaces between the ribs bulge out on the affected side.

Treatment.

For treatment, see remedies for dropsy. These remedies are of general application, whether the dropsy affects one part or another.

TAPPING IN DROPSY OF THE CHEST OR HYDROTHORAX.

When remedies fail of giving relief the physician should be consulted and judge of the propriety of drawing off the fluid by tapping. This is a safe operation when skillfully performed, and will often give so much relief that remedies will act efficiently in preventing further effusion. The attention must be, in part, directed to the general condition and health of the patient, for it is often by healthy activity of the bowels, liver, kidneys, etc., that these dropsical effusions are cured in part, as well as by remedies especially directed for their relief.

ADHESIONS OF THE PLEURA.

Adhesions sometimes take place between the covering of the lungs and the lining of the ribs, both consisting of pleural membrane. These adhesions in some cases do no observable harm; in other cases they interfere with the full action of the lungs, and the person so affected is troubled with stitching pains when walking fast, or making any special effort in the way of physical exercise. These pains are caused by the tearing away of some of the attachments between the lungs and the ribs, and may serve as a cause of a new attack of pleurisy.

Treatment.

There is no way to cure these adhesions when they exist, and we must content ourselves by trying to prevent their tearing loose, by only taking gentle exercise, and by applying tightly a bandage about the chest in case sharp pain in the side indicates the attachments have been injured. When pain from this cause is experienced, a few doses of *Bryonia* or *Arnica* are usually of service.

CROUP.

Croup is of two varieties, the *spasmodic* and the *membranous*, the first being sudden and frightful, but not dangerous as a rule, while the latter is less violent in its symptoms for a day or two, but is much the more dangerous.

SPASMODIC CROUP.

Spasmodic croup is more common in childhood, though occasionally affecting adults. The condition necessary for its development is first a sensitive condition of the nervous system, which in children is caused often from teething, and in adults by overwork or wearying ailments, like female complaints. This nervous irritability, conjoined with a slight cold affecting the larynx and bronchial tubes particularly, and causing slight irritation of their lining membranes, develops a spasmodic condition of the throat, which interferes with respiration, almost at times causing suffocation. Added to these causes of croup of the spasmodic variety, we have in some cases a certain inherited predisposition, which lies in the over-sensitive, nervous organization.

Symptoms of Spasmodic Croup.

Usually in the night, when the atmosphere of the chamber is cool, and after the child has been apparently in perfect health and, perhaps, playing more actively than usual the previous day and evening, the parents or nurse are aroused by a sharp, hoarse, barking, spasmodic cough of the child, who, upon examination, is found breathing laboriously, and exhibiting much the appearance of having congestion of the lungs (which may be produced by the croup, 'tis true). There is heat of the skin, sometimes also dryness, and in other cases profuse perspiration.

Treatment.

First give a dose of *Aconite*, and then put the feet and hands in warm water, and put a warm compress around the

throat. The cold compress to the throat is often used, but will do harm in weakly children, and must be allowed to remain till it is warm in order to do any good in any case. Hence, we prefer the warm application to the throat at once. These warm applications should be changed every few minutes, and have the feet and hands wrapped up warmly; and continue to give *Aconite* every fifteen minutes till three or four doses are taken, after which give *Spongia* or *Hepar sulph.* every half hour for two or three hours. We use *Hepar*, *Spongia*, and *Aconite* in the 3^x attenuation for babies even, in this disease. Usually this treatment soon causes rest and a subsidence of all the symptoms. The next day it is usually well to give a few doses of *Bryonia* to prevent a relapse or a new attack. *Ignatia* will do good if the child is very wakeful and nervous, and *Belladonna* is the remedy if the throat is sore, and spasms are threatened, especially if the child is teething.

MEMBRANOUS CROUP. (*Diphtheritic Croup.*)

In membranous croup the symptoms at first are those of a cold affecting the lungs. On close observation, the little one will be noticed to be listless, weak, and unusually irritable. This disease is more common in children under seven years of age, usually not affecting those under two years. Fortunately the disease is rare, occurring independently of diphtheria. It is said by Flint that boys are more often affected than girls, but we have not noticed this.

Causes.

Cold is also the exciting cause of membranous croup; but back of that there is in these cases a morbid condition of the general system. This morbid condition is one of exhaustion and blood impurity, coming on after measles, or in the course of scarlet fever, or after it. A mild inflammation of the larynx is the direct forerunner of the exudation of the false membrane, which proves so dangerous as it extends to the bronchial tubes.

Symptoms.

I may say the attack of membranous croup never comes on suddenly with those previously well; a slight cold, hoarse cough, some fever, thirst, etc., are noticed for a day or two, with more of a croupish cough at night, but still not severe, nor is there great difficulty of breathing till after two or three days of these symptoms, with loss of appetite, diarrhoea, or constipation. Then there sets in other symptoms: the breathing is labored, the nostrils dilate at every breath, the voice is affected so as to be almost lost. The discovery of false membrane in the throat or in the *sputa* (spittle) raised is the special symptom which makes the diagnosis certain, and until this appears we can not say the case is one of *membranous croup*, though we may say the case threatens to be one of this kind, when we have the symptoms enumerated as coming before the formation of the membrane.

Treatment.

In the early stages of this disease we may have *Aconite*, *Hepar sulph.*, *Bell.*, or *Bryonia* indicated (see treatment of acute laryngitis). In the majority of cases careful observation will usually discover indications for giving *Arsenicum*; these are thirst, alternating heat and cold, lassitude, prostration, white coated tongue, etc.; and it is always well in these doubtful cases (especially if any disease like scarlet fever, diphtheria, or measles is prevailing) to give *Kali chlo.* 1^x, a dose three times a day. We think this often prevents the membranous development by its antiseptic (purifying) qualities.

Inhalations.

In the fully developed case of *membranous croup*, we have obtained rapidly the best of results from causing the patient to inhale the *vapor of Iodine* or *Iodine spray* (see spray apparatus on page 235). In using the vapor of *Iodine* we may get the *Compound Tr. of Iodine*, and put ten drops in a little

boiling water, and let the patient inhale its vapor through the nozzle of a teapot, or from a cup. It should be inhaled but a moment, and repeated in an hour. Warmth to the feet is advisable, and the air of the apartment should be kept fresh, but warm.

Other Remedies in Membranous Croup.

Kali. bichro.—False membrane in the throat, hoarse, barking cough. The air sounds as if passing through a metallic tube. Head drawn backwards.

Lachesis.—In bad cases, threatening paralysis of the lungs (see also *Tart. em.* and *Nux.*).

Phos.—Trembling of the whole body; patient can hardly speak; hoarse, spasmodic cough.

Ars. iod.—In scrofulous patients, weakness, offensive breath, tough membranous formation which threatens to suffocate the patient.

Cal. carb.—In fleshy patients with light complexion; may be used alternately with other remedies.

CROUPY COUGH.

Croupy cough indicates either acute or chronic laryngitis, or actual croup, all of which should be studied if we would prescribe for it intelligently.

Remedies.

Bell.—When the cough is spasmodic, and accompanied with hoarseness.

Aconite.—When there is much fever, soreness of the throat, and heat of the skin.

Phos.—When there is spasmodic cough with weakness; *nausea* after coughing, with constipated dry stool.

WHOOPIING-COUGH. (*Pertussis.*)

Whooping-cough is mostly found affecting children, though occasionally when the disease is prevailing, adults are

affected, especially if they have some throat trouble; though in the case of adults the disease seems to be only of a mild character. The disease is usually contracted by exposure to those who have it, called contagion. Running a regular course, it lasts from two to ten weeks. We find, however, that remedies are capable of shortening its duration and stopping the whooping. Children are liable to have the disease but once.

Symptoms.

In whooping-cough there is a rapid, spasmodic cough, followed by a long inspiration of air, at which time occurs the crowing or whooping sound which gives a name to the disease. The little patient does not usually begin to whoop till a week or more after he has been affected with some cough, watering of the eyes, slight fever, and other symptoms much like an ordinary cold.

Treatment.

Belladonna.—This is our principal remedy in whooping-cough. We find it soon stops the whooping, and consequently, by arresting the spasmodic action in the throat, the most distressing symptom is relieved. We use it in the 1^x dilution, a half tea-spoonful in a half glass of water, giving then a tea-spoonful from the glass every two or three hours to children over three years of age, and a half tea-spoonful to those younger, except they are very young infants, when only a few drops of the water should be given at a time. We adhere to this strictly till the whooping stops, using other remedies in alternation with the *Bell.* if the case seems to demand them.

Bryonia.—When there are stitching pains in the side.

Tart. em.—When there is tightness of the cough, vomiting after coughing, etc.

Phos.—Is useful by itself in the convalescent stage, where there is left a dry, hacking cough, but no whooping.

PLEURODYNIA.

(*False Pleurisy—Stitch in the side.*)

Pleurodynia has symptoms like pleurisy, but the trouble is mostly in the muscles of the chest (a sort of neuralgia). The pain in pleurodynia is increased by pressure, while in genuine pleurisy the pressure causes a relief to the pain in the chest, in great part. There is usually little or no fever.

Treatment.

Arnica,—When the pain comes on after a wrench or sprain.

Bryonia.—Is indicated when motion causes great increase of pain; sharp pains in the joints, also.

Rhus.—Is indicated when there is a deep aching, relieved by motion.

Local Application of Arnica Lotion.—Is of service applied warm to the side, and cover with a dry flannel when the cause is a sprain or wrench.

HEMORRHAGE FROM THE LUNGS. (*Hæmoptosis.*)

Hemorrhage from the lungs occurs from various conditions. It may arise from ulceration in the lungs in cases of tuberculosis of the lungs (consumption) and from congestion or inflammation of these organs. Often in the progress of pneumonia some blood is raised, but when the quantity is moderate only, no alarm need be felt.

People often spit blood which they think comes from the lungs, when in reality it comes from the nose, dropping back into the throat through the posterior nares, or it may come from the gums or throat. In women with suppressed menstruation, very often blood is spat from the mouth, which may serve to relieve the system, and in such a case all that is required is to establish the normal menstruation, when the raising of blood will cease.

Symptoms.

When blood comes from the lungs or bronchial tubes it is raised by coughing; when coming from the nose, throat, or gums, it is spat out without a cough. Hemorrhage from the lungs comes on usually after some considerable trouble with the lungs has been experienced. There is ordinarily weakness, emaciation, paleness of the countenance, coldness of the hands and feet, etc., in cases of hemorrhage from the lungs. The debility, coldness, etc., being caused by thin, watery or impure blood, which has a tendency to develop lung disease. Added to this we have the inherited tendency to lung disease with some patients, and we must, therefore, take the whole history of the case into account, if we would be correct in our understanding of its gravity, especially should we inquire regarding the parentage, mode of living, employment, and the previous existence of cough, etc. All this should be learned from friends of the patient, as the asking of questions of the patient in order to learn these things, might greatly alarm him, and cause an increase of the hemorrhage, partly because the heart would beat harder and throw the blood to the lungs with greater violence. The pulse is usually rapid though sometimes soft in these cases, unless the hemorrhage has been very great, in which case the pulse is found very feeble and often quite moderate.

Treatment.

As the pulse is usually fast in the outset of an attack of hemorrhage from the lungs, remedies to moderate the heart's action are indicated. These are *Verat. vir.*, *Aconite*, *Digitalis*, and the like; but *Aconite* is as a rule the best, as it also quiets the mental agitation more decidedly. It may be given to an adult in two-drop doses of the *tr.*, repeated every hour. *Ipecac* is very useful given in alternation with the *Aconite* every hour. Warmth should be applied to the feet, and the medicine should be stopped as soon as the

hemorrhage ceases. *Ars.* is usually indicated by weakness after the arrest of the coughing up of the blood, and is especially useful if the hemorrhage comes on every two or three days, with some degree of regularity.

Remedies and Indications for their use.

Aconite.—Great fear and anxiety of mind, with nervous excitability.

Arnica.—After a fall or blow on the breast or back. Expectoration of dark and coagulated blood. Sore pain, as if bruised in the chest when coughing; the bed feels too hard.

Belladonna.—Constant tickling in the larynx, with cough and expectoration of bloody mucus.

China.—After loss of blood or animal fluids [*Ars.*]; singing in the ears and fainting spells; periodical attacks, worse every other day; *debilitating morning* and *night sweats*.

Dulcamara.—Constant titillation in the larynx, with desire to cough; expectoration of *bright-red* blood; hemorrhage caused by a cold or a loose cough which existed some time; gets worse at every cold change in the weather.

Ferrum.—Hemorrhage, with flying pains in the chest, better when walking slowly about; expectoration of pure, *bright-red* blood.

Phosphorus.—*Tight feeling in the chest, with a dry, tight cough; tubercular diathesis.*

Pulsatilla.—Obstinate cases, the discharge is black and coagulated; loose cough; chilliness even in a warm room; sickish, empty feeling in the stomach; worse in a warm room; scanty or suppressed menses.

Administration.

In urgent cases, repeat the medicine every fifteen or twenty minutes, until a favorable impression is made; then extend the time to two or three hours.

Diet.

Gruel made of barley, rice, farina, or oatmeal may be allowed. All food or drink should be taken cool, and stimulants of every kind are strictly forbidden.

PULMONARY CONSUMPTION.

(*Phthisis Pulmonalis*—*Consumption*—*Pulmonary Tuberculosis*.)

This is a protracted and dangerous disease, and carries to the grave thousands of victims annually. Patients affected with consumption usually insist they are not sick much, but just have a bad cold. It comes on so gradually, that often the nearest friends fail to realize that the patient is ill, as the appetite often remains good for a long time, even in some cases till the last days of life.

Symptoms.

The symptoms of consumption or "phthisis pulmonalis" are cough, emaciation and weakness, raising of large quantities of matter from the lungs, hectic fever, night sweats, diarrhoea, etc. In the commencement only a slight hacking cough, with no expectoration or fever is noticed. When the cough is mentioned to the patient, he usually says he has no cough, showing that he had not noticed it so far. He may notice he is losing flesh, but thinks he is all right for all that. Examination with the stethoscope reveals obstruction to free respiration. The patient is a little short of breath, which is noticeable after going up stairs. He complains of feeling tired, and is inclined to rest. Very gradually the cough gets worse or is aggravated by taking cold. The patient lays it all to a cold, feels chilly, and has a little fever at times. After a few months the patient begins to raise yellow, tuberculous matter (hard lumps in the sputa). Emaciation becomes greater, more fever comes on, the cough increases, cavities may be found in the lung substance; and the patient gets weaker. Under the influence of

medicine and good air, the symptoms often abate for several months, to come on again as before. Thus the patient is harassed and worried, or encouraged, till death comes to the relief of all concerned. I say relief, because it is very distressing to both patient and friends to stare death in the face week after week, and month after month, the only hope being, that the disease may not prove to be consumption, but abscess of the lungs, bronchitis, liver complaint, or heart disease.

Causes.

Largely, consumption is due to inherited predisposition, or constitution, dependent upon the condition of the blood. Aside from the inherited condition, we have also acquired tuberculosis, which is mainly due to bad air, debilitating diseases, improper diet, exposure to bad weather, neglected colds, habitual constipation, and excesses of various kinds. All depressing agencies tend toward the impairment of healthy blood-development and purification. This is, in part, dependent upon loss of nerve-power; hence, depressing nervous influences have their effect upon the blood. Bad digestion aids blood impurity. Constipation causes the reabsorption into the system of material which should be thrown off, and which tends to blood impurity, upon which, in one way or another, the development of tubercle depends; and its deposit and softening in the lung tissue is probably due to exciting causes which develop lung irritation, and the consequent interruption of the healthy circulation of the blood in these organs.

Treatment.

Good fresh air is of the utmost importance; after this is secured, the healthy, but not excessive, action of every organ of the body is to be secured, if possible. This necessitates an examination of, and attention to, all the functions of the body; hence, a great diversity of remedies may be called for, not to cure consumption, but to aid in getting the

system into healthy action, thus preventing consumptive development, or arresting its progress. Knowing these things, the cold, slight cough, indigestion, constipation, *amenorrhæa*, etc., must not be neglected, for their continuance may lead to the development of *this*, one of the most serious of the diseases affecting the human race. We must bear in mind that tubercles may, and often do, develop in the brain, liver, bowels, or kidneys, as well as the lungs, and sometimes are to be found in several organs at the same time; hence, treatment must not be alone directed to the lungs, but to the entire system, with some special reference to the lungs, when these are the organs affected.

INHALATIONS.

We have great faith in the inhalation of remedies, in consumption of the lungs, as well as in bronchitis, catarrh, etc. Having seen many cases receive such marked benefit from inhalations, and cures result which have lasted for years, we feel that inhalations should not be neglected, as it is in this way that a remedy is brought into direct contact with the diseased tissues. We use vapor; or spray, by means of the Prussian spray apparatus, a figure of which may be seen on page 235. Inhalations may be used for a few moments, twice a day.

Remedies for Inhalation.

Aconite 1^x.—A tea-spoonful in a half ounce of water, may be used by inhalation, when there is evidence of an inflammatory action in the lungs. (Only useful when the disease is not far advanced.)

Hyoscyamus 1^x.—May be used when there is a very troublesome cough, with great nervous agitation.

Iodine solution.—Ten grains to the ounce of water, to which thirty grains of *Kali iod.* is added, may be used in the worst of cases, where cavities have formed, and the sputa is abundant, yellow, thick, and offensive.

Internal Remedies.

Phos. 3^x.—Indicated by prostration, severe cough, trembling of the limbs, emaciation.

Iodine 3^x.—Is indicated by torpid glandular action, loss of flesh, complicated with enlargements of the glands or joints.

Iod. of Ars. 3^x.—Same as *Iodine*; with skin diseases also.

Arsenicum 3^x.—In nausea after coughing, chilliness, hot flashes, aching of the limbs, diarrhoea, etc.

Nux 3^x.—Where fretfulness is a prominent symptom with weakness, bad digestion, constipation, etc.

Tart. em.—Very weak, threatened paralysis of the lungs, cough tight, nausea after eating, etc.

QUICK CONSUMPTION. (*Galloping Consumption.*)

Quick consumption passes through its development more rapidly than the ordinary variety, and it is a question whether these cases are not really those of inflammation of the lungs resulting in abscesses of these organs, which, by its interference with the act of respiration and the purification of the blood, may cause death quite suddenly.

Treatment.

Kali chlo., 1^x.—Is a useful remedy in aiding the oxygenization of the blood, and as an antiseptic to impurities in the blood.

(See also remedies in pulmonary consumption.)

HEPATIZATION OF THE LUNGS.

Hepatization of the lungs signifies a solidification of the lung substance (making it solid like liver). This condition affecting the entire lungs must cause death; but usually only a part of one lung is affected; hence, recovery may take place. Hepatization is more common after *lung fever*; but sometimes comes on from one cold after another, the lung becoming filled up so that no air enters the affected part.

Symptoms.

The patient is troubled with a dry cough, shortness of breath, usually little or no pain; sometimes there is loss of flesh or failure to regain flesh after pneumonia. On listening to the breathing no sounds of respiration are heard over the affected part.

Treatment.

Flaxseed meal poultices continuously applied warm to the affected side, and allowed to remain only so long as they retain heat so as to feel comfortable, are very useful. They should be renewed for several days. Very warm flannel underclothes should be worn.

Remedies.

Tart. em.—This is indicated by all the symptoms usual in these cases. Give 3^x trit., a three-grain powder every three hours.

Ars. iod. 3^x Trit.—This is often indicated for glandular inactivity, thirst, slight fever, nausea, chilliness, weakness, etc.

Nux.—Loss of appetite, irritable mood, constipation, weakness, etc.

Phos.—Very often indicated as the lungs get cleared out, and there is left an irritation which causes cough, with raising of some yellow phlegm or matter, which is sometimes streaked with blood.

ASTHMA.

Asthma is a spasmodic disease causing difficult respiration. A sense of suffocation nearly amounting to suffocation is experienced. The attack comes on suddenly, and usually in a few hours passes off, to recur again the next day in some cases, and in others not for months or years. The asthmatic breathing is wheezing and painful, but is not dangerous. It more frequently affects men than women, but seldom affects children. The breathing of dust or strong odors, as gases, often will bring on an attack of asthma in

those subject to the disease. There is often an inherited predisposition to the disease, but its real nature is not well understood. A damp atmosphere, particularly in the Fall, is liable to bring on an attack in those subject to it.

Treatment.

Living in a clear, dry atmosphere is one means of preventing, as well as curing, asthma. Sometimes sleeping in a *second* or *third* story room, instead of the *first*, is often sufficient to prevent repeated attacks. High, elevated locations are most desirable as residences for those predisposed to the disease. Smoking stramonium leaves is a domestic remedy of value.

Remedies.

Aconite.—Shortness of breath, especially when sleeping; spasmodic, rough, croaking cough, with constriction of the windpipe; great anxiety of mind; fear of death.

Arsenicum.—Anxious and oppressed shortness of breath, with labored breathing, particularly when ascending an eminence; attacks of *suffocation, especially at night*, in the evening, or when lying down.

Belladonna.—Sensation as if dust were in the lungs; face and eyes red, and head hot; dry, spasmodic cough, especially at night; uneasiness and beating in the chest; plethoric individuals and young people.

Bryonia.—Patient wants to remain perfectly quiet, as the least exertion makes him worse; frequent dry cough, or cough with expectoration of a quantity of mucus; stitches in the chest, especially during an inspiration, or when coughing; dry stools.

Chamomilla.—Oppression in the chest, as if from incarcerated flatulence in the epigastrium; hoarseness and cough from rattling of mucus in the trachea.

China.—Suffocative fits in the evening in bed; the patient appears as if dying; cough, with difficult expectoration of clear, tenacious mucus; worse at night; better every other day.

Ipecac.—Spasmodic asthma, with violent *contraction in the throat and chest*; rattling noise in the bronchial tubes during an inspiration; suffocation threatens from constriction in the throat and chest.

Phosphorus.—Fatiguing cough, with expectoration of tenacious mucus; complete loss of voice; long, narrow, hard stools, very difficult to expel; tall, slender people.

Spongia.—Difficult respiration, as if the throat were closed by a plug; wheezing respiration, or slow and deep breathing, as if from debility; awakens often in a fright, and feels as if she was suffocating; hoarse, hollow, wheezing cough.

Sulphur.—Dry cough, with hoarseness, or *loose cough*, with soreness and pressure in the chest; frequent weak, faint spells; constant heat on the top of the head; if the attack was caused by breathing a smoky atmosphere.

Tartar em.—When the patient coughs, it seems as if the bronchial tubes were full of phlegm, but none comes up.

Veratrum alb.—Anguish, suffocation, and oppression about the heart; coldness of the nose, ears, and lower extremities; cold sweat upon the forehead, with great prostration; exhausting diarrhoea.

Administration.

In sudden and urgent attacks, the remedy may be repeated every half hour, until relief is obtained, when it should be taken less frequently.

DISEASES OF THE HEART.

PALPITATION OF THE HEART.

RHEUMATISM OF THE HEART.

NEURALGIA OF THE HEART.

ORGANIC DISEASE OF THE HEART.

ENLARGEMENT OF THE HEART.

VALVULAR DISEASE OF THE HEART.

DROPSY OF THE HEART.

PERICARDITIS. (*Inflammation of the covering of the Heart.*)

PALPITATION OF THE HEART consists of a rapid, tumultuous beating of the heart, which usually intermits one or two

beats, very frequently; and sometimes, in these cases, the heart stops beating for a space of time which seems to the patient very long, but which really is only a few seconds; after which it jumps and beats tumultuously. The beating of the heart, in bad cases, is so hard that it shakes the chest so as to be observed by others. When there is present any inflammation of the covering of the heart, called *pericarditis*, the trouble is very painful. In all cases it is more or less distressing. There is a feeling of suffocation, usually, even in mild cases.

Palpitation of the heart may be caused by organic diseases of the organ, like valvular disease, enlargement of the heart, or weakness of its walls; or it may occur from sympathetic affection, due to nervous diseases, female diseases, indigestion, or any disease of the stomach; or may be the result of mental emotions, as fear, joy, etc.

IN RHEUMATISM OF THE HEART there is severe pain in the organ itself, and is usual only after the patient has been suffering from rheumatism for some time, in other parts of the body, and commonly in those cases where liniments or patent medicines have been bathed on the affected parts, thus driving the trouble to the heart. In a few cases, however, where the patient has been neglected; or badly treated, or where the patient has repeatedly taken cold and caused relapses, rheumatism of the heart may come on, there being usually a fibrinous clot formed in the heart (though of small size), which interrupts the action of the valves, and prevents the normal contractions of the organ; and, in some instances, the muscular tissue of the heart is affected, the same as we have in muscular rheumatism of the limbs.

NEURALGIA OF THE HEART occurs in those subject to neuralgia of other parts of the body. The difficulty is exceedingly painful.

ORGANIC DISEASE OF THE HEART means that the heart is enlarged, the walls weakened, or that there is disease of the

valves of the organ. When these conditions exist, the patient may be relieved, but can not be cured.

ENLARGEMENT OF THE HEART AND WEAKNESS OF THE WALLS OF THE HEART (*called hypertrophy of the heart*). These conditions are usually both found in the same case. Although the heart is in these cases larger than natural, and weighs more, the walls of the heart are usually thinner than normal, hence, have less power of contraction, and therefore we very often, if not always, have also palpitation of the heart in these cases.

IN VALVULAR DISEASE OF THE HEART there is regurgitation of blood, the disease of the valves preventing them from closing down tightly.

PERICARDITIS, OR INFLAMMATION OF THE PERICARDIUM. The pericardium covers the heart. It is continuous with the pleura, which covers the lungs, and receives the name pericardium simply because of its covering the heart. Inflammation of this membrane is therefore called pericarditis. It is a part of the same membrane which is affected in pleurisy, only in pleurisy the part affected is that which covers the lungs. We can from this explanation easily see how pericarditis is very likely to follow pleurisy, or exist at the same time. The pain in pericarditis is sharp and stitching, and is even more distressing than in pleurisy. There is usually some fever and often a feeling of faintness in pericarditis. Following pericarditis we are liable to have

DROPSY OF THE HEART, which consists of effusion into the pericardium, just as we have dropsy of the chest (hydrothorax) following pleurisy. In both cases serum is thrown out as a result of the inflammation. In dropsy of the heart the action of the organ is impeded. The patient can not lie down without causing a feeling of suffocation. Difficulty of respiration is often manifested, leading the friends to think that the lungs are affected, and an examination by a skillful physician is required to determine the real condition.

TREATMENT OF DISEASES OF THE HEART.

PALPITATION.—As we have stated, palpitation of the heart being in many instances dependent upon other diseases, or rather disease of other organs, we must seek the cure of those ailments by which the palpitation is caused; hence a complete understanding of the entire system is valuable assistance in getting at the real cause of the conditions causing palpitation. The proper treatment of these causes will in most cases result in a cure of the palpitation also. In the mean time, palliative remedies are of service, as they are also useful in those incurable cases depending on organic disease of the heart. These remedies are calculated to subdue nervous irritability, quiet the heart's action, and strengthen its muscular tissue.

Remedies.

Digitalis 1^x.—Indicated by irregular pulse, severe palpitation, faintness, with suffocative feelings, weakness and prostration.

Ignatia 3^x.—Indicated in the intervals of severe palpitation, taken every three hours, where there is headache, sleeplessness, etc.

TREATMENT OF RHEUMATISM OF THE HEART.

In rheumatism of the heart, a warm application should be made to the left side of the chest over the heart, and the feet should have a warm bath. Sometimes a mustard foot-bath is of service. Remedies for rheumatism may be studied, and given as indicated by the totality of the symptoms. The following remedies will usually be among those indicated :

Aconite.—High fever, with *great agitation of the heart*; the beats of the heart and pulse do not correspond; stitch-like pains in the chest, hindering respiration; great fear and anxiety of mind, with nervous excitability.

Arsenicum.—Great prostration of strength; *extreme restlessness*; drinks often, but little at a time.

Belladonna.—Pressure in the region of the heart, arresting the breathing; unequal, irregular contractions of the heart, with violent palpitations; *bloated, red face, with throbbing headache.*

Lachesis.—Spasmodic pain in the heart, causing palpitation; shortness of breath at every motion, especially on moving the hands; inability to lie down on account of a sense of suffocation; can bear nothing to *touch the neck*; the patient is always worse after sleeping.

Rhus tox.—Sensation of weakness and trembling of the heart; violent palpitation when sitting still; stitches in the heart, with painful lameness and numbness of the left arm; pains worse during rest, has to change position often to get relief.

TREATMENT OF NEURALGIA OF THE HEART.

Aconite.—In low attenuation, is indicated when the pulse is rapid and hard, the pains are sharp and swift from place to place.

Arsenicum.—When the pains come on periodically, the patient is thirsty, weak, and restless.

Nux vom.—Useful in patients who have used stimulants to excess.

TREATMENT OF HYPERTROPHY; OR, ENLARGEMENT OF THE HEART.

Digitalis.—Digitalis is here also the best remedy. We have given to an adult ten drops of the 1^x dilution every three hours. When the palpitation is severe in these cases, it may be given every fifteen minutes for a few times; but, as regular treatment, once in three hours is sufficient.

Secale cor. 1^x.—This may be given in alternation with *Digitalis*, using one remedy every two hours, where there is evidently weakness of the walls of the heart, especially in

those cases who also have varicose, or enlarged veins of the lower limbs.

TREATMENT OF VALVULAR DISEASE OF THE HEART.

Kali chlo.—This remedy or *Kali nit.* is the best calculated to relieve valvular obstruction, used in the 1^x trit., and given every three hours, giving preference to the *Kali nit.* if the urine is scanty. *Digitalis* may also be required when there is severe palpitation, as mentioned under "Palpitation."

TREATMENT OF PERICARDITIS.

Aconite, *Bryonia*, *Gelseminum*, or *Digitalis* are usually indicated. The case must be treated much the same as if it was one of pleurisy. (See treatment of pleurisy.) *Digitalis*, however, being useful in inflammation of the pericardium, but not indicated in pleurisy. This is especially indicated if there is great pain in the heart, every pulsation causing pain. *Digitalis* tends to moderate the heart's action, and hence to relieve the pain.

TREATMENT OF DROPSY OF THE HEART.

(Read treatment of "Dropsy.")

Although the general principles of treatment are the same in all forms of dropsy, some modifications are advisable because of its particular location. In dropsy of the heart, *Digitalis* is especially indicated. Other remedies for general dropsical conditions may be given in alternation with it. The action of the skin, bowels, liver, and kidneys must be maintained. If not active, these organs must be strengthened to action with indicated remedies.

CHAPTER XII.

AFFECTIONS OF THE STOMACH.

DYSPEPSIA. (*Indigestion.*)

DYSPEPSIA indicates a chronic condition of indigestion dependent upon a diseased condition of the stomach, torpidity of glandular action in this organ, or debility of the nervous system, this debility of nerve force, being dependent upon disease of various organs, or a single organ; or resulting from overwork, either mental or physical. Dyspepsia may also be caused by constipation or uterine disease. An attack of indigestion may result from a sudden cold, eating ice-cream after a full meal, drinking ice-water, eating too much of healthy food, or eating indigestible articles of diet. Among other causes of dyspepsia we may also mention, the taking of cathartic or other strong medicines, or indolent, sedentary habits, irregular habits of eating, worriment of mind, etc.

Symptoms.

The symptoms of dyspepsia are tenderness of the stomach, pain in the pit of the stomach after eating, belching of food or wind from the stomach, loss of appetite, the feeling of a weight like a stone in the stomach after eating, heart-burn, water-brash, dizziness, headache, bad taste in the mouth, palpitation of the heart, constipation or diarrhoea (often these latter conditions alternate, a few days one way, then the opposite).

Treatment.

First rectify the habits of life which tend to cause dyspepsia. Let the brain and body have rest if they are over-

worked. Use mainly milk and beef tea for food. Keep the feet, stomach, and bowels warm, with warm clothing. Exercise moderately, and sleep all the system seems to require.

Remedies.

Aconite.—Is indicated when there is tenderness of the stomach, a rapid wiry pulse, with thirst, and some fever, dryness of the mouth, and the like.

Arsenicum.—Is indicated when the stomach and bowels are irritable, tongue red, diarrhoea, thirst, nausea, weakness, etc.

Bryonia.—Bad taste in the mouth, the lips feel dry, with pains in the joints, worse on motion.

Nux v.—Weak, nervous condition; patient is very irritable, constipated, has loss of appetite, colicky pains in the bowels, is addicted to the use of liquors.

Colocynthis.—Severe pains around the navel, wind in the bowels, with indigestion.

Cal. carb.—Useful in fleshy people, with tendency to scrofula. Leucorrhœa in women.

Pulsatilla.—In delicate women with indigestion, especially indicated if there is amenorrhœa also; food sours on the stomach.

Carbo veg.—Useful for very bad tasted eructations of food, pain in pit of stomach after eating.

Administration of Remedies.

Use the 3^x attenuation, a powder every three hours, or if using the liquid, put fifteen drops in half glass of water, and give one tea-spoonful at a dose; avoid coffee.

MORBID APPETITE.

A morbid appetite causing one to eat slate pencils, chalk, dirt, etc., is often due to uterine congestion, as in girls who do not menstruate properly (too much or too lit-

tle), and in pregnant women. Worms in the stomach may develop this morbid appetite, and we should consider if there are other symptoms indicative of worms, to corroborate our diagnosis.

Remedies for Morbid Appetite.

Cina 1^x or *Merc. sol.* 1^x, six powder, giving one every three hours while the patient eats little food, is good treatment if worms are the cause.

Staphiasagri.—Appetite is enormous, can not be satisfied.

China.—Hunger at night, thirsty, but drinks but little at a time.

In pregnant women *Puls.* is often of service, as it is also in young girls suffering from scant menstruation. Where menstruation is too profuse, *Viburnum* is the better remedy.

LOSS OF APPETITE.

Loss of appetite results from various diseases. There are cases, however, where loss of appetite seems at first the only morbid or unhealthy condition. Loss of appetite is, however, but a symptom. This is one of the symptoms of dyspepsia; but where this is the only symptom, *Nux vom.* 3^x, a powder every six hours, will usually rectify the trouble by arousing action of the gastric glands, which it does largely by stimulation of the nerves of the stomach, as well as the brain.

PYROSIS—HEART-BURN. (*Water-brash.*)

Heart-burn consists of raising from the stomach a burning, acid, watery fluid. It is dependent upon acidity of the stomach, or a dyspeptic condition of this organ.

Treatment.

Carbo. veg., *Nux v., China, Puls.,* or *Acid mur.,* will usually rectify the trouble. The patient should eat no fat food or butter, pastry, or rich diet of any kind, but live plainly and eat moderately.

GASTRALGIA.

(*Cramp in the Stomach—Neuralgia of the Stomach.*)

This affection usually affects only those of a neuralgic tendency, and those having neuralgia of other parts of the body or having weak nerves from some cause. The pain experienced in the stomach in this disease is truly dreadful. It is sometimes so severe as to cause the sufferer to long for death. The pain, we think, is usually preceded by some weakness or irritation of the stomach for some time, and the attack is brought on by over-exertion, or the use of food that is hard of digestion, like raw onions, boiled cabbage, radishes, cucumbers, green corn, or the like. People having one attack should, for a long time, at least, avoid these articles of diet, as well as all others hard to digest, like baked beans, salt pork, etc.

Treatment.

When the food has not long been eaten, the patient had better drink freely of salt, warm water or mustard-water, or irritate the throat with a feather, to induce vomiting and at once throw off from the stomach the offending substances.

Remedies.

Camph. spts. 1^x.—Ten drops in a third of a glass of water, a tea-spoonful every ten minutes for cramping pains, the patient is bent double. To be used when the food has been taken six or eight hours before. Sometimes it is useful alternated with Nux 3^x.

Nux 3^x.—After *Camph.* every three hours, when the pain has left, or every ten minutes when there is severe pain.

Aconite.—Is indicated in gastralgia coming on independently of the use of indigestible food, where there is a rapid pulse, and the patient is subject to neuralgia in other parts of the body.

Arsenicum,—Useful during the intervals of pain in cases returning periodically; red tongue, nausea, thirst, etc.

SICKNESS AT THE STOMACH. (*Vomiting*.)

Sickness of the stomach arises from inflammation or congestion of the organ, or from indigestion, and occurs sympathetically from uterine disease, pregnancy, disease of the brain, blows upon the head or stomach, mental shock from severe pain, offensive odors, torpid liver, constipation, etc.

Treatment.

The causes of sickness of the stomach being so various, the range of remedies is quite extended. In cases frequently troubled with sickness of the stomach, disease in the organ itself is to be suspected, and a very careful diet only must be allowed.

Remedies.

Ipecacuanha. 3^x or 6^x.—Constant nausea and vomiting.

Arsenicum.—Vomiting after eating or drinking, followed by weakness, thirst, chilliness, and feverishness, in alternation; tongue white.

Chamomilla.—Vomit tastes bitter, there is much pain in the bowels.

Antimonium cru.—Nausea after overloading the stomach.

Nux vom.—Nausea from indigestion; patient is weak from overwork, constipation, restlessness.

Puls.—Can not use fat food; used for women when we would give *Nux* in case of men.

Lycopodium.—Where constipation is habitual.

Arnica.—Is useful when the vomiting is caused from a blow or a fall.

Aconite.—Is indicated where fright or nervous shock causes the nausea.

HÆMATEMESIS. (*Vomiting of Blood.*)

Vomiting of blood may occur in women suffering from amenorrhœa, and be a symptom of no serious import; or it may occur as a result of ulceration in the stomach, from cancer or an ordinary ulceration, and be of very great importance. Hemorrhage of the stomach may arise from severe congestion, resulting from the long and excessive use of liquors, and from swallowing strong medicines or poisons.

Treatment.

If the patient be a lady with suppressed menstruation, *Puls.* 3^x or *Macrotine* 3^x, give a powder every three hours, using one remedy three days, and then the other three days, is very well. If the hemorrhage be from other causes, *Ipecac* 3^x is a good remedy, using *Aconite* if the pulse is fast and hard, or *Merc. cor.* if ulceration is suspected.

General Directions.

The feet should be kept warm, and small bits of ice may be swallowed. The diet should be mainly cold beef tea and cold milk, but if these cause pain or vomiting, injections by the rectum of these articles may be used to keep the patient alive. Warmth to the surface must not be forgotten.

GASTRITIS (ACUTE).

(See also *Gastric Fever.*)

GASTRITIS (CHRONIC).

(See *Dyspepsia.*)

CONGESTION OF THE STOMACH.

Acute gastritis may exist as a local affection, and not be accompanied with much perceptible fever.

Symptoms.

The symptoms of acute gastritis are vomiting, which follows even the swallowing of a tea-spoonful of water; pain in

the stomach, rapid wiry pulse, little heat of the skin ; sometimes there is coldness of the entire external surface. This coldness of the surface, with vomiting, pain in the stomach, and a slow pulse, indicate *congestion of the stomach*, which is the first stage of inflammation. After a day or so there may be fever present, with thirst, nausea, and vomiting, and a rapid wiry pulse, indicating *inflammation of the stomach*.

Causes.

Congestion of the stomach may arise from cold, falling upon the surface over the stomach, from insufficient clothing over the part, food in the stomach which is indigestible, or overloading the stomach.

Acute inflammation of the stomach may arise from an attack of congestion of this organ, and is likely to follow it in most cases ; in fact, some degree of congestion is present in the earliest stage of all cases of inflammation. *Acute inflammation* may arise also from poisons in the stomach, or a blow upon the organ, as well as overeating and indigestion from any cause, to which in some cases a cold is superadded.

Treatment of Congestion of the Stomach.

In congestion of the stomach with vomiting and coldness of the surface of the body, the feet should be put in a warm mustard foot-bath, and a warm mustard plaster or hot wet cloths may be applied externally over the pit of the stomach. Remedies should be given in powder.

Ars. alb, 3^x.—Is indicated by the coldness of the surface, vomiting of every thing, even a sip of water. This remedy given every half hour till the surface becomes warm, is usually the only medicine required.

Treatment of Acute Inflammation of the Stomach.

Arnica 3^x.—Is indicated if the trouble arose from external injury.

Aconite 3^x.—Is indicated where the pulse is hard and rapid, the skin dry and hot.

Ars. alb.—Alternating chill and heat, thirst, *nausea*, weakness, tongue white coated.

General Directions.

Little or no food can be taken in cases of inflammation of the stomach. Milk drank cold is usually the best, used in small quantity. The patient should lie perfectly quiet. Small pieces of ice may be taken into the mouth quite often.

SEASICKNESS.

This distressing complaint affects some people more than others. It comes on from the motion of the vessel in crossing the ocean, or even in some cases in riding on boats upon the lakes or rivers, and a few people are affected in the same way by riding in the cars, or from swinging.

Symptoms.

Usually the first feeling of distress is felt in the head, and we think it is the stagnation of blood in the brain, which affects the pneumogastric nerve, and secondarily causes nausea of the stomach. When lying down the nausea usually in a great measure subsides.

Treatment of Seasickness.

Glonoine 3^x (Pellets.)—This remedy we have proven to be efficacious, in several voyages on the ocean to Europe, and on shorter trips upon the salt water, especially in crossing the English Channel. In 1881, we were surgeon of the ship in which we crossed the Atlantic Ocean from London to Boston, and we tested the efficacy of this remedy thoroughly on others, uniformly with success. Give ten pellets every half hour, till relieved. Usually, we found one or two doses relieved all the trouble.

General Remarks on Seasickness.

From experience we have found that those who dieted were as much affected as those who did not. Every other

remedy ordinarily relied upon, we saw fail, and *Glonoine* afterwards cure these cases promptly. We have found that seasickness may be avoided by taking a dose of the pellets when first feeling the fullness in the head, the *Glonoine* always dissipating the suffering in a few moments.

HICCOUGH. (*Singultus*.)

Hiccough is often of little account, lasting but a few moments; but in other cases it is persistent for days, which is very distressing. It is an unfavorable symptom when affecting those very low with any disease.

Treatment.

In slight attacks a little sugar, or a drink of water will often arrest it; but in severe cases more is required. The difficulty being of a spasmodic character, requires remedies which control undue nervous agitation, like *Bell.*, *Ignatia*, *Verat.*, *Nux*, *Hyoscyamus*, etc.

Bell.—Is specially indicated, when there is a flushed face in those children who are teething, and hence liable to spasms. Some sore throat is also a strong indication for this remedy.

Ignatia.—Is indicated by restlessness, loss of sleep, and general prostration, headache, etc.

Verat.—Is indicated by great prostration.

Nux v.—Is useful where there is present indigestion; irritable mood, where the attack seems to be due to weariness, loss of sleep, excessive debauch; or occurring after lingering illness.

CHAPTER XIII.

DISEASES OF THE URINARY AND MALE SEXUAL ORGANS.

ACUTE INFLAMMATION OF THE KIDNEYS. (*Nephritis*.)

INFLAMMATION of the kidneys, of an acute character, causes pain in the back, and tenderness in the region of the kidney (at the side of the spine, just below the ribs). The attack usually commences with chilliness (indicating congestion), followed by some fever, dryness of the mouth, and a rapid, wiry pulse, etc. There is usually an urging to urinate, and the quantity of urine passed is small. When both kidneys are affected, the urine is sometimes suppressed. Both kidneys are, however, seldom affected at the same time, and the left is more frequently affected than the right. On rising to an erect posture, the pain is notably increased. The acute attack sometimes moderates, and continues, so as to become the chronic, and may result in Bright's disease, which we will next consider.

Causes of Acute Inflammation of the Kidneys.

External injury, from a blow or a fall; cold in the back, from sitting in a draft of air when heated, or in other ways; the use of spirituous liquors; the excessive use of remedies, like *Cantharidies*, which may over-stimulate the kidneys; as well as gravel, may cause acute inflammation of these organs.

Treatment.

Arsenicum.—Is indicated in the condition of congestion, with chilliness, aching in the back, etc.

Arnica.—Is indicated, when the trouble is caused by external injury, giving it in alternation with some other

indicated remedy, as *Ars.*, when there is coldness, slow pulse, and pain, or *Aconite*, when there is a wiry pulse, fever, heat of the skin, etc.

Aconite.—This is the great remedy in all acute inflammations, excepting that affecting the brain. It should be used strong enough to induce some moisture of the skin. Usually, fifteen drops of the 1^x dilution in a half glass of water, and using a tea-spoonful every half hour, is sufficient; but in some adult cases two tea-spoonfuls may be given at a dose, and finding this to take no effect in a few hours, we would prepare the *tr. of Aconite* in the same way, instead of the 1^x dilution.

Bryonia.—Useful after the severe symptoms have subsided, and there is mucus in the urine.

Can. ind.—Useful in similar conditions as *Bryonia*, especially in women with uterine weakness.

Cantharides 3^x.—Useful if there is smarting, burning pains in passing the urine.

Bell.—Where there is painful bearing-down sensations while passing urine, and after the flow has ceased.

CHRONIC INFLAMMATION OF THE KIDNEYS.

(*Bright's Disease.*)

This is a very dangerous disease. When the substance of the kidney is affected by chronic inflammation, life is endangered in several ways. The chronic inflammation may result in abscess, and cause death; or, by stopping the healthy action of the kidney, and interrupting the secretion of urea and other elements in the blood, which should be thrown off in this way, death may result; and it may result in BRIGHT'S DISEASE, which consists in a disintegration of the uriniferous tubes, so that casts of their interior membrane are thrown off; hence we see Bright's disease is chronic inflammation of the kidneys, causing a particular result, and until these casts are found in the urine there can

be no positive diagnosis of Bright's disease, though chronic inflammation of the kidneys may always be said to threaten Bright's disease.

Causes.

The causes of chronic inflammation of the kidneys are similar to those causing acute inflammation of these organs (which please see), and to these may be added disease of the liver, which often causes slight irritation, and when long continued, becomes chronic. This results from the bile passing off by the kidneys instead of the liver, which is liable to cause irritation in these organs.

Symptoms.

In chronic inflammation of the kidneys we have some soreness of these organs, both being often affected at the same time. The fever, if any, is slight; the urine is scant, and often causes pain when it passes. When the urine is tested, albumen is usually found in it, sometimes in large quantities.

THE TEST FOR ALBUMEN in the urine is made by boiling it in a test tube over a gas jet for a moment, when the albumen is coagulated by the heat, and is seen in the tube like a white curd. The presence of albumen is not, however, positive evidence of severe inflammation of the kidneys, as it occurs in many pregnant women as the result of pressure, and goes away when delivery takes place. Albumen is always present in the urine in Bright's disease, but only indicates inflammation of the kidneys. The casts of these uriniferous tubes must be present, to confirm the diagnosis.

Treatment.

The treatment of these severe diseases should be in the hands of the best homeopathic physician which can be procured. The old treatment used by our old school friends, consisting of stimulating treatment to the kidneys, which increased their action, and forced the blood in upon them, could

be only injurious. I will note the treatment we advise when the services of a first class homeopathic physician can not be obtained. First, let the patient have rest, and see to it that he is dressed warmly. The wearing of a flannel band around the body is advisable. Try to get the liver into healthy action, and use those remedies calculated to strengthen the nervous system.

Remedies.

Merc, protoiod, 2^x or 3^x.—Indicated in torpid action of the liver, constipation, weakness, etc.

Belladonna 3^x.—When there is painful pressure after urinating.

Nux v.—This is a very useful remedy in this disease, and a constant use of it is often all that is required.

China.—Is often useful where there is jaundice, with a fever which goes and comes; the lips dry, tongue white, etc.

Ars.—Also very useful for great debility, irritable stomach in connection with the urinary trouble.

INFLAMMATION OF THE BLADDER.

(Cystitis, Acute and Chronic.)

Inflammation of the bladder results from cold, or the irritating qualities of the urine, gravel, etc., and in women may also arise from uterine displacements, together with cold, or the extension of the inflammation from other adjacent parts.

Symptoms.

In inflammation of the bladder there is severe pain in passing urine. It has to be passed often, and there is but little discharged each time. There is straining, and smarting pain, and the urine contains a tough tenacious mucus, which settles to the bottom of the vessel in which the urine is left, and adheres tenaciously to the vessel after emptying out the urine. There is pain and tenderness just above the pubic bone. The attack comes on with chilly

feelings, and flashes of heat; and after a few days the heat and fever are quite constant in acute cases. *Chronic* cases suffer little fever, but do suffer severely in voiding the urine, and have the same discharge of white tough mucus, which is very profuse.

Treatment.

Aconite.—Indicated in the acute attack in all cases, but may be alternated with *Bryonia* if the attack was caused by cold.

Bell.—In bearing down pains, blood rushes to the head, face flushed.

Can. ind.—Is one of the most useful remedies in this difficulty; give fifteen drops of the 1^x dilution every one or two hours.

Cantharides.—Is indicated in cases where there is burning, cutting pains; in chronic cases, or where the fever has subsided.

Cubebs.—Is also useful in similar cases, where the burning pain is not severe, but where there is a profuse flow of mucus.

Lycopodium.—Indicated when there is brick dust deposits in the urine, with constipation.

General Remarks.

When the cause of the trouble is uterine displacement, this must be rectified; and where gravel causes the trouble, it requires special remedies (see article on gravel).

IRRITABILITY OF THE BLADDER.

The inability of old people to retain the urine has been termed irritability of the bladder. The condition is one of weakness and loss of power, however, rather than irritation.

Remedies.

Nux v.—*Cantharides*, or *Phos.*, are usually indicated, and are calculated to give the most relief. Use one for a week,

and then the other. All should be used in low attenuation. In some cases nothing will give strength to retain the urine, and an appliance to catch it, as it dribbles away, is all that can be done.

HÆMATURIA. (*Bloody urine.*)

Blood in the urine indicates serious disease. It may come from the urethra, bladder, or kidneys; but always is indicative of a dangerous condition. The most skillful physician will have a hard enough time to manage such a case. This condition may result from a blow over the kidneys or bladder, from gravel, and may occur in Bright's disease, or scurvy.

Treatment.

Ipecac, *Aconite*, *Hydrastis*, *Arnica*, and *Ferrum* may be tried in the order named; but the best way is to study the causes and treat the conditions causing the hemorrhage, the hemorrhage being really only a symptom.

STRANGURY. (*Pain in passing Urine.*)

RETENTION OF URINE—SUPPRESSION OF URINE.

Strangury, or pain in passing urine, is only a symptom of trouble in the urethra, bladder, or prostate gland (in men), or displaced uterus, inflamed bladder, or urethra (in women). Gravel may, however, cause painful urination in either sex.

Retention of urine signifies a want of power to pass the urine after it has accumulated in the bladder. This is often very distressing, and may prove dangerous if not relieved. The retention may be due to a gravel (called a calculus) blocking up the water passage (the urethra), and it may be caused by spasmodic contraction at the neck of the bladder.

Suppression of urine means that the kidneys do not act, and that no urine is secreted.

Symptoms.

In retention of urine there is great pain in the bladder and a constant desire to pass urine. Frequently a few drops only are passed whenever an effort is made; at other times, none whatever can be forced away. As the bladder becomes very full it causes the lower part of the abdomen to fill out, and it becomes very prominent and painful on pressure. This condition, coming on after labor, makes the woman suspect that she has after pains, or that there is another child to be delivered. There is frequently fever. This is almost sure to be present when the case has continued for a day or more.

If the case be *Strangury* there is pain, burning, and smarting in passing water; but the urine is all, or nearly all, discharged.

In suppression of urine there is pain in the kidneys, stupor of the brain, but no pain in the bladder.

Treatment.

In *strangury* the treatment must depend entirely upon the cause producing it. (See inflammation of the bladder, inflammation of the urethra, inflammation of the prostate gland, gonorrhœa, gravel, etc.)

Retention of urine may, in urgent cases, be relieved by drawing off the urine with a catheter by the surgeon, and he may also draw it away with the aspirator safely, in case he is unable to introduce the catheter, on account of a diseased prostate gland, or on account of the lodgment of a calculus in the urethra, which can not readily be removed. In moderately severe cases, warm fomentations of wet cloths should be applied between the limbs against the perineum, and over the lower part of the abdomen. The feet should be kept very warm.

In suppression of urine, remedies to cause action of the secreting power of the kidneys are required.

Remedies.

Aconite,—Is indicated in suppression of urine, where there is tenderness over the kidneys, some fever, etc.

Belladonna,—Useful in suppression where there is also pain in passing what little urine is secreted. Give *Bell.* low in retention of urine.

Arsenicum,—Is indicated in suppression of urine, where there is poor circulation of the blood, the hands and feet cold, limbs ache; fever every few hours, alternating with chilliness, nausea, or thirst.

Cantharides,—Where there is torpidity and weakness of the organs, smarting pain in passing urine, etc.

Nux vom.—Pain in the back, but no tenderness; loss of appetite, indigestion, weakness, restlessness, retention of urine.

Lycopodium.—In suppression of urine with brick dust deposits in that which is passed; constipation.

Ars. iod.—Useful in suppression of urine where there are also eruptions on the skin, torpid glandular action, etc.

Merc. iod.—When the case shows torpid action of the liver as well as the kidneys; jaundice, constipation, or enlarged glands.

SEMINAL EMISSIONS. (*Spermatorrhœa*.)

The involuntary discharge of semen is called spermatorrhœa. It may pass away during sleep or with the urine. The semen is secreted in moderation by the testicles in the healthy adult male, and its secretion and discharge no more constitutes a disease than does the secretion of saliva in the mouth constitute a disease; still, either may be in excess, and show diseased action. Listen not to the advertising quacks who would have you believe that the secretion of semen indicated impending imbecility or death, and who would, by exciting your fears, rob you of your money and

peace of mind. Just as well might a girl be alarmed because an ovum passed away with the menstruation.

Now we desire to be understood to mean just what we say, and no more. The excitation of the secretion of semen to cause its frequent discharge is very injurious to the health of body and mind (whether this occurs from masturbation or sexual excess). It causes loss of memory and general weakness, and leads to inflammation and weakness of the genital organs, so that in time the person becomes incapacitated for procreation, and is likely to die from tuberculous disease. (The excessive excitation of sexual passion in women causes, also, about the same injurious effects.) Epilepsy, hysteria, and insanity are often caused by these excesses.

Causes.

The high living, want of regular employment, associations with bad company, the use of wines, and the reading of exciting novels are among the causes of the development of these deplorable conditions and habits. Worms in the bowels, especially pin-worms in the rectum, may also tend to the development of this trouble.

Treatment.

To arrest the progress of disease caused by the practices named, the abandonment of them is first necessary. To aid in this accomplishment *Kali bro.*, in three-grain doses four times a day, will be of service.

Digitalis.—Used in the form of *digitaline*, one grain every evening, is one of the most effectual remedies in seminal weakness.

Nux v.—This is indicated in pain in the back, without much tenderness, retention of urine, used in 6^x attenuation; and for want of power in the genital organs, inability to restrain the flow of urine, with loss of memory, given in the 2^x or 3^x attenuation, a dose every four hours, is efficient treatment.

IMPOTENCY.

Impotency signifies weakness of the sexual organs, and loss of sexual power. It most frequently results from sexual excesses, or self-pollution, and is accompanied with weakness of the entire body in some cases. In other instances, there is an irritation of the base of the brain, bad digestion, constipation, and the person so affected is more liable to all nervous diseases.

Treatment.

Abandonment of its cause; moderate exercise in the open air, near the ocean, if possible; regular, temperate habits, etc.

Remedies.

These are *Nux v.*, *China*, *Phos.*, and *Cantharides*, used in 2^x attenuation, a dose after eating, three times a day, taking one for a week and then another, and so on. Electricity properly used by a skillful physician may also be of service.

INFLAMMATION AND ENLARGEMENT OF THE PROSTATE GLAND.

(*Prostatitis—Hypertrophy of the prostate.*)

Inflammation of the prostate gland is a very painful affection. This gland is situated just at the neck of the bladder in males. Inflammation in it, or enlargement of the gland, interferes with the passage of urine. This is one source of danger in this disease.

Treatment.

Aconite.—Is useful in the early stages of the disease.

Merc. iod.—This is indicated if there is a general torpid action of the system.

Spongia.—May be given in chronic, obstinate cases, and let it be continued for a long time, using the 3^x atten., a dose every three hours.

DIABETES.

In diabetes the quantity of urine discharged is very large. Sometimes several gallons are passed in twenty-four hours. The urine contains sugar in diabetes. It smells sweet as it is voided, and proper tests show sugar to be present. In some cases, a pint of the urine contains two or three ounces of sugar. The urine is of a pale, straw color. Usually there is excessive thirst, a good appetite, but distress follows eating. There is some fever, hard, dry stools, depression of spirits, loss of memory, coldness of the feet, swelling of the limbs, and wasting away of the flesh.

Remedies.

Arsenicum.—Is indicated by all the symptoms, and is often about all the remedy required, giving the 3^x trituration, a powder every four hours.

Nux v.—This is often useful after *Ars.* has been given two or three weeks, using a powder of the 3^x trituration, every four hours.

General Remarks.

Perseverance is necessary in treatment, as this is not a disease rapidly cured by any treatment.

STONE IN THE BLADDER, GRAVEL, RENAL COLIC, ETC.

(*Nephralgia.*)

Gravel may form in the bladder or in the kidneys. When they form in the kidneys they may cause severe pain in their passage through the ureters to the bladder. This pain is called *renal colic*, or *nephralgia*. The gravel may become too large to pass away, and cause disease in the kidney. STONE or STONES in the bladder are simply large gravel, too large to pass away through the urethra. They cause sudden stoppage of urine while it is flowing, pain in the end of the penis, etc.

Causes.

The cause of gravel and stone is the same. The unhealthy constituents of the urine, or rather, some of the healthy constituents being in excess, a deposit from the urine takes place, and these deposits are increased by other deposits becoming encrusted upon them, so they enlarge by successive layers of these deposits.

Treatment.

The treatment of *gravel* requires a good understanding of urinary analysis, in order that remedies may be used calculated to stop the deposits, and dissolve those already made. Large stones in the bladder may require removal by an operation called lithotomy, or by lithotripsy; but the limits of this work will not permit a thorough consideration of all these details. As palliative means, and as those calculated, in mild cases, to give relief, we will mention:

Aconite.—In cases where the gravel has caused an inflammatory condition, indicated by tenderness, fever, hard, rapid pulse, etc.

Cand. ind 1^x.—In cases where there is pain in passing urine; mucus in the urine. A dose every two hours.

Lycopodium.—When red sand is found in the urine, and the patient suffers from constipation.

General Remarks on Treatment of Renal Colic.

When the patient is suffering excruciating pain in the bowels, which seems to be located near the kidneys, or between them and the bladder, and we are aware that the patient is subject to gravel, we may as well give an eighth of a grain of *Morphia sulph.*, to stupefy the patient, and repeat this every hour, for four hours, if necessary, as palliative treatment. The patient should be put into a very warm bath, if possible, to relax the system; or he may inhale a small amount of the vapor of *Chloroform*; or he may take

ten drops of *Chloroform* in a little *Glycerine* every half hour. Sometimes these cases get relief by vomiting. This may be induced by drinking warm water freely. After the cessation of severe pain, we must watch for symptoms of inflammation, which are liable to follow attacks of this kind.

GONORRHŒA. (*Clap.*)

This is called a private disease. Gonorrhœa affects both male and female.

Symptoms.

Following exposure, three or four days, heat is felt in the water-passage, and there is smarting and burning of the parts when the urine is discharged. In women the labia swell and become very tender, so that it is difficult to walk. In a day or two there may be seen oozing from the urethra, white, or whitish-yellow matter. The patient has some fever, usually.

Causes.

In women, impure connection is the ordinary cause; though using a vaginal syringe which has been recently used by a woman having gonorrhœa may cause the disease; and young girls have contracted it by servant girls handling them after handling themselves while diseased.

In men the disease is also contracted by exposure, and also it may be contracted from healthy women at or near the menstrual period, or from those affected by acrid leucorrhœa. This fact is recognized by Bumstead and other writers on venereal diseases.

Treatment.

The first thing is purification. The weak solution of *Kali chlo.*, used to bathe the parts and inject after cleansing with water twice daily, is a very efficient treatment. No caustics or strong washes are necessary, and they do a positive harm. No stimulants, fat meat, spices, or butter should be eaten.

Remedies.

Aconite.—Is useful in the early stages.

Can ind.—Is very useful where the discharge is profuse.

Cantharides 3^x.—Useful after the disease has lasted a week or two, and the pain is cutting and burning.

GLEET.

Gleet signifies a thin discharge, continuing after the white thick discharge of gonorrhœa has ceased. It is not painful as a rule.

Treatment.

Ferrum, *Nux*, or *China*, are the remedies which will ordinarily cure the case, though *Merc. protoiod*, or *Lycopodium*, may be indicated by the torpid condition of the liver, or bowels, used in alternation with one of the special remedies.

INFLAMMATION OF THE TESTICLE. (*Orchitis*.)

Inflammation of the testicle may arise from gonorrhœa, external injury, or a cold. The testicle swells, is tender and painful, and usually there is considerable fever. The attack begins with a chill.

Treatment.

Absolute rest is demanded, and warm fomentations may be applied to the parts. The feet should be kept especially warm.

Remedies.

Puls.—Is one of the best remedies.

Aconite.—May be indicated in alternation with *Puls.* if there is high fever.

Merc. iod.—Useful if the disease lasts more than a week, to excite healthy glandular action.

Spongia.—Very useful in chronic enlargement of the testicles.

DROPSY OF THE SCROTUM. (*Hydrocele.*)

Dropsy of the scrotum may follow inflammation of the testicle.

Treatment.

Use a suspensory bandage, and the usual remedies in dropsy; after a time, use compression. When all fail, tapping must be resorted to.

SYPHILIS. (*Pox.*)

Syphilis is another private disease. It is much worse than gonorrhœa, though not nearly so painful. Women affected by it sometimes suffer so little as to be for a time quite ignorant of any trouble.

Syphilis in its primary form shows itself in from seven to twenty-one days, in the form of a sore called *chancre*. When the sores are soft they are usually numerous, at least three or four on a person; when they are hard, or Hunterian chancres, they are usually single. These come later after exposure than the *chancroid* of soft variety. They are, however, much the more difficult to cure.

The *secondary syphilis* occurs after the primary, and consists of mucous patches in the mouth, warts on the privates, etc. The *tertiary variety* comes several months or years later, and consists of disease of the bones, ulcerations in the nose, effects often the shin bone, and occurs in yellow, shiny eruptions on the skin of any part of the body.

A person having secondary symptoms may communicate the disease by kissing, if they have sores in the mouth, and the disease then comes on in the primary form. Nurses affected by syphilis may give the disease to healthy infants which they nurse. Children born of parents where one has had syphilis years before, may have syphilitic eruptions on the skin, or have glandular enlargements, which are usually called scrofulous. The matter from a syphilitic sore may cause another sore wherever on the body it is placed, if there

is the slightest irritation of the part, so it can be absorbed. We have seen the disease contracted from privies in this way.

Causes.

The causes of syphilis are infection and hereditary taint.

Symptoms.

First, a small pimple appears on the privates, which suppurates and bursts open; this leaves an open sore, which is inclined to spread, and the matter from it is likely to produce other sores in the case of the soft variety, but not in the hard. The hard or Hunterian chancre has a hard border or margin. In a few days *buboes* are liable to appear in the groin. They are not always present in pox, and may sometimes come on in *gonorrhœa* as well as *syphilis*; hence, buboes, though quite common in syphilis, are not peculiar to it. Buboes are swellings in the groin which are painful, and are inclined to suppurate.

Treatment.

Soft chancres need gentle treatment only. After cleansing with warm water and castile soap, or a solution of *Kali. chlo.*, *Vaseline* is a good dressing. This may be renewed three times a day.

The Hunterian chancre may be thoroughly cauterized about a week after taking internal remedies regularly. This may be done with fuming *Nit. Acid*, using a glass rod, and applying the acid carefully around the edges of the chancre, as well as in the center. A little lint smeared with *Vaseline* may be applied over the sore after the caustic is applied. In a day or two the part affected by the acid sloughs away, leaving a more healthy sore, which may readily heal with simple dressings, if proper internal medication is employed.

The soft chancre without buboes does not contaminate the blood, and little internal treatment is required, excepting that which general symptoms may demand.

Buboes should be bathed with warm water, to which a little *spirits of Camphor* has been added. When they continue to increase in spite of this, a poultice of flax-seed meal or slippery elm may be used to soften them, and hasten supuration. When they get soft and fluctuating, they should be lanced, and the poultices continued till they are healed.

Internal Remedies.

Merc. protoiod. 3^x.—A powder every four hours is indicated in the hard chancre.

Merc. cor. 3^x.—May be used for a week, after the protoiod has been given for ten days. This is also useful in the secondary form of syphilis.

Hepar sulph. 3^x.—Useful in alternating with *Merc.*, in cases of buboes.

Ars. iod. 3^x.—Is indicated in syphilitic eruptions.

Thuja.—Is indicated in the secondary form, showing warty growth called *condylomata* on the genitalia, given internally in the 3^x attenuation, and applied locally in *Tr*.

Kali iod.—Is very useful in bone pains after syphilis, 1^x trit., a powder every three hours; or may be given in dilution; very useful in alternation with *Merc. cor. 3^x*, in secondary syphilis.

CHAPTER XIV.

DISEASES AFFECTING THE ABDOMINAL ORGANS.

INFLAMMATION OF THE LIVER. (*Hepatitis.*)**Symptoms.**

IN inflammation of the liver there are usually chilly feelings in the commencement, followed by fever, and with these symptoms, which are common to all attacks of inflammation, there is tenderness on pressure over the liver (just below the ribs, on the right side); pain is also felt in the part, and this is increased by motion; and, after a few days, the skin becomes yellow (jaundiced) in some cases.

Causes.

The causes of inflammation of the liver are external injuries, or a cold taken when the system is in a torpid condition, and it may arise from the presence of biliary calculi.

Treatment.

Arsenicum.—Is indicated, in the congestive stage, by chilliness, with pains in the parts.

Aconite.—Is indicated in the stage of active inflammation.

Bryonia.—May be used with advantage, in alternation with *Aconite*, if there are also pains in the limbs, worse on motion.

General Remarks.

Locally, warm applications to the side, over the seat of pain and tenderness, as well as the warm foot-bath, are of service. The patient may drink cool water freely. *Merc.*, in any form, *Pod.*, and the like, to act upon the liver, are, as a rule, injurious in this disease, and if ever used, should

only be given in as high a potency as the 6^x. The disease is liable to result in *abscess of the liver*, or enlargement, called "*hypertrophy of the liver*."

ABSCESS OF THE LIVER.

Abscess of the liver results from inflammation of the organ. The formation of an abscess is usually characterized by chills, occurring after inflammation has been going on for some time.

Treatment.

When an abscess has formed, it may be relieved by a surgeon, with the aspirator. It may rupture into the stomach or bowels, and allow the patient to recover; but it is just as liable to burst into the abdominal cavity, and cause death; hence, it is better to have the surgeon aspirate it.

HYPERTROPHY OF THE LIVER. (*Enlargement of the Liver.*)

Enlargement of the liver may arise from congestion, and pass away rapidly; but chronic enlargement, or hypertrophy, is hard to cure. *Merc. iod.*, *Podophyl.*, *Lycopodium*, or *China* are the most useful remedies, and if any remedies will cure, they will.

PAINTER'S COLIC. (*Lead Colic.*)

Painter's colic is really lead poisoning, producing spasmodic nerve action, which is liable to result, later in the history of the case, in paralysis of the limbs, unless proper treatment is used, and the person avoids the inhalation and handling of lead.

Symptoms.

Sometimes the patient begins to complain of loss of appetite and indigestion, weakness, constipation, etc., which is followed by severe griping pains in the bowels. In other cases, the griping pains in the bowels come on suddenly, and are very severe. Some attacks are so severe as to prove suddenly fatal.

Treatment.

Kali iod.—Should be at once given to neutralize the poison as much as possible; and, in alternation with it,

Nux v.—Is the remedy to relieve the spasmodic action, upon which the pain depends.

General Remarks.

The inhalation of *Chloroform* is sometimes advisable for instant relief where the pains have existed for several hours. In recent cases, *Colocynthis* and *Nux*, in alternation, may be tried, giving them every fifteen minutes. Always give *Kali iod.* after the severe pains have passed away in any case of painter's colic, and the patient should be advised to abandon the employment requiring him to be about lead. Women, in the use of cosmetics, sometimes poison themselves with lead. And both men and women get the same effects from the use of hair dyes containing lead.

BILIOUS COLIC.

Bilious colic arises from the attempted passage of biliary concretions from the liver into the bowels, and their getting lodged in the biliary duct causes extreme distress which may lead to severe inflammation, or death by mortification.

Causes.

The cause of the formation of these concretions, sometimes termed *biliary calculi*, is the torpid action which allows the bile to accumulate in the gall bladder till it forms into hardened bits and pieces. The retention of these pieces of hardened bile may cause inflammation of the liver, even if they do not cause bilious colic by their lodgment in the bile duct during their passage into the bowel.

Symptoms.

The symptoms of bilious colic are principally excruciating pain in the location of the liver (just below the ribs on the right side), with nausea and often severe vomiting.

Treatment.

Warmth to the surface and the inhalation of *Chloroform*, are useful for temporary relief.

Aconite.—Is indicated if there is fever, and great tenderness.

Lycopodium.—If there is habitual constipation.

Merc. iod.—When there is a general torpid action of all the glands, scanty urine, glandular enlargements. There is faulty assimilation, as indicated by thinness of flesh and debility. To be used in the intervals of the attacks.

Nux v.—Is indicated in the intervals of the attacks, when the person has much backache, is nervous and fretful, troubled with indigestion and constipation.

China.—Is useful in malarious districts, under similar conditions otherwise requiring *Nux*.

COLIC. (*Wind Colic.*)

Common colic is due to gas in the bowels in large quantities, accompanied with a spasmodic condition causing temporary obstruction in the bowel. This gas is the result of imperfect digestion. There may be either diarrhoea or constipation present in cases of colic. The severe cramping and pain in colic is usually intermittent, it lasts for a few moments and then subsides for a little time.

Treatment.

Colocynthis 3^x.—Is indicated when the pains are of a twisting character about the navel, sharp, piercing pains.

Nux v.—Is indicated when the pain is low down in the abdomen or high up near the stomach, especially if the patient is constipated.

Verat. alb.—Is indicated where there is diarrhoea and severe colic at the time of the stool.

Chamomilla.—When the patient is restless and nervous; especially useful in children.

Belladonna.—Is indicated in colic in children, when spasms are threatened.

INFLAMMATION OF THE BOWELS. (*Enteritis.*)

By inflammation of the bowels we mean inflammation of the intestines themselves, and not the whole abdominal contents. The attack commences with slight chilliness, followed by fever, a wiry pulse, and pain and tenderness of the abdomen. In inflammation of the bowels deep pressure on the abdomen is painful, and light pressure is not, while in *peritonitis* the contrary is true, to a considerable extent. The pain is aching and steady, not spasmodic, as in colic. The bowels seldom move in inflammation of the entire bowel, but when the inflammation affects mainly the lining membrane, we have diarrhœa or dysentery.

Causes.

The causes of inflammation of the bowels are cold, indigestion, the use of strong medicines, eating unripe fruit, external injuries, etc.

Treatment.

Aconite.—Is indicated by the fever and tenderness, mouth dry, tongue coated white, pulse wiry and rapid.

Belladonna.—In great heat of the abdomen, flushed face, bearing down pains in women, and sleeplessness.

Verat. alb.—Is indicated by weakness, diarrhœa, fever, pain, etc.

Arsenicum.—Is indicated by an irritable condition of the bowels, following the acute inflammation; is also useful in the acute stage, if there is alternating flashes of heat and chilliness, aching of the limbs, or bloody stools.

Merc. sol.—Is indicated when bowels are swollen hard; dryness of the mouth, or a bitter taste in the mouth.

General Directions.

The feet should be kept warm. Warm, wet fomentations may be applied over the abdomen. The food should be mainly beef-tea. Moderately cool water may be drunk quite freely. Toast and milk may be allowed as the patient becomes convalescent. The patient should lie perfectly quiet. No cathartic medicine can be allowed, even if the bowels remain inactive. Warm water and soap injections may, however, be used in case the bowels go several days unmoved.

DIARRHŒA—CAMP DIARRHŒA—DYSENTERY.

(*Flux—Bloody Flux.*)

In diarrhœa the bowels move too often. There may or may not be pain during the stool. Diarrhœa is caused by an irritation of the lining membrane of the intestines. This may be caused by cold or indigestible food, and sometimes, in camp, soldiers are troubled with a diarrhœa which appears contagious, or at least epidemic, and has somewhat the characteristics of *cholera*. This is termed "*Camp Diarrhœa*." In *camp diarrhœa* the discharges are thin and watery, and pass off with some force and without much pain, but they exhaust the patient very much. It is caused by the inflamed condition of the glands in the bowels which, after a while, ulcerate. Blood may pass the bowels from these ulcers.

In dysentery, or flux, the inflammation causing it is mostly in the rectum. There is violent pain in dysentery, called *tenesmus*, or bearing down, in the bowels. In flux, the blood from the bowels passes without so much pain as in dysentery. In *dysentery*, the bloody operations are preceded by mucous stools, while flux may commence without them. There is fever of the general system in all these varieties of *bowel complaints*; frequently there is also tenderness of the bowels. Walking, or any motion of the body, increases the trouble.

Treatment.

Perfect rest, on the back or side, is desirable. A warm flannel should be worn over the abdomen, even in Summer. The food should consist of beef-tea, soup, milk, etc.

Remedies.

Aconite.—If there is much fever, is a good remedy to promote perspiration and allay the irritation.

Ipecac.—Is useful, if there is nausea and an ordinary diarrhœa.

Veratrum alb.—Is indicated in diarrhœa, with pains at the time of the operation, weakness, feverish sensations, etc.

Ars. alb.—Is a useful remedy when there are bloody stools, with pain, some thirst; gets worse at a particular time of the day, is weak, food passes undigested.

Carbo veg.—Useful when the stools have a very offensive odor.

Podoph.—When stools are painless and watery, accompanied with prolapse of the bowel.

Mer. cor.—Useful where there is straining at stool; ulcerated conditions.

PERITONITIS. (*Inflammation of the Peritoneum.*)

Peritonitis is more dangerous than inflammation of the intestines. Slight pressure produces pain in peritonitis. The peritoneum lines the abdomen, and also covers the intestines. It may be all inflamed, or only in part. The location of the pain and tenderness indicates the part affected, when slight pressure increases the pain. There is usually a high fever, preceded by a chill; the pulse is very fast and hard.

Causes.

Cold, external violence, or the extension of inflammation from some of the abdominal or pelvic organs, are the usual causes of peritonitis.

Treatment.

Warm fomentations to the abdomen, warmth to the feet and limbs, is necessary. The patient should lie perfectly quiet.

Remedies.

Aconite.—Is the first indicated and most useful remedy in most cases, in the outset.

Verat. vir.—Is indicated by the continuation of the case, great weakness, etc.

Bryonia.—Is useful in this inflammation, where there are sticking pains in the abdomen, a dry mouth, constipation, etc.

Merc. iod.—Is indicated by torpidity of the glandular system, shown by a dry mouth, scanty urine, torpid bowels, etc.

General Remarks.

Peritonitis, even of a mild grade, is liable to be followed by abdominal dropsy. This is caused by the effusion which is prone to take place in all serous membranes when inflamed. (See Dropsy.)

CONGESTION OF THE SPLEEN. (*Ague-cake.*)

Congestion of the spleen is liable to occur in the course of any congestive disease, and is particularly prevalent in malarious districts, where *intermittent fever* and *ague* prevails. It is for this reason that the term *ague-cake* has been given to this condition, though it is only applicable to the chronic enlargement of the spleen. The spleen seems to serve as a receptacle for superfluous blood; or rather receives the blood which is repelled from the surface, hence, a moderate amount of fullness does not constitute disease of the organ. Excessive fullness is known by the feeling of distress in the left side, just below the ribs, and sometimes the pain is quite severe. The spleen is distinctly felt when in a condition of enlargement, while it can not easily be distinguished when of normal size.

Treatment.

The treatment of congestion of the spleen must depend upon the condition of the other organs. If there is torpidity in the menstrual function, the liver, or kidneys, special remedies calculated to excite normal action in these parts will be the proper treatment to relieve the trouble, by equalizing the circulation. Warmth to the feet, the wearing of warm clothing, and using a restricted diet, is good treatment.

Remedies.

China.—Is indicated in malarious districts, and where exhaustion is present.

Merc. pro.—Is indicated by a general torpidity of the secretions.

Puls. or *Mocratine* in scanty menstruation, or where this function is delayed.

TABES MESENTERICA. (*Consumption of the Bowels.*)

Tabes mesenterica signifies a tuberculous deposit in the mesenteric glands of the bowels. They may go on to ulceration and cause death, which results from exhaustion and blood degeneration in this disease, the same as in tuberculosis (consumption of the lungs). This disease is more common in children, but may affect adults.

Causes.

The causes of tuberculosis of the bowels are inherited blood impurity, which may be due to the exhaustion of vital force in the parents, and scrofulous conditions. It may also develop from impure air (the air in close rooms in fine houses being sometimes as injurious as the bad air in tenement houses).

Symptoms.

Enlargement and slight tenderness of the abdomen, with emaciation of the limbs, pale countenance, and a general condition of debility characterize this disease. There are often present fever, diarrhoea, and night sweats also.

Treatment.

Place the patient in circumstances favorable to the breathing of pure fresh air. Let the food be nourishing, but not stimulating.

Remedies.

Ars. iod. 3^x.—Is usually indicated by all the symptoms characterizing the disease.

Verat alb.—Is indicated where there is copious diarrhoea, with tenderness of the abdomen and painful stools; great weakness.

China.—Is useful if night sweats come on; especially indicated when there is present an intermitting fever, white tongue, etc.

Colocynthis.—Is sometimes demanded for temporary use by severe colicky pains, especially if they are of a twisting, sharp character.

Nux.—Is indicated to be used a day or two at a time, where there is indigestion, restlessness, irritable temper, twitching of the limbs, etc.

CHOLERA—CHOLERA MORBUS.

The genuine epidemic cholera is also called *Asiatic cholera*. Cholera morbus is also sometimes called *sporadic cholera*, but this term is not correct as applied to cholera morbus. *Sporadic cholera* should be applied to those cases only which show genuine cholera symptoms, but which occur in single isolated instances. Cholera is a serious disease either when prevailing as an epidemic, or sporadically; while *cholera morbus* is not a dangerous disease as a rule, when properly treated, though it is much more painful than genuine cholera, in the outset.

Symptoms of Cholera.

(*Asiatic, Epidemic, or Sporadic.*)

The disease commences with copious, frequent, watery discharges from the bowels. In the early stages showing simply

this symptom, the term *cholerine* has been used to designate this condition. The stools soon consist of water, in which are seen white specks and pieces; these are called *rice* water discharges, and are characteristic of cholera. Usually vomiting comes on early in the disease, even within an hour or two after the diarrhoea commences in some cases. At first, the patient is feverish; but after a few hours, coldness of the surface comes on, the pulse becomes weak, the eyes sunken, and the skin wrinkled. This condition is called *collapse*. During the progress of the disease, cramps in the calves of the limbs are painful and characteristic symptoms, and there may be also present cramps in the toes and fingers, and pain in the abdomen. Clammy cold sweat stands over the surface, the eyes become fixed and are half open, as the disease progresses. If no reaction can be established, the patient may sink away in a few hours.

Symptoms of Cholera Morbus.

First, there are severe griping pains in the bowels, followed by vomiting; and after an hour or two, violent purging occurs. Sometimes the purging commences as soon as the vomiting. Mucus and bile are thrown from the stomach. The stools are very offensive smelling, and contain much bile. Cramps in the limbs sometimes occur in severe cases, in which there may also come on a condition of collapse.

Causes of Cholera.

There is, doubtless, a specific poison which develops epidemic cholera, and it seems infectious in a measure. Occasional cases may be due to a general debility, bad digestion, exposure to great heat, want of pure air, eating unripe fruit, drinking ice-water when overheated, etc. Epidemics of cholera show that the depressing effect of fear of the disease helps to produce it. Numerous instances might be mentioned, in proof of this, did space permit.

Causes of Cholera Morbus.

Congestion of the liver, excessive heat, the use of ice-water when overheated, eating cucumbers, green corn, unripe apples, etc., tend to produce *cholera morbus*.

Treatment.

Camph.—Very efficient as a preventive of cholera, 6^x dilution; indicated, also, in the early stages of the disease. Use 1^x dilu., a dose every ten minutes.

Arsenicum 3^x.—Is the indicated remedy in the stage of collapse.

Nux v. 3^x.—May be used in alternation with *Ars.* when there is distressing cramping of the limbs.

Verat. alb.—Useful in stage of collapse, where the stools are more frequent than the vomiting.

Ipecac.—Useful where vomiting is more prominent.

Colocynthis.—Indicated in *cholera morbus*, in alternation with *Ipecac*, where the pain in the bowels is severe, and nausea is constant.

Chamomilla.—In children when, in adults, we would use *Colocynthis*.

Kali chlo. 2^x.—Useful in all stages of the disease, given every three hours, and is especially useful in convalescence.

General Remarks.

Pulv. Sulph. in the stockings has been thought to be a preventive of the cholera. When a patient is attacked with a diarrhoea during an epidemic of cholera he should lie still upon his back and use a bed-pan. Hot bottles or rubber bags filled with hot water should be placed at the feet; rub the limbs if they cramp, or if collapse comes on. Use moderately cold water as a drink. Give no alcoholic stimulants, even in collapse; depend upon friction, and *Ars.* 3^x, or *Verat. alb.* 3^x, a dose every ten minutes. In the early stages, if intense thirst is present, small bits of ice may be

swallowed. When reaction comes on great care regarding diet must be exercised. *Arrowroot* gruel is as good as any thing, and after a day or two, plain toast may be eaten with weak soup. *Phos. acid* (dilute), a few drops in a half glass of water, and taking a tea-spoonful every half hour, has been found very efficient in some cases in the earliest stages.

WORMS.

There are three varieties of worms which sometimes inhabit the intestinal canal. They are the

ASCARIDES; or, pin-worms.

LUMBRICOIDES; or, long, round worms.

TENIA; or, tape-worm.

Pin-worms infest the lower portion of the rectum, and the other varieties occupy the higher portions of the intestines, or the stomach, and the round worms even come up into the throat sometimes. Two varieties are seldom, if ever, present in the same case.

The pin-worms are from a half inch to one and one-half inches in length, and about as large as an ordinary pin. They bite the bowel and cause much itching and smarting. When present they pass away in the stool more or less, and may be detected by taking notice of the evacuations from the bowel in cases where they are suspected to exist.

The long, round (or earth) worms cause itching of the nose and a strong appetite on account of the amount of nourishment they devour, and thus deprive the system of. Hence, with worms of this variety in the stomach and bowels, the patient may get thin, and still eat enormously. So we see the presence of the worms does not cause appetite, but the need for food is more urgent on account of the quantity consumed by them. Often patients require food more frequently on account of presence of worms, and when hunger and restlessness are experienced and food at once

allays the distress, this variety of worms may be suspected. Patients so affected often talk in their sleep and scream out, or have severe pain in the bowels. Every few weeks or months they have a day or two of feverishness, one cheek gets particularly red, there is some nausea, with a rapid pulse, and often a dry skin. This sort of attack in such a case is called "*Worm Fever*." The patient has a bad breath, the tongue is coated white, and in some instances typhoid symptoms come on, and the patient becomes delirious. Most of these cases have large abdomens. Children may have spasms from their presence, and adults may have epilepsy, or other nervous disorders caused by them.

The tape-worm is a long ribbon-like worm, and is usually found singly in the bowels. It is sometimes twenty yards in length. It usually causes loss of flesh, but sometimes not. Pieces of the worm break off and pass with the stool, which is the only positive evidence we can have of their presence. Each piece or joint (which is from a half inch to an inch in length) is capable of reproduction, and has life in itself. Spasms may occur from this variety of worm also. They are more common in adults, but we have seen children from five to seven years old affected with tape-worm.

Causes.

These worms of either variety develop in the stomach and bowels from the eggs of worms eaten in food, especially fruit and meat. We believe the evidence is conclusive that the tape-worm occurs only in those who have eaten raw or partly cooked meat. Butchers who taste sausage before it is cooked to ascertain its flavor, are most liable to have tape-worm.

Treatment.

It is one thing to treat the symptoms caused by worms, and quite another to cause their expulsion. For symptoms caused by worms we may need to give

Aconite.—For fever, abdomen distended, and a hard feeling around the umbilicus.

Bell.—If symptoms of spasms are prominent. (See also *Nux* and *Verat*).

Arsenicum alb.—For nausea with thirst and diarrhoea, chilliness and fever alternating every few minutes.

Cina.—Will often stop their biting for a while, and relieve the symptoms.

Treatment.

(TO CAUSE THE DESTRUCTION OF WORMS IN THE BOWELS OR STOMACH.)

Koosso.—This remedy is efficacious in causing the expulsion of the tape-worm, but is not to be used in the other varieties of worms. The medicine is taken on an empty stomach in the morning, taking a very light meal the previous evening. It is well to take a drink of lemonade an hour before taking the medicine, and again an hour after. The dose for an adult is one-half ounce of the flowers; one-fourth of an ounce is sufficient for a child six years old. The koosso flowers are mixed with a half pint of warm water, which should stand for fifteen minutes, and be well stirred up before drinking. It may all be drank at once. If the medicine does not operate on the bowels within three hours, some cathartic medicine should be given. Should one dose fail to bring away the worm, twice as much may be given in a few days, prepared in the same way.

Cucurbita Pepo, or Pumpkin.—The seed of the small variety of pumpkin, is also often efficacious in the removal of *tape-worm*. Three ounces of the kernels of the seed are to be pounded into a paste or emulsion, and sweetened and eaten, or drank on an empty stomach in the morning; after an hour let the patient eat freely of honey.

Santonine 1^x.—Three grains in a little sweet oil, one dose on an empty stomach for the *round worms*. Sometimes smaller doses may be sufficient in small children, and sometimes in adults it is advisable to give three-grain doses of the

1^x trit. every three hours, till six powders are taken, when it may be followed by a cathartic in cases of adults. When no cathartic medicine is used, the worms are digested with the food, and do not pass with the stools. Still the symptoms caused by the worms are likely to disappear.

For the killing and expulsion of the *thread worms*, injections of a half tea-cupful of thin starch water, in which is mixed twenty drops of *spirits of Turpentine*, we have found satisfactory and promptly curative.

Cina 3^x.—May be given for a few days after the regular treatment for either variety of worms, to overcome the nervous condition produced by them, using the 3^x trit., a powder of three grains, every four hours.

General Remarks.

Should any one assert that the above is something like allopathic treatment, we reply, yes, it is a little that way, but we are now engaged in killing (worms) not curing disease. The diseases caused by worms—*spasms*, *epilepsy*, *prolapsus ani*, debility, indigestion, etc.—we treat on quite a different plan, which is strictly homeopathic, as we believe.

CONSTIPATION—COSTIVENESS.

Constipation is just as much a disease as is diarrhoea. Diarrhoea is produced by several causes, among which are inflammation of the lining membrane of the bowel, undigested food, sudden cold, etc. Constipation depends upon want of moisture in the bowels; want of power of contraction in the muscular coats of the bowel (this want of power being dependent upon inflammation in the muscular coat of the intestine, or want of nerve power).

Constipation may arise from the use of cheese, or other food of an astringent nature, or constant use of fine flour, want of action of the liver, irregular or sedentary habits; and, in women, may be caused by displacements of the uterus,

as may be seen by reference to illustrations we have placed in this work, in connection with displacements of this organ.

The resulting effects of constipation upon the general health of the individual so affected are as disastrous as are those of most other diseases; hence constipation, or costiveness, should be considered sufficiently important to receive attention.

The term constipation is applied to the condition of inactivity of the bowels resulting in a stool only at long intervals; sometimes several days, or a week, elapsing between operations. Costiveness indicates a condition of difficult evacuations of the bowels, from the dry and hard condition of their contents.

The effects of constipation upon the system are headache, sometimes fever, loss of appetite, fistula, etc.; and, in women, may cause displacement of the uterus, from the efforts to dislodge and discharge the hardened feces, even when there is also costiveness. Either condition may produce piles, or prolapsus of the rectum (falling of the bowel).

Treatment.

Do not use physic (cathartics) to cure constipation, as after they have acted the bowels are left worse than before, as a rule.

When the trouble, in women, is caused by uterine displacements, the cure of the displacement is necessary to relieve the trouble. (See Treatment of Uterine Displacements.) If sedentary habits be the evident cause of the constipation, or costiveness, exercise should be taken systematically. When we feel assured that living upon food made largely of finely bolted flour causes the costiveness, the indication is clear to use coarse food; the unbolted wheat, or some corn meal cakes or bread, making an excellent substitute for the fine flour bread, so liable to produce constipation. Regular habits are to be adopted; get the bowels to move at a particular time each day, by the use of injections of warm water and soap,

followed, in a few moments, by a cold water injection, if the warm does not cause an operation. In this way regularity of habit may be secured, and by the use of suitable remedies constipation may be cured.

Remedies.

Lycopodium 1^x to 3^x atten's.—This is one of the best remedies in constipation, and if there is irritation of the lungs or kidneys at the same time, this medicine is more particularly indicated. A powder may be given every three hours, in size according to the age of the patient, using a four-grain powder for an adult man.

Nux vom. 3^x.—Is especially indicated where there is prostration of the general strength, showing the constipation to be dependent upon nerve weakness, and consequent want of contractile power. It is also useful in aiding glandular action. High livers, and dissipated people, particularly benefited, as well as those affected with piles.

Merc. iod. 3^x.—Useful in glandular inactivity, dryness of the stools, etc. Taken the same as directed for *Lycopodium*.

Bryonia 3^x.—Indicated in costiveness, where there is also dryness of the mouth, thirst, loss of appetite, etc.

Opium 6^x.—Stools consisting of hard balls, following after dysentery, diarrhoea, or inflammation of the bowels.

Phos.—Alternating constipation and diarrhoea, stools long, narrow, and tenacious.

FISTULA OF THE BOWEL.

Fistula results from an abscess by the side of the bowel, which breaks outside near the bowel, or inside, into the bowel. It occurs more in *scrofulous* people.

Complete fistula opens both into the bowel and externally.

External fistula opens outwardly only.

Internal fistula opens internally only.

Treatment.

Injectons of *Iodine*, and pressure, are needed, and will often cure; but some cases require an operation, and it is better to place the care of the case in the hands of a skillful physician at once.

ABSCESS.

Abscess near the bowel externally commences by swelling, and a complete arrest of the operations from the bowels, because of the tenderness and swelling. Constipation tends to produce these abscesses, by mechanical pressure, and by causing contamination of blood, by means of re-absorption of effete matter.

Treatment.

The patient should lie prostrate and still, and live on beef-tea. The parts should be poulticed with flax-seed meal till the abscess points, when it should be lanced. After the matter is discharged, pressure should be applied. This may be done by using a band around the waist, and passing another band from the back part of the first one between the limbs and fasten it to the front, placing a pad under it against the bowel. These abscesses are liable to cause a fistula of the bowel, as just mentioned.

Remedies.

Hepar sulph.—Is indicated by the threatened gathering.

Aconite.—If there is general fever, tenderness of the parts, restlessness, etc.

Merc. iod.—By the indications of blood impurity, and torpidity of the secretions.

HEMORRHOIDS. (*Piles.*) FISSURES OF THE ANUS.

Hemorrhoids or piles consist of tumors situated just at the edge outside, or just inside, the external opening of the bowel. When situated internal to the sphincter muscle they

are called internal piles, those external being termed external piles, those that bleed freely are called bleeding piles, and those that do not bleed are termed blind piles. Pile tumors are enlarged veins, often and usually the result of straining at stool while constipated; hence, we can name constipation as one of the principal causes of piles. Heavy lifting and violent exercise on horseback, pregnancy, and parturition tend to produce them also.

FISSURES OF THE ANUS are often mistaken for piles on account of the pain in defecation (movement of the bowels) and the blood discharged. We, therefore, speak of the two conditions in connection with each other, that the reader may distinguish between them, as their treatment should differ very much. Fissures or cracks around the edge of the bowel may result from the constipated condition, and the passage of extremely hard and large stools. Fissures of the anus occur more frequently in those of scrofulous or consumptive tendency. In these patients they show no disposition to heal, and they consequently become chronic ulcerated spots, which are torn open afresh and caused to bleed by each successive constipated evacuation.

Symptoms.

When fissures of the anus are present, we have the symptoms of stinging, smarting pains at the anus, with more or less flow of blood following each hard operation from the bowels. In cases of piles, there is pain in having an operation from the bowels, and some flow of blood; but the pain is more of an aching character, and if the piles be of the external variety, they may be felt as hard tumors of a size varying from a chestnut to a hickory nut. When the piles are internal and bleeding, a careful physical examination by a physician is necessary to make a correct diagnosis, for without being correct regarding the nature of the difficulty, it is impossible to be correct in its treatment.

Treatment.

The treatment of piles often includes also the treatment of constipation, upon which the piles so often depend. Unbolted flour or corn-meal should be used for food as a rule, and remedies for the cure of the constipation are to be thought of. The surgeon will often puncture external piles, and make a quick cure by applying pressure. In old cases, where the piles have become filled with a semi-organized material, they should be removed by ligature or by the *ecraseur* in the hands of the surgeon. He will often be successful with injections, also, used with a hypodermic syringe.

To cure fissure the surgeon may use forcible dilatation; or the touch of a pointed piece of *Argent. nit.* With either method he may get a cure in a week or two. I have often cured patients in this short time who were affected with fissure, who had been under treatment by good physicians for several years. (The patient refusing to submit to, or the physician neglecting to make, a physical examination, the cases had been treated as piles.) Such errors of diagnosis bring no credit to the physician, and are expensive and painful to the patient. Whether piles or fissures are present, the bowels should not be allowed to become constipated. Use suitable diet, as I have mentioned, together with the indicated remedy, as mentioned in the treatment of constipation, and the employment of injections of warm and cold water in rapid alternation till evacuations are secured at a regular time each day. In cases of piles warm fomentations are demanded in case the pile comes out and can not be returned, and the parts are very painful (such cases should be punctured); and after the tenderness is somewhat removed cold may be applied, and an attempt be made to return the pile within the anus. Ordinarily some *calendula ointment* applied to the piles before they are replaced is of service.

In fissures I prefer the officinal ointment called "*Basilicon* ointment." Let it be applied twice a day, getting it well into the fissure, if possible.

Remedies.

Nux v.—Is one of the most frequently indicated remedies in piles.

Causticum.—Is the most frequently indicated in fissures of the anus.

Hamamelis.—Is indicated if the hemorrhage is excessive, either from piles or fissures. The 2d dilution, internally, ten drops every two hours; and, by injection, two drachms of the tincture in a pint of tepid water.

The scrofulous or consumptive tendency may require the use of *Phos.*, *Merc. iod.*, *Cal. carb.* These may be used in alternation with specially indicated remedies, if the totality of the symptoms seem to require them.

PROLAPSE OF THE BOWEL. (*Prolapsus ani.*)

Falling of the bowel, called prolapse, is sometimes mistaken for piles. In prolapse of the bowel, it turns inside out, and falls down, sometimes an inch or two. The prolapsed bowel is smooth and even, while piles, though surrounding the orifice of the bowel, are irregular and nodulated lumps. Prolapse of the bowel is due to a weakness of the cellular attachment of the bowel and relaxation of the sphincter muscle (the contractile muscle of the bowel). It may result from diarrhoea as well as constipation. Prolapse of the bowel is a painful complaint frequently, as in some cases the bowel comes down by simply standing erect, and in others only at the time of a stool.

Treatment.

The protruded bowel may be bathed in diluted *Hydrastis*, and then returned into the body by reinverting it. We may then maintain it there by a **T** bandage. This consists of one

band around the body, to which another is attached before and in the back, passing between the limbs; a compress of folded cloth is then placed under this latter piece, just against the bowel. The bowels should be kept rather loose, by proper diet and remedies, if necessary. The prolapsed bowel should be at once replaced, if it again protrudes after an operation. The injection of a very little cool water into the bowel, three times a day, is a very good practice, to strengthen the parts and cause contraction, as well as remove any tenderness or fever in them.

Remedies.

Podophyl. 6^x trit.—Is a very good remedy in these cases; a dose every three hours.

Nux v.—Is indicated in prolapse with constipation, weakness, backache, restlessness, etc.

Ars. alb 3^x.—Is indicated in cases caused by dysentery or diarrhoea, or accompanied by thirst, nausea, pain in the limbs, or the whole body. Most useful in recent cases.

HERNIA—RUPTURE.

Hernia of the bowel signifies the escape from the abdomen of a loop of the intestine (or bowel). It may result from heavy lifting or hard work.

There are several varieties of hernia, the principal of which are *umbilical*, *inguinal*, *femoral*, and *scrotal*.

UMBILICAL HERNIA is where the protrusion takes place at the navel, and is most frequent in infants, soon after birth.

INGUINAL HERNIA makes its appearance in the groin, passing through one or both abdominal rings, having taken the same route that the testicle did in its descent from the abdomen into the scrotum.

FEMORAL HERNIA is a protrusion of the intestine through the canal that conveys the femoral blood-vessels, and makes its appearance a little below the groin, on the thigh.

SCROTAL HERNIA is where the intestine descends with the testicle, and makes its appearance in the scrotum.

Hernia is also divided, according to its condition, into *reducible*, *irreducible*, and *strangulated*.

REDUCIBLE HERNIA is where the protruded part can readily be replaced or put back into the abdomen.

IRREDUCIBLE is applied to those parts which, in consequence of adhesions or thickening, can not be reduced.

STRANGULATED HERNIA is where the opening that gives passage to the protruded intestine contracts, and intercepts not only the contents of the intestines, but the circulation of blood and other fluids. The patient complains of colicky pains, and there supervenes a desire for stool, which he can not pass. Vomiting of material from the stomach, and, after a while, from the bowels, occurs, showing that there is obstruction of the bowel. The protruded mass swells and becomes painful and tender. The parts are liable to mortify if this state of affairs is allowed to continue for more than a day or two, and sometimes will occur sooner.

Treatment of Rupture.

The first thing to do in a case of rupture is to attempt to return the protrusion of intestine into the abdominal cavity. This is to be accomplished by steady, even pressure, compressing the mass, while at the same time we press inwards or upwards, as the case may require. After the hernia is reduced, a pad may be placed over the point where the rupture has occurred, and should be tightly held in place by a bandage, or a suitable truss may be worn. Some cases are thus easily cured, while others recur, and require the application of a hard truss to cause some irritation of the ring through which the rupture has passed, so as to cause it to fill up. In cases difficult to reduce the skilled surgeon should be called at once.

CHAPTER XV.

AFFECTIONS OF THE SKIN.

MEASLES. (*Rubeola*.)

THIS disease is more common in childhood and youth, but adults are sometimes affected. The disease is more severe in those of dark complexion, and more severe with adults than children. People are usually liable to the disease but once, though exceptions to this rule do sometimes occur. *Roseola* (or false measles), we think, may have been mistaken for measles, and may have caused the prevalent idea that people may have the disease more than once. Measles usually spread by contagion (*i. e.*, by being exposed to those who have the disease), usually communicated by the breath, or inhaling the air of the sick-room where the patient is situated. The disease often develops without exposure to those affected, and we are unable to explain how this occurs; but we believe it to be due to the condition of the atmosphere having wafted the contagion for many miles.

Symptoms.

The symptoms of measles at first are much like an ordinary cold in the head and throat. The eyes water, there is some cough, and fever, the head aches, and there is a general feeling of weariness. These symptoms come on in about ten days after exposure. The eruption peculiar to measles appears in two or three days, upon the face and chest, and spreads to the abdomen and down the arms and limbs day by day, till in about three days from the commencement of the appearance of the eruption, it covers the entire body.

(In *Roseola* the eruption comes out all over the body at the same time, and disappears in about two days.) The eruption of measles begins to disappear first upon the face and chest, and lastly on the extremities. It should show somewhere on the body for six or eight days.

APPEARANCE OF THE ERUPTION IN MEASLES.

The eruption in measles consists of red spots or little pimples, which are slightly elevated above the skin, and cause a feeling of roughness as we pass the hand over the surface. (*Scarlet Fever* causes no rough feel). The eruption is surrounded by a margin of redness, and the form of the eruption is horseshoe shaped or circular, leaving spaces of skin perfectly white between the red arched patches.

DANGER OF SUPPRESSING THE ERUPTION IN MEASLES.

If the patient takes a severe cold, or is in a draft of air so that the surface gets chilled, the eruption often disappears from the skin, and causes severe congestion of the lungs and other internal organs. This makes a dangerous complication, and needs to be treated promptly, or the patient may die suddenly.

Treatment.

We must recollect that measles is an eruptive disease, and runs a regular course to recovery under favorable circumstances. We can not stop the disease, and can only conduct it safely. The patient should use a light diet (bread and milk is very good), and be kept in a warm room well ventilated and darkened (so that the eyes may not suffer). Should the eruption fail to appear at the proper time, or be driven in by accidental cold, the warm bath or warm pack may be used. In the commencement of all cases, a warm general bath is of service, always using soft water with some castile soap in it. Ordinary easy cases of measles

require no treatment except good, careful nursing; severe cases may require remedies.

Indications for Remedies.

Aconite.—In the early stages, when there is high fever, oppression of the breath, great amount of restlessness, vertigo, etc.

Arsenicum alb.—Is indicated when the patient becomes very weak, the urine is scanty, coldness of the surface, constant thirst, or diarrhœa with chills, alternating with hot flashes.

Bryonia.—The eruption is not fully developed, fails to appear, or is repressed by cold. Cough is severe, congestion of the lungs, with sharp stitching pains.

Ipecacuanha.—Is indicated by a dry cough, suppression of the eruption, etc.

Pulsatilla.—Is useful in some cases where the eruption suddenly disappears, pain in the ovaries, the eruption is slow in development, stomach weak, etc.

CHICKEN-POX. (*Varicella*.)

Chicken-pox is accompanied by an eruption on the skin, varying in severity; sometimes there are but a few pimples, again the eruption almost covers the entire surface. The disease is somewhat contagious, but is, as a rule, quite free from danger. This disease is common only in children and youth, and occurs but once in the same person, as a rule.

Symptoms of Chicken-pox.

For a day or two a slight fever is noticed, and pimples, which are slightly elevated, appear upon the skin. These soon turn into vesicles (contain water), (in small-pox they contain matter, and are called pustules). Sometimes a slight scar is left after the drying up of these watery vesicles, hence the disease is a little liable to be confounded with

light cases of *varioid*, and may have given rise to the idea that small-pox may affect the same person twice. In chicken-pox the vesicles are round, in small-pox the pustules contain matter, and have an indentation on the top of each.

Treatment.

As a rule chicken-pox requires no treatment, except a little good nursing and a mild, plain diet. Should the eruption strike in, treat the case in a similar manner as directed where the same thing occurs in measles. If the patient takes cold, or has any complication, let him be treated as if those conditions arose at other times.

SMALL-POX. (*Variola*.) VARIOLOID.

Small-pox is the horror of community on account of the disfiguration of the skin which it leaves; and because of its severity and danger, its extreme loathsomeness and contagious properties. It may affect those of any age, sex, or condition. One attack usually protects from a second. Vaccination, when thorough and repeated till the system is fully impressed, will protect from the small-pox, and when used but once (if it works properly) modifies the disease so as to make it very mild, in which case it is termed *varioid*.

Varioid may be contracted from a case of small-pox, and severe *small-pox* may be contracted from a mild case of *varioid*. The breath of the affected person may communicate the disease, and it may be taken from breathing in the small particles which scale off from the skin as the patient recovers. These scales may be attached to clothing, and small-pox may be carried in this way from person to person. These particles may become attached to the walls of the room in which the patient is confined, and afterwards become detached and inhaled by healthy persons who will, in this way, take the disease. Hence, it becomes necessary to thor-

oroughly cleanse and disinfect the walls of the rooms in which cases of small-pox have been lying, as well as all clothing and furniture used about them. The disease appears in from ten to fourteen days after exposure.

Symptoms.

The patient in the commencement of small-pox complains of severe backache as the most prominent symptom. There is usually fever, hot, dry skin, thirst and oppression at the stomach, nausea, and sometimes vomiting. In bad cases there is dizziness and delirium. In two or three days, the eruption begins to appear. It is usually present on the face and forehead first, and spreads day by day over the body and limbs. The pimples of small-pox feel hard, like shot under the skin, and become more and more elevated from day to day. These pimples after a few days contain matter and are indented on their extremities. This matter hardens and dries up in eight or nine days, and a hard scab is formed over each pustule. The pustules sometimes run together, making large scabs. The disease is then called *confluent small-pox*. Where they stand separate it is called *discreet*.

Treatment.

The patient should be kept in a well-ventilated room (a large room is much the better). The temperature must not be high. The linen should be often changed, and every thing about the patient be kept as neat and clean as possible. The diet should be very simple and plain. Barley, oat-meal, or rice gruel is sufficient till convalescence, when bread and milk may be taken. When pustulation commences (matter appears in the pimples), the room should be darkened to relieve the eyes, and also to aid in the prevention of disfigurement. Anointing daily with *Vaseline*, used very gently, greatly relieves the itching which is often so very annoying. Breaking open the pustules always causes more disfigure-

ment than when they are let alone; hence, great care is to be used that they are not molested, especially upon the face.

Remedies.

Remedies do not cut short the disease, but they modify its severity very decidedly, and may, by this modification, save the life of the patient.

Tart. em. 3^x.—This remedy is one of the most useful in modifying the disease. It may be used during the whole course of its progress; and other indicated remedies may be used in alternation. *Tart. em. 3^x*, a powder every six hours, completely prevents pitting in many cases, and favorably affects all.

Aconite.—Is required when the fever is quite high in the early stages of the attack.

Ars. alb.—Is indicated during the later stages, when there is great exhaustion, thirst, or nausea.

Bell.—Is indicated in some cases in the early stages, where there is congestion of blood in the brain, or a tendency to spasms in children.

Opium, Rhus tox., Baptisia, Mercurius, Sulph., or Apis may be indicated by complications, or the peculiar conditions of individual cases, and may be studied in the *Materia Medica* for special indications.

VARIOLOID.

Varioloid or modified small-pox has the same symptoms and runs the same course as small-pox, excepting that all the symptoms are less violent, and the pustules are very few, and as a rule leave no pit marks. Violent small-pox may, however, be contracted by those who are unvaccinated, from these mild cases of *varioloid*.

Treatment.

Varioloid often requires no treatment, as it is so very mild. If by taking cold or from overeating the patient

suffers exceedingly, the usual principles of treatment are to be adopted, as laid down in the treatment of suppressed measles; as the general treatment of all eruptive diseases is the same, modified by the disease to some extent, and by the peculiar constitution of the patient. When remedies are demanded in *varioid*, they are the same as in regular small-pox, when similar symptoms are present. Regarding prevention of *varioid* or *small-pox*, see article on *vaccination*.

URTICARIA. (*Nettle-rash, Hives.*)

The above terms refer to the same disease. It is characterized by an eruption resembling that produced by the sting of the nettle. There are irregular spots surrounded by a red border, whitish on the top, and the whole raised above the surface. These spots or patches are about as large as a five-cent piece usually, and sting and burn severely. The attack is usually sudden, and the eruption often disappears just as suddenly. In some instances it lasts several days, and even weeks. The disease is not contagious, and affects all ages, though children are more liable to it than adults.

Causes of Hives.

Hives or urticaria is caused by sudden cold or eating unwholesome food, or the torpid action of the liver.

Treatment.

Put the patient on a very simple diet, use stale bread, baked apples, gruel, dry toast, etc. A dilution of *Tr. of Cantharides* is a good local application, or a little *Vaseline* may be used to allay the itching temporarily.

Remedies.

Puls. or *Nux.* may be given when the cause appears to be indigestion.

Bryonia.—When the eruption suddenly disappears, and there are sharp stitching pains in the chest.

Apis mel.—Is useful in allaying the severe itching and burning, so common in this complaint.

Rhus.—Is indicated when the disease seems to depend upon a sudden change of temperature, or the patient has been out in the rain just before its appearance, and when there is aching of the limbs, relieved by motion.

SHINGLES. (*Herpes Zoster.*)

This disease consists of a belt of vesicles. This belt varies in width from two inches to twice that width, and is located around a part of the body, or over the shoulders. The vesicles dry up, form into scabs, and fall off in a few days. The eruption is burning and stinging, and there is frequently considerable fever.

Causes.

These are disordered digestion, indigestible food, or some derangement of the functions of the liver, kidneys, ovaries, or skin.

Treatment.

Apis mel.—For the burning, stinging pains.

Nux or *Puls.* for the disordered digestion, *Puls.* being especially adapted to females, and when the function of menstruation is arrested by cold, or delayed in young girls, it may be all that is required to cure the whole trouble.

Bell.—When the eruption has somewhat of an erysipelatous appearance, is shiny and red, together with burning and stinging.

RING-WORM. (*Herpes Circinatus.*)

This is a common affection, but often somewhat troublesome. It consists of an eruption of vesicles standing in rings or circles, which are sometimes regular, and sometimes quite irregular. The eruption may appear upon any part of the body, but it is more common on the arms or neck. The vesicles dry up, and the skin over them peels off in scales.

Treatment.

Causticum 3^x.—When affecting the neck and the patient is jaundiced or yellow (one of the best remedies in chronic cases).

Ars. alb.—Is often indicated by the irritation of the stomach, common in these cases.

LOCAL APPLICATIONS.—Gunpowder and vinegar applied locally for an hour or two, and repeated for three days, has cured many chronic cases.

HERPES. (*Tetter—Salt-rheum.*)

In this disease there are very fine vesicles which ooze out a watery fluid, which dries and forms crusts. The patches of eruption are usually situated on the hands, arms, face, and in the bends of the joints, as under the knees and in the hollows under the knees.

The disease is liable to be chronic, and to be very troublesome to cure. This disease is sometimes called *Salt-rheum*. The variety of tetter which exudes little or no moisture is termed *dry tetter*.

Cause.

The cause seems to reside in inaction of the excretory glands; and, primarily, the cause may be found in an inherited constitution.

Treatment.

Merc. iod. 3^x and *Ars. alb.* 3^x, in alternation, every four hours, is an efficient treatment, always keeping the affected parts covered from the air as much as possible.

Yellow Dock root steeped in milk, and a tea-spoonful taken three times a day, bathing the affected parts with this decoction, is a domestic remedy among the people of considerable repute in moist tetter. We have known of its curing some old cases of this disease. We think *Merc. iod.* and *Ars.*, in alternation, would have done as well and have been

more palatable. *The White Oxide of Bismuth* (in powder), sprinkled over the surface every twelve hours, will prove promptly curative, in some instances.

Cal. carb. 3^x is indicated in scrofulous constitutions. It may be used by giving a dose of four grains every four hours.

THE ITCH. (*Psora—Scabies.*)

This disease is infectious, and consists of vesicles between the fingers, on the wrists, or in the bends of the larger joints. It sometimes extends about all over the whole body. The vesicles contain a watery fluid and itch intolerably.

Causes of the Itch.

The regular, old-fashioned itch is caused by a small animalcule, called *Acarus Scabiei*, which burrows under the skin. Shaking hands with those affected may be sufficient to impart the disease, or drying with a towel used by one affected may cause the disease by the little insect getting upon your person.

Treatment.

Sulph. Ointment, externally applied at night, and a full, warm bath taken in the morning, with a full change of clothing, may at once cure the disease. The treatment may be repeated in a week, if found necessary.

Sulph. 3^x, internally, is very good if conjoined with the *Sulph. Ointment* externally (but do not trust alone to *Sulph.* used internally).

ERYSIPELAS. (*St. Anthony's Fire.*)

Erysipelas consists of an inflammation of the skin and the cellular tissue beneath, having a tendency to the effusion of water beneath the skin. The disease is accompanied with considerable fever, which is sometimes of a high grade. Before the fever there is usually a chill, more or less well marked. The skin of the part affected becomes red and

shiny and is considerably swollen. Sometimes erysipelas commences in a wound or slight scratch of the skin, and sometimes independently of any irritation or injury whatever. The disease has a disposition to spread, and often the line of separation between the sound and inflamed skin is clearly defined. When we press a finger upon the inflamed skin the redness disappears, and returns immediately on the removal of the pressure. In some cases watery vesicles or blisters appear on the inflamed surface. There is burning heat in the affected part, which is also tender to the touch.

Erysipelas is sometimes epidemic in a particular district or city, and is always somewhat infectious, but is not contagious (*i. e.*, may be communicated by contact, but not by the atmosphere; at least, to no great extent). When it prevails extensively in hospitals it is likely that the infection may have been carried by the nurses in handling the different patients. Physicians having cases of erysipelas should not attend midwifery cases at the same time, as there is danger of the development of puerperal fever should he do so. It is well the people should know this, that they may help to protect themselves from this danger, even if the physician is careless about it. Erysipelas affecting the head is more dangerous than when it is confined to other parts of the body.

Causes of Erysipelas.

Erysipelas has for its foundation cause a certain blood-contamination closely allied to scrofula. It is more common in the plethoric and fleshy, and in those of rather sedentary habits, who are troubled with constipation, thus causing the reabsorption into the blood of impurities which tend to develop a sort of ferment, which manifests itself in the form of erysipelas. This condition is also developed by obstruction in the skin, preventing the action of the sweat-glands, and thus causing an irritation in them, which may serve as a nucleus around which the inflammation is developed. Cold,

therefore, may act as one cause of erysipelas. Infection and hereditary predisposition are also causes of its development in some individuals, and it may arise from the absorption of pus, in cases of severe wounds.

Treatment.

Kali chlo. 1^x.—This is indicated as an antiseptic in cases of erysipelas, especially where the disease is prevailing as an epidemic, or where it arises from blood poisoning.

Belladonna.—Is especially indicated where the disease affects the face, ears, nose, or head. It may be given to children in 3^x attenuation, and to adults in the 2^x; giving a dose every two hours.

Arsenicum.—Is indicated where there is a tendency to congestion. The parts look blue or brownish; there is rapid prostration; worse at a particular time each day.

Apis mel.—Is indicated by stinging pains in the parts.

Bryonia.—When the disease affects the joints; there are dry, hard stools; the lips are dry and parched.

Puls.—When women are affected with erysipelas, and there is scant or suppressed menstruation.

Cal. carb., or Sulph.—Are indicated in the scrofulous diathesis, or predisposition.

General Remarks.

Locally, it is of service to apply *Cold cream*, *Vaseline*, or simple *Cerate*, to coat the skin and exclude the air, which greatly relieves the burning pain, and, we think, retards the tendency to spread. The juice of cranberries, or a cranberry poultice, is sometimes of service. Tr. of *Iodine*, or tr. of *Iron*, so often used in the old practice, should not be allowed.

CRUSTA LACTEA. (*Milk-crust.*)

TINEA CAPITIS. (*Scald-head.*)

These conditions are so similar that we discuss them together. They are classified as varieties of *eczema*. In

milk-crust, vesicles (pimples containing water) are formed which burst, and a crust is formed. In *scald-head* the pimples contain matter, and are termed *pustules*. This hardens, forming a thick, hard scab, of great size and considerable thickness, which increases by the suppuration in the *pustules*, which run together, and cause the hair to fall out and leave the scalp looking like it had been scalded; hence, we have the name *scald head*, or *tinea capitis*. After the crusts form, the appearance is so much the same in both diseases, that we may be unable to distinguish whether the original eruption was vesicular or pustular.

Eczema may affect other parts of the body besides the scalp; but its history and symptoms are similar, and we will not specially describe more than the variety affecting the head, which is peculiar to children, one or two years of age, or less. The disease commences usually on the cheek, or behind the ears, and spreads over the scalp. The eruption is usually vesicular, but sometimes *pustules* are mixed with the *vesicles*. The child may seem perfectly well in other respects. The itching of the parts is often very troublesome.

Milk-crust is more mild; produces little itching, and the crust often remains thin for months, without seemingly causing much annoyance. It is peculiar to very young babes; is not dangerous, but is very unsightly.

Causes.

We believe want of cleanliness, as well as too much brushing of the scalp, may cause an irritation, which determines the impurities of the system in this direction. Indigestion, unwholesome food, or disease of the stomach, mesenteric, or Peyer's glands in the bowels, may have some effect in causing the disease.

Treatment.

First, let us speak of prevention. See to it that children and infants are not fed too much, nor too often, neither have

too rich or indigestible food. Have honey soap used in bathing children, instead of Castile soap. The use of Castile soap upon the sensitive skin of young children may have much to do in causing the irritation which develops in the diseases under consideration. In like manner have care used in brushing the hair, that the scalp be not scratched with the brush, or irritated in the least. Still, do not leave the scalp unwashed, as is the custom of some people. This is very likely to cause the development of these diseases. After bathing the head of a young child, gently let a little *Vaseline*, or nice sweet-oil be applied to the scalp.

If the disease of the scalp is present and the crust has formed, smear the crust and adjacent skin with *Vaseline* twice a day. Lay a warm wet cloth over the scalp for a few minutes, three or four times a day. As soon as the crust loosens lift it off, and apply a soft cloth smeared with *Vaseline*, and renew it three times a day; continue bathing with soft warm water and honey or glycerine soap once a day.

Remedies.

Puls.—Is often indicated by the indigestion and colic of the little patient.

Cal. carb.—By the scrofulous constitution, or predisposition, and is useful in very fleshy children.

Merc. cor., Thuja, or Kali iod., may well be given when a syphilitic taint is suspected, or is known to exist.

Ars. alb, 2^x or 3^x.—Is one of our most useful remedies, especially indicated where the patient has also great thirst, nausea, or diarrhoea.

Merc. iod. 3^x.—Useful when there is faulty nutrition, glandular enlargements, etc. The child eats or nurses, but does not grow.

DANDRUFF.

Dandruff is the result of a very mild form of Eczema. The vesicles are very small, and exude so little, that no scabs

are formed of any size; but thin scales form, which are loosened by combing or brushing the hair, and these are the particles called dandruff. This condition causes premature baldness, a falling out of the hair, and premature gray hair.

Treatment.

Pay particular attention to diet and the healthy action of the secretory and excretory organs. *Vaseline* the scalp freely, and the next day wash the head thoroughly with warm soft water and fine soap, and apply *Vaseline* again to the roots of the hair. Study the *Materia Medica*, and if there are symptoms present indicating the use of any remedy, take it. Ordinarily, *Ars. alb.*, or *Ars. iod.* will be found indicated. Some perseverance in treatment will be rewarded by success.

PIMPLES ON THE FACE.

Young ladies are frequently greatly annoyed by an eruption on the face and forehead. It is due very often to indigestion, sedentary habits, high living, and especially the use of butter; and sometimes arises from uterine irritation, or menstrual irregularities. Young men sometimes have this eruption on the face from syphilitic contamination. Pimples on the face also exist in both sexes as a result of flesh-worms. If from flesh-worms, the little pustule has a dark spot on its apex, and when the pustule is pricked, and pressure is applied, the little worm is forced out.

Treatment.

In directing the treatment, the first thing to determine is the cause of the eruption. We will usually be right in forbidding the use of butter, or any other fatty substance, and using for diet only plain, unstimulating food, and taking plenty of exercise. We will do well to determine whether or not there are present flesh-worms, and if so, remove them by pricking the tops of the pimples when they look a little

white with a dark apex, and pressing the little worms from their hiding places; then apply a little ointment made with the 1^x trit. of *Mercurius*, thirty grains to the drachm of lard (a slightly heaping tea-spoonful of lard will do). This treatment, repeated once in a week for two or three times, will eradicate the flesh-worms, eggs and all. When the trouble arises from indigestion, *Nux* 3^x three times a day, together with a restricted diet, will be of service. *Ars. alb.* 3^x is indicated when general debility is present. When there is some amenorrhœa, *Puls.* 3^x, or *Macrotine* 3^x, a dose four times a day, will be likely to relieve. If excessive menstruation be suffered, give *Viburnum* 3^x, four times a day.

TAN.

Tan is a mild sunburn as a rule, but sometimes occurs as a result of exposure to the chilly wind. Ladies sometimes desire to remove tan from the face, arms, and hands, without injury. If so, they may apply the following mixture locally, three times a day.

℞ Honey,	℥iv.
Acid Cit.,	℥i.
Alcohol,	℥i. mix.
And perfume at pleasure.		

Ars. alb. 3^x.—A powder every three hours, will also be of service.

FRECKLES.

Light complexioned people freckle very easily. Freckles of the skin do no harm, but are somewhat of an injury to good looks.

Treatment.

Apply twice a day, locally to the freckles, the following solution :

℞ Rose Water,	℥ii	
Borax,	℥i	M.

No internal medication is needed. Care should be used to

protect the face from the air, when out of doors, with a thick veil.

BOIL.

A boil consists of an inflamed conical bunch or tumor of the soft parts, in size varying from a hickory nut to a small egg. It is very painful and becomes highly inflamed, and finally suppurates. Regular boils contain a core, which is discharged by the suppuration, and it is around this core that the inflammation extends.

Push boils or *blind boils* go away without suppuration, and are usually small in size. The pain from a regular boil is severe and throbbing, and there is often considerable fever.

Cause.

The cause of boils appears to be impurity of the blood, resulting from torpid action of the excretory glands.

Treatment.

Apply a warm flaxseed meal poultice, or one made of hops and bread and milk, or the yolk of an egg and flour, if you wish to hasten suppuration.

Remedies.

Hepar sulph. 3^x.—Is useful to hasten suppuration.

Aconite.—Where the fever is excessive.

Nux v.—Is indicated if there is constipation and indigestion.

Merc. cor. 3^x. and *Ars. alb.* 3^x, a powder every two hours, alternately, is useful in the impurity of the blood which causes boils in most instances, especially when they return, as they are very liable to do, in many cases.

CARBUNCLE—ANTHRAX.

Carbuncle is situated usually upon the back of the neck or the back. The parts inflame some like a boil; its base is, however, larger, but it is not so much elevated, and as it

develops it does not point like a boil, but the whole top mortifies and sloughs off. Often the parts slough in three or four places, leaving the same number of openings. The tissue around the openings appears indolent, and a watery, bloody fluid exudes. These excavations in the tissues often show little disposition to heal, and require some stimulating applications like diluted *Tr. of Iodine*. This causes granulations to spring up and finally fill the openings, and the healing is accomplished in this way, leaving often an unsightly scar, however. In carbuncle there is generally considerable disturbance of the health; there is fever, pain in the head, loss of appetite, weakness, etc. The inflamed parts are not, as a rule, very painful, though sometimes there is stinging or burning pain in them.

Causes.

The causes of carbuncle are not only bad blood, but added to this a debilitated condition generally, which we call a low vitality. The patient has been running down slowly for some time, is exhausted by severe toil, exposure, and loss of sleep, or mental distress.

Treatment.

Apis. mel.—Is a useful remedy for the stinging pains.

Nux v.—Is often indicated by prostration and loss of appetite.

Ars. alb. or *Ars. iod.* are indicated by great prostration, burning in the affected parts; fever and alternating chills.

General Remarks.

Locally a poultice of flax-seed meal may be used before the sloughing is completed. Sometimes a yeast poultice is useful at this stage. After the sloughs have come out, *Tr. Iodine*, diluted one-half, may be washed around the inflamed spot with a camel's hair brush, and a very little of this wash may be put also around the interior of the excavations, and

the parts may then be dressed with *Vaseline* spread on a soft cloth. The patient should be kept in a well ventilated, but warm, room, and should be allowed soups, milk, beef-tea, and the like, so as to supply the system generously with nourishment.

FELON. (*Whitlow—Runround.*)

Felon consists of an inflammation commencing at the bone, usually situated on a finger. When near the nail it is termed a *runround*. The feeling experienced at first is like a sliver or point of a needle in the part. It pricks constantly, though externally there is no evidence of any trouble. In a short time, however, the surface over the part where the pricking has been felt becomes red, swollen, tender, and extremely painful. Ordinarily felon is caused by a bruise of the bone. It may have been received some time before the pain commenced.

Treatment.

Let the affected finger be soaked for a half hour in strong, hot lye, and let this be repeated every three hours for a few times. This will often stop the whole trouble. This treatment is only applicable in the early stages of the disease, before matter has formed. After the outer parts are much inflamed, warm poultices are to be used, and renewed so as to be kept warm. As soon as the surgeon can detect any fluctuation, the affected part should be freely lanced. The incision must go down to the abscess (which is next the bone), or it will be of no service. This requires a sharp instrument, as the covering of the bone (the periosteum) must be cut through, and this is a very tough membrane, requiring a sharp scalpel to incise it.

Remedies.

Aconite 1x.—May be demanded by the severe fever and nervous agitation.

Hepar sulph.—Is indicated to hasten suppuration, when it is evident that the progress of the disease can not be arrested.

Nux.—May be demanded by the prostration caused by the pain, and loss of sleep the pain has occasioned.

ABSCESSSES. (*Gatherings.*)

An abscess is an accumulation of matter called *pus*. It may be situated in any of the soft tissues of the body. It may result from external injury, or the presence of foreign bodies in the flesh or other soft tissues, or may be the result of inflammation from other causes. Inflammation must precede an abscess in every instance. Without inflammation, therefore, there can be no abscess.

Treatment.

The general treatment of abscess, in its formative stage, is to apply warmth and moisture. This is accomplished with a poultice or warm wet compress. When pus is discovered by the fluctuation which shows the completion of the formation of the abscess, the principle of treatment is to lance it, and allow the confined pus to escape, in order to avoid the absorption of the pus into the blood and the consequent blood poisoning, called *pyemia*. After the matter is let out, gentle compression of the tissue should be applied, so as to help press the edges of the abscess together, and cause more rapid healing. Abscesses not disposed to heal require some local stimulation to cause granulations to be developed. *Comp. Tr. of Iodine* diluted one-half, is one of the most useful stimulants in such cases.

ROSEOLA—ROTHELN. (*False Measles—Rash.*)

Roseola, False Measles, or Rotheln, commences with fever, nausea, headache, lassitude, etc., which lasts from twelve to twenty-four hours, when a florid eruption appears over the entire body and limbs at the same time. (Measles and scar-

let fever do not appear in this way; see articles on measles and scarlet fever). We do not have the watering of the eyes, the cough, or the throat symptoms in this disease, which are usual in scarlet fever or measles. In children, however, the effect on the brain is sometimes sufficient to cause spasms; especially is this liable to occur if we have the irritation of teething present at the same time.

The disease appears to be in a measure contagious, as regards children. It has several times prevailed extensively in the Western States, and in Germany, where it is termed *rotheln*; and of late years this name has been adopted in the United States to some extent. The eruption is florid, and is somewhat arched or rounded in patches, and the large red surfaces have often many elevated spots, which closely resemble the eruption of *measles*. The eruption disappears in about two days without any peeling of the skin following, but during its continuance, there is often considerable itching of the skin. When the eruption suddenly recedes after it has been out but a short time, symptoms of congestion of the lungs and stomach come on quite severely in some cases.

A rash coming out on various parts of the body as a result of indigestion or intestinal irritation, without causing any symptoms of illness, is not the disease under discussion, and is simply to be termed *rash*. The term *roseola* has been applied to this rash also, by old writers, but to-day we make more careful discrimination.

One attack of *roseola* does not protect from a second. In the *West* the disease has proven fatal, probably owing to the atmospheric conditions, causing debility or blood contamination from torpid glandular action.

Treatment.

Roseola, or rotheln, in mild cases, may require no special treatment, more than to use a mild diet and keep warm, so

as to invite the eruption to the surface. In severe cases, especially when the disease is epidemic, considerable treatment is required.

Remedies.

Bell.—Is indicated by threatened or actual spasms in young children, high fever, rush of blood to the head, delirium, etc.

Ars.—Is indicated by congested condition, coldness of the feet and hands, with heat of the body, nausea, etc.

Bryonia.—In cases where the patient has also a cold, and the eruption is not fully developed.

Puls.—When the eruption suddenly disappears, after it has been out but a few hours.

Merc. iod.—When torpid glandular action evidently increases the severity of the disease.

DENGUE. (*Scarlatina rheumatica.*)

This disease prevails mostly in the Southern States; but in 1780 it prevailed in Philadelphia, and was described by Dr. Rush. The duration of the disease is about nine days, but convalescence is often tedious. It prevails as an epidemic, all ages and classes being subject to it, and in its history we find that in some towns fully nine-tenths of the people were affected during one epidemic. The disease is violent in its manifestations, but is seldom fatal.

Symptoms.

Chilly sensations are first noticed, followed by fever, languor, and general weakness; pain in the head, eyes, and, in fact, all over the body, of a severe character, which subsides with the fever. The eruption comes out during the fever stage, and varies in appearance; sometimes resembling the rash of *scarlet fever*, again more resembling the eruption of *measles*, and in other cases there is a vesicular eruption like *chicken-pox*. In children, convulsions often occur, and

during the fever delirium is not unusual in adults. The joints are often stiff and painful, like the condition present in cases of chronic rheumatism. Abscesses, boils, or carbuncles often occur during convalescence; and hemorrhages from the nose, mouth, bowels, and uterus sometimes complicate these cases.

Treatment.

The disease must run its course, like measles, and treatment must be used to moderate the symptoms, and not with an idea of arresting the disease. The patient should have the advantage of fresh, pure air, and have the skin bathed with warm water at first, and frequently with tepid water, during the excessive fever. The food should be very simple. Cool water may be drunk.

Remedies.

Arsenicum alb.—This remedy is particularly indicated by all the early symptoms of the disease. Give a powder of the 3^x trit. every hour, for a day or two, till pain is subdued.

Bell.—May be indicated by the tendency to spasms in children, and a rush of blood to the head; and by the muttering delirium, dilatation of the pupils, etc.

Merc. iod. 3^x.—Is a useful remedy when abscesses, boils, etc., occur, to show the bad condition of the blood. A dose every six hours.

Hydrastis 2^x dilution.—Is useful in the hemorrhagic tendency.

Viburnum 1^x.—Is indicated in this disease, when uterine hemorrhage sets in. A dose may be given every three hours.

JAUNDICE.

Jaundice consists of a yellowness of the skin, which may affect a part, or the whole, of the body. It is peculiar to no age, sex, or station. It is not contagious, and runs no regu-

lar course. It is not, in any sense, a skin disease, but manifests such a striking appearance of the color of the skin, we place it here simply to attract the attention of the reader. Often the white of the eyes, as well as the skin, becomes very yellow.

Causes.

The cause of *jaundice* is disease in the liver, or arrest of action in this organ. (See Diseases of the Liver.) When the bile is not secreted by the liver, or where it is secreted and reabsorbed back into the blood, jaundice may appear.

Treatment.

The treatment of jaundice must depend largely upon the condition of the liver present in each individual case. (See treatment of diseases of the liver.) The warm bath is of service in opening the pores of the skin, and allowing of the exit of the jaundiced matter by way of the perspiration, at the same time remedies are used to assist action in the liver. The diet should always be plain and mild in these cases.

ULCERS.

By an ulcer we mean an excavation in the flesh which has little tendency to heal. It may be a half inch or as much as two or three inches in diameter and be deep or shallow. They may be caused by a bruise, conjoined with a depraved condition of the blood. Ulceration may take place in the mucous membranes or in the lungs, but it is of ulceration affecting in part the skin of which we are now speaking. A deep ulcer with a small opening is an abscess. Hence, the term ulcer is only applied to cases where the outer opening is as broad as its cavity. It is usually not more than one-fourth to one-half an inch deep. The indolent ulcer on the ankle or leg has the most of interest in it for us, at this time, as it is this form of ulceration which is most difficult to heal.

Treatment.

First, we will usually find that in these cases the ulcers have existed for months, or even years; and also that there is a scrofulous or syphilitic contamination of the blood requiring the use of *Merc. cor.*, *Merc. iod.*, *Thuja*, or *Kali iod.* In connection with one of these remedies, given in the 3^x trit., a dose every four hours, we may apply diluted *Tr. of Iodine* to the ulcer locally, twice a day, having it well cleansed with warm water and castile soap before each application of the *Iodine*. Immediately after the application of the *Iodine* the edges of the ulcer should be drawn together by adhesive straps. Then we should bandage the whole foot and leg with a roller bandage, in case of ulcer on the leg, commencing to apply it at the toes, and putting it on evenly but tightly. Reapply this after each dressing. Keep the bowels active, using *Nux* if necessary, or the *Merc. Protoiod.* 1^x, should *Nux* take no effect, assisting the stools for a few days with injections of warm water and soap, alternated with cool water if need be. This plan of treatment will usually cure the most indolent ulceration, even of years standing. Local treatment, without the use of internal remedies, must not be adopted, as serious results are likely to follow such a course. The patient should exercise little on his feet during treatment, and should sit with the foot elevated, if possible.

Graphites is a useful remedy in patients who complain that every little scratch causes ulceration which is very long in healing.

WARTS.

Warts are excrescences of the skin. Their cause is obscure. (We do not refer now to condylomatous growths, the result of syphilitic contamination, which are mentioned in another chapter.) These non-specific warts occur upon the fingers and hands mostly.

Treatment.

Foolish charms, which every one has heard of, are often efficient in removing these troublesome disfigurements ; but a reasonable treatment is to take remedies for them, and pare them a little with a sharp knife, and then apply strong vinegar to them daily. Or we may use *Tr. of Thuja* instead of vinegar. *Ars.*, *Merc.*, *Caust.*, and *Cal. carb.* are the remedies to study and choose from.

CORNS AND BUNIONS.

A corn consists of a thickening of the outer or horny coat of the skin which causes pain in the soft parts beneath it, but has no feeling in itself. They may occur on any part of the feet. A bunion consists of inflamed tissue, usually situated over or by the side of a joint of the foot. There is, in some cases, a thickened condition of the outer skin in bunions as well as corns. Both are caused by friction and pressure. The wearing of loose, hard shoes may cause them as well as the use of tight ones.

Treatment.

Soak the foot, and then with the point of a dull knife scrape carefully away all the hardened material of the corn. It will be found pointed beneath like the end of a kernel of wheat. After the corn is removed (which need not occasion the loss of a drop of blood), apply *Vaseline* daily, and wear better fitting shoes. With bunions, scrape away all the hardened skin, and bind on *Vaseline*, using some appliance to remove all pressure from the parts, even if we have to cut away a part of an old pair of shoes to secure this object. The *Vaseline* should be applied twice a day, and will, in a week or two, remove all the tenderness if we are careful to allow no pressure upon the parts. If there is an unhealthy condition of the skin generally, *Ars.*, *Thuja*, *Cal. carb.*, *Graphites*, or *Ars. iod.*, may be employed internally to

advantage, being guided in the selection of the remedy, not only by the condition of the skin, but the general condition as well.

IN-GROWING TOE-NAIL.

The nails are horny appendages of the skin, identical with the epidermis; hence, we may properly consider in-growing nails in connection with skin diseases. In-growing nails are caused by wearing narrow-toed shoes, thus bending the nail inward on its sides. These edges of the nail thus curved downwards, press into the flesh of the toe, and cause inflammation and great pain. The custom of cutting the nails quite rounding, also causes an increase of the difficulty, by causing the nail to grow broader than natural.

Treatment of In-growing Nails.

First, notch the nail deeply on its end in the center, then with a very sharp knife cut away a piece of the nail on the side which is causing the tenderness; then insert a little cotton smeared with *Vaseline* under the nail, and wear shoes which are very loose. If this plan of treatment does not succeed, the surgeon can remove a piece of the nail down to the root. To prevent suffering in this way, always cut the toe-nails square across instead of rounding, and wear broad-toed shoes.

PRICKLY HEAT.

This is an affection of the skin which is often very troublesome in very warm weather, and in warm climates. The eruption in this difficulty is very fine, consisting of very small red pimples, which burn and itch excessively. The eruption usually appears on the back, but may affect the chest, abdomen, arms, and limbs. Some people are more subject to it than others; probably owing to the conditions of the system, irritation of the stomach and bowels aiding in its production, and it is more liable to occur in those having a

torpid liver or general inactivity of the glandular system, and in those suffering from indigestion constipation, or diarrhoea.

Treatment.

Locally bathing with warm salt water, or sprinkling the surface with Bismuth powder, will give great relief.

Remedies.

Apis mel. 3^x.—Is indicated by the itching, burning, stinging pain of the eruption.

Ars. iod. 3^x.—Is one of the most useful remedies in this difficulty, as it both acts upon the skin and the glands of the entire body.

Rhus. 3^x.—Is of great service also in sudden attacks of recent date, where the difficulty is due to sudden arrest of perspiration.

General Remarks.

Stimulants are to be avoided, and the food should be plain, simple, and easily digested. The conditions of the stomach and bowels should be noted, and the treatment must be largely modified by them. Give a dose of the indicated remedy every four hours.

CHAPTER XVI.

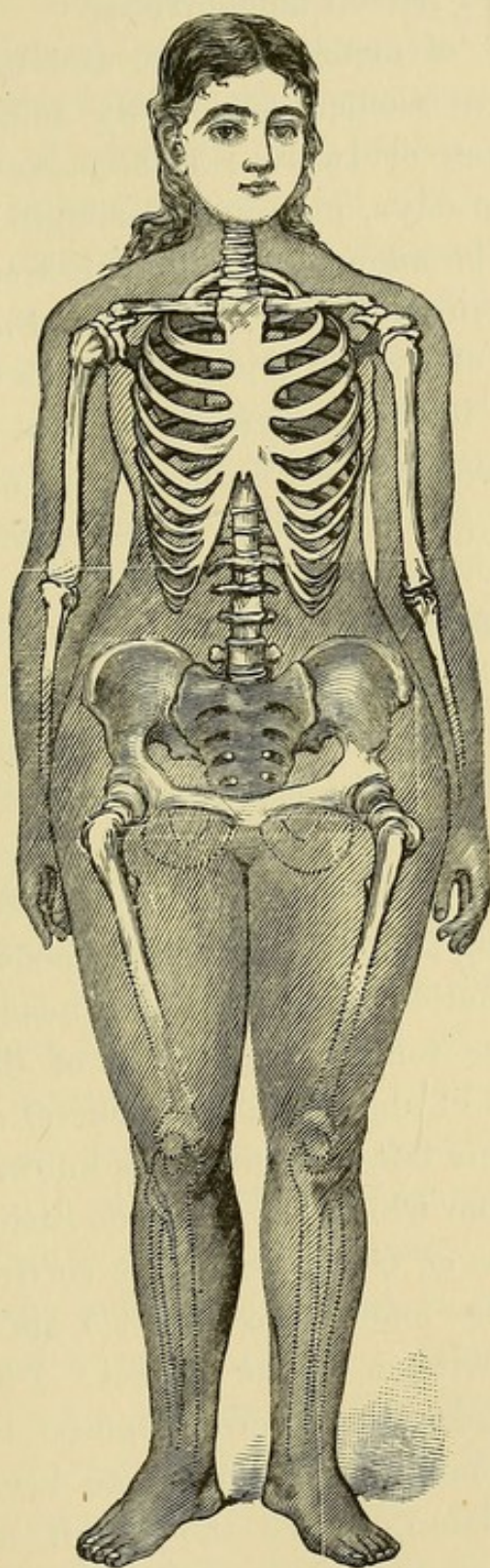
DISEASES OF WOMEN.*

NORMAL MENSTRUATION, AND AMENORRHŒA.

THE term amenorrhœa signifies the absence of the usual monthly menstrual flow in women of proper age, where the suppression is not due to pregnancy. The menstrual flow, or catamenia, commences with girls in this country usually from the fourteenth to the sixteenth year of their age, though some instances of the appearance of the flow at ten or twelve years of age are observed, especially in the Southern States. Isolated cases have occurred of menstruation at even an earlier period. The age when the menses cease is called the climacteric period, and occurs at about forty or fifty years of age, though exceptional cases have been known of their cessation permanently as early as twenty-eight or thirty years of age—these cases of early cessation being those who commenced exceptionally early. Still, as a general rule, the girl commences to menstruate at about fourteen years of age, and continues to menstruate each twenty-eight days till reaching the age of about forty-five or forty-eight years. Sometimes the commencement of menstruation is delayed till the age of seventeen or eighteen is reached; seldom, however, without showing evidences of impaired health, causing the propriety of denominating the case one of amenorrhœa. It may commence at the proper time, and continue for months or years regularly, and cease from various causes. This complete amenorrhœa usually produces grave effects on the system. Again, we

*Taken largely from Eaton's "Diseases of Women."

Fig. No. 31.



FEMALE PELVIS.

may have only a slight show at each monthly period. This condition is called partial amenorrhœa.

The quantity of menstrual flow and its duration varies greatly in different women, some only soiling three or four napkins, others ten or twelve; some have the flow to last only two or three days, others six or eight; hence, a condition that would be amenorrhœa in one woman would be a full menstruation in another. The interval also varies much; some menstruate every three weeks, others every six weeks, and are healthy; but these are exceptional cases. Another class of exceptional cases are those who *never* menstruate, and are still in good health. This class is exceedingly small.

Symptoms of Amenorrhœa.

In addition to the absence of the usual menstrual flow, we have various symptoms manifesting themselves in amenorrhœa. First, pain in the back and loins at about the time the menses should occur; nausea, produced from sympathetic nerve action, occasioned by the congested condition of the uterus, resulting from the failure of menstruation; acute or chronic inflammation of the uterus; headache, dizziness, lassitude, the white tongue, palpitation of the heart, shortness of breath, loss of appetite, and a general atonic condition of the system. This latter condition is known as *chlorosis*.

Another symptom which has been too little recognized by authors is *congestion of the lungs*, and is so frequently a condition resulting from amenorrhœa that I am surprised that more has not been written on the subject. I have frequently been consulted in cases that were supposed to be consumption without any doubt (cases which had been so diagnosed by several physicians), where the cough and emaciation had gradually increased for two or three years, and, in one instance I recall now to my mind, over six years, where I found the history of the case showed that amenorrhœa had been the *cause* of all this trouble, and not a *result* of this

cough and chlorosis; and I believe, in every case of this kind that I have had the treatment of fully, I have succeeded in establishing menstruation, and obtaining entire relief from the cough, with great increase in flesh and an entire restoration of strength and health. Hence, I would be emphatic in calling attention to the congestion of the lungs as one of the prominent symptoms of amenorrhœa. I believe many a young lady has filled her grave prematurely for the want of proper attention to the cause of her ailments, where they have been supposed to be constitutional, and were really caused from amenorrhœa. The length of time that is necessary for the amenorrhœa to exist before these symptoms of the general system, lungs, and stomach manifest themselves varies greatly in different cases. Some will manifest active symptoms of this kind at once on the suppression of the discharge, while with others the symptoms are delayed several months. More generally we have, within a few weeks, backache, pain in the iliac and hypogastric regions, loss of appetite, dullness, languor, sometimes extreme nervousness, fever, etc., indicating active inflammatory action. This is more likely to be the case if the suppression has been the result of cold at or about the last menstruation. A sense of weight in the pelvis is complained of, with tenderness over the lower part of the abdomen in some instances. In other cases the symptoms are not active, but more moderate in their manifestation. We have the headache and backache only, or dizziness is complained of, with torpid bowels and want of appetite. Other cases show congestion of the lungs as one of the first symptoms, being decided at first and gradually becoming less severe, and still some irritation remaining, with some cough and slight expectoration, increasing from month to month. In cases of entire absence of menstruation, where the flow has never been established and the patient has reached the age of maturity, we usually have the symptoms of general decline

well marked, with less prominent symptoms in the pelvis. The digestion and assimilation generally are most impaired in this class of cases, and a general anæmia is often diagnosed carelessly, when the true understanding of the case shows that the retention in the blood of the menstrual fluid, with the consequent irritation in the ovaries and uterus, have caused this apparent anæmia, and the true treatment is to bring on the menstrual flow. Absence of menstruation during lactation is not considered amenorrhœa, but is a normal condition. Anomalous cases, where menstruation is entirely absent, and no injurious effect is produced on the general system, are to be let alone as a general rule. Loewy relates a case where a woman had six children previous to her menstruation, which first appeared at the thirty-first year of her age. We have in these cases, generally, all the external evidences of puberty, with the exception that the breasts are rudimentary; but, as this is also observed in many who menstruate regularly, it is not peculiar to this class of women. We sometimes have what is termed vicarious menstruation, which indicates a flow of blood from some other part of the body, as the nose, stomach, or bowels. Again, we have a copious leucorrhœal discharge, which seems to take the place of the regular catamenia.

Causes.

The most frequent cause of amenorrhœa is doubtless cold. Getting the feet wet, or being exposed to cold with insufficient clothing at about the time of the menstrual flow, will often cause amenorrhœa, from a sub-acute inflammatory action set up in the uterine organs, especially the lining membrane of the uterus. This may cause suppression by means of the temporary occlusion of the neck of the uterus, from the swollen condition of its lining membrane.

Doubtless, an anæmic condition sometimes causes delayed menstruation in the young, and may cause suppression as well,

as we see in cases of *typhus* and *typhoid fevers*, and other diseases of debility tending to impoverished blood; especially is this the case in advanced stages of consumption.

Psychical influences sometimes produce amenorrhœa. Thus great mental depression or great fright may produce suppression. Raciborski and Bohata mention cases of amenorrhœa which may occur from great fear of pregnancy, in cases of unmarried girls, or women who have been led astray or forcibly violated, and have reason to stand in extreme dread of pregnancy. Again, as Ziemssen mentions (on page 328, Vol. X), it seems possible for the period to be delayed or fail altogether in women who eagerly desire the occurrence of pregnancy, and who look for the appearance of the menses with great mental agitation, from fear of being barren. Some cases of amenorrhœa seem to result from an entire absence of sexual strength, there being no sexual passion. This want of strength, or torpidity, of the sexual functions seems to result from close confinement in convents, the association with females only, hard study, so as to divert all the nerve force to the head, at the expense of the sexual system. The imperforate hymen, atresia of the vagina, or cervix uteri, absence of vagina, uterus, and ovaries, of course, would prevent menstruation.

These malformations and accidentally acquired or congenital deformities may exist, and the physician be in ignorance of them for a time, as he is not justified in making a physical examination of a young lady patient suffering from amenorrhœa until some remedies have been used to establish the function. Some patients suffering from this difficulty are troubled with severe neuralgia, not only affecting the uterus and ovaries, but the head, face, and sometimes the stomach; and some have hysterical convulsions. These conditions are usually considered results of the amenorrhœa; but the nerve symptoms as well as the amenorrhœa may be due to spinal difficulty.

Treatment.

The treatment of amenorrhœa must be adapted to the various conditions of the particular case in hand. Recent cases of suppression, caused from cold, generally require *Aconite*.

Bell.—Is indicated if there is much weight and pressure in the lower abdomen.

Ars. alb.—If there is alternating heat and chilly feelings, with thirst.

Puls.—If there is pain in the uterus and ovaries of an intermittent character.

Cimicif.—If the pain is in the ovaries or runs down the thighs.

Bryonia.—If the pains are sharp and darting, and worse on motion. These remedies, conjoined with the warm foot and hip bath, repeated daily, are generally efficient in restoring the flow. Cases that exhibit great debility, especially after severe illness, will generally require *China*, *Merc.*, or *Nux*.

Macrotine.—Is sometimes useful in chronic cases.

Where the difficulty has been of several months' standing in married ladies, and also in case we may have any reason to suspect pregnancy, in married or unmarried, we should be careful to make a clear diagnosis of the absence of this condition, before giving medicines.

Mustard plasters to the small of the back and over the lower abdomen are often very efficient. In those cases that are obstinate I would rely upon *Puls.* 3^x or *Macrotine* 3^x, every three hours, giving occasionally, for a day or two, *China*, *Merc.*, or *Ars.*, while we interrupt the *Puls.* or *Mac.* for that length of time.

Cases caused by fright, I may say, always demand *Aconite*, except in a few that show decided tendency to twitching of the muscles and restlessness, where we may find *Nux*, *Ignatia*, or *Verat. alb.* indicated. In cases of imperforate hymen, of course, an operation is required.

MENORRHAGIA. (*Uterine Hemorrhage.*)

The excessive loss of blood at the menstrual period is called menorrhagia. In these cases we have generally, not only an excess of quantity, but also excess in the duration of the flow. It comes on usually without pain; but if the patient is much exposed to cold during the first part of the flow, we may have a temporary cessation, followed by some forcing-down pains to expel clots that have formed in the uterine cavity.

In menorrhagia we may have, and usually do have, various complications, such as tenderness over the lower part of the abdomen, a sense of weight in the pelvis, pain in the small of the back, nausea, headache, etc. These symptoms are common, however, to most uterine difficulties, and are not pathognomonic of this particular disease. Here the excess of flow at the menstrual period is almost the only distinctive pathognomonic symptom. If the flow occurs at short, irregular intervals, occurring between the periods of menstruation, it is termed uterine hemorrhage, or metrorrhagia—a difference of name, with no great difference of condition. We must bear in mind that a free menstrual flow is a conservator of health, and realize that nature is a wise physician, and makes no mistakes, and always tries to rectify those of others. Hence, we should be slow to interfere with active agents to suppress the discharge that is, at best, but a symptom of other ailments, though given, by common consent, a distinctive name.

Causes.

The excessive flow in menorrhagia is due, in some instances, to overwork; again, from a too sedentary life, causing impoverishment of the blood. An inflamed condition of the uterus, in its sub-acute form, tends to promote this difficulty. This is favored by miscarriages, and we often find

this disease as a sequela of abortion. Neglected catarrh of the vagina and uterus also favors menorrhagia. Small granulations in the neck of the uterus, as well as all forms of uterine polypi and uterine fibroids, tend to produce excessive flow at the regular period. The anæmic condition of the blood, as well as great fatigue of body or mind, may greatly aggravate the difficulty.

Treatment.

The first point in the treatment of menorrhagia is to enjoin and insist upon absolute rest, in the recumbent posture. This will greatly aid us in the treatment, and without it we shall generally fail.

Cold compresses, in the form of cool, wet cloths, applied to the lower abdomen, and frequently changed, and cool water vaginal injections, may be used with benefit in some cases. The tampon in the vagina may be demanded in those cases that resist ordinary treatment; still it will be seldom that we will see cases of such severity as to demand it, unless the cause is uterine polypi, or a single polypus. We are not to expect to very often see cases that demand these severe measures, and, if the history of the case shows us that the flow has been coming on at times in the intervals of the regular periods, we may know that we have something more serious to attend to than ordinary excess of menstruation. The flow should not be arrested simply because it is large, for some plethoric, full-blooded women lose a large amount, and find it consistent with good health. Treatment is only to be used when the general health seems to be seriously affected, or the exhaustion at each flow is so great as to necessitate remedial measures. In the treatment we have also to bear in mind that the excessive flow coming on for the first time may indicate a threatened abortion. The particular condition of the general system and the local condition of the womb, in each particular case, are to be studied in the treatment of the case. Very often cases, following after confinement or abor-

tion, have a relaxed condition of the uterus and uterine vessels, which require *Secale cor.*, in twenty-drop doses of the fluid extract, given in a drink of warm water, and repeated every twenty minutes till three or four doses have been taken. Should a threatened abortion be suspected, and there be present some labor-like pains, *Secale* 3^x or 6^x will generally stop the contractions of the uterus and moderate the flow.

Viburnum prunifolium 1^x, given in tea-spoonful doses every half hour, is an efficient remedy in true menorrhagia.

Ipecac, *China*, *Ferrum*, *Nux*, are remedies that are calculated to relieve the case if due to debility, general atony, or anæmia.

Aconite, *Gelsem.*, or *Ars.*, are the remedies to be studied and used, according to the totality of the symptoms, in those cases, of a congestive or inflammatory character, which are acute.

We will do well, in all cases of menorrhagia, to be sure of the nature of the case. A thorough examination is often necessary, though we are justified in omitting it, in recent attacks, in some instances. We find the sponge tent to be of great service in some cases. It acts as an efficient tampon, arresting the flow, and, by dilating the cervical canal, we may find the cause to be a polypus, or small granulations in the neck of the uterus. If granulations, their vitality is destroyed by the tent, and they generally will fall off with the use of very little force, and sometimes with none at all. This effect of the sponge tent is very evident in those cases where it is allowed to remain for eighteen or twenty hours, and another immediately inserted and allowed to remain for the same length of time. The tampon most convenient to be used in the vagina I have found to be the elastic rubber bag, with tube and stop-cock (English or French manufacture). The American rubber has very often disappointed me in leaking the air and collapsing.

DYSMENORRHŒA, OR PAINFUL MENSTRUATION.

Dysmenorrhœa is a term used to signify painful menstruation; but it is not all pain occurring at or about the menstrual period that should be called dysmenorrhœa. Neuralgia of the ovaries is a notable instance. Here we have severe pain in the ovaries, one or both; it occurs in some instances only at the menstrual epoch, still is neuralgia, and should be so designated. The true dysmenorrhœal pain is in the uterus, coming on in paroxysms, as a general rule, simulating the pains of threatened abortion, while the ovarian neuralgia is continuous and darting. The throbbing, tense pain is indicative of ovaritis, and is located in the iliac regions.

Authors generally seem to consider that the condition of the uterus in dysmenorrhœa is one of inflammation, either in the uterine muscular tissues or in the internal membrane. I differ somewhat, and claim that more cases of dysmenorrhœa are caused from retro- or ante-flexion, stenosis, or partial atresia of the cervical canal, than from any other causes; though it is true that the inflammation in some cases, without doubt, produces the pain in the expulsion of the menstrual flow. It also tends to the formation of false membrane, that is formed in some cases, and thrown off at each menstruation from the mucous membrane lining the uterus, called *nidation*. Generally, the pain commences several hours, and in some cases two days, before any flow is established. The agony suffered in some of these cases is terrible.

Besides the severe pains in the uterus, we may have, in addition, pain in the ovaries, great tenderness over the hypogastric region, and sometimes this tenderness extends over the entire abdomen. The poor patient can not sleep or eat. If food is taken into the stomach, it is generally rejected very soon. The headache accompanying these cases is very distressing. Pain in the back is also often a distressing symptom. Cold hands and feet, with great restlessness

and an irritable temper, are generally symptoms in these cases.

Dysmenorrhœa is peculiar to women who are sterile or unmarried, except in a very few instances, and in those exceptional cases it is less severe than in the barren woman; for after the uterus has contained a child or foetus of considerable size, it is more tolerant of the presence of the effused fluid, and the stricture produced in the neck of the uterus by flexions is not so tight. The nervous symptoms are more prominent in some cases than others, but are doubtless dependent upon the temperament of the patient, and are not to be considered as a separate or peculiar form of the disease, if I may so speak, for I consider dysmenorrhœa only a symptom of other difficulties causing these peculiar symptoms.

Differential Diagnosis.

The only troubles likely to be counfounded with dysmenorrhœa are threatened miscarriage and some cases of uterine polypi. The history of the case will generally show that the menses have been suppressed for a time, wholly or in part, in cases of pregnancy. This suppression, however, may have been months before, and may have continued three or four months, and the flow become again established and appear regularly, though usually too profuse and long continued, till the seventh or ninth month arrives from the time the suppression commenced; or, in other words, till complete gestation would have been accomplished had the foetus lived. But the history of the case shows that a partial detachment of the placenta had occurred early in the pregnancy, causing the death of the foetus, but that it was retained in the uterus till full term had arrived.

Such cases may have a history of pain similar to that our patient is now suffering, at a few preceding menstrual periods; but we will note that it was not so previous to the suppression. Some uterine polypi cause much suffering at the men-

strual period. These cases may be recognized by having had easy menstruations at some early period of their lives, generally up to within two or three years.

Causes.

It is probably a fact, that a less number of cases of dysmenorrhœa are cured than of most other ailments peculiar to women. This is accounted for, in my mind, from the fact, that I have found the cause of this pain in menstruation to be flexions of the uterus, or stenosis, in many cases. It may be either ante- or retro-flexed; either condition may cause the difficulty. This is explained in the fact that the flexion causes almost the closure of the cervical canal at the point where the flexion is most abrupt. There is generally a point in these cases of flexion where the canal turns almost at right angles. Flexion also tends to produce irritation, tenderness, and abnormal congestion at the menstrual period. I say abnormal, because a slight increase of the turgescence or vascularity of the lining membrane is a normal condition at the menstrual epoch.

But when this normal congestion is increased by previously existing increased vascularity, we have, as a result, considerable thickening of the mucous membrane of the uterine canal, and this tends to obstruct more fully the neck of the womb at the point where the flexion had nearly closed it. Consequently, when the body of the uterus becomes filled with menstrual flow, the organ naturally takes on contractile action, and we have the intermittent pains of true dysmenorrhœa. These contractile pains of the uterus that is flexed, tender, and congested, are very severe, and continue, till the constriction is forced open, and the contents of the uterus is forced out. This consists often of clots (the retention of the effused blood having caused them to form), and their presence adds to the necessity for severe expulsive pains to force them out. So we may see that the process corresponds very nearly

to that of ordinary miscarriage, and is often more severe. Again, in the membranous form, the cause of the pain we have, is the necessity of severe enough uterine contractions to rupture the membrane, and peel it off from the intra-uterine surface; this process is termed *denidation* or *nidation*. The reader will readily comprehend the cause of the severe pain previous to the discharge of any menstrual fluid in these patients. In some cases the flow commences moderately, with little pain, and after a day or so, the pain commences severely. These pains are produced by the contractions necessary to expel the membrane, the blood in the slight amount that has been already expelled having passed out between that portion of the membrane already detached and the intra-uterine surface.

Chronic ovaritis may be a cause of pain at this period, producing not only more sensitiveness in the organs, but from slow inflammatory action causing a thickening and toughening of their fibrous coat, and consequently more difficult ovulation. Or we may have a rheumatic condition of the general system, which may so affect the ovaries as to produce painful menstruation; but I am inclined to the belief that in the great majority of cases displacements of the uterus, with some degree of endometritis and stenosis of the cervical canal, are the main causes of dysmenorrhœa. (See Displacements of the Uterus.)

Prognosis.

This must depend much upon the willingness of the patient to submit to proper treatment. As the patients usually feel tolerably well during the interval between the menstrual periods, they are very often disinclined to pursue the necessary treatment. In this case an unfavorable prognosis is the best we can make. But, in case we may have several months to treat the case, the prognosis may be favorable. We are usually justified in prognosing sterility, if let alone,

in cases that are severe; with proper treatment we may, in most cases, expect that pregnancy will be possible.

Remedies During the Attack.

In severe dysmenorrhœa the intensity of the sufferings demands something that will at once relieve the pain and vomiting. For this purpose, perhaps the most efficient remedies are the inhalation of *Sulph. Ether*, or *Chloroform*, with warm foot and hip baths—of course, using the *Ether* or *Chloroform* after the patient has taken the bath, and is nicely wrapped in bed, as anæsthetics are never to be given to any one while in the erect or semi-erect posture.

Sometimes *Puls.* 3^x gives relief; again, *Secale* 3^x, or *Viburnum* 1^x, will be most efficient, *Secale* or *Viburnum* being indicated for those pains that are entirely confined to the uterus, of an intermittent character, while *Puls.* is indicated in cases where the ovary is *also* largely affected.

Cimicif. Rac. gives, usually almost instant relief to the ovarian pains and tenderness, which sometimes continue after the contractile pains of the womb have ceased, and the flow has been established. These remedies, as indicated, will relieve, giving *Aconite*, *Ars.*, or *Bell.*, according to their general indications so well understood.

Probably there is no remedy so efficient as *Phos.*, given in the 2^x or 3^x attenuation twice a day, and continuing the treatment for several months in the membranous form of dysmenorrhœa.

Cal. carb., *Graph.*, *Iod. of Merc.*, *Phytolac.*, *Cocculus*, or *Caulophyllum*, etc., may sometimes be of much service, when used in accordance with the totality of the symptoms.

Treatment of Rheumatic Dysmenorrhœa.

In the rheumatic condition of the system we will do well to try the effect of *Bry.* or *Rhus*, *Colch.*, *Kali hyd.*, etc., according to the peculiarities of the case and the homeopathic indications for their use.

Remedies Occasionally Indicated.

Bell., Coff., Cham., Coloc., Graph., Plat., Sulph., Ignat., Nux v.

Belladonna.—Is indicated in dysmenorrhœa with flushed face, dullness of the mind, fullness over the eyes, intolerance of light, pain in moving the eyeball, feeling as if the contents of the pelvis would pass out of the vagina, severe bearing down in the pelvis, etc.

Coff.—Where the flow is full but painful; loss of appetite, sleeplessness, nervousness, irritation of the bladder, etc.

Cham.—Where there is colic in the bowels, as well as pain in the uterus; discharge comes in clots, restlessness; breasts are tender and swollen.

Graphites.—Where there is chilliness, with dull headache, heartburn, constipation before, and diarrhœa after, the menses.

Platina.—Where the ovaries are enlarged or tender, with extreme nervousness, depression of spirits, severe cutting, labor-like pains, dark-colored menstrual flow, etc.

Sulphur.—The catamenia are too profuse, with pain in the small of the back; at times the flow ceases, and again comes on profusely; burning in the vagina, etc.

Ignatia.—Where the menses are scanty and dark-colored; the pain amounts almost to spasms; palpitation of the heart, faintness, etc.

Nux Vomica.—Severe pain in the back, constipation, want of appetite, cramping pains in the abdomen.

VICARIOUS MENSTRUATION.

By vicarious menstruation is meant the discharge of blood from some of the mucous surfaces other than the uterine, at somewhat regular intervals, accompanied with arrest of the normal catamenial flow. These hemorrhages sometimes take place from the nose, called epistaxis; from the stomach, called hematemesis; from the lungs, called he-

moptysis; or from the bowels, either with or without the presence of hemorrhoids. (Leucorrhœa, diarrhœa, etc., also sometimes seem to be vicarious of menstruation.)

These discharges seem to relieve the system, so that the patient suffers much less than she otherwise would from the suppression of menstruation. These hemorrhages, of course, occur at other times and from other causes, and are only considered vicarious menstruation when occurring in connection with suppression of the regular flow. When coming on from other difficulties or diseases, they are ordinarily to be arrested, while in the case troubled with suppression they are rather to be encouraged (within reasonable limits), and viewed as conducive to health rather than disease. The patient is often greatly alarmed at these hemorrhages, until they are explained to her.

These discharges greatly relieve the hyperæmic condition of the circulation, induced by the retention in the system of the material usually cast off at the menstrual flow; and, if not relieved in some way, would soon manifest the more dangerous symptoms of congestion of the brain, lungs, stomach, pelvic organs, or bowels. Frequently, in these cases, the uterus appears torpid, showing no increase in size, no heat or congestion, showing that the fault lies in the normal periodical nerve excitement in these parts, which invites the excited circulation of the blood to them. In other cases, the congestion, heat, and enlargement of the uterus are marked, showing that there is a normal excitement of the circulation; but the flow is absent through some abnormal condition of the endometrium, generally that of thickening, by exudation of a plastic material on its inner surface, causing the obstruction of the flow, from its close adhesion to the interior surface of the uterine mucous membrane. This condition is not of very infrequent occurrence, as a result of mild inflammatory action, as shown by the throwing off of stringy, semi-organized, membranous material, from cases affected with a

mild endometritis not always being highly enough organized, or not adherent enough, to prevent the menstrual flow, but peeling off and being discharged at the flow and during the interval. In some cases an indolent ulcer on the leg or other part of the body seems to act as a vicarious menstruation, so that the patient is relieved from congestive symptoms resulting ordinarily from suppression. Why it is that in one case the discharge takes place in one patient from the lungs, in another from the stomach, bowels, or nose, we can not explain, unless it be that these membranes are, in the particular patient, in a condition of slight irritation, and the blood oozes through the minute capillaries more readily, on this account, in this particular locality.

Vicarious menstruation has been known to take place from the skin, gums, nipples, etc. These instances are, however, of extreme rarity, and are only worthy of remark on account of their possible occurrence.

Treatment.

As stated before, the discharge of blood vicariously of menstruation is a relief to the system, if within moderation; still it may be so profuse as to constitute a hemorrhage, and be dangerous to life, if not restrained. Continual congestions and effusions of blood, occurring in those membranes not normally so affected, may develop serious ulceration.

In the case of the vicarious discharge it is advisable to first establish the normal function before doing more than to restrain the discharge within the bounds of moderation. This treatment may be found under the head of treatment of amenorrhœa, and consists of remedies and means to invite the circulation and nerve force to the generative organs. This is accomplished with *Puls.*, *Canth.*, *Macrotis*, etc.; the use of warm foot and hip baths; electricity passed through the pelvis, or directly through the uterus, by means of the uterine electrode; exercise on horseback, etc.

Atresia of the cervical canal, of course, demands an operation; stenosis requires dilatation. These conditions, as well as those where uterine fibroids are present, must be treated by the physician, as will be stated under these special heads.

Remedies indicated in amenorrhœa are usually demanded in these cases.

The remedies must act to stimulate strength and activity in the ovaries and uterus in atonic conditions, and to allay irritation when these organs are inflamed.

(See article on Amenorrhœa.)

INFLAMMATION OF THE FEMALE GENITALIA.

Causes.

The female genital organs are probably more subject to inflammation than other parts of the body. This is owing to various causes, some of which I will mention. The most prominent one that suggests itself is cold. The open clothing so commonly worn by women offers little protection to the pelvic organs from severe changes of temperature. Especially is cold injurious at or about the menstrual period. The ovaries, uterus, and vagina are at this period congested, so to speak, though the function of menstruation is a physiological one, and one that is necessary to the health of the female. Still we may speak of the congestion of the parts occurring at this period, and generally a few days previously.

This congestion especially affects the mucous membrane lining the uterine cavity. Cold baths, taken by girls and ladies while menstruating, have often caused inflammation of the uterine organs. I have seen the inflammation of so high a grade from these causes as to endanger life. I have seen it also produce paraplegia and hemiplegia, as well as hysterical convulsions.

Sexual Intercourse, which is resorted to by the lower animals solely for the purpose of reproduction, except in one or two species, is resorted to by man as the most common

indulgence of his nature, and is frequently the cause of inflammation of the uterus, and, from the irritation and excitement produced, causes also the effects of cold to be more severely felt.

The reading of lascivious books, the nature of the associations of many of the amusements of society, constipation which is due to not attending to the evacuation of the bowels at proper intervals, tend to produce inflammation of the uterus. This is particularly the case with teachers and scholars, who delay the calls of nature for a more convenient opportunity; and they soon lose the inclination to evacuate the bowels, and the retention of the fecal matter causes the hard, constipated stool, requiring straining in its expulsion, producing hemorrhoids, and general congestion of blood in all the pelvic viscera. Constant standing, distress of mind, self-abuse, falls, jolts, heavy lifting, careless management after abortions, or confinement at term, lacerations of the cervix uteri, etc., all tend to produce inflammation. It is a fact to be borne in mind that causes which might produce severe inflammation in one, might not affect another; but this is also true throughout the whole range of physical ailments affecting mankind. Hence, because one woman, or possibly a class of women, may not receive injury from a particular cause, it does not disprove the possibility of others being affected seriously by it.

There is much in the constitution of women, as well as men, to withstand or predispose to disease. The girl of robust parentage, brought up to active exercise suitable for her years and strength, using suitable food and clothing, till she is twenty years of age, will ordinarily endure five times the fatigue that one could endure reared under opposite circumstances, and having parentage broken in health and constitution. This consideration should induce parents to see to it that their girls have suitable exercise, food, and clothing, as well as the advantages of an education.

Symptoms.

The term inflammation indicates heat or burning, in itself, and the term is used in medicine to indicate a high temperature, tenderness, generally swelling of a part, tissue, or organ. This is true of acute inflammation, and is as applicable to inflammation of the female genital organs as to any other part of the body, and no more so.

Treatment.

The treatment of acute inflammation (non-specific) should, in the first instance, be rest for the entire body, warmth to the extremities, a warm full bath, or sitz bath, for ten or fifteen minutes, and when taken from the bath the patient should be rubbed dry, and well wrapped in warm blankets; and repeat these baths once a day as long as the urgent, active symptoms show themselves.

The first remedy to be given, and I may say the last also, in many cases, is *Aconite nap.* This remedy alone usually controls all these symptoms, and will ordinarily carry the case through to a favorable termination, unaided by other remedies. We will very often find this remedy to cut short every symptom, and restore to a state of health almost as if by magic, stopping the disease before any discharge has made its appearance. If we were so fortunate as to be called in the first stage, or rather when we had congestion present, coldness, etc., I would prefer *Gelseminum* or *Arsenicum alb.*, the *Ars.* being indicated if nausea and vomiting, with thirst, were prominent symptoms, otherwise give *Gelseminum*. When the second stage is established give *Aconite*. After the acute stage is passed and we have not succeeded in curing the case, and it passes into a chronic, active inflammation, or a chronic sub-acute form, I would use other remedies, which we will designate under the treatment for those conditions, and it is therefore quite unnecessary to note the treatment of these conditions in this connection.

METRITIS. (*Inflammation of the Womb.*)

The term metritis signifies inflammation of the uterus as a whole, including its muscular tissue, serous covering, lining membrane, and sub-mucous and cellular tissues. In a case of metritis we have, then, peri-metritis, endo-metritis, and cervicitis combined. There is generally sympathetic inflammation of the ovaries and broad ligaments in a case of metritis. The inflammation may extend to all the pelvic and some of the abdominal organs, or it may remain confined to the uterus. When the pelvic cellular tissue is invaded by inflammation, the disease is called cellulitis, which may also complicate a case of metritis.

Generally, we have an active inflammation to contend with in these cases, which will require skill and firmness in treatment, though the diagnosis is easy. The disease in its acute form runs a rapid course, either to destruction of the patient or ends in restored health within a few weeks, and sometimes in a few days. When the disease extends to the abdominal organs, the case is grave. Puerperal metritis I will not discuss at this time, as a separate chapter is required for its full explanation. It being best discussed in connection with puerperal peritonitis, and having so much in it dependent upon the condition of the lying-in state, I prefer to speak of it separately. I will, however, include in this chapter inflammation of the uterus following abortion. The cause of the fatality of metritis following abortion, I will explain in this chapter, as it is more like the cause which produces mortality in ordinary metritis.

Symptoms.

The patient complains of great pain and heat in the uterus. There is soreness and tenderness of the entire organ. Generally, the acute attack commences with a chill, or at least chilly sensations, followed by a fever, often of a

high type; generally some nausea, and, in some instances, frequent vomiting. The fever continues, or intermits for a short time, and returns as severely as ever; the pulse is fine and wiry; tongue generally coated white, sometimes white or brown coat in center of tongue and red round the edges; enlarged papillæ here and there project through the coating of the tongue, and are extremely red; considerable headache and backache is complained of; constipation is common, though diarrhœa is sometimes present. Pressure made just above the pubis causes much pain. As the disease progresses the tenderness extends over the lower abdomen, showing peritonæal complication. It is to be distinguished from enteritis in that we require deep pressure to produce pain in the latter disease.

There is a profuse discharge of matter, mingled with streaks of blood, in the severe form of this disease, after it has lasted a few days.

In metritis of an acute character there is usually considerable tympanites; but this does not distinguish it from inflammation of either of the internal female genital organs, or of the cellular or peritonæal tissues, as this symptom is common to all of them, both in their acute and chronic forms. Acute metritis may result in hypertrophy, softening, or gangrene of the organ, but usually, under homeopathic treatment, is perfectly cured.

Causes.

Inflammation of the womb results from cold taken at the menstrual period, first causing arrest of the flow, secondarily, inflammation; or it may be caused from hard work and some exposure while very warm; or it may result from excessive coitus, or cold vaginal injections, or the use of instruments to prevent conception or produce abortion.

After a miscarriage or premature labor, women are liable to be very careless, as they imagine little care is necessary. This want of care and caution tends to produce the acute

attack of metritis. The retroverted state of the organ predisposes to inflammation, especially the chronic variety; retroversion or retroflexion sometimes exists in girls, caused from jumping or a severe lift, and as puberty comes on the uterus becomes unduly congested, and an inflammatory condition is set up. This gives rise to severe suffering at the menstrual period, and is often a cause of the non-appearance of the flow, although monthly pains come on with regularity, and the general health is much affected. Constant standing, as in case of clerks and teachers, is frequently a cause of the sub-acute inflammation, which readily becomes acute and active from taking a cold, as this class of women are likely to do from exposure in all kinds of weather.

Treatment of Acute Metritis.

The first requisite in treatment is perfect rest in the recumbent position. If there is any peritonæal complication, placing the knees and thighs in a semi-flexed position gives some relief. The warm sitz bath, warmth to the feet, warm wet compresses over the abdomen, are all beneficial. *Aconite* should be given till the pulse is under control, becomes soft, and the general fever subsides; after which *Bell.*, *Bry.*, *Sepia*, or *Sulph.* are frequently indicated. Injections of *Hydrate of Chloral* (fifteen grains to the ounce of water) into the vagina, are useful in soothing the irritation, tenderness, and pain. Do not be tempted into giving *Morphia* or *Opium*; though they give temporary relief, they derange the action of the stomach and bowels, arrest healthy secretion, benumb the system, and prevent the proper action of other remedies.

The same remarks apply with equal force to the hypodermic use of *Morphia*. Its use has become shamefully frequent with some practitioners, and should be discountenanced, because we can relieve our patients in a short time without it; and because it so seriously interferes with the natural process of digestion and assimilation; and, worst of

all, establishes in many the opium habit. The alarming increase of the habit of opium-eating in this country should cause us to be active in suppressing it, and careful not to aid in its spread. The import duties on opium paid the United States Government for the year ending June 30, 1877, were \$1,778,347. This gives some idea of the great amount of the drug used by physicians, and consumed by opium-eaters in the United States.

Cool lemonade is a means of great relief to the fever, and is much relished by most patients. Cold water may be drank with freedom in small quantities, often repeated. The diet should be very plain, consisting of gruel of corn or oatmeal, toast, with a little milk. The entire surface of the body should be frequently sponged with tepid water. Cathartic medicine must be positively forbidden, and tepid soap and water enemata should be used to move the bowels, in case of want of action in them.

Remedies.

In addition to *Aconite*, *Bryonia*, *Bell.*, *Sulph.*, and *Sepia*, already mentioned, *Verat. alb.*, *Verat. viride*, *Ignatia*, *Hyos.*, *Puls.*, *China*, etc., will be sometimes indicated. (See *Materia Medica* for indications.)

COMPLICATIONS IN METRITIS.—In metritis we are liable to have some inflammation of the bladder as a complication. This is due, in some cases, to the pressure of the womb upon the bladder, from its increase of size, and sometimes to ante-version, ante-flexion or retro-version of the organ. In other cases, a continuation of the inflammation from the peritonæal covering of the uterus to that covering the bladder, and thence to the muscular, and even the mucous, lining. This gives rise to a desire for frequent micturition; in fact, we may have all the symptoms of cystitis, including a great amount of mucous discharge, which adheres to the bottom of the vessel with great tenacity. I know of no better remedies

for this condition than *Can. ind.*, *Cantharides*, *Uva ursi*, *Acon.*, *Bell.*, or *Cubebs*.

TENDENCY TO DROPSY.—In some cases we have a tendency to dropsy; but it is generally manifested as ascites. This is produced from the peritonæal irritation causing an effusion of serum into its cavity in excess of what is normal. The reader will understand that, in the healthy condition of the peritonæum, a small amount of serum is thrown out in its interior to lubricate it, and we may readily see how an irritation of the membrane may cause an excess of this secretion; and this accumulation of fluid in the cavity of the abdomen is termed ascites.

Ars., *Merc. iod.*, *Digitalis*, *China*, *Apocynum*, etc., are the remedies to be studied for this complication.

GENERAL EFFECTS OF CHRONIC METRITIS.—It is readily understood how the increased weight and size of the uterus would tend to produce displacements of the organ. In connection with displacements we would have, not only the reflex symptoms in ordinary displacements, but they are likely to be intensified, from the fact of having the irritable condition of the organ, produced by the sub-acute inflammation, in addition to the ordinary nervous effect in displacements. Hence, we are more likely to have hysterical spasms, a greater amount of brain symptoms, more derangement of digestion, etc., than in ordinary recent displacements without metritis.

THE EYES are sometimes affected, so as to produce various forms of amaurosis, and sometimes much inflammation, as a result of these conditions of the uterus. The oculist needs to be thoroughly conversant with these facts, as otherwise his treatment would be calculated to give, at best, only temporary relief.

STERILITY, ABORTION, ETC.—Sterility is a common result, though in rare instances, where the irritation is slight in the endometrium, pregnancy may take place; but as the uterus

enlarges in pregnancy, it is liable to contract (owing to its irritable condition), and expel the foetus prematurely.

COPULATION INJURIOUS.—Copulation should be prohibited in these cases, as it can hardly be otherwise than harmful, by producing greater irritation, temporarily at least; and as conception is likely to be followed by abortion, it is better it should not occur till a year or so after the patient appears well; otherwise we may have a relapse.

TUMORS.—Metritis tends largely to the growth of tumors of the uterus, especially fibroids and fibrous polypi. It also tends to the development of cancer of the organ.

MENSTRUAL DERANGEMENTS.—We also have menstrual derangements in metritis. More frequently than otherwise the flow is increased in duration, quantity, and frequency. This drain upon the system, in connection with the excessive leucorrhœal discharge and the pains she has to endure, with the poor nourishment she gets by reason of the disordered stomach generally present in these cases, tends to seriously exhaust the patient to an extent which may threaten her life.

Remedies in Metritis.

Remedies necessarily take a wide range in cases of metritis, on account of the various conditions present and the various constitutions of women. We have mentioned a few remedies in connection with the treatment, and will add some few indications for remedies in a more compact form.

Aconite.—Fever, wiry pulse, dry skin; nausea; great tenderness of uterus, fear, restlessness, and despondency.

Bell.—Dull, heavy headache; tenderness; pain in forehead, just over the eyes.

Bryonia.—Stitches, cutting pain, fever, pulmonary complications.

Cal. carb.—Light complexion, with profuse leucorrhœa; general irritation of the mucous membranes; scrofulous patients, with leuco-phlegmatic temperament, cold feet, vertigo,

fear of impending evil, supra-orbital neuralgia, sour taste in the mouth, involuntary emissions of urine, bearing-down pain in the uterus; especially useful with fleshy people.

Ferrum.—Uterine hemorrhage in women with red face; great weakness; menses stop and return again.

Gelsem.—Hysterical symptoms; hyperæsthesia of a part of the body; tendency to hemiplegia; confusion of the mind; sleeplessness; hysterical spasm; fever without thirst; the fever intermits; great nervous exhaustion.

Graphites.—Profuse leucorrhœa, coming in gushes; in ladies inclined to obesity, affections of the ovaries, severe bearing-down pain, constipation, the leucorrhœal discharge is tenacious, excessive sensitiveness to cold, etc.

Ignatia.—Uterine cramps and stitches; chlorosis; much pain in rectum; excessive flatulency; incontinence of urine; restlessness; changeable mood; hysterical manifestations; excessive yawning.

Borax.—White, thick leucorrhœa; menses too profuse, and too frequent.

Cimicif. rac.—Chorea; great pain in the uterus or ovaries; tendency to rheumatism; has hysterical tendencies; rheumatic or neuralgic pains in the uterus.

Caulophyllum.—Can not sleep; paralysis, and relaxed condition of the uterus; hysterical spasms; irregular menstruation; excessive uterine hemorrhage.

Carbo. veg.—Great weakness; eructations of glairy mucus; acrid leucorrhœa; heat, redness, itching of the labia and vulva; voluptuous thoughts.

Conium mac.—Swelling of the breasts; stitches in the breast, mostly at night; induration of the cervix uteri, with sharp pain in the part; acrid leucorrhœa; prolapsus uteri.

Colocynthis.—Flatus; rolling pain in the bowels; agonizing pain in the bowels; blood flows from anus; urine is thick, fetid, scant; restlessness, with great anxiety; sciatic pains.

Verat. vir.—Congestive state of the pelvic organs; ten-

derness of the uterus ; fever ; heat ; restlessness ; palpitation of the heart ; local or general hyperæsthesia.

Verat. alb.—Hippocratic countenance ; excessive sexual passion ; tendency to diarrhœa ; despair ; hysterical or puerperal convulsions ; fretful disposition ; nervous headache.

Platinum.—Depression of spirits ; excessive sexual desire ; excessive uterine hemorrhage ; much bearing-down pain in pelvis ; ovarian tenderness ; indurations of the uterus ; albuminous leucorrhœa ; useful in hysteria ; passionate nature.

Rhus. tox.—Numbness of feet and limbs ; rheumatic complications ; takes cold easily ; white sediment in urine ; uterine hemorrhage.

Secale cor.—Bearing-down pain in uterus ; uterine hemorrhage ; has cold perspiration ; flabby condition of the muscles ; menses profuse.

VAGINISMUS—DYSPAREUNIA.

Vaginismus, as a distinct disease or difficulty, was first recognized by Dr. Sims in 1857. Dr. Robert Barnes, of London, has seen fit to coin a new name for this condition, which is dyspareunia. This term of Dr. Barnes truly enough signifies painful union in copulation, but is objectionable in that painful copulation may be due to inflammation and tenderness of the uterus as well as the vagina, and may exist independently of any vaginal irritation or spasm ; I therefore prefer to adhere to the term vaginismus, generally understood to mean an over-sensitive condition of the whole or a part of the vagina, accompanied with spasmodic closure from very slight contact, even with the finger, rendering copulation either extremely painful or impossible, causing much distress to body and mind, and sometimes sadly disturbing the peace of families—standing as a barrier against the completion of conjugal duties, including the rearing of offspring, and making life a burden instead of a blessing.

Though not immediately dangerous to life, this condition tends greatly to shorten it by the depression of spirits, and consequent derangement of the digestive and assimilative functions.

It is most common in women recently married, and, I may add, those who have married at an advanced age, being very unusual among those who have once become mothers. Hence the difficulty is one of very great embarrassment as well as pain and annoyance. The patient sometimes imagines (when recently married) that this state of affairs is common to all women, and she tries to endure it. The conjugal relation is irksome and loathsome to her, and she becomes fretful, sullen, and despondent. She communicates to no one the cause of her depression and sorrow, and her husband is suspected by her friends of being unkind to her. The husband often is unaware of the suffering endured by the wife, and is annoyed, if not disgusted, with her fretfulness and depression, as well as want of pleasure in his company, and accuses her of cold-hearted indifference. So on it goes, from bad to worse, till a separation and disgrace follow, as a more desirable state than this just described.

All this trouble and sorrow might be avoided if the husbands knew they might have some difficulty of this kind. We bid them to be cheerful, under the assurance that it can be remedied, and is excellent evidence of the chastity and purity of the wife, and bid them to seek medical aid, if things did not soon right themselves.

Dyspareunia, or painful connection, may be also due to inflammation of the uterus, or ovaries, or displacements of these organs, inflammation of the vagina, disproportionate size of the male organ, want of sexual passion, cystitis, etc.

Symptoms.

Usually the husband of the patient will find that the attempt at copulation produces in his wife extreme pain, or

that it is impossible to perform the act at all, owing, as he thinks, to some malformation of the wife's genitalia.

Causes of Vaginismus.

The cause of vaginismus is sometimes in the general supersensitive condition of the nervous system, called general "hyperæsthesia," and may result from a local hyperæsthesia of these parts. This local hyperæsthesia may be due to the inflammation of the vagina, vulva, mouth of the bladder, fissures or hemorrhoids, moderate cellulitis, flexions or versions of the uterus, irritating discharges from the uterus, great size of the male organ, brutality and violence of the husband in the attempt at sexual congress, etc., etc.

These causes may also develop at a period somewhat remote from the marriage day, owing to excessive coitus, causing vaginitis, or owing to the development of some of the enumerated causes, at any time.

Some authors name hysteria as a cause of vaginismus; but, to my mind, in this theory the effect is mistaken for the cause.

Educated women are much more frequent sufferers from vaginismus than the uneducated. This is doubtless due to the greater exhaustion of the nervous system, and consequent impairment of glandular and muscular strength. With most of these women the animal nature is stunted from want of physical exercise, and exhausted by keeping late hours, and from hard study and loss of sleep.

The mental determination to suppress every sexual emotion causes, in time, a loss of virility, not complete, it is true, in many instances, but very generally a serious impairment. In these cases contemplation of the sexual act is repulsive; there is an absence of secretion naturally thrown out by the sebaceous follicles, in the labia and nymphæ, while in the embrace of her husband, and, consequently, there is a dryness of the parts, instead of moisture. This absence of

moisture, with the little or no sexual passion felt, are important agents in causing pain and spasmodic closure of the vagina when sexual congress is attempted,—all having the foundation cause in the atony and atrophy of the female genitalia, induced by the exhaustion of the entire system from mental labor.

Neftel, of France, was the first to suggest that moderate lead poisoning, from using cosmetics containing lead, may occasionally produce vaginismus; and I am quite sure he is right. I have, in several instances, observed this condition apparently produced by cosmetics containing lead. In other cases it produces paraplegia or neuralgia.

Treatment.

The first thing in the treatment is to ascertain what there is in the particular case in hand which causes the trouble. Perhaps the best prescription which can be made for cases ordinarily, is to give, according to the homeopathic indications, either *Ignatia*, *Nux*, *Aconite*, *Bell.*, or *Ars.*, internally, with *Belladonna Ointment*, diluted one-half, passed in small quantity between the labia minora and up into the vagina, by the patient herself, twice a day, using very warm water vaginal injections, in large quantity, at least once a day, taking warm sitz baths at night, before retiring, etc. Should this treatment fail of giving relief in a week or two, a physician should be consulted.

(Copulation while the patient is under the influence of an anæsthetic has been practiced, in this country, to induce conception, that parturition might cure the difficulty.) Dr. Packard* reports a case where conception occurred, although the penis never entered the vagina, and I have seen one such case. It is to be expected that the delivery of a child will effectually cure the vaginismus; hence, it is always desirable, in these cases, that conception should take place.

**Amer. Jour. Obs.*, Vol. II, p. 348.

Warm vaginal injections and the occasional application of *Bell. Ointment* and *Vaseline*, equal parts, with the finger, by the patient herself, conjoined with indicated remedies for this and other symptoms in the case, together with attention to diet, hygiene, food, mental quiet, and a cessation of attempts at copulation, are usually successful.

It will be judged by the thoughtful reader that efforts at connection would prove injurious and tend to prevent recovery. This is the case, and it is better to forbid every effort at sexual congress till the patient is thought to be recovered.

Indications for Remedies.

Arnica.—Is indicated where the vaginismus has resulted after copulation, or injury of any kind.

Aconite.—Is indicated where there is present vaginismus with heat and tenderness in the vagina, with a wiry pulse, aching in the limbs, fever, etc.

Bell.—Where there is drowsiness, with bearing-down pain; pain in the small of the back, a flushed face, etc.

Ignatia.—In the case characterized by weakness, nervousness, sleeplessness, etc.

Hyosc.—Is indicated if there is a tendency to hysteria, frequent weeping, etc.

ULCERATION OF THE OS UTERI. (*Ulcers of the Womb.*)

I write an article on ulceration of the os uteri, to express the opinion that true ulceration is very rare in this locality. From the frequency with which we hear physicians speak of ulcerations of the womb one would suppose the disease was one that the gynæcologist would see daily; but this is not the case; on the contrary, they are seldom seen even as small pimples, tending to ulcerate. If we use the term ulcer, as it is applied to other tissues, parts, or organs of the body, I may say we seldom see it, except in syphilis,

or the phagedenic or cancerous ulcerations, which are not intended when we speak of ulceration in general terms, and are always designated specifically as such, when present.

The ulceration spoken of by physicians so often is simply a sub-acute inflammation of the vaginal mucous membrane, covering the cervix uteri, the epithelial layer being absent (which will usually be the case after one application of caustic, and this is the almost universal treatment used by the allopathists, whether they see fit to diagnose the case ulceration, inflammation, induration, hypertrophy, chronic endometritis, or endo-cervicitis). Muco-purulent matter is sometimes thrown off from this inflamed surface of the cervix uteri, but it is not ulcerated as the term is generally understood. In these cases there is no depressed center, there is no disposition to slough; on the contrary, this inflamed surface is usually more elevated than the adjacent mucous membrane. The term ulceration applied to this condition I consider a misnomer.

When the inflammation is of a rather high grade to be termed chronic sub-acute, almost coming up to an acute inflammation, we sometimes have small pimples which are exceedingly red, with a base considerably inflamed. These pimples seldom attain to a size larger than that of two or three pin heads, and usually pass away without ulcerating. Occasionally they have a little matter in them, which is discharged; but even then the disorder is so slight, as regards the ulceration, as to be unworthy the name. I have never seen them fail to heal, in a short time, under the mildest treatment. Under a severe caustic treatment the healing process might be indefinitely postponed if it was used with any degree of frequency.

The class resulting from laceration of the os in confinement is more numerous than is generally imagined, from the fact that they many times exist without being discovered,

owing to careless examination or a failure to comprehend their nature and appearance.

The ulcers resulting from unhealed lacerations of the os are in appearance deep fissures, and generally double, *i. e.*, one situated upon either side of the neck, the outer margins of which we find covered with mucous membrane, and somewhat increased in color from the natural tint; but on separating these false lips as it were, we discover pus in the bottom of the fissure, and, on wiping it away, we see the raw, ulcerated condition of the bottom of the fissure, which, by the way, is, of course, upwards towards the fundus of the organ. These fissures or ulcers may exist singly, either from the fact of one of them having healed, or from the laceration having occurred only at one point.

The pathological condition recognized by some authors as ulceration is really one of sub-acute inflammation. Notice the description given by Prof. Byford.* He says:

"After the inflammation has lasted for a time, if its intensity is increasing, the epithelium gives way, more or less completely. This epithelial denudation is the simplest and most common form of ulceration met with in practice. Of course, in this form of ulceration the red portion is not depressed; it retains its level with the adjoining surface, and, consequently, the term ulceration is not considered applicable by some writers. After the epithelium is lost for some time, there is a gradual increase in the size of the papillary structure of the membrane, covering the neck of the uterus, and if the membrane is now examined, instead of the smooth redness there is something of a velvety or plushy appearance. The intensely red surface is covered by, or rather seems to be formed of, an infinite number of extremely minute projections so closely opposed that there is hardly any space between them. The papillary projections do not seem larger than the minute silk fibers of velvet, as short and as thickly

* "Medical and Surgical Treatment of Women," pp. 185-7.

set. This surface is almost always covered with mucus and pus in different proportions of admixture. There is always pus, however, when this complete absence of the epithelium is observed. Still the evenness of the mucous surface is not disturbed. *There is no excavation at least.* If there is any change in this respect, the red patch is slightly elevated above the surrounding surface. This kind of surface is always seen upon a greatly enlarged cervix, which is also very much indurated. It is very obstinate, but will usually yield to sufficiently energetic and long continued treatment. *The boldness of the use of caustics necessary to the cure of such cases as these requires strong nerves to institute and thoroughly execute.*" (The italics are my own.)

It will be noticed that Dr. Byford states that "this is the *simplest* and *most common* form of ulceration met with in practice." And, regarding treatment, says: "The boldness of the use of *caustics necessary to the cure of such cases requires strong nerves to institute and execute,*" but says, "the disease is very *obstinate.*" Is it any wonder? We think not; and are only surprised that such treatment has ever been used.

The application of caustics to the healthy os uteri will cause the exfoliation of the epithelial layer of mucous membrane, as described, with all the accompanying symptoms mentioned, which really are but the efforts of nature to restore the loss of tissue produced by the inflammation either with or without the caustics. It is one of the mysteries of medicine that intelligent gentlemen should have applied caustic applications heroically, perseveringly, and eternally, where the success was so problematical, as they acknowledge, and where reason and philosophy seemed to be ignored. Especially is it strange among those who claim to be so particularly scientific, as do the old school. It is on a par with the universal use of blood-letting practiced by this school of medicine thirty or forty years since, which has fallen entirely

into disuse; and it is to be hoped that very soon caustic applications to the os uteri may be as seldom used as is blood-letting at the present day.

In these remarks I intend no disrespect to Prof. Byford; on the contrary, I selected a quotation from him because I thought he gave one of the best descriptions of the appearance of the os in these cases to be found in any work, and as I know the treatment recommended by him is a true statement of the actual practice of his school to-day. I cheerfully acknowledge the obligation I am under to him for instruction many years since, and I hope I shall always remember the respect I owe to him and other old school physicians who did so much for me in my student days, and also in the first years of my practice. If I now differ with them, it is only reluctantly, after having found by experience that we have in homeopathy a law for the selection of remedies in the treatment of disease, and that the treatment of disease with remedies selected by this law is much more satisfactory than by the old school methods.

This description of ulceration by Prof. Byford is probably as good a statement of the condition of the os in cases so frequently called ulceration, as can be found or written. Still, I see no good reason to apply the term ulceration, as it certainly deceives patients and friends in regard to the true nature of the difficulty, and gives great distress to some sensitive ladies, amounting to almost an abhorrence of life and detestation of themselves. Generally some leucorrhœa is present in these cases, and the patient imagines that the interior of her vagina must be perfectly horrid, if it is so ulcerated as to cause such a discharge. It is natural that she should feel much discouraged and depressed in mind—the very condition we wish to avoid, if possible. But, on the contrary, with the explanation of the physician that the difficulty is chronic inflammation of the neck of the womb, and that it looks somewhat red and swollen, and we explain

that the discharge is the result of this inflammation, it causes much less alarm, and hopefulness takes the place of fear and despondency.

Treatment.

True ulceration, I believe, will seldom be found in the robust patient; and, when we find it, we will have need to recollect that good nourishment is a desideratum. Remedies calculated to build up the system by exciting healthy glandular action, healthy secretion, assimilation, and excretion, as well as general nerve strength, are needed. They may be found among the following remedies, selected according to the peculiar symptoms of each case: *Merc. pro.*, *Ars.*, *Phytolac. dec.*, *Nux*, *Cal. carb.*, *Sepia*, *Lachesis*, *Lycopodium*, *Iodium*, *Thuja*, etc. If the properly selected remedy fails, gentle local treatment may be required; and the patient should consult the most experienced and skilled gynæcologist possible, as all these cases require skillful treatment.

CATARRH OF THE VAGINA—VAGINITIS.

These terms indicate an inflammation of the lining membrane of the vagina. It is more frequently chronic than acute. An acute attack, resulting from cold, is denominated *catarrh of the vagina*. It may attack girls or women of any age. In *acute* attacks the symptoms most complained of are, *heat*, *burning*, and *itching* of the part. The inflammation generally affects the mucous membrane of the labia at the same time, and, consequently, it sometimes becomes very painful in walking, as the moving of the limbs chafes the labia, already inflamed, and causes great pain. In two or three days after an acute attack of *vaginitis*, which is often ushered in by chilliness of the whole body, there is pain in the limbs, back, etc., generally an increase of temperature, and a rapid, wiry pulse, tongue generally with a white coating, loss of appetite, with sometimes nausea and vomiting.

After the lapse of a few days, there is a copious flow of

mucus and muco-purulent matter from the vagina. By this time the patient will generally feel inclined to take to her bed, if she has not done so already.

I have here described the more violent form of acute attacks of *vaginitis*. The large majority of cases are more mild in their symptoms. These severe acute attacks are usually due to cold taken at the menstrual period. Tedious labor, where the head is impacted in the vagina, is a cause of severe vaginitis occasionally, and is to be avoided if possible, even if it is necessary to use instrumental delivery. It is much safer in skillful hands than the long impaction of the head.

The *specific* inflammation of the *gonorrhœal* poison will be discussed under its proper head. The differential diagnosis is sometimes difficult. The character of the patient and the history of the case will aid us some in distinguishing the specific from the non-specific. Objectively and subjectively, the symptoms are much alike. Where the patient is of good character we usually will, of course, have the non-specific inflammation, while in the case of prostitutes we may have non-specific inflammation from causes mentioned; still, they are comparatively rare among these women.

In gonorrhœal inflammation, generally, painful micturition is one of the first symptoms, while in the non-specific it comes on later in the case, if at all. The smarting, even then, is mostly confined to the interior of the labia, and not to the tract of the urethra, as in specific inflammation. *Bubo*, which often results in the female (though not as often as in the male) from gonorrhœal vaginitis, seldom, if ever, accompanies non-specific inflammation of the vagina.

We may have in these cases of *acute vaginitis* various sympathetic symptoms very much resembling those produced from uterine disease—pain in the back and limbs, constipation of the bowels, weakness, etc., etc. This acute inflammation sometimes produces abscess in the labia majora, which is particularly embarrassing to newly married ladies, and it is

just this class which is most frequently affected with abscess of the labia. In these cases it will sometimes be found that the inflammation first attacked the labia, and spread to the vagina.

Worms sometimes produce this disease in young girls, and sometimes from want of cleanliness of the parts, in conjunction with a sudden cold, vaginitis may be developed.

CHRONIC VAGINITIS is more common than the acute. It exists in a sub-acute form in many women for years, producing leucorrhœa, sometimes painful vaginismus, which makes the act of copulation very painful, if not entirely impossible. In other cases there is little tenderness or heat, but, on the contrary a relaxed, cool state of the parts. This discharge is usually so profuse as to be exceedingly annoying to the patient. Generally there is little urethral irritation in this chronic form of vaginitis, nor is there as much disturbance of the general system as in the acute form.

The causes which tend to produce this *chronic sub-acute vaginitis* are colds, resulting in a sort of *catarrh*, which does not get entirely well until another is taken, and so on. Frequent child-bearing, as well as miscarriages, tend to leave the parts either irritated or weakened, and consequently more sensitive to cold. Excessive venery, want of cleanliness, the wearing of pessaries for a long time—and, for that matter, a short time—will produce vaginitis in some women. The intercourse with husbands who have, at some previous period, been afflicted with syphilis is said, by some authors, to produce a mild vaginitis; but, in my opinion, based on experience, the most frequent cause of chronic vaginitis is displacement of the uterus. Displacements of either variety do tend directly and materially to produce this difficulty. The use of washes to prevent conception is another fruitful cause of this disease, as well as the use of strong injections and the application of caustics to the os uteri.

The excoriating nature of some of the discharges from

the uterus passing over the vaginal membrane tend to inflame it, and are the cause of the obstinacy of the vaginitis, in some cases, in spite of all treatment, because the exciting cause remains undiscovered and unrevealed.

The scrofulous habit may predispose largely to the development of the disease, as well as the debility of excessive fatigue. The presence of tumors in the pelvis of any kind will, of course, largely tend to produce and keep up inflammation of the vagina.

Treatment.

The *acute* attack of *vaginitis* will require *Aconite* first, last, and all the time, taken, in the second or third attenuation, every three hours, ordinarily. Some cases, showing depression of strength, hot flashes, with chillings, require *Ars. alb.* 3^x. Perfect rest should be enjoined. Evacuate the bowels with enemata of soap and water, place the patient in a warm sitz bath for twenty minutes, three times a day, apply warmth to the feet, inject into the vagina, and also apply a soft cloth between the labia, wet with a wash made of *Tr. Aconite* 3 i, *Aqua*, O. ss. Still maintain rest and give a non-stimulating diet; cold water may be drank of moderate temperature, omitting tea and coffee. After a day or two following this treatment, I usually apply to the vaginal surface an *ointment* of *Bell.* diluted with simple cerate, about four hundred per cent, applying it with the finger thoroughly, which relieves the tenderness rapidly. Another excellent application is a wash (used with the syringe) of *Hydrate of Chloral* 15 grs. to *aqua* 3 i, injected every four hours.

TO PREVENT ADHESIONS OF THE LABIA, which might occur, if neglected, it is well to keep them separated with an oiled fold of cloth, lint, or cotton.

The remedies most serviceable in chronic vaginitis are *Cal. carb.*, *Sepia*, *Mercury*, *Nux*, and *Puls.* (*Puls.* especially, if there is amenorrhœa as a complication.) An injection of simple *Chlo. Potass.* in solution, of the strength of about five

grains to the ounce, is excellent, combined with the *Vaseline* applications mentioned in convalescence from acute vaginitis. In *chronic* vaginitis we have little fear of adhesions forming. Sometimes *Can. ind.*, *Canthar.*, *Cubeb*, or *Bell.* may be given to relieve the urethral irritation; but they are seldom needed, as the cure of the vaginitis results in the cure of the urethritis also. Tepid soap and water vaginal injections are desirable, used daily, to cleanse away the discharge, and allow of the direct application of the other treatment. Nourishing diet, good air, freedom from care and worry, are great aids in the treatment.

In cases of very young girls, we must be sure worms are not the active cause. If they are, they must, of course, be removed. Injections into the rectum of thin starch water, with a few drops of *Spts. Turpentine*, is an efficient remedy for these little pin-worms, which are sometimes the cause of vaginitis. Open the vagina gently, and wipe away any that may be seen, with a soft cloth. Bathe the parts often with tepid water, and gently apply *Vaseline*, *Cosmoline*, or *Basilicon ointment*, twice a day. The remedies to be given are the same as for the adult.

Indications for Remedies in Vaginitis.

Aconite.—Vaginitis, with dizziness; fear of death; restlessness; rapid, wiry pulse; hot, dry skin.

Arsenicum.—Vaginitis, with nausea; aching of the entire body; chilliness, alternating with hot flashes; profuse yellowish leucorrhœa.

Arnica.—Vaginitis from traumatic lesions; excessive venery; loss of appetite; bitter taste in the mouth; sensation of cold on top of the head, with nervous depression.

Bell.—Vaginitis, with bearing-down pains; vagina hot and dry; face flushed, with great thirst; urine copious, pale, and involuntary; pulse full and throbbing; great disposition to perspire.

Bryonia.—Vaginitis, with dysmenorrhœa; menses too profuse, complicated with pleuritis or mucous diarrhœa; mouth and lips dry, with nervous depression and dry, hacking, tickling cough.

Cannabis sativa.—Vaginitis, with copious milky leucorrhœa; labia swollen and tender; burning in the urethra; painful micturition; palpitation of the heart, and frightful dreams.

Cal. carb.—Vaginitis, with leucorrhœa like milk; dark offensive urine; vertigo when walking; glandular enlargements in any part of the body; sweating of the palms of the hands; feet cold and damp. (Cowperthwaite.)

Cantharis.—Vaginitis, with dysuria; dryness of the vagina, with nymphomania.

Cimicif.—Vaginitis, with pain in the ovaries; dysmenorrhœa; complicated with neuralgia or rheumatism; dull frontal headache.

China.—Vaginitis, after labor; red sediment in urine; painful micturition; throbbing headache; roaring in the ears.

Cocculus.—Vaginitis, with menorrhagia; dizziness, with nausea.

Carb. veg.—Vaginitis, with an aphthous condition of the parts; indigestion; offensive flatus; hoarseness; tendency to sleep during the day; can not sleep at night.

Conium maculatum.—Vaginitis, with severe itching in the vagina; cutting pains in uterus, ovaries, or breast, with increased sexual desire.

Digitalis.—Vaginitis, with palpitation of the heart; membranous dysmenorrhœa.

Dulcamara.—Vaginitis, with amenorrhœa and watery diarrhœa; pain in small of the back.

Ferrum.—Vaginitis, with redness of the face; rush of blood to the head; amenorrhœa, epistaxis, etc.

Gelseminum.—Vaginitis, with sharp pains in the uterus and dizziness; pain in the occiput; trembling and weakness.

Graphites.—Vaginitis, with profuse leucorrhœa; itching of the pudenda, with morning sickness; aversion to animal food; nausea from the smell of food; despondency and weakness.

Hamamelis.—Vaginitis, with uterine hemorrhage, bleeding hemorrhoids, etc.

Hyoscyamus.—Vaginitis, with hysterical symptoms; excessive sexual desire; immodest exposure; pupils dilated; eyes look wild.

Ignatia.—Vaginitis, with frequent micturition; sighing; sensation of weakness; restless sleep.

Iodium.—Vaginitis, with induration of the uterus, and swelling of the ovaries; mammæ small, undeveloped; scrofulous conditions, with dark hair and eyes.

Kreosotum.—Vaginitis, with yellow leucorrhœa; violent itching of the labia.

Lachesis.—Vaginitis, with hot flashes, dimness of vision; vertigo, with hysterical symptoms, in old women.

Lycopodium.—Vaginitis, with dryness in the vagina; excessive appetite, with hiccough; weak memory, with constipation.

Platinum.—Vaginitis, with nymphomania; bearing-down pain in the abdomen; objects appear small; sad, irritable mood.

Pulsatilla.—Vaginitis, with scanty menstruation, from taking cold; leucorrhœa thick, like cream.

Sepia.—Vaginitis, with great tenderness; vagina dry and hot; urine turbid, with reddish sediment; yellow, sallow complexion; prostration of strength.

Sabina.—Vaginitis, with thick, offensive leucorrhœa; menses too profuse; strangury; dysenteric symptoms; urging at stool; vertigo when attempting to walk.

Sulphur.—Vaginitis, with corrosive leucorrhœa; constipation; tenderness of the abdomen; troublesome itching of the labia.

Thuja.—Vaginitis, with mucous leucorrhœa; great itching of the genitalia; useful in cases where there is a syphilitic taint.

Verat. viride.—Vaginitis, with congestion of blood in the brain, especially affecting its base; sense of fullness in the back of the neck; irritable disposition; dilated pupils; gastralgia, etc.

Zincum.—Vaginitis, with irresistible sexual desire; leucorrhœa thick, bloody, etc.; dizziness, with weak memory; mouth and lips dry.

DIPHThERITIC INFLAMMATION OF THE VAGINA.

When we have *diphtheria* affecting the throat, in severe cases, we may have also a *diphtheritic exudation* in the vagina, preceded and accompanied by vaginitis; and we may also have this *diphtheritic* inflammation in the *vagina* without the throat manifestations. Ichorous discharges from the uterus may produce it in cases of carcinoma of the uterus, or in cases of ulcerating fibroids or polypi, or in cases of vesico-vaginal fistula, measles, small-pox, typhus, and cholera; and we sometimes have this complication in the puerperal patient.

Treatment.

(See article on Diphtheria.)

UTERINE HEMORRHAGE.

The term uterine hemorrhage is applied to an abnormal and excessive loss of blood from the uterus. This includes, of course, menorrhagia. It means menorrhagia, and more than this, also. It may occur during the course of gestation, or otherwise. It may occur independently of the menstrual function, caused from some irritation within the uterus from tumors. It may supervene upon delivery. It may be caused from ulceration. It may induce and be caused by an atonic or anæmic condition of the system.

Hence, we see that uterine hemorrhage needs to be thoroughly studied; for a clear understanding of the *cause* of the hemorrhage is often of the utmost importance in regard to the treatment of the case.

I have discussed the hemorrhage caused from uterine tumors under that head, and excessive menstruation under the head of menorrhagia; still there are many other conditions which may cause hemorrhage from the womb, and to these conditions I invite attention.

First, the accidental hemorrhage, occurring during gestation, caused from a partial separation of the placental attachment. Sometimes this flow simulates regular menstruation, and the patient does not imagine herself pregnant at all, and often indignantly repels the intimation. I have seen several cases of this kind. I will relate one case as somewhat typical (excepting the age of the patient).

In May, 1863, I was called to see Mrs. D., aged fifty-three years, who had been flowing, she told me, almost daily for five months, and that once a month the flow was excessive, accompanied with some uterine pain. This time being one of her monthly flows, I found her apparently having some pain in the uterus, though flowing freely. I learned from her that the menses had about eight months before ceased for about three months, since which time they had been as stated. I requested a vaginal examination, which she at first refused, thinking it quite unnecessary, but she finally consented, and I found the os uteri open, the size of a dime or more, and through it I could feel something presenting. I tamponed the vagina, and gave *Secale cor.* This increased the pain, and in two hours I removed the tampon, and found a foetus half-way through the os. This I abstracted, which greatly astonished the patient and her friends. She made a rapid recovery. In several instances I have had a similar experience, where pregnancy had not been suspected by the patient or her friends.

Causes.

After confinement, and after a miscarriage, women often suffer from severe floodings. This may be due to the retention of a part or the whole of the placenta, or after labor to a failure of contraction of the uterus, leaving the blood-vessels dilated where the placenta had been detached. I have many times been called to see patients who were flowing excessively after an abortion, and their physician either failed to realize the cause or was unable to use the means for relief. These cases are very trying, as it is generally the case that both patient and friends, and sometimes the physician, insist that "all has come away." They are generally led into the error by mistaking a large clot for the placenta.

We may lay it down as a rule that in miscarriage there is never excessive hemorrhage after the foetus and placenta are discharged. If active, troublesome hemorrhage supervenes after abortion, we know something is still retained. During the first few hours after confinement there may be an excessive flow from relaxation of the muscular tissues of the uterus, and a condition of sub-involution of the organ, these conditions leaving the veins open and liable to bleed, as is also the case in some instances after labor at term.

The only safety from hemorrhage lies in the full, perfect contraction of the uterus, following the delivery of the child, or foetus, and the placenta, or membranes. Careful attention should be given to the complete discharge of the membranes after abortion, as their retention in the uterus may cause hemorrhage from the efforts of the uterus to dislodge them, alternately contracting and relaxing. During the period of relaxation the blood is effused into the uterus, and expelled with each contraction, until the membranes are entirely discharged.

Hemorrhage may result from intra-uterine fibroids, uterine polypi, granulations of the endometrium and cervix,

uterine hydatids, mucous polypi in the uterus, inflammation of the cervix, cauliflower excrescence, and cancerous ulceration.

Most of these conditions I have spoken of under distinct heads, and the reader is referred to them for description, etiology, and treatment.

In some persons there is a certain predisposition to hemorrhage, called a *hemorrhagic diathesis*; and there is in a few this tendency to hemorrhage, without the outward manifestations of any peculiarities characteristic of this diathesis.

The *hemorrhagic diathesis* is marked by the light complexion; thin, rosy skin; the lymphatic temperament; the large, languid eye; the slow, compressible pulse; the languid manner, etc. These symptoms, more or less, indicate the nerve weakness, upon which, it is probable, the whole difficulty depends. Want of tonicity or strength in the nerve, giving rise to relaxation of the veins and capillaries, allows of the bursting out of the blood from its natural channels by first allowing of distention, and, there not being power enough in the coats of the vessels to withstand the pressure, a laceration of their coats is the result, and a hemorrhage ensues.

An extremely *hyperæmic* condition of the system (overfullness of blood) may largely tend to the production of this diathesis in causing distension and consequent weakening of the blood-vessels, and causing the nerve depression, to some extent, by the pressure exerted upon the brain from overfullness of the blood-vessels there. This peculiar condition may be acquired, or may be inherited. It is sometimes manifested through several successive generations.

When there is in a patient this peculiar predisposition, of course, she is liable to hemorrhage from causes which would produce no effect in others. Recognizing this predisposition, we may use such preventive treatment, many times,

as will avert the occurrence of hemorrhages, which otherwise might be severe, or even fatal. (The time will come when the people will depend as much upon the physician to prevent diseases as they now do to cure them.)

The causes of uterine hemorrhage, which are general in their application, consisting of the atonic and hyperæmic conditions, conjoined with the lymphatic temperament, which we have mentioned, are supplemented in uterine hemorrhage in pregnancy by certain other causes which operate directly to produce the hemorrhage.

First, the partial separation of the placental attachment to the uterus is the direct cause of the hemorrhage. This may result from straining, lifting, or fright, from a fall or direct violence, or from the contractions of an irritable womb, independently of these causes.

The attachment of the placenta directly over the neck of the uterus, called *placenta prævia*, causes hemorrhage also; for as the body of the uterus expands it breaks off a portion of the attachment, and hemorrhage results (often only in small amount, however).

The inertia of the womb causes, in some cases, subinvolution of the organ, and may result in hemorrhages for months, generally occurring at the menstrual periods, and properly termed *ménorrhagia*.

Diagnosis.

Of course, the discharge of blood *per vaginam* is the usual symptom of uterine hemorrhage, being at a period unconnected with menstruation, or protracting that event, and being excessive in quantity at the regular period. If of small amount only, when not connected with menstruation, it constitutes a hemorrhage.

A blanched countenance, white lips, coldness of the extremities, feeble pulse, etc., are symptoms of excessive hemorrhage, and may or may not be accompanied with fainting

spells. When fainting comes on, the flow of blood is generally arrested temporarily.

Sometimes uterine hemorrhage may go on to a considerable extent without blood being discharged *per vaginam*, being retained by clots in the vagina or os uteri. This is particularly the case in hemorrhage after confinement; the uterus, having failed to contract, may become distended with blood, and very little pass from the patient, producing all the alarming symptoms enumerated. And occasionally this may occur after the uterus has contracted, apparently quite well, slight hemorrhage at first forming a clot at the os. As the blood continues to ooze out, the uterus relaxes, the blood-vessels open, and the hemorrhage becomes rapid, and the patient manifests alarming symptoms, first noticed, perhaps, by the occurrence of a faint, and our attention is then called to the other symptom of hemorrhage, and, on examination of the uterus, it is felt distended to about the size it was before delivery.

Treatment.

The first thing to be done in uterine hemorrhage is to take such action as will at once arrest the flow of blood. In *post partem hemorrhage* (hemorrhage after confinement), the first thing to do is to turn out the clots in the vagina, and, if the uterus does not then contract, we should pass the fingers within the os, and remove all the clots from it. If this is not effectual, pass the whole hand within the uterus, and break up the clots, and gently move the hand around the sides of the cavity of the womb, applying the other over the abdomen, and using gentle friction with the extended palm. It is well at first to administer a half ounce of brandy, with a tea-spoonful of *Flu. Ext. of Ergot* in a little warm water.

A bandage should be tightly applied about the abdomen, to give support to the abdominal muscles, and aid in the holding of the uterus in a state of contraction. The

application of ice to the abdomen, and introducing pieces of it into the uterus, tends to shock the system too severely, as well as chill the patient, and induce inflammation.

After the hemorrhage has ceased I have given *Ipecac* 3^x, or 6^x in some cases to prevent recurrence of the flooding, apparently with good effect. *China*, *Secale*, *Nux*, or *Ars.* are sometimes indicated. Should the hemorrhage precede the delivery of the child, every effort should be made to deliver as rapidly as possible. If the os is not dilated, it and the vagina may be tamponed, which would restrain the flow till the os is dilated so that artificial delivery can be attempted and affected, while after the delivery the tampon is inadmissible, as restraining the flow externally to the uterus would not prevent the hemorrhage going on actively into the cavity of the organ, as has been before stated. While the child is still in the uterus its presence would compress the bleeding vessels from above, while the clot formed from the use of the tampon below would restrain the flow and keep it under restraint.

In cases of hemorrhage preceding and threatening abortion (if excessive) we may use the tampon. (The inflatable rubber bag, with tube and stop-cock, is the most convenient means.) If the flow is slight I would give *Secale* 3^x every two hours, and order perfect rest in the recumbent posture, following the arrest of the hemorrhage with such remedies as seemed to be most indicated in each case.

If the foetus has been expelled and flowing is going on severely, we must see to it that the placenta (or membranes) is removed, whether the case be one of a few days' or five months' duration. I have removed one where it had been retained for seven weeks after the delivery of a foetus, causing almost daily hemorrhages. The patient's physician (though of the most regular kind, and in excellent standing) had failed to realize that the placenta was retained; still at my first visit I removed it, and the patient had no more

hemorrhage and rapidly recovered. So the great length of time a hemorrhage has continued must not prevent us from seeking for a retained placenta, if the hemorrhage dates from the time of the miscarriage. A good physician should always have charge of these cases if possible. *Aconite*, *Bell.*, *Ipecac*, *Secale*, *Hydrastis*, *Nux*, *Plumb.*, *Qpi.*, *Merc.*, *Ars.*, *Puls.*, etc., are to be studied in these cases, and given, according to the symptoms homeopathic to them.

In cancerous ulceration producing hemorrhage, and in cases of inflammation of the cervix, vegetations of the endometrium, uterine tumors, etc., I refer the reader to these special diseases.

The hemorrhagic diathesis is to be treated according to the prominent indications in each case. *Nux*, *Ignatia*, *Ars.*, *Bry.*, *Rhus*, etc., which act to tone up the general nervous system, are indicated, sometimes including such remedies as *Phytolac.*, *Cal. carb.*, *Sulph.*, *Can. ind.*, *Iod.*, *Kali iod.*, etc., with reference to the glandular system. These cases are often troubled with nosebleed, and free hemorrhage results from very slight wounds. In these cases we may, with advantage, also study *Cimicif. rac.*, which has proven highly beneficial in a disposition to hemorrhage, when otherwise indicated by the accompanying symptoms.

REST AND POSITION.—The pregnant woman, attacked even with slight hemorrhage, should at once assume the recumbent posture, and remain quiet. The mind must not be agitated by care or conversation. If the attack is severe the patient should lie with the limbs and hips elevated, and the head resting upon a small pillow. Do not raise up the patient because she is faint, but lower her head and raise the body and limbs. In connection with this care as to rest and position, the patient should take *Secale cor.*, 6^x or 12^x, every two or three hours. (The value of this remedy in minute doses, to prevent threatened abortion and premature labor, is now recognized by the old school also, which is a con-

cession to homeopathy in them.) After the flow has been arrested two or three days the patient may be allowed to sit up a little, and very soon take gentle exercise, but no hard labor or riding over rough streets should be allowed. *Sexual congress* must be strictly prohibited in these cases.

DIET.—The diet must be as nutritious and easily digested as possible. Stimulants are, as a rule, injurious, except in cases of excessive floodings, when wine or brandy may be given temporarily, but not continued after the urgent symptoms are relieved. *Milk*, with a little salt, *beef tea*, *soup*, etc., are demanded to replenish the blood. The patient should be allowed to drink cold water freely, but she is better off without tea and coffee. Let the food be plain, easily digested, and consisting largely of farinaceous materials. Much care needs to be exercised by the physician in regard to diet in all the diseases of women, but it is especially necessary in hemorrhage, as the system is drained of a large amount of this vital fluid, and it must have resources from which to gain a new supply.

AIR AND LIGHT.—Give the patient fresh air to breathe, and some of God's sunlight to look at. The effect of a dark room and stagnant air is so depressing that we do well to avoid both.

LEUCORRHEA. (*Whites.*)

This term signifies an unnatural discharge other than blood from the female genital organs. It is not a disease in itself, but really a symptom only of inflammatory action in the vagina, or uterus. In the healthy woman there is a mucous secretion in the vagina, for the lubrication of the parts, which is oily in its nature; but in disease we have various discharges, differing in appearance and consistency, which are termed leucorrhœal.

The term "whites" is sometimes used to designate this complaint. It may affect girls or women of any age; even

infants are sometimes affected with it. It is sometimes easily cured, and again it is very obstinate, owing to the various causes upon which it is dependent.

The discharge may be thin or thick, and white or yellow. The yellow discharge indicates the uterine origin of the difficulty. The white and watery discharge comes from the vaginal mucous membrane. It may be catarrhal in its nature, and affect at once the lining membrane of the vagina, cervix and endometrium simultaneously, in which case we have a varied appearance of the discharge, sometimes thick, sometimes thin, again some yellow matter mixed with the thin white discharge, and so on.

Diagnosis.

It is not difficult to diagnose that we have or have not leucorrhœa, but it is not always so easy to make out its cause. It is true, it must be from the irritation in the vagina or uterus; but the cause of this irritation is the thing to find out.

It must be borne in mind that the inflammation may be chronic, or sub-acute. It may be so mild as to be scarcely recognized as an inflammation at all—being confined mostly to the glandular structure of the vagina, which may pour out an abundant discharge, though there may be no tenderness or heat observable in the parts. In these cases the vagina will be found loose and flabby.

The yellow leucorrhœa indicates exfoliation of the epithelial layer of mucous membrane, from some preceding active inflammation, and that pus is being secreted on this denuded surface; and this condition may be expected to be found either upon the cervix or in the interior of the uterus. The white albuminous discharge from the os is simply an excess of natural secretion in the uterus, showing some undue congestion of the endometrium, but may pass away without treatment in a very short time. The discharge of a large

amount of pus at one gush, of course, will indicate the formation and rupture of an abscess.

Treatment.

Some recent catarrhal cases will be speedily cured with *Aconite*, followed, in three or four days, with *Sepia*; and if this is not sufficient, give *Cal. carb.*; frequently bathe the parts with Castile soap and water. Hip baths are also of service. As the discharge tends to debility, a good nourishing diet is necessary. If the patient is very much prostrated from chronic leucorrhœa, *China*, *Ars.*, *Merc.*, *Nux.*, or *Puls.* may be indicated. After the vagina and labia are well cleansed, it is well to smear the parts with *Vaseline*; and, in case of children and infants, place a soft cotton cloth, smeared with *Vaseline*, between the labia, to prevent adhesions; and, in some instances, it is well to gently press a small bit of the cloth, so oiled, up into the vagina, to prevent occlusion.

Astringent washes are not needed. Sometimes the local application of a little *Glycerine* and *Hydrastis* is, however, beneficial. In the form I mentioned as being characterized by the relaxed, flabby condition of the vagina, the stimulating effect of dilute *Citrine ointment*, applied to the vagina once a day, may aid us in making a rapid cure.

There is in some cases of suppression of the catamenia a leucorrhœal discharge which seems to take the place of the regular menses, lasting about as long, or a little longer, than the menses usually did. This form of discharge is not really leucorrhœal, but a conservator of health. It is really a perverted or incomplete menstruation, and calls for *Puls.*, *Macrotis*, *Cocculus*, etc., not to suppress it, but to cause the more free flow, which would probably be healthy menstrual fluid. So we are constantly reminded of the need of taking into account the whole of any given case, and not let one symptom obscure our vision in regard to others, or the conditions producing them.

Remedies in Leucorrhœa, with Special Indications for their Use.

In addition to *Aconite*, *Sepia*, *Cal. carb.*, *China*, *Ars.*, *Merc.*, *Nux*, *Puls.*, etc., which I have named, the following remedies are of service in some cases of leucorrhœa, given when indicated by the totality of the symptoms, which should be carefully studied in works on therapeutics. The leucorrhœa may be kept up by reason of diseases somewhat remote from the vagina, and, consequently, there may be indications for remedies ordinarily only demanded in other diseases. These remedies are *Graphites*, *Muriat. acid*, *Nit. acid*, *Platina*, *Macrotin*, *Lyc.*, *Sulph.*, *Bryonia*, *Sil.*, *Ferrum*, *Can. ind.*, *Thuja*, etc.

IN ACUTE LEUCORRHŒA.—*Acon.*, *Puls.*, *Plat.*, *Sab.*

IN CHRONIC LEUCORRHŒA.—*Alum*, *Ars.*, *Cal. carb.*

WHEN THE DISCHARGE IS FETID.—*China*, *Kreos.*, *Sabina*.

FOR YELLOW LEUCORRHŒA.—*Aconite*, *Ars.*

FOR BROWN LEUCORRHŒA.—*Nit. ac.*

FOR GREEN LEUCORRHŒA.—*Merc.*, *Puls.*, *Sep.*

FOR WATERY LEUCORRHŒA.—*Chin.*, *Graph.*, *Sep.*, *Sil.*

FOR THICK LEUCORRHŒA.—*Ars.*, *Carb. veg.*

FOR MILKY LEUCORRHŒA.—*Calc. carb.*

Aconite.—Is indicated when leucorrhœa is complicated with great timidity, especially after a fright; fear of approaching death; inconsolable anxiety; predicts the day of death; excessive restlessness; vertigo, with nausea and vanishing of sight; burning headache, as if the brain were agitated by boiling water; scalp sensitive to the touch.

Ars. alb.—"The leading feature of this remedy is the nervous restlessness, with rapid emaciation and thirst;" is sad and tearful; head confused, dizzy, stupefied; face has a cachectic look; sunken; covered with cold sweat; is expressive of great mental agony; drinks often, but little at a time; loathing of food; leucorrhœa profuse, yellow, thick, corroding.

Cal. carb.—Rush of blood to the head; leucorrhœa like milk; ravenous hunger or complete loss of appetite; feet feel cold and damp; great weariness; not able to walk; pro-

fuse sweat on slightest exertion; sweating of the palms of the hands.

China.—The key-note symptoms of this remedy are prostration, with neither thirst nor hunger; ringing in the ears; taste flat, insipid, slimy, and bitter; leucorrhœa, instead of or before menses, with spasmodic uterine contractions; is very sensitive to pain and to draughts of air.

Mercurius.—The chief characteristics of this remedy are an aggravation of all the symptoms at night, and from the warmth of the bed; weakness of memory; answers questions slowly; intolerance of sunlight; aphthæ in the mouth; painful dryness of the throat, with mouth full of saliva; extremely violent thirst; leucorrhœa greenish, with smarting, itching, burning after scratching.

Nux Vomica.—Can not think correctly; stupefaction; vertigo after dinner; taste sour; vomiting of sour mucus; hunger, with aversion to food, especially bread; constipation, with frequent and ineffectual desire for stool, and sensation of constriction in rectum.

Puls.—Mild, gentle, timid, yielding disposition, with inclination to weep; out of sorts with every thing; fretful; vertigo; must lie down; paleness of the face; accumulation of sweet saliva in the mouth; absence of thirst; leucorrhœa thick like cream, with swollen vulva; dry cough at night; shortness of breath; anxiety and palpitation when lying on the left side.

Sepia.—Great apathy; indifference to every thing, even to one's own family; indolent mood; face pale; yellow leucorrhœa, excoriating, like pus.

Bovista.—Leucorrhœa, after menstruation, while walking, thick, slimy, tenacious, like white of egg; with drowsiness; with anxious dreams; ill-humored.

Graphites.—Leucorrhœa comes in gushes, is very profuse, and sometimes excoriating; appears day or night; taste like rotten eggs in the morning; painful, sore nipples.

Bryonia.—The symptoms are worse toward night, after waking, after a meal, from motion and contact; better during rest; with anxiety, discouragement; with leucorrhœa.

Conium.—Violent leucorrhœa, with hoarseness, cough, and expectoration; weakness and pain in small of back, with labor-like pains from both sides of abdomen; symptoms worse during rest.

Cantharides.—Violent itching in the vagina; pressing toward the genital organs; pale face, with wretched, sickly appearance; stinging over the whole body; painful micturition; burning, smarting pain in the urethra.

Cannabis ind.—Leucorrhœa, complicated with frequent micturition; mucus in urine, when cool; threatened abortion; dizziness of vision; excessive sexual passion, etc.

Carbo. veg.—Leucorrhœa, with great weakness; flatus in the abdomen; slimy diarrhœa, with hemorrhoids; itching of the vulva.

Macrostin.—Leucorrhœa, with neuralgic or rheumatic dysmenorrhœa; insomnia, with nausea; pain in the eyeball and top of head, pressing upward and outward.

Ferrum.—Leucorrhœa, with menorrhagia; flushed face; anæmia, with pale face; palpitation, etc.; vomiting at midnight; great weakness; leucorrhœa corrodes the parts; itching in the vulva.

Hepar sulph.—Leucorrhœa in scrofulous patients; falling out of the hair; useful after the abuse of mercury.

Lycopodium clavatum.—Leucorrhœa, with constipation; red sand in the urine; terrific pain in the back; pains in the pelvis, from the right to the left side, worse at four P. M.; sharp pains in the labia; one foot cold, the other hot; sallow color of the skin.

Kreosotum.—Leucorrhœa, putrid, acrid, or corrosive in character; very offensive odor; cancer of uterus; burning in the vagina; menses too profuse; deafness during menstruation; œdema of the feet, with constipation.

Muriat. ac.—Leucorrhœa, with uterine ulceration; great weakness; dryness of the mouth; watery diarrhœa, with hemorrhoids.

Nitric acid.—Leucorrhœa, with secondary syphilitic affections; applicable to cases where too much mercury has been used; torpid action of the liver; cases complicated with prolapsus ani, with smarting, burning pain in the rectum; urine has a very offensive odor; especially adapted to patients with dark complexion, black hair and eyes.

Phosphorus.—Leucorrhœa in patients with fair skin, sanguine temperament; sensation of weakness in the abdomen; profuse menstruation; leucorrhœa is acrid.

Platina.—Leucorrhœa, with uterine hemorrhage; bearing-down pain in pelvis; leucorrhœa occurs only the daytime; induration of the cervix uteri; burning pain in the ovaries; hysterical symptoms, or spasms; feeling of numbness over the whole body; palpitation of heart, etc.

Podophyllum.—Leucorrhœa, with nausea and giddiness; bitter taste in the mouth; dark urine.

Sabina.—Leucorrhœa, with profuse, painful menstruation; strangury; the leucorrhœa is thin, and has an offensive odor; tendency to abort about the third month; bloody urine; irritable temper, etc.

Silicea.—Leucorrhœa, with constipation; colorless menstrual flow, complicated with induration of the lymphatic glands in any part of the body; has bad dreams; adapted to scrofulous constitutions; dizziness, with disposition to fall forwards.

Stannum.—Leucorrhœa, with great weakness of the limbs; insatiable hunger; great weakness is the key-note symptom of this remedy.

Senega.—Leucorrhœa, complicated with chronic bronchitis.

Sulphur.—Leucorrhœa, with voluptuous itching; the discharge is offensive and corrosive.

Thuja.—Leucorrhœa, with syphilitic contamination; condylomata on the genital organs; burning in the urethra; headache on left side; can not sleep at night; burning pain in left ovary.

Verat. alb.—Leucorrhœa, with violent, copious diarrhœa, nausea, etc.

Zinc.—Leucorrhœa, with excessive sexual desire; pain in left ovary; patient walks in her sleep; constipation, etc.

BARRENNESS AND STERILITY.

The term “barren” should be applied to those cases which are unfruitful (do not bear children) on account of some abnormal and incurable development of the female generative organs, or through the action of disease that is present, causing a condition which makes it impossible for conception ever to take place; while the term “sterile” should be applied to those cases which are unfruitful on account of some functional derangement of normally developed organs, or on account of some deformity or displacement which can be remedied, or on account of some want of sexual affinity with the husband.

These distinctions are, however, not usually made by the profession, and the terms “barren” and “sterile” are commonly used as synonymous. I think it wise, however, to make a distinction in the terms, for the reason that, when used in a limited sense, either term conveys to the mind the condition present, to some extent, as understood by the writer or speaker. When using the term “barren” he would convey the idea that the patient was hopelessly unfruitful, while if he used the term “sterile” he would indicate that, although childless, he considered the patient physically capable of bearing children, after being subjected to proper treatment.

It is often of vast importance that sterility should be cured, so that barrenness does not result. This is the case

in families where property is entailed, as well as for the happiness of those who desire offspring.

I do not deem it necessary here to enter into detail regarding the anatomy and physiology of the ovaries, uterus, and vagina. (It is to be understood that we are presuming that the patient is married, and that healthy spermatozoa in healthy semen is properly deposited in the vagina by the male.)

Sterility or barrenness may be congenital or acquired. A woman may bear a child, and from the development of disease subsequently may become sterile, or even hopelessly barren.

Causes.

First, the causes which produce barrenness are absence of or incurable abnormal development of the ovaries, Fallopian tubes, uterus or vagina; false membrane covering the ovaries, as a result of inflammation of the ovaries, peritoneum or cellular tissue; the presence of double ovarian tumors, very large intra-mural fibroids of the uterus, and cancerous or tubercular disease of the ovaries or uterus. These conditions must necessarily entail barrenness or hopeless and incurable unfruitfulness. When the patient is suffering from either of these conditions or ailments, she is barren. She may also prove to be barren, when at first she presents only the symptoms indicating sterility. If she prove incurable of those ailments ordinarily producing sterility she then, of course, is "barren."

Sterility may result from adhesions of the vagina or cervix uteri, imperforate hymen, flexions of the uterus, extreme versions (posterior, anterior, or lateral), elongation of the cervix uteri, inflammation of the uterus or complete procidentia, vaginitis, vaginismus, excessive alkalinity of the uterine secretions, excessive acidity of the vaginal mucous, uterine hemorrhage or polypi, imperfect nutrition of the uterine organs, causing atrophy or arrest of function. This

latter condition is most frequently found in those who have married late in life, or have exhausted their nerve strength by hard and excessive study or labor, with want of proper physical exercise and suitable food. The laceration of the perineum in labor, or from other accidents, may render the women sterile or barren even, if there is a failure to restore it by operation. Incompatibility between husband and wife may be a cause of sterility, but not of barrenness, for the impossibility of impregnation would disappear if the patient should marry to a congenial companion.

It is self-evident that the causes which I have enumerated as producing barrenness are incurable, and hence the woman so affected is permanently unfruitful, and may be termed "barren."

Regarding those causes which produce sterility, I may remark, somewhat in detail, that so far as possible the reader may comprehend why it is that these causes produce sterility. It is evident that in the case of imperforate hymen, adhesions of the vagina, or uterus, the semen can not be introduced into the cavity of the uterus; consequently, no impregnation can result, unless by surgical interference these deformities are remedied, after which impregnation and gestation may go on normally.

Flexions of the uterus are often the cause of sterility by narrowing the canal of the cervix at the point of greatest flexure; besides, in the patient affected with flexion of the uterus the retention of the menstrual secretion caused by the flexion produces a diseased condition of the lining membrane of the uterus, and may affect it to the extent of making conception impossible, even after the flexion has been cured. The abrupt flexure of the organ, either in its lower portion or at the juncture of the cervix and body, is almost certain to cause sterility, while the moderate curvature of the organ may not do so.

The proportion of married women who have flexions and

are sterile, according to Emmet,* is 54.76 per cent; the unmarried were 25.80 per cent—making a total of 80.56 per cent of all women afflicted with flexures in any part of the uterus, who were either unmarried or sterile, leaving only 19.44 *per cent* who were fruitful at all. These statistics he gives from three hundred and forty-five cases coming under observation. This, I think, accords with my own experience, and, so far as I can learn from books and otherwise, is about the experience of others.

The conclusion to which we must come, from all sources of information, is, that all forms of flexion of the uterus are liable to cause sterility, that flexions in the body of the uterus cause sterility much less frequently than flexions of the cervix.

Versions of the uterus tend to cause sterility by causing the os uteri to ascend and lie transversely in the pelvis, and, consequently, the os is obstructed by the vaginal membrane on the side to which it is inclined.

About 57 per cent of those women who have ante-version and about 87 per cent of those with retro-version are sterile. Lateral versions, not usually being so complete as retro-version, cause sterility in only 50 per cent of those affected with the displacement.

Elongation of the *cervix* causes sterility, by making it difficult for the spermatozoa to enter the mouth of the womb, on account of the distance it projects into the vagina, and the depth of the vaginal *cul-de-sac* around it. The per cent of those sterile who have this deformity is not less than 90.

Endo-cervicitis and *endo-metritis* cause sterility in several ways: First, by the irritable condition they induce, preventing the entrance of the spermatozoa or the attachment of the impregnated ovum. They also may cause sterility from the hemorrhage they produce and the unhealthy secretions they develop.

* Emmet's "Prin. and Prac. of Gynæcology."

Vaginitis may cause sterility, from the intense acidity of the vaginal secretions and the tendency which there is in these cases to expel the semen suddenly from the vagina before it can enter the womb. *Vaginitis* also causes dyspareunia, which prevents the development of the sexual orgasm so favorable to conception.

Vaginismus causes sterility, by either preventing copulation *in toto* or stopping the sexual orgasm.

Excessive alkalinity of the uterine secretions, or excessive acidity of the vaginal mucus, may destroy the vitality of the spermatozoa, and hence cause sterility.

Uterine hemorrhage, from whatever cause, is likely to cause sterility, by preventing the entrance of the spermatozoa into the uterus, or washing it away, if it gain admittance.

Uterine polypi, or *hydatids*, *vegetations of the endometrium*, etc., cause sterility, by blocking up the cavity of the uterine canal, and by causing hemorrhage, which, as well as unhealthy secretions, prevent the fructification of the ovum.

Deficient nutrition of the ovaries may cause a failure of maturity of the ovum, and hence cause sterility.

That incompatibility between the wife and the husband may cause sterility is probable by instances which I have observed, and heard of, where parties have not had children, and where both parties became parents after being divorced and married to other companions. This proof is, however, not positive, as the lady may have been suffering from some disease while married to the first man, and might have become healthy afterwards; or she might have used preventive measures with the first, and not with the second husband; or the husband might have been at fault by reason of disease, of which he might have become afterwards cured. The proof is presumptive, however, as it is probable that, in those cases where there is an aversion to each other, there will be little sexual passion felt or manifested, and there is, consequently, a great tendency to unfruitfulness.

The atony and atrophy in those educated and refined ladies who marry late in life prove a cause of sterility, not only from loss of sexual passion, but from loss of nutrition of the parts. There are, however, exceptions in this class of women; but it is usual that, with women of large mental development, the physical strength declines, not only sexually, but otherwise as well, especially when they live a life of celibacy till thirty years of age. This, at least, is my observation.

Excessive venery is also a cause of sterility, by inducing *inflammation* of the *ovaries*, *uterus*, and *vagina*. Some sterile women are excessively passionate, and it is sometimes presumable that excessive *amativeness* may be a cause of sterility; or it is possible that the irritation of the ovaries causes the excessive passion *and* the sterility, so that they both have similar causes, instead of the one being produced by the other. *Hemorrhage* from the bowels, *hemorrhoids*, and rectal fissure may be indirect causes of sterility.

Diagnosis.

The diagnosis in cases of those who are unfruitful is for the purpose of determining the cause of the failure of impregnation. The *fact* of unfruitfulness is patent to every one.

The diagnosis of the cause which produces the unfruitfulness is of importance to determine whether or not measures and remedies are advisable, or whether the case is hopelessly *barren*. Upon the correct diagnosis of the cause of the sterility much depends.

The diagnosis of flexions and versions of the *uterus*, *vaginismus*, *vaginitis*, *uterine hemorrhage*, *polypi*, etc., may be read under their proper heads. The unhealthy secretions are usually caused from inflammation in some part; but they may serve as an index to the treatment required. Ordinary test paper may be used to determine the excessive acidity of the vaginal secretions, which will be indicated by the

turning of the blue paper to a bright red when placed in the vagina. If only a slight pinkish tint is given to the blue paper, it is indicative of a normal condition. The uterine secretion may be received upon the lower blade of a bivalve speculum, and the test applied. If it change red test paper to a blue, this indicates that the secretion of the uterus is excessively alkaline. If the effect is simply to blanch the red paper, the secretion is not excessively alkaline.

It will be found in practice that flexions or versions are the most frequent cause of sterility; but in case there is no flexion or version found, the cause must be looked for in other conditions I have mentioned. And I may further remark that an abnormally small os uteri, or narrow cervical canal, may be a cause of sterility, and, of course, is to be diagnosed by the effort to introduce the uterine sound and finding it impossible. Scanzoni denies that the very small os uteri may be a cause of sterility, as he has seen conception take place when the os was no larger than a millet seed, and so have others; but these are exceptional cases, and as a rule those patients are sterile, and will become fruitful when the os and cervix are dilated. I think the contracted os is in many cases found after impregnation, when it naturally contracts, and may have been much larger before impregnation took place. If, in attempting to diagnose the causes which produce sterility in a given case, we find the os very small, we shall not go far astray by deciding this to be at least one cause of the unfruitfulness.

Some authors mention leucorrhœa and obstructive dysmenorrhœa as causes of sterility, but they are only symptoms of the inflammation and displacements I have mentioned.

Treatment.

In looking over the great number of causes which may produce sterility, we must be impressed with the great variety of treatment required in different cases to afford relief. The

treatment must be adapted to the removal of causes present in the particular case before us; and unless we find incurable deformity or disease, we should proceed upon the assumption that treatment will be successful, and adopt those measures which offer the most encouragement for giving relief. Of course, when the deformity or disease is such as to cause a hopeless case of unfruitfulness (termed barrenness), nothing can be done with any benefit. In case, however, the disease or deformity is one which can be cured, or removed, it should be treated and relieved, whether the difficulty be congenital or acquired.

It is unnecessary in this connection to go over a description of the treatment required in *imperforate hymen*, *atresia of the vagina* or *cervix*, *contraction* or *elongation of the cervix*, *uterine polypi* or *tumors*, and *vegetations* of the *endometrium*, *endo-metritis* or *cervicitis*, *vaginitis* or *vaginismus*, as they always require the attention of a physician skilled in these diseases.

In cases where the cause seems clearly to be atony or atrophy of the uterus or ovaries, remedies are of great benefit. *Cantharides*, *Nux*, *Secale*, *Puls.*, etc., are often beneficial. A generous diet and out-door exercise may be recommended. Prescribe oysters as a part of the regular diet. Pass a gentle current of *electricity* through the uterus and ovaries every two or three days. See that the bowels act properly and regularly. If they do not, prescribe warm enemata of soap and water, followed by a small injection of tepid water (after the bowels have moved), which may be allowed to remain in the bowel, and give the homeopathically indicated remedy. Let all mental labor be abandoned for recreation and gentle physical exercise.

Excessive sexual passion may require *Kali bro.*, *Picric ac.*, or *Camph.* to restrain it, and these remedies are often useful in dyspareunia, vaginismus, etc., as well as excessive amateness. In these latter cases, a plain diet, mostly consisting

of vegetables and fruit, is advisable, allowing no stimulants or pastry, tea or coffee.

We must bear in mind that the husband may not generate healthy semen; hence, before deciding a lady barren (after feeling sure that her genital organs are healthy, so far as we can learn, and we feel disposed to blame the ovaries or Fallopian tubes for the sterility, and hence make out the case hopeless), we should ascertain if there may not be some fault in the husband's health or development which may explain the want of fecundity.

When hemorrhoids or fissures of the rectum exist, they should be treated in the hope that their cure may not only bring comfort, but be a relief to sterility as well. These diseases probably cause sterility by making sexual congress painful, and hence preventing the sexual orgasm on the part of the female, as well as producing an irritable vagina, from which the semen is quickly expelled. Dr. Comstock,* of St. Louis, reports a case of sterility, aged thirty-one years, married ten years, in which he discovered a fissure situated half an inch within the anus. The patient suffered greatly in defecation or attempts at copulation; upon curing the fissure painful coitus ceased, and she became pregnant six months afterward. I have had a similar case, with a similar result, during the past year.

The cure of hemorrhage from the bowels may usually be accomplished with the use of *Ars.*, *Hamamelis*, *Fer. persulph.*, *Ipecac.*, or *Aconite*, according to their indications, and may cure the sterility in the case by restoring the system to greater vigor by stopping the loss of blood, so that the proper nutrition of the ovaries may take place, and the want of healthy ovulation be cured, hence relieving the sterility.

Of course, in complete procidentia of the uterus and inversion of the organ, sterility must be present; still by restoring the organ to normal position the patient may become

* Hale on Sterility, page 155.

fruitful. I have mentioned a case under the chapter on "Inversion," where conception took place after I had replaced the inverted organ. I have repeatedly seen it follow the cure of prolapse. For the treatment of these displacements see treatment of inversion and prolapse.

The characteristic symptoms of the remedies which have been found of use in sterility are all I shall attempt to give. These are mainly useful in correcting the diseased conditions to which I have referred. These I take largely from Professor Hale's excellent work on "Sterility," to which the reader is referred in case he wishes an exhaustive treatise on this subject.

Indications for Remedies in Sterility.

Aurum.—This remedy is secondarily indicated in amenorrhœa, dependent on torpor of the ovaries, in scanty menstruation with chronic metritis; in sterility dependent on these states, or due to "coldness" or female impotency with suicidal depression. (Dose, a few grains of the 2^x or 3^x trit.)

Gold is primarily indicated for symptoms similar to *Platinum*, namely: Profuse and frequent menses, congestion of the uterus, increased sexual desire, and mental or emotional irritability. (Dose, the 12^x to 30^x trit.) I prefer the *Aurum mur.* (*Muriate of Gold*).

Agnus castus.—A complete loss of sexual power and desire; amenorrhœa; melancholy, etc.

Aletris.—General debility; sterility after abortion; inability of the uterus to retain the impregnated ovum.

Apis mel.—Ovaritis, chronic or acute, with stinging pains in the ovaries; stinging pains in any part of the pelvis or abdomen.

Borax.—Chronic acrid leucorrhœa. (Hahnemann's "Chronic Diseases," Part II.) Membranous dysmenorrhœa; erosions of the os uteri; aphthous affections of the vagina.

Baryta carb.—Loss of sexual desire and power; scanty menses; takes cold easily.

Cantharides.—Sterility, with great sexual excitement (with loss of sexual passion, used in low dilution).

Capsicum.—Fat sterile women, complaining of feeling chilly; amaurosis, with scanty menstruation.

Cal. carb.—Sterility, in fleshy women, with leucorrhœa; very profuse or too frequent menses.

Caladium.—Sterility, with melancholy; fetid urine; asthma; loss of sexual power; cold sweat of the sexual organs.

Cannabis ind.—Sterility, with great sexual excitement; with urinal troubles, inflammation of the bladder, etc.

Chimaphila.—Atrophy of the ovaries and mammæ; urine full of mucus; scaly eruptions of the skin.

Conium.—One of the best remedies in sterility; acrid leucorrhœa; scant menses; pain and swelling of the breasts. (*Tr. Conium* should be made from the unripe seeds.—“Hale.”)

Cimicif.—Sterility, with spinal irritation; want of vitality in the ovaries; pain in the ovarian region. (I have known many cases of sterility cured with *Cimicifuga* when all other means failed.—“Hale.”)

Caulophyllum.—Sterility, with spasmodic dysmenorrhœa; patient subject to rheumatism.

Eupatorium purp.—Sterility in women who suffer from nervous exhaustion; loss of sexual desire; frequent abortions.

Gossypium.—Sterility, with atony of the uterus; general debility; a flabby state of the uterine tissues.

Helonias.—Sterility, with chlorosis; debility; diabetes; prolapsus uteri; anæmia.

Iodine.—An excellent remedy; sterility, with weakness; general debility; atrophy of the mammæ; goitre. *Iodine* increases the sexual appetite. Valetudinarian women, who have been married a number of years without children, not infrequently become gravid after a thorough course of *Iodine*. (Tully.) The “*Encyclopædia of Materia Medica*,” Vol. V, says that “a case is said to have occurred where the female

became sterile soon after commencing the use of *Iodine*. Before she commenced the use of the *Iodine* she gave birth to a child annually; but from the time of commencing its use to the present—a period of eight years—she has never become pregnant.” (Hale, page 189.)

Bromine has a similar effect to *Iodine*.

Iodide of Lead.—Sterility, with atrophy of the ovaries.

Iodide of Potassium (*Kali Hydriodicum*).—Similar to *Iodine*.

Kali carb. produces sterility (Hahnemann’s “Chronic Diseases”); therefore, it should cure those cases, if leucorrhœa appears to be a prominent symptom, with debility.

Bromides.—All the *Bromides* benumb the sexual desire, and cause a partial paralysis of the reproductive organs. In high attenuation they are indicated in sterility caused from sexual inactivity. Give low in cases of excessive sexual passion, to relieve sterility.

Phosphorus.—The greatest remedy we have in cure of sterility. (See Hale on “Sterility,” page 193.) It closely resembles *Cantharides* in its action on the female genitalia.

Phos. acid.—Similar to *Phos*.

Platinum.—Sterility, with melancholy; changeable mood from day to day; hysteria, with onanism; excessive sexual passion.

Pulsatilla.—Sterility, with delayed or scanty menstruation; entire suppression of the catamenia for years, with sterility. (I have known *Puls.*, two doses of the 3^x, in several cases, at once cause the flow to appear, and conception to take place within a few weeks, where the suppression had been of years’ standing.)

Ruta grav.—Sterility, following abortion, with leucorrhœa.

Sabina.—Sterility, with profuse menstrual flow; congestion or ulceration of the uterus. Compare with *Erigeron*, *Trillium*, *Crocus*, and *Calcaria*.

Secale cor.—Sterility, with irritable uterus; frequent miscarriages; uterine hemorrhages (use 6^x to 12^x attenuation).

Sepia.—Sterility, with acrid leucorrhœa.

Stillingia.—Sterility, from syphilis or abuse of mercury. Compare with *Kali iodatum*, *Phytolac dec.*, *Aurum*, etc.

Ustilago.—(Similar in its action to *Secale*, *Caulophyllum*, and *Cimicif.*)

In cases of vaginismus, conception may follow copulation, used under the influence of an anæsthetic. This should be, however, a last resort, and can only be advised when persons are exceedingly anxious to have offspring. The physician will find occasionally a case where every thing seems favorable to conception, and still the patient will remain sterile. In such cases attention to the husband is advisable. The treatment of his case does not, however, come properly under discussion here.

DISEASES OF THE OVARIES.

MALFORMATION OF OVARIES.—The ovaries may be rudimentary or absent. When absent the woman is sexless; when one exists in a normal condition, all other parts being normal, the woman may conceive. Usually, in cases of absence of the uterus, the ovaries are also absent. Two cases are mentioned in Ziemssen's Cyclopædia, volume X, where there was a supernumerary ovary.

OVARITIS.—Inflammation of the ovaries is of quite common occurrence. They may both be inflamed at the same time, but it is most common that only one is affected. The left ovary is most frequently affected by inflammation. This may be due to its nearness to the colon and rectum, as it may be pressed upon from a large distention of this part of the bowel. This affection is a very painful one. The ovaries are seen to be liable to inflammatory action when we notice the monthly ovulation which takes place in them. Professor Ludlam has spoken of this ovulation as a traumatic lesion;

but we can hardly consider the irritation in the system by this process of ovulation as a case of surgical fever, though in the escape of the ovum there is some laceration of the tissues of the ovary in the rupture of the Graafian vesicle at each menstrual epoch; and, although there is a considerable increase in the activity of the circulation, we can not term this, when only normal, as any thing more than a physiological condition, though, without doubt, it predisposes to diseased-action. The ovary is more susceptible to the action of cold at the menstrual period than at other times.

The inflammation in the ovary may be acute or sub-acute. The sub-acute variety may exist for a long time, and be the cause of painful menstruation; or, at least produce pain mainly at the menstrual period; but in these cases the disease is generally connected with uterine irritation. The acute form of ovaritis may supervene on the sub-acute, owing to some unusual excitement, fatigue, or from cold and exposure.

Ovaritis seldom exists independently of other pelvic complications, such as peri-metritis, endo-metritis, or general pelvic cellulitis.

The acute inflammation in the ovary may exist as a primary affection, and the inflammation commonly connected with it in the peritoneum, Fallopian tubes, or pelvic veins may be secondary to it.

The ovary consists of a nucleated, tough, fibrous connective tissue, with considerable fusiform muscular tissue, forming the stroma—in this stroma are imbedded the ovules of Dr. Graaf. Their number, as seen with the naked eye, varies from five to twenty; but, with the microscope, hundreds are seen of very minute size, in various stages of development. Hence, we may understand the ovary to be a mass of eggs in various stages of development, imbedded in this stromous tissue, surrounded as a whole by two tunics or coverings, the outer one consisting of peritoneum, the inner one of fibrous tissue. These vesicles, of which the ovary is

composed so largely, vary greatly in size, the most fully developed being nearest the surface. Throughout the structure of the ovaries permeates an intricate network of blood-vessels and nerves. The absorbent glands are few. The ovaries are supplied with blood by the ovarian branches from the aorta, and the nerves are from the spermatic plexus. The absorbents empty into those of the kidney.

The ovum in its escape from the ovary, at the monthly period, or otherwise (the rupture of the Graafian vesicle may take place, with some women, at any time, especially during great sexual excitement), bursts through the fibrous and peritoneal coats of the ovary. Now, in cases of inflammation and thickening, and consequent toughening, of these coats, from chronic, or rather sub-acute, inflammation of these parts, the matured egg may fail to escape. This failure to escape of the matured ovum may cause, by its retention and presence, an increase of irritation, and form the nucleus of an ovarian cyst or abscess, through inflammation in the cyst. This may develop largely, and other *ova* may also be retained from the same cause, and develop other cysts. Or we may have impregnation of this retained ovum in the ovary, producing ovarian pregnancy which, however, results in an abortive attempt to develop a foetus, and we have, as a result, a fibro-cystic growth, containing bones, teeth, hair, etc., termed dermoid tumors. Or we may have a retention of these *ova*, and the production of no special development of a diseased nature. In this instance, if both ovaries were affected, we would simply have sterility as a result.

We may have acute inflammation in the parenchyma of the ovary. It may affect one only, or both at the same time. This active inflammation may result in resolution, abscess, hypertrophy, induration, softening, or melanosis, or leave a sub-acute inflammation behind it, which may lay the foundation for the development of scirrhus, encephaloid, or fibro-cystic tumors.

The engorgement of blood in cases of acute inflammation is enormous. If not speedily relieved, pus is formed, and finds an exit, by ulcerative inflammatory action, into the vagina or rectum, urinary bladder or pelvic cavity, or works its way along the course of the round ligament, and finds exit at the inguinal ring; or it may be discharged into the peritoneal cavity, in which case the fatal result can be delayed but a few days. I have seen it point and be discharged in the iliac region, and the patient recover.

Gangrene of the ovary may result from acute ovaritis, according to some authors; but I have never seen a case.

Causes.

Suppression of the catamenia from cold is the most frequent cause of ovaritis, causing first congestion, and then inflammation. Remedies to cause abortion may sometimes prove active agents to produce inflammation in these organs. Frequent and excessive coitus, self-abuse, or nymphomania, or a severe cold taken just after or during menstruation, may conduce to the development of active inflammation in the ovaries. Or the inflammation may be the result of its extension from neighboring viscera, or organs, which have been primarily affected.

Sometimes acute ovaritis may supervene upon difficult labor, in which case it is probably due to bruising the ovaries against the bony pelvis in the severe throes of labor, in cases where the head of the child is very large. It may result from acute gonorrhœal inflammation, by continuity of inflammation through the uterus and Fallopian tubes; or gonorrhœa may cause ovaritis by sympathetic or glandular action. In this case it corresponds to the gonorrhœal orchitis in men.

Diagnosis.

The deep-seated burning pain in the pelvis or in the iliac regions should lead us to suspect this difficulty, especially

when the pain is aggravated by pressure, motion, or the erect posture. Some cases suffer only moderately, except at the monthly periods, when the pain becomes excessive. We find some tenderness on pressure in the iliac region, and, if the inflammation is active, we soon have an extension of the inflammation and tenderness over the most of the entire abdomen, causing the patient to semi-flex the thighs and limbs and lie square upon the back, or the side well turned on the face. With active inflammation we have rigors, high fever, the wiry pulse, rapid respiration, great prostration of strength, nausea, etc.

Treatment.

In acute ovaritis the most efficient remedies I have found are *Aconite*, till the pulse is softened, then *Secale*, *Macrotis*, *Ars.*, *Bell.*, *Bry.*, or *Puls.* If the disease goes on to suppuration, *Merc.*, *Lachesis*, *China*, *Ars.*, *Hepar sulph.* may be indicated. Warm hip baths, and warm water vaginal injections, with warm foot-baths, are of service in the acute form. Rest in the recumbent posture, and keeping the bowels moved with enemata, is imperatively necessary. In case pus forms, which it is likely to do in twelve or fifteen days, unless the disease is moderated by treatment, it is known to have formed by the occurrence of rigors and chills.

Nourishing diet is to be given. Sometimes egg-nog, beef tea, and the like, are demanded by the prostration.

When only one ovary is affected, conception has been known to take place. In chronic ovaritis, the treatment should in the first instance be directed to removal of the cause, if possible, whether it be onanism, excessive venery, or amenorrhœa. If we are successful in removing the cause we may expect a speedy subsidence of the irritation, unless it has progressed to softening or induration, in which case we can not look for rapid relief, and we are likely to have sterility remaining at best.

In the sub-acute form, it is of the utmost importance that the disease be early diagnosed, and relieved before serious consequences have resulted, prevention being better than cure.

The treatment of ovarian dropsy and tumors, etc., which may arise from ovaritis will require the services of a skilled gynæcologist. I will say, however, that there are cases of hypertrophy of the ovary, resulting from ovaritis, which may be greatly diminished in size, and sometimes cured, by the external and internal use of *Iodine*. Just the condition of the ovary in some cases of enlargement where death does not ensue, it is impossible to always know. But that enlargement of the ovary to a considerable extent may diminish in size, and sometimes disappear entirely, I assert. The history of two or three cases I will give in illustration.

Mrs. H., aged about thirty-five years, native of Illinois, married, mother of three children, youngest aged four years, consulted me April 10, 1874, in regard to a "tumor in her side." She stated that it had been observed for over a year, and was gradually increasing in size. On making a physical examination I found the tumor to consist of an enlarged movable ovary. It occupied the entire left iliac region, and rose one-half the way up into the left lumbar region. It impinged somewhat upon the hypogastric region as well; but occupied the left iliac completely. The uterus I found healthy, though somewhat higher in the pelvis than natural. The sound indicated no enlargement or tenderness of the uterus. The tumor was only slightly tender to the touch. Menstruation had been normal and regular.

She had become alarmed at the prospect of having to undergo the operation of ovariectomy, which had been told her was necessary by other physicians who had examined her. She had been sent to me, as her family physician afterwards told me, to have the operation performed. General health of patient was good, though from loss of sleep and from de-

spondency she had some little gastric irritation. She seemed almost crazed by the idea of an operation, and desired that every other means be used to relieve her. (I had the year before treated a somewhat similar case, with a diminution of at least one-half in the size of the tumor in two months, when the lady left the city and I lost sight of her, and I have not yet learned the result.) I accordingly told her I would try what remedies would do for her, thinking at least I would do her no harm, and as time was not important in her case, I would see if she could be benefited, though I could not determine the cause of the disease.

The menses had been somewhat painful for about eighteen months, at the commencement of which time she had been troubled with an attack of inflammation of the womb, caused from a cold, as she supposed from what her physician had told her. I accordingly put her upon *Merc. protiodide* 3^x for about a week, giving a powder every three hours; then upon *Iodine* 6^x at same intervals. I sometimes for a few days gave *Iod. Merc.* or *Ars.*; but mainly *Iodine* in some form or combination, and externally over the entire surface of the abdomen, distended by the tumor, I had painted once or twice a day *Tr. Iodine*. Sometimes, owing to the tenderness of the skin, I would omit the *Tr.* and apply *Iod.* and *Glycerine* for a few days, and return again to the *Tr.* alone. Sometimes, for a few days at a time, I had warm, wet compresses applied over the tumor, covered with dry flannel and held in place with a bandage.

I pursued this treatment thoroughly, and had the satisfaction of seeing the tumor diminishing in size after about six weeks' treatment; after that the diminution was quite constant, though slow, for about nine months, till it finally could be felt no more. After three or four months' treatment it required a little pressure to feel it. It was then about the size of two fists; it went down smaller and smaller till it disappeared, as I said before. Now, June, 1882, over five

years since I treated her, I know the lady to be still free from any trouble, and there has been no return of the enlargement of the ovary. Her gratitude and joy is, of course, unbounded.

ANOTHER CASE.—Mrs. N., aged about sixty years, widow, mother of six children, youngest about eighteen years of age, consulted me, by the advice of friends, on account of a tumor in the side of her abdomen, which, from its weight, gave her much trouble, she being obliged, from its size and weight, to stoop very much in walking. She stated that she had first noticed the tumor of small size in the left iliac region, about twenty-six years before; that it was tender for some years, and increased very slowly in size till after the birth of her last child, when it increased quite rapidly. After she had noticed the tumor she had borne two children. Her general health had usually been quite good, though at times she suffered much from constipation, and somewhat from indigestion and flatulency, and the tumor had always felt hard.

She stated that in former years she had consulted several physicians, who had all agreed that it was an ovarian tumor, and advised its removal by operation. This she had refused to submit to, and had thought that for fifteen years it had remained about the same size. It seemed, of late, to inconvenience her more from its weight, or she seemed to suffer more from it with some cystic irritation, causing frequent desire to micturate.

I had little or no hope of effecting a diminution of the growth, but made a careful examination; found the tumor clearly ovarian, extremely hard, almost like stone, rising and enlarging from the left of the pubis, upward to a little above the umbilicus, occupying the left side of the abdomen and distending it. The uterus was normal, though rather small, as is usual with women of this age.

I had her under my personal care for about three months,

when the tumor had decreased considerably and softened very materially. She returned home, and her physicians continued treatment, which was similar to that used in the preceding case all through. I saw her about a year afterward, when she could and did walk quite erect. The tumor had diminished fully two-thirds, and gave no inconvenience; since which time she has discontinued treatment, and I hear from friends that she remains quite well still, with the tumor about the same as when I last saw it.

Many other cases, not quite so striking as these, where the enlargement had been of shorter duration, or less in size, I have entirely cured with this plan of treatment. In some cases I have failed, the tumor going on to greater and greater development. Possibly some of them have not been thorough in the treatment, as I have had the personal care of only three or four of the cases of failure.

The conclusion to which I come is this, that there are cases of induration and hypertrophy of the ovary which are not urgent, where we may well make the trial to promote absorption. If we fail, nothing is lost; if we succeed, much is gained.

FIBROUS TUMORS OF THE UTERUS.

Fibroid tumors of the uterus are much more common than is generally supposed by the profession, as in many cases they are of small size, and are not discovered till after death. Klob estimates that over forty per cent of women who die over the age of fifty years are affected with uterine fibromata, while Boyle declares that twenty per cent of those who die over thirty-five years of age are so affected. They have not been found before the age of puberty. They are more frequent, relatively, among negresses and mulatto women than among the whites.

Causes.

Undoubtedly some local irritation at the point where the tumor originates causes its development. This irritation

might arise from external violence, little noticed at the time, and soon forgotten; or from the retention of a small bit of placenta; or from the use of instruments to produce abortion. Some authors have claimed sterility as a cause; but it is rather a result than a cause. About forty-five per cent of patients who have been discovered to be affected with uterine fibromata have been sterile.

VARIETIES OF FIBROIDS.—We have the *subserous*, the *submucous*, the *intramural* or *interstitial* varieties. The first two may be pedunculated; the submucous projecting into the uterine cavity, and, when attached to the uterine tissue by a pedicle, called a fibrous polypus (which, owing to its peculiarity, will be discussed separately); the subserous projecting into the abdominal cavity. It may either be pedunculated or non-pedunculated. The intramural variety develops in the muscular tissue, either of the body or cervix, its more common seat being in the body. I will insert a few cuts to represent the different varieties of uterine fibromata.

Fig. No. 32.

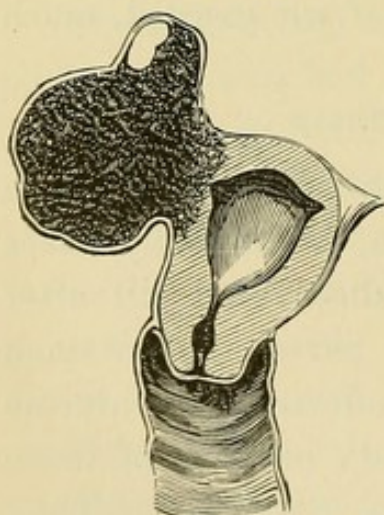
SUBSEROUS FIBROID OF THE
UTERUS.

Fig. No. 33.

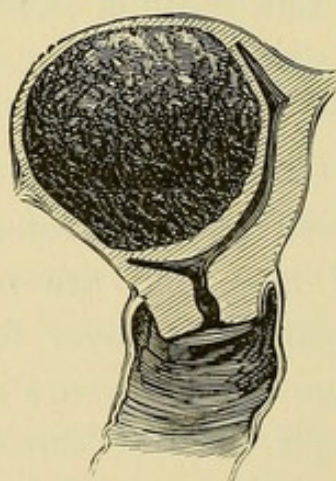
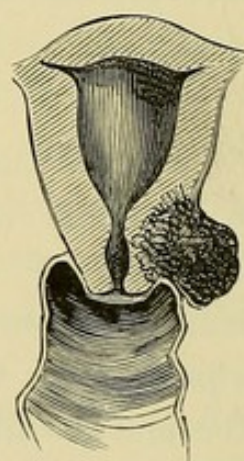
SUBMUCOUS FIBROID OF THE
UTERUS.

Fig. No. 34.

FIBROMA OF THE NECK
OF THE UTERUS.

Symptoms.

Subserous fibroids, when small, produce little disturbance in the system, and give rise to few symptoms. They tend to produce displacements of the uterus, however, from their

weight, as, when situated in the anterior portion of the body of the uterus, they tend to antevert or anteflex the organ, and when in the posterior part they produce retroversion or retroflexion, or a lateral flexion when entirely to one side. With these flexions there is some tendency to prolapse as well. In the large development of subserous, fibrous, or fibro-cystic tumors of the uterus, we have similar symptoms to those we have in ovarian cysts (more especially the dermoid variety), together with some enlargement of the uterus. If the tumor is pedunculated, there is less enlargement of the length of the cavity of the uterus than in the intramural form.

In the submucous variety (where the tumor projects into the cavity of the uterus) we have also an enlargement of the size of the cavity of the uterus, but the space is occupied largely by the tumor, and the sound may pass six or eight inches up by the side of the tumor, and, if pedunculated, may sweep nearly all around it; while, if non-pedunculated, we can only pass the sound up on one side.

In the submucous form of uterine fibroids we have great disturbance of the general health early in the disease (while the tumor is small), accompanied by excessive floodings, in many cases, although I have seen exceptional instances where, owing to the tolerance of the uterus, little hemorrhage or general disturbance was manifested, the tumor being discovered by examination with the sound, while seeking to discover displacement, which we suspected from long continued pain in the knee, in one instance; in another, chronic pain in the back with some gastric derangement, but such cases are not frequently found.

Diagnosis of Uterine Fibroids from Pregnancy.

In pregnancy we usually have a cessation of menstruation, while in subserous uterine fibroma it is normal, or in excess, and in submucous uterine fibroids it is almost uni-

formly in excess. The fibrous tumor develops more slowly than pregnancy.

Diagnosis from Atresia of external Os with Hæmatometra.

In atresia of the external os with hæmatometra we also have obliteration of the cervix early in the disease, but there being no flow in atresia and a free flow in fibroid tumors of the uterus, we need not be misled in diagnosis. In making a digital examination of a suspected fibroid of the uterus it is well to select the menstrual period, as then the os is more open, and will, in case of tumors of the uterus, often admit the index finger, and we are able to feel the tumor, and more clearly make out its size, shape, and attachment.

Prognosis.

The prognosis depends much upon the variety, size, and attachment of the tumor, as well as upon the treatment used. The polypoid variety of the submucous tumor usually requires an operation for its removal, and we may expect success if the patient is in a favorable condition, (I have lost but one case out of over one hundred operations of this kind I have performed, and that was a lady from College Hill, Ohio—a patient of Dr. Vance—who died from cancer of the breast about a year after I removed the fibroid from the uterus, and I think life was prolonged in this case even, as it arrested the hemorrhage from the uterus—from which she had suffered for over two years—and for several months after I operated her health was improved). The small subserous fibroids give no trouble, unless they enlarge and take on, also, a cystic formation. Larcher* reports a case of rupture of the uterus from a uterine fibroid.

Treatment.

Refer all these cases to the skillful gynæcologist. We have mentioned these tumors to explain their symptoms.

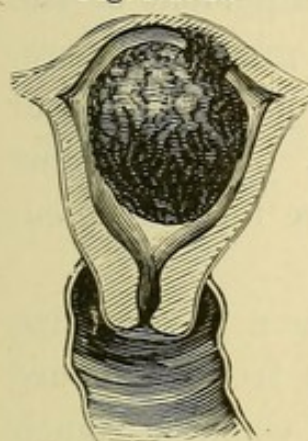
* Barnes' "Diseases of Women, p. 327."

UTERINE POLYPI.

VEGETATIONS OF THE ENDOMETRIUM — UTERINE HYDATIDS — VASCULAR POLYPI—PLACENTAL AND GRANULAR POLYPI, ETC.

The uterine polypus usually consists of a fibrous, pear-shaped tumor, attached to some portion of the internal surface of the uterus, by a pedicle or stem. The size of the

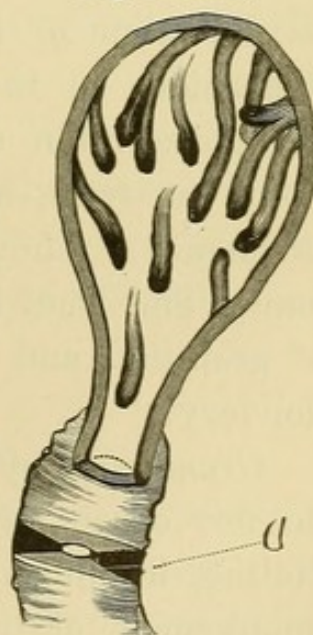
Fig. No. 35.

FIBROUS POLYPUS,
WITH SHORT PEDICLE.

pedicle varies somewhat with the size of the polypus; although occasionally quite large polypi are attached by small pedicles, and, in other occasional instances, the small polypus has a pedicle about as thick as its own diameter. The *fibrous uterine polypus* usually exists singly, although I have known one instance where there was one quite large fibrous polypus in connection with several small fibrous growths at the same time in the same uterus. The small multiple fibrous growths of the body and cervix are termed *vegetations of the endometrium*. The small and semi-organized growths are termed mucous polypi.

Hydatids of the uterus consist of numerous small cystic tumors generally attached to each other like a bunch of grapes. The enlarged mucous polypi are shown in the annexed cut, representing the growths as they existed in a patient whom I treated about two years since. These growths, about two inches in length, looked much like a leech as used by our old-school brethren, and consisted of semi-organized fibrous tissue covered with mucous membrane. These growths came away by the contractions of the uterus seeming to break them loose. They caused excessive hemor-

Fig. No. 36.

MUCOUS POLYPI AND
CONSTRICTED VAGINA.

D.—Stricture of the vagina.

rhage, and much pain was experienced previous to their discharge, which usually occurred every few weeks, with no regularity, from two to twelve being discharged at a time. The patient was about thirty-five years of age, married ten years, barren and exceedingly reduced in strength from loss of blood, pain, and sympathetic gastric derangement. Her trouble had existed some seven years.

The *vegetations of the endometrium*, or enlargement of the follicles of the cervix, sometimes exist in great numbers. They are sometimes termed granulations of the cervical canal, or granular tumors of the womb. Large mucous polypi, with large supply of blood-vessels, are termed *vascular polypi*.

The *fibrous uterine polypus* seldom reaches a greater size than that of a child's head, and they more frequently are expelled naturally or extracted artificially when of much smaller size.

The *single cystic growth* of the cavity of the uterus seldom attains a large size, usually not as large as a child's head.

Hydatids of the uterus sometimes attain to very great dimensions in their totality, though singly they are small. Their size often distends the uterus about the same as gestation at term, and their presence has been mistaken for pregnancy. They frequently occur in connection with pregnancy, and from their presence interrupt the regular course of gestation, and cause either a miscarriage or a premature delivery.

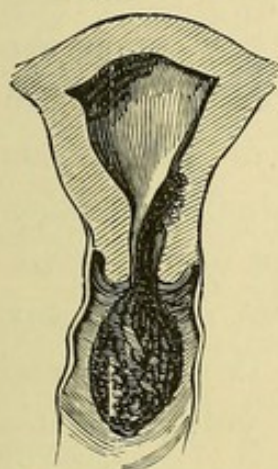
Granulations of the cervix, or *vegetations of the endometrium*, do not cause any considerable enlargement of the uterus. Neither do mucous polypi of the uterus produce any great enlargement of the organ.

Hydatid developments are not confined to the uterus, but have been found in the *liver, lungs, testicles, mammae*, and even in *bone*.

The *granular polypi* are quite uncommon in the uterus; but the vascular polypi are occasionally met with in this organ. Polypi of the uterus are most common in the middle-aged and older women. They *sometimes* are developed in young women even in the virgin state.

Polypi of the uterus may be attached to the interior of the body or cervix, and sometimes just at the margin of the os, and hang suspended in the vagina. When attached at

Fig. No. 37.

FIBROUS POLYPUS,
WITH LONG PEDICLE.

the margin of the os they produce no hemorrhage or other disturbance, as a rule, and are discovered in this situation accidentally, the patient not having thought of the existence of any thing of the kind. Polypi attached in this locality are usually not larger than a hickory-nut.

Placental polypus may develop from a partially retained placenta, or rather from the retention of a part of the placenta, on account of inflammatory action having caused abnormal adhesions between the placenta and uterus. They are a source of active hemorrhage. C. Braun (Dublin "Med. Jour.," 1851) describes this variety of polypus of the uterus. Braun relates five cases; but, from the description, I think it would be as well to designate these cases as partially retained placenta, and not classify them under the head of polypi at all. When removed they certainly have no disposition to return.

Causes and Morbid Anatomy.

Doubtless, the origin of the fibrous polypi, vegetations, of the endometrium, and mucous polypi, may be found in an inflammatory condition. The reason why some cases of inflammation, and injury causing inflammation, develop tumors in the uterus of various forms and qualities in some instances and not in others, is hard to explain; in fact, I may say,

explanation is impossible in the present state of our knowledge. From all that I can learn I believe that the fibrous polypus originates in the fibrous tissue of the uterus, like an intra-mural, *submucous*, or *subserous fibroma* of the uterus, from inflammation at this particular point in the organ. Around this point of inflammatory action (which may have been caused by a bruise accidentally received during gestation, in labor, or otherwise), there is exuded a plastic material, which organizes into a hard mass, usually largely consisting of *white fibrous tissue*, especially if the injury is upon the internal surface of the uterine muscular tissue beneath the mucous surface. The muscular contractions of the uterus press this hard mass into its cavity, and it gradually becomes pedunculated through these contractions of the uterine muscular tissue. The polypi of the uterus seldom contain any muscular tissue or nerves of any size. Why this is so, and why they consist of white fibrous, and some yellow elastic tissue, I can not explain. They sometimes contain sinuses filled with serous liquid. Generally a single blood vessel is all the means they have of nourishment. Their growth is consequently slow. Arising beneath the mucous membrane they push it before them, and it is this which constitutes their covering as they develop. It is not unlikely that the use of instruments to produce abortion, or rude efforts in performing versions, in labor, or the imperfect detachment of the placenta may be a cause of the development of the irritation which tends to the development of these tumors.

Vegetations of the *endometrium* are enlarged granulations which have been thrown out to repair injuries received in the interior of the cervix. They are not ordinarily covered with mucous membrane, and bleed on the slightest touch. They may resemble enlarged mucous follicles; but the mucous follicle is covered with mucous membrane. The *enlarged mucous follicle* in time becomes the *mucous polypus*. This enlargement is probably due to closure of the ducts of the folli-

cles in some instances; in others, due to inflammation in these follicles or glands, and consequent effusion of blood and serum, which partially organizes. These polypi have a resemblance to muscular tissue, though not firm and well organized.

The *single cyst* is probably an immensely enlarged mucous follicle or an effusion of serous fluid under the endometrium, which is forced into the uterine cavity by the uterine muscular contractions, in the same manner that the fibrous polypus is formed, and becomes pedunculated by these contractions, and enlarges by means of continuous effusions. The covering of these uterine cysts consists of mucous membrane only. They resemble moles, which I will speak of separately, as they differ in some important respects.

Hydatids are transparent cysts or vesicles, their contents resembling pure water. They have been supposed to be independent animals, and were called by Laennec "*cysticercus*." Mr. M. Edwards, in his "*Elémens de Zoologie, Animaux sans Vertèbres*," says: "The hydatids are generally considered as the last link in the series of intestinal worms; but the bodies described under this title are perhaps not real animals, and seem rather to be mere pathological products." They seem to be caused in the uterus by a sort of dropsy of the chorion, which acts to destroy the life of the ovum. Sometimes, 't is true, the chorion is only slightly affected with this cystic degeneration in these cases, and consequently the embryo is not disturbed in its growth and perfect development.

It is a question whether hydatids in the uterus are not always the result of unhealthy or imperfect impregnation. We know they are situated in the placenta in many instances, and as they destroy the healthy circulation, or are the result of abnormal development of the vessels of the placenta, they interfere directly with the nutrition of the impregnated ovum. I would not, however, dare to say that the existence

of hydatids was positive proof of copulation having taken place, as I have seen them discharged from a woman where I had every reason to believe there had never been copulation; and in another where copulation had been unknown for upwards of two years. (The single cysts of the uterus are not an indication of imperfect impregnation, as I have seen them also in the class of cases just mentioned.) The occurrence of hydatids in other organs and tissues is also evidence that they are not caused from imperfect impregnation.

Diagnosis.

Symptoms of inflammation may or may not exist in cases of uterine polypi. More frequently we have present an alarming hemorrhage from the uterus at times, and the dribbling of blood quite constantly, although during the early development of the fibrous or cystic growths we may have only an increase in quantity or duration of the ordinary catamenia. These floodings are usually accompanied with some pain in the uterus of a bearing down or expulsive character. These symptoms go on increasing in severity till the patient becomes alarmed, and the physician is consulted. In some instances in the development of hydatids the menstrual flow ceases, which induces a suspicion of impregnation being the cause of the cessation of menstruation. The blocking of the internal part of the cervix by inflammatory action or the development of abnormal growths may for a time arrest the regular flow, and it may then come on with great violence when no tumor is there. When tumors are present in the uterus after the effort of nature to expel them from the uterine cavity is established, and the contractions of the muscular fibers in the body of the uterus are supplemented by a relaxed condition of the cervix, there is an excessive flow.

Sterility is, of course, the rule in all cases of uterine polypi, when developed to any considerable extent, and is to be considered in the diagnosis of the case. The history of

the case aids us in the diagnosis, in some measure. The absence of the catamenia for several months, followed by a flow free and almost continuous for a period of weeks, would indicate a threatened abortion in the young married woman, while in women aged from forty to forty-five years it might be indicative of the climacteric period.

Debility, anæmia, gastric disturbances, headache, backache, uterine pains, etc., as well as the *uterine hemorrhage*, may be due to either uterine polypi, intramural fibrous tumors of the uterus, threatened abortion, retention of the placenta after miscarriage, inflammation or ulcerations of the uterus; hence, we have no means of making a positive diagnosis, except by physical examination. I may except some cases of mucous polypi which are detached, and are discharged by the contractions of the uterus, when we have evidence of the nature of the difficulty, without physical examination.

The exact nature of the polypoid growth can only be discovered in some cases by dilating the os and cervix with sponge tents; sometimes, however, a mucous polypus, or several polypi of this variety, are felt protruding from the os. In these varieties of polypi the uterus is felt not greatly enlarged. If a physician makes use of the speculum, he may attempt to pass the uterine sound, in case digital examination has caused no flow, and he desires to diagnose the case more clearly. If the history of the case shows several months of hemorrhage, easily induced, even from copulation, he had better, before introducing the sound, provide himself with the *Persulphate of Iron* and a probe wrapped with cotton, that he may be ready to arrest any excessive flow which may be induced by the examination. In case of mucous polypi, granulations of the cervix, and vegetations of the endometrium, some hemorrhage is likely to be induced by the introduction of the sound a half-inch inside the os uteri, and I consider this evidence sufficient to make the diagnosis, taken in connection with the history of the case, and the

slightly open condition of the os, and the slight enlargement of the uterus.

When we find that the uterus is much enlarged, and the history of the case shows that hemorrhage has existed for many months, and there has not been any discharge of mucous tumors or hydatids, we may be quite sure we have to deal with a fibrous polypus.

This flow might be caused from a retained and partially attached placenta, as well as a fibrous polypus, or a mass of hydatids. To make the diagnosis sure, and at the same time make a point in treatment, the physician may dilate the cervix with sponge tents, and then introduce one or two fingers, and more clearly make out the nature of the difficulty. By having this done we lose nothing, in any event, as the case demands local treatment whatever cause may be operating to produce the symptoms; especially is this true if remedies have been tried in vain before the examination is attempted.

Treatment.

(See "Eaton on Diseases of Women.")

MOLES IN THE UTERUS.

Moles in the uterus, sometimes called *molar*, or *false pregnancy*, consists of a fleshy mass, to which is attached a sac filled with fluid resembling the amniotic liquid. The fleshy part of the mole resembles the fleshy part of the placenta. Upon rupturing the sac no fœtus, or even the remains of one, are to be found. Moles develop to various sizes, varying from an inch to four or five inches in diameter.

Causes.

Authors speak of blighted conceptions, injuries to the patient, etc., as causing moles, but I do not know that any of them offer any *satisfactory explanation* of their causation.

I have a theory regarding them, which may be correct, or not; still, as good, perhaps, as any yet advanced. I be-

lieve they result from the small number of spermatozoa which penetrate the ovum. My reason for this idea is, that I have found, and I am told by other physicians of large experience that they also have observed, that moles most frequently develop in those women who take pains to prevent pregnancy by using a syringe after connection, or in cases where the husband withdraws before the ejaculation of semen (as he thinks—but probably a small portion is left in the vagina, as it is also likely that in some instances a small part of the semen is left after using the vaginal syringe). I expect that future observations will also show that in those cases where these attempts to prevent conception are not made, the semen will be found to be deficient in a normal amount of spermatozoa, and the deficient impregnation will be, in most cases, found dependent upon their deficiency in numbers or strength.

We do not know whether or not a single spermatozoon is sufficient to impregnate the ovum so as to cause the development of a healthy foetus. I *claim* that it *is not*; neither do I believe that a very small number can do it. The requisite number I can not at present even approximate, but *I am satisfied it is large*. One reason for my belief is to be found in the development of moles under the circumstances named; and another is from the fact that nature produces spermatozoa in such immense numbers; and it is reasonable to suppose that *nature does not waste her forces* by producing thousands when only one is needed. A single ejaculation of semen was evidently intended for a single impregnation. I do not think it reasonable that nature produces a hundred times as much semen at each connection as is adequate to produce healthy conception. All the secretions of the body are furnished nearly in the amount required for the purposes for which they are secreted; never, in health, very greatly in excess. Why, then, should we imagine nature made such a mistake as to furnish a hundred times as many spermatozoa

in a single ejaculation of semen as is required to produce impregnation?

Constriction of the cervical canal tending to prevent the free ingress of semen, is also a cause of the production of moles by preventing the free ingress of the semen into the uterus.

Diagnosis.

The diagnosis of a mole in the uterus is sometimes difficult. There are present in some cases symptoms indicative of pregnancy, the menstruation being entirely suspended, and the uterus becoming somewhat enlarged, with the occurrence of nausea and enlargement and tenderness of the breasts. In other cases there is only partial arrest of menstruation; and in still other cases it is not at all diminished, and in a few instances the flow is excessive, and there is more or less loss of blood during the interval between the times of the regular catamenial flow. The uterus ceases to enlarge in two or three months, and the patient complains of faintness, weight in the pelvis, pain in the small of the back, etc. These symptoms going on for six or eight months, and the organ remaining about the size it would be when there was a two or three months' pregnancy, give us good reason to suspect a mole in the womb, especially if we know the patient has been trying to avoid conception.

Still, these symptoms are not positive evidence of the existence of a mole, as there might be a dead foetus remaining in the uterus causing them, or there might be present sub-acute metritis or endo-metritis.

Not long since, a lady came to me from Illinois, suffering, as she and her family physician supposed, from retro-flexion of the uterus with dysmenorrhœa. Her trouble had been of several years' standing, and although married (for ten years) and well formed, she stated that she had never been pregnant. In about two days after replacing the uterus with the sound, which I had great difficulty in introducing, I was

surprised to be called to her in haste, when I found her suffering with symptoms of a threatened miscarriage. She had hard, regular uterine contractions, but no hemorrhage. (Her menstruation had been regular, though scant and painful, and she being very anxious to become a mother, I had not thought of the possibility of pregnancy, nor was there a single symptom in her case to indicate it.) But here were the pains, and I could only diagnose a small uterine tumor of some kind, though I had not found any enlargement of the uterus more than is common in cases of retro-version. The pains went on; in fact, I did not try to stop them, and my patient was soon delivered of a mole, with the sac entire, about as large as a very small hen's egg. On opening the sac I found it to contain nothing but a liquid resembling the amniotic fluid. No vestige of a foetus or placental chord could be discovered, though there was the fleshy part resembling a placenta.

I have delivered, I think, six of these moles in my experience of over twenty years, which shows their rarity. All of the others were, however, larger than this, but showed the same anatomy and appearance.

Treatment.

Upon the subject of treatment little can be said, except to give the remedies homeopathically indicated by the totality of the symptoms in each case. Usually the positive diagnosis of moles in the uterus can not be made, hence we are *not* justified in instituting any treatment unless sufficient time has elapsed to place conception out of the question, or at least make us sure that healthy, normal gestation is not going on. Uterine contractions will come on sooner or later, and expel the mass if it be a molar pregnancy.

In case the sac is accidentally ruptured before we see the patient, the treatment to be used is the same as if the case was one of miscarriage. Uterine contractions are to be

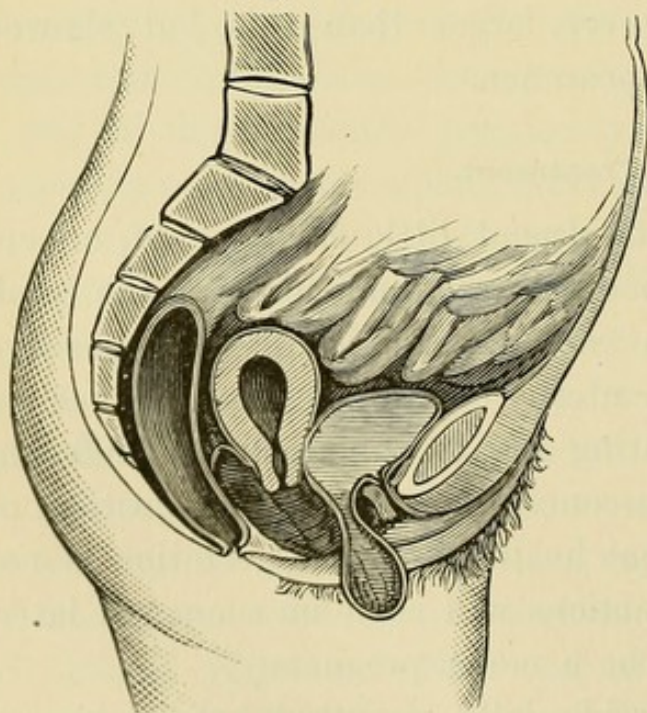
excited by cold applied to the epigastrium, by irritating gently the interior of the cervix with the finger, by giving *Secale cor.*, in doses sufficient to strengthen any feeble uterine contractions present. Tampon the vagina with the gum elastic bag in case of excessive hemorrhage; and give *Aconite*, if the pulse is rapid and wiry; *Ipecac*, if there is nausea or vomiting; *Bell.*, if there is passive hemorrhage with dilatation of the pupils and the rapid soft pulse.

The patient should rest in bed in the horizontal position for several days, after the expulsion or artificial delivery of a mole; and nourishing, easily assimilated food should be freely given. Stimulants, tea and coffee, should be avoided. Cool water may be drunk quite freely.

PROLAPSE OF THE VAGINA, CYSTOCELE, RECTOCELE, ENTEROCELE, AND OVARIOCELE.

The vagina may prolapse in part or wholly. When the anterior wall is prolapsed, and the bladder is prolapsed with

Fig. No. 38.



CYSTOCELE.

it, it is termed *cystocele*.

When there is prolapse of the posterior wall only, and the prolapsed portion contains the rectum, it is termed *rectocele*. If the prolapsed portion contains a portion of the small intestines, it is termed *enterocele*; and the name *ovariocele* is given when the ovary is contained in the prolapsed vagina.

In speaking of prolapse of the vagina, it is understood that it is the lower portion which protrudes beyond the os vaginæ, and has no

reference to the inversion of the tube, which takes place in *proidentia uteri*. In *ovariocele* there is probably always present a lateral displacement of the uterus at the same time.

Women are not liable to any form of prolapse of the vagina before being delivered of a child.

Causes.

Severe straining during labor while the head of the child is partially within the vagina, is the principal cause.

Treatment.

The parts must be replaced and retained by suitable vaginal pessaries. Use the abdominal supporter also. (See cut on page 495.)

CANCER AND CAULIFLOWER EXCRESCENCE OF THE UTERUS— CARCINOMA—SARCOMA, ETC.

We have two varieties of cancer of the uterus, the scirrhus and the encephaloid, the former being much the more frequent. The cauliflower excrescence, called carcinoma by some authors, is a fungus caused often from syphilis, and exerts some influence upon the general health by reason of the sanguinolent discharge accompanying it. The fact of its removal proving curative seems to disprove its cancerous character. The disease was first accurately described by Dr. John Clark, of London. It is rarely met with in America. It springs from the mouth and cervix of the uterus. The structure of cauliflower excrescence is fungoid, rough, granulated, and bleeds easily, being very vascular. It is of a pale flesh color.

Scirrhus of the uterus is most common in women who have borne children, according to statistics by Glatter.* Out

* Ziemssen's Cyclopædia, Vol. X, page 275.

of one thousand Vienna women affected with cancer of the uterus, there were

Single	229
Widows	268
Married	503
		<hr/>
		1,000

Prostitutes show no special tendency to carcinoma, as might be expected from the nature of their habits.

The cervix is usually the seat of cancerous disease in the uterus. It sometimes extends to the body of the organ, and very rarely commences in the body of the uterus. It commences with induration of the lips of the cervix, which feel tender, hard, and irregular, and bleed easily. The lips of the mouth of the womb are everted usually. After a time ulceration sets in and causes an offensive sanious, watery, irritating discharge from the vagina, which excoriates all the parts with which it comes in contact.

The *encephaloid variety* of the disease generally occurs in the form of soft, lobulated masses which contain clots of fibrin. They vary in size from an orange to a child's head.

Symptoms.

The symptoms of carcinoma are those of other tumors of the uterus, with the excessive and almost constant hemorrhage which we have in non-malignant growths of the uterus, but the nauseous, sickening odor of the cancerous tumor when it reaches the stage of ulceration is distinctive, as is also the cancerous cachexia.

In the commencement of the growth of a cancerous tumor it may be impossible to diagnose it from fibroma of the neck, especially when it only affects one lip; but soon its greater readiness to bleed and the bad smelling discharge will indicate its character. In carcinoma of the body of the uterus, affecting the mucous surface, we have the bad smelling discharge *per vaginam*, accompanied with almost continuous

hemorrhage. The os may for a time in these cases remain quite normal in size and appearance.

It is usual that the patient dies within twelve or fifteen months after ulceration is developed; and before death the disease sometimes extends to the neighboring organs, producing utero-vesical, or utero-rectal fistula, but more frequently exhausts the patient before the disease extends so far. The distinctive pains of cancer are sharp and lancinating. They occur mostly at night, and very seldom by day. Why this is so we can offer no explanation.

Treatment.

The skillful, experienced physician should have entire charge of this class of cases.

HYDROMETRA.

Hydrometra is worthy of but a word of description and comment. It is a term applied to an accumulation of serum in the uterus, in cases where there is atresia of the vagina or cervix uteri similar to the condition producing hæmatometra, the effused fluid being serum instead of blood. This condition could not result unless there was an absence of normal menstrual flow. It is rarely met with, and is to be treated the same as hæmatometra.

PRURITUS VULVÆ. (*Itching of the privates.*)

This term is applied to the itching of the female genital organs. The disease is divided into several varieties by some authors. First, indicating the part affected as pruritus of the vagina, pruritus vulvæ, etc.; by others it is divided according to its imagined causation, as menstrual pruritus, when occurring at the menstrual period; climacteric, when occurring at the change of life; pruritus of pregnancy, when coming on while the patient is pregnant, etc.

The disease occasions extreme pain in the attempt to

suppress the desire to scratch and rub the parts, and when the parts are violently scratched or rubbed, the skin and mucous membranes are lacerated, or become swollen and inflamed. In some instances the internal surface of the vagina is the seat of these severe sensations; in other cases the labia, mons veneris, or clitoris, is affected. Sometimes the itching extends to the thighs upon the inside. The itching comes on most frequently at night, and is so severe as to prevent sleep. During the day the patient is somewhat troubled, and the desire to scratch the parts is so great that it almost drives her to distraction in some instances.

Causes.

The causes of *Pruritus* are various. It has usually been supposed that the itching of the parts was due to irritating vaginal or uterine discharges and inflammation in the parts. This is true in very many instances, but we believe that it sometimes has its cause in reflex nerve irritation, and sometimes from congestion of the parts, caused from lack of sexual congress, and sometimes from excessive copulation, sometimes from onanism, sometimes irritation of the clothing, and sometimes from diabetes.

A large leucorrhœal discharge does not, as a rule, produce pruritus. Neither do acrid uterine or vaginal discharges invariably cause the disease. Still in some instances these discharges seem to be the cause of the itching. The supersensitive condition of the nerves of the entire system seems to predispose to the complaint; hence we find that the trouble is more common in women who are exhausted either by long suffering from uterine or spinal disease, or from nursing, in those cases where the difficulty apparently was directly caused from irritating vaginal discharges. The reflex nerve irritation is shown in cases of amenorrhœa when the suppression arises from cold, in cases of *metritis*, *ovaritis*, and uterine displacements; also occurring at the climacteric

period and during gestation, although in some of this class of cases there is a more or less copious vaginal discharge; sometimes, however, there is none observable, and there is rather dryness of the parts than moisture.

Ungratified sexual passion, brought into activity by fondlings and caresses of the lover, in girls of full blood and strong animal nature, by exciting, first, erection of the clitoris, and, secondarily, congestion of the adjacent parts, develops a violent pruritus, which it is difficult to relieve unless remedies are given to allay the passionate excitement, or the patient marries. Pruritus resulting from excessive coitus is due to continuous congestion, irritation, and bruising of the parts.

Onanism, of course, develops a similar, though worse, condition, because of the mental, and consequent nervous, disturbance produced.

The pediculus pubis, or crab, which sometimes infests the hair upon the pubes, gives rise to similar symptoms as ordinary pruritus. Not recollecting this, has caused many a physician to lose a patient, because of the failure of his prescriptions. The second physician consulted, having prescribed something to kill the parasites at once, secured the patient for the future, as well as earning her lasting gratitude.

Short stiff hairs upon the labia, situated on their margins, may cause the itching. Occasionally girls, for some reason, shave off the hair about the privates. As it grows again it comes out stiff, and is liable to prick the opposite labium.

Diagnosis.

In the diagnosis of pruritus the important thing is to determine the cause—the simple description of the complaint by the patient is sufficient to enable us to name the difficulty as pruritus. Still, to treat it successfully, a physical examination is sometimes absolutely necessary. The pediculi should be carefully looked for. If present, they appear a

little smaller than a pin's head, grayish-brown in color. They have the appearance of specks of dirt, and adhere very tenaciously to the cutaneous surface. When forcibly removed they show signs of vigorous life, by active movements. They are circular, and cup-shaped, the outer part being about flesh color. Sharp hairs can be readily detected by the sense of feeling alone.

Treatment.

First, those things which seem to be aggravating the disease should be forbidden, especially scratching or rubbing the parts. Smearing the parts well with *Vaseline* or *Olive oil*, for a few days, with the daily use of warm water vaginal injections, and placing a thin bit of raw cotton between the labia, or even pressed up into the vagina, and giving *Aconite* every hour, is commonly a good method to commence on when we have to prescribe for symptoms; the *Aconite* being indicated for the feverish, nervous symptoms usually present.

Treatment of Pediculi.

When pediculi are found we prescribe *Mercurial ointment*, diluted one-half with simple *Vaseline*. This may be perfumed. Let it be applied with the ends of the fingers, in small amount, each night, for three days, washing thoroughly each following morning with Castile soap and water. Now omit the *ointment* for about a week; if then it is found that any of the parasites remain, give them another dose of the *ointment*, applied as before. Sometimes an infusion of *Tobacco*, thoroughly applied to the parts a few times, effects a cure by killing the parasites. It should be washed off the same as directed after using *Merc. ointment*.

Remedies.

Remedies must be selected according to the totality of the symptoms in each case. Among the following we usually find the one indicated: *Aconite*, *Nux*, *Sepia*, *Sulph. Cal. carb.*, *Conium*, *Arnica*, *Ars.*, *Bryonia*, *Apis*, *Puls.*, etc.

When the parts are exceedingly swollen and tender, warm, wet, soft cloths are soothing, and a poultice of ground flaxseed or slippery elm is sometimes a great relief. Using a wash of *Kali chlo.*, ten grains to the ounce of water, is one of the most serviceable applications.

In case the cause seems to be ungratified sexual passion or onanism, *Kali bro.* or *Camph.*, in low attenuation, are the remedies. Direct a cold sitz bath to be taken daily. Bland, unstimulating diet should be given, and plenty of exercise in good air should be taken.

The bowels should be kept regulated with indicated homeopathic remedies, and the use of the syringe if necessary.

ABORTION.

This term is applied to the expulsion of the foetus at any period of gestation previous to the seventh month.

Abortion is a fruitful cause of disease in women, and should be understood, that its earliest manifestations may be subdued, that the accident may, if possible, be averted. It should be understood that it may be conducted with safety to the mother, in case it can not be prevented. It should be understood that we use no treatment or remedies upon a patient who is pregnant calculated to cause her to abort; and, finally, that we may treat properly the conditions caused by the abortion, in case one has occurred.

We must consider abortion a disease, and the desire among women to produce it is an evidence of a diseased state of society, which, of course, is made up of individuals. Hence, the minds of these individuals must be diseased, or at least perverted in judgment. Objection to maternity seems to largely pervade the minds of American women. This shows that a healthy sentiment has not pervaded society for years past, and that unless a change occurs in this regard the very foundations of government are endangered. It therefore becomes the physician's duty as a philanthropist

and patriot, as well as a physician, to use all his influence to cause women to look upon maternity as a blessing, and that in the proper training of children women have an opportunity to shape the destinies of *nations*. Their power in this way is equaled by none on earth. Can they not see that in this direction there is an opportunity for influence greater than they can exert in any sphere as ladies of fashion in gay society? Here are in store for them honors as far excelling those received by the gay butterflies of fashion as the noonday's sun excels in splendor the flicker of a fire-fly.

We can not feel it just to omit saying, in this connection, that the men of our time are by no means clear of blame in this regard. They have failed to show their wives that they appreciate the trials and pains incident to motherhood; have failed to show their appreciation of children, of home, of the family circle, by absenting themselves too much from the companionship of wife and children, and have found too much pleasure in the club, the lodge, or the saloon. Nor is this all. Too often have they fallen into temptations while from home which have resulted in contaminating their blood with syphilitic virus, which has caused the wife to feel she is doing humanity a service in refusing to be a party to the passing down to posterity any of the contaminated blood in her husband's veins.

There are, however, accidental abortions dependent upon various causes, which we will now consider. They may arise from any cause which produces a separation of the attachment of the ovum to the interior uterine surface. This is most readily accomplished when the attachment is feeble, as I believe it is when a small number of spermatozoa penetrate the ovum (as I have mentioned in connection with the discussion of moles). There may reasonably be supposed to be, in some instances, a deficiency in strength or vitality in the spermatozoa, as well as a deficiency in their number. The

inflamed, irritable condition of the endometrium, muscular tissue, or nerves of the uterus may predispose to cause contractions of the organ, and produce death of the ovum at any stage of development after impregnation. Hard work, lifting, straining, jumping, etc., excessive sexual intercourse, cold vaginal injections, drastic cathartics, or violent emotions of the mind, may cause death to the foetus in utero, and consequent abortion. The nursing of a child at the time gestation is going on may, by means of the exhaustion induced, as well as from the stimulating effect upon the uterus, from the irritation of the breasts through the sympathetic nerves, cause abortion.

Symptoms.

Uterine hemorrhage or pain, coming on in the pregnant woman, are symptoms of threatened abortion, as a rule. (In very exceptional instances women menstruate moderately while pregnant.) We must not consider a slight show, occurring at regular monthly periods, as evidence of a threatened abortion in all cases. This is not to be considered a hemorrhage, but menstruation. But where the flow comes on irregularly, and is sometimes quite profuse, accompanied with occasional uterine pains, we can be sure an abortion is threatened, if the woman is pregnant.

A considerable chill is often a symptom indicating the death of the foetus, although the chill is not accompanied with uterine hemorrhage or pain. In this case faintness, and in some instances convulsions, come on, and still more clearly indicate the nature of the impending crisis. By making a physical examination we find the os uteri somewhat dilated, varying in size according to the stage of gestation and the time which the other symptoms of abortion have been going on.

As abortion progresses the os uteri becomes more dilated, and the pains become more regular and severe. Hemorrhage is not usually profuse when there are severe uterine con-

tractions. In some cases an immense amount of blood is lost *per vaginam*, faintness comes on, there is coldness of the extremities, and the blanched countenance, and still no pains in the uterus. These symptoms not only indicate that abortion is impending, but that death itself is hovering near to claim its victim.

A gush of water from the vagina indicates the rupture of the membranes and the escape of the amniotic fluid, and shows that abortion is unavoidable, as is also evidenced by the preceding train of symptoms. Usually, after the rupture of the membranes, uterine contractions come on with increased frequency and severity, and the hemorrhage is much decreased, or entirely stopped. The danger to the mother is now much less, but the saving of the foetus is out of the question.

Puerperal convulsions are not very common in cases of threatened abortion; still, they do sometimes occur. I recollect a case where the patient was thrown into violent puerperal convulsions after taking OIL OF TANSY to produce an abortion upon herself. I have also seen them produced by the death of the foetus from accidental causes.

Diagnosis.

The diagnosis of a miscarriage is ordinarily easy from the symptoms which I have given; but there are sometimes cases which are very perplexing. These women have, perhaps, been regular in their menstrual flow, though it has been scant in amount for one, two, or three months before. In these cases we have to rely upon the accompanying symptoms to enable us to decide whether our patient is really pregnant and is threatened with abortion, or whether it is a case of dysmenorrhœa with amenorrhœa. The size of the uterus aids us in some cases; in others, the uterus is abnormally large from congestion or sub-involution, and it is next to impossible to be positive in the diagnosis. In such

a case we should give the patient the benefit of the doubt, stop the pains, and let time clear up the diagnosis.

Again, in women who have reached the climacteric period, and have missed their catamenial flow for a period of two or three months, and then are attacked with uterine hemorrhage and pains, the diagnosis is difficult. Usually these cases prove not to be pregnant, but I have seen a foetus expelled from such a patient even at the age of fifty-three years. So we do well to be on our guard even with these old patients.

Treatment.

The first thing to consider in the treatment of a case of threatened abortion is, whether it is possible to prevent it. In order to decide this question, it is necessary to take into consideration the strength of the patient, the amount of hemorrhage and pain which she has suffered, and the length of time which has elapsed since threatening symptoms have been manifested. Some considerable uterine pain, with a moderate amount of hemorrhage, may not make the loss of the conception positive, and active means must be used to arrest the pain and the flow, or at least we should be active in the use of means. The first thing is to insist upon perfect rest, in the horizontal position, and at once administer *Secale cor.*, 6^x dilution, or *Virb. op.*, 1^x dilution, at hourly or half hourly intervals. Cool, wet cloths should be applied over the epigastrium in cases of severe hemorrhage, but where there is uterine pain without severe hemorrhage the warm cloths are most desirable and useful. *Aconite*, *Bell.*, or *Ipecac* are indicated for the hemorrhage, with heat of skin or nausea. *Arnica* is useful if the pains are the result of lifting, straining, a fall, or any traumatic injury, including excessive venery.

After the pains have ceased and the hemorrhage is arrested, we must still enjoin perfect rest for several days; and no violent exercise should be taken during the entire

course of gestation, for after one attack of pain or hemorrhage, from whatever cause, the patient is more liable thereafter to another attack. Cool drinks should be given and the air of the bed-chamber should be as pure and fresh as possible, with a careful regard to proper temperature, which should always be maintained at a rather low standard.

SYMPATHETIC EFFECTS OF DISEASES OF THE UTERUS AND ITS APPENDAGES.

There are certain affections that are dependent upon and caused by morbid conditions of the uterus and its appendages, which are not properly considered hysterical, and deserve special mention. It has been my lot to see many cases of this character in my experience while resident physician of the city hospital of Chicago in 1859 and 1860, and since that in an extensive private practice, largely consisting of chronic ailments of women, as well as observations in consultation with other physicians, and in observing cases in hospitals in NEW YORK, PHILADELPHIA, ST. LOUIS, NEW ORLEANS, CINCINNATI, EDINBURGH, LONDON, and PARIS.

I am convinced that many sympathetic affections are mistaken for special diseases, and the treatment of which is unsuccessful from a failure to discover the real ailment and remove the difficulty which exists in the uterus or appendages. Patients in these cases will sometimes give no intimation that they have any disease or difficulty of the uterus, either organic or functional; and it is only by comparison of symptoms, the history of the case, careful examination of the patient, and differential diagnosis, as well as by much study and patience, that we are enabled to arrive at a correct diagnosis in this class of cases.

In some instances the patient will assert and insist that the uterine functions are normal, and that they are sexually perfectly healthy. This is sometimes owing to the modesty of the patient, and sometimes they do honestly believe they

are well in this respect. They complain of want of appetite, nausea, biliousness, constipation, headache, cold hands and feet, pain in the side, palpitation of the heart, amaurosis, painful or frequent micturition, sciatica, pain in the hip or ilio-sacral articulation, chilliness, hot flashes, pain in the top of head or occiput, pain in knee, ringing in the ears, languor, inability to swallow hard substances (caused from spasmodic irritation of the œsophagus, this being produced from uterine disease), sensation of some foreign substance, like a fish-bone or pin in the throat, cough, congestion of the lungs, liver, or other organs, anæmia, chlorosis, pruritus vulvæ, etc. We may also have anæsthesia or hyperæsthesia, paraplegia or hemiplegia, as sympathetic affections.

When any or several of these symptoms are present in a case before us, and we can not find other reasonable explanation, we may look for the cause in the uterus or its appendages.

It may be either organic or functional, the result of inflammation or displacement of the uterus, of tumors of uterus or ovaries, or even of an arrest of normal action, as seen in amenorrhœa, the peculiarity of these cases being, that in many of them they refer no pain directly to the parts or organs primarily affected.

As I have mentioned under the heads of "inflammation," "amenorrhœa," "displacements," etc., we have these symptoms complained of sometimes; but what I wish to impress upon the reader's mind is, the fact that we may have these symptoms as a result of uterine disease, and have no suggestion from the patient of any uterine difficulty whatever; and many times when inquiry is made, we are rather abruptly told that they are all well in this respect, intimating by voice and manner, at least, that they feel we might better have omitted the question.

Years of experience will cause us to be persistent in ascertaining the true cause of these complaints; and espe-

cially so when their history shows them to be chronic, and that they have been subjected to much treatment without relief—the treatment I refer to being directed to the relief of the particular symptoms complained of, and not directed to the relief of the real cause of these symptoms. I believe I have seen patients complaining of all the symptoms above enumerated, which were caused by uterine disease or displacement, while the patient believed herself healthy in this regard. I will mention as examples two or three cases.

In *December*, 1863, I was called to see Mrs. R., aged about forty years, widow of a prominent judge of Illinois, robust in appearance, light complexion, nervo-sanguine temperament. She complained of pain in one knee, and of inability to walk. She stated that she had been suffering for two years in the same way, and had had the best allopathic physicians in Chicago, who had leeches and blistered the knee, and she showed me a large iron splint they had recently used to straighten the limb, and again flex it by means of a screw. (I still have in my possession the apparatus as a curiosity.)

On examination of the knee I determined that there was no trouble here, and I judged that the trouble was from reflex action produced from some trouble with the womb, and so stated to my patient, who rather indignantly replied, “I am perfectly healthy in that respect.” I replied that if this was so, then I knew nothing of her case.

I prescribed temporarily, and left her. In about two weeks she sent for me again, and stated that as I took an entirely different view of her case from her other physicians, she had concluded to employ me, and let me see if I was correct in my diagnosis.

I accordingly proceeded to make a thorough examination of the uterus, and found it as large as at three months in pregnancy, and retro-verted. On introducing the sound, which I did without hesitation (as her difficulty had been

for two years troubling her with equal severity), I found a single polypus. I restored the position of the uterus, removed the polypus, and had the satisfaction of seeing her walk in six weeks without the aid of crutches or cane. I used no local treatment to the knee, no electricity to the limb, no internal medication. I accidentally met her at the Southern Hotel in St. Louis in 1875, and she assured me she had had no trouble in walking since I had removed the tumor, twelve years before. She had never had pain in the pelvis, had menstruated regularly, and not too profusely.

Such a case will not often be seen, but it goes to demonstrate the ideas I am trying to impress, that we may have serious uterine difficulties and have no complaint of pain in the organ, no interruption or excess of menstruation, and still have serious symptoms in other parts. Why we had no disturbance of menstruation in this case I am unable to say. Her strength of general system by inheritance and education was far above the average, and may have been a reason why she suffered so little in general health; and her decided assertion that she was perfectly well in all respects regarding her sexual organs, would have deterred most physicians from insisting upon an examination of them; still, the result proved its necessity.

CASE SECOND, *April 7, 1876.*—Miss N., aged about thirty years, native of Illinois, was brought to me by her sister (whom I had cured the year previously of partial paralysis and loss of sight in one eye by restoring a retro-verted uterus), who stated to me that she had persuaded her sister to come to me from a distant city, that I might try to relieve her, though she had been treated by seven different physicians during the past four years, but that her trouble grew worse instead of better. The general appearance of my patient was good, excepting an inclination to be morose, and I caught, occasionally, the wild stare of the eye seen in the

insane. She had an idea that she could not swallow any hard or solid food, and had subsisted upon milk, soup, and the like. She insisted that there was a fish-bone lodged in her throat so high up she was angry that no one could see it. In other respects she seemed to be in good health. Her menstruation was regular and normal.

Although I at once suspected her complaints to be sympathetic, I concluded to make a thorough examination of the throat and œsophagus, which I did, and found no obstruction or difficulty. I gave some medicine to indicate my sincerity in my efforts to relieve her, and as an excuse that in the event of its failure to relieve her, it would be necessary to make a vaginal examination. Of course, the medicine failed; and with the combined persuasions of her sister and my own, she consented to a vaginal examination, which revealed a prolapse of the uterus almost complete. I restored and maintained the organ *in situ*, and in three days her difficulty of swallowing solid food had vanished. I attended to the case a little for about six weeks, when I found the uterus remained in position, and I dismissed her. I learned a year or more afterwards from her sister that she was still well. This patient might have deceived us in saying she had no pain of any kind, owing to her modesty. But I relate the case simply to show that we sometimes must investigate for ourselves in these obscure cases.

Treatment.

In regard to the treatment of these various sympathetic affections, it may be readily inferred that no treatment is likely to avail except that which is directed to the removal of the cause, *i. e.*, no other treatment is likely to be more than palliative; and he who can the most keenly discern the cause of these ailments will be the most successful in relieving them.

One word just here, which I feel should be said in all

kindness, and with due respect to the average practitioner. We feel that the habit which some have of denominating those ailments which they fail to comprehend nervous or hysterical, and making no effort for their removal, is cruel and unbecoming the profession. If after every investigation no lesion or disease be discovered in the physical frame, we may have to resort to the theory of nerve derangement, either functional or organic; still these poor sufferers demand, and humanity demands, the kindest and most considerate treatment at our hands.

I might go into the detail of all the several sympathetic ailments I have mentioned, and many more; but the treatment of all must have reference to the cause, and it is needless to go into the detail of symptoms, which may better be studied in our works on therapeutics, in relation to proper remedies. I have omitted to mention the mental affections produced or aggravated by uterine diseases. Some of them come under the head of Hysteria, others that of Insanity. Under Hysteria, and Puerperal Mania, may be found more extended remarks on the influence of uterine diseases upon the brain.

Whether or not it is possible that uterine diseases should produce insanity, is to-day somewhat in dispute. We are inclined to the opinion that they may, but whether it is a direct or reflex action, or in what way nerve irritation produces insanity, I will not attempt to explain further than to suggest that the pain experienced in some of these affections tends to exhaustion of nerve force as well as muscular strength, that the anæmic condition produced by the derangements of the functions of digestion, assimilation, and excretion (caused from uterine disease or otherwise) may seriously affect the brain substance, as well as tend to produce disease of its meninges.

It seems to me in entire accord with the economy of nature that the brain should be affected by uterine disease,

from the fact of the known influence of the brain upon gestation and the foetus itself as well, all the processes of nature, all glandular and muscular action being dependent upon nerve power.

Hence, it is reasonable to expect that disease or displacement of the generative organs, especially the uterus, might reflect an irritation back upon the great nerve centers. Hence, we suggest that in mental derangements in women, we be very careful to ascertain if there is any uterine disease or deviation which might be a cause of the disturbance; if so, we will do well to rectify it in the commencement, if possible. That the fretful nature of some women is sometimes due to uterine disease, we may be sure; but as fretfulness is not classified as a disease, we will pass it by with the remark that if the symptom seems to need a remedy, we will keep in mind the possibility of its being caused from uterine disease.

PUBERTY AND THE CLIMACTERIC PERIOD.

The age of puberty in girls signifies the time when ovulation and menstruation commence, though they do not always occur simultaneously, ovulation having been known to occur before the establishment of menstruation, as shown by the occurrence of pregnancy before the appearance of the catamenia.

Just how frequently ovulation is established previous to menstruation it is impossible to determine (as but few are exposed to possible impregnation at this age). Still there are reasons to justify the belief that ovulation precedes the appearance of the menstrual flow for several months in very many cases. The most prominent of these reasons is the uneasiness, pain, bearing-down in the pelvis, sometimes accompanied with backache and headache, nausea, etc., occurring at intervals, sometimes irregular at first, varying from four to six or eight weeks, gradually becoming more regular in their recurrence every four weeks, when the flow also appears.

In some cases, however, the flow comes on without these premonitory symptoms, which are indicative of ovulation, either complete or imperfect.

The development of this function is a critical period in a woman's life, a period when her whole being seems to change. The romping, rude girl becomes the reserved, modest young lady. The breasts develop, the whole form becomes rounded and symmetrical. The mental changes are about as marked as the bodily. Thoughtfulness and comprehension of deep subjects are manifested, in place of the careless thoughtlessness of childhood and want of understanding which usually mark the age of youth.

Generally this change takes place in girls at about the fourteenth or fifteenth year, sometimes coming on at twelve; or even at nine in warm climates, and is sometimes delayed till seventeen or eighteen years are attained in colder latitudes.

During the intervening period from the time the symptoms of commencing ovulation first appear to the time menstruation is regularly and fully established, various symptoms are manifested. I will not discuss here the various theories regarding menstruation and ovulation, as this belongs more particularly in the department of physiology; but will consider the manifestations which this change develops in the system.

From all experience we learn that there is no exact time for the period of puberty to become established. It occurs earlier in warm climates than in cold; earlier in cities than in the country, owing to the greater excitation of the nervous system, often, 't is true, at the expense of the muscular. Civilization and a luxurious mode of living doubtless tend to the early development of this function.

As ovulation commences the girl shows more irritability of temper, is peevish and fretful; restless, and sometimes sullen; the appetite is capricious, longings for unnatural

articles, like chalk, slate pencils, etc., are common. Disorders of digestion are often manifested; eruptions on the skin appear, notably in the form of pimples on the face. Pain and tenderness in the lower abdomen, with painful micturition are sometimes complained of, in connection with severe pains of a spasmodic character in the epigastrium or groins. These symptoms in the girl of suitable age, manifesting the somewhat rounded form, with the growth of hair upon the mons veneris, and having no menstruation, we may conclude are indicative of retarded development of the menstrual functions, and we should treat the case as one of amenorrhœa.

If neglected in this regard serious inflammation may supervene, and mental derangement is sometimes produced from this cause. Many cases of sterility, I believe, are due to the inflammation developed in these cases before the appearance of the catamenia, causing thickening of the investing membrane of the ovary, disease of the endometrium, contractions of the cervical canal, or occlusion of the Fallopian tubes.

THE CLIMACTERIC PERIOD, OR MENOPAUSE; ALSO TERMED "THE CHANGE," AND "*L'age de Retour.*"

These terms signify the time of cessation of the functions of menstruation and ovulation. This occurs about thirty years after the establishment of the function. Usually, when it commences early, it also terminates early, and *vice versa*. Exceptional cases occur where the term of menstrual activity is longer or shorter than thirty years.

At the climacteric period the changes in the system are as marked and critical as at the development of puberty, and the dangers to health and life are as great, though from different conditions; and the results are as serious, though of a different character.

The cessation of the menstrual flow is sometimes sudden, but most frequently it becomes irregular as to length of intervals in its recurrence, as well as to time of duration and

quantity discharged. This irregularity is sometimes manifested for a year or more before the flow ceases.

Upon the first arrest, or suppression of the flow, the patient usually suffers from the same train of symptoms as occur in cases of suppression from other causes earlier in life, but with less intensity; sometimes, however, for a few months, the arrest of the flow produces no serious disturbance in the system, and with a few women the change of life produces no effect whatever. These cases of exemption from disturbance in the system from cessation of menstruation are the exception; and it is usually found that a very considerable effect is produced, as might be expected, from the retention in the system of more sanguineous fluid than it has been accustomed to.

The train of symptoms sometimes developed includes almost if not all the sympathetic and hysterical manifestations to which women are liable, as well as the actual derangement of functions which do occur in these cases. As perhaps the most common result of this congestion, continuing for several months, we have profuse floodings, following several months of suppression. These floodings are in some cases very exhaustive to the system, and even dangerous to life.

The next most common disturbance in the system is derangement of digestion, causing pain, colic, heart-burn, etc., etc., accompanied sometimes with diarrhœa, and sometimes with constipation. Backache, headache, neuralgia in various parts of the body, sciatica, etc., are very frequent at this period. This condition of congestion of the parts gradually gives place to atrophy of the uterus and uterine organs. The congestion continues for a time, and may result in chronic inflammation of some part of the uterus or ovaries, and the consequent development of ovarian or uterine tumors; or, we may have a profuse leucorrhœa, which is caused from this irritation of the organs, and which for a

time seems to be vicarious of the regular catamenia. Epistaxis, hemorrhoids, etc., sometimes seem to relieve the system vicariously in recompense for the absence of menstruation.

The effect of the climacteric upon the mind is sometimes marked. The patient is taciturn, fretful, forgetful, easily angered, changeable, sometimes exhibiting various forms of mental derangement, at other times manifesting a childish disposition, exhibiting a great love for showy dress, and occasionally in widows causing an almost uncontrollable sexual passion, manifested in the most imprudent conduct and unblushing expression of a desire to marry, much to the mortification of friends and relatives. Sometimes the desire to bear a child in old age becomes so strong that she imagines herself pregnant. This condition is termed *pseudocyesis*, or false pregnancy. The increase of adipose tissue common at the climacteric period aids in the illusion, conjoined with the disorders of digestion so frequently present. The delusion is embraced as a sweet phantom, as an evidence of sexual vigor; and it is sometimes almost or quite impossible to disabuse her mind of her mistake. The cessation of menstruation, nausea, increase in size, as well as the movement of gas in the bowels (simulating movements of the foetus), all tend to confirm her wish that pregnancy might exist.

Treatment of Conditions arising at Puberty.

First, when the age and development of the patient indicate that puberty is reached, and there are present the various symptoms described, and there is no show of menstrual discharge, *Puls.*, *Macrotis*, *Bell.*, *Sepia*, *Aconite*, *Ars.*, *China*, etc., should be studied. *Puls.* or *Macrotis* are indicated for the non-appearance of the menstruation without special symptoms for other remedies. *Bell.* is indicated for bearing-down pains with tenderness of the epigastrium. *Sepia*, when the patient has a leucorrhœal discharge. *Aconite*, in

case nervous symptoms predominate, with chilliness or fever. *Ars.* for nausea, complicated with hot flashes. *China* for weakness, trembling of the limbs, vertigo, etc.

Attention should be given to these cases regarding dress, to see that they wear sufficiently warm clothing about the feet and limbs. Warm foot-baths, or the warm hip-bath, may often be of service. A useful adjuvant is found also in the mustard plaster to the small of the back and epigastrium in case much pain is felt in these regions. Horseback exercise is often highly beneficial.

If after several months of trial of remedies the flow is not established and the symptoms are of a serious character, and the patient having reached an age somewhat advanced beyond that when the catamenia ordinarily appears, it is advisable to consult a physician. Sometimes going into company is good in these cases, calculating to divert the mind and restore equilibrium in the nerve forces. Cessation from hard mental labor is in some cases a necessity, as the excessive activity of the brain may so divert the nerve forces in the system as to cause atony of the genitalia, as mentioned in treating of "Vaginismus" and "Amenorrhœa."

Treatment of Disorders of the Climacteric.

For the condition of suppression of menstruation occurring in the married, we are debarred from very active measures on account of the possibility of the existence of pregnancy. In cases where we are sure pregnancy does not exist, we may use remedies as we would in an ordinary suppression, as mentioned under the head of "Amenorrhœa," especially if the system seems to be suffering on this account. Generally *Aconite* or *Ars. alb.* will be indicated in these cases, as they usually suffer from congestion in some part of the body, if they suffer at all; *Ars.* being indicated if there is congestion without fever, or if the fever is of short duration, alternating with chilliness, thirst, restlessness,

want of sleep, etc.; *Aconite* being indicated when the congestion merges into an inflammatory condition, with fever, dryness of the skin, etc. *Bryonia* or *Verat. vir.* may be indicated if the pulmonary symptoms are marked, showing congestion in the lungs. The warm foot-bath with warm applications to the epigastrium and small of the back are calculated to aid in establishing the equilibrium of the nerve force and the circulation of the blood as well. Gastric symptoms, indigestion, constipation, etc., are to be treated as if arising from any other cause, with *Ipecac*, *Puls.*, *Nux*, *Sulph*, etc. (See Mat. Med. for indications and directions.)

Should uterine hemorrhage set in, and be excessive, the recumbent posture must be maintained, cool drinks must be given, and all stimulants avoided. The remedies are *Secale cor.*, *Nux*, *Ipecac*, *Aconite*, *Bell.*, *Trillium*, *Nit. ac.*, *China*, etc., choosing the one whose pathogenesis most closely resembles the case in hand. I have named remedies in the order in which I have found them most frequently indicated.

This class of patients should be treated with great consideration, not only on account of their difficulties, but on account of their age and the delicacy and solicitude the patient always feels regarding her condition at these times. She should not be disputed with or opposed more than it is impossible to avoid. Her idiosyncrasies should not be mentioned by her friends to others in her presence, as at this period the lady is often over sensitive about the good opinion of her acquaintances, though she may pretend to ignore and despise the opinions of others, and does not like to think that old age is approaching. She does not like, therefore, to be told that this is the climacteric period with her.

My opinion is that often the menses disappear before the climacteric is reached, on account of various causes independent of the natural cessation of ovulation and consequent stoppage of uterine activity; hence, it is the plan most conducive of good to our patient to keep up the function of

menstruation as long as possible. In this way I think much of the tendency to the development of uterine tumors, cancer, phthisis, etc., is avoided by maintaining the function of regular menstruation as long as possible, and much of the liability to excessive hemorrhages is also avoided. We also have less development of nervous symptoms, digestive derangement, etc., if the function is maintained regularly to the utmost limit. When this is accomplished the system will suffer little from the absence of menstruation. The sexuality is, in a measure, lost; sexual passion is lost, or much weakened, and the uterus becomes atrophied; the vagina shrinks and becomes dry. Under these circumstances the only symptoms likely to develop will be weakness, showing loss of vitality as well as virility. In these circumstances *Nux*, *China*, *Ars.*, etc., are usually the indicated remedies.

ATRESIA OF THE VAGINA, AND CERVIX UTERI—HEMATOMETRA, ETC.

Closure of the vagina or cervix uteri may result from adhesive inflammation from cold or from traumatic lesion, or it may be congenital. In these cases of absence or atresia of the vagina the menstrual blood sometimes finds exit through the rectum and sometimes through the urethra.

In some of these cases, where the os uteri has opened into these canals, pregnancy has resulted when these canals have been used for copulation.* Generally, for some reason, the urethra is relaxed and greatly enlarged in cases of atresia of the vagina. Dr. Emmet† mentions the case of a young woman who, after being married several years without a menstrual flow, was found to have copulated with her distended urethra, and neither her husband or herself had suspected the true condition.

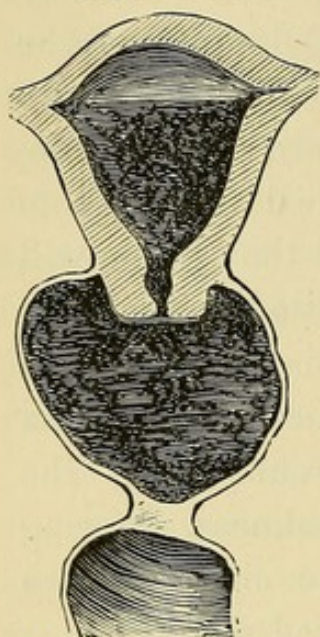
After opening up the vagina the urethra usually contracts to a normal size. The closure of the vagina must, of neces-

* Barnes' Diseases of Women, page 203.

† Emmet's Prin. and Prac. of Gynæcology, page 207.

sity, cause a retention of blood in the uterus; and this condition is called *hematometra*. In cases where vicarious

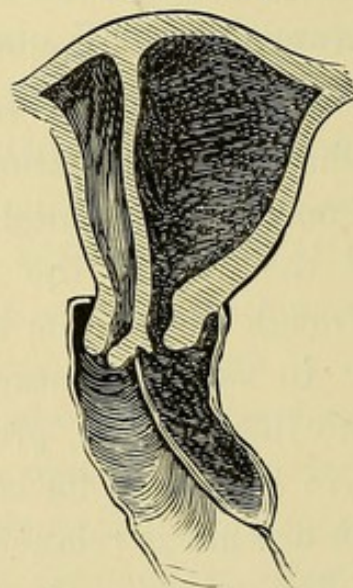
Fig. No. 39.

ATRESIA OF THE VAGINA,
WITH HEMATOMETRA.

menstruation is not otherwise established, sometimes vomiting of blood or nose bleeding seem to take the place of the catamenia, and become vicarious menstruations; at other times, hemorrhage from the rectum takes place as a vicarious menstruation, when there is no communication between the uterus and bowel.

The occlusion may exist as a transverse septum in the vagina (see Fig. 39), or it may affect the entire cervical canal. Either condition may develop hematometra, which will be situated above the location of the adhesion.

Fig. No. 40.

DOUBLE UTERUS AND VAGINA,
ONE VAGINA CLOSED.

Professor Emmet* relates a case of double uterus and vagina with atresia of one of the vaginae. (See Fig. 40.) He says: "Some years since I was consulted by a woman about nineteen years of age, who had never menstruated regularly. I had great difficulty in completing a thorough examination, and was not a little puzzled to make out a diagnosis. To the left of the vagina was felt an accumulation of fluid extending as high as the finger could reach, and from the rectum an elastic and nearly globular body could be felt, closely attached to the uterus."

Treatment.

The treatment of these conditions requires an operation. (See Works on Diseases of Women.)

* Emmet's Prin. and Prac. of Gynæcology, page 208.

DISPLACEMENTS OF THE UTERUS.

Displacements of the womb may be *downwards, backwards, forwards, sidewise, or upwards.*

Downward displacement of the uterus is termed *prolapsus uteri*. If complete, so as to appear externally, it is termed *proidentia* (though the terms prolapse and proidentia were formerly used as synonymous).

The displacement of the fundus backwards into the hollow of the sacrum is termed *retro-version*, and when the uterus is bent backwards upon itself in the form of a half circle, it is termed *retro-flexion*.

When the fundus is bent heavily forward against the pelvis, and somewhat prolapsed also, the os being carried backwards into the hollow of the sacrum, it is termed *ante-version*.

When bent upon itself forwards, it is termed *ante-flexion*.

When tipped to either side, it is termed *lateral version*.

When carried too high in the abdomen, it is termed *upward displacement* or *elevation*.

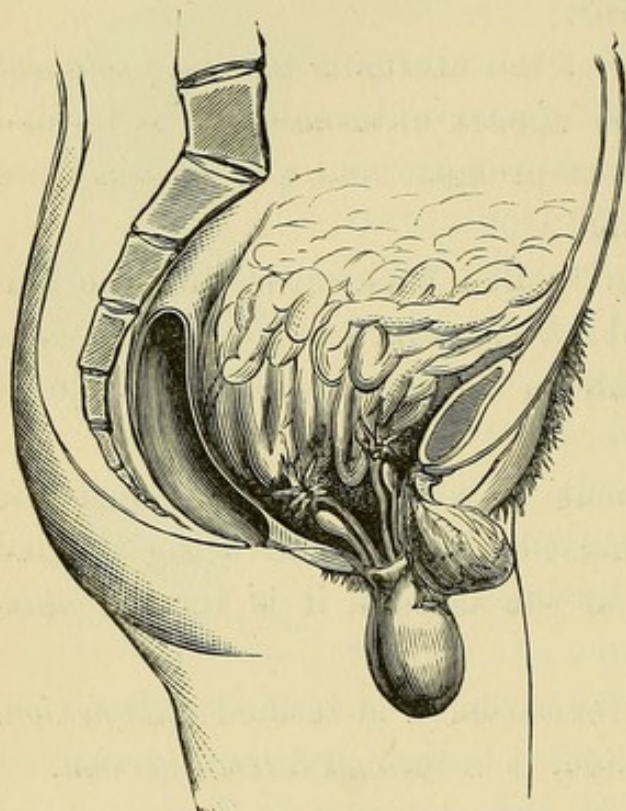
When turned inside out, it is called *inversion* of the uterus.

INVERSION OF THE UTERUS.

Inversion of the uterus may be partial or complete. (See Fig. No. 41.) In partial inversion the fundus is turned into itself. In complete inversion, the entire organ is turned inside out, or completely inverted. In order that inversion may take place, it is necessary that the organ be enlarged. In its normal and unimpregnated state it can not become inverted. Inversion will not often occur in the practice of the careful, skillful physician; but he may be called upon to treat a case which has resulted from the carelessness or ignorance of some one else. As a result of tumors in the fundus it may become inverted in occasional instances, although the

patient has never been pregnant. B. Langenbeck* exhibited the inverted uterus of a woman who had never been preg-

Fig. No. 41.



COMPLETE INVERSION OF THE UTERUS.

nant. On the inverted fundus was seated a fragile sarcomatous, heterologous growth of broad basis the size of a walnut. Inversion of the uterus is most likely to result in the puerperal state after delivery, while the uterus is enlarged in its entirety, and the tissues are flabby.

Inversion of the uterus may be acute or chronic. In the acute or recent state, while the os is dilated, it is of the utmost importance to recognize

the difficulty and restore the organ immediately, as in the chronic state it is very hard to replace, and the patient is liable to die from shock or hemorrhage in a very short space of time after its occurrence.

There are cases, however, where very little disturbance is produced in the system by inversion, owing usually, I think, to the anæmic condition of the patient, and want of nervous sensibility. A woman once walked into my office with a completely inverted uterus dangling between her limbs (thinking it to be the falling of the womb), and stated that she was attended by a midwife in confinement about three weeks previously; that before she rose from her bed this tumor began to appear, and the midwife had pressed it up into the vagina several times, but it would not stay. On

* *Med. Centr. Zeitung*, 1860; also, in Barnes, p. 623.

examination I found the case to be one of complete inversion of the uterus, with the necessary prolapse of the bladder and vagina. I proceeded to replace the organ at once, which I succeeded in doing without much trouble in less than an hour. I know that subsequently she had two children; but for the last ten years I have lost sight of her.

Some authors represent complete inversion as occurring entirely within the vagina. Such cases must be very rare. Generally, the uterus is very large in cases of inversion, and as it is inverted and is pressed downwards, it emerges from the os vaginæ and drags with it the vagina and bladder, the broad and round ligaments, the ligaments of the ovary, and in some instances portions of intestine into the cavity of the inversion. The rarity of the difficulty may be learned from the remarks of Dr. West.* He says: "No instance of uterine inversion in the recent state has come under my observation." "The Annals of the Dublin Lying-in Hospital and those of the London Maternity Charity illustrate the rarity of the accident, since it was not once met with in a total of 140,000 labors."

Causes.

It is ordinarily supposed that inversion of the uterus is due to traction made upon an adherent placenta; but it *may* occur independently of this cause. Dr. Schroeder† says: "Inversion is doubtless brought about in this way: the uterine foundation, or base of the tumor, which consists of normal uterine tissue, becomes atrophied (either disappearing or undergoing fatty degeneration), by means of the pressure which the tumor exerts. A gap is thus formed in the firm contractile tissue, the tumor sinks into the cavity of the womb, and is driven towards the mouth by its own weight and the contractions of the organ. The os then opens and the tumor sinks into the canal of the cervix, and thus, the adjacent por-

* West, Diseases of Women, p. 231.

† Ziemssen's Cyclopædia, Vol. X, page 215.

tions of the uterine wall being drawn down, a complete inversion is gradually accomplished. In some cases, however, after the tumor has sunk a certain distance into the cavity of the uterus, the inversion is rapidly accomplished by means of uterine contractions."

This is a very good description of the *modus operandi* of inversions occurring from tumors in the fundus. It may be added, that traction upon a uterine polypus whose pedicle is attached at the fundus may invert the organ. We may also say that pressure with two or three fingers upon the fundus through the abdominal walls, soon after delivery may indent the fundus, and the process of inversion may go on gradually, as it does in cases of tumors of the fundus, till the organ is completely inverted.

This indentation may be made by the patient, or the nurse; or a child climbing over the bed of its mother might put its little hand upon its mother's abdomen, and the force which it could exert might start an inversion (if the mother had not long been delivered). This is a point of much importance in *medical jurisprudence*, or would be in case the physician had a case of inversion on his hands, and also a suit for *malpractice* for producing it in the delivery of the placenta unskillfully. This indentation by the mother, the nurse, a child, or any one, *might not produce for a time any more serious symptoms than pains of an intermitting character*, which might readily be mistaken for ordinary after-pains, and hence the physician would fail to recognize the partial inversion which perhaps he is blamed for, as well as for producing it by unskillfulness, *when in reality he is not in the least to blame*. Besides, there might be a thickened condition of the tissues of the fundus, *tending to the formation of an intramural fibrous tumor*, or there might be already existing a tumor of some size in the walls of the fundus, which caused the depression in it, as soon as the uterus was left empty by the delivery of the child and placenta; and inversion may also

result from irregular contractions of the muscular tissues of the womb.

By these remarks I do not wish to deny that inversion may be produced by undue traction upon a placenta which is adherent to the fundus. I most cheerfully acknowledge this *might* be the case; but I wish to *impress the reader* with the idea that *it occurs from various causes independently of this*.

Diagnosis.

The diagnosis of a case of inversion is *not* so easy as might at first be supposed, especially if the case be one of long standing. It is most likely in a chronic condition to be mistaken for a fibrous polypus. The *fibrous polypus* is destitute of feeling, while the *inverted uterus* is usually somewhat sensitive. This is not always the case, however, as it sometimes becomes lost to sensibility. While partially inverted it has much the appearance of a polypus.

In uterine polypi we usually have a history of frequent and profuse hemorrhages, dating back several years, while in inversion, although we sometimes have much hemorrhage, the time elapsing since its commencement is shorter (generally but a few weeks), for if of long duration complete inversion would have occurred. And even here we may be mistaken, for I have known a uterine polypus to produce no hemorrhage till of considerable size. A slight menstruation usually takes place from the surface of the tumor if it be the *inverted uterus*, which never occurs from the surface of a *fibrous polypus*. The recent case following confinement is usually easily recognized, if complete, by its size, its bleeding surface, or the partially adherent placenta, the shock to the system, taken in connection with the recent delivery of a child, and the impossibility of a large polypus being retained in the uterus during healthy gestation, and by the fact that the tumor was not present when the child was delivered.

Complete prolapse of the uterus may simulate complete inversion, but in this case the differential diagnosis consists in that the prolapsed uterus presents an os into which we can pass the sound three or more inches, while the inverted uterus presents an oval surface with no opening in its dependent portion.

The tumor is larger in its lower portion in inversion, and tapers upward, while in prolapse the lowest portion is the smaller. The uterus, which is inverted after confinement, will contract and become much smaller if it remains long inverted, though it remains larger than in its normal state—*i. e.*, complete involution does not take place in the inverted organ.

The symptoms of simple depression are ordinarily pain in the part with some hemorrhage from the uterus. As inversion progresses the pain is more and more intense, and hemorrhage is sometimes profuse, and at other times it is arrested, in great part, as the uterine surface is firmly compressed against the cervix in its descent through the cervical canal. In cases following soon after confinement, the inversion may take place suddenly with but a small amount of pain, but the shock in these cases is very great. A weak pulse, cold extremities, nausea, fainting spells, etc., are the symptoms most frequently present in cases of sudden and complete inversion, and should cause the physician to at once institute a physical examination; and, if he does not feel competent to decide the diagnosis and institute prompt and efficient measures of relief, he should call for a consultation at once. In complete inversion the uterus is found as a tumor in the vagina, or protruding from the os vaginæ, its size varying according to the condition of the uterus.

Treatment.

The treatment must be delegated to a physician of skill, as he only is qualified to undertake it.

RETRO-VERSION AND RETRO-FLEXION OF THE UTERUS.

Retro-version and retro-flexion are of frequent occurrence, though often not recognized by the physician, an error of diagnosis being more frequent in retro-flexion than in retro-version.

Retro-version and *retro-flexion* may be congenital or acquired. By retro-version is meant the tipping backward of the body of the uterus into the hollow of the sacrum, the os being carried forward, nearly or quite against the pubis, so that the axis of the organ is transverse in the pelvis.

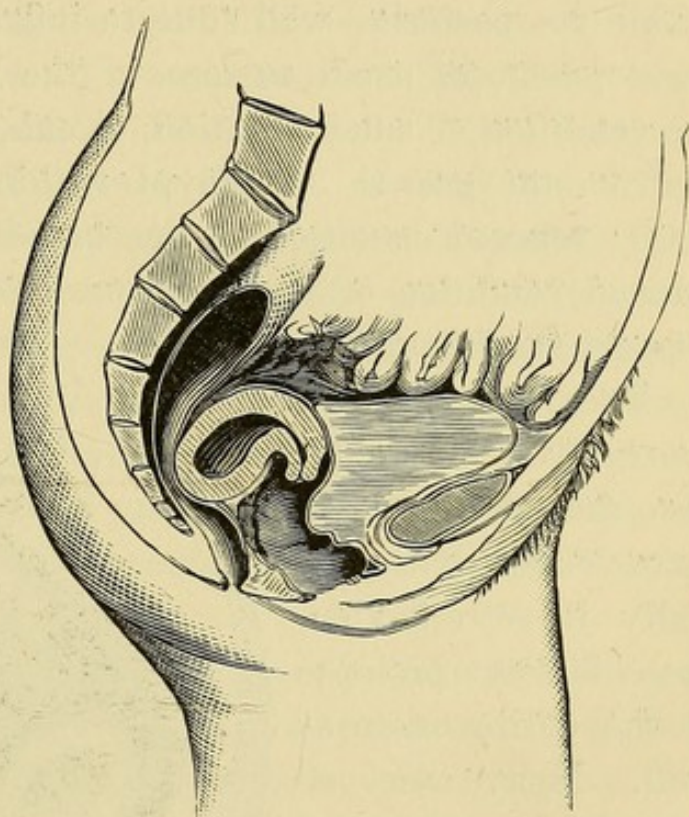
Retro-flexion signifies the falling backward of the fundus against the rectum, the os remaining in its normal position or being carried slightly forward.

In these cases the uterus is in a sort

of a half-moon shape, its concavity looking downward and backward. Sometimes the uterus is bent upon itself at an almost acute angle, and is still termed retro-flexion, if its concavity is backward or downward, or both. Both in retro-version and retro-flexion the fundus of the uterus presses upon the rectum.

Until the present century little was known of displacement of the uterus. Simpson and Kiwisch have the honor to have instructed the profession more than any others in

Fig. No. 42.



RETRO-FLEXION OF THE UTERUS.
(See Natural Position, page 97.)

regard to displacements, mainly on account of the facility of diagnosis gained by the use of the uterine sound.

Causes.

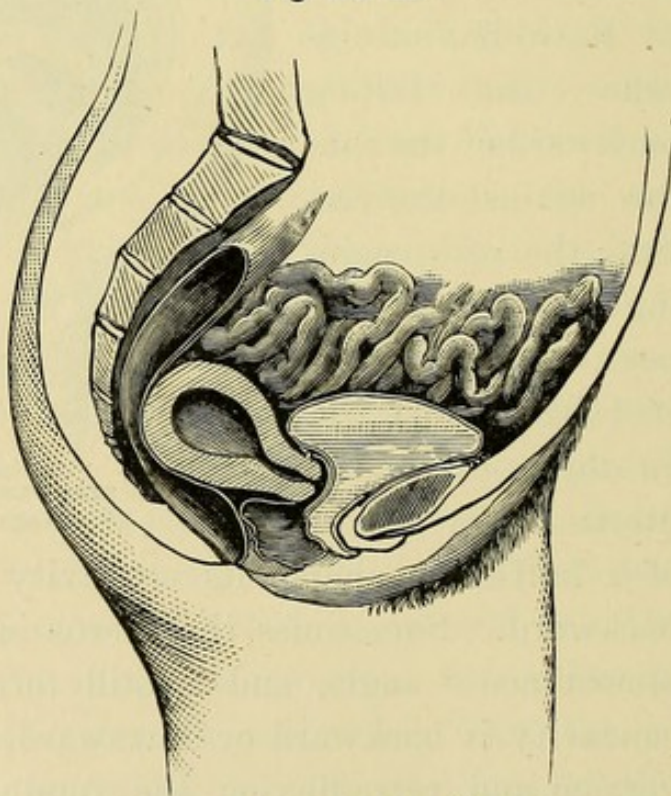
Retro-version and retro-flexion are the result of similar causes, except that the flexure occurs where the uterine tissues are flabby and relaxed.

These displacements are usually the result of enlargement of the body of the organ, more particularly upon or within its posterior wall (due to inflammatory action or the development of small tumors in the muscular tissue), and the condition of sub-involution, or enlargement in pregnancy, or from the growth of polypi within its cavity, conjoined with a relaxed condition of the broad ligaments, and also a relaxed condition of the peritonæal folds, which ordinarily support the intestines.

Fig. No. 43.

The reader should constantly bear in mind also that not only in retro-version, but especially in retro-flexion, there is some prolapse of the entire organ as well. Many cases of retro-flexion are overlooked for this reason.

The physician makes a digital or specular examination, and finds the cervix lower in the pelvis than normal, with the os directed a



RETRO-VERSION OF THE UTERUS.
(Compare with Natural Position, page 97.)

little forwards, and concludes there is prolapse (as is evident), and so diagnoses the case. He next attempts to replace the organ by pressing the os upwards, and inserts some kind

of a pessary to keep it up. This allows the fundus to come downwards more and more, and the patient gets no relief. Another and another pessary is tried without avail. The patient consults other physicians, who try a wad of cotton saturated with *Glycerine*, or make local applications to the cervix with a brush (which by this time is much inflamed and enlarged). There is probably by this time considerable discharge from the os, indicating endo-cervicitis or endo-metritis.

This recital possibly looks a little overdrawn to some, but it is a true picture of many cases which have come under my observation, and if it was simply loss of time and money to the patient it would not be so bad; but it has often broken the constitution of the patient, impaired digestion and nutrition, and caused cellulitis, peri-metritis, ovaritis, or some ailment which will sooner or later terminate fatally, all of which might have been avoided by a correct diagnosis and proper treatment in the outset.

It is not often that the unmarried woman has retro-version or retro-flexion, but occasionally cases do occur among this class.

I must not fail to mention the great influence which general debility has in causing these displacements. *General debility* certainly tends to produce them, and in turn is produced by them, and increased by this condition when displacement already exists. Inattention to the calls of nature, leaving the bowels heavy, tends to depress the organ, when the accumulation of fecal matter in the rectum presses down the fundus. Heavy lifting or a sudden strain, while the bladder is distended, may tip the uterus backwards.

Flexions occurring after the climacteric period are due to atrophy and atony of the uterine tissues. They do not, however, produce as much effect upon the patient at this period as during the time of menstrual activity, though occasionally at this age they produce nervous symptoms demanding attention.

Diagnosis.

The patient complains of constipation, frequent desire to urinate, pain in the back, nausea upon rising in the morning, a sense of weight and bearing down in the pelvis, painful menstruation. If married, she also frequently complains of dyspareunia. These symptoms will quite clearly indicate a case of retro-version, but the positive diagnosis can only be made by a physical examination. In retro-flexion we have a similar train of symptoms, with the exception that there is not so much vesical irritation, the cervix not being carried far enough forwards to irritate the urethra or base of the bladder to any great extent. These symptoms may come on suddenly after some sudden fall or effort at lifting or jumping, constituting an acute case, or they may come on gradually, and be of long duration.

In these latter *chronic cases* there is usually present a considerable leucorrhœal discharge, often excoriating in character, producing vaginitis and vulvitis. The derangement of digestion is usually marked, and the patient is troubled with bloating. The patient has usually had much treatment for prolapsus, and is thoroughly discouraged. Often there is a severe cough complained of, frequently caused by the derangement of the stomach, produced by the displacement and not connected with any disease of the lungs more than a slight bronchitis, which has resulted from the cough rather than being the cause of it. The aid of the speculum is not required in the examination of cases of displacement.

Various nervous symptoms of a sympathetic character often complicate cases of uterine displacements. One description so admirably given by Dr. Barnes* I quote on this point: "The nervous system, often so susceptible in women, will exhibit the most marked aberrations. The nervous centers respond to the slightest impressions. Neuralgia appears in one or more of its various forms, as *sciatica*, *lumbago*,

Barnes' "Diseases of Women," page, 608.

or *tic-douloureux*; headaches, and a disposition to vertigo or syncope frequently recur; emotional, moral, and intellectual disturbances as manifested in irritability, despondency, melancholy, loss of command over feelings and thoughts are often developed. Many of these phenomena may be thus traced to bad nutrition; but there is good reason to believe that especially the nervous phenomena are more directly induced, or are, at any rate, aggravated, by the influence of the displaced uterus upon the nervous centers."

The congested displaced organ is a constant source of nervous irritation and exhaustion; it is constantly pressing upon the sacral plexus; it is constantly sending painful impressions to the nervous centers; constantly using up in a morbid direction the nerve force which is wanted for the performance of healthy function.

A not uncommon form of nervous disorder, induced by retro-version, is severe, almost constant, pain in the lower part of the spine; sometimes most intense in one fixed spot.

Many such cases have been treated as sufferers from spinal disease, and have been confined to the couch, wearing various spinal instruments for months and years under the erroneous belief that the spinal suffering was primary and organic, its sympathetic character not being suspected. With or without marked spinal pain, a sense of numbness, and want of power, especially of inability to walk, are often complained of, and tend to confirm the belief in spinal disease. Brown-Sequard distinctly traced paralysis to a retro-flexed uterus.

I can well imagine the surprise with which the reference of these formidable consequences to retro-flexion of the womb will excite in the minds of those readers who are ignorant of the pathology of the pelvic organs. They, perhaps, will exclaim, "Such are the extravagances of specialists." Yet, I would ask, is not the sequence of events as narrated quite in harmony with sound pathology? I am very sure they are in harmony with accurate clinical observation. If this be

doubted by those who are ignorant of gynæcology, may it not be because they have thought it might be possible to study successfully diseases in women, whilst omitting to take note of the diseases of those organs which make women what they are? The test of treatment confirms the conclusion drawn from diagnostic explorations. In the great majority of cases the evils enumerated as found in association with retro-flexion are relieved and finally removed when the retro-flexion and its local consequences are cured.

Treatment.

There are three classes of cases of retro-version and retro-flexion, which require a somewhat different treatment.

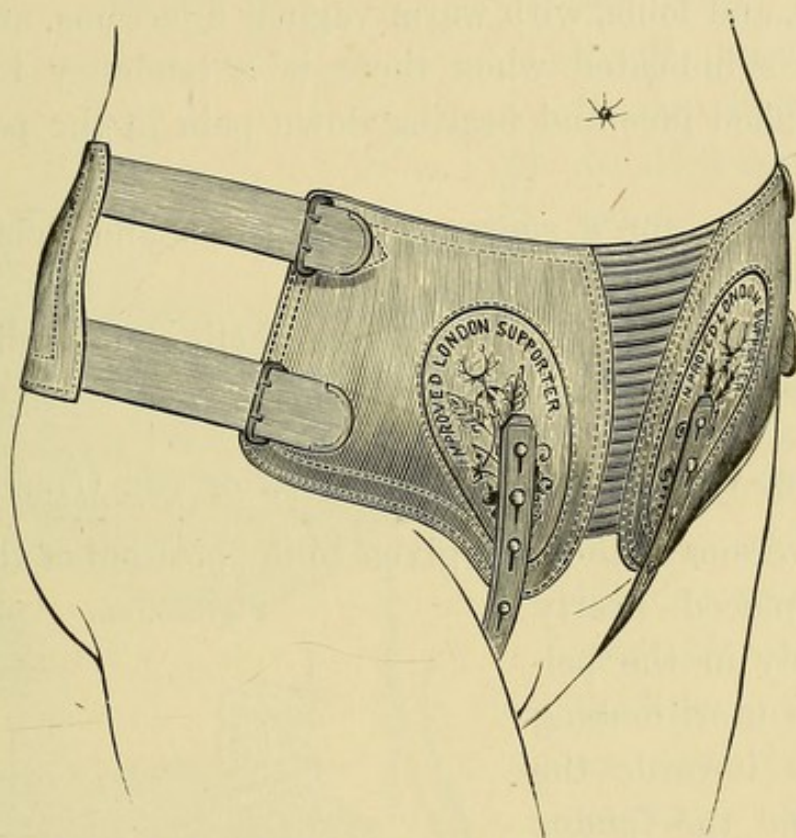
In the recent case of retro-version or retro-flexion (which is usually caused by a strain, jolt, or fall) we have little difficulty in effecting a complete and rapid cure, for in these cases the abdominal viscera are not so much displaced, and the attachments of the intestines have not given way so much, as in chronic cases.

The long time required for the complete cure of chronic cases, makes it unwise to compel the continuous resort to the recumbent position; hence in the outset we must devise means to lift up the abdominal viscera and retain them from pressing down upon the uterus, until such time as the attachments and supports of the intestines become strong. Upon our skill in accomplishing this object will largely depend our success in the treatment of these displacements.

Different patients must be treated in different ways. In a few cases we may be unable to succeed, but in the great majority we may be successful. It is not worth while to fritter away valuable time in efforts to cure the inflammation in the cellular tissue, or the dyspeptic or hysterical symptoms present, till the physician has adjusted the displacement and secured its stability, when in many instances the sympathetic symptoms leave.

First, then let us secure a properly adjusted abdominal supporter, and see to it that it *acts as a supporter*, and not as an abdominal compressor. This may usually be accomplished with my *improved* London supporter made by Woche & Son,

Fig. No. 44.



EATON'S IMPROVED LONDON ABDOMINAL SUPPORTER.

Cincinnati (see Fig. No. 44). Sometimes in using this it is necessary to apply a pad of cloth under it against the lower abdomen to get sufficient pressure to lift the viscera upwards when the band is tightened. The upper part of the band must be left loose, so that the abdomen may rise upwards and forwards, and rest upon the supporter. When this is accomplished we have caused a partial vacuum in the lower abdomen, and the replacement of the uterus and its maintenance in place is made comparatively easy.

Remedies.

Nux is a remedy almost universally demanded in these cases, though when there is any tendency to inflammatory

action or high nervous excitement *Aconite* is indicated, and *Hyoscyamus*, *Verat. vir.*, or *Gelseminum* if the symptoms are hysterical.

Electricity in gentle current passed through the abdomen and uterus is of some service. Tepid bathings of the hips, back, and loins, with warm vaginal injections, are useful.

Bell. is indicated when there is a tendency to stupor, with a flushed face and bearing down pain in the pelvis and abdomen.

Cal. Carb., for a sense of exhaustion and debility, improved after rest, leucorrhœa, etc.

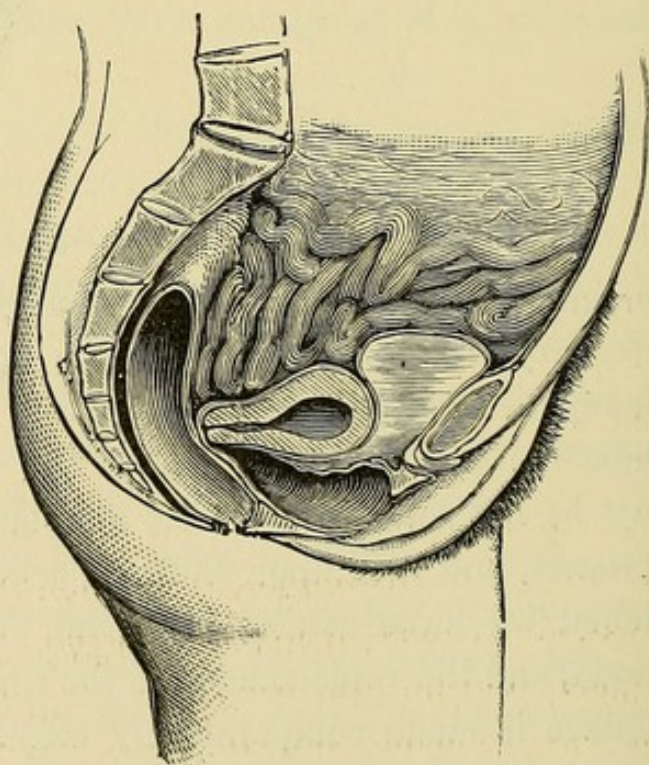
Rhus Tox., for the tired, sore feeling not relieved by rest, tenderness of the muscles, etc.

ANTE-VERSION AND ANTE-FLEXION OF THE UTERUS.

Ante-version is the term given to the position of the uterus when displaced nearly transversely in the pelvis, the os uteri looking backwards towards the sacrum, and the fundus directed towards the pubis, or directly against it and the urethra and bladder. In ante-version the fundus is moved downwards and forwards, and the os carried backwards, or backwards and upwards.

If the case is one of ante-flexion, we find the os uteri in a normal position, or a little backwards and downwards, the fundus pressing forwards and bent upon the cervix, and, consequently,

Fig. No. 45.



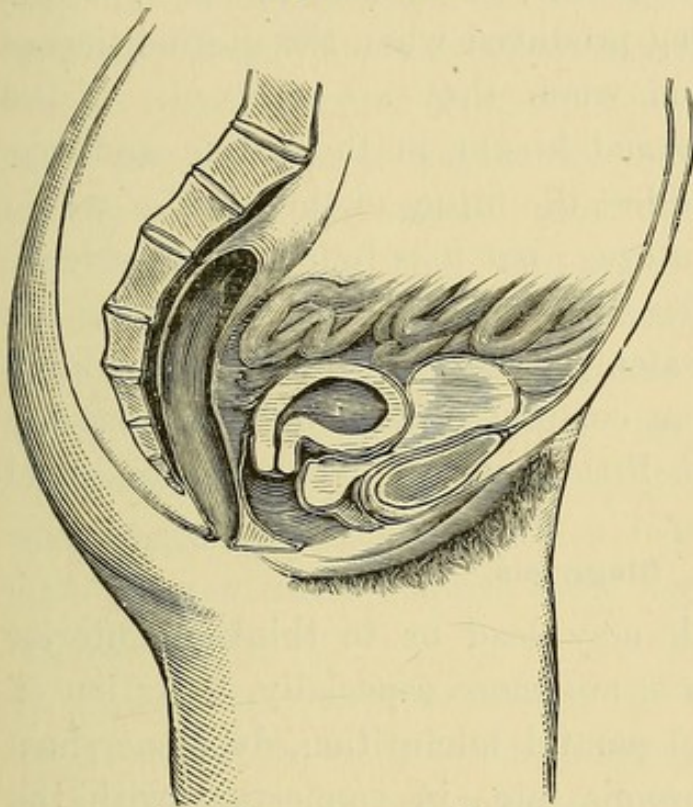
ANTE-VERSION OF THE UTERUS.

(Compare with Natural Position, page 97.)

pressing upon the bladder and carrying it downwards, as well as causing some prolapse of the anterior wall of the vagina. (See Fig. No. 46.)

Some authors contend that ante-flexion and ante-version of the uterus do not and can not exist. In this position I

Fig. No. 46.



ANTE-FLEXION OF THE UTERUS.
(Compare with Natural Position, page 97.)

am sure they are much mistaken, as these displacements are of frequent occurrence. It is true, the normal position of the uterus is with the fundus slightly inclined forwards. But normally it does not press against the bladder with any considerable force, and does not prolapse the anterior wall of the vagina. Sometimes in ante-flexion the

amount of prolapse is very considerable, pressing the cervix down against the posterior portion of the floor of the pelvis; at other times, the flexure is quite abrupt, and not accompanied with much prolapse. The most common seat of an ante-flexion is at the juncture of the cervix with the fundus.

The effect of ante-version is to cause sterility, dysmenorrhœa, and dyspareunia. According to the best and most complete statistics I can gather, over fifty per cent of sterile women have some version or flexion of the uterus.

Causes.

The principal causes of ante-version and ante-flexion are the weight of the intestines resting too heavily upon the

uterus, owing to the relaxed condition of their supports, conjoined with lifting or a sudden jolt or fall; the thickening of the anterior wall of the fundus from inflammation, or the presence of tumors in the anterior wall; the use of corsets tightly laced, or the weight of clothing supported by a band around the waist, pressing the intestines down upon the uterus; ante-version being produced when the uterine tissues are firm, and ante-flexion when they are relaxed. If the uterus maintained its normal height in the pelvis, and was ante-flexed upon the bladder, the filling of the bladder would temporarily replace the uterus; but it is found by experience that instead of the bladder becoming filled, and replacing the ante-flexion, the ante-flexion prevents the filling of the bladder, and its walls are so compressed and irritated that the bladder will contain but little before it contracts to expel what is in it.

Diagnosis.

The symptoms which may lead us to think of anterior displacement of the uterus are more especially, irritation of the bladder, frequent and painful micturition, dysmenorrhœa with leucorrhœa, dyspareunia, etc., in connection with the ordinary symptoms of displacements, both general and local.

In ante-version we discover by digital examination that the os uteri is displaced backwards, and looking towards the hollow of the sacrum. The fundus is felt (through the anterior vaginal wall) in the upper part of the vagina as a globular or pear-shaped body, generally pressing the urethra hard against the pubis. The axis of the vagina is changed from an oblique upward direction to one almost transverse from before backwards.

In ante-flexion we find the os generally somewhat lower in the vagina than normal, pointing downwards, but situated a little further backwards than in the natural state. The fundus of the uterus may be felt apparently occupying a transverse position at nearly a right angle with the cervix.

Treatment.

The first object to accomplish in the treatment of *ante-version* or *ante-flexion* is to take off from the uterus the weight of intestines pressing upon it. This may be done by placing the patient upon her back or side, with her hips elevated and the shoulders low; but the skilled physician is the only one who should attempt to rectify these displacements.

In those cases which are continually relapsing, it is necessary sometimes to introduce the soft rubber pessary posterior to the os uteri, and inflate it, and remove and replace it every few days for some time, still using the *abdominal supporter*, and such remedies as the case seems to demand. I much prefer, however, to *entirely dispense with all vaginal pessaries*, and I have found that we can do so in most recent cases where we have an intelligent patient who will co-operate in the treatment, excepting in a few cases where adhesions have formed which require some regular, even force to break up or stretch.

Much care and attention, as well as perseverance, is requisite in these cases in keeping the organ in place, and in keeping it from being pressed upon by the intestines, and allowing a free ingress of the atmosphere into the vagina. Remedies must not be overlooked. There is very often a condition of congestion of the parts in these cases which gives rise to the feeling of tenderness, weight, and bearing-down sensations, which indicate *Bell.* as the remedy; the pain in the small of the back and temples indicates the need of *Nux*; pain in the ovarian region indicates *Cimicif.*; sharp, cutting pains anywhere, *Bry.*; a twisting, boring pain in the bowels around the navel, *Colocynthis*. *Secale*, *Canthar.*, *Cal. carb.*, *Cubebs*, *Sulph.*, *Rhus*, *Puls.*, etc., should also be studied, as they are sometimes indicated in these cases.

Rest, proper diet, and good air, bathing, etc., are never to be forgotten.

WARM VAGINAL INJECTIONS.—Injections of warm water,

given in the way of a douche, are often beneficial in those cases where there is a supersensitive condition of the pelvic viscera. They may be used once or twice a day for a week or two if necessary. *Astringents* and *medicated washes* are not needed, and often do harm. The warm hip bath, used with judgment and moderation, is often of service.

LATERAL DISPLACEMENTS.

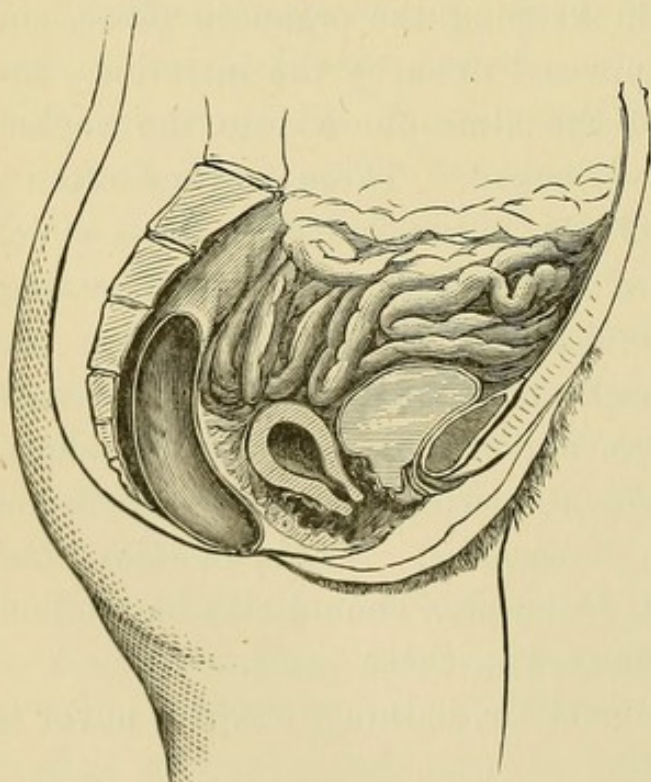
Lateral displacements, existing uncomplicated with other disease, are seldom found. They can scarcely occur, except when there is disease of one of the broad ligaments, adhesions after cellulitis, a tumor in the side of the fundus, or disease of the ovary.

Physical examination is always requisite to diagnose a case of lateral displacement.

PROLAPSUS UTERI AND PROCIDENTIA.

These terms are used to designate downward displacement

Fig. No. 47.



ment of the uterus, *prolapse* being applied to the downward displacement of the womb while it is still within the pelvis (see Fig. No. 47), and *procidentia* when the organ is so much displaced as to appear external to the body. (See Figs. No. 50 and 51.)

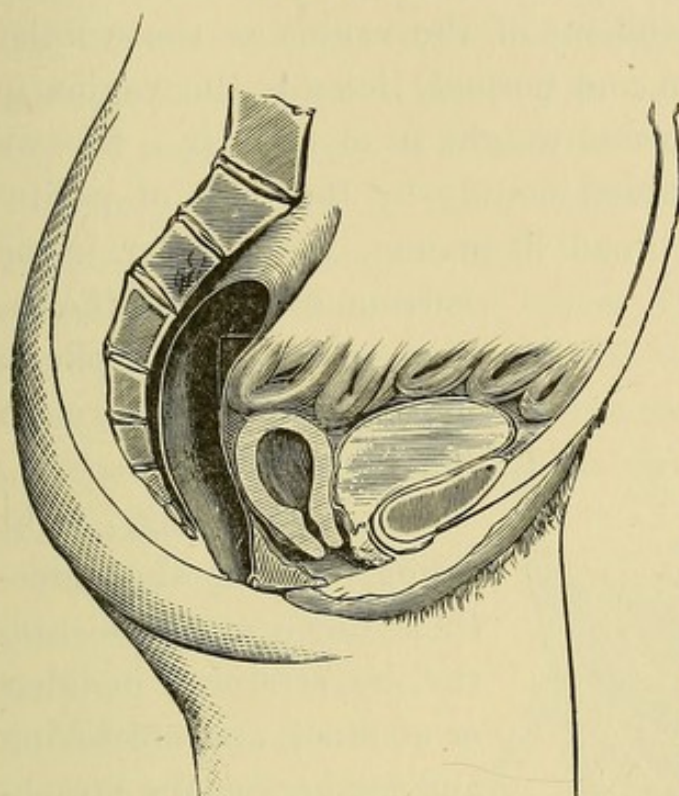
Prolapse may exist in various stages, from the slight downward displacement to the extent of resting against the perineum.

PROLAPSE OF THE UTERUS.

(Compare with Natural Position, shown on page 97.)

Procidentia is called partial when a small portion of the cervix appears in view between the labia (see Fig. 48);

Fig. No. 48.



PARTIAL PROCIDENTIA UTERI.

and complete when the whole organ is external to the os vaginam. (See Fig. No. 51.)

To whatever extent the displacement exists the bladder, ovaries, Fallopian tubes, and small intestines are also displaced downwards in similar proportion; and I may say the vaginal walls, and in some instances the rectum and lower portion of the colon also, are displaced.

The sufferings which women endure from *prolapsus uteri* and *procidentia* are very great, and the effect upon the general health is sometimes disastrous. At other times we meet with cases where the system seems to become tolerant of the displacement, and very little effect is produced upon the general health of the patient. I have seen women who had been about their work for years with the uterus dangling between the limbs, or retained in the vagina with a T bandage, and complaining very little of the displacement. Many women suffer from partial prolapse when their difficulty is not discovered, even after their physician has made a vaginal examination (the patient being in the reclining posture).

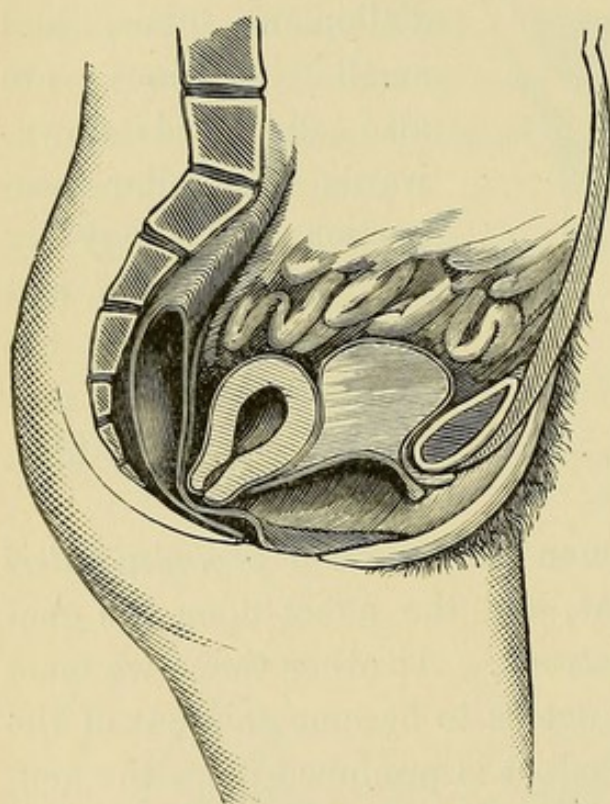
The patient should stand during the examination, and the physician be well experienced, or error of diagnosis may result, as frequently the uterus only comes down when the patient is erect.

Causes and Pathology.

Upon this topic I must differ in a measure from all who have written on this subject, so far as I am aware.

In so far as the attachment of the vagina to the cellular tissue and uterus is firm and normal, it holds the vagina in place, if there is no abnormal weight in or upon it. But we think the uterus is sustained mainly by the folds of peritonæum constituting the broad ligaments, the cellular tissue

Fig. No. 49.



PROLAPSE OF THE UTERUS AGAINST THE BOWEL.

(See Natural Position, page 97.)

surrounding it and the vagina, and by atmospheric pressure coming in through the vagina.

Heavy lifting, tight lacing, forcing the intestines down upon the uterus, by straining in labor or at stool, and stretching and weakening the attachments of the intestines serve to produce prolapse directly.

The conditions present after confinement are enlargement of the uterus, it is true; sometimes a condition of sub-involution is

present for a long time, but it does not necessarily produce prolapse or procidentia, as I have seen hundreds of cases where there was sub-involution of the uterus which had been present for years, and complicated with endo-metritis to the extent of causing much suffering, and still there was little or no prolapse at all.

These cases showed an enlargement of the uterus to the extent of measuring from three and a half to four inches in the uterine cavity, as indicated by the uterine sound. Why

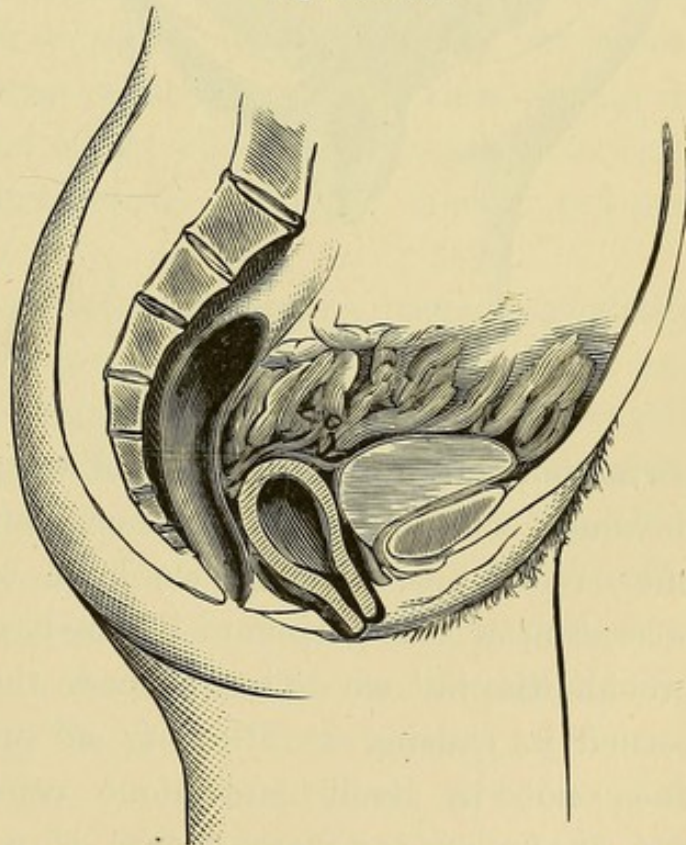
did they not prolapse? They have weight enough in the uterus, and often a lacerated perineum. I answer, they did not have prolapse, because their intestinal supports were firm and normal, and the broad ligaments were not relaxed, the cellular tissue around the vagina was normal, and the uterus had no superincumbent unnatural weight to support.

Every woman is more liable after confinement than before to have prolapse, it is true; but why? Not because of the sub-involution of the uterus, for very few women have a complete and perfect involution of the uterus in the ten days they commonly maintain the recumbent position; and if enlargement of the uterus was the cause of prolapse, all should have it.

Again, in the growth of uterine polypi and intramural fibrous tumors of the uterus, do we find the uterus prolapsed? Seldom, if ever. Why is this? The weight of the organ is certainly as great, or greater, than in most cases of sub-involution.

In gestation, during the last months, the intestines are crowded upwards by the large size of the gravid uterus; their attachments become weakened and stretched, the broad ligaments of the uterus also relax. Now, after the expulsion of the contents of the uterus in labor, the intestines will press heavily upon the uterus, on

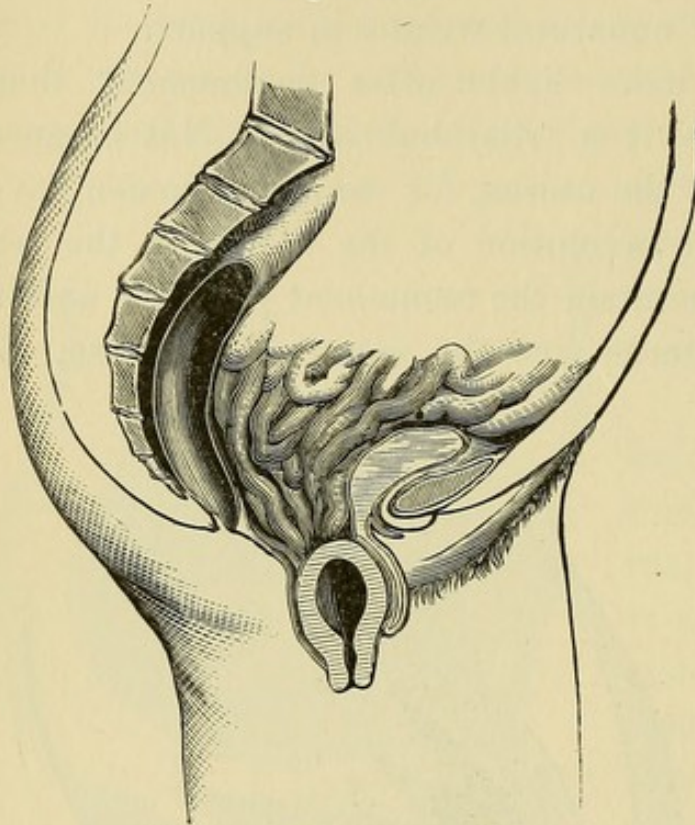
Fig. No. 50.



PROCIDENTIA, WITH ELONGATION OF THE NECK OF THE WOMB.

account of the relaxed condition of the mesentery. If the erect posture should be at once taken, the broad ligaments being relaxed, they offer no resistance, and downwards the uterus is pressed, dragging with it the upper portion of the

Fig. No. 51.



COMPLETE PROCIDENTIA UTERI.
(Womb hanging outside.)

vagina; and if the uterus retroverts in its downward way, the cervix may emerge from the vagina, and if the pressure is sufficient the procidentia may become complete, for the vagina is always dilatable if not already relaxed, and the uterus may become completely expelled from the vagina, although there is no laceration of the perineum.

If there was no perineum, and the patient did not wear a T bandage, of course, it would come out a little easier than if they were there to offer resistance. Hence, we have to acknowledge that the laceration of the perineum in small part allows of complete procidentia, but we do not concede that it is in any way concerned in causing or allowing of prolapse. Sub-involution does not in itself and alone cause prolapse, we think; but accompanying some cases is a condition of the broad ligaments and abdominal organs caused from inflammation (which often is the cause also of the subinvolution), which tends to produce a downward displacement. The sub-involute condition may co-exist with prolapse, but I deny its being the principal cause of it.

In these cases where lacerations occur, there have usually been present the most intense expulsive pains. These severe bearing-down efforts tend to displace all the abdominal viscera downward in any case of labor, and where they are strong enough to cause a laceration of the perineum, or to exhaust the patient, so that forceps have to be used, the downward displacement of the intestines must be considerable, on account of the straining and the atonic condition produced by the general exhaustion incident to labor. Straining at stool from constipation tends to produce prolapse, which may come on gradually, forcing down the intestines upon the uterus and weakening the broad ligaments.

The straining from efforts of the uterus and voluntary muscles of the abdomen to expel a polypus from the uterus may also in the same way cause prolapse. Tight lacing of the chest and upper part of the abdomen also tends to force the abdominal organs downwards upon the uterus, and produce this condition.

In the descent of the uterus the vagina becomes partially inverted, and in complete procidentia it is completely so, and must necessarily either drag down into its inverted cavity the bladder and rectum, or must become torn loose from its attachment to the cellular tissue. It is usual that the bladder is drawn down partially, and the course of the urethra is changed to a downward direction instead of upward. The small intestines are often found in the sac formed by the inverted vagina (see Fig. No. 51). Their agency in causing the displacement seems not to have occurred to the writers who have mentioned the fact of their presence down in this sac ten or twelve inches below their normal position. *Calculi* have sometimes formed in the bladder while thus prolapsed, which could be rattled together with the hand.

In this condition of the bladder there is a great tendency to inflammation, owing to the difficulty of voiding the urine,

which causes a retention of stale urine, and this tends to produce cystic inflammation.

At first it might be thought that very fleshy women would be more liable to prolapse than the spare built. Such does not appear to be the case in my experience, and is explained, I think, from the fact that most of the adipose is deposited exterior to the muscles, and although producing a pendulous abdomen does not cause greater pressure to be exerted upon the uterus than in those not fleshy, unless they should attempt to lace themselves down to a small size, in which case there would be a great tendency to produce some form of displacement of the uterus. Fleshy women have usually good assimilative power and good digestion, and are well nourished, while in the slender, spare built woman this is often not the case; hence, the fleshy woman is not on that account more liable to prolapse.

Diagnosis.

Most patients afflicted with prolapse suffer from bearing-down pain, a sense of weight in the pelvis, pain in the small of the back, frequent desire to urinate, etc. The severity of these symptoms depends much upon the suddenness of the displacement. When considerable prolapse comes on suddenly these symptoms are more acute than when the displacement has come on gradually.

Sympathetic Symptoms.

Often in this displacement we have sympathetic symptoms affecting the stomach, producing nausea (especially on rising), dyspepsia, gastrodynia, heartburn, etc. It also causes a variety of symptoms in the brain and spinal cord. Very frequently there is pain in the back of the head and neck; sometimes burning heat on the top of the head, dimness of vision, pain and tenderness over the entire spinal column, etc. Sometimes we have hysterical symptoms, a changeable mood, crying and laughing in rapid succession, hysterical or imag-

inary pains in various parts of the body, and sometimes a condition of hyperæsthesia of a part of the body, or sometimes of the whole body. Hysterical spasms often supervene. The symptoms are usually aggravated or produced at or about the menstrual period. In other cases, instead of hyperæsthesia there is a loss of sensibility in a part of the body, sometimes affecting one side of the body and not the other; sometimes there is a loss of both sensibility and motion in one limb or in one-half of the body. In still other cases there is a spasmodic condition of the œsophagus, making it almost or quite impossible to swallow. Palpitation of the heart, dizziness, fainting spells, are also indicative of this displacement. There is usually considerable pain and tenderness in one or both iliac regions, caused from the inflammation which is often awakened in these cases from cold, as well as the irritation caused by the straining of the folds of the peritonæum and the laceration of the cellular or connective tissue, which often takes place.

Among the symptoms sometimes manifested by nervous women affected with prolapsus, might be enumerated nearly or quite all the hysterical manifestations which are ever witnessed. These are not, however, peculiar to prolapse of the uterus, but are sometimes caused from other displacements, as well as any form of pelvic inflammation or spinal irritation. The only positive diagnosis is to be made in these cases by physical examination.

Differential Diagnosis.

The condition which might lead to an error in diagnosis is a uterine fibrous pedunculated polypus, which has been expelled from the uterus, and is lying in the vagina, or is pressed out external to the vulva. The cervix, in complete procidentia, and in some cases of prolapse, is inflamed and enlarged so as to be out of all proportion to its normal size, and hence more care is necessary in its diagnosis. The dis-

tinguishing diagnostic point is the presence of the os uteri in the protruding or prolapsed mass. We must not be misled by a dent or fissure, and conclude it is the os till we make sure by the introduction of a probe or the uterine sound, that the cervical canal is there within the mass, as the polypus might have the fissure or dent in its dependent portion simulating the os quite perfectly. If the case was one of complete procidentia we could not pass the finger up by its side into the vagina, as the vagina is inverted and covers the protruding mass in its upper portion; but if the mass was a polypus with a long neck attached to the uterus, we could freely pass the finger up into the vagina all around the pedicle, and discover the os surrounding it as it entered the cervical canal.

Diagnosis from Inversion of the Uterus.

The condition of chronic complete inversion, perhaps, simulates complete procidentia more perfectly than any other condition. (See article on Inversion, as to differential diagnosis.)

Treatment.

Regarding treatment, I differ somewhat with most authors on diseases of women, Professor Guernsey and Dr. Eggert teaching that remedies are alone the means of cure, and most other writers placing the greatest importance upon pessaries, narrowing the vagina by operation, restoring a lacerated perineum, and astringent vaginal washes, etc.

The first and most important point in the treatment of prolapse, in my judgment, is to take off from the uterus all weight that may be pressing upon it. The wearing of corsets or clothing suspended from the waist must be forbidden. The weight of the intestines pressing down upon the prolapsed uterus must be removed by some means; and just here much ingenuity is required to adapt means to secure this end, in the variety of patients who come under our care. The knee-

chest position accomplishes the object; still we can not, in general practice, swing our patients up.

Causing our patient to lie upon the side with the hips elevated for several weeks will accomplish about the same results. In those cases where their employment or circumstances make it necessary for them to be up and at work, some form of abdominal support is necessary. I prefer the *Improved London Supporter* for this purpose (see Fig. No. 44, page 495), giving attention to the fit of the instrument, and making sure that it acts as an abdominal *supporter*, and not as an *abdominal compressor*. Daily cause the patient to assume the position on the side, with the hips elevated, for an hour or so, and, separating the limbs, press the uterus upward with the fingers; then insert into the vagina a common, round vaginal speculum of suitable size to be readily retained. This allows of the free introduction of atmospheric air, and from its pressure it relieves the engorgement of the capillaries of the vagina and cervix, and presses the organ into position. Now, before the patient changes her position, apply the *Improved London Supporter*, so that when she assumes the sitting or standing posture the abdominal organs will be held up away from the uterus.

Use warm water vaginal injections daily, and such other treatment as the complications demand, with remedies used according to their indications, and the recent case of prolapse or procidentia will be, as a rule, speedily cured.

The chronic cases which have existed for years may require that some force be used by the physician to break loose attachments which often are found to have formed in the cellular tissues, binding the organ down in its unnatural position. In some cases these adhesions are so strong as to make it impossible to lift up the uterus by any means, and such attempts have to be abandoned. In other cases we may cause these attachments to gradually give way by the use, in the vagina, of the inflatable gum-elastic bag, which we may

insert after pressing up the uterus as high as the attachments will allow, and then inserting the bag and inflating it as fully as possible with the tube, which is left external to the body. The air in the bag is retained with a stop-cock, or by means of a string tied tightly around the tube. This exerts a steady, but soft and gentle, pressure upon the uterus, carrying it upward as high as the attachments will allow, and frequently causes them to give or relax and allow the uterus to be normally located. This means is to be used with the patient in the knee-elbow or side position, and with the abdomen supported if she rise, as in the recent case. In some cases the physician will have to remove and reinflate the rubber bag every three days; in others, the patients can do it themselves.

In the instance of lacerated perineum complicating the case, the perineal band and compress may be needed to retain the inflated bag within the vagina and exert sufficient pressure to avail any thing in the removal of the attachments. The length of time which it is advisable to use this treatment to restore the uterus when partially attached in its abnormal position varies much; usually, however, not more than two or three weeks, and sometimes only that many days; but the use of the abdominal supporter should be continued for several months, especially if the patient has to go about or work much.

Dietetic and hygienic measures must not be overlooked. Attention to food, rest, sleep, exercise, clothing, bathing, etc., is always necessary. The bowels must be kept regular with injections of soap and water, if inclined to constipation, as straining at stool is particularly to be avoided in all cases of displacements, and especially in prolapse.

Treatment of Complete Procidentia.

In cases of complete procidentia which have become chronic, there are sometimes serious obstacles to the return

of the mass even within the vagina. Sometimes the uterus and vagina covering it becomes inflamed, swollen, and œdematous. In this case the mass should be wrapped in a cloth well saturated with equal parts of *Glycerine* and *Tr. Hydrastis*; over this we may wrap a cloth wrung out of warm water, and over that again apply a dry flannel.

After succeeding in replacing the mass within the body we should wait a day or two, keeping the patient in the side position, with the hips elevated, so as to allow the force of gravity to do all in its power to restore to position, not only the uterus, but the displaced intestines as well. We may then make further attempts to lift the uterus into its normal situation, having the patient placed in one of the positions mentioned. This can be readily accomplished in most cases with two fingers passed up into the vagina, after which the case is to be treated as directed for the recent case of prolapse, only bearing in mind that a longer time will be required in the treatment than is usual in the recent case, and that we are liable to be troubled with occasional relapses from the imprudence or carelessness of the patient.

CANCERS OR MALIGNANT TUMORS OF THE BREAST.

The most common malignant tumors of the breast are the scirrhus (or hard cancer) and encephaloid. Melanosis and colloid are occasionally found.

Scirrhus of the breast sometimes occurs after the climacteric period is passed. It has been known to develop in women from seventy to eighty years of age. Isolated cases are reported where it has affected young girls, even as young as twelve years. I removed one breast for scirrhus in a lady but twenty-four years of age. Such instances are, however, extremely rare. Spinsters are liable to the disease as well as the married. The left breast is affected more frequently than the right, but why this is so we are unable to offer any explanation.

Symptoms.

The patient usually complains of sharp lancinating pains, occurring mostly at night, in one breast. On examination, there is found an indurated tumor of small size, uneven, and nodulated. The axillary glands of the corresponding side are found enlarged and tender, and the patient exhibits the sallow, tawny complexion characteristic of the cancerous cachexia. The disease progresses very slowly; by degrees the nipple is found to be more and more retracted, the tumor enlarges, and blue veins are seen over its surface.

ENCEPHALOID OR SOFT CANCER.—The soft or encephaloid cancer of the breast is much more uncommon than the scirrhus, or hard cancer, just described. This form of cancer develops rapidly in comparison with the hard variety, often in a few months attaining the size of a child's head. The tumor commences deep in the substance of the breast, and soon ulcerates, and throws out a sort of fungous growth. The pain is slight in encephaloid, compared with scirrhus cancer. The constitutional disturbance is, however, marked, and the cancerous cachexia is unmistakable. Death generally brings relief in from six to ten months from the time ulceration commences.

Treatment.

In all varieties of tumors of the breast (except the fatty) a generous, unstimulating diet is to be given. Hygienic measures are to be rigidly enforced. In the non-malignant varieties of these tumors we may expect a cure, either with medicine or by surgical operation. In simple hypertrophy *Iodine* in the 4^x dilution (or ten-thousandth potency) is an efficient remedy; or we may sometimes find that *Ars. iodid.* is more clearly indicated. These remedies, as well as *Phytolac. dec.*, may reduce the size of either variety of the non-malignant tumors of the breast.

In the genuine cancerous, or malignant tumors we can

not expect a cure with either remedies or by surgical means. Remedies must be used according to the homeopathic indications in each case. Among the remedies most frequently indicated we will find *Ars.*, *Apis*, *Conium*, *Macrotis*, *China*, *Nux*, *Bry.*, *Sulph.*, etc.

NYMPHOMANIA (*The "Fureur Utérine" of the French*).

Nymphomania consists in an uncontrollable desire in women for sexual congress. The passion becomes after a time insatiable and irresistible. At last mental alienation becomes complete, and no sense of modesty seems to be left. The patient will solicit, and attempt to consummate, the sexual act with any man who comes near her, without regard to those present.

Causes.

The disease is supposed to be usually caused by masturbation. This is, doubtless, often the case; but we think, not always, as we have personally known of instances where the disease existed in its mildest form, *i. e.*, where we would have been unaware of its existence but for the voluntary avowal of the patient (a condition not expected by friends), where masturbation was denied by the patient.

In these cases it seemed that a highly nervous organization with complete sexual development, and the excitation of the passions by the reading of exciting works of fiction, the stimulating effect of high living, and the caresses of lovers, had developed the condition, especially as marriage had not been consummated. In one case it seemed to be caused from the incomplete attempts at copulation on the part of a husband, many years her senior, who had become impotent. In another case, where the husband was young, but partially impotent. We have seen other cases, where the very large development of the nymphæ congenitally seemed to be the exciting cause. Enlargement and hypertrophy of the clitoris seems to have been the cause of this disease in some

instances related to me; but I have not seen an instance where this appeared to be the cause.

Symptoms and Diagnosis.

In the earlier stages of this disease the patient is shy of the presence of men, and would be considered rather diffident and modest in company; but while alone with a male friend a striking change is perceptible. The eye kindles and stares, the countenance becomes flushed, and conversation upon immodest subjects is invited by insinuation, or directly commenced by herself. The discussion of other subjects is distasteful; marriage, love, lovers, beaux, etc., scandal and the like, seem to be her whole stock in conversation, though she may have been well educated.

After a time her demeanor in company excites comment, and she openly speaks as she formerly would do only in private. Mentally she seems degenerated, memory is evidently impaired, and her attentions to gentlemen become too marked to come within the scope of propriety.

Still later, the disease manifests the symptoms of complete abandonment, without modesty, shame, or concealment, to the extent of making it impossible to allow her to come into the presence of men at all. In these sad cases, which may be found in almost any insane asylum or large "poor house," the mental faculties are about gone; a state of dementia seems to be the true term to express her condition.

Treatment.

In the treatment of cases of this kind much tact and delicacy is required, as well as firm principles. The patient should at once engage in some manual labor to the full extent of her strength, and this must be continued. *Canthar.* 30^x should be given; *Camph.* or *Kali bro.*, *Platinum*, *Picric ac.*, or *Veratrum alb.*, given low, are also efficient remedies. Allow no beaux company to be received, recommend a cold

bath daily. Let the patient's diet be very plain and non-stimulating. Let no novels be read, and the occupation of the mind should be secured by the reading of works upon geology, or by the study of mathematics. After a year of this treatment, entrance into society may be allowed, and if a suitable matrimonial alliance can be consummated, sanction it.

ATROPHY OF THE UTERUS, AND HYPER-INVOLUTION.

The uterus may be smaller than normal from infancy, which is termed congenital atrophy, or it may become atrophied after the delivery of a child, which is termed hyperinvolution.

The condition of atrophy of the organ after the climacteric period is past is reached is normal. The girl affected with congenital atrophy of the uterus or ovaries will show less of sexuality in other ways; the breasts are found rudimentary, the hair upon the mons veneris is small in amount, resembling a girl of fourteen, when she has attained to twenty-five or thirty years of age. Sexual passion is feeble or entirely absent. There is usually an absence of menstruation; or, if present, it is scant and irregular.

Treatment.

The patient manifesting symptoms indicative of atrophy of the uterus should adopt active exercise, frequent bathings in sea-salt water, and after each bath should use friction to the skin with a strong flesh brush. The diet should be very plain, but nourishing. If possible, a warm climate should be enjoyed, or a residence may be selected by the seaside in Summer, and return to the interior where it is warm in Winter.

Remedies.

Iodine.—Is one of the best of remedies in this condition, given in the 3^x attenuation, a three-grain powder every six hours.

Nux.—Is indicated if there is want of power over the muscles, twitching of the limbs or muscles of the face.

Cantharides.—For entire loss of sexual desire, weakness of the bladder, etc.

HYSTERIA.

Hysteria is the term applied to the manifestation of a class of symptoms peculiar in themselves, but varied in character. Hysteria is not a disease in itself, but may be manifested in connection with a variety of diseases, notably those of a uterine or ovarian character; and hence hysteria is peculiar to women, though men are liable to nervous symptoms, in part simulating those called hysterical in the female. Conditions indicating a sort of trance in the male have been termed hysteria by some old authors, but they were evidently cases which were malingering, as it is called (that is, pretending to disease which was not present).

Hysteria is most common in women during the time that ovulation is going on, though some manifestations have been noted in young girls and in old women. It is aggravated, if not most frequently induced, at the menstrual epoch. It may, however, be developed during the intervening period, or it may come on during the period of gestation or nursing.

Hysteria has been considered by some simply a pretense to disease, a malingering, for the purpose of exciting sympathy and attention. Now, while some women may be guilty of malingering to deceive and obtain sympathy where they are suffering from no disease worse than laziness, it is a great cruelty to accuse all women who show nervous, changeable, spasmodic symptoms (called hysterical) of being simply pretending.

In many cases the suffering of these patients from disease is intense, and they are as unable to control these manifestations as they would be the agonies of labor. But very

few can do it. We therefore bespeak for this class of patients sympathy and kindness, often mingled with firmness, it is true; still let firmness be mingled with gentleness, at all times, with these patients.

Causes.

The cause of hysterical manifestations lies primarily in the irritable and weak condition of the nervous system. This may be hereditary, or acquired by mental or physical labor in undue amount, by dissipation, late hours, loss of sleep, stimulating diet (to the neglect of that which is substantial, plain, and nourishing). Disorders of menstruation, frequent child-bearing, mental shocks, etc., may also induce this irritable, weak condition of the nervous system. These causes may be termed predisposing.

Direct causes are to be found in displacements of or inflammation in the uterus or ovaries; dysmenorrhœa, excessive or entire want of sexual congress; indigestion, causing gastralgia or flatulency, constipation; worms, vaginitis, vaginismus, dyspareunia, pruritus vulvæ, etc. The enlargement of the uterus in gestation, irritation of this organ from sympathetic irritation of the breasts in nursing, disagreeable home associations, sudden colds causing amenorrhœa, etc., may develop hysteria.

I believe all these causes, and perhaps many more, tend to produce hysteria in those patients who have a high nervous organization, and who are debilitated, especially those poorly nourished and of weakly constitution. There is in some an appearance of plethora and vigorous health. In these cases there is a want of proper balance of nerve strength, owing to some of the enumerated direct causes. A highly excitable sexual organization predisposes to hysteria, and it is seldom manifested in women sexually torpid. In men hysterical symptoms are usually dependent upon exhaustion from severe labor or from dissipation.

Diagnosis and Symptoms.

The symptoms of hysteria are extremely various. In the first place we note a perverted judgment, and an extremely vacillating mind. They decide this way now and very soon reverse their opinion, laugh immoderately at trifling things and cry at mere nothing, stop sobbing and laugh at their own foolishness, and in a few moments weep again. At these times they often complain of a choking sensation in the throat, the "Globus Hystericus" as it is called. They cry out they are choking, and laugh and cry again. This class of symptoms are most common in the more chronic cases.

In recent cases pain in the abdomen is often complained of, especially where there is indigestion and flatulency, dysmenorrhœa, constipation, or pregnancy; and pain in the pelvis in cases of displacement of the uterus, or inflammation of the uterus or ovaries. The patient in these cases sometimes falls down unconscious, froths at the mouth, tears her hair or clothing, bites her tongue, etc.; every muscle is rigid in spasmodic contraction. The jaws are often spasmodically closed, as in *tetanus*. The patient rolls about irrespective of the injury she may do herself. Semi-consciousness returns and lasts a few moments, and again an active convulsion sets in. These convulsions may come on in those cases which ordinarily show the milder symptoms, or the manifestations may be uniformly violent. These symptoms are likely to cause grave apprehensions in the minds of her friends, and the physician should be quick to detect their nature, in order to allay their fears.

In those women hysterically inclined or predisposed, the occurrence of almost any disease, or an extraordinary amount of fatigue, may develop such severe symptoms as to mislead the physician, unless he is aware of the patient's peculiarity in this regard.

Hysterical women are prone to magnify every slight ail-

ment which they have. They, perhaps, do suffer more than others, because of the acute sensitiveness of their nerves.

HYSTERICAL RAGE OR MANIA.—Raving and paroxysms of anger followed by sorrow, remorse, weeping, and self-condemnation are symptoms in some cases. They may, however, laugh in a few moments, and again go into a causeless rage.

Treatment.

In violent cases, the first thing to do is to see to it that the patient does herself or others no harm. Physical restraint is often absolutely necessary. A thin piece of a large cork placed between the teeth and then binding the jaws firmly, serves to keep the patient from biting her tongue, and also will enable us to administer remedies, which otherwise we might be unable to do. See that the feet are warm, the head cool, etc. Select remedies according to the condition of the patient, as well as the symptoms present at the time. *Cimcif. rac.*, is an excellent remedy when we have the history of the patient, showing ovarian pain. *Puls.* when there is *amenorrhœa* from cold, with tenderness in the iliac region. *Aconite*, *Gelsem.*, or *Arsen.*, may be indicated by the pulse and the temperature of the skin, etc.

Ignatia is, perhaps, our best remedy, so far as the purely spasmodic symptoms are concerned. When there is any tendency to congestion of the lungs, *Verat. viride*, *Gelsem.*, or *Bryonia*, may be indicated. *Hyosc.* is indicated if there is a tendency to immodesty manifested.

Nux and *Colocynthis*, in alternation, are indicated in flatulency, and especially when pain centres around the navel. When the wind is evidently in the lower bowel, an enema of warm water, followed in a few minutes by one quite cool, is very useful to assist in relieving the distended bowel, which is not only painful in itself, but may cause pain in the ovary or uterus from pressure, particularly affecting these organs when they are inflamed.

Hysteria is often unsatisfactorily treated, from the fact that patients will often neglect treatment in the intervals of the attacks, when they are of recent origin, and sometimes when chronic, on account of the mildness of the symptoms and the mental weakness accompanying this condition, which makes the patient a poor judge of her own case and her needs.

Kali bro. is indicated in those women who have excessive sexual passion, notably young widows.

In case hysteria is manifested during gestation either *Bell.*, *Hyosc.*, *Ignatia*, *Aconite*, *Col.*, *Nux*, *Puls.*, or *Secale*, are homeopathically indicated, together with rest and a very light diet.

Special Indications for Remedies.

Aconite.—Hysterical condition, characterized with fear as a prominent symptom where the disease developed from fright, or where the prominent symptom is fear.

Asafoetida.—Hysterical condition, with burning in the œsophagus; sensation of a lump in the throat, termed *globus hystericus*.

Bell.—Is indicated in hysteria when there is a flushed face; redness of the eyes; throbbing headache over the eyes.

Bry.—When there are sharp pains in the limbs or chest, worse on motion, with hysterical spasms occurring only at the menstrual period.

Cal. carb.—Is indicated in the leuco-phlegmatic temperament where hysteria is manifested, where leucorrhœa is a complication; patient is very sensitive to cold, etc.

Chamomilla.—In hysteria, where a bad temper is a prominent symptom as a complication.

Col.—Is indicated where the hysteria is complicated with cutting pains around the navel; gas in the intestines, etc.

Gelsem.—Is indicated in hysteria, where there is also an intermittent fever present in the case.

Hyosc.—In hysteria, with tendency to immodesty; tears come to the eyes without cause; hysterical spasms, etc.

Ignatia.—Hysteria, with silent morose condition; angry mood: comes out of her spasm with deep sighing.

Nux Vom.—In hysteria, with constipation, or indigestion.

Phos.—In tall, slender women with hysteria.

Pulsatilla.—Hysteria at the menstrual periods, with partial amenorrhœa; pain in the ovaries; indigestion; headache, etc.

Verat. viride.—Hysteria, with tenderness of the spinal cord, with profuse perspiration.

INFLAMMATION OF THE BLADDER. (*Cystitis*.)

Inflammation of the bladder, called “cystitis,” may arise in the male or female from cold, gravel, the unhealthy condition of the urine, or from disease of the kidneys; as well as from external injuries. In women, it may also arise from a displaced uterus, and I can say this cause is very common with them, as I have such cases constantly. It may also arise in women from the pressure of the pregnant womb upon the bladder.

Symptoms.

In inflammation of the bladder there is pain in passing urine; usually it passes very often, and there is a disposition to strain after and during its passage. There is usually burning in the water-passage; the urine is thick and milky in appearance, and there is a sediment of thick, stringy mucus sediment in it, which settles on the bottom of, and closely adheres to, the chamber. There is tenderness over the lower part of the abdomen, in some cases, and a feeling of weight and bearing-down pain. The pulse is fast and wiry in acute attacks, and there is often considerable fever. In chronic cases there is little or no fever; but the pain, straining, etc., is quite severe, and the mucus in the urine is abundant.

Treatment of Inflammation of the Bladder.

When the cause of the inflammation in the bladder is pressure of an enlarged womb, or tumors, the abdomen should be lifted up with an abdominal supporter (see Fig. No. 44, page 495), and then remedies should be given as indicated. When the cause of the bladder trouble is displacement of the uterus, the physician must be consulted and this difficulty be rectified, before remedies can prove curative. It will often require the skill and knowledge of the best physician to discover the cause of this disease. Affections of the kidneys may require analysis of the urine to diagnose them correctly. *Aconite*, *Can. ind.*, *Bell.*, *Bry.*, *Canthar.*, *Opium*, *Merc. cor.*, *Merc. iod.*, or *Ars.* may be indicated. Carefully study the symptoms of each, and use the one having symptoms nearest like the symptoms in the case.

Special Indications for Remedies in Inflammation of the Bladder.

Aconite.—Is indicated in acute attacks from cold; wiry, rapid pulse; fever; tenderness of the bladder, etc.

Cannabis ind.—Is indicated by pain and straining in urinating, with much stringy mucus in the urine; urine scanty, etc.

Bell.—Is indicated by bearing-down pains, tenderness of the bladder, flushed face, dull, pulsating headache, etc.

Bryonia.—When all the mucous membranes are more or less affected, especially those of the lungs.

Cantharides.—For stinging, burning pain.

Opium.—For severe pains, with constipation; aching of the entire body; stupidity of the mind.

Merc. cor.—For albumen in the urine.

Merc. iod.—Is indicated in conditions showing torpid glandular action; urine scanty; liver torpid.

Ars. alb.—Is indicated by scanty urine, thirst, chilly feelings; tired feeling, pains in the limbs, etc.

CHAPTER XVII.

OBSTETRICS, AND THE CARE OF THE PREGNANT WOMAN,

TOGETHER WITH THE AILMENTS PECULIAR TO HER CONDITION DURING PREGNANCY AND AFTER CONFINEMENT.

PREGNANCY.

PREGNANCY means the development of a foetus (child) in the womb. *Conception* indicates the time at which pregnancy commenced. *Term of gestation* means the time it is necessary for the foetus to so develop as to be capable of living independently of, and exterior to, the mother. While in the uterus the child lives and grows through the nourishment obtained from the blood of the mother, which passes through the child and back again to the mother by means of the placenta and cord (called afterbirth), a cut of which may be seen in the article upon "Labor." This placenta is attached to the interior surface of the womb, and blood is received into it directly from the blood-vessels of the womb, and then passes through the cord (which is attached at the navel) to the child, and then returns by the cord to the uterus, and into the general circulation of the mother from it. *As to conception, and the computation of the time of quickening and delivery, see table in article on "Conception," in Chap III, pages 121, 122.*

Symptoms of Pregnancy.

Different women differ greatly regarding the symptoms of pregnancy, and it becomes necessary to take several symptoms in connection with each other in order to decide

that a patient is pregnant. We will note the ordinary symptoms first, and then mention some exceptional cases.

First, the arrest of menstruation in a married woman who has been regular, is one of the first symptoms. After about six weeks nausea is noticed, generally coming on soon after rising in the morning; often vomiting of the breakfast occurs. The breasts begin to feel tender and full. The circle around the nipples turns brownish (it is usually pinkish), and little pimples are observed in this circle (which is called the areola). The pregnant woman notices that she has to pass water more frequently than before, and that she is very sleepy. There is often present an oily, whitish scum on the urine after it has stood in a chamber for a few hours. The pregnant woman also, in many instances, feels nauseated at the odor of food which is being cooked; especially is this the case regarding meat. About the fourth month, the enlargement of the lower part of the abdomen is noticed, and at about four and a half months the first movements of the child are felt. The abdomen now goes on enlarging to eight and one-half months, then decreases somewhat during the last two weeks; at least, the uterus sinks down, so that the woman is smaller around the waist during the last weeks of gestation. Swelling of the feet and limbs, with enlargement of the veins, also, sometimes come on during the last months.

Other Symptoms.

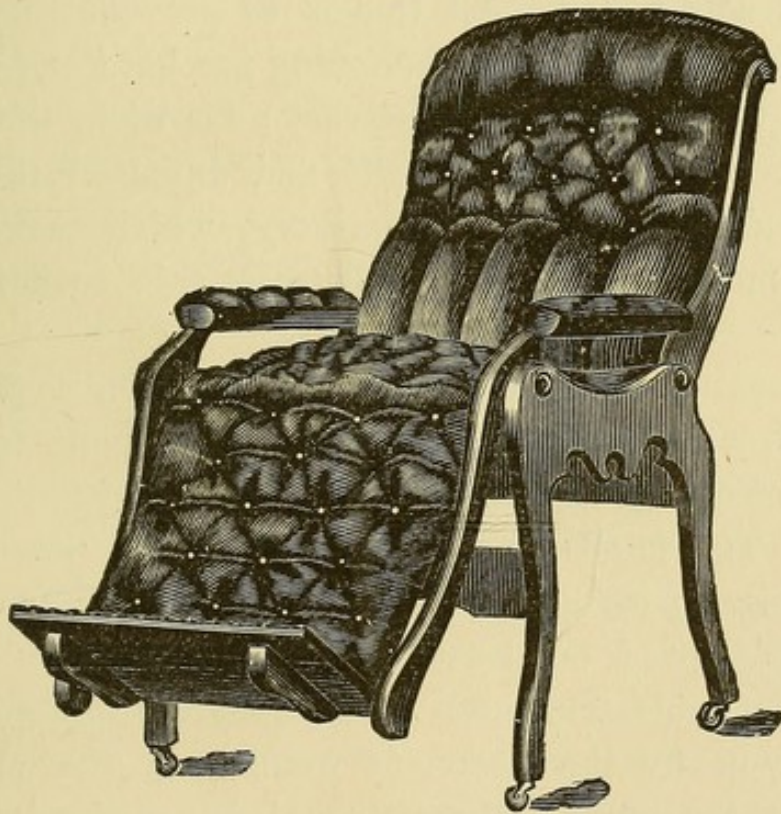
Often pregnant women are tormented with toothache in the early months, and are constipated, etc. The cheeks look flushed, though menstruation is arrested. (If the menstruation is arrested from other causes the face is pale.) The pulse is quicker than usual. Some women who are habitually ailing become quite well while pregnant; others are tormented with cramps in the limbs.

Peculiar cases. Some women menstruate after they are pregnant. I have known one menstruate all through her

gestation. It is not rare for a woman to have a very slight show for a half day or so at the next period after she has become pregnant. The calculation of the time when labor is to be expected must, in these cases, be counted at four and one-half months after quickening.

In some women distress of mind for fear of pregnancy has the effect to so divert the nerve forces as to arrest menstruation, though there is no pregnancy at all. Of course, in these cases the other symptoms are absent. Uterine displacement or disease may cause nausea, and it is only by several symptoms combined that we may feel positive that

Fig. No. 52.



RECLINING CHAIR.

pregnancy is present. The experienced physician may also discover much to aid in the correct diagnosis by a physical examination of the patient in doubtful cases. A sour stomach, water-brash, or what is called heart-burn, troubles some women while pregnant, but this symptom is also present in cases not pregnant.

ADVICE TO THE PREGNANT WOMAN.

The pregnant woman should take a moderate amount of exercise. Perfect quiet is as injurious as severe labor, and of the two, more so. She should rest frequently, however, during the day, for a half hour or so. For this purpose it is very convenient to have a reclining chair to sit in and recline upon at pleasure. It will be needed more in the last months of gestation, and is very convenient in convalescence after confinement. (See Fig. No. 52, page 525.)

A pregnant woman should eat plain, unstimulating food. It should consist largely of fruits and vegetables, and she should drink soft water. All this is to prevent the bones of the head of the child from becoming too hard and solidly united so as to interfere with delivery; for when the bones of the head of the child are soft and ununited the head is compressed considerable in delivery, which makes the labor much more easy, and less dangerous to both mother and child.

Lacing must be avoided. Let the abdomen expand as nature requires, or sad consequences may result to both mother and offspring. Never lift hard, run, or jump during pregnancy. The mind should be as calm and peaceful as possible. Angry passions, or passions of any kind, are likely to leave their impress on the child. Sexual passions should be entirely in subjection, and no unpleasant sights should be looked upon by the pregnant woman, as the child is often marked for life by these mental impressions of the mother while pregnant.

DISEASES AND DIFFICULTIES OF PREGNANCY.

The development of the foetus in the uterus produces in some women considerable disturbance of the general system, as well as particular affections of special organs and functions.

The pregnant state being one physiological in its character, it would seem, should produce no serious effects on the female system. We would naturally expect that this process might go on to completion of term without any interference with the general health, as we see among the animal creation. This is observed in some cases in the human female, notably among those savage or half-civilized races who live in the open air, perform much physical labor, and live upon the plainest diet, and in all things allow nature's inclinations and appetites full sway, almost like the beasts of the field. But as we rise in the scale of civilization we find that the women suffer more in the process of gestation and labor.

The want of physical exercise and pure air in sufficient quantity to develop and maintain the full normal amount of nerve and muscular strength tends to the production of ailments which, under circumstances of conformity to nature's laws, might be avoided. The tight lacing of the body of ladies in civilized and cultivated society, with the late hours spent in the heated and ill-ventilated ball-room, the insufficient clothing worn, and the nervous exhaustion consequent upon the rounds of dissipation engaged in by many, tend to unfit woman for her high function in propagating the race, thus entailing upon her offspring debility and disease, and causing herself untold agony in the process, that should be as free from pain and disturbance as it is natural in itself.

But we have to take the world as it is, and we can not expect to effect a reform in women's habits, dress, and diet in our natural lifetime, though it is to be hoped that the world will sometime pay more attention to the health of women than it does to-day, not by a return to barbarism, and laying upon women grievous, severe physical labor, greater than she can well bear, and which is inconsistent with any mental growth, nor by set rules of living, bathing, and diet (for what is good for one may not be for another), but in the avoidance of excesses, by greater freedom from conven-

tionalities, by plainer living, by conforming to the necessary laws of development and growth in girlhood, and by stopping the demand of society that young girls shall be expected to dress, act, and live like ladies.

Various Symptoms.

One of the first symptoms of disturbance in the system during gestation is nausea. Sometimes this is severe, and causes the rejection of nearly the entire ingesta. (See Vomiting in Pregnancy.)

Coincident with nausea we have the frequent desire to pass urine, caused by the pressure of the enlarged womb irritating the urethra as it passes posterior to the pubes. Again we have constipation, resulting from the pressure of the uterus against the rectum. Sometimes diarrhoea sets in, indicating an inflamed condition of the rectum, produced by the irritation of the enlarged uterus.

Along with these symptoms we have frequently headache, toothache, and neuralgia in various parts of the body, with a fretful disposition, various abnormal cravings for indigestible substances, such as slate pencils, lime, pieces of wood, etc., etc., *ad infinitum*.

As time rolls on the uterus still increases in size. It presses upon the bowels, liver, stomach, etc., and we have *derangement of digestion*, the *sour stomach*, *gastralgia*, *heartburn*, *pruritus vulvæ*, and a miserable condition generally. Very little consideration is often exercised toward patients in this condition, the treatment shown them being calculated to irritate and anger them, and the effect is manifested in the bad temper of the child when born.

Albuminuria is a frequent condition of pregnancy, and was formerly supposed to result from disease of the kidney, the exact nature of which was in dispute; but it is now conceded that albumen is frequently in the urine of pregnant women in the later months of pregnancy, and is caused by the pres-

sure of the gravid uterus upon the renal vessels, and that as soon as the pressure is removed by the delivery of the child the albumen will generally cease to be found in the urine.

Uræmia, caused from the same pressure, sometimes results; and it is mainly from this cause that we have convulsions in these cases, though, of course, the irritable condition of the general nervous system tends to produce convulsions, and may exist without the uræmia being present; still, as I said before, this I believe to be the most frequent cause of convulsions occurring in the pregnant woman.

Cramps in the thighs and calves of the legs, *varicose veins* of the limbs, *œdematous swelling* of the lower limbs, and, we think, general *anasarca*, *jaundice*, *hemorrhoids*, etc., are sometimes produced by the pressure of the enlarged womb upon the nerves and blood-vessels in the pelvis and abdomen. *Palpitation of the heart* from reflex nerve action, as well as *general fever*, sometimes result.

Displacements of the uterus are common in the early months of gestation, notably prolapsus. This is owing to its increased size and weight causing it to settle down in the pelvis; and in our opinion the organ thus prolapsed produces, not only the symptoms heretofore noted as the result of pressure, but also, through the sympathetic nerve ganglia, causes the nausea on first rising in the morning. If this theory be correct, we have a hint of the means of relief, which, so far as I have tried them, have been successful.

Retro-version of the uterus sometimes takes place during the first two or three months of gestation, and is generally the result of jumping out of bed, or from a carriage, or in some way receiving a severe jolt. Replacement of the organ is, of course, at once indicated. This is the only efficient method of obtaining relief from the distress experienced in these cases where retro-version is present.

I will further notice *pruritus vulvæ* and *leucorrhœa* as sometimes annoying the patient, resulting from a cervical

inflammation, generally combined with some vaginitis, the leucorrhœa being dependent upon this irritation, and its acrid character causing the itching of the labia and vagina. This affection is often concealed from the physician by the patient through feelings of modesty, and she sometimes injures herself in her efforts to relieve the itching. Swelling and inflammation of the mammary glands also, in some instances, have their predisposing cause in the pregnant state.

Treatment.

Although the recital of the many ailments of the pregnant state seems formidable, we may hope to relieve many of them—though it is sometimes impossible to relieve them all; and we will have need of using constant vigilance, and in some instances continuous treatment, to obtain satisfactory relief (if relief may be considered satisfactory that requires constant application of treatment). The size of the uterus, which does so much to produce these derangements, can not, of course, be modified; neither can the supersensitive nervous system be restored in many cases.

It is quite common that the womb is morbidly sensitive during the early months of gestation. This may be due in part to the displaced condition of the organ, owing to its increase of size and weight, and in part to the irritability of the organ, consequent upon the growth of its substance, necessitated by nature, in order that it may contain and nourish the child.

These considerations furnish to my mind reasons sufficient to cause me to believe that it is best to rely in part upon an attempt to relieve the uterus as much as possible from all pressure from the superincumbent weight of the abdominal organs, and in restoring and maintaining it in its normal position in the pelvis, instead of depending upon remedies alone for the relief of the symptoms resulting from the condition of the organ in the earlier months of pregnancy.

This is obtained by rest in the reclining posture. Lying with the hips a little elevated, with the limbs separated, is the best position. This favors the ingress of air into the vagina, and relieves the uterus from pressure from the weight of the bowels. When this position can be maintained for a period of some weeks we will have little trouble with the case as a rule; but as it is very unusual that a patient is willing to submit to this confinement, and as we have the injurious effect of want of exercise to contend with, if we allow it, we are driven to other expedients to accomplish the same ends.

I have found that the use of an elastic abdominal supporter accomplished the purpose in many cases (see page 495); some, however, requiring that the recumbent posture be taken for an hour or two after dinner, and then apply the supporter before rising. We should be careful that it is of the right size, and is applied so as to lift the abdomen and not compress it. It is necessary that the band be a little tight in the lower part of the abdomen and loose above, so that the abdominal regions be supported by it.

The remedies to be given in case of *neuralgia*, *toothache*, *constipation*, *gastralgia*, *enuresis*, *palpitation*, etc., are the same as though the cause was something else. In the albuminuric and uræmic condition it is probable *Merc. cor.* has more efficiency than any other remedy; but there are some cases that will not be relieved till delivery is accomplished. Some cases immediately recover on the event of confinement, while others only recover after weeks of treatment.

Convulsions occurring during gestation are usually due to the presence of uræmia, as has been stated. The treatment should be first directed to the relief of the spasm; and, secondly, to prevent a recurrence of the paroxysm. For the relief of the convulsion a few pellets of *Bell. 3^x* may be put in the mouth, or a few drops of the dilution of *Bell. 3^x*, *Nux.*, or *Verat. alb.* may be given, and the feet wrapped in warm

wet cloths; or, if convenient, the full warm bath may be given, or warmth to the spinal column by means of warm compresses may be used; and in case of failure to obtain prompt relief by these measures *Chloroform* may be given by inhalation, till the convulsion ceases, after which we should ascertain if it be a retro-version that has produced the spasm, or if it be from albuminuria.

If albumen be found in the urine we will generally find relief from the use of *Merc. cor.* 3^x.

Vomiting may, in some rare instances, be so persistent as to endanger the mother's life. Occasionally the slight nausea and occasional rejection of a meal may be a conservator of health, acting to prevent undue plethora, as after conception and the consequent suppression of menstruation, the system has in some instances a tendency to undue plethora; hence *Nux* or *Ipecac* may be the remedies demanded to rectify the trouble. If we bear in mind that in pregnancy one lady may suffer from anæmia and another from hyperæmia, we may understand why the vomiting that is so injurious to one may conserve health in another.

We may also observe that the jaundice and sundry other disturbances and ailments are caused by the pressure of the uterus, and we will be led to rectify the trouble without a resort to medicine in some cases. The uterus rises the highest in the abdomen at about the completion of eight and one-half months of gestation, and owing to some cause the uterus may be deflected to the right side, and press so hard upon the liver as to interrupt its action, or more generally, probably upon the duct of the liver, and prevent the discharge of the bile into the bowel, hence giving rise to jaundice. By directing the patient to lie upon the left side and lean towards the left while sitting, seeing to it that the clothing is sufficiently loose, we may soon discover amelioration of the symptoms, and before long their complete subsidence.

While speaking of looseness of clothing, I will suggest that by attention to this matter in cases of renal difficulties, with or without dropsical swelling of the limbs, we may do much to relieve the trouble. Here we have annoyance to contend with, in the desire of women to look small and keep people from knowing their condition. This desire is so strong in some women that they actually lace themselves to keep their size to suit them; hence I am often astonished that they have in these cases even the ability to live, and we are placed on our guard, in the management of these cases, by keeping in mind how the ailments of the pregnant state are occasioned.

In the treatment of the cases of nausea and vomiting occurring only at night, I would positively interdict sexual congress. By compliance with this direction our patient may expect relief. And while on this subject it may not be amiss to intimate that I am of opinion that if sexual connection was not in the least indulged in during pregnancy, we would have much less of suffering during this period.

The attempt to relieve these inveterate nauseas by giving a glass of cold water, warm tea or coffee, or a bite of cracker before rising is all very well.

Canthar., *Bell.*, *Can. ind.*, give much relief to irritations in the urethra and bladder, when given according to their homeopathic indications.

Diet and Exercise.—Some attention to diet and exercise is important in the treatment of these ailments of the pregnant state. The diet should be nutritious, unstimulating, and digestible. The exercise should be moderate and in the open air. Riding in a carriage is better than confinement indoors; but walking exercise is much better if it can be taken.

Great gentleness should be shown the pregnant woman. We can not be too considerate of her feelings nor too indulgent in our ministrations for her comfort, for her own good and that of her offspring as well.

Pruritus and *leucorrhœa*, which are often combined in the same case, are troublesome, although only remotely injurious, and merit attention on account of the nervous exhaustion that the intolerable itching produces after a time. The *leucorrhœa* sometimes is of a bland character and gives little trouble, except that it is disagreeable to the patient in the soiling of the clothing; at other times it is acrid in character, denuding the mucous membrane of the vagina of its epithelium, causing intense smarting, burning pain. Sometimes aphthous ulcers are formed on the mucous surface of the labia, and require applications of *Vaseline*. Frequent use of the vaginal injection of tepid water is of benefit in some cases. I have found the insertion into the vagina of a wad of cotton high up in the vagina, saturated with equal parts of *Glycerine* and *Hydrastis*, or *Glycerine* and *Tr. Aconite*, or *Calendula* (recollecting to attach a thread or string to the cotton to facilitate its removal, and changing the application every twelve hours), is a very useful treatment. *Aconite*, *Sepia*, *Bry.*, *Puls.*, and *Sulph.* are useful remedies in this class of cases.

There is a form of *pruritus* without the *leucorrhœal* discharge, where the sensation is that of burning, sometimes giving the sensation of the crawling of pediculi. This variety is mostly confined to the cutaneous surface of the labia and the mucous membrane covering the clitoris. Both varieties of *pruritus* may result from disease of the uterus, as well as pregnancy; but I think we have them more frequently in pregnancy than otherwise. This variety last mentioned is evidently abnormal nerve sensation or sensibility, which is peculiar to some women, or to women at particular times. *Camp.*, *Apis*, or *Ars.*, are probably the best remedies in these cases.

In all these ailments we do well to see to it that our patient does not get excessively fatigued, but takes frequent rest in the horizontal position during the day.

In cases of inflammation of the breast, where there is a secretion of milk, it must be artificially drawn two or three times a day in some cases; in others, once a day is sufficient. *Bell.* is the chief internal remedy indicated, and it may also be applied locally to the inflamed part.

VOMITING IN PREGNANCY.

Vomiting in pregnancy is sometimes exceedingly annoying to the patient, her friends, and her physician. Ordinarily it occurs only upon rising in the morning, or after breakfast; but in some instances the nausea comes on worse in the after part of the day, and sometimes is continuous, apparently causing the rejection of all the food and drink taken into the stomach. In these extreme cases the gravity of the symptoms becomes alarming, and the life of both mother and child is endangered.

Authors upon diseases of women have either ignored this subject, or treated it as of little moment. Works upon obstetrics are almost as silent, and college professors also have usually slighted the subject. Hence, the young practitioners are left without sufficient guidance in this complaint, most of them having, from their readings, been impressed with the idea that vomiting was rather physiological than pathological.

These young men find upon engaging in active practice that cases of vomiting in pregnancy come to them for relief. The question arises, In what can relief be found? They then naturally ask themselves? Why this manifestation? What are the conditions producing it? Why do some escape and others suffer? They naturally consult books, and find either no mention made of the complaint or only an unsatisfactory allusion.

These considerations have prompted me to include this subject in this work. Though intended for parents and nurses, the young practitioner may consult it in emergency.

Causes.

Just here we venture upon contested ground. Although the contest has not been sharp or decisive, it has torn up the soil enough to perhaps enable us to get at some light upon the subject. As gestation is established the uterus enlarges, and, of course, becomes heavier than in its unimpregnated state. (And it is well known that it settles down in the pelvis during the first three months of pregnancy below its normal position.) This may account for the nausea produced by rising from the recumbent position while the stomach is empty through the sympathetic nervous irritation caused by the downward displacement just mentioned. In some cases this nervous irritation is caused by the enlargement of the womb alone; in some cases, due to a sub-acute inflammation of the organ; sometimes to irritation of the uterus from copulation after pregnancy has occurred. The general nervous irritability of the patient may predispose to this condition. It is, however, none the less a pathological or diseased condition which manifests this symptom.

We think it time that the profession was outspoken on this point. It may cast reflections upon the method adopted by fashionable society, and even by civilized nations, in the rearing of children, and apply with special force upon those of the present generation; but let it fall where it may, it is time the people understood that they can not ignore the laws of their physical being, and still have health and an easy procreation, devoid of annoyance and danger, like the animal creation. We must remember that we have an animal frame, requiring, not only healthy food, but pure air and plenty of physical exercise. Our daughters are reared to-day with a scant supply of all these, and have inherited none too good a constitution from their parents. Let us, then, place the blame where it belongs, and not by intimation censure our Creator for making women so as to suffer these things, knowing that we need to reform ourselves.

Treatment.

The suggestions which I have made regarding the causes suggest the treatment. In some cases we should proceed as though the patient was suffering from displacement of the uterus. Rest in the recumbent posture is one means of allaying the irritation. Sometimes the abdominal supporter, by taking off the weight of the intestines from the uterus, and relaxing the strain upon the broad ligaments, relieves the symptoms. Bathing the abdomen and spine with *Chloroform* wash is often of service. The tepid sitz bath, used daily for fifteen minutes, is of some service in those cases where there is much tenderness of the uterus.

Internal Remedies.

Oxalate of Cerium, Puls., Ars., Ipecac, Cal. carb., Aconite, Nux, Sepia, etc., sometimes give some relief, if indicated by the symptoms other than the vomiting, as well as this one in particular. *Bell., Hyos., Ignat., Gelsem, Secale cor., or Arnica* are sometimes of benefit when there are nervous symptoms which strongly indicate their use homeopathically.

We should be sure in obstinate cases that there is not retro-version or retro-flexion of the uterus, causing the nausea.

The remedies and treatment I have suggested will, in the majority of cases, give relief, and in many a complete cure is effected with them. Sometimes the vomiting is so constant that the patient is in imminent danger of dissolution from actual starvation. In these extreme cases rectal injections of beef-tea may be tried.

CONSTIPATION.

Constipation in these cases is dependent upon pressure against the bowel by the enlarged womb, and from the torpidity of the liver, caused also from pressure of the enlarged uterus, which also interferes with the normal circulation of

the blood and interrupts the action of the liver, kidneys, and bowels.

Treatment.

In so far as possible, so regulate the food as to cause the bowels to move. The use of fruits, which we have mentioned as beneficial in delaying the hardening of the bones, is also useful in promoting action of the bowels. Some corn-meal gruel, mush, or bread should be eaten for their action on the bowels. If this diet, together with some exercise, does not cause action of the bowels, injections of tepid water and soap may be used. No cathartic medicine or mineral waters are to be given, as the cathartics may produce sufficient irritation to produce a miscarriage or a premature labor, and the mineral water causes too much hardening of the bones of the child.

Remedies.

Lycopod., *Bry.*, or *Nux* may be taken in the 3^x attenuation, if they are also indicated by other symptoms as well as the constipation. (See indications for these remedies, in the chapter on Materia Medica in this work.)

TOOTHACHE.

A decayed tooth is more likely to ache when the woman is pregnant than at other times. Occasionally the teeth ache when not decayed.

Treatment.

If the pregnant woman has a decayed tooth which aches, it better be treated and filled by a good dentist. When the patient is so situated that this is not convenient, she may insert into the cavity of the tooth a little cotton saturated with the following drops; first, however, cleansing the cavity with dry cotton, or the tooth-brush and water:

℞ Ol. Cloves,
Chloroform,
Kreosote, aa. ʒi. M.
(aa. means of each; and ʒi means one tea-spoonful.)

Remedies.

Remedies are often of great service in the variety of toothache under consideration, especially where the teeth are sound.

Aconite.—Is indicated when in connection with the toothache there is fever and heat of the skin, evidently resulting from cold.

Ars. alb.—Is indicated when the toothache comes on at a certain time each day or night; patient feels chilly, and aches all over; is thirsty, etc.

Merc. sol.—Is indicated when the gums are tender; the patient has diarrhoea with colic, etc.

Nux v.—Where there is constipation, cramps in the calves of the legs, indigestion, etc., in connection with the toothache.

HEART-BURN—WATER-BRASH.

Sour, burning water coming up into the month, is termed heart-burn or water-brash. It is caused from excessive acidity of the stomach, and is quite common in the pregnant state.

Treatment.

Acids and sweets, as well as butter, fats, or rich food should be avoided. *Puls.*, *Carbo. veg.*, or *Magne. carb.* are usually indicated, and will give relief in most cases, if attention be also given to diet at the same time.

ENLARGED VEINS. (*Varicose Veins.*)

Enlarged veins of the legs are often painful and have a tendency to ulcerate. They are caused, in part, from the pressure of the enlarged womb upon the large veins in the pelvis, thus arresting the free return of the blood to the heart.

Treatment.

The patient affected with varicose veins should frequently recline during the day, or wear an abdominal supporter to hold up the womb and abdominal organs (See Fig. No. 44,

on page 495 of this work.) Bandages applied evenly to the limb, commencing at the toes, are of much service. To apply this requires some practice. A roller three yards long is required to make it a success. Silk elastic stockings do very well, and may be used by those able to purchase them. They may be obtained at large pharmacies and at instrument stores.

UTERINE HEMORRHAGE DURING PREGNANCY.

Hemorrhage occurring during pregnancy always threatens a miscarriage or premature delivery. The hemorrhage usually results from a separation, in part, of the attachment of the afterbirth to the uterine surface. This may be caused from a fall or sprain, heavy lifting or severe jolting, and in some cases is caused by the attachment of the afterbirth directly over the mouth of the womb, which is broken loose by the expansion of the uterine walls. This attachment of the afterbirth over the mouth of the womb is called "*Placenta Previa*."

Treatment.

These cases should receive the care of a skillful physician; but until his arrival the patient should remain as quiet as possible in the horizontal position.

In very urgent cases when no physician is near, cold cloths may be applied to the lower part of the abdomen, and *Aconite* may be given if the patient is at all feverish or if the pulse is fast. *Ipecac* is indicated if the hemorrhage is also accompanied with nausea. In case these remedies are inefficient, and the hemorrhage is very free, the vagina may be filled with pieces of cotton tied together with a strong twine and saturated with vinegar and water, equal parts. This plugging of the vagina is called "*Tamponing the Vagina*."

EXTRA-UTERINE PREGNANCY.

Pregnancy occurring in the abdominal cavity out of the uterus and Fallopian tubes is called abdominal pregnancy.

When it takes place in the Fallopian tube it is called tubal. Both varieties are also called extra-uterine pregnancy.

Tubal pregnancy causes no enlargement of the womb, and menstruation may go on naturally. The patient suffers from acute pains in the side, and dies suddenly at about three months' development of the foetus, death being caused by rupture of the tube, the real difficulty often not being suspected till examination after death reveals the truth.

Abdominal Pregnancy may go on for years, the child remaining in its sack without doing any injury. One has been known to remain in the abdomen for over fifty years. We have seen a child remain in the abdomen without injury for seven years. I had one case where the sac of the child became attached to the bladder, and the child dying at about a three months' development, it ulcerated through into the bladder, and the bones and flesh came away by the water passage, except some large bones, which we had to remove from the bladder by a similar operation to that which we use in operating for stone in the bladder.

CAUSES OF EXTRA-UTERINE PREGNANCY.

These pregnancies result from the semen passing up into the womb and then into the Fallopian tube, when meeting the egg there and attaching itself in this locality, it is termed tubal pregnancy. When the semen passes on and impregnates the egg in the abdominal cavity and the egg becomes attached there, it is called *abdominal pregnancy*.

TWIN PREGNANCY.

Twin pregnancies require no special treatment. The abdomen is usually less prominent than in single, but is wider from side to side.

PECULIAR TWIN PREGNANCIES.

Sometimes in twin pregnancies one of the twins dies at two or three months, and the other goes on to full develop-

ment and is delivered at full term together with the little dead foetus.

We have had two cases of this kind in our own personal experience. In one case the full-grown child lived all right, the foetus of two months' development coming away the same day as the grown one. In the other case both the children were dead; but one was fully grown, at full term of nine months, and the other was about a three months' development. Both were delivered within an hour of each other.

LABOR—CONFINEMENT.

Symptoms.

Often labor comes on suddenly, but in other cases there are symptoms indicating its near approach. These symptoms are a more frequent desire to pass urine, a weight in the pelvis, disinclination to move around, and a slight show of blood from the vagina.

FALSE PAINS.

False pains are those which come before the regular pains, sometimes occurring several weeks before. They may be recognized by being irregular in their intervals, while true labor pains are regular.

GENUINE PAINS.

The first pains of labor are cutting in their nature, occasioned by the dilatation of the mouth of the womb; after the womb is fully dilated the pains become bearing down. These are occasioned by the contraction of the top of the womb to force the child out into the world through the vagina, which becomes dilated by nature, so as to allow of the passage of the child without injury to either.

THE BAG OF WATERS.

This consists of the membranes of the afterbirth distended by the water surrounding the child. (This water is

called the amniotic liquid.) The projection of this bag of water through the mouth of the womb helps to open it, therefore it is better that the waters be not lost till the womb is well open. They sometimes accidentally break at the first pains or before any pain is felt. The labor is then called a *dry birth*, and is usually slower and more painful.

DUTIES OF THE NURSE IN CONFINEMENT.

We do not expect to instruct a nurse so that she can be able to take the physician's place; but we think she should know what to do in case the physician is not at hand, and how to perform her own duties when he is there.

The nurse should see to it that the bed is properly prepared. Two thick quilts should be spread first over the mattress, then a sheet of India-rubber cloth; on top of this a quilt or blanket, then the ordinary sheet, and upon this three folded sheets or old quilts, to catch the water and blood, so that after the discharge of the waters one may be removed, and then the other after the birth of the child; still leaving one to remain under the mother to keep the sheet clean afterwards. The bed should stand so that it may be approached from either side, and should be away from drafts of air and not near the fire. The room should be large, and on the sunny side of the house in cool weather. There should be in readiness a bed-pan, sponges, soft cloths, a small bottle of brandy or wine, soap, towels, extra sheets and blankets, and all the child's clothing, as well as an extra night-dress for the mother; rubber bag for hot water for the feet if needed, and a small foot-bath tub; and she should see that there is a plentiful supply of warm water near at hand, a jar of *Vaseline*, thread, scissors, cloth for a bandage, etc.

The nurse should be very plainly, but neatly, clothed; should be pleasant and cheerful, but not continually talking, and should have no anecdotes to tell of Mrs. So-and-So, and "what a time she had." She should show sympathy, but no

fear; should encourage the patient in every way; and should have experience that she may know when symptoms indicate urgent need of help, and should know what to do in emergencies. In order that she may be fully trustworthy she should read of, and know something of, natural and unnatural labor; and should know something of the proper remedies which might be required for mother or child.

When a physician is in attendance the nurse should obey his directions cheerfully, and never show her disapproval by word or look, except to him in person, and then in private, away from the patient and friends. The patient should have confidence in her physician as well as her nurse, and each should try to assist the other in securing this confidence of the patient. The nurse should not be making suggestions to do this or that, unless the suggestions be made to the physician when by himself. We have placed some illustrations in this work especially for the information of nurses when accidentally in charge of a case, and we have tried to speak plainly, that these matters may be well understood.

After the birth of the child the nurse has serious responsibilities in the care of both mother and child. She should, therefore, know what to do for both. First, don't do too much. Let both mother and child have rest, the more they both sleep the better, during the first few days after confinement.

WASHING THE CHILD.

When the child is born it should be wrapped in a warm shawl or blanket and be allowed to rest for a half hour or so, then anoint it well over with fresh lard or olive oil, and use honey soap and soft warm water with a soft cloth to wash it clean; but be gentle about it. Wash the head first, and dry it with a soft, warm, dry cloth before washing the body and limbs, take care to cleanse every crease in the skin, and after wiping dry, place some soft, fine, dry lint under the arms and at other places liable to chafe.

TO DRESS THE CHILD.

Apply the diaper first, then dress the navel. To do this, take two pieces of fine linen, or soft old cloth, about four inches square. Scorch them a little on the stove, cut a small hole in the center of one of them, oil them well with *Vaseline* or *Olive Oil*; then slip the cord through the one with the hole in it, and lay both cloth and cord smoothly down on the abdomen (lay the cord upwards against the abdomen upon the cloth), and spread the other oiled cloth over all; then apply the pinning band quite tightly and smoothly, and secure it with safety pins; then apply the other clothing at pleasure; wrap the child up warmly, and put it in bed, or in a crib (which is better, if one is at hand). The diapers should be changed as often as soiled, and the child may well be dried with scorched fine starch each time it is changed.

NURSING THE CHILD.

The child should be put to the breast twice a day, but not oftener, till the milk comes. The contents of the breast will do the child good, and it is better for the breast that it be drawn out. The milk usually comes on the third day, accompanied with a slight fever, called *milk fever*, but it does no harm. The breasts get full and hard some hours before the milk is secreted. After the milk comes the child may nurse every three hours. Should the child appear hungry before the milk comes, it may be fed every four hours on a little fresh, sweet cream, one tea-spoonful to four of warm water, which may be sweetened with loaf sugar if the child's bowels are too free, and with syrup if they do not move enough.

The belly-band may be left alone till the sixth day, when it should be removed, and it will be found usually that the cord comes off with the band and cloths at this time. We now oil a small cloth with *Vaseline*, apply this over the

navel, and re-apply the band as before, after washing the child's body nicely. The band must be kept evenly applied for two or three months, and it need not be renewed oftener than once in three days. The balance of the child's body not covered by the band may be washed daily, always using honey or glycerine soap (never Castile). Always wash the head carefully each day, and after drying the hair, apply a very little *Vaseline* to the scalp. (Regarding ailments of the child, see "Diseases of Children," in this book.)

The mother should be kept very quiet and still. No company except her own family should be allowed to see her, and then the nurse should not allow her to be disturbed by any family cares. She should use the bed-pan for the calls of nature, and not attempt to rise on the chamber for at least three or four days. Every thing about the room should be kept very neat and tidy. Her diet should consist of gruel or thickened milk, till the milk comes, after which soups may be allowed with stale bread, milk and the like. Meat should not be eaten for at least ten days, and all the time during nursing the mother should eat no pickles, boiled cabbage, pork and beans, or such food. She may eat tender steak, chicken, or fish, with mashed or baked potatoes, stale bread, crackers, oatmeal, etc.

As an ordinary rule, the mother should remain in bed nine days, and after that she should frequently recline for an hour or two. No exact rule will apply to all cases; some can rise in seven days better than others can in fourteen. The feelings of the patient as well as the severity of the labor must be taken into account, when deciding when the mother may sit up. If she has the reclining chair she can sit in it sooner than in an ordinary one.

The abdominal band of the mother should be tightened each day by the nurse or at least be kept evenly applied. If there is difficulty in passing urine, warm wet cloths may be applied to the lower part of the abdomen, and a small bag

of warm dampened hops may be placed between the limbs against the privates, all of which should be covered with a dry flannel. The sick room should be warm but well aired. The patient should have a sponge bath daily with water and bay rum; and she should be allowed and encouraged to sleep all she possibly can. If the bowels do not move, and there is pain in them, an injection of warm water and soap may be used to assist a stool, and should this prove of no avail a tepid water injection may follow the warm one in a few moments next time it is used.

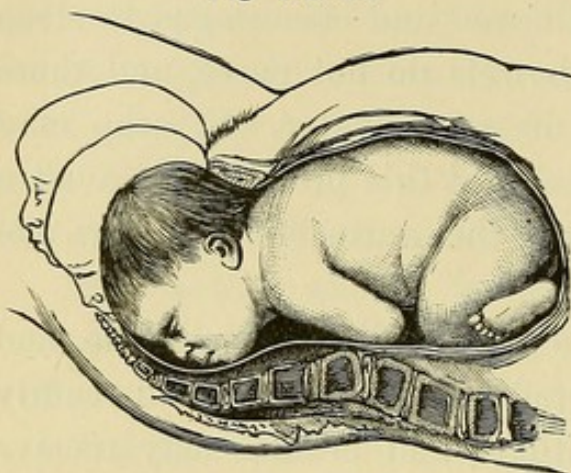
The nurse should carry the child as little as possible, and it should not be rocked in a cradle at all. The child readily learns to demand these attentions, and besides may receive injury to the brain from rocking from side to side in a crib or cradle. Warm catnip tea for crying babies, or saffron tea for yellow jaundiced skin, I never object to, though Chamomilla pellets will relieve the crying, and Lycopodium the jaundice as well.

DELIVERY OF THE CHILD.

When the full term of gestation is accomplished, and labor pains come regularly, we know that labor has commenced even if the interval between the pains is as great as fifteen minutes. When the pains come every two or three minutes we know that the labor is likely to progress rapidly. Genuine labor pains last but a half minute or so, and pass off, leaving the patient perfectly comfortable till the next pain comes on. When the patient is quite warm the pains come faster and stronger as a rule, and exposure to cold, walking on a cold floor with only stockings on the feet, etc., is likely to check them. When labor pains come on before time, the woman should lie still and take *Vib. op.* 1^x or *Secale cor.* 6^x, a dose every half hour. If these remedies do not stop the pains soon, the physician should be called to determine whether it is advisable to use other remedies, or to allow the labor to progress.

Understanding now that we have a case where the full time is accomplished (see table on pages 121-2), and feeling the head or the buttock presenting at the mouth of the womb,

Fig. No. 53.



NATURAL DELIVERY,
Showing the extension of the head in coming from
the pelvis.

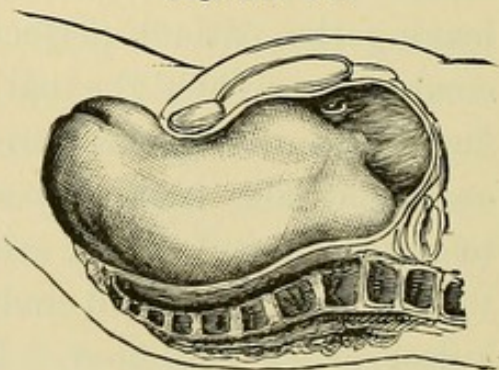
which may be felt through the membranes in the absence of pain, the nurse may conclude all is going well, and that labor will in time be accomplished without much assistance. The head presentation is the most natural, but the child may be born without assistance when the buttocks come first. When the womb is largely dilated, the head presenting, and the bag of waters remains unbroken, and labor pains begin to be weak, the bag of waters may be broken. This will allow of the escape of the water, and it is usual that the pains then become stronger. As the head comes down to the outside of the body, it should be lifted up if the mother be on her back, so as to come out in a circular direction (see Fig. 52). By thus supporting the head there is less danger of tearing the mother, or suffocating the child. When the head is thus delivered it should be wiped dry and the mouth wiped out so the child may breathe; still keeping it supported and carrying it up more and more towards the abdomen of the mother till the delivery of the body of the child is accomplished.

By reference to Fig. 53 it may be seen that in breech delivery it is necessary to support the hips as they are being delivered, and carry them upwards toward the mother's ab-

domen, and then downwards toward the mother's feet. When the buttocks come first, the nurse may conclude all is going well, and that labor will in time be accomplished without much assistance. The head presentation is the most natural, but the child may be born without assistance when the buttocks come first.

When the womb is largely

Fig. No. 54.



BREECH DELIVERY.

domen, as we carried the head in head presentation. In breech presentations, when all of the child is delivered but the head, hold the child up in the hands and allow it to turn face downwards, then, holding the limbs and body up perpendicular, gently carry them towards the mother's face which will usually allow the head to roll out of the vagina readily. The nurse should know how to do this, as in case the physician is not present and delivery effected rapidly after the body is delivered the child may be liable to soon die, for the reason that the cord is then compressed in the pelvis, by the size of the head (the placenta still being attached to the uterus); this compression stops the flow of blood through the cord to the child, and as it can not breathe till the head is delivered, it must soon die if not relieved; hence, after the body is delivered in breech presentations the head should be delivered as soon as possible.

ATTENTION TO THE CHILD AS SOON AS DELIVERED.

As soon as delivery of the child is effected it should be wiped dry about the face, mouth, and chest, and any mucus in the mouth should be wiped out, turning the child on its face while this is being done. If it breathes and cries lustily it is safe. If it does not, the hand should be dipped into cold water and then applied to the child's face and chest, or cold water may be *sprinkled* on the child's face and breast, leaving the cord untied and uncut till it cries freely and breathes regularly. In case these measures fail to cause the child to breathe regularly and cry some, after a trial of five minutes, we should tie the cord with strong twine made for the occasion out of about six strand of thread. It should be tied near the abdomen in three or four hard knots, then wound around the cord again and tied once more in the same manner. We now cut the cord three inches from the child's abdomen; take the child in our hands, and place its body and limbs in a warm bath for a minute, and then dip

it into a cool bath a moment, so alternating for several times. When this fails, wipe the child dry, and wrap it warmly and use artificial respiration.

Artificial respiration is performed by seizing the nose of the child with two fingers and compressing it a little, then applying the mouth to the mouth of the child, breathe into it till the chest is felt to expand, then take away the mouth and press the hand on the child's chest and expell the air, then repeat as before, and so on till the child breathes of itself, or until the case is proven to be hopeless.

SUGGESTIONS REGARDING THE MOTHER DURING LABOR.

Always see to it that her bowels are recently moved and that she passes urine every one or two hours; let her lie on her left side, as a rule, during the early part of labor, and all through it if she prefers. After the labor is well along it is as well that she lie on her back, with several pillows under her head and shoulders, with the knees well drawn up and separated. A friend may sit on either side, and each holding one knee, may also take hold of one hand and allow the patient to push on her knees, and pull with her hands when expulsive bearing-down pains come on. These voluntary efforts fix the abdominal muscles and materially assist delivery.

CAUTION.—Never press upon the abdomen except it be with the hand and fingers extended, for fear of indenting the top of the womb and causing inversion of the organ when the child and afterbirth are delivered.

When the pains are sharp and cutting, smelling a little *Chloroform* greatly assists labor by hastening the dilatation of the mouth of the womb, and saves much time and pain. When the os uteri is hard and rigid, an ointment composed of *Belladonna ointment* and *Vaseline*, equal parts, may be smeared on it with the finger. This also assists in the dilatation of the vagina. It should be wiped away with a soft

handkerchief before the head of the child comes down into the vagina, or it might injure the eyes of the child.

Just as the head is emerging from the vagina a little *Chloroform* may be inhaled to deaden the pain and relax the parts. After delivery, the pillows should be taken from under the patient's head and shoulders, and she may be allowed to lay quite straight, with only a small pillow under her head. The wet cloths should be removed gently, and an additional blanket put over our patient, as she is likely to feel chilly if this is not done.

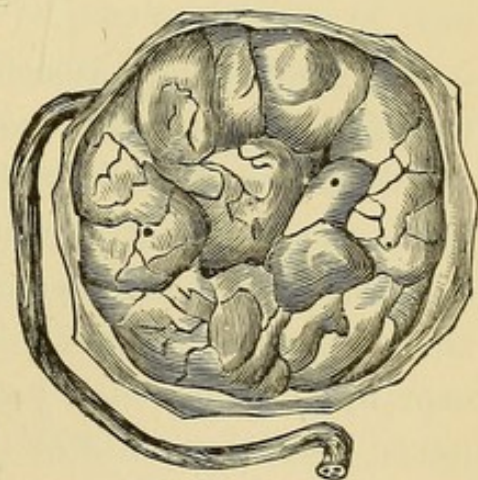
REMOVING THE AFTERBIRTH.

We may now pass the hand gently over the bowels, and if we feel the womb contracted into a small tumor in the lower part of the abdomen all is well; if we can not feel the contracted womb, gently carry the extended hand from side to side over the bowels till the uterus contracts and feels as above stated. When this fails the hand may be dipped into cool water and applied as before.

A slight pain indicates the contraction of the womb. As it contracts whatever blood is in it is usually expelled, but no fear need be felt if we can feel the uterus contracted into a hard, small ball (about as large as two fists).

We now seize the cord with one hand, and with the two front fingers of the other hand follow up the cord into the vagina; and, after reaching the placenta, we press it backward gently into the hollow of the pelvis, in this way we get hold of it with the fingers, and turn it out without drawing upon the cord. As the afterbirth is turned out of the vagina be careful not to tear off the tender

Fig. No. 55.



AFTERBIRTH, OR PLACENTA AND CORD.
Showing the open Blood-vessels in the Cord.

membranes hanging back inside, but very gently get them out without tearing them.

After the afterbirth is delivered a bandage may be evenly applied around the mother's abdomen, not making it very tight, but simply a support. The nurse should again remove all soiled clothes from under the patient, and apply a dry, warm cloth to the vaginal outlet, place the limbs close together, and let the patient rest. She may now take a drink of milk and a little warm tea in it, if she feels much exhausted. During labor she may drink cool water often.

DURATION OF LABOR.

Ordinary labor lasts from four to twenty-four hours, and after twenty-four hours the labor is considered protracted. Still when the head of the child is engaged in the pelvis for three or four hours, and with the assistance of hard pains coming every three minutes the head makes no progress, it is better, in many cases, to use forceps to assist delivery. Long-continued pressure of the head of the child in the pelvis is liable to injure the mother and kill the child.

USE OF FORCEPS.

Of course, the physician of skill must be called to deliver with forceps; still it is well that the mother and nurse understand the need of them in some cases. Both blades of the forceps may be introduced through an opening smaller than an orange (introducing one at a time), and the blades have no sharp edges and should do no injury. I have used the forceps many times each year for over twenty years, and have never injured a child or the mother with them. No one has ever accused me of doing so, and most women I have delivered with forceps wish them used in the next delivery even when they are not necessary. There has been a prejudice against instruments because the doctors waited too long be-

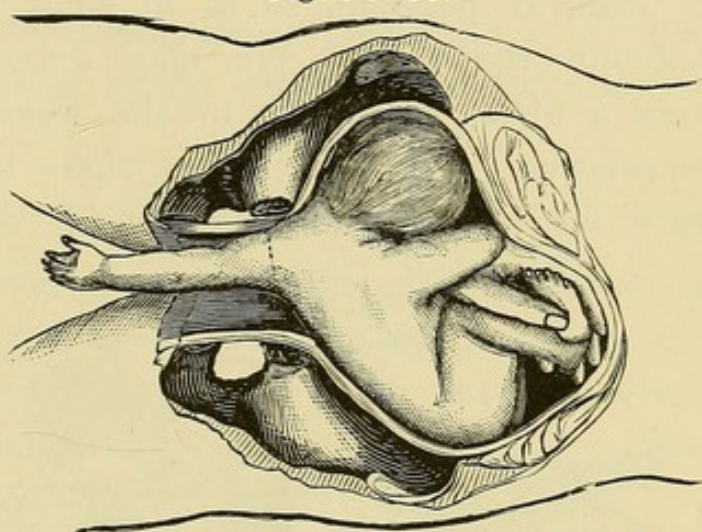
fore applying them, and any harm to the mother or child was laid to the forceps, when it should have been laid to the inflammation caused by impaction and delay before using them.

SHOULDER PRESENTATIONS.

We explain shoulder presentations so that no nurse may make the mistake of waiting for natural delivery in these cases. She should send for a physician at once.

When the hand comes down and the nurse feels up in the vagina and the head can not be felt, she may know it is a shoulder presentation, and should have the physician at once summoned, as the child must be turned and delivered by the feet (see Figure 56).

Fig. No. 56.



SHOULDER PRESENTATION.

When the nurse makes an examination, and finds the os uteri open and the bag of waters presenting, and she can feel no presenting part of the child, but all feels empty, except that the waters are there, she may suspect a cross birth, and should have assistance.

In some cases the hand may present by the side of the head, and be readily replaced behind it, when there is no pain; and by holding it there till a pain comes on, the head may slip down so as to prevent further trouble from the hand.

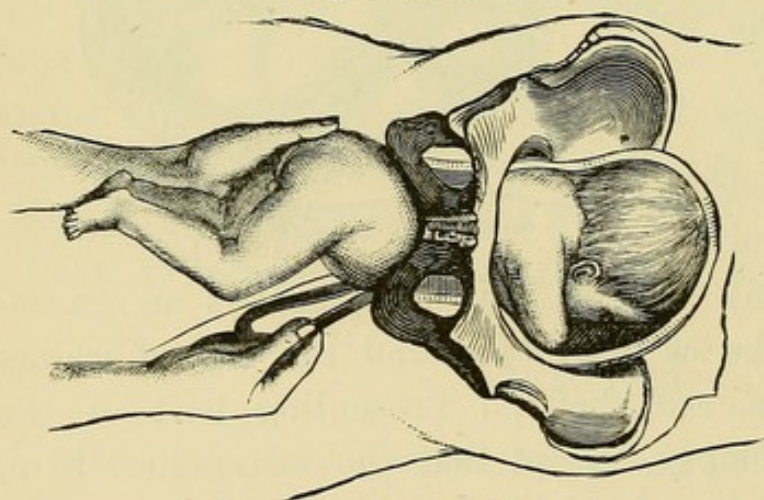
PROLAPSE OF THE CORD.

When the cord comes down by the side of the head it should be pressed up and retained, if possible, as we have just directed for the prolapse of the hand by the side of the head.

FEET PRESENTATIONS.

When one or both feet present and come down, the labor may progress without much assistance, as it practically is much like the buttock presentation shown on page 548. There is, however, much greater danger to the child in such cases. Instead of drawing down upon the limbs constantly in these cases, we should assist in this way during the pain, and when it passes off, we should press the child upwards a little, if possible, so as to allow the blood to circulate through the cord. We may determine by pressing the cord a little, as shown in the figure, whether or not the circulation is good. When there is no pulsation in the cord for any considerable length of time, we may know

Fig. No. 57.



DELIVERY BY THE FEET.

the child will be born dead. As the body is delivered, in these cases, it should be lifted up towards the mother's abdomen, and the head be allowed to turn out in this way, as we have mentioned in connection

with delivery by the buttocks. Of course, efforts should be made to cause the child to breathe after it is born, where there is any hope of being successful. When the cord ceases to pulsate for an hour or so before complete delivery is affected, such efforts are useless.

AFTER-PAINS.

The womb contracts after delivery, and this contraction sometimes is excessive. These contractile pains following

delivery are called "*After-pains*." When moderate they are all right. Women with their first children are seldom troubled with them. When these pains are considerable we may feel safe from having trouble with flooding, or as it is called, "*post-partem hemorrhage*." If the pains are very annoying give *Arnica* 3^x every hour, for a few times; and if this is not effectual, give *Secale cor.* 3^x, a drop each hour; or should there be considerable flow of blood at each pain, give *Vib. pru.* 1^x, ten drops every hour. *Nux* 3^x may be indicated if cramps in the limbs are also present; or *Camph.* 3^x, if there are also cramps in the stomach together with the after pains.

VOMITING DURING LABOR.

Some nausea and vomiting during labor does no harm; in fact, in some cases is a real benefit in relaxing the entire system; and it is not bad practice to give warm water to induce vomiting when the womb is rigid, and after getting a little open, ceases for hours any further dilatation.

WEAK OR INEFFICIENT PAINS.

When the pains during labor are weak, short, or very irregular, *Puls.* 3^x, every ten minutes, is an excellent remedy to regulate the pains, and they usually become stronger after its use. Some physicians give *Puls.* three times a day for some weeks before labor, and claim it makes labor easier. When the pains become weak, a little stimulant may be given to advantage. In some cases where the os uteri is well dilated, the vagina large, etc., *Secale cor.*, twenty-drop doses of the *Flu. Ext.* may be given in a drink of warm water, and this may be repeated in a half hour, if pains are not increased.

CAUTION.—This must never be given except where the presentation is such that nature may effect a delivery and after the parts are well dilated.

FLOODING—POST-PARTEM HEMORRHAGE.

Symptoms.

The patient may become faint as one of the first symptoms, though no blood has been passing from her. This shows that the neck of the womb is filled with a clot, and that the hemorrhage is going on into the cavity of the womb and dilating it, but still not passing outside. The patient looks pale and deathly, the pulse is scarcely perceptible.

Treatment of Flooding.

Give fifteen drops of *Vib. pru.* 1^x or *Secale cor.* 1^x, same amount if you have it, and use gentle friction with the extended hand over the abdomen to induce contractions; if this is not speedily effectual, pass the fingers into the vagina and break up the clots and turn them out, and let the blood rush away; then give more medicine and use more friction and apply a cold wet cloth to the abdomen. As soon as the womb contracts into a small solid ball the hemorrhage will cease, when the band should be reapplied and the medicine continued, a dose every hour for a few times. The patient should lie perfectly quiet and have cool air in the room till she revives. Wine or brandy, if at hand, may be given in desperate cases.

CHILD-BED FEVER. (*Puerperal Peritonitis.*)

On the one hand, it might be considered that parturition, being a physiological process, it should not very materially tend to disease. On the other hand, when we consider the large dimensions to which the uterus attains at full term of natural gestation; the consequent displacement of the abdominal viscera; the pressure to which the kidneys, liver, and stomach are subjected; the obstruction offered to the free action of the bowels; and the consequent derangement of digestion and assimilation, we may wonder that disease is not a constant effect of this process.

When we consider the violent straining and tension to which the muscles of the body are subjected in the process of the expulsion of the child, both in natural and abnormal deliveries, the depression and exhaustion to the nervous system caused by this process, we wonder more and more that the recoveries from confinement are as favorable as they are.

Any student, by making a careful study of puerperal peritonitis, will, from the history and description of the disease given by different authors, become convinced that it sometimes occurs epidemically, sometimes sporadically, and sometimes as the result of contagion or infection; and that it sometimes follows the easiest as well as the most severe labors; that it occurs in the robust as well as the weak; that there is generally evidence of blood poisoning; but whether it be from atmospheric conditions, or from the absorption into the system of poison from the person of the accoucheur, or the putrid matter within the uterus from decay of a portion of retained placenta, or from cold and the arrest of the natural secretions, he will not be prepared to say. He will feel sure, however, that either of these causes may develop the disease. He will be convinced that the accoucheur can not, with safety to the patient, attend cases of confinement while he has in charge a case of puerperal peritonitis, and that he can not safely dress suppurating wounds and then attend cases of confinement. He will also be convinced that a case of puerperal peritonitis may arise in the practice of any physician, in spite of the utmost care and caution on his part.

Symptoms.

The first symptom which presents itself in an attack of puerperal peritonitis or metritis is a chill, either affecting the whole or a part of the body, and varying in severity from mild, chilly sensations to severe rigors, causing shivering and chattering of the teeth. This chill comes on generally

without premonition, often occurring in those cases which have for two or three days, and sometimes a week, after delivery, seemed to be doing well. In some cases, however, there is some premonition of the attack in an increase of the rapidity of the pulse previous to the chill, with a feeling of exhaustion or excitement.

The occurrence of a chill does not, however, indicate with certainty the attack of peritonitis, as it may be due to the secretion of the milk or the commencement of an ordinary intermittent or bilious attack of fever. In the attack of puerperal peritonitis there is fever following the chill; so there is also in intermittent and bilious attacks; but in the attack of peritonitis we have tenderness over a portion or a whole of the abdomen, generally commencing in its lower portion and extending upward; we also have a wiry pulse, which we do not have in intermittent or bilious fever.

Pain in the abdomen and pelvis is another symptom indicative of this disease. This pain is greatly increased by pressure, even very gentle pressure often producing acute pain—sometimes the weight of ordinary clothing can scarcely be endured. The patient draws up the limbs and flexes the thighs upon the abdomen. Great thirst is complained of, and the swallowing of cold water often causes vomiting. In some cases the mind wanders; in others, the patient insists that she is getting along nicely, seems unconscious of her condition, and does not seem to suffer pain except when some pressure is made over the abdomen or she attempts to move in bed.

Profuse perspiration is sometimes a constant symptom after the first few days of the disease, although the pulse remains frequently up to 130 or 140 beats per minute. It becomes softer in favorable cases, and gradually diminishes in frequency. Sometimes the skin remains dry and hot. The temperature of the body is high, ranging from 103° to

105°. As a general rule, the higher the temperature the more grave the case.

Causes.

Upon the cause of puerperal peritonitis there is a great diversity of opinion. From my own experience, and all I can learn from authors and the experience of my brethren, I am of the opinion that the causes are various, but producing a uniform effect upon the nervous system through the agency of the blood, sometimes by inhalations of poisonous gases, sometimes by absorption of poisonous gases, or matter in the uterus, and sometimes from cold. The retention and putrefaction of a bit of placenta may produce the same result. The removal of so much pressure as has been exerted upon the abdominal viscera by the gravid uterus tends to render the parts liable to congestion and subsequent inflammation. Doubtless epidemic influences are such, in some instances, as to merit the term contagion, though it is clear that contagion is not necessary to the development of the disease. The coincident occurrence of epidemics of erysipelas and puerperal fever have led some to suppose the diseases were interchangeable; but this manifestation is doubtless simply the effect of the atmospheric conditions which have favored the development of these diseases, the nature of these conditions of the atmosphere being as yet unknown.

Prognosis.

Sporadic cases will usually terminate favorably under proper treatment; but in severe epidemics a considerable number will be lost under the best treatment. The disease, when terminating favorably, generally results in resolution, but sometimes leaves an effusion of serum in the peritonæal cavity, called abdominal ascites. This may be absorbed by the powers of nature, assisted by remedies, or require artificial evacuation by tapping, which may be performed safely by any skillful physician.

Complications.

The extension of the inflammation from the uterus and peritoneum to the cellular tissue, ovaries, etc., is not infrequent, and sometimes causes sterility, from the effusion of plastic lymph around the ovaries, as in pure cellulitis; or pus may form in the cellular tissue, or between the layers of muscular tissue, in the uterus, or in the peritoneal cavity. In the latter case it is rapidly fatal. Cystitis, pleuritis, puerperal mania, or cerebral meningitis sometimes complicate the case.

Treatment.

If we are so fortunate as to see the patient during the onset of an attack while there is coldness or rigors *Ars. alb.* is indicated, administered in the 3^x trituration, in the dry state, upon the tongue, every quarter or half hour. Place the feet in a very warm foot-bath. This is best done in this case by allowing the patient to lie upon her back in bed, with the limbs drawn up, and the feet placed in the small foot bath-tub, which can be slipped under the bed-clothing. The tub should be well warmed before being used, so as not to chill the patient should she chance to hit her limbs against its edges.

As soon as reaction is established, *Aconite* in low dilution, alternated with *Sulph.*, is demanded, and should be continued until free diaphoresis is established. In place of *Sulph.*, *Kali chlo.*, 1^x trituration, given every two hours, is of great service. When convalescence is established, *China*, *Nux*, *Puls.*, are useful according to their most prominent homeopathic indications. During the greatest activity of the fever, *Aconite* low has served me well, generally in alternation with *Iodine* 6^x or *Sulph.* 30^x. *Bell.* takes preference of *Aconite* if the dullness of the sensibilities is the most prominent symptom. *Verat. viride*, so useful in pleuritis, I have not found satisfactory in peritonitis, though some have claimed to obtain excellent results from its use in this disease. Beef-

tea is the most satisfactory diet; cool water may be given freely; hot teas and stimulants are hurtful; warm compresses to the abdomen are used by many, but, on account of their dampness, are not very desirable. Where there is extreme tenderness the compress should be wet with warm hop water, and kept in place with a flannel bandage. In most cases the dry flannel bandage, evenly applied, is all the local application necessary. Vaginal injections of tepid water and Castile soap, followed by an injection of *Liq. Soda chlo.*, one part to six of water, are of service—using the injection of a temperature high enough not to chill the patient.

Good air is another necessity in the successful treatment of child-bed fever. The old style of keeping the patient in a small room, with every crevice carefully closed to prevent the ingress or egress of a breath of air, should never be followed; but, on the contrary, see to it that a free supply of fresh air is admitted to the sick-room, and abundant means are secured for the passing out of the impure, poisonous gases, which are always present in great amount. Do not be satisfied with a small opening for the ingress of fresh air; but have two openings so the air in the room may circulate, taking care that the patient is not in a draft. Let her be well protected with warm coverings, and let these, as well as her personal clothing, be changed often. There is no good, but a positive harm, in allowing the bedding and patient's clothing to remain days and weeks without change. Let the patient be bathed often, and wiped or sponged off frequently, also, using a little soda in the water when the fever is high, and a little Bay-rum when there is less fever.

Keep most visitors out of the room, and, if possible, away from the house. They often are a positive injury by disturbing needed rest, and exciting alarm by unwise though well-meant solicitude.

The complications of this disease must be treated accord-

ing to the peculiar conditions present, and the urgency of the symptoms, taking care not to compound the remedies, using one for a few hours or a day, singly, and then changing to another, which the complication seems to demand; the alternation which I have already mentioned being in the giving of some antiseptic remedy like *Kali chlo.*, or *Carbol. acid*, in alternation with the one especially indicated in that particular case.

I will digress just here to remark that in the treatment of Scarlatina Maligna, Diphtheria, and Epidemic Cerebro-Spinal Meningitis, the need for antiseptics is equally great, and they prove as eminently beneficial. Without their use I would not take the responsibility of a case of either disease.

PUERPERAL MANIA. (*Insanity.*)

Mental derangements are but imperfectly understood. We note some of the phenomena of the mind, but of the workings of the brain, nerve currents, thoughts, emotions, etc., we are about as ignorant as was Aristotle or Hippocrates. To draw a line clearly defined between sanity and insanity is to-day an impossibility. There is such a variety in the mental peculiarities of those considered sane, so many idiosyncrasies among those whose entire sanity is sometimes doubted (and as often defended), that we can in no manner clearly define the boundary line between sanity and insanity. Still we may be able to clearly distinguish the difference in the two realms of mentality when fully within their borders, figuratively speaking.

If any one thinks he understands mental derangements, let him try to explain the conditions and symptoms which indicate them, and he will soon find how careful he must be in his language not to include in the description of mania some symptoms often manifested by those considered sane. Many books have been written and much said upon the sub-

ject, but all have left the matter with their thoughts so shrouded in the profusion of verbiage that they are not easily discerned. This is a charitable view to take of the matter. Here is a wide field for discovery, and I hope that some one will soon be able to give us clearer views of the operations of the mind, both in health and disease.

So far as I can learn there is now no standard by which we can positively judge of mild aberrations of mind. We can not say one is insane on account of peculiarities of judgment, unless these peculiarities have come on suddenly to one previously free from them. For some people are very peculiar all through life, and should we judge them, in comparison with the mass of mankind, we would say they were of unsound mind. They do things which mankind do not approve of, seemingly with the sanction of their own judgment and conscience, and have a distinct recollection of what they have done. This is strikingly exemplified in cases of religious bigotry and zeal, even carried to the extent of murdering their own children and their fellow-men in the service, and to please a God of *love, mercy, and tenderness*. To the world at large, these acts look like evidences of insanity; still, the whole sect to which they belong may approve and applaud.

If a certain act is performed, and the person performing it has no recollection of it, the act is like that of the somnambulist, and he is not responsible. But the trouble arises in this case to make it clear that the act was committed while unconscious. Again, simple forgetfulness will not indicate insanity (would that it did, especially to affect those who forget to do as they agree).

But it is of *puerperal mania* I would speak. We find that there are certain reflex influences from the uterus affecting the brain in some cases. This is first manifested at puberty, the girl's whole mentality seeming to change after the catamenia is established. Again, in disease and displace-

ment of the uterus, pain in the head is of almost constant occurrence. It is, therefore, found to be, as might be expected, that the processes of gestation and delivery affect the brain, and, in some instances, produce aberration of the mind.

Hence we find the puerperal woman manifesting symptoms entirely at variance with the ordinary character of the patient. Sometimes in one way, sometimes in another; in some cases consisting of ravings, disjointed mutterings, etc.; in others, obscenity and vulgarity; while others are indifferent to their offspring, and even have aversion to them, to the extent of taking their lives, in some instances. These manifestations coming on in connection with gestation, following after, or occurring at, the period of confinement, are termed *puerperal mania*.

There is nothing very peculiar in the disease from other cases of insanity in women, except in regard to its causation, it being dependent upon a want of equilibrium in the nervous system, over-excited and depressed by the irritation of the uterus, affecting especially the nerves, and occurring either during or shortly following gestation.

Diagnosis.

The disease is easily diagnosed. The derangement of mind is not to be confounded with the delirium of puerperal peritonitis. The cases to which the term puerperal mania is properly applied are those where there is no special disease of the system manifested which has brain symptoms in connection with it, although the continuation of hallucinations of the brain after the disease which had appeared to cause them had subsided, for some time, would correctly receive the term puerperal mania, if occurring immediately subsequent to delivery.

Treatment.

Hyoscyamus, Gelsem., Bell., Ignatia, Glonoine, Verat., Puls., China, or Ars. alb., etc., may be indicated. Each case must

be studied, and the homeopathic remedy selected. Much depends upon the temperament, constitution, and station in life of the patient, her domestic happiness or unhappiness, her inherited diathesis, etc., etc.

One of the first things to be done is to make such arrangements for her care as to prevent her doing injury to any one. The physician should be very careful on this point, as we know how liable these patients are to commit extreme acts; and her friends are not likely to appreciate the danger; they, having known her as full of gentleness, tenderness, and love, can not think she would do any violence. The patient should be in a temperature which is moderately cool, but she must be well protected with clothing. Her general health may be such as to admit of her taking exercise; if so, she may ride or walk in pleasant weather. Close confinement is not desirable, except when absolutely necessary, owing to her general health, her violence, or liability to make immodest exposure of herself.

The nourishment should be governed by the condition of the patient. If full-blooded, let her live on light diet—vegetables, fruits, etc. If anæmic, give meats, soups, and as generous a diet as she can digest. Frequent bathing, with frictions to the entire cutaneous surface, is of great utility.

Indications for Remedies.

Ars. Alb.—Great weakness, with nausea: alternations of heat and cold; aching of the limbs; diarrhœa accompanying the cerebral symptoms.

Bell.—Has the flushed face; rush of blood to the head, etc.

China.—After excessive hemorrhages; atonic and anæmic condition.

Gelsem.—For violent raving; sees demons; fright; despondency.

Glonoine.—Stupidity; muttering delirium; congestion.

Hyosc.—Is indicated in a disposition to weep, and with a tendency to be immodest.

Ignatia.—In nervous tremors; restlessness; exhaustion.

Phytolac.—In scrofulous patients; lymphatic temperament.

Puls.—When the disease is accompanied with loss of appetite, and pain in the back of the head.

Verat. alb.—Violent disposition; cold sweat upon the forehead; passive congestion of the brain.

EXCORIATED NIPPLES—FISSURES OF THE NIPPLES.

These affections, though not dangerous, are extremely painful to the patient. They occur, of course, during nursing. The child is sometimes allowed to nurse almost continuously on account of fretfulness and colic (which, by the way, is an efficient means of making the colic and fretfulness worse). The nipple becomes denuded of its epithelium, or becomes cracked, and then every effort of the child to nurse becomes very painful. The mother is placed in an agony of pain each time she gives the child the breast.

If only one nipple is affected she is inclined to let the child nurse the other entirely, and leave the affected nipple alone, which tends to produce an over-fullness of milk, and develop mammitis or mammary abscess. There is perhaps no affection of women which causes more dread and agony than excoriated and fissured nipples.

Treatment.

Arnica, internally and externally, is an excellent remedy. *Basilicon ointment*, pressed down into the fissure, after wiping the parts dry from all the secretions of the child's mouth after nursing, is the most efficient remedy I know. *Calendula*, *Borax*, *Alum*, and *Collodion* are used by some. I have used them all, but none equal *Basilicon ointment* in my experience.

It is of great importance to have the child nursed as

seldom as possible in these cases, (*i. e.*) not oftener than three hours, using one breast one time and the next time the other. This gives six hours for the healing process to go on. We will often obtain better results by using Kent's nipple shield when the child nurses, which will help to prevent tearing open the laceration, and allows of the formation of new epithelium.

The *Basilicon ointment* is as harmless to the child as any thing which can be used upon the nipples; and, besides, is the most efficient. It is composed of *Olive Oil* four parts, *Pitch, Wax,* and *Resin*, each one part.

RETRACTED NIPPLES.

This affection, which is sometimes due to abnormal development, or to the contraction of a cicatrix following an abscess of the breast which has opened, or has been lanced near the nipple, is also due to the pernicious fashion of the ladies of this day in using pads to simulate breasts, and in the case of large development of the breast, the use of corsets to compress them, the ladies seemingly unwilling, in either instance, to allow nature to have her way at all. The result has been retracted nipples in many, and generally an imperfect development of the breast in the majority of American women. Retracted nipple tends to the development of mammary abscess, by preventing the free evacuation of the milk tubes, and is productive of much trouble and suffering.

Treatment.

The retraction caused from a cicatrix, and, in most cases, those of abnormal development, can not be remedied, and we have to content ourselves with drying up the milk in the breast so affected. This can usually be accomplished with alternate bathing of the breast with *Camph.* and *Bell.* every two hours. Those cases caused by pressure can many times be relieved by the frequent use of the breast pump. Kent's

metallic nipple shield and cartouch teat is the best invention for use in these cases. It is very simple, free from rubber tubing, is easily cleansed, adheres firmly to the breast without causing constriction of the nipple or of the lactiferous ducts.

MILK FEVER.

The term milk fever is applied to a slight fever which usually affects the parturient woman on the third day after delivery; sometimes, however, coming on a little earlier. It is connected with the activity about to be established in the mammary glands, causing the secretion of milk in them. When moderate, we can but consider the increased activity of the circulation at this time only as a physiological condition.

Sometimes there is a slight chill experienced by the patient on the second or third day. This usually lasts but a few moments, and is followed by heat, flushed face, increased rapidity of the pulse, dry skin, etc. This fever may last several hours (usually from four to six); but sometimes it continues all day. The development of the milk in the breast is usually followed by a cessation of the feverish symptoms, and they do not return.

The secretion in the breast previous to the development of milk is termed *colostrum*. It is a watery fluid, slightly milky in appearance. When nursed by the child it seems to affect the bowels and cause them to act. In exceptional cases, milk is secreted in the breasts for months before confinement.

Causes.

The causes of this fever seem to be, the congestion in the breasts, preceding the secretion of milk, and the sympathetic nervous excitation induced by this condition.

Diagnosis.

A little care needs to be exercised in the diagnosis, as it is possible that "*Puerperal peritonitis*" might come on at this

period; or the patient might be suffering from some other condition which produces fever, and we might be at fault in passing the whole matter by as of little moment. Especially should we be careful in the diagnosis, when the fever is very high, or the chilly sensations return; and, also, when we find tenderness and distension of the abdomen, or very great tumefaction or tenderness of the breasts.

An overloaded stomach, incipient pneumonia, etc., may cause the high fever at this time; and we need to recognize these conditions if present, and treat the case accordingly.

Treatment.

Generally speaking, milk fever needs no treatment. After confinement the child should nurse from the breasts twice a day the colostrum found there; and the patient's diet should be very bland, consisting of gruel or toast, with a little warm milk, etc. No meats or soups should be allowed before the fourth or fifth day. Cold should be carefully avoided. A few doses of *Bell.* 3^x may be given with good effect, and is usually the only remedy indicated.

MILK ABSCESS, MAMMITIS, MASTITIS, OR WEED; SOMETIMES TERMED EPHEMERA, GALACTOCELE, ABSCESS OF THE BREAST, MAMMARY ABSCESS, BROKEN BREAST, ETC.

The terms ephamera, galactoccele, or weed are applied to an attack of inflammation of the breasts, which subsides in a day or two without suppuration; while the terms mammary abscess, abscess of the breast, and mammitis are applied to those cases of inflammation of the mammary gland which progress for some days, and tend to the development of pus.

Symptoms.

The attack of mammary abscess is ushered in with a chill much like an ordinary intermittent, followed by fever, and generally ending in perspiration. The breasts are swollen, tender, and very hard, especially in some particular part.

At first this hardness and tumefaction is confined to a small space in many cases, but gradually, and sometimes rapidly, extends and enlarges, so as to embrace the half, and sometimes the entire, breast. Intense pain in the head, forehead, and eyebrows is complained of; the face is flushed, mouth and tongue are dry; pulse is hard and rapid. The secretions of the kidneys, liver, etc., as well as the mammary glands, are suppressed. There is sometimes delirium; at other times, great despondency and fear of death.

If the inflammation goes on for several days softening is observed, which gives indication of the formation of pus. This is also signalized by the occurrence of a chill. In a week or so, if not artificially evacuated, the pus finds its way to the surface by ulcerative action, and breaks through the skin in one or several places. This has given rise to the term "broken breast." During this time the pus is finding its way to the surface the intensity of the pain in the part is very great.

These attacks of inflammation of the breast are not peculiar to the period immediately following delivery, but may occur at any period during lactation, the most usual time, however, being during the first few months. Sometimes, 't is true, they occur during the first week after delivery, and a little care is necessary then to discriminate between the attack of milk fever, puerperal peritonitis, and inflammation of the breast. The use of ordinary skill and care will, however, make the correct diagnosis easy.

Causes.

Cold is the most frequent cause of these conditions of the breast, the cold in the breast causing an arrest of the lacteal secretion, or its retention in the lactiferous glands causes inflammation, enlargement, and tenderness of the breast, as just enumerated. A bruise of the breast may also cause an abscess in this organ.

Treatment.

Bell. internally, and locally applied externally to the breast, is the remedy to abort the disease, keeping the breast warm, and applying warmth to the extremities. If, in spite of this treatment, the disease goes on to suppuration, poultices of flax-seed meal or slippery-elm, applied warm and continuously, are useful in softening the hardness and helping to invite the ulceration towards the surface. When the fluctuation is very distinct it is best to lance the abscess, and thoroughly evacuate all the pus, and then apply compression in such a way as to cause all the matter to freely pass out and cause adhesions of the walls of the sac. This can sometimes best be done with long strips of adhesive plaster; at other times with bandages, always taking care to leave an opening for the free exit of all pus that may be formed. *Merc. iod.*, *Hepar sulph.*, or *Ars. iodid.* are very generally indicated in the suppurative stage; and afterwards we must prescribe remedies according to the particular condition of each case.

PHLEGMASIA DOLENS—PUERPERAL PHLEBITIS, OR MILK-LEG.

This disease is peculiar to women, and is usually connected with the puerperal state, though phlebitis of the limb has been known to affect men,* following ulceration of the intestines and disease of the hemorrhoidal veins; and also has occurred in connection with cancer of the rectum. Ramsbotham, White, Hewson, Twedie, Cheyne, Ferrion, and Dewees mention cases occurring independently of the puerperal state; but to one case occurring independently of the puerperal state there have probably been ninety-nine in connection with it. Of late years the disease seems to be less frequent than formerly, several late writers having failed to make any mention of it.

* Lee, page 163.

An attack of phlebitis usually occurs during the first four weeks after confinement, although sometimes later. The inflammation is supposed to commence in the uterine veins in these cases, and extend to the iliac and crural veins. The disease may affect one or both of the lower limbs; generally only one is affected, but sometimes it migrates from one to the other. The tendency of the disease is to progress to a gangrenous condition, especially of the cellular tissue; in cases where this is affected, ulceration at some point being a not uncommon result. It seldom, if ever, attacks the same limb twice.

Diagnosis.

The symptoms in a case of phlegmasia dolens, or puerperal phlebitis, are very much the same as in ordinary inflammatory attacks—the chill followed by heat, fever, etc. The wiry pulse is sure to be present in the early days of an attack; the pain, however, is only moderate in the pelvis, and is severe in one of the lower limbs.

On examination of the limb we find it much swollen, especially in its upper part—the foot and ankle remaining normal in most cases, but the calf of the leg is generally somewhat affected. The swelling is hard and slightly elastic to the touch; the color of the integument of the affected limb is white and glossy. The distension of the tissues is sometimes enormous.

For a day or two preceding the swelling of the limb, in some cases, we may feel the inflamed veins in the upper part of the limb like cords, as hard as tendons. The swelling is distinguished from dropsy in not pitting on pressure. It is not red and shiny like erysipelas, but white and glossy. As the disease progresses the fever and pain abate, the swelling becomes less tense, the tissues commence to pit on pressure.

In bad cases dark spots appear in several places, varying

in size from a half-dollar piece to the palm of the hand, and sloughing sometimes takes place.

Causes.

The disease evidently in most cases commences in the uterine veins, and their large distension seems to predispose to an attack. Those cases which have been affected with post partem hemorrhage are most liable to the disease; not, I think, so much that the hemorrhage causes the inflammation, as that a condition of weakness and dilatation of the veins causes both the hemorrhage and the attack of phlebitis, the immediate or exciting cause being cold, arrest of insensible perspiration, glandular action, etc.

Treatment.

Aconite and *Secale cor.* are indicated in the outset, either singly or in alternation, followed by *Belladonna* or *Bryonia*. Evacuating the bowels with an enema of tepid water and putting the patient into a warm pack, are very useful adjuvants. We should keep the lower part of the body and limbs well wrapped in flannel. In some cases *Merc.*, *Ars.*, *Rhus.*, *Carbol. acid*, etc., are indicated.

Indications for Remedies.

Aconite.—For the wiry pulse; chilliness; fever; restlessness; dizziness; dry, hot skin, etc.

Ars. alb.—For great prostration; alternating heat and cold; aching of the limbs; restlessness; thirst; nausea; œdematous swelling, etc.

Bell.—For dullness of sensation; intolerance of light or noise.

Bryonia.—For sharp, cutting pains in the affected limb.

Carb. ac.—In a tendency to suppuration; great exhaustion (used in 6^x dilution).

Merc.—Dry, shiny skin; torpidity of the secretions; diarrhœa; weakness, etc.

Rhus.—Exhaustion; pain while still, relieved by motion; inability to move the affected limb, etc.

Secale cor.—Numbness and coldness of the limbs; diarrhoea; stupid condition of the brain (Cowperthwaite).

If a slough forms, a poultice of yeast is to be applied; and after the dead tissue is separated *Vaseline* may be applied to the sore, and the whole lower part of the limb should be bandaged with a roller applied evenly and gently, commencing at the foot, and applying the bandage upward. The limb should be kept elevated upon a hard pillow.

VAGINAL WASHES.

As a rule we do not recommend vaginal washes. Many times, when the full bath or the hip bath can not conveniently be taken, the use of the vaginal injection of warm water is desirable for cleanliness of the parts; and they are sometimes useful in allaying irritation of the mucous membrane of the vagina, and exert a good effect upon the interior uterine surface through continuity of surface. In using the vaginal syringe the central opening in the tube should be soldered up tightly to prevent the accidental introduction of the water into the uterine cavity. The tube should not be introduced against the os uteri in any case. The fountain syringe of Davidson, or one similar, is most desirable, because it is simple, cheap, and efficient. The quantity of water used should be large, so as to keep the 'stream running evenly for some time, the patient sitting the while over the chamber and pumping the water in a steady stream.

Complicated instruments for giving vaginal injections will be found more beautiful in theory than useful in practice.

Cold vaginal injections are not only detrimental—they are dangerous. They are a fruitful source of uterine disease. Especially should they never be used immediately after copulation (as is done by some to prevent conception). The parts are then in a condition of congestion, and the application of

sudden cold is likely to produce inflammation, and give a nervous shock to the whole system. Cold water thrown by accident into the uterus, in such a case, may produce death in a short time; and should death not ensue, the uterine colic induced is sufficiently severe to cause the stoutest nerves to quail. The depression following is equally alarming; coldness of hands and feet, the feeble pulse, the blanched, cadaverous countenance, are sufficient, when once seen, to produce an impression for life upon the beholder.

STOMATITIS MATERNA, OR NURSING SORE MOUTH.

Stomatitis materna is a disease peculiar to women who are nursing or pregnant, but sometimes continues after the mother ceases to nurse her child. Its pathology and causes are not well understood.

Causes.

The cause of stomatitis materna is mainly due, we believe, to the irritation of the stomach from the enlargement or irritation of the uterus, thereby causing irritation of the sympathetic nerves; or producing irritation in the stomach through the irritation of the breasts from nursing in women of scrofulous constitution and nervous organization.

Why uterine disease does not, ordinarily, produce this condition of the mouth, we are unable fully to explain. The abstraction from the system of the mother of nutrition, either while the child is in utero or at the breast, seems the most plausible explanation of the development of the disease. It is usually not present in other cases of irritation of the uterus, even where the uterine irritation is apparently much greater than during gestation and lactation; but this cause may keep up the disease. Imperfect digestion and assimilation of food seem to be connected with these cases, rendering the secretions irritating throughout the entire system, the manifestation of this irritation being in the mouth.

Symptoms and Diagnosis.

Soreness of the mouth is the main diagnostic symptom. This soreness is found to be connected with inflammation of the mucous membrane of the mouth. The inflammation varies in grade from slight redness to fully developed ulcerative inflammation. It may affect only a small portion of the membrane of the lips or tongue, or it may affect the entire membrane of the mouth and tongue, and even extend to the nasal passages and down into the bronchial tubes.

There is usually present more or less gastric disturbance, in the way of heat, burning, etc., or gastralgia after eating. Heartburn and sour eructations frequently occur. Emaciation is an almost constant symptom, especially in severe cases.

If left to itself ulcerative action sometimes goes on to an alarming extent, destroying a large part of the tongue, lips, etc., and causing death through the want of digestion and assimilation, really amounting to starvation; as well as through the ulcerative action, which sometimes affects the stomach and intestines as well as the mouth.

Stomatitis materna seems in a measure hereditary, owing, we presume, to inherited constitutional scrofulous taint and nervous weakness. When a lady once has the disease she appears more liable to have another attack in subsequent pregnancies or lactations.

Treatment.

In the first place, let the child be weaned if there is a severe and extensive inflammation. If the case is mild, remedies may be tried for a short time, and allow the child still to nurse; but should the remedies fail while the child still nurses, it must be weaned and remedies continued. When the attack comes on during gestation palliatives must be used as well as possible, together with indicated remedies till delivery is accomplished, when the lacteal secretion should be suppressed by the use of *Bell.*, *Camph.*, etc., applied

locally to the breasts, and let remedies for the cure of the stomatitis be continued.

Among remedies for this disease I will mention *Ars.*, *Merc. cor.*, *Borax*, *Bry.*, *China*, *Ferrum*, *Kali chlo.*, *Phytolac. dec.*, etc. *Arsenicum* emphatically takes the lead, as it is indicated in about every case, and is often the only remedy required. In some cases *Ars.* may be followed with advantage by some one of the remedies mentioned, when used according to the totality of the symptoms. In cases which are pregnant, a valuable palliative remedy is *Borax* and *Honey*, held in the mouth and then ejected. Sometimes *Pulv. Charcoal* is found palliative to the burning in the mouth and stomach in this class of cases.

DEFICIENCY OF MILK.

Some women seem normally to have no free secretion of milk after confinement, their mentality or some other nerve labor having partially unfitted them for mothers. In other cases, disease causes an arrest of development of this function; again, pregnancy causes its arrest; and, I think, sexual congress tends to the same effect. The child can not grow and be well under these circumstances; hence, some care and thought is required in order that the child may be properly nourished.

Treatment.

The suggestion of some of the causes of deficient lactation will also suggest the remedy. When pregnancy is discovered to exist the little one should be weaned at once, or placed in the hands of a good wet-nurse. When there seems to be no special reason for the want of plenty of milk *Iodine* 3^x, a dose every four hours, is one of the best of remedies. If the patient is weak give *Iod. of Ars.* instead; if there is a sallow condition of the skin give *Merc. iod.* One of these remedies is likely to be indicated, and will relieve the trouble if any thing will. The use of beer is open to very serious

objection. Warm teas sometimes do a little good, but their action is very uncertain.

SELECTION AND DUTIES OF A WET-NURSE.

First, the wet-nurse should be mild-tempered, and free from scrofulous or syphilitic taint. She should live plainly, and use no stimulants. She should devote time and thought to the child intrusted to her, and, without these qualifications, we would prefer artificial feeding, no matter how full a breast of milk the nurse might have.

ARTIFICIAL FEEDING OF INFANTS.

For infants' food we prefer pure fresh cow's milk, from a young fresh cow; and let this be diluted one-half when the child is very young, and one-third as it gets to be four or five months old, taking it clear when ten months old; always sweetening the milk with the best crushed sugar. Let the child drink from a cup. They soon learn to do so, and in this way we avoid poisoning the child with rubber nipples and sour bottles.

CHAPTER XVIII.

INFANTILE AILMENTS.

GENERAL REMARKS REGARDING THE TREATMENT OF INFANTS;
DRESS, FOOD, ETC.

INFANTS and children should be dressed warmly, have plenty of exercise and fresh air, with a good supply of plain, wholesome food and drink. They should never take tea, coffee, beer, or wine; nor should they live to any extent upon pastries, candies, and sweets. Plain milk and water, with a little sugar, is sufficient food for young infants, if the mother does not nurse them. When the child has plenty of mother's milk, it needs nothing more, except an occasional drink of cool water. When the child is fed, sometimes a little grated cracker in warm water, sweetened, does very well for a change.

As the child gets to be a year or more old it may take some soup, or thin oat-meal gruel, and have some very ripe fruit. It may also suck a piece of meat and have a little mashed potato with milk upon it, and may eat some crackers if it likes.

For very young infants the 6^x attenuation of remedies is sufficient, used in the form of pellets. Where infants nurse, medicine for their ailments may often be given the mother instead of the child, and the child will get the effect of the remedies through the milk of the mother. This way of treating the child is particularly wise when the mother and child seem to demand the same remedies, and is more desirable than the giving of medicine to very young infants.

SPASMS. (*Convulsions.*)

Spasms may come on suddenly, or they may threaten for some time before they become fully developed. The infant threatened with spasms is observed to twitch and jerk in its sleep, the eyes roll up in the head, the lids are only half closed, showing the whites of the eyes only; there is heat of the head, often a hard, full abdomen, and coldness of the hands and feet, and the child is often fretful and restless.

Sudden attacks of spasms may come on without any warning in young children who are cutting their teeth. The face becomes flushed, the child catches for breath and is quite unconscious, the eyes roll up and become fixed, the head is drawn backwards, the fingers are tightly shut, all the limbs are rigid and stiff.

The spasm may last but a few minutes or for several hours; sometimes the child regains consciousness for a few moments, the breathing becomes normal, and soon another convulsion comes on. Sometimes one limb or one side of the face continues to jerk all through the spasm, sometimes the whole body is contorted, and all the muscles seem to alternately relax and contract. In other cases the child lies still, but the fixed eye and the condition of unconsciousness shows the spasm still on, though the twitching of the muscles may have entirely ceased.

Causes of Spasms.

Excessive heat, or other conditions forcing the blood to the brain, may cause spasms. The irritation of the gums and nervous system from teething helps to predispose to an attack; and indigestion, inflammation of the stomach or bowels, undigested food, etc., as well as diseases of the brain itself, or disease of the spinal cord, may cause spasms. They may also be caused by disease of the kidneys (this cause is not often noted), and by worms in the stomach and

bowels. Severe constipation or *cholera infantum*, may likewise occasionally cause convulsions in infants.

Treatment.

First, loosen the clothing about the child's neck and chest, then put a few pellets of *Bell.* 3^x on the child's tongue, and wrap the feet and hands in warm, wet cloths. If *chlo-roform* is at hand put a few drops on a napkin, and let the child inhale it till the spasm subsides; as soon as the spasm is over, give the indicated remedy, and have the gums scored if they are swollen. This is important to prevent the return of the spasms if the cause is largely dependent upon the irritation of the gums. Twenty-five years of experience convinces me that many precious little lives are saved by cutting the gums, and hundreds are lost every year for not doing it, not only in cases of spasms but diarrhoea as well.

Remedies in Spasms of Children.

Bell.—We have always found a reliable remedy. It is indicated by the spasms, the dilated pupil, and flushed face.

Verat. alb.—May be indicated by the spasms and a diarrhoea at the same time.

Cina.—When worms are suspected by one cheek being flushed, the other white, child picks its nose, bowels bloated, breath offensive, etc.

Nux v.—Where the spasm has been characterized by much twitching of the muscles, constipation, or indigestion.

Cham.—Where the child is constantly troubled with colic.

When the kidneys are affected *Ars. iod.* may be useful if the urine is scanty, and *Merc. iod.* if the urine is scanty and the bowels constipated also. *Crocus sat.* (Saffron) is a useful remedy in very young infants, who are jaundiced and also have spasms.

INFLAMED EYES OF INFANTS. (*Ophthalmia*.)

Inflamed eyes in very young infants may be caused by a very strong light, from want of cleanliness, or from the irritating qualities of the mother's vaginal secretions during delivery.

Treatment.

Keep the child in a darkened room, bathe the eyes every two hours with warm soft water to which a little milk is added, and give one of the following remedies :

Aconite.—If the child has taken a sudden cold.

Bell.—If the face is flushed, and there is also some sore throat.

Cal. carb.—If the child and mother are very fleshy, and inclined to scrofula.

JAUNDICE OF INFANTS.

Yellowness of the skin, called jaundice, is quite common in infants only one or two weeks old. Even the whites of the eyes become very yellow in some cases. The disease is usually easily relieved, but causes much alarm on the part of the parents. It is caused by want of action of the liver, or an obstruction in the gall duct. Such cases are usually constipated also.

Treatment.

Lyc.—May be given if there is extreme constipation as well as jaundice.

Merc. sol.—Is usually the indicated remedy. The mother may take the remedy if she is constipated and the child will get the effect of it through the milk.

Aconite.—May be indicated if the child had taken a cold before the jaundice came on and there is some fever, and the child cries on being moved.

Cham.—May be useful in these cases when the child is very restless and has colicky pains, indicated by sharp piercing screams.

SORE MOUTH OF INFANTS. (*Aphthæ*.)

Aphthæ affects the mouth of infants from one to six weeks old as a rule, if they are troubled at all, but it may come on when they are older. It sometimes spreads and extends to the stomach and bowels. The child so affected may communicate the disease to the mother's nipples by nursing. Occurring in serious diseases, *aphthæ* is a dangerous symptom.

Symptoms.

It will be noticed that the child takes the nipple, and, after drawing two or three times, it lets go and cries. Upon an examination of the mouth, there are discovered little white specks upon the inner surface of the cheeks and on the lips, tongue, and tonsils. These little white specks look like little bits of curdled milk. They are preceded by little inflamed spots upon which this white exudation is thrown out. When the difficulty extends to the stomach there is vomiting, and when it affects the bowels there is diarrhœa, and the little white exudations may be seen around the anus.

Causes.

The difficulty arises mostly from derangement of the stomach; there may, or may not, be a constitutional taint.

Treatment.

Cal. carb.—Is one of the most useful remedies when the child is light-complexioned and fleshy.

Ars. alb. or Verat. alb.—When the stomach and bowels are affected; *Ars.* being better for the stomach, and *Verat. alb.* if the bowels are also implicated.

Nit. ac. or Merc.—May be given when we know there is a syphilitic taint in the blood.

Local Applications.

Borax and *Honey*, equal parts by weight, make a very healing and soothing wash, which may be very gently

applied to the mouth every four hours. The mouth may also be washed with a solution of *Kali chlo.*, and when the stomach or bowels are affected a little of this may be swallowed.

HICCOUGH.

Hiccough in children is frequently troublesome in preventing sleep, and is a symptom of overfeeding.

Treatment.

A few pellets of *Nux.*, *Puls.*, or *Bell.* will usually stop the difficulty for the time, after which care should be exercised that the child do not fill its stomach so full afterwards.

CRYING OF INFANTS.

The child makes known its pains and wants by crying as a rule; and we can assert that a child will not cry unless it is in some way uncomfortable, unless it has been spoiled by too much care, constant attention and rocking, in which case it may cry to assert its desire for a continuation of the same treatment. There is much in the cry of a child to inform the experienced nurse what the trouble is. The sharp continuous cry indicates colic. The sharp scream which lasts but an instant indicates brain disease of an inflammatory character; the mournful cry indicates soreness of some part of the child. The loud agonizing cry indicates pain, possibly from the sticking of a pin into its flesh. The ordinary cry shows hunger.

Treatment of Crying in Infants.

When a child, usually good, cries very loudly and sharply, its clothing should be examined to see if a pin is pricking it or if it is chafed from wearing wet diapers. When neither of these things are discovered we may conclude the child has colic, and treat it accordingly.

When the child gives short spasmodic screams, and does not look right in the eyes, the pupils being contracted, or

much dilated, we may know the brain is affected; it may be from indigestion, teething, or actual brain trouble, and must be treated according to the condition present. *Bell.* is, however, indicated, whatever the cause, until the crying ceases, after which, *Puls.* or *Ars.* may be indicated, or the gums may require scoring.

When children cry and seem hungry by smacking the lips they should receive more food. Often the mother's milk is insufficient for the child's appetite, even though the milk runs from the breast. It will sometimes do this, even when there is very little milk secreted. Test the matter by feeding the child artificially for a half day, and draw the milk into a cup, and note the quantity and appearance of it. Let it stand, and if it is good a thick cream will rise upon it. Sometimes crying children become very good by having plenty to eat. A good supply of food is not usually objectionable. It is the feeding too often which does most harm. *Cina*, *Bell.*, or *Cham.* may be given when we know not what to do for the little one, and we have tried in vain to make out what is the matter with the child.

SWELLING OF THE BREASTS OF INFANTS.

Very young infants sometimes have swelling and redness of the breasts. We are ignorant of the cause.

Treatment.

Anoint the swollen breasts gently with *Vaseline*; then put a soft cloth over them, and over this place a piece of cotton batting, to keep them warm; if the swelling does not speedily subside, bathe with *Tr. Arnica*, *Tr. Bell.*, and water, equal parts, using this wash three times a day, and give *Bell.* internally, three times a day. Never squeeze and press the inflamed and swollen breast, thinking to relieve the trouble by getting the milk out of it. Such treatment inflames the breast more. If the breast seems inclined to gather, give

Hepar sulph. every four hours, still keeping the breast warm, and applying the wash before mentioned.

COLIC OF INFANTS.

Some infants are sadly troubled with colic. This may be caused from drawing in wind while sucking the fingers or an empty bottle; or may result from overfeeding, giving food too often, food that is too strong; or from stomach trouble causing indigestion; or from torpidity of the liver; or periodical neuralgia of the stomach, giving rise to spasmodic action, and consequently colic.

Treatment of Colic in Infants.

Always apply warmth to the feet, and also to the abdomen, if not soon relieved. First, try dry, hot flannels; and if not soon relieved, use wet, warm cloths, covered with dry flannel.

Remedies.

Cham.—Is an excellent remedy for wind colic in infants when the pain is in the bowels. Dose every ten minutes.

Camph.—Is equally useful when the pain is in the stomach. Dose every ten minutes.

Bell.—Is useful when there are also other symptoms indicating its use, like a flushed face, dilated pupils, threatened spasms, etc.

Ars. alb.—Is indicated when the attacks are periodical, the child is thirsty, vomits often (given between the paroxysms of pain).

Merc. iod.—When there is torpidity of the liver, yellow skin, coated tongue. Dose every four hours.

Puls.—When there is indigestion. Dose every four hours.

Carbo. veg.—When the milk sours on the stomach, and is thrown up in curds. Dose every three hours.

RETENTION OF URINE.

For retention of urine give *Bell.*, and apply warm, wet cloths over the bladder.

ENURESIS.

(*Wetting the Bed—Loss of Control of the Urine.*)

Children, ranging in age from three to fourteen years, are often sadly afflicted in not being able to retain the urine while asleep, and some can not do it when awake. Parents often treat their children very cruelly on this account, thinking it is a want of will-power which causes them to thus soil themselves. This matter should be understood, that no such cruelty be practiced. The child, in these cases, is totally unable to retain his urine as he is to restrain the movement of his hands while asleep. The difficulty may result from weakness, or from irritation of the bladder; commonly it is from weakness.

Treatment.

If there is tenderness over the bladder, and the passage of urine is painful while the child is awake, give *Bell.* 3^x, for a few days, a dose every three hours; then give *Can. ind.*, same time and dose. When the difficulty arises from weakness, give *Nux v.* 3^x, a dose every three hours. This we think the best remedy, and we need not mention others. If the case is not speedily relieved, give *Nux* 2^x, and if this is not effectual, give it in the 1st attenuation.

MUMPS. (*Inflammation of the Parotid Gland.*)

Mumps are contagious. They cause an enlargement of the gland situated just under the ear. Sometimes one side is affected, and sometimes both. When they occur on both sides, this protects from other attacks of the same kind. They generally last about five days, and sometimes affect adults. During the continuation of the disease the patient has little appetite, some fever, headache, etc. There is considerable pain in the swelling, and it is difficult to chew or talk. The swallowing of acids is particularly painful in this disease.

Treatment.

The patient should be kept from the cold, and should have fluid nourishment, like milk, soup, or thin gruel. No medication is ordinarily required, as the disease should run a regular course, and when the fever is not excessive, nothing need be done. *Aconite* may be given if the fever is very high; *Arnica* or *Bell.*, if there is very severe pain, restlessness, loss of sleep, etc.

Local Applications.

No local applications are required, except a dry flannel bandage, to keep the parts warm and avoid taking cold. I mention this because the application of lotions or ointments to reduce the swelling might prove injurious, by driving it to other parts of the body.

CHOLERA INFANTUM. (*Summer Complaint.*)

Cholera infantum is a child's disease, though in some respects it is much like cholera in the adult. This is particularly true in the stage of collapse. The disease is often epidemic, but is not contagious.

Causes.

The causes of *cholera infantum* are hot weather, bad air, bad food, indigestion, cold, teething, and the abuse of remedies, etc. There may be a predisposition to the disease in those of scrofulous blood, and also in those whose strength is reduced by protracted disease. The agency of cold in producing this disease is usually ignored, because the disease occurs in warm weather. We think cold is often taken in warm weather, and we have often seen the good effect of wearing flannel bands around the bowels to protect the stomach and bowels from cold, especially at night, as this is the time cold is usually taken on account of the child's kicking off all its clothing, leaving the bowels exposed to the air, and as the

weather often changes during the night in the heat of Summer, the child takes cold in the bowels, and *cholera infantum* results.

In cases of *cholera infantum* the glands of the bowels become inactive, so that the child ceases to be nourished, and becomes more and more emaciated day by day. The lining membrane of the stomach and bowels, in this disease, is in a state of irritation, so that no food is retained for any length of time, either being vomited or passed by the bowels.

Symptoms.

The disease commences often by nausea and vomiting; in other cases it commences with a diarrhoea, which at first may not be very severe. The child has some fever, is thirsty, the water drank being thrown up soon after it is swallowed. The abdomen becomes distended with wind, the head is hot, but the hands and feet are inclined to be cold. The skin becomes wrinkled, and the flesh shrinks away; after a time the abdomen also becomes sunken, and convulsions are frequent. The eyes become sunken, the nose contracted and pointed. The discharges from the bowels are, in the commencement, thin, yellow, brown, or light; but as the disease progresses they are very watery, with white, curdy specks in them. Stools are very frequent, sometimes occurring several times in an hour, and as the disease goes on they pass involuntarily. The brain becomes affected in many cases, the mind wanders, the child cries out in its sleep, the eyes are half closed, and even when awake, the child seems almost unconscious. The odor of the stools in bad cases is distinctive, called a death-like smell.

Treatment.

First, see if the gums are swollen, and if so, score them; apply a band of soft flannel about the abdomen, and have the food made very weak, if artificial food is used. (The

disease is much more common in those so fed.) If the child nurses see to it that the mother is in good condition, and that the child suckles but a small amount, and only every three hours.

Remedies.

Ars. alb.—Is, perhaps, our most useful remedy in this disease. The nausea, fever, weakness, and diarrhœa all indicate its use.

Kali chlo.—Is useful as an antiseptic remedy, as well as to heal the stomach and bowels.

Ipecac.—Is indicated when vomiting is the most prominent symptom, and there is a mucous diarrhœa.

Podo.—Is useful in very offensive stools, tongue coated brown.

Cal. carb.—Scrofulous children, with large heads, having *cholera infantum*. This remedy may be occasionally used for a day or two, but not as regular treatment.

Puls.—Is indicated during convalescence, when there is indigestion.

Verat. alb.—Vomiting directly after drinking.

MARASMUS.

(See *Tabes Mesenterica*, or consumption of the bowels.)

HERNIA IN INFANTS. (*Rupture*.)

Very young infants are sometimes afflicted with rupture; it usually occurs at the navel, or in the groin, causing a soft tumor in these places. Hernia consists of a part of the bowel bursting through the abdominal muscles. When it occurs at the navel it is called *Umbilical Hernia*. When occurring in the groin, it is termed *Inguinal Hernia*. Severe crying and straining tend to cause rupture. These ruptures in very young children are, as a rule, easily cured, as the opening through which the hernia protrudes readily fills up in children when the bowel is replaced and retained.

Treatment.

To reduce the rupture lay the child on its back with the hips a little elevated, then gently press the soft tumor back into the abdomen, using two or three fingers for this purpose, so as to compress the mass as well as return it. If the case be umbilical (at the navel), press directly inwards. After the mass is returned into the abdomen apply a pad of cloth about a half inch in thickness, and retain it with the abdominal band pinned rather tightly. This padding should be kept up, with constant pressure, for four or five weeks. If the pad does not succeed, go to the instrument store and get a little truss, called an infant's abdominal truss. This has a nipple-shaped pad which is to be applied directly into the opening through which the hernia has been protruding. This may be worn for six weeks, when the pad of cloth may be substituted for the truss, and should be used for about six weeks longer. Do not leave all dressings off for a day or two to see if the rupture is well, as the protrusion of the bowel again makes the case as bad as at first.

If the case is one of inguinal hernia (occurring in the groin), the replacement of it requires the pressure to be upward and a little inward. After the hernia is returned, a pad should be strapped on so as to make pressure over the seat of the rupture. This can be effected with a strip of cloth passing around the body, and having another pass from this down over the pad in the groin and around the hip. This, however, is not convenient, as the lower band gets soiled so much; it is better, if possible, to get an inguinal hernia truss. If not near a pharmacy, you can write stating the age of the child, and the side affected, and they of the pharmacy can send you by mail a suitable truss. This should press gently but firmly at the place of the rupture. It will usually require the wearing of this truss for six or eight weeks, and sometimes longer. No internal medication

is required in cases of rupture, ordinarily. If the parts become tender and inflamed, a local application of warm water and *Arnica* may be required.

VAGINAL DISCHARGES IN INFANTS.

Little girls and sometimes infants are afflicted with vaginal discharges. It may arise from cold, causing an inflammation of the vagina; from pin-worms getting into this canal; from want of cleanliness; and also from gonorrhœal contamination. The latter cause may seem impossible, but it is not so. Carelessly, or intentionally, servant girls have contaminated little girls by direct application of the gonorrhœal matter from themselves to the labia of the little one. When the inflammation arises from this cause, the labia swell considerably, and usually there is severe smarting pain in passing urine, while in the leucorrhœa from the other causes there is little or no swelling of the labia, and the pain in passing urine is usually not severe, or is entirely absent.

Treatment.

Ordinary cases simply require careful bathing with a soft cloth and tepid water and Castile soap. Some of this water may be also thrown into the vagina with a small syringe. A weak solution of *Kali chlo.* may also be injected, twice a day, and the outer parts should be coated, after each passage of water, with *Vaseline*, first thoroughly drying the parts with a very soft cloth. Internally, *Acon.*, *Sepia*, or *Cal. carb.* are indicated. In the gonorrhœal variety, use the same local treatment, and give *Aconite* 3^x, for about two days, every two hours, then *Can. ind.* 1^x every three hours.

SNUFFLES. (*Obstruction of the Nose.*)

Snuffles are occasioned from a cold, causing mucus to accumulate in the nostrils. This sometimes becomes so thick as to be retained, and cause much obstruction to breathing.

Treatment.

Bry., or *Tart. em.*, are the remedies usually required; give four pellets of the 3^x attenuation, on the tongue, every two hours.

Vaseline or goose-oil may be applied to the nose, externally and internally, two or three times a day. Keep the feet warm, and try to get the child to perspire gently.

CONSTIPATION IN INFANTS.

Treatment.

When children are constipated while nursing, see to it that the mother's bowels are regular, and if not so, give her remedies and food to correct this condition (see Constipation), which will usually set the child right also, through the influence of the milk upon it. In children fed artificially, the food may, for a few days, be sweetened with good syrup, which will ordinarily rectify the trouble speedily. Molasses candy suppositories may be inserted into the bowel, in some cases, with prompt benefit.

Bryonia is often useful, if the child is feverish, has a dry mouth, some cough, etc. *Merc. sol.* is indicated when the stools are hard and light colored, especially if the urine is scanty or high colored, and the skin sallow, showing torpidity of the liver.

DIARRHŒA OF INFANTS.

Diarrhœa is much more common in infants than constipation. It may arise from indigestion, from teething, cold, or inflammation of the lining membrane of the bowels. When the trouble arises from indigestion, the child usually has colic, and some vomiting; if from teething, the gums are swollen, red, and tender; if from a cold, there is some fever, and tenderness of the abdomen, colic, etc. (See also special article on "Cholera Infantum," page 588.)

Treatment.

When the diarrhoea arises from cold *Aconite* is indicated, if the skin is dry and hot. *Bry.* if there is little fever, but a dry mouth, difficulty of breathing, cough, etc.

If the diarrhoea arises from teething have the gums scored, and give a little *Kali chlo.* or *Bell.*

Ars. alb.—Is indicated when there is vomiting and thirst, together with the diarrhoea.

Puls.—Is indicated in indigestion of infants with diarrhoea, when the food passes without digestion.

General Directions.

Keep the feet and bowels warm and have the food quite weak. When infants are fed on cow's milk have it diluted at least one half and sweetened with loaf sugar. Often changing the milk gives quick relief. *Cham.* may be given when the child suffers much from colic in these cases.

CHAFING OF INFANTS.**Treatment.**

First use great care that the child is changed as soon as wet, and each time it gets wet it should be carefully bathed about the chafed parts with soft water and milk, then let the parts be dried with a powder of scorched powdered starch, and smear the parts at bed-time with *Vaseline*.

Puls.—May be indicated in such cases if there is evidence of indigestion.

Carbo veg.—When there is acidity of the stomach, indicated by the vomiting of curdled milk.

WEANING OF CHILDREN.

Children may be weaned when about fifteen months old; but it is well that the weaning does not occur during the very warmest weather. In case the child is strong and the mother weak, weaning may take place earlier; and it

must take place earlier if the mother becomes again pregnant. The child should be taught to drink water and milk from a cup before it is weaned, if possible, that it may more easily get sufficient nourishment after it is weaned. It may also learn to eat mashed potato and milk or bread and milk given it with a spoon. The mother should eat plain food and drink only a little water. She should take no stimulants, nor tea or coffee, while weaning her child. The breasts should be kept warm, and may be bathed with a little *Camph. and water* three times a day. *Bell.* may be taken internally and applied externally as an ointment or in the form of a wash, in case the breasts become painful, swollen, and red. Nauseous substances applied to the nipple to wean the child seem a cruelty to the little one. The child should, if possible, be kept away from its mother till weaning is accomplished.

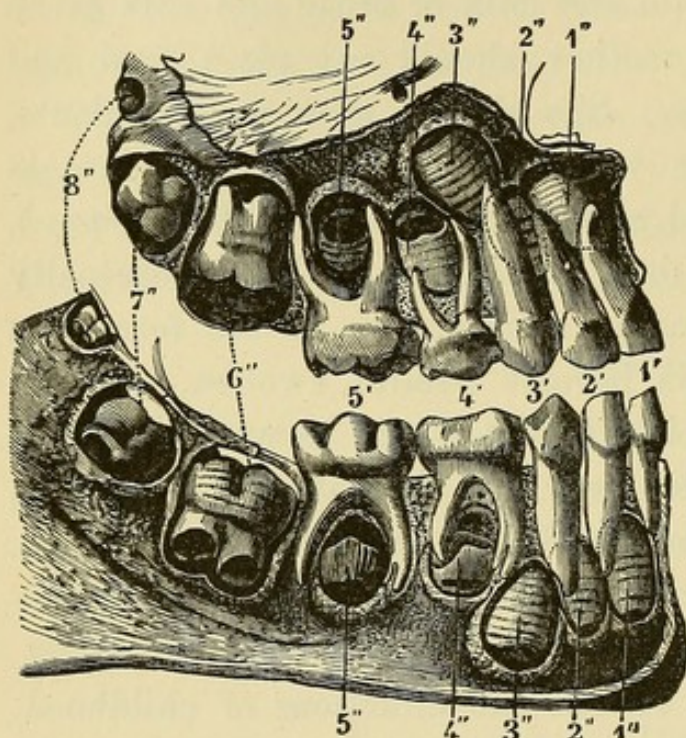
TEETHING. (*Dentition.*)

Cutting the teeth is one of the afflictions of childhood. The milk teeth, as they are called, twenty in number, are usually cut when the child is from six to thirty months old, the first to come through the gums being the front teeth, called incisors; ordinarily two in the lower jaw come first, followed by two in the upper jaw, within a month or two. Sometimes four teeth appear in the lower jaw before any are cut in the upper. After the four incisors in each jaw, the next to appear are four anterior molars, two above and two below, after which the stomach and eye teeth appear, and afterwards four more molars. These completing the milk teeth. During the development of the milk teeth and for several years afterwards the permanent teeth are developing deep down in the jaw (see Fig. No. 58, page 596).

In the figure we see the permanent teeth developing and pressing against the roots of the milk-teeth. In this way the roots of the milk teeth become absorbed, and hence drop out, or are removed very easily when the child reaches

the age of six to twelve years. The two back molars are usually fully developed when a person is about eighteen or twenty years of age, and are called the *wisdom teeth*.

Fig. No. 58.



1, 2, 3, 4, 5.—THE MILK TEETH,
1', 2', 3', 4', 5'.—THE GERMS OF THE PERMANENT TEETH.
8".—GERMS OF THE WISDOM TEETH.
6, 7".—PERMANENT MOLARS.

They complete the set of permanent teeth, and may be seen in a rudimentary state at 8 in the figure, near the back part of the mouth. *Exceptional instances* occur where the child is born with some of the teeth already cut through the gums, in other cases they appear when the child is three months old, and in others are delayed till the child is ten months old or more, before they cut the

first tooth. The gums usually become somewhat swollen and tender for a week or two, and sometimes for several weeks before the tooth comes through.

Teething often causes considerable fever, restlessness, pain, and diarrhoea, and sometimes causes convulsions. The child tries to bite every thing it can get hold of, but is very careful not to let you touch its mouth. The restlessness is caused from the pain in the gum, and it is often instant relief to the little sufferer to have the gums scored. We also find that spasms are arrested and the diarrhoea is cured by this operation, which is painless. The cutting of the gums feels good to the little ones, and they will not cry unless frightened. I say this from an experience of over twenty years. If the gum grows together where it is cut

before the tooth comes through, it may again need scoring some weeks afterward, but this is to be preferred to allowing the child to suffer pain, be run down with diarrhoea, or die with spasms.

REMEDIES FOR AILMENTS CAUSED BY TEETHING.

FOR FEVER.—*Aconite*, *Gelsem.*, or *Bell.* If the fever is all over the body and there is thirst give *Aconite*. If the fever is intermittent and the skin is very dry, hands and feet cold, give *Gelsem.* If the head is hot, pupils dilated, and the cheeks flushed, give *Bell.*

FOR DIARRHŒA.—*Ipecac.*, *Bell.*, *Verat. alb.*, *Arsenicum* or *Kali chlo.*

FOR VOMITING and DIARRHŒA—*Ipecac.*

FOR DIARRHŒA with heat in the head and threatened spasms, give *Bell.*

FOR DIARRHŒA with watery stools, chilliness, nausea, etc.—*Verat. alb.*

FOR DIARRHŒA with great weakness, thirst and vomiting of the water or milk—*Arsenicum*.

FOR ACRID STOOLS, sour stomach, curdled milk vomited, nausea, etc.—*Kali chlo.*

FOR SPASMS—*Bell.* is the most reliable remedy, given in the interval between the spasms, and use inhalation of *Chloroform* during the paroxysms.

VACCINATION.

We think all should be vaccinated, and also revaccinated every few years through life. If all the world agreed with these views, and carried them out, small-pox would entirely die out. We think that when it is possible to stamp out such a loathsome and dangerous disease, it is our duty, as citizens, to do it; and it is the duty of government to enforce vaccination. We think there need be no danger of communicating disease through vaccination.

Matter (called *Kine-pox*) can now be had in abundance. It is strong and sometimes works violently. This is the only objection to it. Cows are inoculated with small-pox virus, and it works on the cow, but becomes modified, and we call the matter *Kine-pox virus*. Vaccinating people with this so simulates small-pox as to protect the person from having the disease. After a few years the person, if exposed to small-pox, may take the disease in a modified form, called varioloid; but if the person is revaccinated often, he will not take even varioloid. So there must not only be vaccination, but repeated revaccination every few years, if we would be absolutely protected from all forms of small-pox.

The pustule which forms on the person after vaccination hardens into a scab; this pustule, if unbroken, consists of pure vaccine matter, and no disease can be communicated to another through vaccinating with it. If, however, the pustule gets broken and air is admitted to it, pus is likely to form which may harden into the scab, and vaccinating with this might cause blood-poisoning; hence, no scab should ever be used to vaccinate from if the pustule from which it formed had been broken.

No one should use humanized vaccine virus unless he has watched the progress of its development, and knows it was properly formed and remained unbroken. The scrofulous blood in a child or person lying dormant may be aroused into some outward manifestation through the purifying process of vaccination; but it is not introduced by vaccination. Eighty-four experiments were tried a few years since in various hospitals of this country and Europe, by taking vaccine matter from syphilitic patients, and vaccinating the healthy, and in no single instance was syphilis communicated. These experiments were conclusive to my mind that carrying disease by vaccination from one to another was entirely imaginary; and still blood-poisoning may result in the way I have indicated, by vaccinating with dried pus.

When the physician has no reliable vaccine virus, let him send for kine-pox virus, and use it till he gets some good matter from some of his little patients, whom he carefully watches through the development of the pustule, etc., and there need be no fear of contracting disease from vaccination with this matter.

How to Vaccinate.

Dissolve a little of the matter with a drop of water, and mash it soft on some hard substance, scrape the skin till a little serum oozes through it, then apply a little of the softened matter, and over this apply a piece of sticking plaster. Or the matter may be placed on the arm, and very slight incisions of the skin may be made through the matter so as to carry it into each little cut, and as the least show of blood appears, apply the plaster or let the matter dry on. When a plaster is used it should be moistened and removed in two days.

Regular Course of Vaccination.

In order that vaccination prove protective it must go through regular and successive stages, or otherwise it would prove of no avail. About the third or fourth day after vaccination a slight pimple appears, in about six or eight days this develops into a pustule containing a milky looking fluid, the center of the pustule is depressed, and around its margin is a circle of inflamed tissue; about the ninth day there is some fever for a day or two. The scab now begins to form in the center of the pustule, and the fever subsides till on the eighteenth or twentieth day the scab comes off, leaving a pit. We think it well to insert the vaccine matter in two places, though many use but one. We think the two more sure to work, and prove a better protection.

CHAPTER XIX.

SURGICAL DISEASES FROM EXTERNAL INJURIES.

WOUNDS are so liable to be received under circumstances which make it inconvenient or impossible to at once obtain surgical assistance, it is necessary that people understand what to do for themselves or others under such circumstances. We therefore give some general directions here, with this object in view.

Wounds that pierce the flesh, as the point of a dirk, a sharp stick, or a pin would do, are called "*Punctured Wounds.*"

Wounds that are made with a knife, or other sharp instrument making a clean cut, are called "*Incised Wounds.*"

Wounds that are made with a blunt instrument, like a club, or a brick, are called "*Lacerated, or Contused Wounds.*"

Wounds made with a rifle or pistol ball are called "*Gun-shot Wounds.*"

GENERAL TREATMENT OF WOUNDS.

The first thing to do in the treatment of wounds is to arrest the hemorrhage if it is severe. A pad of cloth, saturated with cold water, bound tightly over the wound, will often accomplish this.

Cobwebs bound on a wound are excellent to arrest hemorrhage. When these means fail we may apply some persulphate of iron to the wound. If the blood spurts out in jets in spite of such treatment, and tight binding does not arrest it, it is clear that an artery has been cut, which requires a ligature, and surgical assistance must be obtained.

While the surgeon is being summoned, arrest the flow of blood with a very tight bandage tied between the wound and the heart. To do this, tie a handkerchief loosely about the limb and twist it with a stick till the surgeon arrives.

In cases where the bleeding is not free, we should first cleanse the wound as thoroughly as possible from all dirt or foreign substances, and then apply adhesive plaster to bring its sides close together, and over this a compress of dry cloth and a bandage may be placed.

When wounds of the flesh heal without the formation of matter the healing is said to be by first intention. When the wound suppurates, it then must heal by granulation if it heals at all, unless the edges of the wound are freshened, as it is called, by cutting off its side walls, thus making a fresh wound of it, when it may heal by first intention like a recent wound.

Incised wounds and those punctured wounds made with a clean-cutting instrument usually heal readily; while lacerated or contused wounds (where the flesh is bruised and torn) usually are slow to heal. When wounds suppurate the pus (matter) must have some space left for its escape from the wound. In cleanly cut incised wounds that heal by first intention, the plaster may closely cover all the wound. Lotions and washes applied to wounds are as a rule quite unnecessary. Nature throws out a plastic material for the union of wounds much superior to any artificial dressings invented by man. Where there is a lack of this plastic material thrown out by nature, which is likely to be the case in bruised, torn wounds some stimulating applications are necessary in some instances.

TREATMENT OF PUNCTURED WOUNDS.

First we should try to discover whether or not any foreign bodies, like pieces of clothing, dirt, etc., are left in the wound. We determine this by an examination of the wound, and by taking notice of the clothing through which

the instrument passed, to see if any of the clothing is missing; also noticing if the instrument with which the wound was made is blunt or sharp (the blunt instrument being more likely to carry foreign bodies into the wound). When we feel sure from all the evidence that the wound is free from foreign substances, we may close it with adhesive plaster, and let it heal at once. When there is evidence that foreign bodies are in the wound it should be kept open, by daily probing, if it is inclined to heal on the outside; and by the use of poultices try to keep the wound from becoming inflamed. Any foreign substances are likely to be discharged with the matter, and as long as matter forms freely in a punctured wound we have reason to suspect that there are foreign substances in it. When the wound fills up and heals from the bottom it may be allowed to heal at the outside also.

TREATMENT OF PAIN, FROM WOUNDS AND EXTERNAL INJURIES.

Ordinarily the pain from wounds of the flesh is not severe in cases of punctured or incised wounds, but in case of lacerated or contused wounds there is often severe suffering. *Arnica* 1^x, twenty drops in a half glass of water, and giving a tea-spoonful every half hour of this dilution, is usually sufficient to soon relieve the severe pain, after which it may be given at intervals of three hours. This treatment may be assisted also by the local use of a dilution of *Arnica* to the wound direct. In cases of railroad or other severe accidents, when there is no hope of saving the life of the patient, one-fourth grain of *Morphia* may be given every three hours till some relief to the pain is obtained. This benumbing of the system in hopeless cases, we think humane.

FOOD, REST, HYGIENE, ETC., IN CASES OF WOUNDS.

The wounded person should have only plain, unstimulating food, and this should be taken in moderation. He should

have rest and perfect quiet, and the attendants should exhibit no alarming solicitude. Such patients should have an abundance of fresh air, sunshine, and a temperate, dry atmosphere and be bathed frequently, especially if the weather be warm, or he be inclined to be feverish. (See "Surgical Fever," in this work.)

SHOCK FROM WOUNDS.

The nervous depression following wounds is called *Shock*. This is sometimes so great as to be dangerous. The pulse becomes very weak, and the surface cold. *Reaction* signifies recovery from this condition.

PUNCTURED WOUNDS MADE WITH RUSTY NAILS.

When a punctured wound is made by a rusty nail, the case is one of more than ordinary danger, as *lockjaw* is more likely to occur from such injuries than from any other. Such wounds should be dilated as much as possible, and a little of the *Tr. of Iodine* should be worked down to the bottom of the wound; then a poultice of yolk of egg and flour should be applied, and retained several hours; afterward an ordinary flax-seed meal poultice may be used for several days, keeping the wound open by probing it daily. Should the wound become much inflamed, or jerking of the muscles occur, threatening tetanus, no time should be lost in calling the best surgeon to be had.

TREATMENT OF INCISED WOUNDS.

Cleanly cut incised wounds may be cleansed by washing with clear cold water, and dressed with pieces of adhesive plaster, cut into strips, and applied so as to draw the sides of the wound together. In case the cut is large or cross-ways the muscles, so that it gapes widely, stitches may be required to draw the sides of the wound together; after which the adhesive plaster may be applied over the wound, the

same as when no stitches are used; always applying the pieces of plaster across the cut, from side to side. The stitches may be of strong silk, or silver wire, and should be removed in about three days. The plasters must remain longer, and be renewed if they are removed, or if they get loosened.

TREATMENT OF LACERATED, CONTUSED, BRUISED, OR TORN WOUNDS.

These wounds are not so liable to bleed as incised wounds, on account of the shreds of tissue tending to clot the blood and arrest its flow. These wounds should be cleansed from all dirt and foreign substances, and then their edges may be brought together, where it is possible, with adhesive plaster. Local applications of cloths saturated with *Tr. Calendula* (one part to nine of water) may be made, using these applications warm when the weather is cool, and tepid when the weather is warm, covering them with a wrap of oiled silk. These cloths should be remoistened as soon as dry, and should be changed as often as they become smeared with pus, which will usually be formed in this class of cases. Once a day the wounds may be washed with Castile soap and water. When granulations fill up the wound to near a level with the surrounding tissues, an ointment of *Calendula* may be spread on a cloth and applied to the wound.

Bruised flesh is sometimes so deadened by the blow which produces only an open wound in a part of the extent of the injury, that it is disposed to slough off. When this disposition to slough occurs, the bruised flesh turns dark colored, and mortifies. This dead flesh then separates from the healthy tissue, and leaves a deep, granulating wound. These cases require a bread and milk or a yeast poultice, till the dead tissue becomes separated; after which the *Calendula* lotion or ointment may be applied; always applying a roller bandage, when it can conveniently be done, so as to press the sides of the wound toward each other.

TREATMENT OF GUN-SHOT WOUNDS.

The surgeon may sometimes remove the ball readily, when it is left imbedded in the flesh; but the nurse can not well do this; therefore, in case a surgeon can not be obtained, the nurse, or any one present, should tie the limb tightly, between the body and the place of injury, if it be one of the limbs which receives the shot, so as to arrest the hemorrhage, if it should be profuse; after the limb has been bound for an hour, the band may be loosened, in case the patient is so situated as to remain quiet; and if there is found to be no hemorrhage, a simple compress of warm water and *Calendula* (nine parts of water to one of *Calendula*) may be applied, and held in position with a bandage. Cold applications in gun-shot or other wounds, we do not advise. Much probing, to find balls in the flesh, is not advisable, even when ordinarily skillful surgeons make the examination. Until the ball makes its location evident, by pain or inflammation, there is little good in hunting much for it. Balls, when entering the body, are very commonly turned from their course by bones, muscles, or tendons, and the real course taken by the ball can be only a matter of guess-work. Lead balls and shot often remain in the flesh, and sometimes even in the brain, without producing any disturbance whatever, for years, and, in some instances, never. The rule of practice should therefore be, let the ball alone, unless it is easily found and removed, or till it causes inflammation, pain, or other symptoms.

WOUNDS OF THE SCALP.

Wounds of the scalp may be punctured, incised, contused, or lacerated. Shock is often great in contused wounds of the scalp. The treatment of these wounds is peculiar, in that we should avoid the use of stitches in scalp wounds, if it is possible to do so; and, if they must be used, employ silver wire to make the stitches. To dress these wounds, the hair

should be shaved off for a little distance around the wound; and after examination to see that there is no fracture of the skull, we may draw the edges of the wound together with adhesive plaster, after thoroughly washing it, to rid it of all foreign substances. If healing do not readily take place, the wound may be dressed with *Calendula* ointment, or a compress, saturated with *Calendula* and water, may be kept applied to it. *Bell.* and *Arnica*, in alternation, are usually indicated in these cases.

BRUISES.

Bruises are injuries to the flesh, without breaking the skin, usually caused by a fall or a blow. Blood sometimes settles under the skin, from a bruise, which gives the parts a bluish or brown appearance. Sometimes there is much swelling and soreness, as well as pain, from a bruise. The flesh may slough out, and cause an open sore, or an abscess may form in deep tissues, from a bruise. Injuries to the covering of the bone, in this way, may cause inflammation and suppuration of the bone, called *caries*, or a deadening of an outer shell piece of the bone, called *necrosis*.

Treatment of Bruises.

Apply to the bruised part *Arnica* and water (one part of the former to nine of the latter), using this lotion warm, and renewing it every hour, is ordinarily the proper treatment. If the parts are so severely bruised as to cause a sloughing, poultices of flax-seed meal, or pulverized slippery-elm bark, may be applied. These may also be used in case of large swelling and great inflammation, threatening the formation of an abscess. Regarding injuries of this kind, which extend their effects to the bones, see article on Caries.

BED-SORES.

Bed-sores are really much like bruises. They result from a lack of vitality in the flesh, and from long-continued

pressure, where patients with broken limbs, or other severe injuries, and in protracted fevers, are long confined in one position, thereby cause an interruption in the circulation, which causes a sloughing of the soft parts, most heavily rested upon.

Treatment of Bed-sores.

People long confined in one position should have those parts most pressed upon bathed with *Bay-rum* or *Spirits of wine* and water at least once a day, so as to avoid the development of bed-sores. When they form, and the flesh sloughs out, they may be dressed with *Vaseline* or *Calendula ointment*, and an air or water cushion, with an opening in it, should be used, so as to relieve the sore from all pressure; in fact, these cushions may be well used before the sores are formed (as soon as the parts look a little red), that we may, if possible, prevent the formation of sores. Good diet and frequent bathing should be attended to, that the general strength and health may be maintained as good as is practicable.

POISONED WOUNDS.

A very slight wound may be poisoned, and thus poison the whole system. Wounds received from instruments used in dissecting the human body, or the body of any dead animal, come under this class. The dead, putrefying matter from dead bodies is capable, even in very minute quantity, to rapidly poison the whole body. (The wounds from rabid animals, as well as the sting of poisonous insects and the bites of venomous serpents, also come under the head of poisoned wounds, but of these we will speak separately.)

Treatment of Poisoned Wounds.

The wound which is suspected of being poisoned should at once be treated with the *Tr. of Iodine*. Let this be put into the wound freely, even down to the bottom. If the wound is on a limb, tie a cord tightly around it, above the injury, until the *Iodine* can be procured, and applied every

half hour, for two or three times. The use of the cord is to stop the circulation of the blood, in part at least, and thus make the absorption of the poison more moderate.

In case *Iodine* can not be procured, suck the wound with the mouth or the old-fashioned cupping-glass. (The poison does no injury in the mouth if there are no abrasions of the mucous membrane.) Then let the wound be cauterized, and take internally the 3^x attenuation of *Iodine*, if it is at hand, every three hours, and if the *Iodine* is not to be had, take *Kali chlo.* 1^x attenuation, at three-hour intervals. If the *Tr. of Iodine* is at hand, and is freely used, no alarm need be felt regarding either class of poisoned wounds from animal matter.

BITES OF VENOMOUS SNAKES.

If the snake bites through considerable clothing no alarm need be felt. If not bitten through clothing, the wound should be sucked with the mouth for some moments (spitting often), and then apply the *Tr. of Iodine* to the wound as soon as it can be procured, and let the 3^x attenuation be taken internally. To my old and honored teacher, Professor Daniel Brainard (now deceased) belongs largely the honor of having discovered the virtues of *Iodine* in antidoting the various animal poisons, especially of the rattlesnake. With these he experimented in Paris over twenty years since, and demonstrated that *Iodine* had the power of neutralizing their poisonous bites. Since which time others have proven the efficacy of *Iodine* in all forms of animal poisons. Venomous serpents have two, sharp, long fangs in their upper jaw, from which the poison is communicated. When these are extracted the serpent can not produce a poisonous bite.

STINGS OF INSECTS AND SPIDER-BITES.

The *wasp*, *hornet*, *honey-bee*, *bumble-bee*, and sometimes the *mosquito*, as well as the bites of some varieties of *spiders*,

prove very poisonous in some instances, and are painful in nearly all, and therefore require some treatment; for death has resulted from these causes in a few instances. In these poisoned small wounds from insects and spiders there is usually a burning, stinging pain felt in the part, and swelling, heat, and redness speedily follow.

Treatment.

If possible the sting, which is often left by these poisonous insects, should be removed if it can be seen (it appears like a little, brown sliver), using a slender pair of forceps for this purpose. A drop of the *Tr. of Iodine* should then be placed on the stung spot. If *Iodine* can not be had soon, apply *salt and vinegar*, or spirits of some kind. Internally give *Iodine* 3^x, or *Kali chlo.* 1^x, every three hours if the stings are numerous, and there is danger to life from their poison.

BITES OF RABID ANIMALS.

Mad Dogs, Cats, Horses, Rats, etc.

HYDROPHOBIA.

The bites of rabid (mad) animals sometimes produce in man a violent, frightful disease called *hydrophobia*; and in other animals the disease or madness may be communicated through the bite, especially if the skin is broken, otherwise no harm is likely to result. When a person is bitten through some clothing there is little or no danger that the wound is poisoned, as the poison seems to reside in the saliva of the rabid animal, and it is wiped off the teeth by the clothing. A person affected with hydrophobia becomes a raving maniac, froth oozes from his mouth, he snaps and barks like a dog in some cases, and may communicate the disease to others if he bites them. There is intolerable thirst; but drinking water, and sometimes even the sight of it, throws the person into violent spasms. The wounds from the bites of rabid

animals do not inflame much as a rule, and hydrophobia will not be developed before three or four weeks, and may not for a year after the bite is received, and may never develop; as, at least, ten are bitten where one takes the disease.

Treatment of Bites of Rabid Animals and Hydrophobia.

When a person is bitten by a mad animal, of whatever species, so that the skin is broken, and the teeth of the animal did not have to first pass through considerable clothing, the *Tr. of Iodine* should be applied to the entire wound as deeply as possible, and may be reapplied every hour for three or four times, and afterwards every day for a week, and *Iodine* should be given internally every three hours, using the 2^x attenuation. If *Iodine* can not be had, the wound should be sucked thoroughly by some one who has no sores or cracks in, or by the side of, the mouth, and the person sucking the wound should spit often. The wound may now be burned with *caustic*, and *Kali chlo.* 1^x attenuation may be given internally, a dose every three hours. If *Iodine* can be at once applied to the wound, there is little need of first sucking out the virus, as the *Iodine* will neutralize the poison, and render it harmless.

When symptoms of hydrophobia begin to manifest themselves in a person known to have been bitten by a rabid animal within a period of two years past, a strong decoction of Stramonium leaves should be made and given the patient to drink till he is completely stupefied by its influence; this stupefaction should be maintained for twenty-four hours. This is an *Indian* treatment, but has proven more efficacious than any we know of, as this is said to give complete relief. We saw one case, in consultation, where the disease appeared genuine and fully developed, in which we gave *chloroform* by inhalation to cause insensibility, and gave *Iodine* 3^x, internally, and succeeded in saving the patient's life.

Hydrophobia has been usually considered a fatal disease. When the disease is fully developed we think the inhalation of *Chloroform* a wise measure to adopt. The patient should be restrained from hurting himself or others. This restraint often requires the combined strength of four or five strong men, or the employment of ropes, laced jackets, etc. *Chloroform* will, however, subdue the patient, and where *Stramonium* can not be given, owing to the fully developed condition of the case, it may be the best thing we can do.

CARIES. (*Inflammation and Suppuration in Bone.*)

In writing upon the subject of caries, we will in the outset express our confidence in homeopathic remedies to cure the disease, so that no reader may labor under the apprehension that, on winding up our remarks, we will conclude as the sum of the whole matter, that the disease is incurable, and hence be led to give to the subject little thought. If homeopaths, as a school, would pay more attention to surgical diseases, they would do themselves more credit, and save to homeopathy many a family that goes over to the old school because of an impression which has gotten abroad that homeopathic physicians are not surgeons.

Causes.

Caries consists of an inflammation in the substance of the bone. This inflammation goes on to suppuration if the disease is not checked.

This suppuration causes destruction of the tissue of the bone, and finds exit by the ulcerative process through the soft parts if the nature of the difficulty is not early discovered and the disease arrested, or the pus evacuated by artificial means. The causes of this difficulty lie primarily in the condition of the general system, first consisting of a deficiency of the earthy constituents necessary to develop and maintain the bony structures in a normal condition. The

earthy and alkaline salts constitute about two-thirds of the bone structure, the other one-third being composed of animal matter, as follows :

Phosphate of lime	51.04 parts.
Carbonate of lime	11.30 "
Fluote of lime	2.00 "
Phosphate of magnesia	1.16 "
Chloride of sodium	1.20 "
Blood-vessels	1.13 "
Cartilage	32.17 "
	<hr/>
	100.00

Now, in case the lime and phosphates are deficient in the general system, the solidity of the bones is not normally complete, and as a result more of blood-vessels and animal substance is present in them, hence the more readily developing inflammatory action.

Secondarily, the cause of caries is usually some external injury, which may, owing to the abnormal animal development of the bone, allow of such a compression of the bone tissue as to cause rupture of some of the internal blood-vessels, and consequently hemorrhage into the interior of the bone substance; this serves as a seat for inflammatory action. The inflammation in some instances develops directly beneath the periosteum, and we have felons as a result; or caries may follow if the pus formation is not evacuated.

Caries may in some instances develop in patients where we can not directly trace the trouble to any external injury, being due to scrofulous, syphilitic, or tubercular blood degeneration, or to an exhausted condition of the blood from severe diseases, like typhoid; but I am inclined to believe that there has been external violence at some period, though it may be so remote as to have escaped the memory of the patient. A sprain in a joint may have caused irritation enough to develop the disease in the bones of the joint affected; and the agency of cold is not to be forgotten in the development of caries.

Symptoms.

The symptoms of caries are, in the early history of most cases, somewhat obscure; there is often a difficulty in distinguishing between caries and necrosis. Necrosis is, however, more common in the shafts of long, compact bones, and caries in the short and spongy bones. In necrosis the patient usually suffers more acute pain in the early history of the case. In caries there is usually some tenderness, slight swelling, and redness in the affected part in its early history, which remain much the same for months. If the disease is periostitis, inflammation of the bone sheath, threatening necrosis, the pain is quite severe, instead of moderate, and the swelling, redness, and tenderness of the soft parts over the seat of the difficulty are much greater.

When the suppuration finds exit by natural or artificial means, and we probe the bone, we feel in caries that we can break the bony substance easily, while in necrosis we can not. Necrosis usually affects the exterior of the bone, while caries affects the entire bone. When pieces of bone are discharged in necrosis they are found to be hard and not easily broken, while the pieces discharged from carious bone are soft and easily crushed.

Treatment.

From what I have said regarding the predisposing *cause* of necrosis of bone, we will at once be led to feel the necessity of supplying the system with those substances and materials in which there is a deficiency. This can largely be accomplished by the use of unbolted flour, by which means we get for the system the benefit of those hard and earthy portions of the kernel of the grain constituting its shell. The patient should also largely use hard water for drinking purposes.

Silicea is perhaps our most valuable remedy. Its use even in the 30th attenuation has accomplished astonishing cures, even when the disease had progressed to open ulcera-

tion. Let it be given continuously every four hours for weeks and even months. If there is not a clear improvement in four or six weeks give a lower attenuation, even as low as the 3^x.

The Phosphate of Lime may sometimes be given as a food with advantage.

Let the affected limb be kept elevated a large portion of the time, to prevent congestion of blood in the parts. A plain dressing of *Vaseline* is as good as any, and we prefer it to any other.

Operative interference will seldom, if ever, be demanded if these plain principles of treatment are carried out without wavering. It is of no use to adopt this treatment for a week, and then abandon it for some other. If we would have success we must know what we are about, decide upon the nature of the disease in hand, resolve upon a plan of treatment, and then adhere to it.

INDOLENT ULCERS.

Indolent ulcers are usually situated on the leg or ankle, but may be situated in other parts of the body. The indolent ulcer shows no disposition to heal, but discharges a large amount of thin purulent matter. It is often situated on the shin where there is very little tissue except skin and where there are few blood vessels. It may be caused from a bruise or may result from a bad condition of the blood. The indolent ulcer is not much disposed to spread as a rule, but remains without treatment much the same from month to month, and from year to year.

Treatment.

Cal. carb.—Is usually indicated in fleshy people, while *Merc. cor.*, *Merc. iod.*, or *Ars. iod.* are indicated in others.

Locally the *Solution of Iodine* (10 grs. of *Iod.*, 30 grs. of *Kali iod.* to the ounce of water) may be painted around and into

the ulcer once a day, then *Vaseline* or *Calendula ointment* may be spread on a cloth and applied to the sore; after this is done, bandage the foot and limb with a roller bandage tightly and evenly, always commencing at the foot to apply the bandage. Keep the limb elevated on a chair or bed as much as possible, and avoid walking. See to it that the bowels move daily; eat moderately; use no fat food, and in this way a cure may be effected. Sometimes *Hepar sulph.* is a good remedy in these cases.

Indolent ulcers in localities where a bandage can not be used may be treated the same, except that pressure must be applied with adhesive straps, or by other means so as to draw the sides of the ulcer together, while the *Iodine* wash causes granulations.

CONCUSSION OF THE BRAIN AND COMPRESSION OF THE BRAIN.

Concussion of the brain results from direct injury to the head by a fall or a blow on the head. Stunning means the production of a sudden concussion. The shock from a blow may produce insensibility from concussion or stunning, which may last but a short time, while in *compression of the brain*, there is pressure on the brain substance, which is not so soon relieved. *Compression of the brain* may result from the pressure of a piece of bone, which is displaced inward against the brain; from blood effused on the brain, under the skull; or from effusion of water on the brain. There may be concussion of the brain followed by compression, as the blood is effused after an injury.

Symptoms.

The patient lies for a time motionless and quite insensible, in concussion of the brain, and after a little time he may rouse up, answer a question hastily, then soon relapse into insensibility. The occurrence of vomiting is usually a favorable symptom.

In compression of the brain the insensibility comes on more gradually; there is dizziness at first, together with a feeling of nausea; finally, after an hour or two, the patient becomes cold and insensible, the pupils of the eyes become dilated, the patient breathes very slowly and with a snoring sound, the pulse is very slow and weak.

Treatment.

In cases of concussion of the brain, the patient should lie with the head low, and a few pellets of *Opium* may be placed on the tongue. This may be all the treatment needed in simple *stunning*, or, as it is called, *concussion of the brain*. When there is evidence of *compression of the brain*, the best surgical assistance should be secured. If no surgeon can be had, the head should be carefully examined, and if there is a soft, fluctuating spot discovered on the head, and the patient remains unconscious, with a slow pulse and dilated pupils, we may take a sharp penknife and make an incision through the scalp, where the fluctuation is present. This may very soon cause a return to consciousness, by letting out the effused blood, which may not have become coagulated, and may flow out through an opening made in the skull by the fracture which is likely to be present in these cases. In any event, the incision is all right, and may do much good. Make it, rather than let the patient die without doing any thing. It may cure him. But have surgical assistance, if possible. *Bell.*, *Merc. iod.*, or *Opium* may be indicated. (Consult *Materia Medica* for indications.)

FRACTURES. (*Broken Bones.*)

Fractures usually require surgical attention, but in case no surgeon can be had, people wish to know how to manage. We will, therefore, give some plain directions regarding fractures and their treatment. It is usually fractures of the long bones which require the attention of laymen in an

emergency, especially those of the limbs. Fractures are called *simple* when the bone is simply broken in one place; *compound*, when there is a broken bone and also torn flesh, so that the end of the bone projects out through the skin; and *comminuted*, when the bone is broken into several pieces. The fracture is called *transverse* when the bone is broken directly across; and *oblique*, when it is broken in a slanting direction. Bones break more readily in the old than in the young, and repair goes on more slowly in the old.

Symptoms of Fracture.

The principal symptom of fracture of a bone is the movement of the ends of the broken bones, making it appear like a false joint, in some instances, and usually making a noise, called crepitation, when the bones are rubbed against each other. There is also pain in the part where the fracture occurs, and very soon the soft parts over and around the fractured bone become swollen, tender, and inflamed.

When the bone of the arm is broken between the elbow and shoulder, or the thigh between the hip and knee; and when both bones of the arm are broken below the elbow, or both bones of the leg below the knee, the limb is shorter than the uninjured one, being made shorter by the ends of the bones slipping past each other. - This slipping of the ends of bone past each other causes injury to the soft parts, and is produced by the natural contraction of the long, strong muscles of the limbs. In fracture of the ribs and small bones of the hand or foot very little displacement of the fragments usually occurs, but there is pain, swelling, etc., and the pain is increased by motion.

Treatment.

If possible, give the case into the hands of a good surgeon; but if this can not be done, then use ingenuity to dress the limb so as to make it as long as the other, and keep

it thus extended. In fractures of the arm, the limb should be drawn out to its full length and held firmly by an assistant while we apply some padded splints, which must be firmly bound to the limb with bandages. These must not, however, be so tight as to stop the circulation of the blood. If the parts are swollen when the splints are applied, they must be tightened when the swelling goes down. These splints must be maintained for about five or six weeks, though they may be removed after two weeks every four days, and have the parts bathed, holding the limb fully extended while the splints are off, and reapplying them carefully before the extension is removed.

In treating fractures of the lower limbs the muscles are so strong that some further apparatus is required besides short splints, as we use in cases of fractures of the arm just mentioned. In fractures of the leg or thigh, we may confine the shoulders to the bed-post at the head of the bed, and then attach adhesive plasters about the foot and ankle, leaving a loop in them at the bottom of the foot, then attach a cord to the plasters, and screw a pulley to the foot of the bed and another upon the cross-piece between the two posts, also at the foot of the bed; then pass the cord, attached by one end to the plaster, under the pulley at the foot of the bed, and over the one on the cross-piece, letting it fall down over the end of the bed, and to this attach a flat-iron, or other weight, which will, by its steady pressure, keep the foot drawn down; then we may lay large sand-bags on each side of the limb, or we may apply well padded board splints by the sides, upon, and under the limb, binding them with strips of cloth to hold them firmly. These dressings may be renewed, and have the limb bathed every two or three days, always keeping the limb drawn out with the weight, however, and never moving the limb so as to disturb the ends of the bone. *Arnica* may be given internally for the pain, and local applications of *Arnica* or *Calendula* lotions may be applied to the

parts externally, when they are painful, or very much swollen, in any case of fracture.

In fractures of the ribs, a tight bandage should be applied around the chest, and may be kept from slipping down by the use of shoulder-straps attached to the bandage. This bandage should be worn for about three weeks.

Fractures of the small bones of the feet or hands should be maintained in position with bandages and stiff pasteboard. These should also be worn about three weeks.

Diet.

When a person is afflicted with a fracture, he should eat very light food, and may drink freely of water, but should use no stimulants.

Treatment of Compound Fractures.

When the fractured bone protrudes through the flesh, the splints should be applied so as to allow of the dressing of the wound. If the fracture is in one of the lower limbs the pulley may be used, and the sand-bags previously mentioned as useful in simple fractures may be employed, and then the external wound may be stitched together or drawn together with adhesive plaster, the same as in a simple wound.

HOW BROKEN BONES BECOME UNITED.

When a bone is fractured nature throws out a plastic material around the ends of the bone. This is at first thin, like milk, but after two weeks becomes thick, like putty, and bulges out around the ends of the bone, making a *provisional callus* or bunch on the bone; this, however, is gradually absorbed after the putty-like exudation hardens into bone. Thus the repair of fractured bone is accomplished by nature. The surgeon can only keep the ends of bone near each other, and keep them still. (Frequent motion of the bones will prevent the solidification of the effused material,

and consequently prevent union.) The surgeon may also attend to relieving any undue inflammatory action in the soft parts. This prevention of inflammation is largely accomplished by keeping the bones from moving. Some swelling of the parts is all right at first, for unless the effusion of plastic matter takes place, no union of the bones can be accomplished.

SPRAINS AND DISLOCATIONS.

Dislocations are displacements of the bones at the joints, while a sprain is a straining of a ligament, muscle, or tendon, and is usually connected with a partial dislocation; that is, the joint is partially thrown out, so that it tears some of the ligaments on one side of the joint, and still goes back into place again without assistance.

Symptoms.

When a joint is dislocated the limb is thrown out of shape, the part is painful and deformed, and there is a loss of the ordinary power of motion in the affected joint.

Diagnosis of Dislocation from Fracture.

In attempting to move a dislocated limb, it appears fixed and incapable of ordinary motion, while in the case of a fractured limb there is, as a rule, more than ordinary freedom of motion, though every movement gives great pain.

Diagnosis of Sprain.

The sprained joint is usually painful, but can be moved readily. It is commonly swollen and somewhat tender and red. The pain is less when the joint is at rest, and worse when in motion.

Treatment of Dislocations.

The first thing to do is to replace the dislocated joint. This will often require the best surgical skill, but sometimes is accomplished readily by forcibly extending the

limb and then pressing the joint into place while the limb is extended. After the joint is found to move freely, rest is the important remedy, together with the local use of *Arnica* or *Calendula lotion* to the joint if it is painful or much swollen. In some cases where the swelling becomes chronic and there is little tenderness, a well applied roller bandage is of service.

Treatment of a Sprain.

Bathe freely with cold water, and then apply a roller bandage, and moisten it with *Arnica lotion* (one part of *Arnica* to nine of water), then keep the parts as still as possible for several days. In some cases of sprain and dislocation, when the ligaments of the joint are torn, it requires several months to obtain strength in the affected joint, and is much more tedious than an ordinary case of fracture, partly because it is not usually so well attended to. Rubber bandages are sometimes used, but are objectionable in keeping the joint too warm.

CHAPTER XX.

MATERIA MEDICA.

HOMEOPATHIC REMEDIES.

DESIRING to condense as much as possible, we make a few suggestions regarding homeopathic remedies. We do this that the reader may understand the opinions we entertain regarding them and their action on the system. Having used them now over ten years, and having previously graduated in allopathy and practiced it for upward of a decade, we may, perhaps, offer some practical hints; and we say, unhesitatingly, that we consider homeopathic medication the more speedy and certain curative treatment, and we offer our understanding of its *modus operandi*.

ATTENUATION.—This term has been so often confounded with potency that many have come to use the two terms as synonymous. This seems to me to be a grave error, and has led to much hard feeling on the subject of high and low potencies.

As I understand Hahnemann, in his work on "Chronic Diseases," Vol. I, when specially teaching the preparation and nomenclature to be used, and as I find Jahr and Grüner's "Pharmacopœia," as edited by Hempel, contains the same directions *verbatim*,* I must conclude there was in the early days of homeopathy no idea that attenuation and potency were synonymous terms. There, we learn in plain English that the 1^c trituration is to be called the 100th potency; that the 2^c attenuation is to be called the 10,000th potency;

* Jahr and Grüner's Pharmacopœia, by Charles J. Hempel, pp. 4, 5, 6, and 7. Also see tables on pp. 32, 33, *ibid*.

and that the 3^c attenuation is to be called the 1,000,000th potency.

There is no chance to deny that these were the plain instructions of Hahnemann, and were quoted and appropriated as authority by Jahr and Grüner and Hempel. If these were the plain instructions of these fathers of homeopathy, why should we not adhere to this nomenclature still? If we did, we should hear no one speak of the 200th potency, as there is no intimation in the works quoted that it is possible to make any attenuation that should be called 200th potency.

Trituration, attenuation, or dilution may be used as synonymous, as regards strength of medicine (trituration is attenuation with sugar of milk; dilution is attenuation with alcohol), but potency is quite different, as I have shown from Hahnemann's own teachings. The 10,000th potency, as I understand it (and as Hahnemann, Büchner, Grüner, and Hempel teach), indicates the 2^d attenuation on the centesimal scale, and the 4th on the decimal scale.

On account of the confusion of the terms potency and attenuation, much controversy has arisen in the profession as to the comparative merits of high and low potencies, which need not have existed had it been understood as Hahnemann taught in his work on "*Chronic Diseases*," just quoted, for all would have seen that the low trituration or dilution was the same as the high potency. After having given much time to the study of this matter I am fully convinced that Hahnemann never conceived of using remedies carried above the 30th attenuation. The late lamented Dr. CARROLL DUNHAM, of New York, carried up several remedies, by dilution, to the 200th attenuation and claimed excellent effects from their use, as have several other excellent gentlemen.

Drs. Swan and Finkie have claimed to make high dilutions, which they have called potencies, by a process of mathematical calculation as to the attenuation produced by means of a certain amount of running water through a tube, in which

had been placed a small amount of medicine. Allowing the water to flow through the apparatus a certain number of hours, they have calculated that a certain attenuation was reached. They call the manufacture of remedies in this way the *fluxion process*. They, and many others, have reported cures with these high dilutions, the height of the potency of which is beyond human calculation. I will not deny the efficacy of these preparations, but will say they doubtless would have astonished Hahnemann had they been invented in his life-time; and if it is given to disembodied spirits to scan the acts of those below, what must be the emotion of Hahnemann's spirit at the heights of fancy, imagination, and credulity reached by some of his disciples!

We have found, from our own experience, that from the 2^x to the 6^x attenuations, or, if you please, from the one hundredth to the one millionth potencies (which is saying the same thing in different language), is the strength of medicine we find acts satisfactorily to us. Sometimes mother tinctures may act better; sometimes it may be best to use potencies higher than the one millionth. Did we know the strength of the medicine used in the provings, we might better select the attenuation in treating cases of disease; the 3^c being suited to overcome symptoms indicated by provings with the first, while the first attenuation will overcome those provings, not toxicological (poisonous), made with mother tinctures; and mother tinctures are to be used in the treatment of those toxicological symptoms of poisonous doses of the remedy, when, of course, these symptoms are produced from disease. To overcome toxicological symptoms while the drug is still acting, of course, antidotal treatment is to be at once used. We feel convinced that the minute quantity of a given remedy produces on the system effects directly opposite to those produced by that remedy in large quantity. Hence, we have an explanation of the action of the properly selected homeopathic remedy in any given disease. The

remedy is selected because of the similarity of the symptoms we have in the case to those we know the remedy produces when given in considerably greater quantities than we use in the cure, the curative action being that of correcting these symptoms, or, in other words, antagonizing them. The giving of a single remedy should be the rule, avoiding all alternation of remedies.

The affinities which remedies possess for some particular parts of the body, or some particular organ of the body, can not be explained. We only can observe that it is so. We can no more tell *why* it is so than we can explain the law of gravitation or cohesion. We may observe the phenomena, but at last we have to say, God made it so. Why opium in minute doses is a stimulant, and in large ones is a sedative, can we explain, more than to assert, it is so?

We learn, however, how to apply the remedy from our knowledge of its action. Homeopaths use remedies for their primary action, or the action produced by the minute dose, while allopathists use remedies for their secondary action, in a large dose. Hahneman discovered the law that the minute dose cured symptoms produced from disease which were characteristic of the remedy in large doses when given to the healthy man; hence we have a law to guide us in the selection of a remedy, while the allopathist has none.

The primary and secondary symptoms of remedies seem to be very little thought of by most practitioners of both the prominent schools of medicine. To the want of this attention I attribute the intense feeling of enmity between the schools manifested in some places.

Old school therapeutics have long taught the primary and secondary action of drugs. But in practice the school seems to have forgotten its teachings, and uses drugs almost, if not quite, exclusively to obtain their secondary action. *Opium*, for instance, is a stimulant in its primary action, and an anodyne and narcotic in its secondary. How seldom do

they use *Opium* for its primary effect. Taking for a moment their side of the question, might we not explain the action of *Opium* given in small doses, so as only to obtain its primary effect, in a case characterized by drowsiness, dullness, etc., when caused by disease, and show it to be just as philosophical as to give it in massive doses to obtain its secondary effect, when we had restlessness and wakefulness? Methinks no old school physician can object to this reasoning.

Then why do they not use *Opium* for its primary effects? Why do they not use their other remedies for their primary effects? I am glad to know some are learning to do so, quietly, though fearfully. Some of them are now using *Secale cor.* in very minute doses to prevent threatened miscarriage, stop false pains, and after-pains.

I understand that this principle is the one on which homeopathy is founded. If I am correct, then, in order to combat symptoms caused by disease, we must use a remedy that in its proving has shown itself capable of producing in the healthy person similar symptoms; and that remedy in order to combat and relieve those symptoms must be used, of course, in so small a quantity as to simply obtain its contrary or primary action. If, for instance, we have symptoms of disease that *Nux vom.* would produce in the healthy person when taken in toxicological doses, then we would cure them by *Nux* low; if our symptoms were those that provings showed from *Nux*, used in the lower potencies, I would cure them with *Nux* high. Does any allopathist dare say our theories are unphilosophical or untenable? Does he call a homeopathic physician a quack because he has adopted an exclusive dogma, as he says? Then let him seek light in his own U. S. Dispensatory, where I found mine. Let him note the action of the small dose, and compare with the action of the large dose, as there laid down, and he will find enough to convince him of the universality of the law just

mentioned. Then let him try in practice the application of this principle, and he will soon be able to declare that he, too, has found, not only joy in believing, but joy in practicing as well.

ATTENUATION.

Pellets or *Globules* are simple sugar pills, and they are medicated by dropping onto them liquid medicines, till they are saturated; first placing the pellets in a bottle so they may be shaken, and the better receive the medicine dropped onto them. Any dilution of a medicine may be used to medicate pellets. It, therefore, is necessary to know the strength of the medicine used in medicating them. This is indicated by the figures 1^x , 2^x , 3^x to denote that they are medicated with the 1st, 2d, or 3d dilutions of the medicine in a liquid state. The character θ indicates the full strength of the medicine; or, as we call it, the "*Mother Tincture*," when the medicine is in a liquid form; and the same character indicates, also, the full strength of the medicine when in form of powder.

Mineral remedies should be used in powder (trituration), as they do not readily mix with water or alcohol, and as they are, in many instances, only very imperfectly dissolved by liquids, it is always better to use them in the form of powder.

When one grain of a medicine is mixed with nine grains of sugar of milk the compound is called the 1^x attenuation of the medicine. We then take one grain of the 1^x and mix it with nine more of sugar of milk, and make the 2^x attenuation, and so on. (These are called triturations.) We mix liquids with alcohol in the same proportion and mark them the same way. (These liquids are called dilutions; but both forms are attenuations of the medicine, and may be called *attenuations*, if we choose.)

In acute diseases we usually use remedies in low attenuation (from the 1^x to the 3^x), and in chronic ailments the 6^x .

STRENGTH OF MEDICINE TO USE.

Acute attacks in children are usually quickly relieved with the 3^x, while in the adult the 1^x might be required. Attention to the strength of the medicine is quite as necessary in homeopathic treatment as in any other. The proper attenuation of a remedy may be curative, while another attenuation of the same remedy may aggravate the disease.

Whenever the disease is aggravated by the medicine it is a good evidence that we are using the right remedy, but in too strong a form. We should, in these circumstances, use a higher attenuation of the same medicine, or stop all medicine for a while, so as to allow of a moderation of the action of the remedy, after which we give a higher attenuation of the same medicine with confidence of obtaining relief.

From the above remarks it will be noticed that we place as much stress upon the strength of the remedy used as upon the correct remedy. If we do not have the sixth attenuation, we can make it from the lower, as we have designated above. If we have not as low an attenuation as we desire, we may increase the size of the dose and repeat it very often.

SIZE OF THE DOSE.

Ordinarily we may put ten drops of the liquid, 30 pellets, or a very large powder in a half glass of water, and, after mixing well, give a tea-spoonful from the glass every one, two, or three hours, according to the case.

When mineral medicines are used like *Merc.* or *Ars.* a small powder may be placed on the tongue instead of mixing with water, and this may be repeated at the same length of intervals as before directed. Five or six pellets may be given at a dose to adults; but with children one or two usually will be sufficient.

TO KEEP REMEDIES.

Remedies should be kept in well corked, dark colored glass vials, in a cool place, and if possible, away from the light. Pellets should be freshly medicated every three months.

LIST OF REMEDIES.

NAMES OF REMEDIES.	COMMON NAMES.	ABBREVIATIONS.
1 <i>Aconitum napellus</i>	Aconite, Wolfsbane.....	<i>Acon.</i>
2 <i>Antimonium crudum</i>	Crude antimony.....	<i>Ant. c.</i>
3 <i>Apis mellifica</i>	Poison of the honey-bee	<i>Apis.</i>
4 <i>Arnica montana</i>	Leopard's bane.....	<i>Arn.</i>
5 <i>Arsenicum album</i>	White arsenic.....	<i>Ars. alb.</i>
6 <i>Arsenicum iodatum</i>	Iodide of arsenic	<i>Ars. iod.</i>
7 <i>Baptisia tinctora</i>	Wild indigo.....	<i>Bapt.</i>
8 <i>Belladonna</i>	Deadly nightshade	<i>Bell.</i>
9 <i>Bryonia</i>	White bryony	<i>Bry.</i>
10 <i>Calcaria carbonica</i>	Carbonate of lime.....	<i>Cal. carb.</i>
11 <i>Camphora</i>	Camphor spts.....	<i>Camph.</i>
12 <i>Cannabis indica</i>	Indian hemp.....	<i>Can. ind.</i>
13 <i>Carbo vegetabilis</i>	Vegetable charcoal	<i>Carbo veg.</i>
14 <i>Causticum</i>	Quicklime	<i>Caust.</i>
15 <i>Chamomilla</i>	Chamomile.....	<i>Cham.</i>
16 <i>China</i>	Peruvian bark.....	<i>Chin.</i>
17 <i>Cimicifuga</i>	Black cohosh.....	<i>Cim.</i>
18 <i>Cina</i>	Worm-seed, Santonine	<i>Cin.</i>
19 <i>Cocculus indicus</i>	Indian cockle.....	<i>Cocc.</i>
20 <i>Coffea</i>	Crude coffee.....	<i>Coff.</i>
21 <i>Colchicum</i>	Meadow saffron.....	<i>Colch.</i>
22 <i>Colocynthis</i>	Bitter cucumber	<i>Colo.</i>
23 <i>Conium</i>	Hemlock	<i>Con.</i>
24 <i>Crocus sativus</i>	Saffron	<i>Croc. sat.</i>
25 <i>Cubebs</i>	Cubebs	<i>Cubeb.</i>
26 <i>Digitalis purpurea</i>	Purple fox-glove.....	<i>Dig.</i>
27 <i>Dulcamara</i>	Bitter sweet.....	<i>Dulc.</i>
28 <i>Ferrum</i>	Iron	<i>Ferr.</i>
29 <i>Gelseminum</i>	Yellow jessamine.....	<i>Gel.</i>
30 <i>Glonoine</i>	Nitro-glycerine.....	<i>Glon.</i>
31 <i>Graphites</i>	Plumbago.....	<i>Graph.</i>
32 <i>Hepar sulphur</i>	Sulphureted calcium.....	<i>Hep. sul.</i>
33 <i>Hyoscyamus</i>	Henbane	<i>Hyos.</i>
34 <i>Ignatia amara</i>	St. Ignatius' bean.....	<i>Ignat.</i>
35 <i>Iodium</i>	Iodine	<i>Iod.</i>

NAMES OF REMEDIES.	COMMON NAMES.	ABBREVIATIONS.
36 <i>Ipecacuanha</i>	<i>Ipecac.</i>	<i>Ip.</i>
37 <i>Kali bichromicum</i>	Bichromate of potash	<i>Kali bi.</i>
38 <i>Kali chloricum</i>	Chlorate of potash	<i>Kali chlo.</i>
39 <i>Kali iodidum</i>	{ Iodide of potassium. } { Iodide of potash..... } <i>Kali iod.</i>
40 <i>Koosso</i>	<i>Koosso</i>	<i>Koosso.</i>
41 <i>Lachesis</i>	Snake virus	<i>Lach.</i>
42 <i>Lycopodium</i>	Club moss	<i>Lyc.</i>
43 <i>Magnesia carbonica</i>	Carbonate of Magnesia	<i>Mag. carb.</i>
44 <i>Mercurius vivus</i> (or sol)..	{ Quicksilver. } { Mercury }	{ <i>Merc. sol.</i> <i>Merc. viv.</i>
45 <i>Mercurius corrosivus</i>	Corrosive sublimate	<i>Merc. cor.</i>
46 <i>Mercurius iodatus</i>	{ Protoiodide of mercury } { Iodide of mercury..... } <i>Merc. iod.</i>
47 <i>Natrum muriaticum</i>	Chloride of sodium	<i>Nat. mur.</i>
48 <i>Nux vomica</i>	Poison nut..	<i>Nux. v.</i>
49 Nitric acid	Nitric acid	<i>Acid nit.</i>
50 <i>Opium</i>	Poppy	<i>Opi.</i>
51 <i>Phosphorus</i>	Phosphorus	<i>Phos.</i>
52 <i>Phosphoric acid</i>	Phos. acid	<i>Phos. ac.</i>
53 <i>Phytolacca</i>	Poke root	<i>Phy.</i>
54 <i>Podophyllum</i>	Mandrake	<i>Podo.</i>
55 <i>Pulsatilla</i>	Wind flower	<i>Puls.</i>
56 <i>Rhus toxicodendron</i>	Poison oak	<i>Rhus tox.</i>
57 <i>Sabina</i>	Savin	<i>Sabi.</i>
58 <i>Santonine</i>	Worm seed	<i>Sant.</i>
59 <i>Secale cornutum</i>	Spurred rye	<i>Sec. cor.</i>
60 <i>Sepia</i>	Cuttle fish	<i>Sep.</i>
61 <i>Silicea</i> ..	Silicic acid	<i>Sil.</i>
62 <i>Spongia</i>	Burned sponge	<i>Spong.</i>
63 <i>Staphysagria</i>	Stavesacre	<i>Staph.</i>
64 <i>Stramonium</i>	Thorn apple	<i>Stram.</i>
65 <i>Sulphur</i>	Flours of sulphur	<i>Sulph.</i>
66 <i>Thuja occidentalis</i>	Arbor vitæ	<i>Thu.</i>
67 Tartar emetic	Tartarized antimony	<i>Tart. em.</i>
68 <i>Veratrum album</i>	White hellebore	<i>Verat. alb.</i>
69 <i>Veratrum viride</i>	American hellebore	<i>Verat. vir.</i>
70 <i>Viburnum prunifolium</i> ..	Black haw	<i>Vibur. pru.</i>
71 <i>Viburnum opulus</i>	Snowball	<i>Vib. op.</i>
72 Chloroform	<i>For inhalation.</i>
73 <i>Calendula</i>	} <i>For external use.</i>
74 <i>Tr. Cantharides</i>	
75 <i>Arnica lotion</i>	
76 <i>Vaseline, or Petroline</i>	

ACONITE. (*Wolfsbane.*)

This remedy is most useful in diseases of an inflammatory character, where there is a full, rapid, hard pulse. It has been usually thought by the people that *Aconite* is mainly useful in fevers, but often other remedies are more indicated in fevers, while in active inflammation we may say it is always indicated. True, it is often indicated in fevers, but this is not uniformly so. It is, however, usually indicated in fevers where an inflammatory condition causes the fever, as in gastric fever, and in those feverish conditions arising from sudden cold. Sudden fever or inflammations, then, demand *Aconite* as a rule.

Fear, and those nervous conditions caused from fright, call for *Aconite*.

Head.—The patient is dizzy. When erect, the head swims around. Face pale.

Eyes.—Acute inflammation of the lids.

Mouth.—Tongue coated white. Tingling in the lips and tongue.

Stomach.—Bitter, bilious vomiting; tenderness at the pit of the stomach. Indigestion with fever.

Bowels.—Inflammation of the bowels. Sudden attacks of diarrhoea, with with fever.

Sexual Organs.—Acute inflammation of any of the parts. Suppression of the menses, from fright. Suppression of the lochia. Inflammation of the breasts, with fever. Skin hot and dry.

Chest.—Acute attacks of pleurisy, or inflammation of the lungs. Sudden attacks of croup. Stitches in the side. Vomiting of blood.

Skin.—Dry, hot skin. Over-sensitiveness of the skin to the touch, in any part of the body.

Extremities.—Numbness and tingling feelings, with feverish symptoms.

ANTIMONIUM CRUDUM, (*Crude Antimony*,)

Acts especially on the mucous membranes. Either the bronchial or intestinal membranes, if loaded with mucus, are especially benefited by this remedy; and if the irritation is in the nose, eyes, throat, lungs, stomach, bowels, or bladder, and there is a large secretion of thick mucus, we may also expect benefit from the use of this remedy.

Digestive Organs.—Thick, white coat on the tongue, nausea and vomiting, decayed teeth worse at night; sores in the nose and corners of the mouth. Mucous diarrhoea.

Chest.—Cough, with much tough, thick mucus.

Skin.—Corns, warts, etc. Hard, rough skin in old people.

APIS MELLIFICA. (*Poison of the Honey-bee*.)

Head.—Weariness, torpid condition of the brain; much restlessness.

Eyes.—Sties on the lids. Swelling of the lids, with stinging pain.

Urinary Organs.—Urine scanty, with stinging pains.

Generative Organs.—Stinging pains in the ovaries, with or without enlargement.

Chest.—Water in the chest.

General System.—Dropsy after scarlet fever. Skin almost transparent.

ARNICA MONTANA. (*Leopard's bane*.)

Indicated internally and externally in about all external injuries, when there is pain, tenderness, swelling, or heat. (Use the dilutions made from the *Tr.* of the root.)

Head.—Heat of head, while the body is cool; great anxiety of mind.

Nose.—Inflammation of the nose from an injury. Nose-bleed.

Abdomen.—Pain and soreness after labor, or after a fall or other injury.

ARSENICUM ALBUM.

A very useful remedy in congestive conditions of any part of the body. Indicated also in general weakness, with chronic cough or loss of appetite. Thirst is a prominent indication for *Arsenicum*, especially if the patient drinks little, but often. This remedy is also very valuable in intermittent fevers, or any disease showing a periodicity in its attacks or aggravations. Nausea, with chilliness and alternating flashes of heat, is usually relieved by *Arsenicum*.

Head.—Periodical headache. Headache with nausea.

Face.—Puffiness of the face. Dropsical conditions.

Mouth.—Tongue white, mouth dry, with nausea and feverish symptoms.

Stomach.—Nausea with thirst. Congestion of the stomach, with coldness of the surface of the body.

Abdomen.—Dropsy of the abdomen. Diarrhœa during the prevalence of intermittent fever. Stools dark and watery. Burning in the rectum after stools.

Chest.—Severe chronic cough, with nausea. Sputa streaked with blood. Typhoid pneumonia.

Skin.—Skin dry and hot, with chilliness at times.

Extremities.—Cold feet and hands, with much headache.

General Symptoms.—Dropsy with weakness. Urine scanty.

Feels better in a warm room. Irregular pulse.

ARSENICUM IODATUM. (*Iodide of Arsenic.*)

The *Iodide of Arsenic* is similar in its range of action to *Ars. alb.*, but is especially indicated where there is present glandular enlargements or a scrofulous taint, together with the ordinary symptoms indicating *Ars.*

BAPTISIA. (*Wild Indigo.*)

This remedy is indicated in many cases of a typhoid character, where there is great prostration, exhaustion of the vital forces, especially those of the nervous system.

Head.—Delirium, wants to run away. Dullness of the mental faculties. Falls asleep when talking.

Digestive Organs.—Tongue dry, brown, or fissured. Ulcerated condition of the mouth. Can swallow no hard substances. Diarrhœa, with colicky pains in the abdomen before and during stool. A very useful remedy in dysentery, where there is great prostration.

BELLADONNA. (*Deadly Nightshade.*)

Belladonna is extensively used because of its effects upon the nervous system, and through it upon all parts of the body.

Head.—Almost all diseases of the brain are benefited by *Bell.* Where there is congestion of the brain, inflammation of the brain itself, or the membranes of the brain, *Bell.* is useful. Spasms of teething children, and the spasms in the throat from whooping-cough (which are due to irritable nervous condition), are cured in most cases with *Bell.* Wild delirium; the pupils of the eyes dilated. Stupid, insensible condition, with a flushed face, calls for *Bell.* Violent, throbbing headache, especially in the forehead. Neuralgia of the right side of the head, etc.

Eyes.—Pupils dilated. Inflammation of the eye.

Digestive Organs.—Tonsils red and swollen; throat sore, with fever. Spasmodic conditions of the throat. Tongue red, dry, and cracked. Tenderness of the abdomen.

Urinary Organs.—Tenderness over the kidneys, pain in the bladder. Sore pain while passing urine.

Uterine Organs.—Bearing-down pains. Inflammation of the breasts, womb, or ovaries. Hardness of the breasts. (Used locally also.)

Chest.—Takes cold easily. Dry, spasmodic cough. Whooping-cough. Asthma, etc.

Skin.—Erysipelas, with smooth, shiny skin Scarlet fever.
Scarlet rash. Inflammations of the skin, which go
and come suddenly.

GENERAL REMARKS—*Belladonna* in 1^x dilution, five drops, three times a day, is a very useful remedy to prevent Scarlet Fever. I have found it almost uniformly successful in preventing scarlet fever when used in low dilution, but not so much so when used high. Locally *Bell. Ointment* is useful in inflammation of the breasts in nursing women, and is useful applied to the breasts when we desire to dry up the milk. Also, useful applied to the cervix uteri in confinement, when there is rigidity of the mouth of the womb, and want of dilatation of the os.

BRYONIA. (*White Bryonia*.)

Affects particularly the serous membranes (like the lining of the chest, the abdomen, joints, etc.).

Head.—Excessively severe headache, which is somewhat relieved by pressure. Bleeding of the nose when the menses should appear.

Digestive Organs.—Shooting pains in the teeth. Every thing tastes bitter. Tongue coated brown or yellow. Lips dry and cracked. Vomiting after eating. Diarrhoea from a draft of cold air, or coming on as soon as one rises in the morning. Dropsy of the abdomen. Peritonitis, constipation. Dysentery with straining.

Chest.—Stitching pains in the chest. Pneumonia, complicated with pleurisy. Cough with vomiting.

Joints.—Inflammation in the joints with darting pains, worse on motion. Rheumatic affections, worse on motion.

CALCARIA CARBONICA. (*Carbonate of Lime*.)

Especially useful in very fleshy people, with light hair, and light complexion. Scrofulous conditions, and in those people of scrofulous predisposition.

Head.—Large head in infants ; openings of the bones of the head not closed. Headache, and much dandruff on the scalp.

Generative Organs.—Menses too profuse, the least excitement brings them on. Profuse leucorrhœa. Breasts large, but milk scanty.

Chest.—Chronic hoarseness. Cough, with rattling of mucus in the lungs. Dry, tickling cough.

Skin.—Very sensitive to cold. Over-sensitive condition of the skin.

CAMPORA. (*Spirits of Camphor.*)

A useful remedy in cramps of the limbs or stomach, with coldness of the surface of the body ; prostration, etc.

Head.—Pain in the back of the head. Patient is stupid ; faintness, etc.

Digestive Organs.—Burning heat in the stomach ; involuntary stools. Cramps in the stomach.

Urinary Organs.—Inability to urinate. Dark red urine.

Chest.—Asthmatic conditions. Spasmodic cough.

Generative Organs.—Impotence, with coldness and weakness of the organs. Dysmenorrhœa, or painful menstruation.

Skin.—Skin cold, with great weakness. Useful in suppressed eruptions of the skin.

CANNABIS INDICA. (*Indian Hemp.*)

Cannabis ind. has a strengthening effect upon the genital organs. Useful in the general weakness following after protracted debauch of drunkards. Especially useful in gonorrhœa, and also in common, non-specific inflammation of the kidneys, bladder, and urethra.

Urinary Organs.—Milky discharge from the water passage, with pain in urinating. Has to pass urine very often. Pain in the bladder and kidneys.

CARBO VEGETABILIS. (*Vegetable Charcoal.*)

Very useful in correcting foul collections in the stomach and bowels. Great amount of wind in the bowels, etc.

Digestive Organs.—Gums bleed easily. Belching of sour, rancid food. Distress in the stomach. Tendency to diarrhoea, with pain in the bowels. Tendency to piles. Bloating of the abdomen, with bad taste in the mouth.

CAUSTICUM. (*Quicklime.*)

Adapted to scrofulous people, with a sallow skin.

Head.—Melancholy. Always gloomy and looking on the dark side of any thing.

Digestive Organs.—Burning in the stomach. Pain is relieved by lying down. Constipation. Fissures of the anus. Piles.

Urinary Organs.—Involuntary passage of urine, while coughing. Difficult and painful urination.

Respiratory Organs.—Chronic hoarseness. Weakness of the voice from over-exertion. Cough with involuntary urination.

CHAMOMILLA. (*Chamomile.*)

Head.—Always out of humor. Fretfulness in children. Sweating of the scalp, and face.

Digestive Organs.—Severe colic in children. Colic with diarrhoea. Abdomen distended with wind. Tongue yellow, bitter taste, vomiting, with colic. Stools are acrid, watery, and green. Very offensive stool, with colic. This remedy is especially useful for children.

CHINA. (*Peruvian bark.*)

Tonic to the nervous system in homeopathic doses, useful in intermittents. Especially useful where the system is exhausted from loss of blood, diarrhoea, or dysentery, or in

any lingering severe illness, with exhaustion of nerve strength. Also indicated in all diseases when the patient is worse periodically each day, every other day, or every three days, etc.

Head.—Congestive headache. Roaring, hissing noises in the ears. Sleeplessness at night. Despondency. Deafness. Intermittent neuralgia of the face.

Digestive Organs.—Thick yellow coat on the tongue. Bitter taste in the mouth. Acidity of the stomach. Distension of the abdomen from wind. Diarrhœa, with watery and undigested food in the stools. Torpidity of the liver. Congestion of the spleen or bowels. Very useful for gall stones in the liver. Swollen, tender liver.

Urinary Organs.—Urine scant and yellow, brick-dust deposit in the urine.

Sexual Organs.—Weakness of the parts. Nocturnal emissions. Menses too profuse. Hemorrhage after labor or miscarriage.

Skin.—Skin hot and dry, followed by profuse perspiration.

Fever.—Intermittent fever. Ague, chills and fever; to be used when there is no fever. (*Gelsem.* in the fever stage.) *China* is not indicated in these cases unless there is perspiration following the fever. Periodical diseases generally.

GENERAL REMARKS.—This remedy is very useful in periodical neuralgia and should not be forgotten in dysentery, when the patient is worse every other day, or at a certain hour each day.

CIMICIFUGA RACEMOSA—MACROTINE. (*Black cohosh.*)

(*Macrotine* is made from *Cimicifuga*.)

This remedy acts especially upon the generative organs of women, particularly the ovaries, *Macrotine* being one of the most useful remedies in delayed or suppressed menstru-

ation, and *Cimicifuga* being often curative for ovarian pains of a sharp neuralgic character.

Head.—Sleeplessness. Dilated pupils. Over-fullness of the head. Severe pain of the whole head.

Generative Organs.—Rheumatic pains in hysterical women. Sympathetic pains from uterine disease. Sometimes useful in painful menstruation. Pains in the ovaries.

Digestive Organs.—Nausea and vomiting from uterine disease.

CINA—SANTONINE. (*Worm-seed.*)

This is a remedy of great use in worm affections. When given low, it destroys the long round worms in the stomach and bowels. It will not, however, destroy the tape-worm, but will relieve many symptoms caused by it. It is also useful in the small pin or thread worm affecting the rectum.

GENERAL SYMPTOMS.—Constantly picking the nose. Frequent swallowing like something was in the throat. Distended abdomen, ravenous hunger at times and again can not eat. Grinding of the teeth. Colic in the region of the navel. Worms in the stools. The child or person is disposed to be fretful and have an irritable temper. The child is stupid, one cheek is red the other pale, the lips look blue. The child is stupid, with some fever at times, abdomen bloated, etc.

COCCULUS INDICUS. (*Indian Cockle.*)

Especially useful in nervous women who have uterine weakness or disease. Painful menstruation, hemorrhoids, uterine hemorrhage, profuse menstruation with piles, accompanied with great prostration of strength.

Head.—Violent headache. Noise excites vomiting. Irritable mood. Trembling of the limbs. Vertigo. Useful in sick headache.

Digestive Organs.—Burning in the stomach and throat. Nausea with vertigo. Useful in seasickness. Nausea from riding. Hard stools, alternating with diarrhoea.

Sexual Organs.—Profuse menstruation. Uterine hemorrhage. Menstrual colic. Irregular labor pains. Cramps in pregnant women.

COFFEA.—(*Crude Coffee.*)

Valuable in nervous affections. Extreme wakefulness. An over-sensitive condition.

Head.—Severe boring pain in the head.

Digestive Organs.—Loss of taste. Sour eructations. Dryness of the mouth.

Generative Organs.—Menstruation profuse, with painful sensitiveness of the parts. Itching of the organs. Excessive sexual desire.

Chest.—Severe cough, with weakness. Dry, hacking cough. Tightness of the chest. Asthmatic affections.

COLCHICUM. (*Meadow Saffron.*)

GOUTY AND RHEUMATIC AFFECTIONS.—This remedy is particularly beneficial in *gout*, both acute and chronic; and in chronic rheumatism. Urine dark and scanty. Give in 1^x dilution or in mother tincture till it affects the bowels.

COLOCYNTHIS. (*Bitter Cucumber.*)

Digestive Organs.—Colicky pains in the abdomen near the navel; pains are sharp, twisting, or cutting, often coming on in paroxysms. Tenderness of the abdomen, with severe colic. Bitter taste in the mouth.

GENERAL REMARKS.—Severe pain in the sciatic nerve. Sharp, darting, cutting pains in the hip, and down the thigh. Effects of cold. Acute rheumatic pains from cold.

CONIUM. (*Hemlock.*)

This remedy is mostly indicated for the relief of the sharp, darting pains in cancerous affections. These pains come mainly at night.

Breasts.—This remedy, it is said, will reduce the size of the breasts, given in low attenuation; and will increase their size when given in higher attenuation.

CROCUS SATIVUS. (*Saffron.*)

This remedy affects the uterus mainly.

Head.—Depression of spirits, caused from uterine ailments. Hysterical symptoms, like crying and laughing in succession.

Generative Organs.—Flooding, worse on motion. Profuse menstruation. Painful menstruation, with clots of blood, and accompanied with nausea.

CUBEBS.

Especially affects the mucous membranes of the urinary organs, lungs, and throat.

Chest.—Tickling cough; sharp, dry cough; throat burns and smarts.

Urinary Organs.—Painful passage of urine. Frequent urging to urinate, with burning pain in the water passage. White, milky discharge from the water passage.

DIGITALIS PURPUREA. (*Purple Foxglove.*)

Useful in diseases of the heart, and in dropsical conditions. This is one of the best remedies for spermatorrhœa.

Heart.—The heart beats rapidly, and then stops beating. Palpitation of the heart, with faintness and difficulty of breathing. (1^x or 2^x dilution.)

Dropsy.—In general dropsy from weakness of the heart, or from scarlet fever, the 3^x dilution is sufficient, repeated every three hours.

Sexual Organs.—This remedy allays irritation of the testicles and ovaries, thus stopping a tendency to undue sexual excitement. Five drops of the *Tr.* may be taken, for this object, at bed-time. Nocturnal emissions are arrested by this remedy.

DULCAMARA. (*Bitter Sweet.*)

Useful in catarrhal and rheumatic affections arising from cold, damp weather.

Digestive Organs.—Dysentery and diarrhoea caused from cold.

Chest.—Severe cough, with tough phlegm. Oppression of the chest.

Skin.—Nettle rash, with itching. Asthmatic breathing, following the disappearance of a rash on the skin. Tetters, with oozing of a watery fluid. Symptoms always aggravated by cool weather.

FERRUM. (*Iron.*)

Weakness of the entire body, with pale face. Useful after debilitating diseases. Use the 2d attenuation, a dose every four hours.

GELSEMINUM. (*Yellow Jessamine.*)

This remedy acts upon the nervous system, is useful in hysteria, and in intermittents.

Head.—Confused ideas. Depression of spirits. Can not go to sleep on account of thinking.

Sexual Organs.—Ten drops of the *Tr.* will be found useful, at one dose, for sudden hysterical spasms. Involuntary emissions of semen.

Fever.—This remedy is very useful in ague and intermittent fever. There is shivering and chattering of the teeth. Fever without thirst is an indication for *Gelseminum*.

A tendency to paralysis after *spotted fever*, or inflammation of the brain, indicates the use of this remedy, in low attenuation. Impotence, following fevers or sexual excesses, with great weakness.

Electricity antidotes an overdose of this remedy. Always recollect this remedy when suffering from malarious influences. Diseases of prostration, where there is an intermittent tendency; also in congestive conditions. Fever, where there is little or no sweating after the fever.

GLONOINE. (*Nitro-glycerine.*)

We have found, by experience, that this is an efficient remedy for *seasickness*. Use pellets of the 3^x attenuation, giving ten pellets to an adult, and repeat in half an hour if the symptoms are not relieved; often we found one dose was sufficient. We have proven the efficacy of this remedy in five ocean voyages, not only with ourselves and family, but with others, and we never saw it fail to give prompt relief.

Head.—Terrible fullness of the head, as if it would burst.

A very useful remedy in partial sun-stroke. Useful in threatened spasms of children, and in convulsions of women when in labor. A good remedy in sick headache.

Stomach.—Nausea and vomiting, with severe headache and a flushed face. Nausea and dizziness, from swinging or riding on a railroad train.

GRAPHITES. (*Plumbago.*)

This remedy acts upon the skin, digestive organs, and female genital organs. Adapted to fleshy women.

Head.—Burning pain on the top of the head. Roaring in the ears, with women having female complaints.

Digestive Organs.—Sour vomiting. Bad taste in the mouth. Breath like rotten eggs. Useful also in constipation in women.

- Sexual Organs.**—Scant menstruation, with profuse leucorrhœa. Tenderness of the ovaries. Inflammation of the breasts, and ulcerated nipples. (May also be used locally as an ointment for cracks in the nipples.) Morning sickness, not caused by pregnancy.
- Skin.**—Slight wounds, which are hard to heal. Ulcerating eruptions of the skin. Burning of the soles of the feet.

HEPAR SULPHUR. (*Sulphuret of Lime.*)

Useful in scrofulous patients. Especially affects the glandular system, skin, and mucous membrane of the lungs and bronchial tubes. Slight abrasions of the skin ulcerate.

Chest.—Useful in croup caused from cold. Hoarse cough. Chronic bronchial irritation. Tendency to ulceration in the throat and bronchial tubes. Cough aggravated by cold air.

Head Symptoms.—Falling out of the hair. Pustules and ulcers on the scalp.

Digestive Organs.—Chronic swelling of the tonsils, with ulceration. Swelling of the salivary glands.

GENERAL REMARKS.—*Hepar sulph.* is useful in dropsy, following scarlet fever, and is especially indicated where we feel convinced that the patient has taken too much mercury. This remedy is always useful in ulcerated conditions, in any part of the system.

HYOSCYAMUS. (*Henbane.*)

This remedy is especially useful in nervous women and children. Moody disposition. Ladies who are very gay, or very sad—much inclined to weep for trifles. Objects in the room look too large. Pupils of the eyes dilated. Tendency to immodesty.

Digestive Organs.—Fullness of the stomach from eating a little food in hysterical women. Dryness of the

throat. Feeling of a ball in the throat. Difficulty of swallowing from nervousness. Watery, painless diarrhoea.

Sexual Organs.—Excessive sexual desire. Hysterical spasms with sexual excitement. At the menstrual period has diarrhoea. Sensitive condition of the genital organs.

Chest.—Spasmodic cough; increased by lying down.

IGNATIA. (*St. Ignatius' bean.*)

This remedy corresponds somewhat to *Nux v.* Useful in exhausted conditions of the system.

Head.—Can not sleep on account of excessive fatigue. Headache from exhaustion. Frequent sighs. Irritable temper when weary. Silent grief from disappointed affection. Nervous headache from weakness, or excessive mental labor.

Digestive Organs.—Severe toothache of long standing. Soreness of all the teeth. Pain in the stomach with weakness and loss of sleep. Prolapse of the rectum. Bleeding piles. Pain in the rectum.

Urinary Organs.—Urine very free, but of a pale color. Impotence, with sexual desire.

GENERAL REMARKS.—Useful in St. Vitus' Dance (called Chorea). Spasmodic twitching of the muscles. Spasms in children from fright.

IODIUM. (*Iodine.*)

This remedy acts upon the glands and skin especially, and is consequently an excellent remedy to purify the blood.

GENERAL REMARKS.—In enlargement of the glands especially, enlargement of the thyroid (called goitre), this is probably the best known remedy. Scrofulous and consumptive people are usually good subjects for the favorable action of this remedy. It is one of the best remedies in sterility. We have more confidence in its virtues for the relief of sterility than in those of any other remedy. Also useful in

amenorrhœa, loss of menstruation where there is a general torpid condition of the system, no appetite, bowels constipated, urine scanty, etc.

Generative Organs.—Dwindling and shrinking of the breasts or testicles. Impotency in men, and sterility in women. Excessive menstruation with weakness. Scant menstruation with bilious condition.

Digestive Organs.—Salty taste in the mouth. Bad digestion. Food does not seem to build up the system. Bloated abdomen, and tendency to consumption of the bowels. Diarrhœa with bloated abdomen.

This remedy is often used in the form of *Ars. iod.*, *Merc. iod.*, *Kali iod.*, etc.

IPECACUANHA. (*Ipecac.*)

Ipecac acts especially upon the stomach and skin, but has some action upon the mucous membranes of the bowels and lungs.

Digestive Organs.—Nausea and vomiting. Stools watery and frequent without much pain. White coated tongue.

Chest.—Dry hard cough. Suffocative feeling. Cough with nausea and vomiting. Asthma with dry hacking cough.

Skin.—Skin hot and dry, with vomiting. Ipecac is indicated in intermittent fever, where nausea or vomiting occurs at the commencement of the chill or during the fever.

KALI BICHROMICUM. (*Bichromate of Potash.*)

This remedy acts upon the glandular system, the skin, and mucous membrane of the lungs. Useful in scrofulous or syphilitic diseases, and in catarrhal conditions generally, especially when there is a scrofulous taint in the blood, and may be of great service in some cases of this kind, where there is no blood contamination.

Respiratory Organs.—Cough with tough mucous expectoration. Croupy cough, worse in the morning. Chronic

inflammation of the throat, with hoarse voice. A good remedy in membranous croup, chronic catarrh, and bronchitis. Tendency to ulceration or the development of false membrane in the throat.

Digestive Organs.—Tongue has a thick yellow coat. Catarrh of the stomach. Chronic ulceration of the bowels. Bloody stools from ulceration.

Generative Organs.—Yellow, stringy leucorrhœa. Menses too frequent. Loss of strength.

GENERAL REMARKS.—This remedy is useful also in syphilitic or gonorrhœal rheumatism, catarrhal ophthalmia, and in pustular diseases of the skin.

KALI CHLORICUM. (*Chlorate of Potash.*)

A very useful remedy in inflammation of the throat, stomach, and bowels; and is an efficient to relieve blood-poison, and to prevent blood-poisoning when violent diseases, like scarlet fever, spotted fever, or diphtheria are prevailing. (This is called an antiseptic property of the remedy.)

We use the remedy in 1^x trit., in these diseases, giving a dose every four hours for its antiseptic virtues, knowing that it is at the same time healing to the mucous membranes, and an aid in the oxygenization of the blood.

LOCAL USES.—From five to ten grains to the ounce of water may be used as a gargle in sore throat, to cleanse the nose in catarrh, or the vagina in cases of excoriating leucorrhœa. The wash may be repeated every six hours, as a rule.

Stomach and Bowels.—For acidity of the stomach, nausea, belching of wind, and for wind in the bowels, with or without diarrhœa; and, also, in cases of dysentery and flux, this is a very useful remedy.

KALI IODIDUM. (*Iodide of Potash.*)

This remedy is useful in rheumatism, secondary and tertiary syphilis. Especially useful after mercury.

Digestive Organs.—Mucus patches in the mouth; tender, inflamed gums. Swelling of the tongue.

Skin.—Syphilitic eruptions, ulcerations, or warty growths. The smooth, shiny, yellowish patches on the skin are indications for the use of this remedy.

Bone Pains.—Especially affecting the skin and nose; inflammation of the periosteum; caries, or necrosis of the bones, after having had syphilis. Decay of the bones of the nose and palate.

Joints and Muscles.—Chronic rheumatic conditions, which do not yield to ordinary treatment.

Koosso.

This plant, which grows in Abyssinia, has extraordinary virtues in expelling the tape-worm from the bowels. It seems to poison the worm without seriously affecting the patient. (See treatment of tape-worm.)

LACHESIS. (*Snake virus.*)

Head.—Great distress after sleeping.

Digestive Organs.—Throat swollen, both outside and in. Pain from swallowing. Hemorrhage from the bowels in typhoid fever. Pulsating pain at the anus. Fissures of the anus. Urging to stool, but no evacuation.

Urine.—Dark urine. Frothy urine.

Generative Organs.—Uterine hemorrhage at the change of life. Tenderness of the uterus at this period. Pain in the ovaries. Tendency to faint.

Respiratory Organs.—Spasms of the larynx; pressure on the throat causes cough. Cough worse in the evening.

LYCOPodium. (*Club Moss.*)

For constipation and lithic acid gravel this remedy has no equal. Unless the patient is constipated, *Lycopodium* is seldom, if ever, indicated.

Digestive Organs.—Wind in the bowels with constipation. Cutting pains in the abdomen with constipation. Slow digestion, acidity of the stomach.

Urinary Organs.—Red sand in the urine. Pain in the back before the discharge of urine.

Respiratory Organs.—This remedy is very useful in all lung diseases, where constipation of the bowels complicates the case.

Female Organs.—Dryness of the vagina. Profuse leucorrhœa; bleeding and sore nipples.

Skin.—Chronic skin diseases. Chronic eruptions and ulcerations of the skin.

MAGNESIA CARBONICA. (*Carbonate of Magnesia.*)

Digestive Organs.—Sour vomiting. Green, slimy stools. Watery, sour stools. Colic, relieved by stool. Acidity of the stomach in pregnancy.

MERCURIUS. VIVUS, OR SOL.

Especially useful in acute tonsillitis, and sudden attacks of sore throat.

Special Indications.

Throat and Chest.—Sticking pains in the throat. Tickling in the throat. Dry, racking cough.

Digestive Organs.—Teeth sore and loose. The tooth feels too long. Gums bleed easily. Saltish taste in the mouth. Moist tongue, with great thirst. Swelling of the tongue. Swelling of the salivary glands. Grayish ulcers on the lips. Ulceration of the tonsils. Very useful in arresting a tendency to gathering in the tonsils when they are inflamed and swollen. Tenderness at the pit of the stomach. Colic, relieved by bloody stool. Dark brown or yellow stool. A useful remedy for round worms in the stomach or bowels. Abdomen distended with wind. Torpid liver, with bilious vomiting.

Sexual Organs.—Burning, corroding leucorrhœa. Swelling of the labia. Pain in the breasts at each menstrual period.

Urinary Organs.—Urine scanty. Suppression of urine.

Skin.—Scratches of the skin incline to ulcerate. Watery pimples on the skin. Yellowish, chronic eruptions on the skin.

MERCURIUS CORROSIVUS. (*Corrosive Sublimate.*)

Use the 3^x attenuation. This remedy may be given for many of the same conditions as *Merc. sol.* But the *Merc. cor.* is adapted to the secondary and tertiary syphilitic manifestations more particularly. Syphilitic eruptions of the skin, and in case of mucous patches in the mouth; tenderness of the bones. Useful in watery diarrhœa. Stools light, or light yellow.

MERCURIUS IODATUS.

(*Protoiodide of Mercury—Iodide of Mercury.*)

This remedy takes preference when our patient has torpid glandular action, and a tendency to scrofulous or tubercular disease. It must never be given in alternation with *Kali iodide*, as the mercury would be set free, and the biniodide of mercury would be formed.

Useful in consumption of the bowels. Deep bone pains. Excessively prostrated feeling, worse from heat. This is one of the best remedies in enlargement of the tonsils, cervical glands, or liver.

Head.—Dull, stupefying headache. Dizziness when riding, or rising from a chair. Pain in the top of the head. Chronic catarrh, or ulceration of the nose.

Digestive Organs.—Tongue coated yellow. Teeth feel too long. False membranes in the throat. Enlargement of the liver. Pain and tenderness of the liver (*Acon.*). Copious stools.

Urinary Organs.—Urine dark red. Testicles enlarged and painful. May be given after *Puls.* or *Acon.* in such cases.

Limbs.—Syphilitic eruptions on the skin.

NATRUM MURIATICUM. (*Chloride of Sodium.*)

Useful in some chronic cases of ague, where the chill is marked with little fever following the chill. For some reason this remedy has proven most efficient used in the 30^x attenuation.

NITRIC ACID.

We use this in the 3^x attenuation. Especially useful in secondary and tertiary syphilis. The most useful remedy to antidote the excessive use of mercury.

Digestive Organs.—Profuse flow of saliva. Spreading ulcers in the mouth. Nausea, relieved by riding. Nausea, from eating fat food. Severe pain in the abdomen, during stool. Fissures of the rectum. Smarting pain in the rectum. Prolapse of the bowel.

Urinary Organs.—The urine is very offensive. Bloody urine.

Generative Organs of Women.—Bad-smelling menstrual discharge. Violent bearing-down pains. Leucorrhœa, where there is a syphilitic taint. Offensive leucorrhœa. Hard spots in the breasts.

Eyes.—Eyelids swollen; copious yellow discharge from the eyes.

OPIUM. (*Poppy.*)

(3^x attenuation.)

Characteristic Symptoms.

Head.—Extreme drowsiness; stertorous breathing. Pupils of the eyes contracted. Sleepy, but can not go to sleep. Delirious talking. Unrefreshing sleep. Body cold. Pulse slow and weak. (Be sure these symptoms are caused from disease, and not from large doses of opium.)

Digestive Organs.—Constipation. Colic, with bearing-down pains.

Kidneys.—Retention of urine.

Respiratory Organs.—Spasmodic, dry cough, especially at night.

Genital Organs.—Dysmenorrhœa. Spasmodic, irregular labor pains. Spermatorrhœa. Excessive sexual excitement.

PHOSPHORUS.

Useful in exhaustion of the nerve force, especially from severe brain labor.

Head.—Sleepy after meals. Excessive timidity. Pain on one side of the head.

Digestive Organs.—Tongue dry, cracked, etc. Great thirst and dryness of the mouth. Food rises into the mouth after eating. Stools long, hard, and tenacious. Constipation.

Urinary Organs.—Albumen in urine. Thick, scanty urine.

Sexual Organs.—Nymphomania, and spermatorrhœa. Impotence from sexual excesses. Profuse menstruation, with sexual excitement. Acrid leucorrhœa.

Chest.—Loss of voice. Pain in the larynx. Hoarseness. Tightness of the chest. Oppression for breath. Dry tickling cough. Cough worse coming from a warm room into the cold. Coughing up blood. Chronic bronchitis.

GENERAL REMARKS.—Cold feet and legs. Useful in some cases of paralysis. Paralysis coming on after brain disease.

PHOSPHORIC ACID.

The 3^x dilution of this remedy may be used for about the same conditions as have been mentioned in connection with *Phos*.

PHYTOLACCA. (*Poke Root*.)

This remedy is particularly beneficial in restraining the development of cancer. Also useful in scrofulous conditions

of the general system. Some physicians claim to have cured cancer with this remedy. It is also useful in some chronic rheumatic affections, worse in damp weather. Chronic enlargement of the glands is also benefited by this remedy. Use 1^x or 2^x attenuation, three grs. every three hours.

PODOPHYLLUM. (*Mandrake.*)

Principally affects the liver and bowels. Diarrhœa with severe cholic. Pain during stool. Vomiting, with severe cramps in the stomach. Gall stones in the liver. Bilious colic. Bilious condition, with vomiting and constipation. An excellent remedy in piles and prolapse of the rectum. 1^x to 3^x attenuation, according to the age of the patient. Use the 3^x for children.

PULSATILLA. (*Wind Flower.*)

(2^x or 3^x Attenuation.)

Pulsatilla acts upon the ovaries, uterus, mucous membranes, and skin.

Head.—Headache from menstrual inactivity. Disposition to weep. Headache with slight derangement of digestion in women. Sties on the lids of the eyes. Weak eyes in women or girls. Catarrh of the nose. Inflammation of the ears, with discharge of matter.

Digestive Organs.—White or yellow coat on the tongue. Toothache relieved by cold. Indigestion in women with scant menstruation. Sour, bitter vomiting at the menstrual period. Dysenteric stools, with chilliness, in women. Stools of mucus, streaked with blood.

Urinary Organs.—Involuntary discharge of urine. Constant desire to urinate in women. Urine scanty. Pain in the bladder after urinating.

Generative Organs of Women.—Delayed menstruation in girls. Painful and scanty menstruation. Fleshy

light complexioned women with scant or delayed menstruation. Irregular weak labor pains. Leucorrhœa, with scant or suppressed menstruation. Breasts tender and swollen. Pains in the ovaries and hips.

In Men. Inflammation of the testicle, caused from cold, or gonorrhœa.

Chest.—Oppression in breathing and asthmatic breathing when there is irregular, or suppressed menstruation. Loose cough in the day, but dry at night.

Skin.—Very useful in suppressed eruptions of the skin; also in vesicular eruptions, generally in women.

Fever.—Feverish conditions, with chilliness in women with suppressed menstruation. Chilliness in warm weather.

GENERAL REMARKS.—Especially useful in women with blue eyes and light hair. Changeable mood. Inclined to nervous symptoms. Inclined to magnify her sufferings. Craves sympathy. Tearful, yielding disposition. Can not bear much warmth.

RHUS TOXICODENDRON. (*Poison Oak.*)

Useful in typhoid conditions, rheumatism, and some skin affections.

Head.—Headache, relieved by motion. Dropsy of the eyelids. Irritable temper.

Digestive Organs.—Bad taste in the mouth. Pains in the abdomen before stools. Straining at stool. Diarrhœa in typhoid fever.

Kidneys.—White sediment in the urine. Bloody urine in typhoid cases.

Generative Organs.—Itching and burning of the privates; watery pimples inside the labia. Typhoid condition after labor.

Skin.—Vesicles on the skin. Watery blisters. Vesicles itch severely.

Fever.—Rheumatic fever from cold; joints relieved by motion. Rheumatic pains in any part, relieved by motion. Typhoid fever, with lameness.

GENERAL REMARKS.—Rheumatism, relieved by moving; (increased by moving, *Bry.*)

SABINA. (*Savin.*)

Useful in preventing threatened abortion. Uterine hemorrhage, and is curative in warty growths about the genitals after syphilis.

Head.—Irritable temper. Can not bear to hear music.

Skin.—Fig warts, with itching. Broad condylomata. Relieved by cool air. Can not bear a warm room.

Digestive Organs.—Constipation, with frequent urging to stool.

Generative Organs.—Uterine pains or hemorrhage threatening a miscarriage. Leucorrhœa, with itching of the labia. Nervous, hysterical condition. Hemorrhage after labor or abortion. Adapted to fleshy women. Useful in uterine hemorrhage from any cause.

SANTONINE. (*Wormseed.*)

(See Cina.)

SECALE CORNUTUM. (*Spurred Rye.*)

This remedy acts especially upon the uterus. It also has some effect to strengthen the veins of the entire system.

Generative Organs of Women.—Weak, inefficient labor pains when the womb is open. Passive hemorrhage in feeble women. Bearing-down pains in the lower part of the abdomen. Weakness of the uterine organs. Slight pains, threatening abortion. Pains after labor, when *Secale* has not been given during labor. To increase labor pains give twenty drops of the Fluid Extract in a little drink of warm water, repeated

every twenty minutes, for three doses. To stop labor pains give the 3^x dilution every hour. Same for after-pains. This remedy is useful in a failure of milk in nursing women. The breasts are flabby. Profuse menstruation. Menses too soon. Suppression of the menses from exhaustion or severe illness. Polypi in the uterus, with hemorrhage, and forcing-down pains. Adapted to thin, weakly women.

SEPIA. (*Cuttle Fish*.)

(A woman's remedy.)

Generative Organs.—Bearing-down pains. Prolapse of the uterus, vagina, or both. Profuse, chronic leucorrhœa. Gonorrhœa in women after the active, acute symptoms have subsided. Itching of the vulva. Menses are offensive. Offensive smelling perspiration between menstrual periods.

Head.—Sharp, darting pains in the head. Indifference to her own family. Fits of laughter. Yellow spots on the face.

Skin.—Herpetic eruptions of the skin. Tendency to ulceration from slight injury.

Digestive Organs.—Settling down of the rectum. Tendency to prolapse of the bowel. Moisture at the anus. Excessive amount of mucous secretions. Stools difficult. Piles. Morning sickness. Vomiting of whitish mucus. The thought of food nauseates. Eructations of foul-tasted material from the stomach.

Generative Organs.—Prolapse of the uterus and vagina, with leucorrhœa. Burning pain in the vagina. Bearing-down pain in the lower abdomen. Inflammation of the vagina. Dyspareunia. Itching of the vulva. Amenorrhœa in delicate women, with delicate, thin skin. Gonorrhœa, in men or women, in its chronic stage.

SILICEA. (*Silicic Acid.*)

Useful in delayed development of bone. Bones bend easily. Caries of the bones, etc.

Head.—Disagreeable dreams. Weakness of the mental faculties. Excessive perspiration on the head.

Digestive Organs.—Nausea, after drinking water. Irritation of the stomach, in teething children. Costiveness during menstruation.

Generative Organs.—Coldness at the menstrual period. Menses have no color. Ulceration of the nipples.

Skin.—Indolent ulcers in scrofulous patients.

Bone.—Caries of the bone. Suppuration in bone, with fistulous openings.

SPONGIA. (*Burned Sponge.*)

One of the most valuable remedies in croup, inflamed testicle, and goitre.

Chest and Throat.—Croup. Hoarseness, with barking cough. Enlarged throat, called goitre. (May be used in alternation with other indicated remedies.)

STAPHYSAGRIA. (*Stavesacre.*)

Head.—Extremely sensitive disposition. Feeling of weight in the head.

Digestive Organs.—Distended abdomen, in children. Diarrhoea, worse from drinking cold water. Hungry, even after eating. Gums are spongy, and bleed easily.

STRAMONIUM. (*Thorn Apple.*)

Smoking the leaves gives relief to asthmatic patients, for a time.

Characteristic Symptoms.

Head.—Furious delirium. Wild fancies. Muttering delirium. Talks much, but incoherently. Is distressed about

imaginary evils. Pupils dilated. Face bloated. *Hydrophobia*.

Generative Organs.—Nymphomania. Sexual passion excessive.

Skin.—Scarlet rash, and delirium.

Joints.—In hip-joint disease, this remedy has been found useful.

SULPHUR. (*Flowers of Sulphur*.)

Useful for every thing. When you don't know what to give, give *Sulphur*. Its good effect in such a great variety of diseases is explained by stating that it excites action of the excretory and secretory glands, and thus purifies the system, and aids in the process of digestion and the absorption of food. These effects can but be good in any disease, as by purifying the blood and giving proper nourishment the efforts of nature may, in many cases, be sufficient to establish healthy action, which must in time eradicate curable diseases.

Sulphur is particularly indicated in chronic skin diseases, not syphilitic, dependent upon impure blood, want of assimilation or digestion of food.

Special Indications.

What I have remarked above will save my writing several pages of indications.

THUJA. (*Arbor Vitæ*.)

This is one of the best of remedies in secondary and tertiary syphilis. Condylomatous growths on the genitals. (Give the 2^x or 3^x attenuation, internally, and apply the *Tr.* externally.)

TARTAR EMETIC. (*Tartarized Antimony*.)

Respiratory Organs.—Large collections of mucus in the lungs or bronchial tubes. Rattling, hollow cough. Pneu-

monia, with large amount of phlegm. Tendency to paralysis of the lungs. Tightness of the chest; short breath, from filling up of the lungs.

Digestive Organs.—Nausea, with vomiting of mucus. Tongue white, with red papillæ showing through the coating.

Skin.—Useful to prevent pitting in small-pox. Pimples on the skin.

Urinary Organs.—Painful urging to pass water. Urine dark red or bloody. Burning in the urethra after passing urine.

VERATRUM ALBUM. (*White Hellebore.*)

One of the most useful remedies in diarrhœa. Watery diarrhœa and nausea. Severe cholic with thirst. Useful in chronic dysentery; also in any affection of the stomach and bowels where there is great loss of strength. Coldness of the surface, etc.

VERATRUM VIRIDE. (*American Hellebore.*)

Especially useful in pneumonia and pleuro-pneumonia.

Characteristic Symptoms.

Chest.—Acute congestion of the lungs. Nausea in lung affections. Rheumatic conditions of the muscles of the chest. Inflammation of the lungs with fever, wiry pulse, etc.

Generative Organs.—Painful menstruation, with vomiting and hysterical symptoms. Hysterical spasms at the menstrual period, or on account of uterine disease. Convulsions of pregnant women. Puerperal convulsions.

Digestive Organs.—Free flow of saliva. Hiccough, with a feeling of a ball in the throat. Tongue coated yellow.

GENERAL REMARKS.—Use Squib's fluid extract to make dilutions from. The *Tr.* is not reliable.

VIBURNUM PRUNIFOLIUM. (*Black Haw.*)

Generative Organs of Women.—Uterine hemorrhage. Excessive flow at the menstrual periods. Flow comes too often or lasts too long. Painful menstruation. After-pains following confinement. Pains in the uterus. Threatened abortion.

Chest.—An excellent remedy in palpitation of the heart, from weakness and loss of blood.

Urinary Organs.—Urine scanty and high colored.

GENERAL REMARKS.—Useful in cramps in the legs in pregnant women.

VIBURNUM OPULUS. (*Snowball.*)

Use decoction of the bark of the roots, stem, and branches, or make a *Tr.* from them.

Generative Organs of Women.—Spasmodic cramps during menstruation. Dysmenorrhœa (use ten drops of the *Tr.* every hour). Cramps in the legs of pregnant women. Threatened miscarriage. Ovarian pain. Tenderness of the ovaries, with excessive and painful menstruation. Useful in labor with spasmodic contraction of the os uteri.

GENERAL REMARKS.—This remedy is used by the American Indians for painful menstruation, and when women are likely to abort. It grows in England, Scotland, and the United States. It is said it is almost impossible for a woman to abort after taking considerable of this remedy. And it has been used extensively in the South to prevent abortion among the slaves.

CHLOROFORM.

This is one of the greatest blessings God has given to man, and if, by this short article, I can attract the attention of a few of my medical friends, and thereby influence them to use this most valuable remedy more frequently and more

intelligently, I shall be doing my duty to the suffering sons and daughters of Eve.

I am well aware that there are a few timid practitioners who have sought to throw this remedy into disrepute, and there are a few careless or ignorant ones who have partially succeeded by means of their failures and accidents. Now I do not desire to be understood as saying that this remedy can do no injury. If this were so, then it is inert; for any good, active remedy must do injury when improperly used, or used in improper cases, or under improper circumstances. But what I do say is this, that most of the deaths that have occurred from Chloroform (so said) have been caused either from improper administration, improper circumstances, or when given to improper patients.

I can say, after a considerably extended practice in Surgery and Obstetrics, I have never had serious unpleasant effect from its administration, though using it almost daily for the past twenty years.

1st. How should it be given?

2d. For what should it be given?

3d. To whom should it be given?

4th. What circumstances should be observed, and what precautions taken?

It should be inhaled in such a manner as to be freely mixed with the atmosphere. Simply pour a drachm or two on a napkin, and hold within an inch or two of the nostrils, directing the patient to inhale freely—use none of the patent inhaling apparatuses; they are more of a nuisance than a convenience. Do not be alarmed if the patient is restless and talks incoherently, but give more until he will answer no more questions, keeping your finger on the pulse to see that it beats well.

So much for its administration; and here let me say, I have never met a patient that could not be pleasantly influenced by this drug if it was given in large quantities enough.

It should be given when any serious surgical operation is to be performed, excepting those in the mouth or throat, where there will probably be great loss of blood, as in such cases there is danger of the blood choking the patient if he is insensible. In other cases I deem it a cruelty to refuse to our suffering patient this invaluable boon. It should be given to women in labor, always when much desired, and should be given anyhow where there is present a rigid, undilatable os uteri, and consequently a protracted labor. I often have in this way secured a speedy delivery in these cases, and have never had injury to result to mother or child from its use. Before turning I would always give it, unless my patient was so low from loss of blood as to be insensible, and as a consequence the parts thoroughly relaxed. It may be given to babes and young children fearlessly, when operating for Talipes, or any other painful operation. Your patient is then entirely under your control, and can be treated more skillfully and rapidly than could otherwise be possible; and the cries of the little patient will not unstring your nerves and make you incompetent to perform your task. Operating often for Talipes, I have always used Chloroform with great pleasure and satisfaction. For the convulsions of children, it is the most valuable remedy in the "*Materia Medica*." I cause the child in such cases to inhale the Chloroform till quiet sleep is induced, then sit by and watch it, and if convulsions again come on, give more Chloroform, and so continue till they disappear; then attend to the teeth, lance the gums, if necessary, give the indicated remedy, as the case seems to require. This is the only treatment I have confidence in or would dare rely upon, as I have been very successful with it.

It has gained favor with many medical men that Chloroform should not be given to patients affected with Phthisis Pulmonalis, or Cardiac Disease. I have given it in both classes of patients without injury, and my experience

in this is the same as that of the late Prof. Wright, of Cincinnati, related to me. Therefore, I say it may be given to all patients requiring its use, if given properly and under proper circumstances.

What are these circumstances? First, have your patient in a recumbent posture—do n't forget it. *Never give Chloroform to a patient sitting, standing, or semi-recumbent.* Dentists please note. Most of the accidents from Chloroform have been under your administration, where your patient was semi-recumbent. Always have the head nearly as low as the body. If syncope threatens, carry the head off the table or bed and hold it below the body, so as to allow the blood more readily to go to the brain and maintain life. Have the patient fast one meal before the Chloroform is to be given—much injury and annoyances often result from neglect of this precaution. If the patient is anæmic give a glass of brandy and water before the Chloroform. Have Spirits Ammonia by you, to be used if needed. Do not mix your Chloroform with Ether or any thing else; if you want to be able to manage your case give *pure* Chloroform.

Chloroform was discovered by Mr. Samuel Guthrie, of Sackett's Harbor, New York, in 1831, and also about the same time in France by Soubeiran, and in Germany by Liebig. In 1844 Dr. Morton, of Boston (a dentist), commenced its use as an anæsthetic. In 1847 Prof. Simpson of Edinburgh, Scotland, first used Chloroform in child-birth, and to him is largely due the credit of its very general employment in these cases throughout the world. He was the first physician in the world to employ it in this way, though ten months afterwards Dr. Tyler, of Dublin, also made use of it in a similar instance. Its use to lessen the agonies of labor met with violent opposition from the profession for a time; but this opposition was conquered by Prof. Simpson, by laboring against it assiduously, and in this he was assisted by the gratifying results experienced from its use by others.

EXTERNAL REMEDIES.

TINCTURE OF CANTHARIDES.

Tr. of Cantharides, one tea-spoonful put into a tea-cupful of water, and applied to burned or scalded surfaces, by means of cloths saturated with this lotion, is one of the best applications to prevent or arrest the burning and smarting pain. After the burning has ceased, of course other dressings are required.

TINCTURE OF ARNICA.

One part of the *Tr.* to ten parts of water makes an excellent application to sprains and bruises. Cloths may be saturated with the lotion, and used cold or warm, as is most agreeable. Rewet the cloths when dry. Arnica lotion may also be bathed upon the surface in cases of painful sprains or bruises, and may be applied to painful wounds in some cases with great advantage.

TINCTURE OF CALENDULA.

The *Tr. of Calendula*, diluted with four times the amount of water, makes a very useful lotion, in case of punctured or contused wounds. It is one of the most healing applications to wounds we can possibly make.

Calendula is also made into an ointment, which some prefer in dressing wounds.

VASELINE, OR PETROLINE.

This beautiful, semi-transparent ointment is made from common coal oil, but has no odor. It relieves tenderness, heat, and swelling, in cases of bruises, sprains, or rough cracked conditions of the skin, from almost any cause. It removes the tenderness after injuries, as well as *Arnica*. It may also be perfumed, and used as a hair-dressing, and is useful, applied to the scalp, in falling out of the hair.

VARIOUS RECIPES.

Lip Salve.

\mathcal{R} Oxide of Zinc,	grs. 30
Spermaceti Ointment,	\bar{z} ss.
Attar of Roses,	gtt. j. Mix.

Apply night and morning.

For Fever Blisters.

\mathcal{R} Carbolic Acid,	ten drops.
Glycerine,	a tea-spoonful.
Attar of Roses,	two drops. Mix.

Touch a very little of this to the blisters on the lips, four times a day, using a camel's hair brush to apply it.

Wash for Sunburn, and to prevent Chapped Skin.

\mathcal{R} Borax, in powder,	half ounce.
Glycerine,	one ounce.
Camphor Water,	one quart. Mix.

Wet the face with this three times a day, and after it has remained about five minutes, wash it off with soft water.

Wash for Dark Skin.

\mathcal{R} Lemon juice,	half ounce.
Rain Water,	one pint.
Attar of Roses,	six drops. Mix.

Bathe with this four times a day.

To Remove Stains on the Skin.

Caused by Iodine, or Nitrate of Silver (Lunar Caustic).

\mathcal{R} Kali Iod.,	\bar{z} ij.
Aqua,	\bar{z} iv. Mix.

Rub the stains well with this, and then bathe them in ammonia water.

To Remove Iodine Stains from Clothing.

\mathcal{R} Soda Hyposulphite,	\bar{z} ij.
Water,	\bar{z} ij. Mix.

Soak the stains in this, and then wash in water, using no soap. Dry the clothing in the shade.

Hair Tonic.

R Tr. of Cantharides,	$\frac{3}{4}$ ss.	
Alcohol,	$\frac{5}{8}$ ij.	
Oil, Olive,	$\frac{5}{8}$ j.	Mix.
Perfume at pleasure.		

Rub well into the scalp, once a day.

POULTICES.**Mustard Poultice.**

Take a table-spoonful of freshly ground mustard, add twice this amount of flour; mix well; and then moisten with hot water, or hot vinegar; spread on a cloth, and cover with a thin cloth; then apply to the affected part. Often in sudden congestion of the lungs, liver, stomach, or bowels, this poultice is of great service. The mustard plaster, of clear mustard, is too strong; burns the skin, and can not be left on very long without blistering. It may, however, be used when it is inconvenient to obtain a poultice.

Slippery-elm Poultice.

Moisten the pulverized slippery-elm bark with warm water, and apply directly to the inflamed part. Useful in threatened gatherings or abscesses.

Flax-seed Meal Poultice.

(*Linseed-meal Poultice.*)

Mix the flax-seed meal with warm water; spread on a cloth, and apply directly to the parts. Useful in aiding suppuration in inflamed glands, or other swellings.

Egg Poultice.

Take the yolk of two eggs, thicken with fine flour; apply directly to the swelling, after first spreading on a cloth. Useful in boils. This hastens suppuration, but is usually somewhat painful.

Bread and Milk Poultice.

Take a handful of crumbs of bread, and moisten in a dish, with warm water; then add milk, and heat on the stove a few moments. Hops may be added when we desire to soothe pain as well as soften a hard lump or tumor. Apply, between thin cloths, directly to the swelling.

OINTMENTS AND LINIMENTS.**Itch Ointment.**

R Flowers of Sulphur,	one ounce.
Lard,	two ounces.
Oil of Bergamot,	30 drops. Mix.

For the itch, this ointment may be applied freely, at night; then, in the morning, take a full bath, put on clean clothing, and change all the bed linen also. Renew the treatment in a week, if one application is not entirely curative. Never forget the next morning's bath, and the change of linen, as well as the necessity of care that you do not take cold.

Belladonna Ointment.

This may be obtained ready made at the pharmacies or drug stores. It is useful in swollen breasts, or painful enlargements of any of the glands. Sometimes it may be mixed with *Camphor ointment*, equal parts, when we wish to dry up the milk.

Chloroform Liniment.

R Chloroform,	$\bar{3}$ i.
Olive Oil,	$\bar{3}$ ij.
Tr. Arnica,	$\bar{3}$ i. Mix.
Label.	

This is useful in backache, sprains, neuralgic pains, and the like. Shake well, and apply, with the hand, directly to the affected part. Keep the vial containing the liniment well corked.

Chloroform Wash.

R Chloroform,	$\bar{3}$ i.
Tr. Arnica,	
Tr. Aconite, aa.,	$\bar{3}$ jss. Mix.
Label.	

Keep well corked. This is useful in similar conditions to those for which *Chloroform liniment* is recommended, and is often more desirable, on account of its containing no oil. Liniments, as a rule, are neither necessary nor desirable.

LOTIONS.

Arnica Lotion.

℞ Tr. Arnica, $\bar{3}i$.
 Aqua, $\bar{3}x$.
 Sig. Arnica Lotion. Mix.

This is useful in sprains and bruises, and may be applied directly, with the hand, to the affected parts, or a cloth may be saturated with it, and be bound upon the seat of the injury.

Calendula Lotion.

℞ Tr. Calendula, $\bar{3}j$.
 Water, $\bar{3}ix$. Mix.

Used similarly to *Arnica lotion*, and for similar conditions.

GARGLE.

Gargle of Chlorate of Potash.

℞ Kali Chlo., ten grains.
 Water, a glassful. Mix.

Useful in sore throat, tonsilitis, diphtheria, scarlet fever, ulcerated throat, etc. A tea-spoonful may be swallowed every three hours in cases where we suspect any blood-poisoning, especially in *diphtheria* and *scarlet fever*.

EYE WASHES.

Zinc Eye Wash.

℞ Zinci Sulph., four grains.
 Aqua, Dist., $\bar{3}j$ Mix.

Filter through blotting-paper. Useful in chronic inflammation of the eyelids. Bathe the eyes with it twice a day.

Tea Eye Wash.

Ordinary decoction of green tea, filtered, and use cold, is a very useful wash for weak and chronic inflamed eyes. Apply three times a day.

Alum Eye Wash.

℞ Alum, 2 grains.
 Water (pure, soft), 1 ounce. Mix.

Filter through blotting-paper. Useful in inflamed and painful eyes. May be applied twice a day.

Glycerine and Hydrastis Eye Wash.

℞ Glycerine (pure), aa. ʒj. Mix.
 Tr. Hydrastis,

This is one of the best local applications for inflamed eyelids. Use three times a day to the outside of the lids.

EMETICS.**Treatment to cause Vomiting.**

When poisons or indigestible substances have been taken into the stomach, it sometimes becomes necessary to remove them as speedily as possible. This treatment is to our mind perfectly sensible and violates no principle of homeopathy, any more than does the removal of a sliver from the finger with a pair of forceps. In either case we are not treating disease, but removing what might cause disease. (See also treatment of poisoning by various drugs.)

Warm Water Emetic.

Drinking several glasses of warm water (not hot water) is usually an efficient means of causing free vomiting.

Mustard Emetic.

Mix a tea-spoonful of ground mustard in a tea-cupful of warm water and let the patient drink all of it at once, and if vomiting is not produced in fifteen minutes, repeat the treatment.

Salt Emetic.

Put a tea-spoonful of salt in a tea-cupful of warm water; drink at once, and repeat in fifteen minutes if found necessary.

Other Means of Causing Vomiting.

Tickling the fauces and throat with a feather, or passing a finger down the throat, are familiar and efficient means of inducing vomiting in many instances.

DISINFECTANTS.**Carbolic Acid as a Disinfectant.**

R. Impure Carbolic Acid, one ounce.
Water, one gallon. Mix.

Sprinkle floors, privies, and sinks three times a day with this. Pour a half tea-cupful into the water closet after each time it is used during the prevalence of epidemic diseases.

Charcoal.

Pulverized charcoal placed in pans in the room to be disinfected is a very convenient purifier; being odorless, it is in many instances, preferable on this account.

Fresh Earth.

Fine dry earth covered over offensive matter serves as a disinfectant. Earth closets are constructed upon this principle. Dry earth deodorizes as well as disinfects. Dry dust from the road may be used.

To Deodorize the Sick-room.

Burning a little cascarilla bark in the room, having the windows open, will speedily remove nauseous odors. Dried lavender may be used for the same purpose, in the same way.

Sulphate of Iron.

(*Green Vitriol.*)

Dissolve two ounces of the Sulphate of iron (sometimes called copperas, or green vitriol) in a gallon of water; then pour a tea-cupful into the water closet three times a day, in times of a cholera epidemic, or during the prevalence of dysentery, scarlet fever, typhoid fever, or diphtheria; and it may also be used to cleanse drains, slaughter-houses, and the like.

FOOD FOR THE SICK.

As a rule sick people require food in a fluid form. It should be nutritious and easily digested, and ordinarily administered at intervals much shorter than in health when solids are eaten. In preparing food for the sick but a small quantity should be cooked at a time, so that it may always be eaten in a fresh state. It should be served very neatly, and in small quantities, with all the dishes, plates, spoons, napkins, etc., very neat and clean; and what is not eaten should be at once taken out of the room, and if intended for further use should be kept in a cool, clean place.

The reader will please consult the tables on pages 104 and 105 regarding the digestibility of various articles of diet, and bear in mind that the sick person usually will be benefited by those articles of food which are the most easily digested. It will be noticed that boiled rice digests in one hour; a raw egg is digested in one and a half hours, while it takes a soft boiled one three hours to digest. Stewed oysters require three and a half hours for digestion, while broiled venison steak is digested in one hour and thirty-five minutes.

The study of these tables will be found very interesting to those who wish to eat the most easily digested food, and also for those who desire to know what food to give to those under their care. It used to be thought that patients suffering from fevers must be starved, and worse than that, must have no cool drinks. They were tortured severely by having hot teas given them for drink and little or no food allowed. We are thankful those days have passed, and the patient with burning fever is allowed frequent small drinks of cold water, and is given substantial nourishment in the form of milk, soups, and beef-tea.

In sickness the taking of a great variety of food is neither desirable nor beneficial; but substantial nourishment

is demanded. All disease is exhausting to the system of the patient, and rapid recovery is more surely obtained by maintaining the strength of the patient by means of suitable nourishment than by the course formerly pursued.

Proper food replaces the waste in the system and replenishes the blood, so that the repair which disease necessitates may the more readily go on. It is also true that many diseases are self-limited, or rather are capable of cure by the recuperative powers of nature, when assisted by suitable food and hygienic conditions, unaided by remedies. Some diseases are too severe for this, and absolutely require the assistance of remedies to restore the tone and functions which are interrupted or perverted in disease. In other instances, remedies help to a more rapid recovery, while in a very few nothing is adequate to stay the onward march of the fell destroyer.

In all cases we do well, however, to remember the need the system has in disease to receive suitable nourishment. In diseases affecting the digestive organs, especially the stomach and bowels, or the glands in connection with them, it is imperatively necessary to pay particular attention to diet. In some surgical affections, a very generous diet is required, especially where there has been great loss of blood or deprivation of food for a long time. In other diseases, particular kinds of food are demanded to supply the system with ingredients which are present in a deficient amount. True, sometimes remedies may supply these deficiencies, as I have mentioned in discussing various diseases; but where it can be done through the food we think it just as well, and possibly better.

MILK.

Milk is one of the most useful articles of diet for the invalid. Sick people often say they can not take milk; but this is not often true. It is a fact that, owing to acidity

of the stomach, the milk may sometimes form a curd, and this curd may be very hard of digestion and cause great distress in the stomach at first, and afterwards in the bowels. All this we have found can be avoided in almost every case by adding a sprinkling of salt to the milk before it is drank. Lime-water added to the milk also causes it to be readily digested in those cases troubled with acidity. Of course, acids should not be taken near the time we drink milk, as a like result would follow as we have mentioned above regarding the effect of acidity of the stomach. Taking note of these precautions, we have found sweet, fresh milk, from cows fed on grass, corn, and hay, to be very wholesome, and an article of diet we could not well dispense with. Do not give sick people milk from cows fed on distillery slop, neither is it good for those who are well. Milk should be drank while quite fresh, if possible, and when this is not convenient, care should be exercised to have the milk kept sweet in a cool, clean place; keeping it on ice in Summer, if possible. Very rich milk needs to be diluted with water one-half or one-third, as well as being salted and sweetened when fed to sickly children.

Thickened milk is made by boiling the milk and adding a little wheat flour; a little nutmeg or the juice of raisins may be added to give it a flavor, and is a very good diet when the patient has looseness of the bowels.

BROTHS AND SOUPS FOR THE SICK.

Chicken Soup.

Skin the chicken (choosing a young one, if possible); chop it up fine, boil in a quart of water for one and a half hours, adding a little water as it evaporates; let the broth run through a coarse colander, and after it becomes cool, strain through a flannel cloth; add a little salt, and let the patient drink, cool or warm, as suits his taste, taking about

a tea-cupful for a meal, and repeating it once in about three hours, as a rule. Stale bread may be crumbed into the soup, in some cases, where the stomach is strong enough to allow of it.

Beef-tea.

Take two pounds of nice, fresh, lean beef; cut into small pieces, and place in a fruit-jar which has a top that screws on tightly; or a large-mouthed bottle may be used, if it has a well-fitting cork stopper, which we can tie on tightly; but the fruit-jar will be found most convenient. Add to the meat about a half glass of water, screw on the top of the jar, and place it over the fire in a kettle of tepid water (if put into hot water at once, the jar will break), and keep the water in the kettle boiling for about three hours; then remove the jar and let it cool, and when the beef-juice is quite cold, strain it through a flannel cloth; add a little salt, and it is ready for use.

It may be taken cold or warm, as suits the taste; but never forget to strain through a *flannel* cloth, when cold; as straining through a cotton cloth while it is still warm, will not take off all the fat globules, and consequently it will be likely, very soon, to cause nausea. A table-spoonful of this is enough for a meal. *Beef-soup* may be made from the fresh beef in the same way, by adding a pint of water, instead of a very little, as we use to make beef-tea; or we may boil beef-soup in an open dish. It should be strained through a flannel cloth, when cold, the same as beef-tea.

Beef soup may also be made from the extract of beef, sold in the pharmacies, the directions for the preparation of which always accompany each package; and we can say this soup does very well, and may be used with confidence, when it is not convenient to prepare the soup from fresh beef. We would, however, always prefer the soup made from fresh beef directly, when it is possible to have it.

DRINKS FOR THE SICK.

Barley Gruel.

Pearl barley, two ounces ; port wine, a tumblerful ; rind of one lemon ; water, one quart and a half. Wash the barley, and then boil it for fifteen minutes, in about a half pint of water, pour off this water, and add to the barley a quart of water, and boil down to a pint ; add the wine and lemon peel, and sweeten with sugar ; simmer for five minutes ; then put it away in a covered dish, for use as required. It may be drank warm or cool, as is found more desirable.

Milk Gruel.

Take of milk one quart ; fine oatmeal, four table-spoonfuls ; stir the oatmeal into the milk, and then mix this in a quart of boiling water, and let the mixture continue to boil about five minutes ; then remove from the fire and sweeten with sugar.

Water Gruel.

Take a table-spoonful of fine oatmeal and mix with water enough to thoroughly moisten it ; then add a pint of boiling water, and cook for ten minutes, keeping it well stirred.

Toast Water.

Toast carefully a large slice of stale bread ; place it in a large bowl, and pour upon it a quart of boiling water, cover the bowl, and let it stand till the water is cold, then strain through an ordinary strainer. This may be cooled with ice, in very warm weather, and is often found a pleasant and nourishing drink for those very sick people who have a weak stomach.

Lemonade.

Squeeze the juice from one good lemon into a small pitcher, add a table-spoonful of crushed white sugar, then add a pint of cold water, and mix thoroughly.

Effervescing Lemonade.

Add to the juice of two lemons a table-spoonful of white sugar, and a pint of cold water; when required for use, pour out a half glass, and add a half tea-spoonful of *baking soda*; stir briskly, and drink at once.

Ginger Tea.

Put a table-spoonful of ginger in a bowl, and pour over it a pint of boiling water; let it stand ten minutes; strain, sweeten, and drink as required. Never try to boil ginger tea; boiling converts the tea into a thick, disgusting compound.

Egg and Wine Drink.

Beat up one egg thoroughly; add a table-spoonful of water and a dessert-spoonful of white, fine sugar; add a wine-glassful of wine. (Sherry or port may be used.) Let it be taken according to the strength and age of the patient, in cases of great prostration, when no fever is present.

Wine Whey.

Take a quart of fresh milk; put it in a suitable vessel, over the fire; as soon as it boils, add enough sherry wine to cause it to curdle; remove from the fire, strain and sweeten; then let it cool for use.

Apple Water.

Slice three large, ripe apples into a bowl; add a quart of scalding water; let it stand till cool, and sweeten with a very little sugar. This is often a very pleasant and harmless drink.

WATER.

WATER in its various uses is one of the most useful of agents. As a drink it is the most wholesome, and we think we may say, most nourishing as well. The very large proportion of water which enters into the composition of our bodies

shows how necessary it is in their development. (See page 102 as to the proportion of water in the various tissues of the body.) Water is constituted of eight parts of oxygen to one of hydrogen, by weight; and one part of oxygen to two of hydrogen by volume; hence, the free use of pure water is one of the most efficient means of causing oxygenization of the blood, and also the full development of the entire body.

How to be plump.

This question interests many, and in the free use of water we have one of the means tending to this result. Especially is this true when the free use of water as a beverage is supplemented with the eating of oysters, potatoes, bread, beets, cream, sugar, butter, etc., together with moderate exercise, breathing good air, and enjoying peace and contentment of mind. Worry of mind is sufficient to upset all the digestive and assimilative functions, and hence is to be avoided if we desire to be plump.

We will digress here to say a few words upon the subject of

How to reduce the Flesh.

First drink little water and no milk. Eat no butter, beets, potatoes, fat meat, warm bread or starchy food, sugar, syrup, or pastries; but live upon fruits, stale bread, lean meat, and vegetables (except beets and potatoes), fish, and drink only a little tea, without sugar or milk. This plan is called the Banting system of diet, and will reduce the flesh about three pounds a week as a rule. It must not be continued too long, as sickness might result when the reduction of flesh is rapid and long continued. No remedies are required; attention to diet is the necessity if we would lose flesh, and still live quite well on the food allowed.

WATER has been considered by some a cure-all for all the ills of humanity. This plan of treating the sick is called hydropathy. There is great good in the proper use of water,

as we have several times mentioned; but we do not think it the best remedy to use in all cases; and further, we think it capable of doing great injury when unwisely used. Though so simple in its composition and so generously supplied to our earth, we believe a study of its nature and uses as necessary as any thing we need to know, in order to apply it properly. We have spoken of baths on page 115; but of the use of water as a remedial agent we have said little or nothing, and we think the discussion of it in this connection comes properly under the head of *Materia Medica*.

Water as a Remedy.

We have spoken of the use of warm water to cause vomiting on page 669, and oftentimes, by vomiting much more is accomplished than the simple evacuation of poisons or indigestible food from the stomach. The action of the skin is in this case promoted, and a free perspiration is often a result. Hence, we may learn from this, that by drinking freely of water we may promote the moisture of the skin, though vomiting is not induced. To aid perspiration without producing vomiting, the water should be taken in large quantities and moderately cool.

As a remedial agent in cases of constipation and in some dyspeptic conditions, it is of great value. Let a glass of cold water be drank at the time of retiring, and let another be taken the first thing in the morning, and ordinarily, we will not have to wait many days to discover that the bowels are less constipated; and, where dyspepsia has caused pain in the stomach after eating, the use of cold water as just stated will usually prove beneficial.

Drinking freely of water has the further use of diluting the food so that it is more readily absorbed, and consequently less of it will pass off as effete matter from the bowels. It also increases the flow of urine, and in this way is useful in a tendency to gravel, by washing out the small calculi before

they become enlarged by successive deposits upon their surfaces. In inflammatory conditions affecting the bladder or kidneys, the free drinking of water tends to dilute the urine and makes it less irritating.

In fevers, the drinking of cool water is beneficial in cooling the system and supplying oxygen, which is being rapidly consumed in such cases. Drinking of much water with our food is, however, injurious, in allowing us to swallow it too hastily, and without its being mingled with a sufficient amount of salivary secretion, which is needed to hasten digestion in the stomach. We should, therefore, drink after or before eating, and not at the time we are eating.

Very cold water is not good for health at any time, and is especially injurious immediately after eating (ice-cream is equally objectionable after eating), as the gastric glands are thereby partially arrested in their action, and the food is liable to remain in the stomach undigested for a long time, and cause pain or become sour; or it may pass into the bowels undigested from this cause, and produce colic or severe cramps.

Warm Water Compresses.

Warm, wet cloths are useful applied to the head in neuralgic or nervous headache, and should be covered with dry flannel to retain the heat. They may also be applied externally over the stomach, in cases of pain or tenderness in this organ, and in cases of persistent vomiting.

Warm compresses are also useful applied to wounds and bruises, and are especially beneficial in gunshot wounds, and those lacerated wounds which must heal by suppuration. They help to relieve pain in swellings tending to the formation of abscesses. Warm water dressings, in the form of warm, wet compresses in gunshot and extensive lacerated wounds we have found much better than cold dressings from a large experience in hospital and army, as well as private, practice. The cold application to a wound tends to drive

away the blood which nature throws to the parts to aid in the throwing out of the plastic material required for the healing of the injured tissues, and if the cold is severe and often reapplied, the healing process may be indefinitely postponed from this cause.

The cold application becomes a warm one very soon, however, from the heat of the body, and the good resulting from their use, we judge, has been effected by reason of their good effect after becoming warm, and we do not see the good of alternating the heat and cold in this way.

The excited circulation, with a moderate amount of swelling and redness around a wound, is not to be considered an inflammation, but a normal effort of nature to repair the injury. This is to be kept within reasonable bounds, but not suppressed entirely. We think, from experience, this is best accomplished with warm applications; sometimes adding a little *Arnica* or *Calendula* to the warm water in which the cloths are saturated, when the parts are particularly painful.

Cold Water Compresses.

Cold compresses to the head are occasionally of service when there is great heat of the head. Not more than two thicknesses of cloth should be used, so as to allow of free evaporation, and the applications must be often renewed to get the effect of the cold. *Cold compresses* to the throat in cases of croup can only be of service when they become warm from the heat of the body, and we always prefer to apply them warm at first.

Cold Water Injections.

Cold water vaginal injections should never be used. They are often a cause of great injury when so employed, for whatever purpose.

Cold injections of water into the bowel may be used immediately after a warm one has been used in cases of

obstinate costiveness; the warm injection causing relaxation and the cold, contraction. This alternation of effect is likely to induce a satisfactory stool very soon. The injection of a very little cold water immediately after the stool is of service in a constipated condition of the bowels, and also in cases of prolapse of the bowel, which is caused from weakness and relaxation of the parts.

ALCOHOL.

ALCOHOL is used to preserve and dilute remedies, and for this purpose seems a necessity, as it is also in the mechanical arts; but as a beverage it is one of the curses of humanity. Homeopathic alcohol is purer than that in ordinary use. In making dilutions of remedies it is not necessary to use clear alcohol in all cases, some being better prepared with the addition of part water. It is, without doubt, a fact, that physicians have, in some instances, unintentionally fostered or awakened a taste for liquors, by prescribing them in sickness; and, as a matter of principle, their use should be avoided for this reason, if it is possible to do so, using powders whenever practicable.

Effects of Alcohol.

Alcoholic stimulants have the effect to retard the breaking-down process in the system, and are, therefore, sometimes of service in prolonging life, in wasting diseases. They stimulate the gastric glands, in case of their torpid action, in some cases, and thereby assist digestion; but this can usually be accomplished just as well, or better, by the use of other remedies, and is, consequently, for this purpose, quite unnecessary.

Ordinarily, the cheap, home-made wines are to be preferred, when any stimulants are required, sweet catawba being as good, or better than any. Brandy may sometimes

do good service, when pure; but this is hard to obtain. Alcohol for bathing, in cases of extreme weakness, is sometimes serviceable; and may occasionally be used as a vapor, by inhalation, in cases of diphtheria and membranous croup, with advantage. *The alcohol vapor-bath* is also of service in some cases of severe congestion. Seat the patient upon an open-bottomed chair, in a nude state; wrap blankets around him and the chair, and place a cup of burning alcohol under the blanket, keeping the head exposed to the air, of course. As soon as perspiration is established, wrap the patient warmly in dry blankets, and put him in bed, after rubbing him briskly with a flesh brush or coarse towels.

POISONS.

THEIR SYMPTOMS AND ANTIDOTES.

By poisons we mean substances, or remedies taken into the stomach, or applied to the skin or mucous membranes in quantities which are capable of producing a diseased condition, and from which death is liable to result. Remedies which are useful in small dose may often prove poisonous when taken in a large quantity. So we must take into account the quantity of the drug or substance taken, and its strength, to form an opinion of its danger to life. Remedies given in too low an attenuation may require to be antidoted, because they aggravate the disease for which they have been given, and indicate, by producing aggravation, that they have the power of giving relief if given in small enough dose; or, in other words, in high enough attenuation.

Treatment in Cases where active Poisons have been swallowed, by accident, or intentionally.

When we can find out the kind of poison swallowed, we should at once give something to antidote it, if this be possible, and if we can not, then we should either give remedies

to dilute the poison, or cause its rejection by vomiting; or call the surgeon to use the stomach pump, and evacuate the stomach in this way. If acids have been swallowed, salt water may be drank at once, and as a rule, the whites of eggs are beneficial in all poisons. VOMITING should then be induced by drinking mustard and water, or *Ipecac* may be given to cause vomiting. When vomiting has been already induced by the poison swallowed, it is of course unnecessary to give drugs to produce vomiting; but remedies to soothe the stomach should be used. Hot water or the 6^x attenuation of *Ipecac* may do this, and *Kali chlo.* is a good remedy to heal the irritation in the stomach. After the poison is evacuated, the treatment of the inflammation of the stomach, mouth, throat, or bowels must be conducted on general principles, and remedies may be given which are homeopathically indicated, as may be learned by studying their peculiar effects in the *Materia Medica*.

POISONS.	SYMPTOMS.	ANTIDOTES AND TREATMENT.
Acids—		
<i>Nitric Acid.</i> <i>Oxalic Acid.</i>	{ Vomiting, burning in the stomach and throat. }	Carbonate of Mag- nesia.
<i>Citric Acid.</i> <i>Muriat. Acid.</i> <i>Sulph. Acid.</i>	{ Severe burning in the stomach and throat; vomiting; feet and hands cold. }	Carbonate of Soda, or Lime.
<i>Prussic Acid.</i>	{ Sleepiness, nausea, gid- diness, spasms, tet- anus, contracted pu- pils. }	Ammonia well diluted. Cold water to the head.
Alkalies—		
<i>Muriate of Ammonia.</i> <i>Caustic Potassa.</i>	{ Great heat in the throat and pain in the stom- ach; vomiting of blood; colicky pains. }	Vinegar; Lemon juice. Drink sweet oil. Do not try to induce vomiting.
Aconite in over- dose.	{ Numbness, dizziness, stupor; sometimes delirium. }	Evacuate the stomach and give strong coffee.
Antimony.	{ Severe vomiting and pain. }	Drink thin mucilage, and strong black tea.

POISONS.	SYMPTOMS.	ANTIDOTES AND TREATMENT.
Arsenic. Arsenious ac. Fowler's Solution. Fly Powder.	{ Vomiting and purging; severe pain in the abdomen; prostra- tion; coldness; gen- eral collapse.	Hydrated peroxide of iron, and drink dilute mucilage and white of eggs.
Belladonna.	{ Stupidity, dullness, numbness, etc.	Opium, and excite vomiting, or use the stomach-pump.
Cantharides.	{ Pain in the stomach, kidneys, and bladder. Retention of urine.	Give white of eggs, or mucilage. <i>Belladonna</i> or <i>Opium</i> .
Corrosive Sublimate.	{ Violent symptoms of inflammation of the stomach; stupidity, etc.	White of eggs and milk.
Digitalis.	{ Slow pulse; oppression of breathing.	Induce vomiting; coffee and vinegar. Get bowels to move with injections.
Gases. (Poisonous.)	{ Insensibility, faintness, pallor of the countenance; weak, slow pulse.	Take at once into the open air; bathe the face and chest with cold water. Give opium.
Iodine.	{ Pain and burning in the stomach.	Drink thin starch water freely.
Lead.	{ Severe colicky pains, cramps, partial paralysis.	<i>Kali iod.</i> , and <i>Nux. v.</i> Colocynthis for the pain in the bowels. <i>Nux</i> for cramps.
Nitrate of Silver.	{ Pain in the stomach.	Common salt, white of eggs, etc.
Opium. Morphine. Laudanum.	{ Insensibility; stertorous breathing; slow pulse; pupils dilated.	Strong coffee. Evacuate the stomach; rub briskly, and walk the patient about by force.
Phosphorus.	{ Extreme burning pain in the stomach.	Excite vomiting; give magnesia in water, and drink mucilage water.

POISONS.	SYMPTOMS.	ANTIDOTES AND TREATMENT.
Rhus. Poison Vine.	{ Handling this vine poisons some people, causing vesicular eruptions, with severe itching and burning, redness of the skin, etc.	<i>Apis.</i> <i>Ars. alb.</i> , or <i>Rhus</i> internally. Bathe the skin with a solution of Chlo- rate of Potash, and apply Vaseline.
Strychnine. Nux vomica.	{ Spasmodic twitching of the muscles; cramps, spasms.	<i>Opium</i> in 20 drop doses of the Tr. after caus- ing vomiting. <i>Camph.</i> <i>Iodine.</i>
Tobacco.	{ Nausea, vomiting, faint- ness, slow pulse, pro- fuse perspiration.	Stay in the fresh air. Drink a little vin- egar and water or some weak wine. <i>Nux v.</i>

NUX VOMICA.

WE have left the discussion of this most valuable remedy to close the chapter upon Materia Medica. *Nux vomica* acts especially upon the spinal cord and base of the brain, and consequently has a very wide range of action in its application to disease, as it is through nerve power that all organs of the body act, and hence, from this fact, *Nux* in its effect as a nerve stimulant derives its great usefulness. When taken in poisonous doses it causes death through violent spasmodic action, which results finally in paralysis and death. Notwithstanding its poisonous character when taken in very large doses, it is one of the most useful remedies we possess when given in the 3^x attenuation, or what is the same thing, the 1000th potency (see explanation of the term potency, page 622).

Indications for the Use of Nux Vomica.

Head.—Stupefaction after eating, with nausea and vomiting. Hypochondriac mood. Can not bear noise or excitement, strong odors, or a bright light. Has great

dread of mental effort. Quarrelsome, irritable disposition, with sleeplessness at night.

Eyes.—Itching and burning of the lids, with weakness of sight, especially in old people.

Nose.—Profuse mucous discharge from the nose, which is sometimes profuse and again absent.

Digestive Organs.—Bad taste in the mouth, though what is eaten tastes natural. Vomiting of sour mucus. Distension of the abdomen after eating. Loss of appetite, with ineffectual effort at stool. Constant tendency to constipation, though beneficial in cases where there is alternately diarrhoea and constipation. Tendency to prolapse of the bowel, with piles. Sensation of pressure and fullness in the rectum after stool. Colicky pains in the abdomen, with constipation.

Sexual Organs.—Menses too profuse, last too long and are accompanied with weakness. Bearing-down pains in the abdomen. Seminal emissions or nightly pollutions.

Urinary Organs.—Loss of power to retain the urine, especially in children and old people. Sometimes useful in painful urination.

Limbs.—Cramps in the calves of the legs. Aching pain in the limbs, with numbness. Paralyzed condition, either partial or complete.

General Application of Nux Vomica.

This remedy is especially useful in those cases prostrated by the excessive use of liquor. It is our best remedy to assist in overcoming the appetite for alcoholic stimulants, and our most valuable remedy in a loss of nerve power in any part of the body. It is useful in spasmodic twitching of the muscles, or a loss of power in them.

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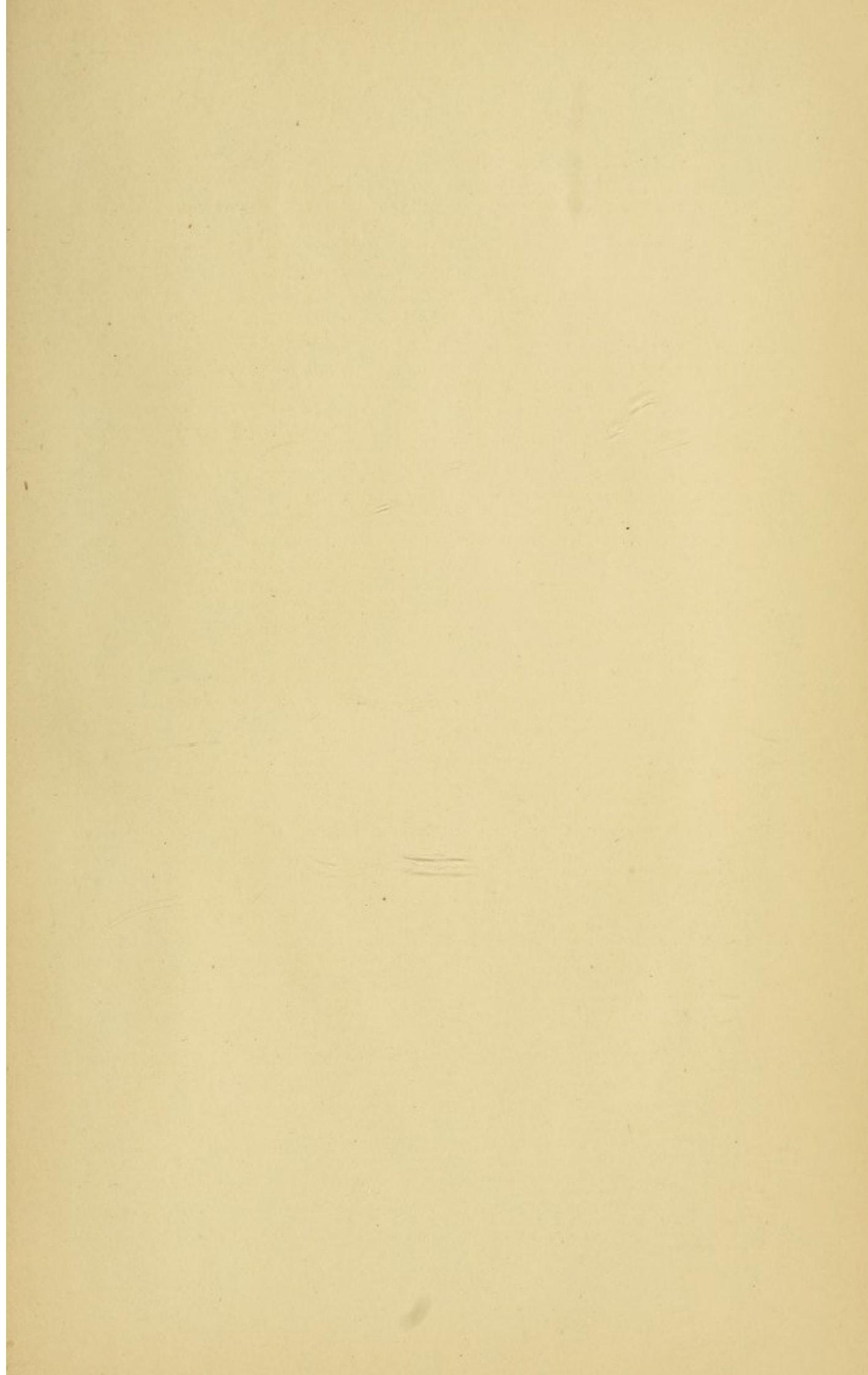
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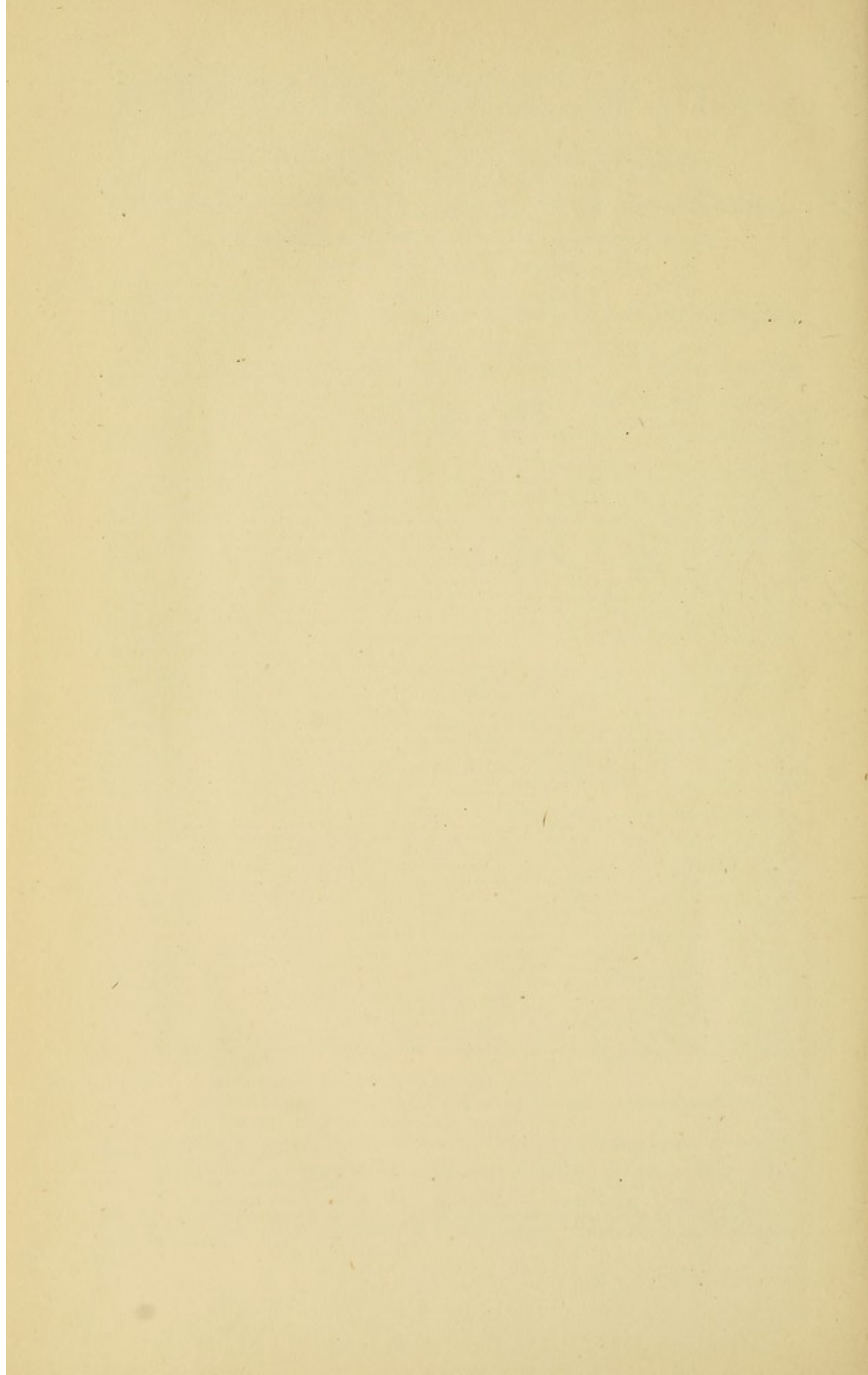
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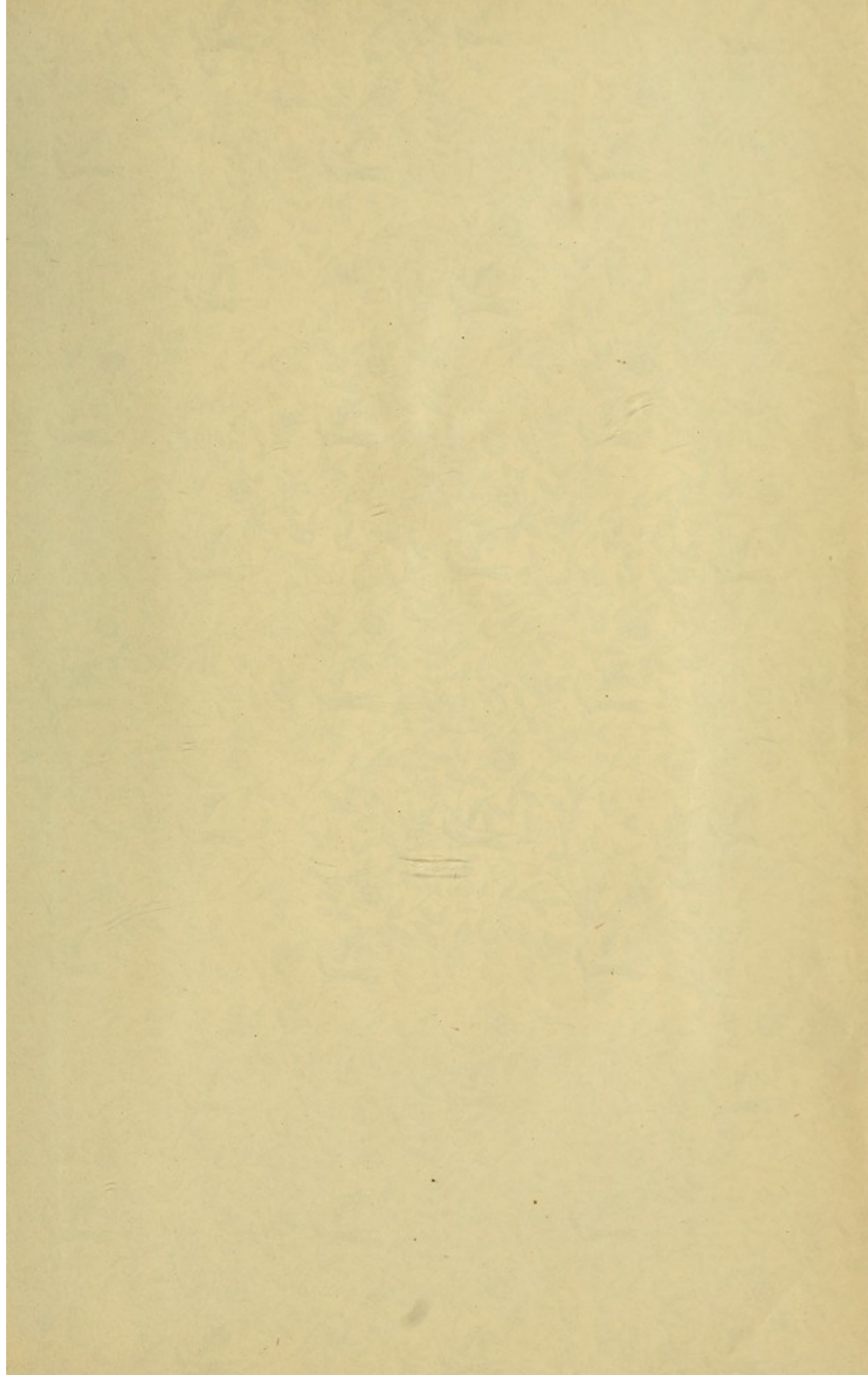
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