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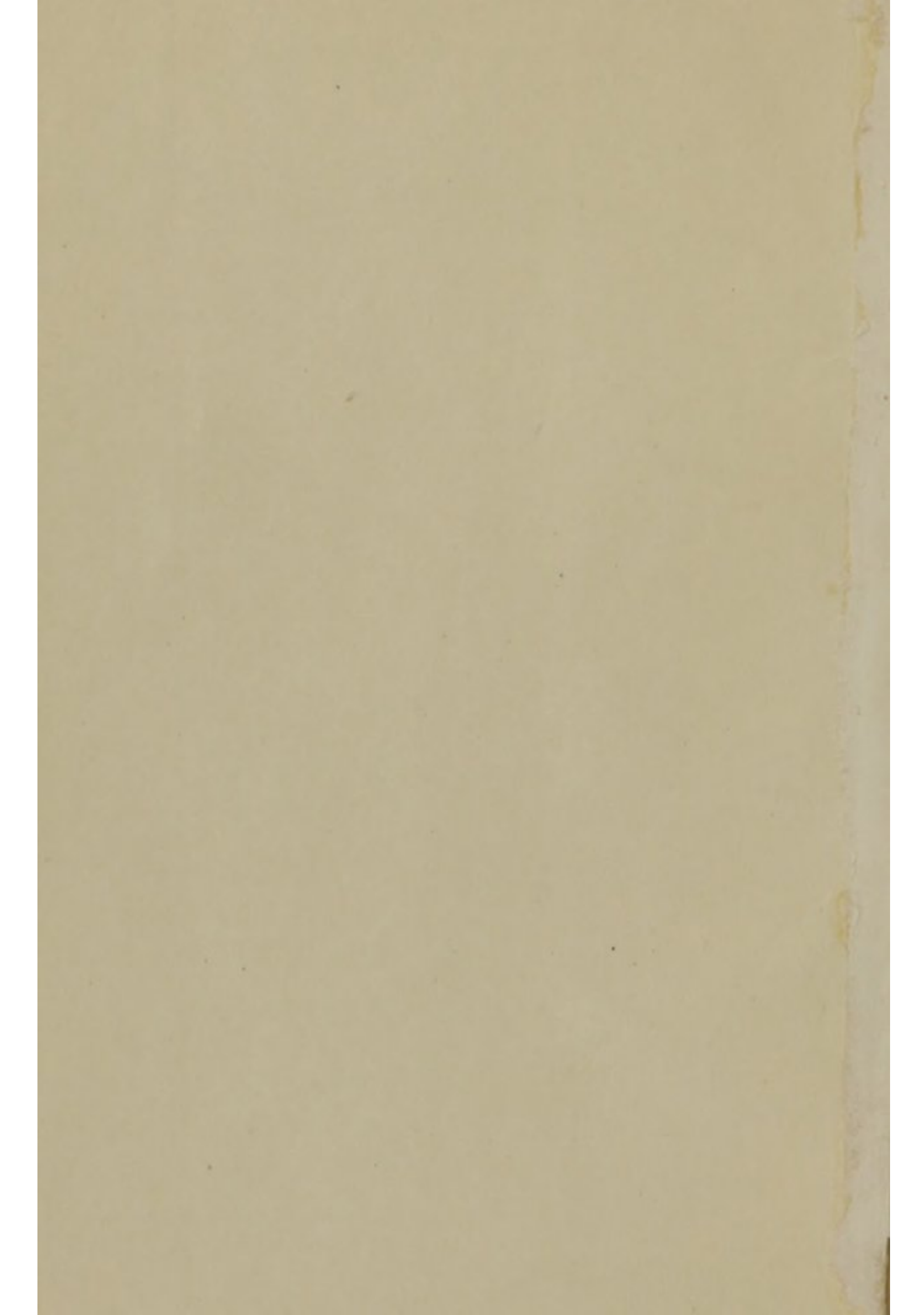


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Acute Diseases,

AND THEIR

HOMŒOPATHIC TREATMENT.

ALSO,

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

BY

J. P. DAKE, M.D.

Late Professor of Materia Medica and Therapeutics in the Pennsylvania
Homœopathic Medical College, at Philadelphia.

MAY 27 1899

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TO
GUSTAVUS REICHHELM, M.D.,
OF PHILADELPHIA,
THE FIRST TO BEAR THE
BLESSINGS OF HOMŒOPATHY
WEST OF THE ALLEGHENY MOUNTAINS,
AND ALWAYS THE
UNCOMPROMISING ADVOCATE OF ITS UNADULTERATED PRACTICE,

This Little Volume is Dedicated,

AS A TOKEN OF HIGHEST ESTEEM, BY HIS SINCERE AND
GRATEFUL FRIEND,

THE AUTHOR.

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INTRODUCTION.

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

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

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

within reach, for often the most fatal maladies begin mildly and soon pass beyond all control.

The medical man will observe, that I have endeavored to present in every case, only those remedies which have been often successfully employed. Having the wish to give but few, and thus to adapt the book and case to the capacity and circumstances of all, I have been compelled to omit many remedies which I frequently employ. I have had the bottles in the case accompanying this book filled under my own special direction, so as to have no failures, if possible, by wrong preparations. When any of the bottles are emptied, they can be properly refilled at the store of Mr. Backofen, in this city.

J. P. D.

No. 294 Penn Street, Pittsburgh.

THE MEDICINES.

THE design of this work being simply to point out such means as may be required in cases of Acute disease, and such as may be conveniently carried by the traveler, the number of medicines is necessarily limited, and will comprise only the most reliable. They are put up in the liquid form, and in larger quantities than generally provided in cases, in order to secure their virtues more perfectly. They must be kept tightly corked in their respective bottles, and preserved from the influences of light and heat. They should be kept out of the reach of children; not that they would be *poisonous*, but that they may be preserved from adulteration.

DOSES.

THE object in Homœopathic medication being to select the *least* dose that will effect the cure, and there being no guide, save experience, in determining how small the dose in a given form of

disease should be, such preparations are recommended, and in such quantities as will cure most cases and be safe in all.

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

1. For persons above the age of ten years, mix in a tumbler four drops of the tincture in four tablespoonsful of pure water.

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

3. For the first class, one teaspoonful is a sufficient dose, and for the second, one half a teaspoonful.

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

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

DIET.

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

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

As it is best, however, to indicate some articles that may be found better than others, when nourishment is required, the following are recommended:—*Gruel, made with water and oat meal, rice, farina, barley or wheat flour, seasoned with a little salt or sugar, or both; and as articles of beverage, pure water, water off from gum arabic, slippery elm, or toasted bread; and weak black tea.*

All other articles, unless of a similar nature, or recommended in connection with the remedies prescribed, must be considered as strictly forbidden.

LIST OF MEDICINES USED.

FULL NAMES.	ABBREVIATIONS.
1 Aconitum Napellus,	Acon.
2 Arsenicum Album,	Arsen.
3 Belladonna,	Bell.
4 Bryonia,	Bry.
5 Capsicum Annum,	Caps.
6 Cantharis,	Canth.
7 Camphor,	Camph.
8 Coccus Indicus,	Cocc.
9 Colocynth,	Colo.
10 Croton Tiglium,	Crot. Tig.
11 Cuprum Metallicum,	Cupr.
12 Chamomilla,	Cham.
13 Glonoine,	Glono.
14 Hepar Sulphur,	Hepar.
15 Ipecacuanha,	Ipecac.
16 Mercurius Corrosivus,	Merc. Cor.
17 Mercurius Vivus,	Merc. Viv.
18 Nux Vomica,	Nux Vom.
19 Opium,	Opi.
20 Pulsatilla.	Puls.
21 Rhus Radicans,	Rhus.
22 Spongia,	Spong.
23 Tartar Emetic,	Tart. Em.
24 Veratrum,	Verat.
25 Arnica Tincture,	Arn.
26 Urtica Urens,	Urt. Urens.

ACUTE DISEASES, AND THEIR TREATMENT.

FEVERS.

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

Simple Fever, from a Cold.

This begins with a chill or general feeling of coldness, which, however, is not always observed, and which soon yields to a general sensation of

heat, flushed face, thirst, hot dry skin, headache, and, perhaps, pains in various parts of the body. These symptoms, if not soon removed by appropriate remedies, or by the unaided efforts of nature, give place to those of inflammatory affections, such as pleurisy, lung fever, etc. It becomes, therefore, all-important to check the progress of such fearful affections while yet in the bud, by breaking the simple fever. This can best be done as follows: At any time during the chilly stage and before the heat and thirst have set in, keeping away from the fire or a heated room, make use of

Cold Water, by getting suddenly in and out of a tub half-filled with it, or rapidly washing the entire body with cloths dipped in it. After a smart rubbing of the surface with a coarse towel, walk or run till a free perspiration is effected.

In cases where it is preferred, or more convenient, a *wet sheet* may be used as follows: Dip a muslin sheet in cold water, wring it dry as possible, and spread it out on a heavy quilt. Upon the sheet thus prepared lie down, so that an attendant may wrap it and the quilt closely about you, leaving only the face uncovered so much that you can get sufficient air for breathing. Remain in this envel-

ope till reaction takes place, causing you to feel warm and comfortable; then rub the surface well, dress and take exercise, as before directed. During either of the baths, warm drinks should be freely taken. But if the fever has set in, or there already appear symptoms of affections of a secondary and inflammatory character, the *cold water* must not be used, as it would no longer be homœopathic, and therefore safe.

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

Aconite, prepared as directed in the introductory rules.

Dose every half hour.

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

Influenza, or Grippe.

This, beginning with the symptoms present in the first stage of the common fever, may often be arrested by the means pointed out for that affection. Its characteristics are redness and watering of the eyes, irritation of the nose, with a feeling of obstruction, or a free discharge, dry-

ness and soreness of the throat, dry cough, some oppression in breathing, headache, white coated tongue, and a general feeling of languor.

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

A dose every four hours.

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

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

Doses four hours apart.

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

Dose every half hour.

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

Dose every four hours.

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

Dose every four hours.

Sore Throat.

When soreness of the throat is felt, and difficulty in swallowing, it is not easy to anticipate the disease of which these may be the first symptoms; it may be quinsy, scarlatina, or a malignant sore throat. It is well, therefore, to act both wisely and promptly in the use of remedies. Examine the appearance of the throat, by opening the mouth widely and pressing the tongue down with a spoon. The appropriate remedies are

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

Dose every hour.

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

Dose every two hours.

Mercurius Viv. when the tonsils and palate are much swollen, their color a pale red, the palate appearing lengthened and rather translucent, like a Malaga grape with the skin off—

the throat filling often with mucus, constant desire to swallow; or when there is not much inflammation or swelling, but small, yellow, smarting ulcers on the tonsils or parts near them, with constant flow of saliva in the mouth.

Dose every four hours.

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

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

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

Catarrhal Fever.

This affection begins with chilliness, succeeded by a fever, which varies, being higher at one time than another, even in the same day. The mucous membrane, or what commonly is called the "lining" of the inner passages of the body, is the seat of irritation. When that portion embraced in the nose and eyes is particularly affected, the disease is termed "cold," or "catarrh" in the head. When the portion in the throat, and more

especially, the chest, is affected, it is called "catarrh" in the chest; and if accompanied with some fever, it is known as "catarrh fever." In either case, at the outset, the mucous membrane is very dry and somewhat inflamed; but soon there is watery, irritating discharge from it, which becomes thicker, more difficult to remove, and even oppressive, if not checked by appropriate remedies.

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

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

Dose every two hours.

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

Dose every two hours.

Tartar Emetic, when there is much oppression in breathing, palpitation of the heart, loose, rattling cough, with nausea and even vomiting of mucus.

Dose every hour;

or in alternation with the *Bell.*,

Doses one hour apart:

Mercurius Vivus, Bryonia, Nux Vomica and **Arsenicum**, are sometimes indicated. See indications given for them under the head "*Influenza.*"

Arsenicum is the chief remedy in cases of *suffocative Catarrh*, where there is great oppression of breath and a resulting stupor.

Dose every twenty minutes.

Croup.

This affection, though apparently of sudden occurrence, comes only after the manifestation of many or most of the symptoms excited by a cold, and already described under the heads Simple Fever and Catarrhal Fever. It is mostly peculiar to children, and comes on usually at night. It is characterized by a singular "crowing" cough, extreme difficulty in breathing, and hoarseness of voice, such as no one will fail ever to recognize, having once heard them.

The treatment of this dreaded disease, to be efficient, must be promptly and carefully conducted. I have had, during the past eight years, many cases, probably as many and as severe as any other physician in Western Pennsylvania,

yet, I am happy to say, I have yet to lose a case. This success I believe to be owing to my adherence to old and well-tried homœopathic remedies. Frequently I have seen new remedies brought out and their success in certain cases reported. They may be good, but have yet to cure anything like the proportion of cases cured by *Acon.*, *Spong.* and *Hepar Sul.*

Upon the first appearance of croup symptoms, the remedy is

Aconite, prepared as directed, and given

Dose every fifteen minutes,

till four doses are taken; then, if not better, prepare

Spongia, and give alternately with the *Acon.*

Doses twenty minutes apart,

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

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

Dose every three hours.

During the day following an attack of croup, the patient must be kept in a warm, dry room, and as free from excitement as possible. In case of any return the following night, the same remedies must be used. If the case proves too un-

yielding, medical aid must be sought; but in ninety-nine cases out of a hundred the three remedies prescribed will be all-sufficient.

Asthma.

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

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

Dose every half hour.

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

Dose every hour.

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

Dose every hour.

Whooping Cough.

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

Belladonna and **Cuprum Metallicum** suit a majority of cases. Give them alternately,

A dose every four or six hours.

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

Pleurisy.

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

Aconite is the chief remedy.

Dose every hour.

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

Bryonia, and give it alternately with *Acon.*

Doses a half hour apart.

If no relief is experienced after four hours, prepare

Belladonna, and give in place of the *Acon.* and *Bry.*

Dose every hour.

At the same time the *Bell.* is employed, use

Hot Water; wring cloths out and apply them to the seat of the pain, at the times for giving the medicine. Cover the hot compress with

dry flannel. These three medicines and the hot water are capable of curing most, if not *all* cases of pleurisy. Bleeding, cupping and blistering are not to be compared with them.

Inflammation of the Lungs.

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

Aconite,

Dose every hour.

After the second dose prepare

Bryonia, and give it alternately with the *Acon.*

Doses an hour apart.

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

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

Hot Water may be applied as directed in pleurisy.

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

Spitting Blood.

This affection is not necessarily dangerous, for very rarely so much blood is lost as to occasion death. Frequently the blood is from the nose, passing down into the throat. When this is the case, the spitting occurs generally at night, or after a sleep. Sometimes the blood is from the throat. When this is the case it comes in small quantities and is dark colored. Sometimes it comes from the stomach. When this is the case, it is vomited up, and is accompanied with nausea and a burning in the pit of the stomach, and is dark colored.

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

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

A dose every two hours.

Arsenicum is best when the blood comes

from the stomach. This may be given in alternation with

Capsicum,

Doses an hour apart.

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

Doses an hour apart.

Bryonia and **Belladonna**, either singly or in alternation, are the best remedies when the hemorrhage is from the lungs.

A dose every hour.

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

Colic.

This affection may be distinguished, generally, from any inflammatory condition, by an absence of soreness on pressure and an absence of any great degree of heat.

Nux Vomica is best, in case the pains

come and go at intervals, and there is constipation of the bowels, or much flatulency.

A dose every hour.

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

A dose every hour.

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

A dose every hour.

Cocculus in place of the *Puls.* when the pains are very severe, there is flushed face, fullness in the head, and dizziness, with a scanty flow.

Dose every hour.

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

A dose every hour.

In most cases of colic a compress wet in hot water and kept upon the painful part, by a dry flannel bandage, will be of service.

Inflammation of the Stomach.

This affection is distinguished by burning or cutting pains in the pit of the stomach, and to the left side of it, increased by pressure, by

taking breath or food. There is great thirst, nausea, and a disposition to vomit after taking food or drink.

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

Doses one-half hour apart.

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

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

Capsicum, when there is excessive burning in the stomach.

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

Hot Water should be taken at a high degree of temperature.

Half a pint before the use of any medicine, and then enough to satisfy the thirst at times between the doses of medicine.

In this affection no cold drinks are allowable. Should there be great external heat in the region of the stomach, occasional sponging with hot water may be practiced.

Inflammation of the Liver.

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

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

Dose every hour.

Nux Vomica is best when there is great tenderness and fullness of the liver and constipation of the bowels; alternately with *Acon*.

Doses one hour apart.

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

Dose every hour.

Mercurius Viv. when there is much enlargement of the liver, bitter taste in the mouth, shivering and disposition to sweat, with looseness of the bowels; alternately with *Bryonia* or *Bell*.

Doses two hours apart.

Belladonna when there is excessive pain,

oppression in breathing, headache, giddiness and flushed face.

Dose every hour.

Hot Water. A compress wet in it may be kept applied to the region of the liver.

Renew it every hour.

Inflammation of the Bowels.

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

Aconite. Give, for two hours,

Dose every half hour.

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

Dose every hour.

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

Dose every hour.

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

Dose every hour.

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

Dose every hour.

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

Dose every hour.

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

Inflammation of the Kidneys or Bladder.

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

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

Doses an hour apart.

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

Hot Water. A compress wet in it may be applied over the region of the kidneys or bladder.

Renew it every half hour.

Gravel, Strangury, &c.

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

Nux Vomica, or **Camphor**, or **Pulsatilla**.

Dose every hour.

Cholera Morbus.

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

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

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

Dose every half hour.

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

Doses half an hour apart.

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

Dose every half hour.

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

Doses half an hour apart.

Veratrum, in place of *Arsen.*, if that fails to check the vomiting and purging.

Dose every half hour.

Cholera Infantum.

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

Belladonna and **Ipecac** should be given alternately.

Doses half an hour apart.

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

Diarrhœa.

Of this affection there are many varieties, and for them, many and various means have been

used. It is my aim here to give two or three only of the many remedies, and such as may meet the demands of most cases of diarrhœa.

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

Dose every two hours.

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

Dose every hour.

Pulsatilla, Veratrum or Colocynth, may be used in case both *Croton* and *Arsen.* fail.

Dysentery.

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

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

Doses an hour apart.

Colocynth, when the colicky pains are

very severe, the stools small, bilious and frequent.

Dose every hour.

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

Doses an hour apart.

Cantharis, when there is much pain in the bladder and difficulty in urinating; alternately with *Colo.* or *Merc. Cor.*

Doses an hour apart.

Cholera.

This affection, so dreadful even in name, is not often beyond the control of homœopathic remedies. Cases of it occur, nearly every summer, and are owing to individual peculiarities and circumstances. When it is epidemic, prevailing in certain localities and prostrating half a community at once, it generally assumes a form called Asiatic. The treatment of the two kinds is much the same, varying only as the symptoms vary. During epidemic cholera, attention should be paid to diet and habits, exposure to dampness or night air avoided, and a bandage of flannel worn tight round the stomach and abdomen. The least diarrhœa or disposition to vomit should receive attention.

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

Dose every hour or half hour.

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

Dose every hour or half hour.

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

Dose every half hour.

Cuprum, when, with the vomiting, the cramps are very severe; alternately with *Verat.*

Doses half an hour apart.

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

Dose every half hour.

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

Dose every ten minutes.

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

Dose every ten minutes.

There is not a single remedy in the world that has saved as many lives threatened by death from cholera, as *Camphor*. It has been brought into use by our physicians, and now there is not a remedy in the shops of the old schools, that has any reputation for curing *cholera*, that does not contain *Camphor* as an ingredient.

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

Ice Water. The surface of the body, especially the extremities, may be sponged with this, when there is great coldness, particularly when there is threatening collapse,

Once every half hour,
till warmth returns.

Headache.

To come within the limits of this little work, I am compelled to omit a number of our most important remedies for headache. In obstinate cases application must be made to a physician.

Belladonna, for persons who have full active brains, and who are subject to a rush of blood to the head; more especially when there is

a feeling of fullness in the head, heat and throbbing, and the eyes are very sensitive to the light.

Dose every two hours.

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

Dose every hour.

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

Dose every hour.

Nux Vomica, for headache from indigestion or mental labor, and when there is momentary partial blindness or spots before the eyes, and when the headache begins in the morning. It is best adapted to headache in persons of bilious temperament, or who are troubled with piles or constipation.

Dose every hour.

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

Doses an hour apart.

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

Renew it every hour.

Ice Water, for the same symptoms, when there is coldness of the extremities. Apply the cold water to the feet by bathing them for one minute.

Application once every hour.

Neuralgia in the Face and Head.

This affection is one of the most acute and tormenting, and often one of the most incurable, that humanity is subject to. Beyond the application of some powerful stimulants, or the more fashionable deception of anæsthetics, the old schools now claim no satisfactory measures of relief for it. But Homæopathy has, in this, as in many other affections, furnished efficacious remedies where stimulants, anæsthetics and other allopathic means, have entirely failed to do any good.

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

Dose every hour.

Rhus Radicans, for the same, when the *Bell.* fails to relieve, and especially when the pains are worse at night or when the patient is at rest.

Dose every hour.

Arsenicum, when the pains come at regu-

lar intervals and are burning, and there is nausea or a sense of general prostration.

Dose every two hours.

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

Doses an hour apart.

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

Dose every hour.

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

External applications, so far as my experience extends, exert little or no beneficial influence upon this affection.

Toothache.

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

Belladonna is the first remedy here, as in neuralgia.

Dose every hour.

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

Dose every two hours.

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

Doses an hour apart.

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

Dose every two hours.

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

Dose every two hours.

Earache.

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

Aconite is the first remedy.

Dose every hour.

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

Dose every hour.

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

Dose every two hours.

Hot Water; a compress dipped in it should be kept upon the ear and surrounding parts till the pain is relieved.

Renew it every half hour.

Inflamed Eyes.

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

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

Apply it every two or three hours.

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

Dose every three hours.

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

Dose every four hours.

Mercurius Viv., when *Pulsatilla* fails to give relief, or when there is a mattery discharge from the eyes.

Dose every four hours.

Nettle Rash.

This affection is frequently called "hives" and "prickly heat," and is characterized by

great itchiness, red elevations and white blotches on the skin.

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

Dose every four hours.

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

Dose every eight hours.

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

Dose every eight hours.

Hot Water. In this affection cold baths are very unsafe; but warm, even hot baths, are very soothing and beneficial.

A bath night and morning.

Chicken Pox.

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

Aconite for its reduction.

Dose every two hours.

Belladonna, when there is any disturbance of the head, flightiness or disposition to spasms.

Dose every two hours

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

Dose every four hours.

Small Pox.

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

The diet should be strictly such as prescribed at the beginning of this book. The room should

be kept dark and cool, but dry, and the bed fresh and clean.

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

Doses four hours apart.

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

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

Doses one or two hours apart.

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

Varioloid.

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

Measles.

This affection begins with redness and watering of the eyes, short, dry cough, and a degree

of fever; then a fine light red eruption appears on the face, neck, hands, &c. About the fifth or sixth day from the first appearance of the disease the eruption begins to die away upon the face.

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

Dose every two hours.

Pulsatilla, for the catarrhal symptoms, or in case the eyes are very much inflamed and swollen, or the eruption is slow in developing on the skin; also for the running from the ears occurring after the disease.

Dose every two hours.

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

Dose every two hours.

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

Doses an hour apart.

Scarlet Fever.

This affection, which destroys more of the brightest of our children than any other that ever visits our firesides, is generally manage-

able under proper homœopathic treatment. If Hahnemann had accomplished no more in his life-time than to furnish the remedies which he has for this disease, he would be deserving the thanks of the world through all time. To him the whole medical profession is indebted for *Belladonna* as a preventive and remedy for the worst form of scarlet fever.

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

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

Doses half an hour apart.

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

Doses an hour apart.

Belladonna, when the skin is smooth,

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

Dose every hour.

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

Doses an hour apart.

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

Dose every two hours.

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

Doses an hour apart.

The same, in alternation with *Caps.* when the fever and headache are relieved, but the *throat* yet remains very sore.

Doses an hour apart.

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

Dose every two hours.

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

Doses three hours apart.

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

Hog's Fat, applied either by rubbing with a piece of pork, or with fresh lard, should be spread over the entire surface of the body, in every case. This item I consider one of the most favorable of the circumstances in which we should place a scarlet fever patient. Any pure oily substance spread in the same manner, would possibly do as well as the hog's fat, which I mention here because it can always be readily obtained.

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

Each time just before taking a dose of medicine.

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

Mumps.

This affection is characterized by a swelling of the parotid glands, which lie just below the ears.

This swelling may attack one or both sides, causing a fullness of the face in front of and below the ear, stiffness of the jaws, and pain when opening them.

Mercurius Viv. is almost a specific in *Mumps*.

Dose every four hours.

Belladonna, in alternation with *Merc.*, in case there is any headache, fever or delirium.

Doses two hours apart.

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

Renew every hour.

Erysipelas.

This is an inflammatory affection of the skin, frequently beginning with a small pustule on the nose, lips or eye-lids, and spreading upon the face and scalp. It sometimes appears on other parts of the body; is almost always lobster-red and burning hot. For further description of the different kinds of erysipelas, see the remedies below.

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

Dose every three hours.

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

Dose every three hours.

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

Doses two hours apart.

Boils.

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

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

Application every four hours.

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

Dose every three hours.

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

Dose every four hours.

Hot Water should in every case be applied to the boil just before the times for taking the medicine. A *poultice* of bread and water should be kept applied till the boil opens, then a com-

press of *hot water* till all is healed up sound. In this affection, and the one that follows, do not break the skin till there appears a soft, white looking spot, which indicates ripeness; then open it with a sharp pointed lancet or knife.

Carbuncle.

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

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

Dose every four hours.

Whitlow or Felon.

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

Hot Water. The part affected should be

immersed, for five minutes at a time, in water hot as can be borne.

Repeat the bath every hour.

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

Dose every two hours.

Mercurius Viv., in alternation with *Bell.*, when there is much swelling.

Doses two hours apart.

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

Doses four hours apart.

Poultice of bread and water, or a compress wet in *hot water*, should be applied from the time matter begins to collect till the abscess is entirely healed. As soon as the swelling appears soft it should be opened.

Affections of the Heart.

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

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

Dose every hour.

Arsenicum, when there is great burning in the region of the heart, and a sense of smother-

ing, worse when lying; especially when, in connection with these symptoms, there is a dropsical condition of the feet or ankles.

Dose every three hours.

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

Doses two hours apart.

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

Doses two hours apart.

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

Doses two hours apart.

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

Apoplexy.

It is very important that every one should be informed somewhat in regard to the symptoms and treatment of this affection. Fits of apo-

plexy are very alarming, often very dangerous, and always requiring prompt measures of relief.

Those are most subject to them who are stout, have a large head and short neck, and who often feel a tendency of blood to the head. Such persons should eat with moderation, especially in the evening; never drink coffee, chocolate, or any stimulating beverages; sleep with the head low; avoid great mental excitement, and bathe in the following manner: every morning, the face and head with *hot water*, and every night the feet with *cold water*.

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

Dose every fifteen minutes.

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

Dose every ten minutes .

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

Dose every ten minutes.

Nux Vomica, when the attack has been

induced by eating or drinking improperly and there is derangement of the stomach, and when there is rigidity of the limbs with occasional jerking convulsions.

Dose every half hour.

Hot Water applied to the head, warm as can be borne, is one of the most important remedies for apoplexy.

Application to be renewed every half hour.

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

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

Paralysis—Palsy.

This, too, is an affection often requiring speedy measures of relief. Those who are threatened with it should live temperately, avoiding excesses of all kinds. The adulteration of liquors and beers with *Nux Vomica*, *Cocculus* and *Lead* is helping to cause many more cases of this affection than were met with in olden times.

When want of sensation or motion is observed

in any part of the body, after a fit of apoplexy, or spasms of any kind, a continuance of the very remedies successfully employed in those affections will often be sufficient to remove it.

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

Dose every three or four hours.

This remedy is also one of the best for paralysis following rheumatism.

Dose every six hours.

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

Dose every four or six hours.

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

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

Apply, by fomentation, every four hours.

Convulsions — Spasms.

When these occur in apoplexy, or during confinement from congestion of the brain, the remedies pointed out under the head Apoplexy, are to

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

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

Hot Water, upon the first appearance of heat in the head; apply this with cloths for five minutes.

Application to be made every two hours.

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

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

Dose every hour.

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

Dose every hour.

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

Dose every ten minutes.

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

Dose every ten minutes.

Nux Vomica, when the spasm has come from some indigestible food; the child has been colicky and constipated in the bowels; and when

it is inclined to bend its head backward and to stiffen its limbs during the spasm.

Dose every half hour.

In all cases of spasms, the most self-possessed person present should take the child, lay it upon a bed without any elevation of its head, see that no part of the dress is too tight, prepare and administer the remedies as already directed. Agitating the child yet more by carrying it about or dousing it into a hot bath, is a pernicious practice. No application of water except *hot* to the *head*, or *cold* to the *extremities*, can be recommended. One that comes out of a spasm, with ice to the head or with the feet in hot water, would do so better without those means.

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

Teething.

Some children cut all their teeth without any sensible disturbance of health, while others are hardly ever well from the beginning to the end of teething. The plan of cutting the gums as soon as the form of a tooth can be seen, is bad; for unless the tooth comes immediately through, the cut heals, thereby forming a tough scar through which it has to force its tedious way. When the

edge of the tooth looks white along the gum and there is a disturbance of comfort or health, a slight cut with a knife or a rub from the mother's thimble, will set free the struggling prisoner and end all trouble.

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

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

Dose every two hours.

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

Dose every hour.

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

Dose every hour.

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

Doses an hour apart.

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

Doses an hour apart.

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

Crying and Sleeplessness of Infants.

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

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

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

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

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

If the troubles come from *teething*, see the chapter on that subject; if from *colic*, see the chapter on that subject; if from *cold*, see that subject.

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

Belladonna, Chamomilla, or Nux Vomica.

Dose every two hours.

Rheumatism.

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

Aconite, when the pulse is full and rapid, and there is thirst, and the painful parts are hot and sore.

Dose every two hours.

Bryonia, when the painful parts are very sore, swollen and reddened; when the pains are

made worse by motion, and the tongue is coated white or yellow; especially when there is disturbance of the stomach and constipated bowels.

Dose every two hours.

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

Dose every two hours.

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

Doses an hour apart.

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

Heartburn—Water Brash.

This is peculiar to persons who are more or less dyspeptic. It may occur, from special cau-

ses, to those who are not generally subject to indigestion. For immediate relief, I know of no remedy of more value than

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

Dose every hour.

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

Bryonia, when the food rises into the mouth with a bitter taste, and there is headache, flushed face and dizziness, with chilliness and feelings of heat alternately.

Dose every four hours.

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

Dose every two hours.

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

Dose every four hours.

Pulsatilla, when the trouble has come from using fat or greasy food, or rich pastry, and

there is more of a tendency to diarrhœa ; especially when there is any soreness in the mouth.

Dose every four hours.

Persons subject to indigestion should drink little or no liquid while eating, and for an hour after. The use of acid wines, in place of tea and coffee, is good, especially if there are acid eructations. Soda, saleratus, lime-water and all other alkaline substances, should be totally discarded, for they destroy the lining membrane of the stomach, and make dyspepsia perfectly incurable.

Constipation of the Bowels.

Judging from the ample provision made by the old schools for this state of the bowels, one would suppose it to be the cause of all the "ills that flesh is heir to ;" whereas, in truth, not once in the occurrence of a hundred cases of sickness in which it exists, is it anything but an *effect*, and that quite a harmless one, of the disease. The learning and ingenuity of the medical profession have been taxed, variously to move the bowels ; and yet, moving the bowels has, in ninety-nine cases out of a hundred, no more to do in curing the patient than would cutting off his fingers and toes. I am happy here to record the fact, that our brethren of the old schools are learning from

our success without "*physic*," that it is a loss of material and of time to be scrubbing and torturing the bowels, because they are put in a state of temporary rest by disease. It will be better still when they learn how to remove the disease in order that the bowels may act as usual under the guidance of kindly nature. Constipation, if it occurs to persons who are not confined to their beds or rooms, is usually the result of inaction on the part of the stomach or liver, and calls for attention to them. When it occurs to those in bed or confined to their rooms, it is merely a part of the general torpor and want of action which pervades the system, and needs no separate treatment. In all cases the diet should be chiefly or entirely of fruit and vegetables and coarse bread, such as are not in themselves binding to the bowels. For treatment, I refer you to a physician.

Piles.

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

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

Dose every three hours.

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

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

Sea-Sickness.

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

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

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

Doses two hours apart.

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

Bleeding of the Nose.

Various are the causes of this flow and various therefore must be its remedies. When it is but slight no interference is required; when too pro-

fuse or of too long continuance, use the following remedies :

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

Dose every half hour.

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

Dose every half hour.

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

Dose every two hours.

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

Doses an hour apart.

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

Flooding—Uterine Hemorrhage.

This usually occurs during child-birth or a miscarriage, and requires very careful manage-

ment. If it comes on in the early months of pregnancy, a physician should at once be consulted, as some manipulation which only a skillful hand can perform, may be required. If it occur after a miscarriage or the birth of a child, in the absence of the physician, remove the pillow gently from under the patient's head and administer the following remedies:

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

Dose every twenty minutes.

Ipecac., when the flow is more continuous, the pulse not so full, and there is nausea or a disposition to faint on rising up.

Dose every twenty minutes.

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

Doses ten minutes apart.

These two remedies, in my hands, have been efficient in the worst cases of uterine hemorrhage, having never yet failed in one instance. Other remedies are often required to complete the restoration of the patient, but the *Bell.* and *Ipecac.* will remove the immediate danger and give time for competent medical aid to be brought.

Chill in Confinement.

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

Camphor, when the chill is yet on.

Dose every ten minutes.

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

Dose every half hour.

Pulsatilla, in alternation with the *Acon.* when there is a sudden suppression of the flow.

Doses half an hour apart.

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

Doses half an hour apart.

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

Fainting.

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

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

Dose every half hour.

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

Dose every half hour.

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

Dose every half hour.

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

ACCIDENTS.

Sun-Stroke—Effects of Heat.

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

Never put *cold water* to the head, but rather upon the feet, if they are disposed to be cold.

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

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

Stroke of Lightning.

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

If an electrical or galvanic apparatus should be at hand it would be well to pass a current, every two minutes, from the base of the back part of the head, down the spine, and to the extremities of the limbs; but this should not be continued after signs of life appear.

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

Suffocation.

This may occur from different causes, such as impure air, compression of the neck, and choking by something lodged in the throat. In the first case, the open, fresh air should be sought; in the second, the means of compression, such as rope

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

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

Drowning.

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

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

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

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

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

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

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

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

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

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

Frost Bite.

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

Chilblain.

This affection seldom follows a frost-bite which has been treated as above directed; when it does, and indeed, in most other cases, its predisposing cause is an unhealthy state of the blood, or of the secretions of the body. For present relief, *hot water*, applied to the affected

parts, is the best of all agents. Tincture of *Arnica*, and more especially, tincture of *Urtica Urens*, one part to three of water, will destroy the itching and burning. But, as the affection may sometimes result in troublesome abscesses, and especially as it is not altogether a local one, recourse should be had to a physician for a more radical treatment.

Burns and Scalds.

A burn or scald is more or less dangerous, according to its location and extent. The affections of important organs, to which they may give rise, demand very careful management, and require the skill of a physician. The best application to a part that has been burned or scalded, is *hot water*. Apply raw cotton wet in *hot water*; let it be saturated afresh with hot water, without being raised, every fifteen minutes, till the burning sensation ceases; then let it be simply kept from drying till the part is well. The tincture of *Urtica Urens*, prepared as directed for chilblains, may be applied in the cotton compress. Care should be used, from the time of the first application, not to let the affected part be for one instant exposed to the air.

Stings of Insects.

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

Envenomed Bites.

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

Ruptures.

These generally take place at the navel or in the groin, and require the attention of a physician. But lest the protruding intestine become strangulated and inflamed, it is necessary to have it returned with all possible haste. If the rupture is at the navel, it is easily reduced by common pressure; the patient lying on his back. A *pad made of stiff paste-board* covered with muslin, should be kept upon the navel by a bandage passing around the body. If the rupture be in the groin or down into the scrotum, the patient must be placed upon his back, with his *head and shoulders low, heels and hips raised*. Gentle but firm pressure must then be made from the lowest part of the tumor, up toward the abdomen. If the intestine is not soon returned, it is better to desist from further efforts till the arrival of a physician. Should the first efforts prove successful, keep the patient on his back till a suitable truss is provided and applied by a physician.

Concussions.

When a person has received a violent concussion of the head, or any part, by which sensibility is destroyed, the tincture of *Arnica*, one part

to three of cold water, should be immediately applied to the parts that have been bruised, by means of a compress of muslin or raw cotton. This should be renewed every half hour, till sensibility and heat return. At the same time,

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

Dose every half hour.

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

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

Bruises.

In all cases of injury by a fall or a blow, where only the fleshy parts are implicated, *Arnica tincture* should be applied, prepared as follows: When the skin is not broken, one part to three of *cold water*, and when the skin is broken, one part to five of *cold water*. This application should be made with a compress of muslin or raw cotton, and be renewed every half hour. But if reaction

has taken place before any application is made, and the injured parts are inflamed and swollen, cold water must not be used, but rather *hot water*, with the proportions of *tincture* named above. At the same time the *Arnica tincture* is externally applied, *Arnica* should be administered internally.

Dose every hour.

Sprains.

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

Rhus Rad. may be taken.

Dose every four hours.

And a solution of the same, one part to five parts of water, may be applied externally. As dislocations are sometimes mistaken for mere sprains, it will be well to have the attention of a

physician, when there is any room for doubt as to the real nature of the injury.

Dislocations.

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

Fractures.

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

Bleeding from Wounds.

When only smaller vessels, or the veins are cut, the flow of blood is easily checked by the pressure of a compress wet with *cold water*. When an artery is cut, the blood is of a bright red color, and comes out in jets, corresponding in time with the beats of the pulse. The most dangerous hemorrhage always comes from an artery; and it is therefore important to know how it should be

checked, in order to save life till the arrival of a surgeon. It must be remembered that much more pressure is required to stop the blood in an artery than in a vein.

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

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

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

may be placed at the point where the thumbs should be, and bound tightly there.

Cuts and Lacerations.

Before bringing the edges of a cut or lacerated wound together, see that there is no dirt or other foreign substance in it. When it is nicely cleaned, bring the edges of the wound together gently, and if there is yet some bleeding, apply narrow strips of adhesive plaster across it in such a way as to keep it together; then apply a compress of *Arnica*, one part tincture to five parts of *cold water*, and keep it wet. If there is no hemorrhage, strips of the court plaster will be better than the adhesive. The strips should always be put so far apart, as to allow any matter that may form to escape freely.

POISONS, AND THEIR ANTIDOTES.

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

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

For Acids,

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

Take *magnesia, chalk, soda or wood-ashes*, mix in warm water, and let the mixture be swallowed hastily. If Prussic acid be the poison taken, let large quantities of *strong coffee* be drank, and *cold water* dashed upon the back.

For Alkalies and Earths,

Such as *Lime, Caustic Potash, Carbonate of Potash, Pot and Pearl Ash.*

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

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

For Alcohol, or Spirituous Liquors.

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

For Arsenic.

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

For Bitter Almonds or Peach-Kernels.

Large draughts of *strong coffee*.

For Copper and its Compounds.

White of eggs in warm water, or *sugar water*.

For Corrosive Sublimate.

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

For Poisonous Gases or Vapors.

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

For Lead or its Salts.

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

Narcotics,

Such as *Opium*, *Laudanum*, *Paregoric*, *Morphine*, &c.

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

Phosphorus.

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

Mercury.

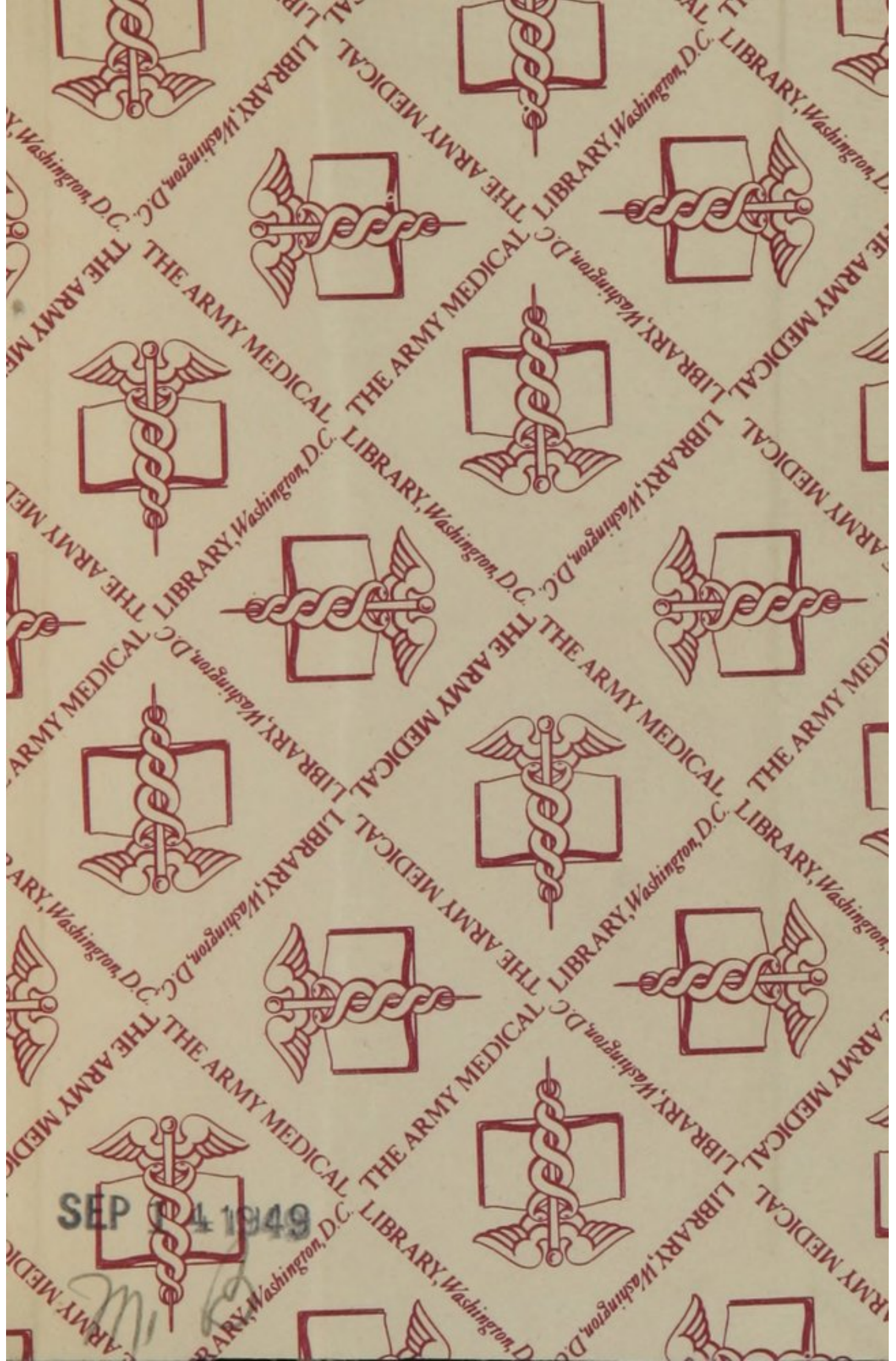
White of eggs in warm water, *milk*, or *wheat flour* in warm water, freely drank.

Vitriol—White, Blue or Green.

White of eggs in warm water; *sugar water*.

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





SEP 14 1949

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