

Taking cold : (the cause of half our diseases) its nature, causes, prevention, and cure; its frequency as a cause of other diseases, and the diseases of which it is the cause / by John W. Hayward.

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On
TAKING COLD,
as
A CAUSE OF DISEASE

JOHN W. HAYWARD, M.D.

THIRD EDITION

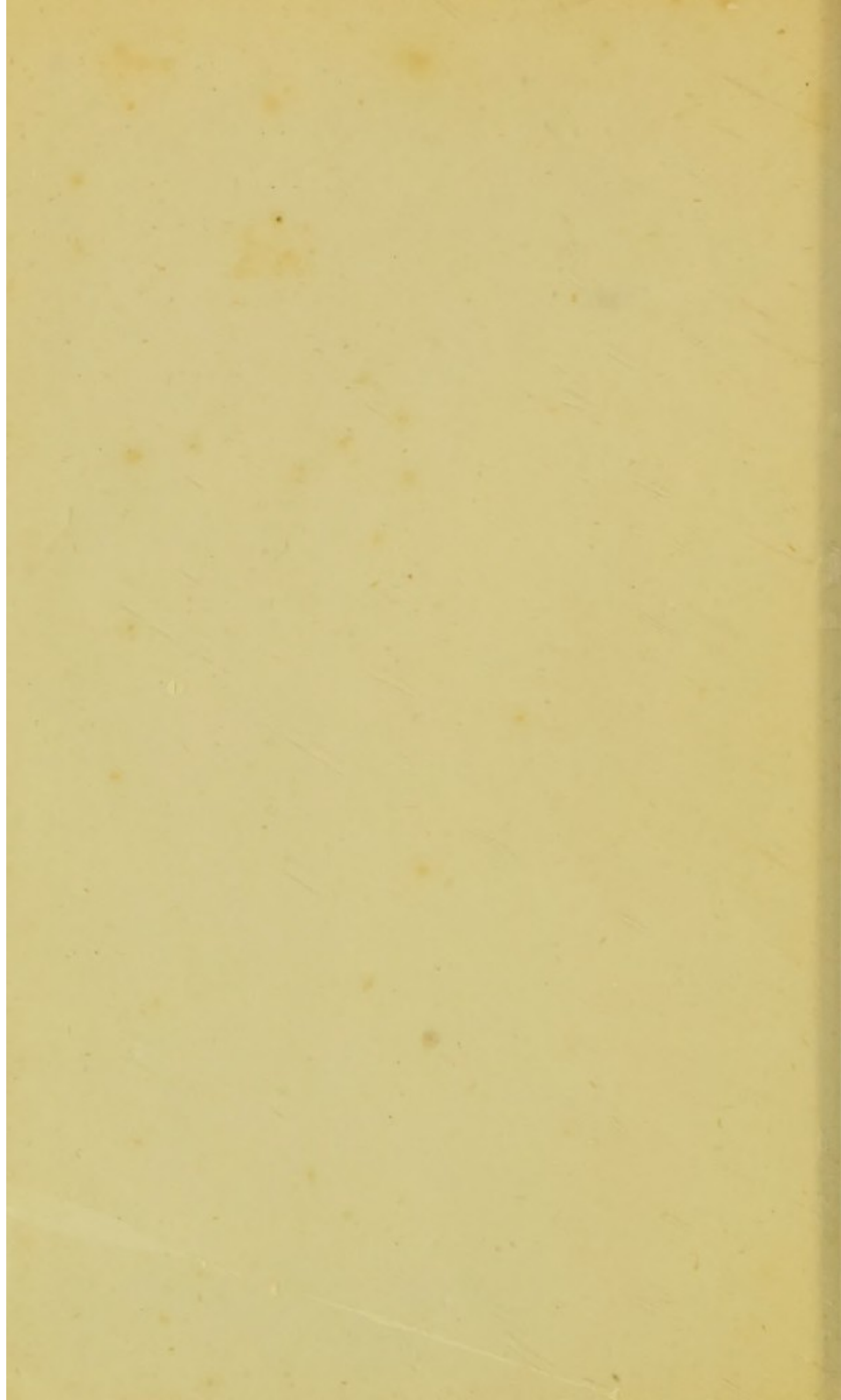
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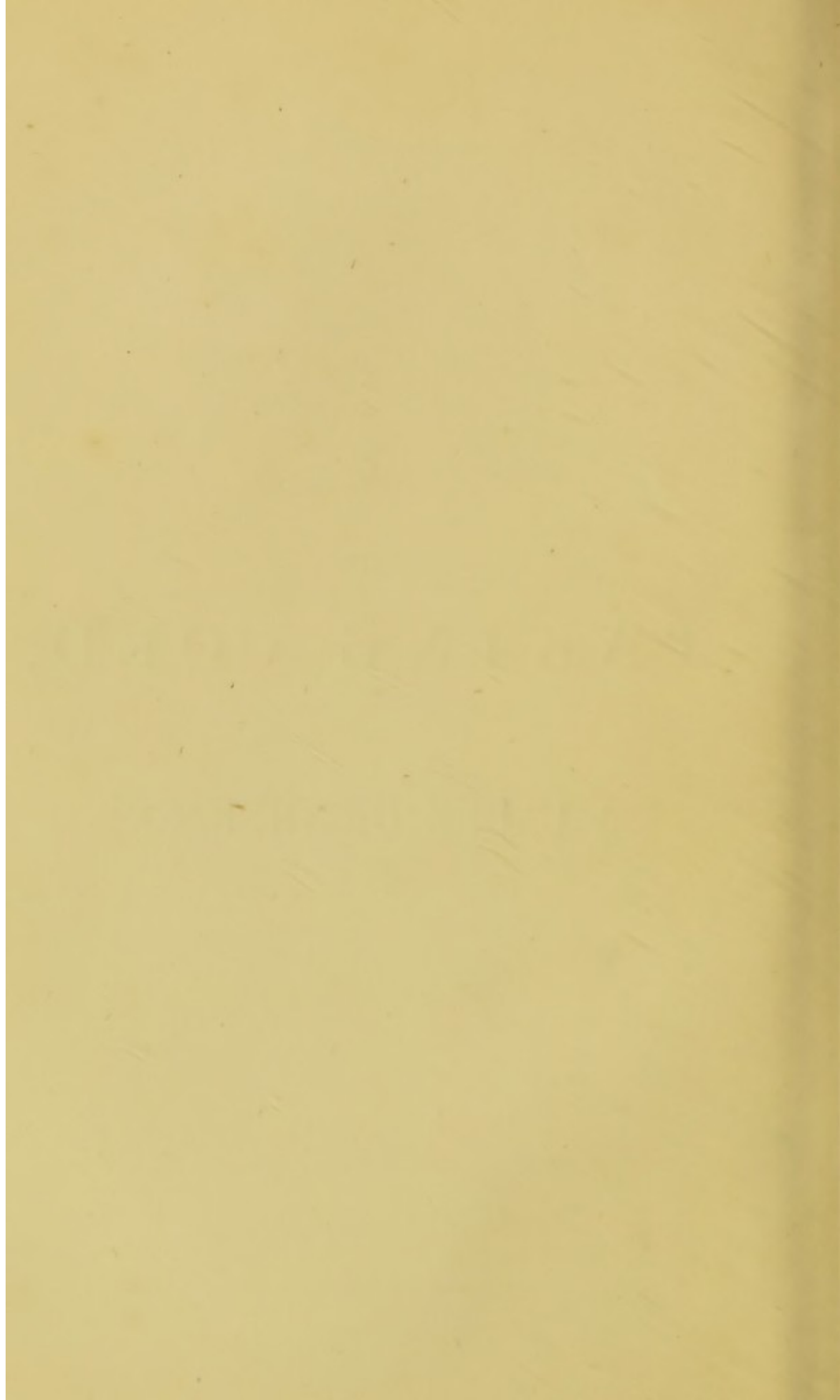
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TAKING COLD

(THE CAUSE OF HALF OUR DISEASES):

ITS

Nature, Causes, Prevention, and Cure;

ITS FREQUENCY AS A CAUSE OF OTHER
DISEASES, AND THE DISEASES OF WHICH IT
IS THE CAUSE.

BY

JOHN W. HAYWARD,

M.D., M.R.C.S., L.S.A..

*Author of "The Vale of Conway Spa;" "Allopathy and
Homœopathy Contrasted—1, in their Nature; 2, in their
Origin and Early History; 3, in their Bases."*

"The knowledge of the cause of the disease is the key to the
symptoms and treatment."

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PREFACE TO THIRD EDITION.

A THIRD EDITION of this Essay being called for within five months, shows that it answers its purpose.

With the object of rendering it as nearly perfect as possible, I have made several additional emendations.

VERNON HOUSE,
August, 1866.

PREFACE TO SECOND EDITION.

THE first edition of this Essay having been sold off within three months is sufficient evidence that it has met a public want and appreciation.

I have made several additions and emendations, suggested by reflection, and by the opinions of friends and critics; so that I hope the present edition will prove more complete than the former.

VERNON HOUSE,
February, 1866.

PREFACE TO FIRST EDITION.

THIS Essay is an abstract from a paper on this subject, read before the Liverpool Homœopathic Medico-Chirurgical Society, and published in the "Monthly Homœopathic Review" for June, 1864, the total issue of which was sold off immediately.

It is published in a separate form, in deference to the earnest entreaties of many friends who have profited by a perusal of the original paper, and under the conviction that, by attention to the following directions, persons may not only very frequently avoid taking cold, but may themselves frequently cure a cold at its outset, and thereby prevent the development of many of those serious diseases that result from taking cold.

VERNON HOUSE, LIVERPOOL,

November, 1865.

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cold.—Taking cold the cause of most diseases.—List of diseases caused by taking cold.—Prevention of taking cold.—Means of prevention.—Proper clothing.—When to alter clothing.—The parts to be covered.—Proper food.—Not to be exposed when hungry.—Washing in cold water.—Turkish baths.—Respirators: best, improper.—The medicine to be used as a preventive after exposure.—What to do after exposure.—What to do when a person's peculiar illness shows itself.—The preventive medicine or antidote.—Treatment of a cold.—Domestic treatment.—Professional treatment.—Two stages of a cold.—The medicine that corresponds.—The proper medicine.—The medicines that do not correspond.—Improper medicines.—*Aconite* is the medicine.—Symptoms and pathology of *aconite* and of a cold compared.—Dr. Hempel's recommendation of *aconite*.—Dr. Reil's explanation of the sphere and power of *aconite*.—The treatment recommended.—Advice to use *aconite* at once and alone.—To use *aconite* for the beginning of all diseases.—Benefit of this advice.—One pathological state should be met by one medicine.—Dr. Dudgeon's eulogy of *aconite*.—Tribute to Hahnemann.—Supplementary directions for treatment.—Index.

GLOSSARY.

- AMENORRHŒA : Suppressed menstruation.
- ASCITES : Abdominal dropsy.
- BRONCHIAL MUCOUS MEMBRANE : The skin lining the bronchial tubes.
- BRONCHITIS : Inflammation of bronchial mucous membrane.
- CAPILLARIES : The extremely fine, hairlike bloodvessels.
- CHLOROSIS : Green sickness.
- DIAGNOSIS : Discovery of the nature of disease.
- EMPHYSEMATOUS SUBJECTS : Persons with distended lungs.
- GANGLIONIC NERVOUS CENTRES : The ganglions or knots on the sympathetic nerves.
- HYDROCEPHALUS : Water on the brain.
- LARYNGITIS : Inflammation of the larynx or top of the windpipe.
- MATERIA MEDICA : The list of medicines.
- NERVES OF ORGANIC LIFE : The ganglionic or sympathetic nervous system (as distinguished from the brain and spinal marrow) that presides over the processes of life or growth.
- NERVOUS FLUID : The fluid within the nerves.
- ORGANIC LIFE : The life of the organism, the vegetative life.
- OTORRHŒA : Discharge from the ear.
- OZÆNA : Discharge from the nose.
- PATHOLOGY : Nature of the disease.
- PHTHISIS : Consumption of the lungs.
- PNEUMONIA : Inflammation of the lungs.
- RESPIRATORY ORGANS : The lungs.
- TABES (MESENTERICA) : Consumption of the bowels.

TAKING COLD.

DISEASES AND THEIR CAUSES.

THE health of mankind is deranged and destroyed in a great variety of ways, and by a vast number of means.

The *ways* in which the health is deranged are termed "DISEASES," and the *means* producing these derangements are the "CAUSES" of disease.

DISEASES.

The generally recognised *diseases* are about ninety in number; and these produced, in England alone, in the year 1861, 427,460 deaths. The causes of these ninety kinds of disease are, of course, various, and not always single; sometimes many causes contribute to produce one disease, and sometimes many diseases result from one cause.

THE CAUSES OF DISEASE.

The *causes* of disease are of two kinds, viz., predisposing and exciting.

The *predisposing* causes are those which induce a predisposition or susceptibility to disease, and are such as hereditary constitution, general weakness, weakness of some particular organ, unhealthy states of the air, irregular and pernicious habits, and so on.

The *exciting* causes are those which excite the disease into activity, and are such as infection, fright, mental emotions, fatigue, improper diet, taking cold, and so on.

Now, of all the causes of disease, the most important, the most general, and most prolific, is

TAKING COLD;

for taking cold is the cause of more numerous and more serious diseases than is any other single known cause; it alone is the cause of one-half the diseases that afflict our race.

To give an idea of how frequently taking cold is the cause of disease, and of what a great number of diseases it is the cause, I need only refer to those very common diseases, chilblains, catarrh, bronchitis, pneumonia, consumption, asthma, quinsey, sore-throat, croup, pleurisy, rheumatism, erysipelas, neuralgia, tic-doloureux, toothache, headache, and the like, which form the bulk of the daily work of the physician, and which plainly arise from taking cold; and many other diseases also, in which the cause is the same, though less evidently so; for taking cold acts not only as an exciting, but also as a predisposing cause; that is, it not only brings on disease immediately in a person predisposed, but it reduces the power of resistance, and thereby predisposes a person to become the victim of epidemic and other diseases. Of some diseases, as pneumonia, it is always the cause; of others, as erysipelas and diarrhoea, it

is sometimes the cause. Of some, as catarrh and bronchitis, it is the sole cause; of others, as phthisis, tabes, and dropsy, it is only a partial cause. Of some, as rheumatism, erysipelas, and diabetes, it is an exciting cause; and of others, as asthma, diabetes, and the fevers generally, it is a predisposing cause. Indeed, of all the numerous and varied influences that throw man into a state of disease, none are more potent or more general than those that induce the state known as

“ A COLD.”

This brings us to the consideration of

THE NATURE OF A COLD.

“ A cold ” is a diseased state brought on by the body being exposed to cold, or having its heat abstracted suddenly by cold air, a draught of air, damp, or other means. In precise nature, this is a congestion or inflammation of some

part of the body, with less or more feverishness.

THE STAGES OF A COLD.

The steps or stages of the phenomena constituting a cold are—the cause, the primary or direct local effect, the secondary or indirect local effect, and the constitutional effect. There is, after exposure of a part to cold, first, the obstruction of the vital processes going on in the part, then the blood-vessels of the part contract or diminish in size, then the same blood-vessels open or enlarge, and then the constitution sympathises. In the second stage, when the blood-vessels contract, the blood is prevented from getting into the part, which therefore becomes pale, chilled, shrunken, and benumbed, and the skin becomes “goose-fleshed,” as it is called. In the third stage, when the blood-vessels enlarge, too much blood enters and remains in the part, which therefore becomes red, hot, swollen, and tender.

In the fourth stage, when the constitution sympathises, the nervous system becomes excited, the heart beats quickly, and there is a general commotion in the form of "fever."

THE PARTS AFFECTED IN A COLD.

By exposure of the whole body to cold, a draught, or damp, a person's weak part or organ will be very likely to suffer; and therefore, after any and every exposure, a man should fear and be on the look-out for the evil consequences, and be ready to combat them promptly and appropriately. Should any one have put on damp boots, or coat, or other clothing; should he have forgotten to put on his neck-tie, or flannel; should he have sat in a draught, or stood still whilst perspiring after exertion; should he have fallen asleep in his waking clothes; should he have got his clothes wet with rain; or should he have been subjected to any other kind of exposure he should be on the look-out for the

appearance of the ailment to which he is most liable—he should fear that his weak part will suffer, and he should be prepared promptly and efficiently to assist it to recover its natural state; for here emphatically “a stitch in time saves nine;” and prompt attention may prevent the onset of a most dangerous illness; but, if neglected, a cold may end in the most serious consequences.

ILLUSTRATIONS OF TAKING COLD.

The following case affords an example of the effects of a *partial* exposure:—A lady riding home in the evening felt the wind through a broken window of the car beating on the right side of her face, which became thereby cold, and slightly numb and stiff; but, as the journey was short, she did not alter her position. After being in a warm room a short time, the right cheek and side of the face began to prick and burn; these increased during the night, and ended in an

attack of erysipelas of the face and head. This was cured by *aconite* and *belladonna*.

And the following case affords an example of the effects of a *general* exposure: A gentleman walked home from a dance on a cold night; he felt chilled, and shivered a good deal, and had a contracted sensation about the chest. After having got home he became hot and suffered headache; in the morning feverish symptoms were present; cough supervened, and an attack of inflammation of the lungs was the result. This was cured by *aconite* and *phosphorus*.

THE PHYSIOLOGY OF A COLD.

An explanation of these results of exposure to cold will be found in the following *facts*, namely, “All the processes of life result from the operation of the nervous fluid; the nervous fluid is analogous to the electric fluid — some philosophers think

them identical—it acts in similar ways and under similar conditions, that is, as positive and negative, and under the stimulus of heat and cold. The application of heat attracts the positive and repels the negative, and the application of cold attracts the negative and repels the positive. The surface of the body is generally positive, and the internal parts negative (taking the body as a whole). Therefore exposure to cold deranges the state of the nervous fluid, throwing the skin, which ought to be positive, into a negative state, and thereby some internal part, which, in reference to the skin, ought to be negative, into a positive state.” Hence the derangements in the vital processes, and the congestion and inflammation that result.

THE CAUSES OF A COLD.

The causes of “a cold” may be classified under three heads, namely, clothing, air, and water.

IMPROPER CLOTHING AS A CAUSE.

The clothing may be either insufficient or improper; and this insufficiency or impropriety may be either *constant*, as in leaving uncovered the abdomen, thighs, and legs of young children, and the neck, chest, and arms of children and young girls, and in the neglecting to put on flannels in winter; or it may be only *occasional*, as in the adoption of muslin and low-bodied dresses by ladies, and thinner neck-ties, vests, and boots by gentlemen for evening parties; and in the neglecting to add more clothing during sleep.

The frequency with which disease results in children from the insane practice of leaving their digestive, genital, and respiratory organs, and their extremities, exposed to the chilling blasts and varying temperatures of our atmosphere, is unfortunately too well known to need that I should enter into any proof; nor need I more than protest against the cruelty, to say no-

thing of the absurdity, of leaving those parts naked in children that we find it absolutely necessary to clothe the most warmly in adolescence and adult life; and more especially when we reflect that in childhood the bodily growth is in progress, and that growth is retarded and checked by cold and favoured by warmth; and still more especially inasmuch as there is absence of reason and experience to teach how to keep up the warmth of the parts exposed; whilst in adolescence and adult life the growth is complete, and reason and experience possessed. For myself, I am convinced that very many of the cases of infantile diarrhoea, cholera, constipation, remittent fever, dropsy after scarlatina, marasmus or tabes, consumption, catarrh, bronchitis, pneumonia, quinsy, sore-throat, hoarseness, and ophthalmia, result from this exposure; and that many a lovely child has been sacrificed to its mother's pride and her tyrant, Fashion.

Very many cases of bronchitis, phthisis, pneumonia, and rheumatism, result from insufficient clothing, especially the want of flannel in the winter.

And a great number of cases of catarrh, bronchitis, phthisis, sore-throat, quinsy, neuralgia, headache, and toothache, result from the alteration of the dress for evening parties, concerts, and theatres.

And a still greater number of cases of neuralgia, headache, toothache, rheumatism, sore-throat, catarrh, quinsy, and bronchitis, result from sleeping in the waking clothes, as, for instance, in the afternoon nap. On this last cause I wish to lay particular stress, because I have myself known it to induce and keep up, in spite of all treatment, neuralgia, rheumatism, catarrh, and bronchitis, to the induction of confirmed paralysis, asthma, and consumption. It is a very dangerous practice.

THE AIR AS A CAUSE.

The atmosphere may be the cause of taking cold under three conditions, namely, when too cold, when in too rapid motion, and when too moist. The air may be *too cold* though sufficiently still, as in a cold room without a fire in winter; at formal morning calls, especially when wanting food or flannel clothing; or by going into a cold bedroom to dress or sleep; from breathing too cold air when the bronchial mucous membrane is irritable and susceptible, as in bronchitic, emphysematous and asthmatic subjects; in these cases it may be avoided by the use of a respirator. I need not ask how many young ladies have suffered from these causes, bringing on catarrh, bronchitis, phthisis; painful, difficult, and suppressed 'monthly;' and the various neuralgias. The air may be *too much in motion*, though ordinarily warm, as when coming in a current from an open window, door, or ventilator towards the fireplace. The air may be

suitably still and warm whilst the body is driven through it *too rapidly*, as when riding in an open or partially open carriage, inducing faceache, erysipelas, rheumatism, &c. The air may be of ordinary warmth and stillness, but the *body too warm*, as after a Turkish or other hot bath, and after too violent exercise, as running, cricket, &c. The air may be ordinarily still and warm, but the *body too still*, as sitting a long time in one posture, as reading, writing, drawing, painting. Or the air may be *damp*, as in a mist, a damp house or room, or a house with a damp cellar; especially amongst the poor, who rush into new houses even before they are finished building.

WATER AS A CAUSE.

Water may be the cause of cold by being applied to the body either wholly or partially, as damp air, mist, rain, snow, damp bedding and clothing, especially boots and coats not properly dried from the pre-

vious day's wetting; also by sitting on a damp seat, as in a car, railway carriage, or on the ground at picnics, &c.

Now, these unfavourable states of the clothing, air, and water, being in constant operation, and no person being exempt from them, it is not to be wondered at that they should be such frequent and prolific causes of disease. The wonder is, not that we should so frequently take cold, but that we should ever be free from it.

THE DIAGNOSIS OF A COLD.

The symptoms or the evidence of having taken a cold is in most cases the occurrence or coming on of the peculiar derangement, illness, or disease to which the individual is liable; if, for instance, a person liable to bronchitis finds himself with roughness, scraping, or dryness in the throat, he may be sure he has taken

cold, even though he cannot remember a cause or discover a reason. Does a person subject to catarrh find himself sneezing and sniffing? he has taken cold, though he cannot tell how or when. Does a person subject to quinsy find his tonsil swollen and his throat painful on swallowing? he has taken cold, though he may protest ever so against the possibility. Does a person subject to rheumatism find pain and stiffness in the back or one or more joints? he has taken cold most certainly. Does a person subject to diarrhœa find his bowels suddenly relaxed without a dietetic cause? he has taken cold in all probability. Is a person attacked with headache, toothache, tic-douloureux, or other neuralgia? ninety-nine chances to one he has taken cold, though he may not think so, and may attribute it to his stomach, his liver, or his bowels. In short, whenever the peculiar weakness of the individual shows itself, he may conclude he has taken cold, and ninety-

nine times in the hundred he will be right.

In the early stages of all these various diseases the pathological state is the same, namely, congestion or inflammation; and the symptoms are those of these states, namely, a feeling of coldness, chill, creepings or rigors, followed by or alternated with a feeling of warmth or flushing of heat or feverishness; and it is only afterwards that a specific disease makes itself manifest.

THE PATHOLOGY OF A COLD.

The diseased states produced by taking cold are—local congestion and inflammation, and general fever. The *first* effect of the exposure is to derange the nervous tension of the skin and some internal organ; the *second* to check, arrest, or pervert the cell-growth of the parts affected, and thus obstruct the circulation of the nervous fluid, and produce a recoil of the nerve-

wave, and thereby the chill, shiver, or rigor, and the coldness, numbness, and shrinking of the part; the *third* effect is the obstruction of the circulation of the blood, so that the capillaries, giving way to the force of the heart's action, enlarge and admit too much blood, and allow it to linger in them, inducing a state of fulness of blood—congestion; the *fourth* effect is that, the vital processes being thus perverted or arrested, chemical processes come into operation and induce a state known as inflammation; and the *fifth* effect is that this local obstruction, like a stone amongst machinery, interferes with the action of the whole animal frame, and a commotion is the result which is known by the term “fever.” If the ganglionic nervous centres remain intact, their influence, as a regulating force, is sometimes sufficient to overcome this check and restore the normal action—this is Nature's cure, the *vis medicatrix Naturæ*—sometimes it is only able to run the action off, at a

tangent, as it were, and produce some perverted action, hence the different fevers; and sometimes it is not able to do either, hence inflammation. Such I believe to be the true pathology of taking cold, and the true nature of the beginning of all those diseases that result from taking cold; that, in fact, a congested and inflamed state is at the bottom, whatever the disease be, whether bronchitis, catarrh, rheumatism, erysipelas, toothache, or tic-douloureux; whether convulsions, diarrhoea, tabes, amenorrhœa, chlorosis, or fever; *that the beginning of all that result from taking cold is the same, and requires the same treatment.*

This is the key to the symptoms and treatment of the majority of the diseases that afflict humanity; and this is the leading idea to which I wish to draw the attention of the public, namely, that *as there is one common cause and diseased state, we should trust to one com-*

mon remedy. This single remedy I will presently mention.

THE RESULTS OF TAKING COLD.

The effects of taking cold, or the diseases produced, are many and various, and frequently serious and incurable, and not seldom fatal. Taking cold is mostly, if not always, the cause of the following diseases, namely, chilblains, catarrh, bronchitis, pneumonia, pleurisy, emphysematous asthma, phthisis, and almost all other lung diseases; laryngitis, quinsy, sore-throat, and croup; rheumatism and lumbago; inflammation, hypertrophy, and dilatation of the heart; erysipelas, tic-douloureux, headache, toothache, sciatica, and other neuralgias; convulsions, hydrocephalus, and paralysis; diarrhœa, dysentery, jaundice, bilious attacks, infantile cholera, and cholera morbus; ophthalmia, ozæna, polypus, otorrhœa, and deafness; ascites, and dropsies generally; inflammation of the liver,

peritoneum, and kidneys; tabes; difficult, painful, and suppressed menstruation; abortion and chlorosis; almost all inflammations, properly so called; and many fevers, as bilious, catarrhal, rheumatic, infantile, remittent, and milk fever, and sometimes puerperal—a rather formidable list of diseases to result from one cause, and a very serious list too, seeing that these diseases caused, in round numbers, 339,000 of the 427,000, that is, eight-tenths, of the whole number of deaths given in the last report of the Registrar-General; and those of them that resulted exclusively from taking cold caused 73,399 deaths, that is, nearly one-sixth of the whole number; this is the number of *deaths*; but the number of *diseases* resulting from taking cold bears a greater proportion to the whole than do the deaths, because many of these diseases never do end in death; for instance, chilblains, tic-douloureux, headache, toothache, and other neuralgias; ophthalmia,

ozæna, polypus, deafness; dysmenorrhœa and other disorders of menstruation.

Having examined all the cases I treated last month (March), I find that those that have without doubt resulted from taking cold form very nearly one half of the whole.

THE PREVENTION OF TAKING COLD.

The means of preventing taking cold are the following, namely, clothing, food, baths, and exercises, and the avoidance of the causes mentioned at pages 19—24.

CLOTHING AS A PREVENTIVE.

At all times of the year, the *clothing* should be sufficient to protect from the influence of variations of the climate, and to keep the body up to a comfortable degree of warmth, and should be varied according to circumstances. Increase of clothing is always required in the

evening and at night, both winter and summer, especially if the air is damp; also when an east wind is blowing, and on going out of a warm room into cold air; and in this case the extra clothing (overcoat, for instance) should be put on a few minutes before going out, in order that it may become warm, and not have to abstract heat from the body after having got out, by which it would assist to bring on a shiver; also *invariably before falling asleep*. A woollen garment ought always to be worn next to the skin; always flannel in the winter; and the clothing should always cover not only the vital regions—throat, chest, and abdomen—but the extremities also.

FOOD AS A PREVENTIVE.

The *food* should be sufficient and varied, and contain flesh once or twice a day. Persons should never be exposed to cold or infection whilst hungry, for then

there is a much greater susceptibility.

BATHS AS A PREVENTIVE.

The daily use of cold *water* to the skin, all over, is perhaps the most effectual means of prevention, if possible in the form of a shower-bath; also an occasional Turkish bath has a wonderfully invigorating effect.

EXERCISE AS A PREVENTIVE.

Also regular outdoor *exercise*; a portion of every day should be spent out of doors.

RESPIRATORS AS A PREVENTIVE.

Much of the risk from the atmospheric causes may be avoided by the prudent use of a *respirator*, especially in persons subject to asthma, bronchitis, quinsy, or catarrh. I am convinced that I have prevented many attacks of bronchitis by ordering a respirator to be put on before

going out on a cold day, and before going into a cold bedroom.

Whilst on the subject of respirators, I will record my testimony in favour of those manufactured by Jeffrey, and enter my protest against that shameful abuse of the name, to the deception, disappointment, and injury of the public by the *so-called* respirators, made of cork, hair, and such-like substances; and I would refer to the necessity of medical men inquiring of their patients what kind of respirators they use. I once asked a girl, and she said it was one of her own making, of layers of muslin; and another that hers consisted of two small side-combs, covered with black muslin! The absurdity and evil of all such appliances must be self-evident to every intelligent person.

The object of a respirator is, not to retain the foul air that has been breathed, that it may be drawn in again, but *to warm the fresh*

air as it is being drawn into the lungs: it must therefore be composed of a material that will quickly take the warmth from the foul air that is being breathed out, and quickly give it up again to the fresh air that is being drawn in. This material is metal, and metal only.

A respirator should afford a large surface of metal, and still it should be light, and should not obstruct the breathing: it must therefore be composed of layers of very fine metallic wire; as is Jeffreys'.

THE ANTIDOTE TO TAKING COLD.

If, however, notwithstanding every possible precaution, a person should unfortunately be exposed to any of the causes of cold, he should immediately and without hesitation *take* the antidote—ACONITE, as a precautionary measure, *even before any of the symptoms of cold have had time to become developed*; for here especially “prevention is better than

cure." A few doses of *aconite* 3, one drop or one pilule every two hours, may prevent a sore-throat, a quinsy, a bronchitis, an inflammation of the lungs, a pleurisy, a rheumatic fever and even a consumption, which a few hours' neglect might render inevitable, as I have myself frequently witnessed. *No person ought to be without a bottle of this invaluable preventive, nor to neglect to take it on the slightest suspicion of cold.*

As taking *bella-donna* will prevent the development of scarlet fever, though a person has been exposed to the infection; so taking *aconite* will prevent the development of a cold, although a person has been exposed to its causes. It is a true antidote or prophylactic.

ILLUSTRATIVE CASES.

The cases of erysipelas and pneumonia, given at pages 17, 18, show the *dangerous consequences of neglecting* the above-mentioned pre-

caution. Had the persons, immediately on arriving at home, taken aconite for a few hours, I feel sure neither of them would have had either erysipelas or pneumonia.

And the following case illustrates the *advantage of attending* to this precaution:—A gentleman, recently married, was detained late in town one winter evening, and he rode home, a distance of four miles, on the outside of an omnibus. There was a cold, heavy rain falling; and before getting home, his clothes became wet through, and he felt cold and shivery. On arriving home, he told his wife that, from past experience, he felt sure he would be laid up with an attack of bronchitis, or rheumatism. She, being a homœopath, prevailed upon him to go to bed, and to take aconite every hour. Though he had no belief in homœopathy, he did so, as he said, to please her; and, having no appetite, he took only a cupful of tea and a little bread and butter. He perspired

during the night, slept heavily, and rose next morning without any complaint whatever. And so convinced was he by this evidence of the power of aconite, that he has ever since been a staunch homœopath.

I could relate scores of such cases, from the various causes of taking cold; but this one will suffice as an illustration, and illustration rather than detail is my object. I could also furnish scores of cases in which even rhus, nux vomica, dulcamara, bryonia, mercurius, and many other medicines have failed; and where stimulants, hot baths, hot drinks, &c., have not only failed to throw off the cold, but undoubtedly rendered that a very serious disease which might otherwise have been of little consequence.

Another recommendation of aconite is that, in the preparation and dose above-named, it is *perfectly harmless to a healthy person*; and therefore it cannot do harm

even if the person has not taken cold, although he should take it for some hours; and another is that its use is not confined to those who believe in homœopathy, but may be taken advantage of by the allopath, hydropath, and every other-path as well, with like success and safety.

As, however, from neglect or delay, colds generally run on to the second stage, it is necessary now to consider the management of a fully developed cold.

THE TREATMENT OF A COLD.

The treatment of a cold, or the effects of taking cold, is either domestic or professional.

The *domestic* treatment has for its object the restoring the "positively" nervous state of the skin, and the urging of nature to enforce the return of the cells and capillaries to their normal action, and consists in the use of a hot bath, or wrapping up in flannel, or some brisk ex-

ercise ; and increasing the power of the nervous centres by the use of stimulants and other forcing appliances, such as hot spirits-and-water, hot tea, gruel, wine-whey, or posset ; and such means do sometimes succeed in removing the obstruction and congestion, and preventing the return of the chills or collapse, and thus they cure the cold and restore health ; but they are attended with considerable risk, and they not unfrequently do great harm. It is a kind of “hit or miss,” “kill or cure” practice.

The *professional* treatment must, of course, consist in the use of the medicine or medicines whose symptoms and pathology correspond most closely with those of the case to be treated at the time the treatment is put into force. What, then, are the symptoms and pathology of a cold ?

With respect to the treatment of colds, we may distinguish two stages—namely, first, the onset of

the disease—the simple cold—previous to the development of any special nosological (nameable) disease; and second, the particular nosological disease developed. Each stage is easily distinguishable by its own symptoms.

The treatment here recommended is only for the first stage of a cold as it ordinarily shows itself—the simple cold—leaving the details of the after treatment of the nosological disease, and of the exceptions to the general rule, to be regulated by the symptoms presented and the constitution of the patient: this must not be forgotten.

THE SYMPTOMS OF A COLD.

What, then, are the symptoms and pathology of a simple cold? They are,—whether the effect be general or only local,—the symptoms of depression of vitality followed by reaction. There is, first, check or arrest of the cell-growth and capillary

circulation, producing a chill, shiver, or rigor or cold creeping, with pallor and shrinking, of the part or parts; and then, secondly, excess of cell-action and capillary circulation in or around the part or parts, producing heat, pricking, tingling, with redness and swelling. The main and primary impress of the cause is felt by the nerves and capillaries of organic life, producing collapse. Against this the organism reacts, the reaction being principally vascular, (in the blood-vessels,) and generally running on to fever, with inflammation of some distinct part.

Now, what medicine is it that most closely corresponds in its symptoms and pathology with this picture?

Unquestionably it is ACONITUM, ACONITE, MONKSHOOD.

It is certainly not *belladonna*, for *its* main impress is not on the ganglionic or sympathetic nerve, but on the cerebral nervous system, and especially the sensory sphere; and

its primary action is excitement, its secondary depression, and its reaction is principally nervous (in the nerves), not vascular. It is not *nux vomica*—though unfortunately this is the medicine recommended by Curie, Laurie, Marcy, Pulte, Guernsey, Epps, and others—for its main impress is on the spinal system of nerves, and its action primarily stimulant and secondarily exhaustive; and its reaction principally nervous, and specially of the motor sphere. Neither is it *mercury*, for its main impress is on the glandular and lymphatic system of nerves, and its reaction and fever nervous, not vascular. Nor is it *bryonia*, nor *dulcamara*, nor *tartar emetic*, nor even *camphor*, nor any other medicine that does not expend its main force on the nerves of organic life distributed to the cells and capillaries, and that first as depression and afterwards as reaction, principally vascular.

A medicine to be curative of the effects of cold must ope-

rate on the same parts and produce similar symptoms; this is the very essence of homœopathy.

Now of all the proved medicines that operate on the same parts and produce similar symptoms as the causes of cold, none does so more characteristically than ACONITE, and no other medicine presents such a perfect resemblance to the picture presented by a cold; for *aconite* does not only operate on the same parts in the same way, and produce similar symptoms and pathological conditions, but these are presented in the same order and follow the same course and progress, and have the same conditions and concomitants. The main action in both cases is on the nerves and capillaries of organic life, producing congestion, inflammation, and fever; and the main symptoms those of these states. In both cases they resemble those of fright; the first symptom in each case is a chill, shiver, or rigor, with depression of vitality or collapse, and then reaction or flushing of

heat, inflammation, and fever, with increase of vital action ; in both cases the attendant fever begins with severe rigors, and is of an inflammatory character ; in both cases the pains are as of a bruise ; in both cases the symptoms are worse in the evening, in the open air, by alteration of temperature, and by movement, and are relieved by rest and warmth ; and in both the results are similar, namely, more to light up the diseased tendency of the individual than to produce any particular disease. In fact, I believe the correspondence between the action of *aconite* and of "cold"-producing influences is closer than it is between these influences and the effect of any other drug. As Dr. Hempel says, in his "Materia Medica," "The first stage of an inflammatory fever is not a full and bounding pulse, a hot and dry skin, flushed face, and so forth. An opposite group of symptoms occurs ; the patient experiences a chill or cold creepings along the back ; he looks pale, hollow-eyed ;

the hands and feet are cold; the pulse is thin, feeble, rather slower than naturally, or at any rate not much accelerated. This condition is soon superseded by the opposite group of phenomena generally designated as fever. The chill is the primary effect of the disease; the fever constitutes a secondary effect, or the reaction of the organism. In selecting a remedial agent for this derangement, it should be homœopathic, not only to the primary chill, but also to the secondary group, fever. *Aconite* is such a remedy. *Aconite* is homœopathic to the chill which marks the first invasion of the disease, and to the fever which marks the beginning of the organic reaction. We are seldom called to a patient during the primary invasion of the disease: the organic reaction is generally fully established when we first see the patient. Nevertheless we prescribe *aconite*, knowing full well that the inflammatory stage must have been preceded by a chill. . . . The primary action of

aconite upon the capillary nervous network of the intestinal mucous membrane is to induce torpor, such as might be considered analogous to the torpor induced by cold." And Dr. Reil, in his "Monograph on Aconite," says—"Wherever the various forms of the preparations of *aconite* may be applied, the effect is everywhere the same. There follows no particular pain nor swelling, or, at most, a feeling of itching or pricking—a little like pain; but, instead of the feeling of pain there arises, soon after the itching and pricking, a sensation of dulness, and numbness, and local paralysis of the nerves of the affected parts. *Aconite's* sphere of action is manifested principally in the ganglionic system, and exercises here its special influence upon the nerves of the capillary vessels, exciting fevers, congestions, and inflammations."

"Among the drugs of our *Materia Medica*," says Dr. Meyhoffer, "*aconite*, administered in large

doses to a healthy individual, induces effects identical with those produced by section of the sympathetic cervical trunk on the arterial system, *i. e.*, increase of caloric, (dry, burning heat,) dilatation of the capillaries, (swelling, redness of the skin,) frequency of the pulse, local congestion and inflammation.”

Aconite is therefore THE remedy for the commencement of a cold, and the beginning of all diseases that result from taking cold; and it is in most cases of itself quite sufficient to remove all the evil and restore health, and thus prevent the necessity for any other medicine. Dr. Dudgeon, in the “Hahnemann Materia Medica,” says of *aconite*—“It may be looked upon as *specific* in catarrhal fever, and in the catarrhal symptoms occasioned by cold, damp, or the like, which it will even *cut short*.”

“*Aconite*,” says Dr. Meyhoffer, in the “Monthly Homœopathic Review,” “administered in the beginning of any febrile affection, such

as that caused by cold, will check the progress of the disease, and prevent the morbid localisation by re-establishing normal circulations; if, however, any organ be already the seat of inflammation, as was the case with our patient, this medicine will even then seldom fail in a few hours to relieve the febrile symptoms, reduce the frequency of the pulse, diminish the burning heat of the skin, and favour perspiration."

And Dr. Russell, in his "Lectures on Fever," says—"Aconite is always successful in checking every case of pure fever, when the blood is untainted."

If the treatment is commenced in the chill stage, whilst the patient is more shivery than feverish, I use ACONITE *alone*, in the 3rd centesimal dilution, in drop doses, a dose every two hours, and *always* with the effect of moderating, generally of completely preventing, the reaction; and mostly of obviating the development

of any nosological disease at all, even though such had always been the result following a similar onset before. And if reaction has already set in, and the patient is feverish or in a high state of fever, with rapid, full, and bounding pulse, a hot dry skin, flushed face, throbbing headache, and so forth, I still use *aconite* alone; and even then almost always with the same happy results: in this case I use the 1st decimal dilution; a drop every hour or two.

And even if some definite form of disease is already developed when I am called in, I still use *aconite*, if the *aconite* symptoms are the most prominent and important, and perhaps alone even then for a short time, though more generally I alternate with it some other medicine indicated by the other circumstances, as *phosphorus* for pneumonia and bronchitis; *belladonna* for congestion and inflammation of the brain, or throat, or eye; *dulcamara* or *veratrum*, or some other medicine, for diarrhœa;

rhus or *bryonia* for lumbago or rheumatism; and so on, according to the symptoms: but as soon as the aconite symptoms have disappeared or become subordinate, I relinquish the use of aconite, and continue only the medicine homœopathic to the particular disease. I think it a mistake to give up the use of aconite immediately on beginning the use of the more specific medicine, just as I think it wrong to withhold the appropriate medicine immediately any of its symptoms become at all prominent; for instance, in the case of a cold running on to pneumonia, one part of the lung may have advanced to the stage of phosphorus, whilst another has become invaded by the aconite stage: as, therefore, it would be wrong to withhold the phosphorus, so it would be wrong to relinquish the aconite. This is the key to the advantage derived from alternation in some cases.

But to return: so convinced am I that ACONITE is *the* medicine for the beginning of all colds,

whatever form they assume or are to assume, that I impress on all my friends the necessity of *always* giving it at once and alone, on the least suspicion of cold; and so confident am I the majority of diseases that afflict humanity result from taking cold, that I impress upon them the wisdom of always using *aconite* for the first signs of illness of any and every sort; and if that does not afford relief or check the symptoms, then to call in a professional man; and I am certain I have witnessed the beneficial results of this injunction, for it has prevented them from trifling with the use of *mercurius*, *nux vomica*, *pulsatilla*, *chamomilla*, *belladonna*, and such-like remedies.

Some practitioners, and even Hahnemann himself, recommend *camphor*. Well, for the mere chill stage, without reference to the reaction, it appears and is homœopathic enough; but why use a remedy that is only homœopathic to one-half

of the symptoms and pathological condition, when we have one that is homœopathic to the whole? *Nux vomica* is recommended when there is marked irritation of the mucous membrane of the nose, producing sneezing, &c.; but this symptom is quite as characteristic of *aconite*. *Arsenicum* is recommended where there is much excoriating discharge from the nose and eyes; but this symptom is quite as much that of *aconite*. Though *arsenicum* corresponds in many respects, both in primary depression and secondary reaction, still its reaction does not sufficiently represent inflammatory fever or acute inflammation to indicate it for the general results of cold; there is also a marked periodicity about the action of *arsenicum* that there is not in the symptoms of a cold; and it is more suited to chronic diseases than acute disease, such as result from taking cold.

Having always one and the same cause for the morbid

state, and the earliest pathological condition and symptoms being always the same, and having one truly homœopathic remedy, why should we allow our patients to lose time, and allow any serious disease to be developed, whilst dallying with a long list of medicines amongst which they may be lost in choice? Why not recommend them to be content with one old and well-tried friend that will never betray their confidence?

“In acute inflammation,” says Dr. Meyhoffer, “we can never have any doubt as to the medicine necessary to subdue it; the action of *aconite* on the arterial system has pointed to it since the time of Hahnemann as the antiphlogistic *par excellence*.”

I cannot more appropriately close this essay than with the excellent remarks of Dr. Dudgeon in the “Hahnemann Materia Medica.” He says of *aconite*—“It may be looked upon as specific in catarrhal fever, and

in the catarrhal symptoms occasioned by cold, damp, or the like, which it will often cut short. . . . Inflammation of all parts of the respiratory apparatus is especially under its power, including croup, laryngitis, tracheitis, bronchitis, pneumonia, and pleuritis. In fact, to enumerate the diseases for which it is suitable would be to mention the acute inflammations of every possible organ and tissue in the body; and if it be not for all of these the sole remedy, it is almost always useful, either previous to or in alternation with another remedy, which has perhaps a more specific relation to the part affected."

The giving to this wonderful remedy its proper place amongst medicines, and so accurately demonstrating its true curative sphere, is of itself sufficient to add an immortal crown of glory to the head of Hahnemann; and had he done nothing more, he would have earned the thanks and blessings of millions of his fellow-

creatures throughout all time, and have been the instrument under Providence of pointing out to suffering humanity one of the greatest blessings a benevolent Creator has conferred on his frail and mortal creatures. He very justly places it the first and at the head of all medicines in his "Materia Medica," not because of its name beginning with "A," but because of its majestic power and important and extensive sphere of usefulness. He calls it a "precious plant," whose "efficacy amounts almost to a miracle."

SUPPLEMENTARY DIRECTIONS.

Desiring to be perfectly understood in the subject of *treatment*, and with the object of making the matter as plain and complete as possible, I append the following remarks, in addition to the directions given at pages 40, 49, *et seq.*

I. The treatment *during* exposure to any of the cold-producing causes.

If a person is so unfortunately situated as to find himself unavoidably exposed to cold-producing causes, he may very likely prevent them taking effect by the use of Aconite. In this case he should take Aconite No. 3, a pilule every two hours during the whole time of exposure, and for four or six hours afterwards. He may place the pilule dry on his tongue and let it dissolve there.

II. The treatment *after* exposure to cold-producing causes, but before the appearance of any symptoms whatever.

In this case the person should take Aconite No. 3, a pilule every two hours for six or eight hours; if no symptoms show themselves within that time he may cease taking the medicine, and conclude he has warded off a cold.

III. The treatment for the *first appearance of any of the symptoms* of a cold; whilst the person is more shivering than feverish.

In this case the person should take Aconite No. 3, one pilule or one drop of the tincture, dissolved in a dessert-spoonful of cold water, every two hours for twelve to twenty-four hours. If after that time no fever, pain, or inflammation shows itself, he may cease the medicine, and conclude that he has prevented a cold from becoming developed.

IV. The treatment for a fully *developed cold*: after the symptoms have existed some time, and heat, fever, pain, or inflammation has supervened.

In this case the person should take Aconite No. 1, a pilule or a drop of the tincture, dissolved in a dessert-spoonful of water, every two hours: he should go to bed, and keep himself quiet; he should not take much food, but he may drink

freely of water, if thirsty. This treatment may be continued for from six to twelve or even twenty-four hours. If perspiration breaks out, the other symptoms will usually soon disappear: if the heat, fever, headache, and pain disappear, the same treatment may be continued for four or six hours longer and then given up, with the satisfaction that a cold has been cured; but if these symptoms continue or become aggravated, or other symptoms supervene, send for a homœopathic physician; and send for him *before* the time of his leaving home for his visiting work, and before the morning visiting if possible: because, if busy, he may not be able to visit into your neighbourhood twice in one day, and he may go that way in his morning round. Do not put off applying to him till evening, if you can *possibly* do so in the day, for he may be tired or otherwise unable to attend, and then time will be lost: nor put off until Sunday anything you can do on Satur-

day, for a doctor likes to have a Sabbath as well as do his patients, and though your case may not occupy him many minutes, yet half a dozen such would effectually spoil his day of rest.

V. The treatment *after the development of a specific disease*, evidenced by the continuance or aggravation of the fever, or pain.

This should always be left to a professional man, if one can be obtained. If, however, a physician cannot at once be obtained, the instructions contained in one of the many domestic manuals may be followed.

The Aconite, Nos. 3 and 1, both pilules and tincture, may be obtained from any homœopathic chemist at from nine-pence to one shilling a bottle, and it should always be in the house ready for use.

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