

**Fenning's everybody's doctor.**

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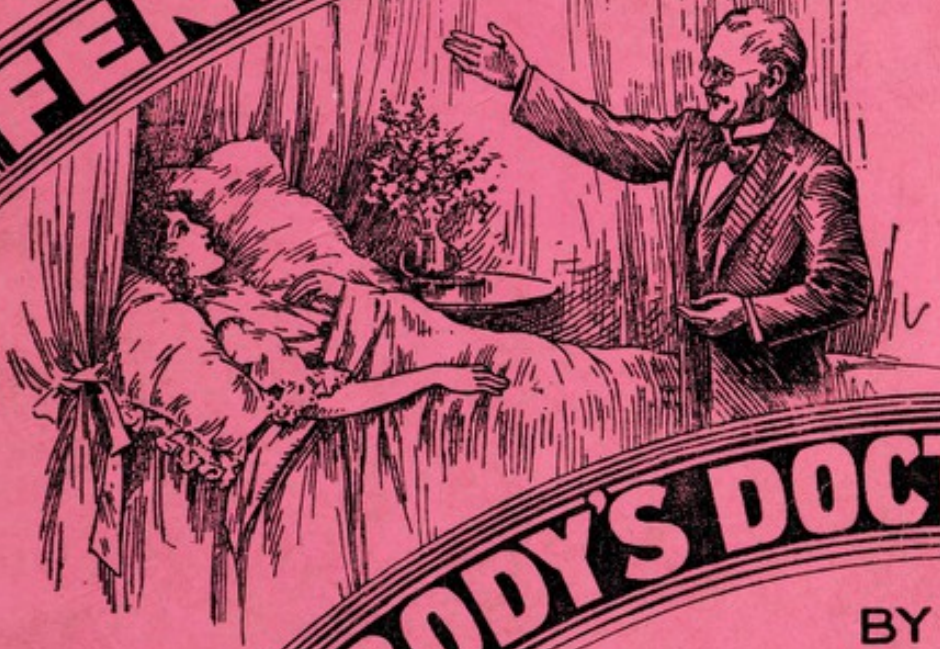
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**FENNINGS'**



**EVERYBODY'S DOCTOR**

BY

**ALFRED FENNINGS,**

AUTHOR OF "EVERY MOTHER'S BOOK"

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Ague	Influenza	Dropsy
Asthma	Indigestion, &c.	Dysentery
Biliousness	Liver Complaints	Erysipelas
Bronchitis	Lumbago	Eruptions
Colds	Piles	Fevers
Coughs	Rheumatism, &c.	Gout
Cholera	Scarlet Fever	Tic-Doloreux
Costiveness	Diphtheria	Typhus Fever
Gravel	Diarrhoea	Worms, &c.

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We would strongly advise every person to obtain the few remedies recommended in this book, and to keep them in the house, ready night or day for immediate use—for it is the assistance that comes too late which is useless—and numberless have been the families, who from this neglect have had to mourn the loss of loved ones, who would have been spared all their grief and tears, by the wise precaution of having a remedy always at hand.

It will to all be a great satisfaction to know that the curative means herein prescribed are the best adapted for the complaints specified, and will do all that Physic can do, for they give the confidence of nearly seventy years' experience and success, in which thousands who have been afflicted with the various diseases of suffering humanity have been cured and restored to health.

And here, to grateful hearts, the Author would remark that it will always give him the greatest gratification and encouragement to hear of the benefits produced by his Medicines.

## CAUTION.

We have learned that certain Chemists when asked for *Fennings' Preparations*, and being out of supply, have, sooner than disappoint, endeavoured to persuade the persons to take instead other Physic.

We would recommend all individuals thus tempted to try at the next Chemist's to obtain that which they want, for *cures* cannot be expected with the wrong Medicines; *ask for Fennings' Medicines, and take none other.*

### BEWARE OF INJURIOUS IMITATIONS.

*Observe the Proprietor's name, ALFRED FENNINGS, printed on the Government Stamp round each Box, without which none are Genuine.*



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## INTRODUCTION TO THE REVISED EDITION.

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Some years ago the late MR. ALFRED FENNINGS introduced, in the pages of "EVERY MOTHER'S BOOK," a few simple remedies for various children's ailments, with directions to cure, and later, followed it with a pamphlet entitled "EVERYBODY'S DOCTOR" for the benefit of Adults.

The object of the present edition is not to change this latter pamphlet in any material way, but merely to make slight alterations where, owing to the lapse of years and the improvement in medical conditions, it has become out of date.

The pamphlet has stood the test of nearly seventy years, and is still in great demand from the thousands who have derived benefit from the use of the remedies described in it, and this alone would be sufficient to deter us from making any serious alteration to a work of such value.

The first consideration with all complaints is to diagnose fully the symptoms, and to aid you in this matter, we include under various headings some sure indications by which you may be guided.

It should be understood that in all cases of serious illness, more especially infectious diseases, a Doctor should be consulted as early as possible.

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## CAUTIONS AND HINTS.

**ILLNESS**—Everybody is at some time ill. Blood and Brains, Liver and Lungs, Belly and Bowels, will not work healthily for ever. No, not if imprudences can weaken them, or ignorance put and keep them out of order.

A person feeling slightly unwell, and naturally shy of a "doctor's little bill," will often defer sending for medical aid until he has become worse; meanwhile, time and opportunity are lost, the unchecked disease rapidly progresses, and from the delay of the proper remedy, often becomes incurable.

If you feel sick, or feverish, or giddy, or have a headache, or sore throat, take immediately a dose of the *Aperient Powder* (see page 35), and four hours afterwards a dose of *Stomachic Mixture* (see page 33). Eat nothing during the day unless feeling faint, when a basin of water-gruel, with a piece of stale bread only, or dry toast, may be taken.

**SICKNESS**—Never *strain* when sick, by so doing you may burst a blood-vessel. Straining with an empty stomach will surely bring the bitter bile into it, which will for days upset the stomach. But when sick have always *something* to bring up. Keep the stomach well supplied with lukewarm water.

A puke is sometimes necessary, and a great relief, especially when there is anything in the stomach which ought to be quickly out of it. But take no *Tartar emetic* or *Antimony*, which is an inflaming poison.

But when you require to vomit, swallow a pint or a quart of lukewarm water, and tickle your *uvula* with a finger or feather; and to prevent straining, take, as the stomach empties, more tumblers of warm water. If aught else is needed, *twenty grains of Ipecacuanha Powder* is a safe emetic, or a teaspoonful of mustard in a tumbler of warm water.

**EXERCISE**—Many persons appear to be altogether ignorant of the use of legs, for when at home they sit dangling them from chair, sofa, or stool, and when out of doors, double them up in omnibus, car, or train.

This is very life-shortening, and no wonder such indolent persons live but a small fraction only of threescore years and ten, for their inactivity robs them of half their breath. Eighteen to twenty full pints of good air, laden with life-supporting oxygen, are inhaled every minute by one taking brisk walking exercise, while the person who sits, lolls, or listlessly stands, inflates his lungs in the same period scarcely half a dozen times.

And then, that which makes it ten times worse, is every other member is generally overworked, *legs* only are neglected. Is it then surprising that the over-exerted brain, the oft-crammed stomach, and the heavily-tasked liver, becoming from constant work congested and gorged with blood, and receiving no aid from proper exercise to equalise the circulation and to relieve their dangerously clogged condition, should prematurely cut off the transgressor by an attack of Apoplexy, Paralysis, Dyspepsia, or Dropsy?

*Limpets*, be timely warned, and take *breath-quicken*ing exercise as regularly as daily food; for be assured of this—no medicine can be a substitute for exercise, and if it be not taken, sooner or later you will have to pay the penalty of disease. As soon expect to make good butter without churning as *proper secretions* without due exercise. Well has it been said "that the road to health is a *footpath*."

**MERCURY**—Never take *Mercury*, nor use it in any form. This poisonous metal and its preparations of *Calomel*, *Blue Pill*, and *Mercurial* ointments yearly destroy more human beings than are killed by steel blades and leaden bullets, and produce more ill-health, shattered nerves, and lingering deaths than all the diseases for the cure of which they are so wrongly given.

And then how prostrating the after-weaknesses of *Calomel* and *Blue Pill* doses ! but few ever wholly recover the horrible exhaustions of *Mercurial Erethism*.

**BLOOD**—Oh, this wonderful red juice of yours, ever rushing through your living body, and twenty-four times each hour visiting its every nook and corner !— Oh, this marvellous express-train of blood, which in two minutes and a half performs its arterial journey, and speeding from head to foot, leaves, as it quickly passes, at one station a fibre of muscle, and at another a molecule of fat—here a filament of hair, and there a particle of bone—here an atom of skin, and there a pulp of brain—selecting now from its rich luggage, to stimulate the bowels, a drop of good bile, and then a tear to alleviate grief, and thus affording every requisite and supplying every want as it becomes due ! Oh, this mysterious tide of building materials ! this liquid life, whose prolific scarlet streams supply all deficiencies, repair all injuries, and restore all waste, and which, ceasing for a minute to flow will blind the eye, deafen the ear, dummy the thinking brain, and still the beating heart for ever !

Now, as you have within you, if full grown, about twenty-five pints of this precious red fluid, upon whose purity, quantity, and *natural* heat your continuing in the land of the living mainly depends, you are not likely to out-age Methusaleh unless you are careful to keep it in good work condition.

According to our ablest Chemists who have examined the human blood, a person's twenty-five pints are composed of nearly twenty pints of *water*, and the remaining five pints of *albumen* (like the glaire of eggs), *fibrin*, fatty and colouring matter, a small quantity of neutral salts of *potash*, *soda*, *lime*, *phosphorus*, *magnesia*, and some of that strengthening metal *iron*, to give stamina, redden the cheek, darken the hair, and colour the *iris* of the eye. The healthy temperature of the blood is 98° Fahr.

Being such a watery compound, you may learn a valuable lesson from the fact—never to be afraid of the Pump—to lower the heat of your body when your blood is fired with fevers, and nearly dried up with feverish heats : for the principal danger in all inflammatory disorders is lest the blood should become *too hot*, when the above-mentioned *albumen* in it would thicken and coagulating like the white of a half-boiled egg, and unable to flow, would block up the arteries and veins, causing all circulation and life to cease. *Spirit-drinking* unhealthily heats the blood, and dangerously thickens the *albumen*.

**DAMP BEDS**—Damp beds have destroyed many lives. They may, indeed, be called *death-beds*, for many churchyard coughs have been caught in them.

Travellers are much exposed to this danger, and should for safety, when at strange inns, pull the sheets from the bed, and, Indian fashion, sleep between the blankets ; a precaution which will, if the bed be damp, secure them from its worst effects.

And even when visiting friends, should the sheets feel *clammy* cold, or a *shivering* chilliness creep over you after retiring to rest, it may be taken for granted that your dear friend, glad to see you, and overjoyed at your arrival, has quite forgotten to have your bed well aired. Off, then, with the sheets, and jump between the blankets.

It may be useful to know how to detect a damp bed. Wipe a looking-glass clean and dry, and place it for a few minutes between the sheets or blankets : if the bed be damp, a mist or vapour will appear on its surface, but not any if the bed be safely dry. Or a dry tumbler warmed will do, placed upside down between the bed-clothes : if, as it cools, a steam or moisture is seen inside, the bed is decidedly damp, and you had better *chair it* for the night.

**COSTIVENESS** causes many evils, and the means generally taken to remove it produce many more. Violent purgative medicines ruin a stomach, and by spoiling the natural action of the bowels, will make them afterwards more irregular and *bound-up* than before, until by mismanagement, the *stools* at length become more like the *scybalæ* excrement of a sheep than those of a human being.

Eat wholesome *brown* bread, and the bowels will quickly become regular, and then the purging physic can be thrown away.

But be sure that you get the proper brown bread made with the *unbolted* wheaten flour, that is, the whole *unfanned* meal as it is ground, for some conscientious bakers will pass off as brown bread a bread made with white flour and a sprinkle of *bran* in it: this may suit them, but will not answer your purpose.

Costive persons should take daily walking exercise. The first calls of nature should be instantly obeyed, and if possible relieve the bowels daily at the same hour.

All astringents, wine, spirits, vinegar, and acid fruits, create costiveness.

Some persons find a raw egg or two, taken fasting early in the morning, a good aperient; others speak well of stewed prunes; others, of dried currants boiled in gruel; but those who keep to daily use of good *brown* bread will not find costiveness their trouble. If its constant use is *too* opening, take it every day at one meal only.

**LIGATURES**—Never use *tight* collars, for many fatal fits of apoplexy have they to answer for. Do not *garotte* yourself.

Never wear *garters*; they partially stop the flow of blood, and produce *varicose* veins and swelled legs.

**SPECKLED TONGUES**—When nearly fifty years ago we found out this easy, but sure means of detecting *infectious diseases* immediately they entered the human body, we lamented one thing, and wondered at another.

We lamented that the discovery had not been made by a Queen's physician, or by some *Æsculapian* oracle with half the alphabet tacked to his name, for then, communicated by such an illustrious mouthpiece, the whole world would at once, we knew, have listened, learnt the lesson, and experienced its benefit.

And we wondered, because, notwithstanding the millions of human tongues which had for past ages been languidly exposed to the "doctor's" professional gaze, it had been left for our humble eyesight to observe, and for us to make known the fact and utility of that which we had seen. But now to the *Speckled Tongues*.

All infectious diseases breed in the body several days before they break *out*; for instance, Typhus and Cholera are hatching two or three days, Scarlet Fever six or seven, the Plague eight, Small-Pox twelve days, &c., during which time the person feels in perfect health, or may be merely a little languid, but remains quite ignorant of having been infected with the disease—perhaps pities other victims. At length, however, the venom of the infection overcomes the healthy system, severe symptoms appear, and then there is no mistake.

To discover the *hidden* infection of diseases directly it enters the body, so that prompt means may be taken to stop its progress and at once to arrest it, the following is a valuable index to recognise its presence:—

Immediately a person *has taken* Cholera, Typhus or Low Fever, Diphtheria, Measles, Hooping-cough, or any other malarial and infectious disorder, there can be distinctly seen on the furred tongue, if examined, a curious *speckled* appearance, or ring-like forms. These are the *germs* or nests of the coming complaint, the *embryos* incubating on the mucous membrane. These *speckles* remain visible two or three days, until they are covered over by the brown furry coating of the ripening disease. In Scarlet Fever these germs slightly differ; they appear as elevated scarlet points on a bright red tongue.

To destroy these *germs* of infection, these beginnings of malarial diseases, it is necessary only to take a dose of *Fennings' Fever Curer* or *Stomachic Mixture*, and *speckles* and ring-like forms will all disappear, the disease will be cured before you are abed, all danger gone, the health continue uninterrupted, and the affair pleasantly ended.

Though the mind be directed to this precautionary investigation of *speckles*, it need not become nervously anxious, for the *antidote* mentioned would destroy and obliterate these *embryos* of disease as easily as a ladybird could be brushed off the stalk of a flower.

Yet as this tongue-examining would doubtless be to some nervous persons rather excitable work, it is as well to know that it would be unnecessary, if during the presence of Cholera, Typhus or Low Fever, Diphtheria, Dysentery, Scarlet Fever, or any other *infectious* disease in the neighbourhood or house, a dose of *Fennings' Fever Curer* or *Stomachic Mixture* were taken as a *preventive* two or three times a week, for it would make a person perfectly safe and *proof* against catching these disorders.

**MILK**—Sometimes, in the latter stages of illness, persons cannot take, or will refuse nourishment, such as chicken-broth, beef-tea, &c., and die from weakness. In such cases MILK, deprived of its *heating* and *bilious* qualities, can be given or taken with life-saving effect.

Boil, in the evening, a quart of good Milk, and the next morning take off all the scum and carefully strain off the remaining Milk. The curd can be made into custard with eggs.

At first, one or two tablespoonfuls can be occasionally given, and in due time one or two pints daily. This prepared Milk can be truthfully termed WHITE BLOOD.

**COUNTER-IRRITATION**—In all internal inflammations, as of the lungs, liver, kidneys, &c., *counter-irritation* is one of the best aids to relief. It acts by drawing off the pain and excess of blood to another and less dangerous part, namely, the skin.

If, for a *stitch* in the side, or for any inside inflammation, you should require the services of a *counter-irritant*, use a good safe one. Apply for a short time, a *mustard poultice* as directed (see page 33). This will never harm, but always benefit.

**WINES, BEERS and SPIRITS**—Or properly spelt *whines*, *biers*, and *spirits*, for each represents the other—have cursed every country into which as customary drink they have been extensively adopted; morals and life have both been sacrificed to their intemperate use, and crime has always rapidly increased.

Sudden deaths also become more common wherever the *bottle* and *barrel* are found. *Sudden deaths!* nay, most of them are slow suicides; for does not the reddening and flushing face, or the nervous tremblings and shaking hand, or the loss of stomach power, give ample warning that life is being destroyed?

And then those daily *drams*, *wineglassfuls*, and *half-pints* of the moderate drinker, amounting in the week to bottles and gallons, what an amount of indigestion, gravel, gout, palsy, liver complaints, and brain diseases, do not the long-continued *small doses* produce! Those are the wisest persons who of these false stimulants, these treacherous beverages, partake the least.

**LIFE INSURANCE**—Insure your life *immediately*, if you have a wife or family depending for support upon you, your business, or profession. In illness you will not regret having done so.

**WILLS**—Never for a day delay to make your *Will*, be you possessed of much property or have but little to bequeath.

This duty done will save you during health much uneasiness and worry of mind, and when illness comes, the knowledge of having *made all right* should accidents occur, will keep the spirits cheerfully calm, and help wonderfully to restore health. For be assured, that with the body racked by grievous pains, the head aching and whirling, and the mind weakened and perhaps wandering, it will not assist recovery to know that your neglectful folly may expose a dear child, or a much loved one, to the miseries of want and the sad penalties of poverty, or, may be, to the tender mercies of some mercenary relative, who by your omission becomes your legal heir.

Besides, when dangerously ill, any hint to make your *Will* will depress like a death-warrant, and greatly help to destroy you; whereas, if already made the consciousness that you have taken for those you love, the kind, provident precaution, will prove a tranquillising and strengthening consolation.

Dying men have something else to think of than making Wills.

## TYPHUS, OR LOW FEVER.\*

**TYPHUS FEVER**, commonly called *Low Fever*, destroys yearly many thousands of valuable human lives—Infancy, Manhood, and Old Age, alike fall victims to this wholesale slayer.

The sad reason why so many persons have already died from this disease has been because the true nature of Typhus Fever has not hitherto been known or understood, else we should never have heard of such wrong, such worse than useless means having been so often adopted.

We will be more explanatory. Typhus Fever is produced by breathing impure air, in the moisture of which swim innumerable little living things called animalculæ, which are so very small that to see them a microscope is required. These living atoms being inhaled with the breath, mix with the spittle (saliva), adhere to the throat, causing sore throat, and at length arrive in the stomach, producing sickness and fever. And therefore to cure *Typhus Fever*, it is necessary only to destroy these small animalculæ by which it is produced. And that, thank God, can soon be done; for their tiny bodies being albuminous, that is, like the white of eggs, are quickly coagulated and destroyed.

But you may ask, whence do these little pests come? From stale air, and are bred in everything foul. Rotting vegetation and rotting flesh, musty air, rotting in close rooms where there is rotting breath and perspiration rotting. For you should know that every day you breathe, a full pint of watery vapour comes from your lungs, and a quart from your everperspiring skin, which moisture will, if you live in an ill-ventilated, unaired room, stick and rot upon the walls, fester and corrupt upon the furniture and curtains, breeding myriads of *Typhus Animalculæ* ever ready to mingle with your breath and to give you the fever.

Do you doubt this? You can soon prove it. Collect in a vial a small quantity of your perspiration, or else for a few minutes breathe into a bottle, and cork up the watery vapour. Then after two or three days, examine with a microscope this confined moisture. Thousands of little living creatures will be seen swimming about in the fluid. These are the *Typhus Animalculæ*.

To be quite sure of this, scrape from off the tongue of a person ill with Typhus Fever a little of the thick spittle, and examine it by the same microscopic means. The proof is conclusive, the same animalculæ are also seen in great numbers there, as in the foul perspiration and the stale breath moisture, as in the vapours of decaying vegetables and of stagnant pools, as in flesh corruptions and in confined air. But in healthy saliva there is not *one* to be found. In fact, the whole thing is as simple and plain as the blight on an apple tree, or the oidium upon the vine.

Symptoms of Typhus or Low Fever are sore throat, sick feelings, feverish heats and shiverings, great loss of strength, depressed spirits, and a furred brownish yellow *speckled* tongue.

### CAUTIONS.

As Typhus Fever is very catching, every person in the house where Typhus taints the air should take three times a week a dose of *Fennings' Fever Curer or Stomachic Mixture*.

After recovery, do not eat meat for several days; if eaten too soon there will be danger of a relapse.

To purify the air place vinegar or Carbolic Acid in saucers about the house.

## PILES.

*Piles*, as they are named, are little lumps or swollen veins, which appear on the outside and inside of the fundament, or from an inflamed knotted ring around its outer edge. These blood-beads sometimes burst and bleed, and are then called *bleeding Piles*, but *blind Piles* when they do not break and bleed.

In proportion to their inflamed condition, these little swellings cause all degrees of pain, from the heavy, dragging sensation about the loins, irritating itchings, and smarting heats, to the piercing, darting pains occurring at every stool, and the long-continued agonies which make life a miserable burden to bear.

\* A doctor should be called in at once.

The way to produce Piles is to have habitual costiveness, or to strain at stool, or to sit too much on warm seats, or to take strong purgatives, or, by excesses, to heat the blood, or anything else will do which will send a surfeit of blood to the parts, or cause a pressure upon the veins of the *fundament* and *rectum*.

Costiveness, however, is the best agent for forming a crop of Piles, and it acts in quite a mechanical manner. Thus, when the hardened *fæces* of a costive stool pass along the guts, they push, like wads or the pellets of a popgun, all before them, and compressing the veins over which they move, prevent the venous blood returning, which being thus pressed backwards by the advancing hard-bound stool, overstrains the little vessels, until the *fæces* at last arriving at the fundament, the distended veins are forced out as bloated knobs of blood, to be styled *bleeding* Piles if they burst, or *blind* Piles if they do not.

As a little care will in most cases prevent Piles forming, and as this tiresome complaint often becomes a source of excruciating pain and life-long torture, the easy means of prevention are worthy of adoption.

#### HOW TO CURE.

To prevent or cure Piles, you must have daily motions, or by delay the intestines will absorb so much moisture from the excrement that the *fæces* will become dry, hard, unyielding lumps, which will make old piles worse, and are likely to create new ones.

But do not think that you can make your bowels regular by taking purgative physic; no such thing: neither pill nor potion can do it, but they will make matters worse, by afterwards causing greater costiveness. The means to accomplish it is to use *Brown Bread* as daily food (see *Costiveness*).

Until the bowels have become regular, you can occasionally take, to keep them gently open, a dose of *Aperient Powder* (see page 35), with a piece of prepared Chalk (size of a bean) in it; or take a tablespoonful of Castor Oil, or a teaspoonful of equal parts of Flowers of Sulphur and Magnesia, mixed, or half a drachm of powdered Rhubarb.

Keep the blood cool by taking a dose of *Fennings' Adult Cooling Powders* two or three times a week.

Bathe the parts frequently with cold water, and, if there be much pain at stool, always squirt up the *fundament*, beforehand, with a syringe, half a teacupful of cold water.

After each stool, and also at bedtime, having previously washed the parts, apply the *\*Compound Gall Ointment*, by thrusting up the fundament a finger anointed with it.

When the Piles are much inflamed, you must, until better, lie down and have perfect rest. Apply cold water to the parts, keep the bowels gently open, live on flour and vegetable diet, and take a daily dose of *Fennings' Adult Cooling Powders*.

If, when going to stool, the Piles should protrude, they must always afterwards by gentle pressure with the fingers be returned.

Some persons find relief by applying *warm* water, but its frequent use relaxes and weakens; *cold* water strengthens.

#### CAUTIONS.

Never strain when at stool.

Always keep the parts clean by daily washing.

If the Piles become strangulated and inflamed and cannot be easily returned, you must relax the parts by sitting over the steam of hot water.

Never sit on warm cushion seats, which heat the body, but on cane-bottomed chairs. Sit as little as possible; lying on a sofa or three chairs is the best rest.

If you have Piles never drink any *fermented* liquids, for they will so heat the blood that the Piles will not only burst and bleed, but will form matter and suppurate, perhaps cause a frightful *fistula*.

If the discharge from *bleeding* Piles have long continued, it is not always advisable immediately to stop it, especially if the person be full-blooded or robust. If then the bleeding should suddenly cease, it had better be brought back by sitting over the steam of hot water.

\*It is necessary to sign the Chemists' Register for this Ointment.

## ERYSIPELAS.

Erysipelas, or St. Anthony's Fire, as it is often called, is a peculiar inflammation of the skin, which is mostly produced by a saline impurity of the blood arising from the perspiration being suppressed, either by the chills of a cold damp atmosphere or from some other cause rendering the action of the skin imperfect. Sometimes it is the effect of violent agitations of the mind. Indeed so liable are some constitutions to Erysipelas that anything disordering the stomach, liver, or the blood, will injuriously affect the duties of the skin and create a seizure.

Persons with the *Bilious Temperament*, that is, with dark hair and dark eyes, are the especial victims of Erysipelas, and usually have a great predisposition for it, so that with them the least imprudent exposure to damp evening air, indulgence in high living and fermented liquors, or any strong mental emotion, as anger, grief, or anxiety, will often produce an attack.

An Erysipelas attack generally begins with a disordered stomach, and feverish symptoms, as shiverings and flushing heats, heavy headache, foul tongue, and sensations of sickness. This state of things is followed in a day or two by the skin of some part—most frequently the face, arms or legs—becoming very red, or orange-red (which turns white for a few seconds when gently pressed by the finger), is stiff, swollen, and has a painful burning feeling, then little watery blisters oft-times rise, and, bursting, their irritating contents spread over and inflame more of the skin. Then there is an intolerable smart and itching, the inflammation subsides, and after a few days the skin falls off in scurf, a new skin forms, and all is again right.

This is a description of the simple and most common form of Erysipelas, and which with proper treatment is curable in a week or ten days. But Erysipelas has severer symptoms for those persons who lead irregular lives, live high, and load their blood with fiery, fermented drinks. Yet if the blood has been habitually kept cool and pure by temperance, these very severe instances seldom occur.

### HOW TO CURE.

When the first symptoms of this disorder appear, or of the stomach being out of order, take a dose of the *Aperient Powder* (see page 35), and repeat the dose every other morning until well. Take an *Adult Cooling Powder* every night.

Two hours after taking the *Aperient Powder* take a teaspoonful of *Fennings' Erysipelas Drops* in a teacupful of water (chill off in winter), and repeat the dose every six hours until recovered.

Dust the inflamed skin and little blisters, if there be any, several times a day with equal parts of Magnesia and White Starch Powder placed in a small muslin bag, but wash the parts every evening with warm water.

If the Erysipelas attack be in the head—which will then much alarm by its swelling disfigurements and closed-up eyes—put the feet and legs in warm water for half an hour every evening at bedtime, wrapping them afterwards in a blanket. Also bathe the head frequently with a lotion made by putting two teaspoonfuls of the *Erysipelas Drops* in a pint of cold water.

If after an attack there remains much bodily weakness, take every day a dose of *Iron Powder* (see page 36).

FOOD—Flour diet, sago, gruel, arrowroot, milk and eggs.

DRINK—Barley-water, linseed tea, toast-and-water.

### CAUTIONS.

Always keep within doors during an attack of Erysipelas.

Never venture into the open air until quite recovered. It would be likely to cause a relapse, and all relapses are dangerous.

Never, in Erysipelas, apply *Cold Lotions* to any part, except to the head and face when they are attacked.

Never eat *salted* meats, ham, or salted fish.

Never, if you have the least constitutional predisposition for Erysipelas, drink *fermented* liquids of any kind. Be a sensible teetotaler, for if you do indulge in wine, spirits, or beer, the slightest scratch, grazed skin, or any trifling wound is likely to concoct out of the heated impure blood a perilous Erysipelas which may cost you your life.

## INDIGESTION.

To mention this complaint is to name the ailment of half the civilized world, for seldom lives a person to be fifty years old without having had a touch of it more or less severe.

The ordinary symptoms are well known. Pains after eating, sickness and sinkings, wind and spasms, heart-palpitations, faintness and flushings, nasty tastes in the mouth, low spirits, disturbed rest, etc.

Excess in eating, or stuffing the stomach with more food than it can possibly digest, the result of self-pampering, or the injudicious persuadings of some dear friend, who kindly wishes you to "enjoy yourself," make one-third of the miserable dyspeptics; drinking *fermented* liquors, creates another third; and atmospheric causes, grief, fear, anxiety and other mind worries produce the remainder.

An injured stomach, in slight cases, may exhibit its weakness after meals only by the flushed cheek, windy pains, irritability of mind, and heart-palpitations; but Indigestion in its severer symptoms has horrors which only those who suffer them can conceive.

Stomach diseases have three principal causes.

First—From indigestible food and gluttony—eating more than the stomach can digest.

Secondly—From using stimulants, as wine, spirits, malt liquors, tobacco, &c.

Thirdly—From irritations of the mind, too much study, residing in a damp atmosphere, &c.

If over-eating and indigestible food have produced the stomach weakness, then strength can only be restored by taking digestible food in proper quantities (see directions with *Stomach Strengtheners*). For of what use is it to stuff the poor weakened stomach with lumps of fatty meat, when it is quite unable to digest them, or to gorge a pound of food, when the gastric juice is not sufficient to dissolve an ounce? With such irritating folly daily repeated the overtaxed stomach would soon have no more power to digest than the mouth!

If the *Stomach* complaint has been caused by using stimulants, it cannot be *radically* cured unless all fermented liquids are entirely given up; for how can a fire be extinguished when fresh fuel is being continually added? Why, the human stomach actually blushes! and its veins unhealthily distend with blood every time it receives a glass of spirits or wine, until its repeated flushings become a *fixed inflammation* which will require many a day of pain and patience to remove. Yes, the chronically inflamed and heated Stomach can then only regain its healthy temperature and strength by proper abstinence and the most judicious care.

If indigestion proceeds from overstudy the mind must have rest. If from fretting or anxiety, physic can do but little good while grieving thoughts continue. Change of scene, pleasant society, will, in these cases, be the best strengtheners and quickest restorers to health. Man in his saddest broodings should never forget that human life is very short, therefore its sorrows must necessarily be brief, and then Eternity!

### HOW TO CURE.

Take one of *Fennings' Stomach Strengtheners* half an hour after each meal (See page 35).

Also, take twice a week, at bedtime, a dose of *Fennings' Adult Cooling Powders*.

When there is acidity of stomach, or a nasty taste in the clammy mouth, take twice a week a dose of *Aperient Powder* (see page 35), and eat much less than usual. Occasionally chew a small piece of Turkey Rhubarb—size of a large pea; it will strengthen the stomach more than the bitters usually given.

Wear until well, a Poor Man's Plaster over the pit of the stomach.

When there is great weakness of the system, as well as of the stomach, take daily a dose of iron. (See page 36.)

Much benefit will be derived from taking every morning before breakfast a tumbler of cold boiled water, and repeat the same quantity twice (when the stomach is empty) during the day. Begin by drinking a wineglassful only, and gradually increase the quantity until the stomach can easily bear the tumbler draughts. In winter the *chill* may be taken off.

FOOD—Farinaceous food, bread and milk, curds and whey, eggs, raw oysters, cheese, vegetables : no meat until the stomach can digest it.

DRINK—Cocoa, coffee, *cold* boiled milk with plenty of sugar in it, lemonade, cold boiled water. No tea until well.

### CAUTIONS.

Do not drink any liquid with your meals. It would *dilute* and weaken the digesting gastric juice.

Always thoroughly masticate your food, and well mix the spittle with it ; for, as the clever Abernethy truly remarked, " digestion begins in the mouth." If your teeth have decayed and are gone, use *artificial teeth*, or else live on spoon meat. Meat diet without teeth to chew it is sure to produce *Windy Spasms*, and frequently causes fatal fits of indigestion. It has been said that many persons dig their graves with their teeth ; more do so with their toothless gums.

When you have a *sinking* feeling in the stomach, which proceeds either from the stomach being from weakness unable to *contract* itself—which it naturally does when in health—or from *acidities* fretting its debilitated nerves, do not increase the mischief by cramming it with more food, to give it more labour, and to generate more acid. But take merely a wineglassful or two of cold *boiled* water, and lie down for a short time. This is the only proper treatment to restore strength and tone to the Stomach muscles.

And we would here most earnestly warn all against a common error, which is continually destroying many individuals of both sexes. In certain weaknesses of the stomach, when its membranes are chronically inflamed, its muscular power partially gone, its nerves enfeebled, its secretions distempered, and everything is amiss, *sudden feelings of faintness*, and of extreme exhaustion will often be experienced, and the person becoming alarmed, and fearing a fainting fit, will, hoping to avert it, hurriedly drink a glass or two of wine, or spirits and water, which stimulating for a few hours, certainly makes the patient feel much better ; soon, however, the *false strength* goes, and the distressing *fainting feelings* return : again is the wine or spirits taken, and again with the short-lived relief ; this is often repeated, and the *faintness* and *remedy* follow each other quicker and quicker, until the swooning sensations have become almost constant, and the wine or spirit doses, losing their effect, have been doubled, trebled, quadrupled, nay, taken without stint. Meanwhile, the already diseased stomach has by these inflaming doses become worse and worse, until at length the poor misled creature dies, and without having once fainted.

The fatal mistake here is in thinking that the brief excitement which wine and spirit cordials produce is permanent strength. Trying to strengthen a weak stomach by taking fermented liquids is much like giving vigour to an exhausted beast by striking a spur into the galled sore.

Now the best and only safe course to pursue whenever attacked by these *faint feelings* is to take ten or twelve drops of *sal volatile* in a wine-glassful of water, lie down for a few minutes on a sofa, bed, or chairs, and sniff at a smelling bottle of hartshorn or aromatic vinegar. There will then be no danger of your fainting, and as the stomach becomes stronger, these unpleasant faint feelings will altogether leave you.

Take three meals only a day. Supper is aptly called " the meal of excess," or as wise Benjamin Franklin observed, " Suppers are not bad, if you have not dined."

If you have any complaint of the stomach, reside where the atmosphere is dry.

Never eat between meals, doing so will cause indigestion and ruin the strongest stomach.

Never parboil your stomach and spoil your digestion by drinking your tea too hot.

Do not be impatient if you do not get well in a day : stomach disorders *gradually* come and *gradually* go.

### GOUT.

Gout, unless the hereditary blood-gift of some sensual forefather, is the disease of the indulgent and lazy, and its *seed* is found in wine and beer, in eating excesses of meat and rich messes, and in indolence.

Gout is divided into species or kinds ; and, like the fancy dishes and liquors which often produce this complaint, each has a distinctive name. The *acute*, *chronic*, *retrocedent*, *atonic*, and combined with rheumatism, *rheumatic gout*.

These distinctions are, however, but of secondary use. The first and best thing to observe is to keep the blood free from the *uric acid*, and the *supertartrates*, which create the Gout, and there will be nothing to classify.

And this can be done only by careful living and sufficient exercise, for to the gouty system, animal flesh diet will always yield a full supply of *uric acid*: and anyone by the habit of drinking wine and malt liquors can have the blood well saturated with the *supertartrates* and *acidulous salts*, to prostrate him at the shortest notice with the gout, gravel, or the stone.

And here we will tell the *learned* a secret we have discovered. The *supertartrates* and *acidulous salts* can enter the blood circulation only with the subtle spirit of fermented liquids, which they cannot do when in mere watery solutions, because the *mucous membrane* of the stomach then alters their chemical character into *neutral salts* before their entry into the blood.

Many hundreds of persons have been permanently cured of Gout by living on a milk and vegetable diet, which of course includes cheese, curds and whey, &c.

The *Gout-fit* begins most frequently in the night by awakening the unfortunate out of a restless sleep, with a violent twinge of pain in one of the lesser joints, mostly in the great toe. This, however, is but the preliminary pinch for several hours of burning, crushing, rack tortures, with a climax of exquisite agony, when the lightly inflamed and glazed toe or joint swells and perspires, the pain lessens, and the worn-out patient forgets for a time his miseries in sleep.

This access of suffering may be repeated for several successive nights, until the *Gout-poison* is expended, when the destroyed skin falls off in scurf, and a new one forms.

#### HOW TO CURE.

When the fit of Gout commences, or at any warning symptoms of its approach, take a full dose of the *Aperient Powder* (see page 35) in a wineglassful of Senna tea, and four hours afterwards take a wineglassful of *Fennings' Stomachic Mixture*, repeating every evening while the *fit* lasts, a dose of the mixture; and to keep the bowels well open take every morning a dose of the *Aperient Powder*, but without the Senna tea.

Also bathe the affected part for half an hour with vinegar as hot as it can be borne, or use some of the *Stomachic Mixture* as a lotion, then for a few minutes with warm water, and after smearing it with treacle, wrap it up in cotton wadding or wool.

If the Gout should attack the Stomach, take immediately a wineglassful of *Fennings' Stomachic Mixture*, and apply a *mustard poultice* over the part for half an hour, putting also the legs and feet into warm water for twenty minutes.

If the Gout is in the head, the mustard poultice should be applied to the nape of the neck; if in the chest over the parts affected.

Take daily walking exercise, if possible, and every night well rub the body with a flesh-brush, or a worsted stocking drawn over the hand.

After the Gout attack is quite over, take twice a week, to correct the Gouty system, a dose of *Fennings' Stomachic Mixture*, and a dose of *Aperient Powder* (see page 35) once a week, or when there is the slightest symptom of indigestion or acidity of stomach.

If there be great weakness of body a dose of the *Iron Powder* (see page 36) should be taken at 11 o'clock A.M. every other day.

FOOD—Grit gruel, bread-pudding, arrowroot, bread and milk, chicken broth.

DRINK—Barley-water, toast-and-water, orange and lemon juice, grapes, lemonade. (See page 33.)

#### CAUTIONS.

When Gout attacks the stomach, never take brandy or spirits. There will be enough, nay, too much, dangerous inflammation already there.

Never take *colchicum* in any form; it is a strong vegetable poison and has in many instances caused sudden death.

Never, if you wish to escape Gravel and Gout, indulge in wine, beer, or any fermented liquids. Observe, as a lesson, the coal-porters, who drink plentifully of beer, and though daily undergoing violent exercise, suffer, nevertheless, frightfully from Gravel and the Gout.

Gouty persons should never drink *hard water*, which contains lime. Rain water is the best for them to use. Previously to the introduction of lime into Devonshire as a manure, Gout was almost unknown there. Now it has become a common complaint.

Never attempt to stop a Gout-fit by using cold lotions. They will likely send the Gout from the toe to the stomach, lungs, or head. You might as sensibly try to destroy smoke by stopping up a chimney-pot, and get half suffocated for your trouble, as to try to get rid of the *Gout-poison* from the body by applying cold lotions to the skin. They will only drive it internally, to seize upon more dangerous parts.

## DIARRHŒA, OR BOWEL COMPLAINT.

Diarrhœas are always very weakening, for after two or three fœcal discharges from the bowels, the nourishing juices of the food also flow away with the loose stools, before they can be absorbed to feed and strengthen the body.

*Loosenesses* are the result of many causes—may be from eating something indigestible, or from having too much bile, or from acidity of stomach and bowels, or from a cold caught, or perhaps from worry and anxiety of the mind. Also in fevers and consumption, relaxed bowels are sometimes very troublesome.

Exhausting to body and mind as all *loosenesses* are, it becomes a great comfort indeed to know that we have always ready at hand a remedy, namely, *Fennings' Stomachic Mixture*, which will at any need unflinchingly stop them, and at the same time give strength to the weak bowels, and cheerfulness to the depressed mind, and which is adapted for all diarrhœas and choleras proceeding from any cause whatever, so that no mistake can arise, nor any doubt as to the proper medicine to take.

### HOW TO CURE.

Take a wineglassful of *Fennings' Stomachic Mixture* every four hours if necessary, but one dose is generally sufficient.

A very soothing drink for the irritated bowels, and which can be drunk an hour after the *Stomachic Mixture*, is made thus :—Mix a tablespoonful of wheaten flour, or arrowroot or rice flour, in half a tumbler of cold water ; or a better plan is to slowly eat the *dry* flour, or arrowroot, without taking any liquid, either with it, or afterwards.

If the *looseness* be from acidity of bowels produced by eating unripe fruits, or drinking fermenting beer, take, instead of the mixture, one of the following powders every hour in a wineglassful of water :—Prepared Chalk, half an ounce ; Powdered Aromatic Confection, one drachm ; mix and divide into six powders. Afterwards, to strengthen the bowels, a dose of *Fennings' Stomachic Mixture* can be taken.

FOOD—Rice boiled in water, and eaten when almost cold.

DRINK—Rice-water, linseed tea, lemonade. (See page 33.)

### CAUTIONS.

During bowel complaints, neither eat nor drink anything hot nor very warm ; the *heat* would relax the bowels, and the loose stools would again commence.

In all purgings *lie* down and keep perfectly quiet, as any motion would again bring the excited intestines into action to produce more stools.

Never take strong astringents to stop diarrhœas ; they chance fever, and often bind up the bowels afterwards for days, which will then require opening medicine to make them again act.

We urgently advise every person to keep always in the house a bottle of *Fennings' Stomachic Mixture*, ready for any emergency, or midnight attack of fever or flux, when an hour lost may also lose a life.

## PSORA, OR ITCH

Is the favourite attendant of uncleanliness and dirt ; but as this loathsome disease is most contagious, and can be communicated by means of a letter, coin, or any other article coming from an infected hand, the most cleanly person can easily *catch it*, and we have therefore the greatest pleasure in making known a sure remedy, which, without much trouble, will cure this filthy complaint after a few applications, and will not require, as heretofore, the whole body to be anointed with offensive ointments, nor the usual expensive wholesale destruction of wearing apparel and bed-linen.

The little, teasing, itching, watery pimples (made by the *acarus* tribe) are well-known tokens of this disease, as also that their first appearance is mostly between the fingers.

## HOW TO CURE.

Take twice a week a teaspoonful of Flowers of Sulphur in a little treacle or milk. Also well rub on the wrists for a few minutes every night at bedtime, a piece—size of a walnut—of the following ointment with the hands, which must, during the rubbing, be frequently held to the nose, and smelt. The wrists and hands can, after the operation, be washed with soap and water.

*The Itch Ointment*—Powdered Burnt Alum, 1 drachm; Flowers of Sulphur, 7 drachms; Lard, 1 ounce; mix well together.

Keep the blood cool by taking every night a dose of *Fennings' Adult Cooling Powders*.

## COUGHS AND COLDS.

**COLDS**, though generally treated as trivial, are dangerous things. Fevers, inflammations of all parts, rheumatisms, consumptions, are a few consequences of a slight cold unattended to. Neglect of "only a cold" causes yearly the early death of thousands.

Colds are soon caught, as by going direct from hot rooms into the cold air, standing or sitting in a draught, getting wet and not changing the clothes, sitting in a damp room, or remaining too long in a very cold one, wearing damp linen, insufficient clothing in cold weather, cooling too quickly when overheated by exercise or otherwise; in fact, any indiscretion will produce a Cold, which *suddenly chills the skin*, stops the perspiration ever issuing from nearly eight millions of pores, and throws back the briny liquid to mix its inflaming salts with the blood—*Fever Salts*, which, if permitted to remain in the body, will speedily destroy it.

The well-known symptoms of having *taken cold*—the cold shivering shudder, and hot dry skin, tells us that the pent-up perspiration salts are firing the blood, and have commenced a fever.

**COUGHS** are generally caused by a *chill* of the throat, windpipe, or lung-vessels, from breathing, when overheated, cold damp air, and by exposures to north-easters, or are the effect of other maladies of the system, but they are mostly the result of a cold.

As the slightest cold or cough may quickly turn to *inflammation of the lungs*, attend always to them immediately, however slight the symptoms.

**INFLAMMATION OF THE LUNGS** usually begins with chills and fits of shivering, followed by dry heats and thirst; the breathing is short, quick, and drawn with difficulty, pain mostly in the side, and a hard, dry, hacking cough.

## HOW TO CURE.

Directly you have *taken cold*, and feel the unpleasant chilliness and feverish sensations, your immediate endeavour must be to get the skin again to act, and to *wash* the dangerous accumulation of perspiration salts out of the blood by drinking plentifully of warm liquids.

Therefore, put your feet—or better still, your legs up to your knees—in water as hot as you can conveniently bear it for fifteen to twenty minutes, adding more hot water as it cools, then well dry, put on worsted stockings, take a dose of *Fennings' Adult Cooling Powders*, go to bed, drink a basin of hot water-gruel, and lie next morning an hour or two later than usual. This is generally sufficient to cure a slight cold.

If, however, the skin does not the next morning feel moist, and if any feverish symptoms remain, take a dose of *Aperient Powder* (see page 35), and an hour afterwards one of *Fennings' Adult Cooling Powders*, remain in a warm room, and abstain from eating anything during the day, but drink every three or four hours a tumbler of linseed tea (see page 33) or bran tea, or, if preferred, barley-water. Retire early after a light supper of water-gruel, arrowroot, or dry toasted bread, putting the feet in hot water as before, and taking another dose of *Fennings' Adult Cooling Powders*.

If there be any cough, take one of *Fennings' Lung Healers* every night and morning.

*Inflammation of Lungs*—If from a cold or cough being neglected, or from the attack being suddenly severe, the skin is feverishly dry, the breathing short, difficult, and quickly drawn with pain, indicating that the lungs are affected, apply immediately for twenty minutes a *mustard poultice* to the chest (see page 33), and repeat every day until much better. Also take three of *Fennings' Lung Healers* every four hours, and a dose of *Fennings' Adult Cooling Powders* every night. Drink linseed tea freely, or barley-water, or bran tea, to dilute the inflammatory blood, and keep the bowels gently open by Castor Oil or Senna Tea. Bathe the feet in warm water every night.

If sickness be felt, so much the better: *feeling sick* will do much good, by moderating the too-quick pulse and keeping down the fever.

FOOD—Arrowroot, gruel, sago, tapioca, bread-pudding, rice, dry toast, grapes.

DRINK—Linseed tea, barley-water, bran tea, *cold-boiled* water, lemonade. (See page 33.)

#### CAUTION.

A cold is most in danger of neglect, when it is not discovered until you have retired to bed. You have perhaps dozed off for an hour or two into uneasy slumber, and have then awoke with a dry, burning skin, with chills and shiverings. You then discover you have *caught* cold, and know that you ought immediately to get into a perspiration, that the clothes of your bed are insufficient for the purpose, and that you should have something warm to drink, and yet to procure it, not for one moment do you think of calling up anyone in the house.

But no; there you lie shivering and shaking, restlessly tossing about for some seven or eight hours, with a skin as dry as a chip, and not a pore open for the perspiration to escape, which, being kept in the circulation, is fevering the blood, inflaming every organ, and doing such mischief that the morning's aid may be too late to remedy.

Now, at the very first shiver do this: Jump out of bed, put into your mouth a dose of *Fennings' Adult Cooling Powders*, take twenty drops of *Sal Volatile* in a wineglassful of water (*Sal Volatile* should be always kept in your washing-stand drawer, ready for this or other emergencies), and then get into bed again, putting your head under the bed-clothes, and keep it there for an hour or two. This warm-air bath will soon put you into a relieving perspiration, and probably avert a perilous illness. This *clean* remedy we recommend only when it is necessary of two evils to choose the lesser.

If when going to bed you suspect you have caught cold, draw a clean worsted stocking over each hand, and well rub with them for several minutes every part of the body, take a dose of *Fennings' Adult Cooling Powders*, and a basin of hot water-gruel.

Upon entering a room in winter when heated by exercise, let several minutes elapse before you take off your overcoat or shawl, so that you may gradually cool, for many severe Colds, and Consumptions have arisen from the neglect of this simple precaution.

Keep the feet warm and dry. Beware of damp feet.

Do not leave off your winter clothing too soon in spring, never until the end of May. Do not be betrayed into dangerous Colds by one or two warm days.

### HEART COMPLAINT.

This is at present a very fashionable disease, though of the large number of persons who are said to have the "Heart Complaint," few comparatively really have it; and of the many thousands who are certified to have died from it, but a small proportion have actually done so. But *Heart Disease* is a safe verdict where there is ignorance and doubt.

Some medical men are much to be blamed. A person comes to them for advice, complaining of palpitations, heart-jerkings, and rollings, with pain and fulness in the left breast; and while fear and excitement are still fluttering and palpitating the heart, the *stethoscope* is applied, a hasty judgment is formed, and the symptoms are positively stated to be those of a "Heart Complaint."

This dogmatical assertion is as a sentence of death ; the poor patient goes tremblingly forth to spend his remaining days in nervous terrors, his mind constantly haunted by the depressing thought ; and always apprehensive of danger, he becomes afraid to move, lest the supposed diseased heart should be flurried in its beats, and cause a catastrophe suddenly to destroy him. And all this misery, when *indigestion* or a little *wind* could have satisfactorily explained all !

Now, considering there is not a man living who from auscultation can with certainty say whether the heart is organically diseased or only *functionally* disturbed, the symptoms of one and the other being so much alike, there ought to be a little modest hesitation before a fellow-creature is made thoroughly miserable for life. We make these remarks having seen many sad results from this error.

But though every case of *Palpitation* forms not a Heart Complaint, there do unfortunately exist disorders of the heart which, when they proceed from *malformation* or *organic* injuries, physic can benefit but little. The best remedial means then are a regular life, total disuse of spirituous and fermented liquors and tobacco, abstaining from violent exertion, and keeping the mind quiet and free from excited feelings.

Many causes disturb the regular action of the heart. The mind wandering down the eight pair of nerves (*par vagum*), agitates the heart by its many moods, making its pulsations quicker by pleasant thoughts, and slower by grief, throbbing it with fear, or making it jump by sudden emotions of terror or of joy.

Derangements of the stomach and liver, and also impure blood, will make it irregularly beat. *Wind* from indigestion is a common cause of *palpitations* and of mistakes. The stomach and great intestine (*transverse colon*) being distended with *wind*, can, by pressing against the heart, interfere much with its movements. *Faintings* are thus frequently the effects of wind. A little outside pressure over the stomach and a glassful of water drunk with a dozen drops of *Sal Volatile* in it will often in these cases *bring off the wind*, and reveal the cause.

#### HOW TO CURE.

During a fit of palpitation drink a pint of cold *boiled* water, and lie down.

Those who have frequent attacks of *heart palpitation* should apply twice a week to the neck a mustard poultice for half an hour, take a dose of *Aperient Powder* (see page 35) every three days, and drink every night and morning half a pint of cold *boiled* water.

If Indigestion, Acidity, or Wind produce the *palpitations*, remove the cause. (See page 24.)

If there is much pain at the heart, apply over the part a *mustard poultice* for half an hour.

Take gentle exercise, but no *violent* exertion with the arms, and keep the mind as cheerful as possible.

FOOD—Persons having Palpitations or Heart Diseases should take only milk and flour diet, eggs, cheese, and vegetables, but should eat no meat, for to them it would be too stimulating and blood-loading.

DRINK—Water, toast-and-water, cocoa, black tea. No fermented liquors.

#### CAUTIONS.

Never take poisonous foxglove ; it has fatal effects.

Never smoke tobacco. Beware of *narcotism* of the heart.

If you fancy you have an enlargement of the heart, be sure before you worry that it is not an enlargement of the stomach, with a little indigestion.

In *acute* rheumatism, the saline impurities in the blood injure the muscular action of the heart, therefore if attacked by that complaint, drink cold *boiled* water until the *urine* passes off with no more colour than water.

#### WORMS.

Very injurious are these unwelcome guests, for not only do some of them emaciate the body by taking from it its most nourishing juices, but also cause such irritation of brain and nerves as not infrequently to produce convulsive fits, epilepsy, and strong mental excitements.

Several kinds of worms infest the human body—three sorts in particular ; namely, the Thread Worm (*Ascarides*), the round Red Worms (*Lumbricoides*) which look like Earth Worms, and the formidable Tape Worm (*Tænia*). Children are mostly troubled with the *Thread* and the round *Red* Worm.

The Stomach is the favourite residence of the round Red Worm, the Tape Worm prefers the beginning or upper part of the bowels, while the Thread Worm resides chiefly in the rectum or end of the intestines.

Worms are generally caused by taking unwholesome and indigestible food, or breed in those who, with bad digestion, have a general deranged state of the *mucous* surface of the stomach and bowels.

By a few of the following symptoms, the presence of Worms may be suspected: frequent pinching pains in the stomach or bowels, a nipping pain about the navel, pale face, with hollow sunken eyes encircled with a bluish tinge, nasty breath, itching of the nose and fundament, giddiness, headache, disturbed sleep, with terrifying dreams and grinding of the teeth, frequent pains in the side, loose slimy stools, etc. You must, however, use your judgment, for indigestion will also create many of these symptoms.

To eradicate worms many means have been tried: Fern-root, Pomegranate-bark, Cowhage, Yaba, Mare's-milk, Tar, Spirits of Turpentine, &c., but some of them have nearly killed the patient, as well as the worms, and should therefore be given with the utmost care. Our own treatment we, of course, recommend as the safest and best.

#### HOW TO CURE.

Take every morning a dose of *Fennings' Worm Powders* in a tablespoonful of honey or treacle an hour before breakfast. They will destroy the worms and bring them away with the stools.

Also take once a week a dose of Castor Oil, or a teaspoonful of Flowers of Brimstone.

For *obstinate* Worms, a good plan is to take one morning a dose of *Fennings' Worm Powders*, and the next day a dose of Alum Whey, and so continue, powder one day, and the next day Alum Whey only; or half a teaspoonful of common Salt dissolved in a tumbler of boiled milk, and drunk fasting every morning, is very beneficial.

How to make Alum Whey.—Boil a quarter of an ounce of powdered Alum in a pint of new milk, until the milk is curdled, then carefully strain off the whey. A small teacupful for a dose.

For Thread Worms.—Also inject occasionally with a squirt or syringe a little sweet oil up the fundament, where Thread Worms mostly exist, or a teacupful of lime water blood-warm, or the same quantity of Quassia Tea will do.

To prevent worms from re-forming.—Take for a few days ten drops of Tincture of Steel, or Steel Drops, in a wineglassful of water every day at eleven o'clock A.M.

To strengthen the stomach if weakened.—Take daily at eleven o'clock A.M. a wineglassful of Quassia Tea. Made by pouring a pint of boiling water on a scruple of Quassia chips, and in two hours strain off.

*Fennings' Worm Powders* will safely destroy all Worms—The Tape Worm, Round Red Worm, and Thread Worm. Price 1s. 3d. and 3s. a box.

#### WATER BRASH.

WATER BRASH is a complaint of the Stomach to which many persons are subject who dwell in damp and low localities. Neglected indigestion, and long-continued acidities of the stomach, will also give it birth.

One of its annoying symptoms is this: there is frequently in the morning a windy pinching in the stomach, particularly if it be empty, with a strangling sensation in the throat, which is followed by a flow of water from the mouth and eyes. Sometimes the principal symptom is a constant sickish feeling, with occasional vomiting.

#### HOW TO CURE.

Do not overload the stomach.

Take a dose of *Fennings' Cooling Powders* every morning, and a dose of *Aperient Powder* (see page 35) twice a week.

Also, take one of *Fennings' Stomach Strengtheners* half an hour after each meal.

Reside where the air is dry, and if you wish to be cured, do not take *any* wine, spirits, or beer.

## ASTHMA.

The chief symptom of this painful complaint is difficult and laborious breathing, with or without wheezing, and with occasional fits of partial strangulation, arising from tenacious phlegm filling up the air-holes of the lungs, or else resulting from convulsing spasms contracting and closing them, when the poor sufferer has to struggle for every mouthful of air, to gasp for very life.

According to symptoms, this disease is either called Moist, or Spitting Asthma, when there is much wheezing, phlegm, and cough; or Dry Convulsive Asthma, when there is little or none of either.

The causes of both kinds are various; thus—deformity of the chest, damp, foggy air, predisposition, sudden changes of weather, great anxiety and grief, or inhaling different sorts of irritating dust, odorous vapours, as in Hay Asthma, &c.

But the most common cause from which an asthma is produced is from a neglected cold. Thus when colds are neglected or unattended to, the long-continued irritation gives rise to a permanent (*chronic*) inflammation, and gleet of the lungs. We will briefly explain this. Every cold is attended with *some* inflammation, *all* inflammations are attended with heat and swelling. Now the *air cells* of the lungs are studded with little holes to take in the breath, necessary to sustain life, and so small are they that a pin's point would cover many of them. Well, by the repeated swellings and inflammations of neglected colds, the parts become lastingly swollen, so much so, as nearly to close up these little breath-holes, whereby the act of breathing becomes a difficulty and a painful effort. And when a fresh cold, or increased heat of the body from imprudence in eating and drinking, or atmospherical changes, swell still more the already swollen lungs, or cause the irritated membrane to pour forth a greater surplus of slimy phlegm, the blockade of the small air-holes is for the time complete, a paroxysm ensues, and the distressed asthmatic then feels the agonies of suffocation, and has to struggle for relief.

A fit or suffocating paroxysm of asthma generally occurs in the night, and after the first sleep, having perhaps given on the previous evening, warning symptoms of its approach by a drowsy headache, tightness of the chest, and uneasiness of the stomach, with lassitude and low spirits. The sufferer startles out of sleep half-choked, and feeling as if his lungs are being tightly squeezed, darts upright in bed, for to lie down seems impossible, makes frantic efforts to dislodge the obstructing phlegm and to breathe, suffers the torture of partial suffocation for a longer or shorter time, and then the crisis arrives, the viscid phlegm is brought up, expectorated (*Moist Asthma*), or the contracting spasm relaxes (*Dry Asthma*), and the exhausted invalid sinks again into slumber.

The fits of Asthma, though sometimes very fearful to suffer, and to behold, are seldom fatal. Nature's assisted efforts are nearly always successful to relieve. The greater danger of Asthma is in its wearing, congesting and weakening character, and cheating the body of half its vitalizing breath, thereby causing Dropsy, Consumption, or Apoplexy.

### HOW TO CURE ASTHMA (WHEEZY AND DRY).

The best chance for the immediate cure of old Asthmas is in change of climate, for the atmosphere of this country being so liable to sudden changes, it is very difficult to prevent the return of attacks; yet with great care, self-denial, and attention to directions, the lungs may be so strengthened as to prevent a relapse even in England.

The following will be the best means to adopt:—

Take one of *Fennings' Lung Healers* every night and morning when any symptoms of Asthma appear.

Also take a dose of *Fennings' Cooling Powders* every second night.

Every other morning until well take at eleven o'clock A.M. a wineglassful of *Fennings' Mixture*. (See page 33.)

Keep the bowels gently open by taking once a week a dose of Senna Tea; but if symptoms of indigestion appear, take, instead, a dose of *Aperient Powders*. (See page 35.)

Wear a "Poor Man's Plaster" always on the chest; its tickling may tease you, but the *counter-irritation* will prove most beneficial.

If there is great weakness, take every other day a dose of Iron. (See page 36.)

*During the Asthmatic Fit, take four Lung Healers* dissolved in a tablespoonful of hot water. Then immediately drink a pint or more of warm water until you are sick; tickle the uvula and throat with a feather, or the finger, taking care to prevent any violent straining by keeping the stomach, when empty, well supplied with warm water.

FOOD—Flour diet, eggs, rice, much milk, and very little meat.

DRINK—China tea, coffee, linseed tea, apple tea (made by pouring boiling water on sliced apples, and sugared to taste), water.

#### CAUTIONS.

If you have an Asthma, do not be a simpleton and heat your blood by drinking wine, spirits, or beer. If you do, your Asthma will become *fixed*, and no remedies will ever cure your lung gleet, which will take the first opportunity of weakness to choke you. Be a water-drinker only.

Wear flannel from the neck to the ankles (flannel shirt and drawers) summer and winter.

Keep the feet warm and free from damp; wear cork soles.

Take walking exercise daily in fine weather.

Asthmatics should take tea and supper together, and never later than six P.M.

Beware of indigestion, or an irritated mind—they may *bring on* a paroxysm.

### CHOLERA (ASIATIC).\*

This is a pestilence of very destructive power, the accounts of whose death-ravages as it occasionally wanders the earth, shock and terrify the mind, and whose fearful visits to our own land in 1832, 1849 and 1854, carried death-shafts into many happy English homes.

And yet, fatal as this plague is when neglected, there has been much unnecessary fright and hurtful terror respecting its supposed sudden attacks, and its mysterious character.

Both, however, are merely scarecrow suppositions; first, because its attacks are *not* sudden, for Cholera in this country *lies breeding* in the body two or three days before its violent symptoms of vomiting, purging, and collapse occur, and during which time its progress may without any difficulty be stopped.

Here we have space only to remark that the Cholera, like the Typhus Fever, is of *animalculæ* origin, and may be known by the white curdy flakes, like wool-tufts, which float in its vomits and bileless, serum stools. In the purgings and vomitings of other diarrhœas and loosenesses there are none.

Your best knowledge will be to understand, when Cholera *lies breeding* on the mucous membrane, in your body, a *preventive dose* may be taken before its severe symptoms prostrate you. This information you will find in HINTS, article "Speckled Tongues." (See page 4.)

#### CAUTIONS.

*Preventive Dose.*—Take, while the Cholera is about, a dose of *Fennings' Stomachic Mixture* three times a week; it will prevent you catching it; or, if already infected, and unknown to you, the Cholera *lies breeding* in your system, the *preventive dose* will immediately destroy the cholera germs, and set all right again.

During cholera times, eat meat with bread only, and not with vegetables; or if you eat vegetables, take no meat with them, but only bread.

Keep always ready in the house—if in the bedroom, still better—for immediate use day or night, a bottle of *Fennings' Stomachic Mixture*.

### RHEUMATISM.

Rheumatism may be called the disease of the Million, for who that has arrived at years of *indiscretion*, but has in some degree felt its revengeful twinges after a heedless exposure to cold cutting winds and chilling draughts, or has not experienced its gnawing pains after having braved the consequences of damp and wet clothes?

\* A doctor should be called in at once.

It is easily produced, for any cause that interferes with the vessels of the skin, and prevents them separating the acrid perspiration from the blood and letting it out, will give a good chance either for an inflammatory fever, an erysipelas, or a rheumatic attack. Careless exposure to damp, cold air, and north-east winds, sitting or standing in draughts, and wearing wet clothes, are most favourable causes.

Rheumatism can torture any part of the body, but its favourite places are the membranes of the muscles and the ligaments of the joints. Its attacks may be *acute*, that is, attended with a general fever; or *chronic*, which has but little or none, and is usually a mere local inflammation.

The *acute* form, known as *Rheumatic Fever*, commences with the common feverish symptoms of dry heats, shiverings and weariness; sharp piercing pains also wander over the body, and after a few hours fix in some joint, which usually becomes red, hot, and puffy: after a time the pain and inflammation cease there, and shift to another joint, which, after having been similarly racked and inflamed, is deserted for another, and so on until the *rheumatic* poison has become expended among the joints. Young persons know most about Rheumatic Fever.

The *chronic* Rheumatism is in many instances the successor to the *acute* Rheumatic Fever, which frequently leaves the joints and muscle membranes so susceptible that they become as living barometers, and feel every slight change of the atmosphere, so that in damp weather, every care and precaution are required to prevent a rheumatic visit. In other cases, *chronic* rheumatism is primarily the consequence of some part of the body having been exposed to damp, to draughts, or cold winds, and have thus become the accustomed spot where rheumatic penalties are paid.

*Chronic Rheumatism* mostly begins with a stiffness in the muscle or joint, with a pain like that of a violent sprain, which every moment increases: sometimes the feeling is a distressing, gnawing pain; there is also much heat in the affected part, which in most cases swells. The pain of *chronic* Rheumatism is relieved by heat; not so the *acute*, which it makes worse.

LUMBAGO is Rheumatism in the muscles of the back and loins; SCIATICA in the ligaments of the hip-joint.

Persons with *lumbago* often frighten themselves by thinking that their kidneys or something inside is inflamed. This is easy to decide, for if the kidneys are affected, the pain will not be increased by bending the body, whereas in *lumbago*, stooping or any motion will make it worse.

RHEUMATIC GOUT is a combination of Gout and Rheumatism in the same system. It is to be cured in the same manner as Rheumatic Fever.

The distinctive signs of Rheumatism are its sour-smelling perspirations, the absence of *uric acid* from the blood, and its seldom attacking the toe or finger-joints. Gout has not sour-smelling perspirations, is very partial to the small joints of fingers and toes, and impregnates the blood with *uric acid*.

#### HOW TO CURE.

When there are symptoms or pains of any kind of Rheumatism, take immediately a dose of *Aperient Powder* (see page 35), and one hour afterwards take a teaspoonful of *Fennings' Rheumatic Drops* (see page 35), in a teacupful of cold *boiled* water, chill off in winter, and repeat the dose of the *Rheumatic Drops* three times a day, until cured.

Also take every night a dose of *Fennings' Adult Cooling Powders*.

In *chronic* Rheumatisms, the painful part should be well bathed with the following, as hot as it can be borne:—Dissolve a small thimbleful of pearlsh (*potas. carb.*) in three pints of boiling water, or the water in which potatoes have been boiled can be applied in the same manner.

Old rheumatic pains are eased by the part being well rubbed with the following: Compound Camphor Liniment, two drachms; Opodeldoc, six drachms, mixed; or apply a mustard poultice for twenty minutes, and take a dose of *Rheumatic Drops*.

*Rheumatic Fever and Rheumatic Gout.*—Go to bed, take a dose of *Aperient Powder* (see page 35), and an hour afterwards take a teaspoonful of *Fennings' Rheumatic Drops* in a teacupful of cold *boiled* water, and repeat the dose of *Rheumatic Drops* every six hours, and the dose of *Aperient Powder* every morning, until nearly well.

Also take a dose of *Fennings' Adult Cooling Powders* every night.—No lotion or liniment should be used during the fever.

FOOD and DRINK in Rheumatic Fever—Bread-pudding, tapioca, sago, water-gruel, arrowroot : linseed tea should be drunk plentifully, else barley-water, or cold *boiled* water.

*Lumbago* and *Sciatica*—Take a teaspoonful of *Fennings' Rheumatic Drops* in a teacupful of cold *boiled* water three times a day, and a dose of *Cooling Powders* at bed-time.

Rub the affected part every night and morning with liniment made with half an ounce of oil of turpentine and one ounce of lard, mixed, and keep the bowels gently open with *Aperient Powder*. (See page 35.)

Powdered Camphor well rubbed in the rheumatic part will sometimes give speedy relief.

#### CAUTIONS.

Taken as a preventive in damp weather, a dose of *Fennings' Rheumatic Drops* will often keep off the usual rheumatic attack.

If you are subject to Rheumatism, always wear flannel next to the skin, and in winter *chamois* leather over the flannel.

Never apply cold lotions, for, as in Gout, they may send the disease into the brain, lungs or heart.

Do not be sweated or purged to death. The only safe way to cure Rheumatism is to neutralize the *rheumatic poison* which then circulates in the blood. *Fennings' Rheumatic Drops* will speedily do that.

Whenever you have an attack of *Rheumatic Fever* drink plentifully of simple liquids, as linseed tea, barley-water, or cold *boiled* water (with chill off in winter), say three or four pints a day ; it will greatly assist in ridding the blood of the disease, and in preventing its acrimonious salts from injuring and inflaming the heart, which will, unless such precautions are taken, frequently suffer from severe rheumatic attacks, and afterwards become a source of much anxious care.

### SCARLET FEVER.\*

Very fatal is this disease, when not properly treated ; for its poison, being unexpelled from the body, lays the foundation of dropsy, consumption, and other destructive disorders. If, however, proper remedies be early used, this dangerous disease is not difficult to cure.

The Scarlet Fever begins with the common feverish symptoms of chills, dry heats, sick feelings, sore throat, thirst, pains in head, back, and loins.

On the second day, a red rash is seen on the face, arms, and breast, which, however, soon spreads over the whole body. This rash continues until the fifth or sixth day, when it turns to a brownish appearance. The skin then feels rough and branny, and gradually peels off. After this, if the suitable means have been punctually used, the patient soon regains appetite, health, and strength.

*Scarlatina*, as it is styled, is when the attack has been so mild, the infection so slight, that there exists no sore throat, no sickness, no severe symptoms.

Scarlet-Fever poison, like the poisonous agency of typhus or low fever, is owing to the air being tainted by the presence of a very small species of living *animalculæ* or mites, which by millions abound in the moist effuvia of decaying vegetables and decomposing animal matter, and which, mixing with the air, create the disease by being inhaled into the lungs with the breath.

These Scarlet Fever *Animalculæ* are much smaller than the typhus *animalculæ*, and by their movements are easily distinguishable from them, jumping and darting about in liquids with wonderful rapidity, whereas when in motion, the *typhus animalculæ* always leisurely swim.

The Typhus Fever *Animalculæ*, small and minute as they are, are yet *too large* to enter the still smaller hair-like vessels of the lungs, and therefore, they never gain admittance into the blood to infect it, but only remain on the *mucous* surface.

But the Scarlet Fever *Animalculæ*, being of so much less size, *can*, and do get into the blood-stream, by entering the little absorbing pipes of the lungs, and so carry infection and mischief to every part of the body, until at length they are thrown out of the circulation by the scarlet skin, which as they pass out of its pores, they always inflame and destroy.

These are no theoretical guesses, but provable facts, for where Scarlet Fever is, these peculiar *animalculæ* can always be discovered in the blood and saliva, but are *never* to be found where Scarlet Fever does not exist.

\* A doctor should be called in at once.

## CAUTIONS.

Keep in a cool room, but beware of exposure to draughts of cold air. If the *rash* suddenly disappears, immediately have a warm bath, then dry, wrap in flannel or a blanket, and go to bed.

Upon recovery, the best strengthening medicines are change of air, a good milk and egg diet, and a dose of *Iron* every day (see page 36).

Wherever Scarlet and Typhus Fevers are, to prevent catching it, every person in the house should take, three times a week, a wineglassful of *Fennings' Stomachic Mixture*, and should daily inhale camphor (see page 36). These means will secure any person from having the complaints.

In every room there should also be constantly kept a plate containing vinegar or Carbolic Acid.

## BRONCHITIS.

One would suppose that there were degrees of dignity even among diseases, for now-a-days every slight throat-cough is called a Bronchitis, as every little cold represents an Influenza.

But a real Bronchitis extends further than the throat; it is a wind-pipe and bronchiæ affair; and very sure you may be you have the true thing if, with cough, pain, heat and tightness in the chest, you with difficulty draw your wheezing breath through the rattling phlegm, which clogs up almost every little wind-pipe in your lungs, while the murmuring air has violently to struggle through the ropy mucus to keep life in you. Your wheezy voice, too, independent of you, tries treble and bass notes, in one and the same breath.

Inflammation of the wind-pipes, or Bronchitis, as it is named, is produced by the same means as colds and coughs; namely, the parts becoming chilled by cold winds, exposure to draughts, getting wet, suddenly cooling when heated, &c. Spring east winds cause many Bronchitis attacks.

An attack of Bronchitis will make a person very susceptible for another; great care should therefore be always taken to avoid the cold, damp evening air, or any needless exposure to cold draughts of wind. Flannel should, summer and winter, be worn next the skin, and the feet kept warm and dry by good hosiery.

A severe Bronchitis will so weaken the breath-pipes that for some time after they will, with every little cold, secrete an inconvenient quantity of phlegm.

## HOW TO CURE.

Take a dose of *Fennings' Adult Cooling Powders* every night (see page 34).

Also take one of *Fennings' Lung Healers* every four hours. If there be a feeling of sickness, so much the better; it will decrease the feverish symptoms.

Keep the bowels gently open by taking every other day a dose of *Aperient Powder* (see page 35).

Drink plentifully of thick linseed tea (see page 33), three or four tumblersful in the twenty-four hours.

Apply a *mustard poultice* for half an hour to the chest (see page 33), and, if necessary, repeat it every other day.

Inhale camphorated steam for ten minutes every evening. This can be done by putting a small piece of camphor (size of a large nut) in a quart jug, which should be nearly filled with hot water. The mouth should then be held two or three inches above the jug, with a handkerchief or towel thrown over both head and jug to confine the steam.

After recovery take change of air, to a good dry air, and take a few daily doses of *Iron* (see page 36).

FOOD.—Gruel, arrowroot, sago, tapioca, plain bread-pudding, rice, eggs, honey.

DRINK.—Linseed and bran tea, barley-water with honey, lemonade (see page 33).

## TIC-DOLOREUX.

This nerve-torture of the face and temples, sometimes called Brow-Ague, may be distinguished by its spasmodic twitchings and sudden attacks of piercing, agonizing pains, which continue to dart and shoot for a few minutes, or may be for hours, and then suddenly cease, to return after a period as suddenly as before. Except in long-standing *Tics* there is no swelling, inflammation, nor heat.

Irritation of the nerves causes the excruciating throes of Tic-Doloreux, which irritation may proceed from a disordered stomach, indigestion and acidity, from ill-constituted blood, use of calomel and mercury, or from the mind-poisons, suspense, fear, anxiety, or grief.

Neuralgic pains, like the Tic, may, from irritated nerves, arise in any part of the body, but are then differently named, though the same remedies should be taken to cure them.

### HOW TO CURE.

Twice a week take a dose of *Aperient Powder* (see page 35).

Take one of *Fennings' Adult Cooling Powders* every morning.

Also take one of the following powders twice a day, at eleven and four o'clock ; in severe attacks, three times a day. Mix Sesquioxide of Iron, four drachms, with Rhubarb powder, one drachm ; divide into twelve powders ; one to be taken in a little treacle.

Keep the mind quiet and comfortable.

Change of air, outdoor exercise, and milk diet will perfect the cure.

Sulphate of Quinine is sometimes quickly efficacious in Tic ; a grain of it, made into a pill, being taken three times a day, and the painful part being bathed with a lotion made by dissolving a scruple of Quinine in eight ounces of water.

A *mustard poultice* applied to the nape of the neck for half an hour will prove of great service.

Powdered camphor applied on flannel to the afflicted part will soothe the nerves and allay pain. A plaster of Stockholm tar will also do the same.

## DROPSY.

And what is this Dropsy, with its bloated appearances, making a pair of human legs look like an elephant's, and a man's body as symmetrical as a half-blown bladder ?

It is no disease at all, but simply weakness—weakness of the *absorbents*, the draining pipes of the body, which being unable to carry away the watery fluids, allow it to accumulate in quantity under the skin (*cellular tissue*), or in the chest, belly, head, and other parts of the body. The weakest part will become the first dropsical part.

Many are the causes of Dropsy, for many are the causes of weakness. Sometimes it is hereditary, that is, a family predisposition, when we may have to thank our father's great-grandfather for the dropsical consequences of his weakening follies. Drinkers of spirits and other fermented liquids, which first stimulate and then weaken, often die from dropsy. Persons with the phlegmatic temperament, who will not take due exercise, are also very susceptible. Weakening excesses of any kind can produce it. It can be developed by residing constantly in a cold, moist atmosphere, and is a frequent follower of those body-wrecking disorders, scarlet fever, asthma, gout, jaundice, diarrhoea, and intermittent fevers, when they are not quickly and thoroughly cured.

The distinguishing sign of dropsy is the *swelling*. A general dropsy, and of the belly, begin by the feet and ankles feeling stiff and tight, and swelling in the evening, but which at first, by rest, regain next morning their natural size. After a short time this swelling, which *pits*—that is, retains for a minute or two any impression made upon it by the pressure of finger, stocking, or shoe—does not disappear by day, and encroaches upon the legs and thighs ; then by degrees the body, neck, and face become puffed out, and the affair is serious : the breathing

is difficult, there is cough, no perspiration, but little urine, and that laden with brick-coloured deposit, a low fever, and a continual thirst. But we need not proceed, for after that, all is downward, and the danger more or less, according as the vital organs become water-logged and the fluid interferes with the functions of life.

But in Dropsy of the Chest the effects commence more locally. There is great oppression of the chest, and in lying down much difficulty of breathing, and sudden awakenings from sleep, with a painful feeling of suffocation, to which at first the upright position gives immediate relief.

In Dropsy medicines are temporary palliatives only, and are given to carry away, by means of the perspiration and urine, the superfluous watery fluid, so as to give time for the weak body to regain strength from the natural remedies—bracing air, nourishing food, and exercise.

Yes, exercise—for it is that only, which can give lasting strength to the weakened absorbents to perform their duty—is the best preventive of Dropsy, and is its only radical cure.

But in advanced Dropsy, it sometimes unfortunately happens that exercise cannot be taken; even then, motion of the body by gentle friction with the hand is most serviceable, and best adapted to bring the parts into healthy action.

#### HOW TO CURE.

Take a dose of *Fennings' Adult Cooling Powders* (see page 34) every other night.

Also take twice a week a dose of *Aperient Powder* (see page 35).

Drink every morning, an hour before breakfast, a large teacupful of warm *juniper tea*, made by pouring a quart of boiling water on an ounce of juniper berries. It will be ready in a couple of hours. Every morning pour off clear the quantity of tea wanted, until the berries only remain.

Well rub the dropsical part with the hand for half an hour, every morning and night.

When the weak part *pits*, rub it for a few minutes, twice a week, with a liniment made with equal parts of olive oil and spirits of turpentine.

When the dropsy is in the chest, apply to the part twice a week a *mustard poultice* (see page 33) for twenty minutes.

Every other day take a dose of Iron (see page 36).

With the above treatment, the following recipes have performed wonders in all cases of dropsy. If the first recipe is not sufficient, the second can be tried, or they could be taken on alternate days. Any chemist can prepare the first, yourself the last:—

Take Acetate of Potash, two drachms; Tincture of Squills, 2 drachms; Spirits of Sweet Nitre, half an ounce; Syrup of Saffron, half an ounce; Distilled Water, seven ounces. Mix and take two tablespoonfuls twice a day.

*Onion Syrup*.—Take white onions sufficient, peel and just cover with water, then simmer in an earthenware mug or pipkin for about three hours, until reduced to half the bulk. Strain the liquid from the solid parts, weigh the juice you get, and add to it the same weight of brown sugar, then stir it well over the fire, but without boiling it. Dose, two tablespoonfuls every two hours.

**DRINK**—A very useful drink can be made with half an ounce of cream of tartar, dissolved in a quart of boiled water, and sweetened with honey. A teacupful to be taken occasionally. Tea should be very sparingly drunk.

**FOOD**—*Breakfast*: Bread and milk, or coffee, eggs, and bread. *Dinner*: Bread, meat, and vegetables. *Supper*, at seven o'clock: Bread and milk, or bread and water.

#### CAUTIONS.

Postpone *tapping* as long as possible. If the part is very full of water, a great quantity can be drawn away by puncturing it several times with a needle.

Take walking exercise daily, if you are a likely subject for Dropsy.

Never reside in a damp house or a damp atmosphere; a dry, bracing atmosphere and sea air are the best.

Never take foxglove (*digitalis*) for Dropsy, nor for anything else; for though it cannot cure, it can suddenly kill, by stopping the beat of the heart.

## DIPHTHERIA.\*

This is another disease of *animalculæ* origin, and which first attacks the throat, and becomes of frightful character, if by neglect, or by using only time-wasting medicines, it is allowed to obtain the mastery, which, if it do, its terrible death-grasp slowly suffocates its victim, despite all choking struggles and frantic efforts to breathe.

Its great increase of late years we can ascribe only to the recently-introduced system of liquid manures, now so extensively adopted in this country and in France, and which must consequently fill the air we breathe with putrescent and poisonous vapours.

The first symptoms which attract attention to this fearful complaint are shiverings, with sudden vomitings, and sometimes purgings of an offensive, thin, yellowish-white liquid, with at first, scarcely any difficulty of swallowing or noticeable sore throat, which is of a deep red colour and covered with a viscid phlegm. But this soon alters: little ash-coloured patches appear in the throat, which, if not stopped, spread fast over the roof of the mouth and down the wind-pipe to the air-cells of the lungs, covering all their surface with a filthy creamy paste, so that the mouth and throat appear as if lined with dirty wash leather.

The horrors of neglected Diphtheria naturally make persons nervous and alarmed at every slight sore throat; and as both doctor and patient in this deceptive complaint are apt to be mistaken in the first symptoms, it is a great consolation to know that the safest and best plan to adopt with any sore throat, however trifling, is to take immediately a dose of *Fennings' Stomachic Mixture*.

### CAUTION.

When Diphtheria is in the house or neighbourhood, every person, to prevent having it, should take a dose of *Fennings' Stomachic Mixture* three times a week, and inhale *Camphor Vapour* every evening. All would then be safe from attack.

## WINDY SPASMS AND FLATULENCE.

These unpleasant results of a weak stomach are chiefly produced by food *fermenting* before it is digested. A little wind in the body will often cause many frightening effects as faintings, &c.; for, filling the bowels, it produces much pain and spasm; or, so distending the stomach and colon intestine (*transverse*) as to press them against the heart, it causes it irregularly to beat, or even for a few seconds entirely to stop, scaring the sufferer, who uncomfortably thinks of heart complaints, stoppages, and inflammations. A good carminative will, however, soon dispel both the wind and the fears.

### HOW TO CURE.

When full of wind, take half a teaspoonful of *essence of peppermint*, with half a teaspoonful of *sal volatile*, in a teacupful of warm water. Then lie down, and rub well with gentle pressure the part where the pain is felt. Half an hour afterwards, if the pain continue, take a dose of *castor oil* in a little hot water.

When wind causes much pain in the stomach and bowels, a good plan is to displace it by lying down on the ground and rolling yourself over, or by placing your arm across your stomach and doubling yourself up.

If the pain be not increased by pressure, do not fear inflammation, it proceeds only from wind; for if any inflammation be present, any touch or impression would much increase the pain, and make it unbearably severe.

To prevent Flatulence and Windy Spasms—Take one of *Fennings' Stomach Strengtheners* half an hour after each meal, and eat only easily-digested food.

For persons subject to Spasms, a weekly dose of *Fennings' Stomachic Mixture* is very beneficial.

\* A doctor should be called in at once.

## LIVER COMPLAINTS AND BILE.

The Liver is easily deranged, and guzzling, tipping, anxiety, and grief, are the most frequent agents. It is also much influenced by damp and extra hot weather.

Some persons have too much bile, and others not enough; but few would have to complain of biliousness, and of disordered livers, if they ate and drank only what was proper for them, and took daily walking exercise.

Liver complaints, however, are very common, and will be so until foolish people can be moderate and forbear excess. Often have we known a person sit down to dine off some favourite dish, and after eating with the voracity of a pig, and the self-indulgence of a greedy child, complain, a few hours after the surfeit, of being very bilious, that the *bile* had given him a sick-headache, and that he required something to regulate his liver. Fiddlesticks!—to regulate his gluttony, he should have said.

But a Liver's great curse is *fermented* spirits—the spirit of gin, brandy, whiskey, and rum, the spirit of wines and of all beers. To their habitual use it is owing, that we see so many livers disorganised, and rotten as fungi and not more able to make good bile than a flap of dogsmeat.

And this is how the mischief is done. Bile is chiefly composed of a bitter resin. Now all *fermented spirit*, be it in wine, beer, brandy, or any other liquor, has the power to dissolve *resins*, and as every drop of spirituous liquid drunk has to pass through the liver where the *bile* is made, the *resinous bile* becomes dissolved by it, and mingling with the blood, its bitter yellow stream produces a miserable bilious patient, while the disordered liver is left awaiting only a few repetitions of such outrage to decide whether to inflame *acutely* or *chronically*, to turn indurated and schirrous, or by dropsically swelling almost twice its natural size, to become a "monster Liver" in the breast.

**JAUNDICE**, or Flow of Bile into the Blood, may be caused by *gall-stones* blocking up the bile-pipes, or by anxiety and grief closing them for a time with contracting spasms. Its symptoms are loss of appetite, sickness, great depression of spirits, bitter taste in the mouth, languor. The skin and whites of the eyes become yellow, the urine dark yellow or red, and staining the linen; the stools, of a light clay or grey colour.

Symptoms of an *acute or rapid* inflammation of the liver are—darting pains up to the right shoulder and in the right side, increased by pressure, and by a deep-drawn breath; sickness, sometimes a cough, with difficult breathing and pain when lying on the left side.

The symptoms of the *chronic or slow* inflammation are according to the part of the liver which is inflamed; sometimes it may be a pungent pain between the shoulders, or a dull, heavy, gnawing feeling beneath the ribs, or perhaps a sensation of fulness, or of something creeping about the affected parts.

### HOW TO CURE.

If you have a *bilious fit* of sickness and headache, which we will suppose you have caused by gorging, or at least from having taken some eatable or drink which has *stirred up* your bile and turned your stomach, take a dose of *Aperient Powder* (see page 35), drink warm lemonade (see page 33), and for twenty-four hours eat nothing but water-gruel, with a bit of dry toast. Then strengthen the stomach by a dose of *Fennings' Stomachic Mixture*.

*To Cure Jaundice*—Keep the bowels gently open by taking every other morning a dose of *Aperient Powder* (see page 35), and every other night a dose of *Fennings' Cooling Powders*.

Take every morning before breakfast, a couple of raw eggs beat up with a little brown sugar, and a couple more at noon, on an empty stomach.

Take twice a day, at eleven A.M. and four P.M., half a wineglassful of *Fennings' Stomachic Mixture*. The wineglass to be filled up with water.

Apply occasionally a hot bran poultice to the pit of the stomach, or if the pain is felt under the ribs, apply daily for twenty minutes a *mustard poultice* (see page 33). Have a *warm bath* every other evening.

*For Acute or Quick Inflammation of the Liver*—Take three times a day half a wine-glassful of *Fennings' Stomachic Mixture* (the glass to be filled up with water), and a dose of *Fennings' Cooling Powders* every night at bedtime. Also, take every other day a dose of *Aperient Powder* (see page 35).

Apply over the painful part a *mustard poultice* for twenty minutes every other day, and have a warm bath three times a week.

*For Chronic or Slow Inflammation*—Take twice a day, half a wineglassful of *Stomachic Mixture* (filled up with water), and a dose of *Cooling Powders* at bedtime twice a week; and twice a week a dose of *Aperient Powder* (see page 35).

Apply a *mustard poultice* over the painful part for twenty minutes twice a week.

FOOD—Flour diet, arrowroot, water-gruel, rice-puddings, plenty of raw eggs beat up, and milk. No meat until inflammation is gone.

DRINK—Warm lemonade (see page 33), linseed tea, barley-water, toast-and-water.

#### CAUTIONS.

Persons of *bilious temperament* or active Livers, who are easily distinguishable by characteristic dark eyes and black hair, should take but little animal food, and not any Liver stimulants, as spirits, wine, or beer, for their Livers already make bile too fast.

Those with sluggish Livers, which are not always sufficiently active, and of the *nervous temperament*, known by the blue eyes and light-brown hair, who are apt to have too little bile, especially in damp weather, should at such times take a dose or two of Rhubarb or *Aperient Powder* (see page 35), a few raw eggs, and extra walking exercise.

Never take *calomel* nor *blue pill* for bilious complaints; many a good liver have these destructive Mercurials rotted and destroyed. Trust to good rhubarb, raw eggs, and walking exercise to regulate your liver.

While there is pain in the Liver take no violent exercise.

#### HEADACHES.

A headache has many sources; it may be nervous, bilious, plethoric, rheumatic, or be one of the symptoms of fever or other complaints. Sick-headaches from over-crammed stomachs are very common.

The general treatment for all of these is the same, namely—take a dose of *Aperient Powder* (see page 35), and repeat if necessary twice a week, also one of *Fennings' Adult Cooling Powders* every or every other night, a frugal diet and perfect rest of body and mind. If nervous take a dose of *iron* every day (see page 36), and every night for supper a basin of water-gruel with a little pepper and salt in it.

*If Bilious*—Take the above-mentioned doses, and eat and drink nothing but dry toast, water gruel, and lemonade.

*If Plethoric*, or fulness of blood in the head—Bathe the forehead and temples with ether, or Eau de Cologne, or with a lotion made of one part vinegar and two parts water. Also apply twice a week a mustard poultice (see page 33) for half an hour to the nape of the neck, and every other night bathe the feet in warm water for a quarter of an hour. Live very abstemiously.

*If Rheumatic*—Take daily doses of *Fennings' Rheumatic Drops* (see page 35), and apply once a day to the head, a liniment composed of equal parts of olive oil, vinegar, and tincture of rhatany.

#### ERUPTIONS, &c.

Any impurity in the blood will soon show itself upon the skin. Whether it be Leprosy, Scrofula, Scurvy, or any blood-taint, it will be sure to *break out* there. Even salted meat diet, or eating fish with *iodised* skins, as lobsters, shrimps, &c., will sometimes stud the body with eruptions.

*Boils* may also result from over-stocking, or over-heating the blood with too stimulating food: the fiery drinks of *fermentation* will often tattoo the fairest face with ugly pimples.

## HOW TO CURE ERUPTIONS, &amp;c.

Take twice a week a dose of *Aperient Powder* (see page 35). Also take every night a dose of *Fennings' Adult Cooling Powders* (see page 34).

Taken with the above, the following is a wonderful purifier of the blood. Loathsome cases of Leprosy have yielded to its persevering use.

Melt together in a gallipot, three ounces of Norway Pitch (Tar B.P.) with one ounce of Yellow Resin. Of this mass, take twice a day for a few weeks, two pieces, each size of a large pea, made into pills.

*Boils.*—Bring them soon as possible to a head by hot bread-and-water, or linseed poultices, or a plaster of Venice Turpentine and flour. Lancing them and letting out the foul blood will save time and pain.

Take an *Aperient Powder* (see page 35) twice a week, a *Cooling Powder* every evening and a couple of Pitch Pills twice a day.

Touching carefully every morning with Spirits of Turpentine the little red pimples which appear on the face will often disperse them.

With some persons, the eating of shell-fish will produce inflamed eruptions, with swellings, buzzing in the ears, alarming beatings of the arteries, and all the symptoms of a poisoning. The best thing to do is immediately to empty the stomach (see *Sickness*, page 2), and then to take a dose of Castor Oil, with half a teaspoonful of *Sal Volatile* in a glass of water.

DRINK—Take lemonade freely (see page 33). No wine, beer, or spirits allowed.

## BURNS AND SCALDS.

All remedies for Burns and Scalds should be immediately applied. Apply to the Burn, common household whiting, or *whitening*, made into a creamy paste with water; keep it constantly moist. Or wrap instantly the burned part in cotton wool or wadding, or cover it with flour, or smear it with fresh butter, tar, or treacle, or bathe it with new milk, Carron Oil, or lime water and oil, or scrape raw potatoes over it, or apply the skin of a lard bladder, or, if nothing else be at hand, plunge it in cold water and keep it there.

If *pus* or matter should afterwards form on the burnt part, apply, spread on linen, one part of powdered rhubarb, mixed with two parts of lard, and change it twice a day.

To keep the blood cool, take a daily dose of *Fennings' Adult Cooling Powders* (see page 34).

## AGUE, OR INTERMITTENT FEVER.

Ague is not now so common as it once was. A few years ago but few persons escaped its *shake*.

This improvement is owing to the absence, by draining, of its principal cause, namely, the poisonous moist exhalations from marshy fens and swampy lands. The drainage system is the best preventive of Ague.

The paroxysms of Ague, or Intermittent Fever, return at regular times, either every day, every other day, or every two days. In the intervals, the person feels well, or merely a little weaker after each attack.

An Ague fit, as it is called, has three distinct stages, first the *cold*, then the *hot*, and lastly the *sweating* stage. The *cold* stage commences with weak pulse, shiverings, chattering teeth, and the patient's firm belief that he shall never again get his cold skin warm; there are also pains in the head and back, with feelings of sickness and great weakness. Then comes the *hot* stage, with its bounding pulse, dry burning skin, bright eyes, and fever-flushed cheeks, and most splitting head ache, which, after continuing three or four hours, is relieved by the last or *sweating* stage, when perspiration bursting for two or three hours from every pore in the skin, finishes the fit, leaving the person somewhat weaker, but otherwise much the same in health as before.

## HOW TO CURE.

Keep the bowels gently open by taking twice a week a dose of *Aperient Powder* (see page 35).

Take daily at eleven o'clock a wineglassful of *Fennings' Stomachic Mixture*. But on the day the *fit* is expected—for it returns with regularity every twenty-four, forty-eight, or seventy-two hours—take the Mixture dose, two hours before the *cold* stage begins.

In the *cold* stage wrap up in warmed blankets, apply hot water bottles to the feet, and take a basin of hot water-gruel. In the *hot* stage take a dose of *Fennings' Adult Cooling Powder* and drink plentifully of lemonade (see page 33). And when the *sweating* stage is over, rub the body dry, and change all the damp clothes for dry ones. If after the sweating there be great prostration of strength, a little port wine negus, or a small quantity of brandy and water may be taken.

During the intervals of the fits, take three times a day, two of the following pills, Sulphate of Quinine one drachm, made with Conserve of Roses into twenty-four pills.

Keep applied to the stomach a Poor Man's Plaster, and renew it when worn out.

If there be any pain under the ribs, over the liver, apply a *mustard poultice* for twenty minutes twice a week, and take a daily ten-grain dose of Rhubarb powder.

Between the attacks take brisk walking exercise. To recover strength take a few doses of *Iron* (see page 36), and have change of air.

FOOD—Beef tea, mutton, beef, bread, vegetables.

DRINK—Lemonade, toast and water.

## SORE EYES.

From various causes the eyes may become sore, and though the old advice is very good, "Never to touch your eyes but with your elbow," yet when those delicate organs become injured, means more easily applied become necessary.

For slight cases of bleared, bloodshot, filmy, watery, and weak eyes, bathing them frequently with the following lotion will be generally sufficient:—Mix six grains of *White Vitriol* with six ounces of water, or bathe the eyes with some warm strong *green tea*.

*The best remedy for Inflamed Eyes*—Beat up half a drachm of *Powdered Burnt Alum* with the white of two eggs until it curdles. Then take the curd, place it in a fold of muslin, and keep it applied to the eyes. Apply a fresh curd next day, if not well.

If the inflammation be very severe, also apply for twenty minutes a mustard poultice behind the ear, or on the nape of the neck.

Persons with inflamed eyes often awake in the morning with the eyelids stuck together by a gummy matter. Apply overnight with a feather, a little *Olive Oil* to the edge of the eyelids, and go supperless to bed.

In all eye complaints, take every night a dose of *Fennings' Adult Cooling Powders* (see page 34), and a dose of *Aperient Powder* (see page 35) twice a week.

FOOD—Flour diet.

Never apply *hot* bread-and-water poultices to inflamed eyes; they have frequently caused total blindness.

## HYSTERICIS.

Men seldom have hysterics; these fits belong more to women's organisation. The symptoms are numerous, and sometimes a few, and sometimes all are present.

There are sick feelings, pains in the left side, heart palpitations, difficult breathing, choking sensations as of a ball stopping up the throat, loud laughter, sobbings, shrill screams, hair-tearing, clothes-rending, mutterings, convulsive strugglings, and sometimes a partial, at other times a total, insensibility.

After a few minutes, or perhaps hours, the fit ends with much wind being expelled, a severe headache, and a soreness of the whole body. In *hysteric* fits the face is flushed and red, always with some colour left, and the pulse is well felt; but in *saints* there is no colour, and what is called, no pulse.

## HOW TO CURE.

Let the person lie down, with the head raised ; loosen neck-cloths and *corsets*, if a woman—dash cold water occasionally into the face, push a little common salt into the mouth, put bottles of hot water to the feet, the hands in warm water, and hold hartshorn, aromatic vinegar, or burnt feathers to the nose.

When able to swallow, give, by spoonfuls, a wineglassful of water with a teaspoonful of *Sal Volatile* in it, or give a little weak brandy and water.

*To prevent Hysterical Fits.*—Take one of *Fennings' Adult Cooling Powders* three times a week. Keep the bowels regular with *Aperient Powders* (see page 35) twice a week, and take much open-air walking exercise.

Married life, with a few children, is a capital cure for hysterics.

## APOPLEXY.\*

In an Apoplectic Fit, the individual drops down deprived of all sense and motion. Full-blooded, short-necked persons, and indolent heavy feeders are the most liable to Apoplexy. Tight neck-ties, intemperance, violent passions, extreme heats, too much study, or anything that sends too much blood to the head, or keeps it there, will be likely to occasion a fit.

## HOW TO CURE.

Place the person immediately in a sitting posture, with the head supported upright ; loosen everything about the neck ; pour from a height a small stream of cold water until consciousness returns, or until the head becomes cooled ; put the legs and feet in warm water, into which put a handful of mustard, and apply a mustard poultice to the nape of the neck.

Soon as power of swallowing returns, give three tablespoonfuls of warmed castor oil, and if very weak, half a teaspoonful of *Sal Volatile* in a wineglassful of water an hour afterwards.

If the *fit* proceeds from a full meal (pressure on the descending *aorta* blood-vessel), give an emetic as soon as possible. (See *Sickness*, page 2.)

After a fit of Apoplexy the bowels should be kept gently open with *Aperient Powder* (see page 35), and apply for half an hour twice a week a *mustard poultice* to the nape of the neck.

Short-necked, full-blooded individuals, as also those who have had a *fit*, should live only on farinaceous food, milk, eggs, vegetables, and should abstain from all smoking, wine, beer, and spirits.

## FAINTING, OR SYNCOPE.

A person *fainting* becomes insensible, loses all colour from the face and lips, has a cold body, and a scarcely to be felt pulse.

In all fainting fits, place the person in a horizontal or lying-down position, allow plenty of cold air, loosen neck-clothing and *corsets*, sprinkle the face with cold water, and put under the nose hartshorn or aromatic vinegar, or burnt rags, or burnt feathers.

When sufficiently recovered, give a teaspoonful of *Sal Volatile* in half a teacupful of warm water, or half a teaspoonful of ether in a wineglass of water, or water alone.

## GRAVEL AND STONE.

There are five kinds of urinary calculi—or gravel and stone, as they are familiarly termed—which are occasionally formed and deposited from the human urine, namely—

1. Uric Acid, and its compounds, generally red or fawn coloured.
2. Oxalate of Lime, or mulberry stone.
3. Phosphate Lime, pale brown and smooth.
4. Ammoniacal phosphates of magnesia, white.
5. Cystic Oxide, crystalline internally.

The red gravel (*uric acid*) and the white (*ammoniacal phosphates*) are the ordinary sorts.

\*Send for a doctor immediately.

Gravel, and its concrete form, Stone, may be the result of hereditary tendency or parental blood, but the common cause is from taking improper drink and food, as from drinking hard water, wines and beer, eating too much animal food, and thus loading the system with too much *uric acid*. In fact, any continued excess in diet which can yield the bases of gravels may produce them.

As an instance of this, a gentleman who was very partial to Sorrel, would have a plate of it every morning with his breakfast: after a few days' indulgence in his fancy dish, his urine supplied him with a large stock of No. 2, oxalate of lime, or mulberry stone, of which he was cured only by discontinuing the Sorrel, which freely afforded the oxalic acid.

Symptoms.—Pains in the back, loins, and about the bladder, numbness of the thigh and leg, costiveness, sickishness, irritating desire to urinate, which, voided with difficulty, is cloudy—and with *red* gravel, high coloured—sometimes bloody, and deposits a sandy sediment.

To distinguish rheumatic pains from those of stone and gravel, stoop down and then quickly raise yourself: if by this your sufferings are increased, the pains are rheumatic and not from stone.

#### HOW TO CURE.

No. 1 Gravel, as above, is soluble in alkalies. Nos. 2, 3 and 4 are soluble in acids, and No. 5 in either.

Keep the bowels open with an occasional dose of castor oil.

*For Red Gravel.*—Take of sub-carbonate of soda, one scruple in half a tumbler of water, three times a day. Or take of carbonate of magnesia, ten grains in a little water twice a day.

*For White Gravel.*—Take of citric acid ten grains in a wineglassful of water, three times a day, and partake freely of oranges and lemons.

White Gravel appears to arise from a peculiar weakness of the system, and the diet should be nourishing and easy of digestion.

In a fit of great pain, apply to the groin and over the region of the bladder a poultice of onions.

The daily use of honey is very beneficial, and blackberry-jam has been highly recommended for those afflicted with the Stone.

#### CAUTIONS.

Persons subject to Gravel and Stone must never take malt liquors or wine. It would be useless to attempt to cure while these are indulged in.

Never drink hard water.

Never retain your urine in the bladder a minute longer than necessary.

In Cider countries there are not many cases of Gravel and Stone!

### INFLUENZA.

As every slight cough attack is now designated a bronchitis, so almost every little cold in the head is fancifully termed an Influenza. Fortunately, this is in most cases a mistake, for Influenza is a much more serious complaint, and will leave behind, if not properly doctored, some serious weaknesses.

Influenza is of malarial origin, and is the result of breathing impure air. It is a sort of typhus of the lungs. Sometimes it comes as an epidemic, and a whole nation snuffles and sneezes.

This disease has been supposed to be of modern date, but it was well known in the time of Hippocrates, the Father of Medicine.

Its symptoms are, wandering pains in the limbs, sore throat, pain and swimming in the head, cough, watery eyes, running at the nose, feelings of sickness, pain about the chest, restlessness, and more or less feverish heat.

#### HOW TO CURE.

Go to bed, and keep the bowels gently open by taking a dose of *Aperient Powder*. (See page 35.)

Take every night a dose of *Fennings' Cooling Powders*. (See page 34.)

Every morning at eleven o'clock take a wineglassful of *Fennings' Stomachic Mixture*.

Also take a *Lung Healer* three times a day.

Inhale camphor vapour (see page 36) every evening at bedtime.

Drink plentifully of linseed tea, lemonade, or apple tea.

FOOD—Arrowroot, bread-pudding, tapioca, water-gruel, sago.

### DYSENTERY, OR FLUX.\*

This is another disease characterized by severe purgings, but which can readily be distinguished from ordinary looseness or diarrhœa by the feverish symptoms which always accompany it.

Dysentery, or Flux, is the result of the lower end of the large intestine being irritated and inflamed, either by suppressed perspirations, bad food, impure water, marsh vapours, hurtful fruits, or from something unusually injurious and foul being cast out upon its mucous surface from the blood, which here—by means of the little draining pipes or outlets, which naturally exist upon the lower portions of this gut (*descending colon*)—cleanses its defiled stream by ejecting its greatest impurities.

This fact, but little known, will explain why Fluxes and Dysenteries are such frequent followers of those malarial and infectious disorders which poison the blood, and can tell how this colon bowel can become lacerated and inflamed by the acrid salts of suppressed perspirations.

Autumn, with its damp chilly air, is the particular season for this complaint, when also too much ripe and unripe fruits are imprudently eaten. Dysenteries are most frequent and severe in hot countries.

Its symptoms are, feverish shiverings, severe griping pains, wind, sickness, with frequent straining desires to go to stool, which stools, however, have in them but little of the natural fœces, but are mostly composed of offensively smelling slime, or frothy mucus streaked with blood, sometimes of blood alone.

With proper treatment Dysentery, or Flux, can generally be cured very soon, but if improperly doctored, may end fatally in a few days, or become an obstinate source of suffering, and a chronic plague for years.

#### CAUTIONS.

In this complaint, as in all loosenesses of the bowels, all food and drink should be taken cold, or with the chill off only, and the person should lie down and keep quite still and quiet, as *heat* and *motion* will produce fresh stools. As in some fluxes—malarial Dysentery, for instance—the complaint can be caught from the vapour of the stools, they should always be immediately removed, and the floor of the room sprinkled with vinegar.

During an attack of Dysentery, or Flux, never eat meat, unless you wish to kill yourself.

Those who have once had an attack of Flux are very susceptible to another; flannel, therefore, should always be worn next the skin, the feet kept warm and dry, and exposure to damp and cold air carefully avoided.

### HEARTBURN AND HICCUPS.

Are also some of the unpleasant effects of impaired digestion, and of fermenting food, which seldom quits the stomach without leaving behind it a quantity of *acetous acid* to irritate the tender stomach nerves, and to cause a hot gnawing pain at the pit of the stomach.

#### HOW TO CURE.

For immediate use, take ten drops of *Sal Volatile* in a teacupful of water, and every evening a dose of *Fennings' Cooling Powders*.

After each meal take one of *Fennings' Stomach Strengtheners*. (See page 35.)

Be a small eater.

### EAR-ACHE AND DEAFNESS.

The Ear, like the Eye, should, unless from necessity, never be touched, for its mechanism and membranes are so very delicate that with some persons even poking the finger into the ear will give for days a nervous deafness.

Still, relieving applications are sometimes required; as in Ear-ache and Deafness from exposure to cold, rheumatism, hard wax, &c.

\* A doctor should be called in at once.

## HOW TO CURE.

*For Ear-ache from Colds, &c.*—Syringe the ear with a warm, strong fermentation of poppy heads, and apply a *mustard poultice* (see page 33) for twenty minutes behind the ear, putting the feet in warm water at bedtime.

Also take every night one of *Fennings' Adult Cooling Powders*, and a dose of *Aperient Powder* (see page 35) twice a week.

For a few days afterwards, plug the ear with a piece of cotton-wool, and, still better, soak it in this liniment—Oil of almonds, two drachms; laudanum, ten drops—mixed.

A small roasted onion placed in the ear will often cure an Ear-ache.

*Deafness from Cold* is sometimes removed by cleansing the ears with warm water and soap, and applying a little *Ether* or *Eau de Cologne* behind the ears.

*Deafness from Hardened Wax*—Insert into the ear a piece of cotton-wool soaked in *Glycerine*, renewing the wool every other day. Or put a drop or two of the following into the ear every night and morning, and afterwards stop the ear with wool:—Oil of almonds, half an ounce; Oil of sassafras, five drops—mixed. Or mix ox gall, two drachms, with olive oil, one ounce, and insert a few drops on wool into the ear every night.

*Deafness from Deficient Wax*—Mix oil of almonds, one ounce, with spirits of turpentine, fifteen drops, and apply every night a little on wool to the ear. Onion juice and almond oil, equal parts, mixed and applied in the same manner, is also a good remedy.

If deafness arise from any stoppage in the *Eustachian* tube—which can be easily known by placing between the teeth a watch, whose tick will not be heard if there be any—use the gargle. (See page 36.) Or a gargle made with tincture of capsicum, a tablespoonful, a wineglassful of port wine, and half a pint of water mixed, will often remove this deafness.

There is a *nervous* deafness, caused by excitement or weakness, and which will, if the ears be let alone, go away of itself.

If any live insect get into the ear, a drop or two of salad or almond oil will immediately kill it.

## SMALL-POX.\*

This is a highly infectious animalcular disease, and begins with usual symptoms of the other eruptive fevers produced by them; namely, chilly heats, nausea, headache, much pain in the back and loins, loss of strength, costiveness, and afterwards sore throat.

After three days or so of fever, little red spots, like flea-bites, appear on the face, breast, body, and feet. In a few hours these spread and elevate into pimples, and gradually grow, by the fifth or sixth day, into small mattery boils, which, by the ninth or tenth day, generally dry up and scab off.

## SORE THROATS.

Sore throats should never be neglected; it would be very hazardous. Many dangerous diseases commence with a *Sore Throat*; for infectious and impure air, when breathed, goes first down the upper part of your throat, before it enters the windpipe, and, in passing, leaves much of its poison there.

Your trifling Sore Throat may be simply caused by a common cold; but then, perchance, it is the first symptom of a malignant Diphtheria, a Typhus or a Scarlet Fever, which have placed its venom there. How can you tell which? No matter, the remedy we should recommend will cure each and all, though your curiosity may never learn from what dreadful disease, or lingering illness, the timely aid has saved you.

## HOW TO CURE.

*For all Sore Throats*—Swallow slowly half a wineglassful of *Fennings' Stomachic Mixture*, night and morning.

Use the Gargle (see page 36) twice a day.

Inhale Camphor Vapour (see page 36) every night until well.

Keep the blood and body cool by taking an occasional dose of *Fennings' Adult Cooling Powders*. Drink freely of linseed tea.

\* A doctor should be called in at once.

## BRUISES AND SPRAINS.

*For Bruises and Sprains*—Make common pipeclay into a paste with water; place it upon some linen rag, and immediately apply it to the injured part. Renew the application whenever it becomes dry.

A bread-and-water poultice is also very serviceable for bruises and sprains.

*For inward Bruises from Falls, &c.*—Take a wineglassful of Dantzic Spruce twice a day, when the stomach is empty; and apply flannels, wrung out of hot water, over the part where the pain is, until relieved.

Keep the bowels gently open with *Aperient Powder* (see page 35) and the blood cool by a nightly dose of *Fennings' Adult Cooling Powders*.

## MUSTARD POULTICE.

Mix two or three teaspoonfuls of *flour of mustard* with half the *white of an egg*, or sufficient mustard to make it into a stiff paste, then spread it on a piece of calico or brown paper, and apply it over the part affected, keeping it there from twenty minutes to half an hour or more. Then clean the part with a little warm water and cover it with soft linen. This poultice can, if necessary, be repeated in 24 hours.

The object of this useful *counter-irritant* is not to raise a blister, but only to draw *inflammatory action* from any *internal* organ to the external skin, whose ailments are not so serious. This end is attained when the skin becomes very red, irritated, and painful. If a blister should be raised, a day or two must be permitted to elapse before another poultice is applied.

## LEMONADE.

*A refreshing summer drink, and very useful in Fevers, Colds, Bilious Sicknesses, &c.*

Having peeled a juicy lemon, cut it into thin slices, and put it into a jug with a pint and a half of boiling water, and half a dozen lumps of sugar, or enough to sweeten it to taste.

When cooled, drink a tumblerful occasionally, or the quantity can be drunk during the day.

## LINSEED TEA.

*An invaluable drink during Colds, Coughs, Sore Throats, &c.*

Pour a quart of cold water on two ounces of linseed, and boil gently for an hour in a covered saucepan, then pour off.

Drink a tumblerful several times a day.

The following Remedies—remedies that will cool, purify, and disinfect the fevered BLOOD, heal the injured LUNGS, and cleanse the foul, disordered STOMACH—are, with those simples directed in this book, the only Medicines that are absolutely necessary to cure all the Diseases therein mentioned.

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## FENNINGS' FEVER CURER or FENNINGS' STOMACHIC MIXTURE,

The celebrated Remedy and Preventive of

**INFLUENZA, BOWEL COMPLAINTS, WINDY SPASMS, SORE THROATS,  
GRIPING PAINS, LOW SPIRITS, BILE, DIARRHŒA, COLDS, &c.**

FENNINGS' STOMACHIC MIXTURE, as an unfailing Remedy for the prevention and cure of these and other diseases, is known by its success of nearly seventy years, during which time it has saved from death many thousands of lives.

A Bottle of *Fennings' Stomachic Mixture* should be kept ready for immediate use in the cupboard of every house, for these Diseases frequently make their attack at midnight, or when least expected; and if the curing *Mixture* be not at hand, the delay may cost a life.



We trust that no person will complain because these invaluable Powders cure so many different Diseases; but the reason why they do so is very simple and clear. Most complaints arise either from a disordered STOMACH or from impure and feverish *blood*. FENNINGS' COOLING POWDERS strengthen, soothe and put in order the one, and cleanse and cool the other; consequently, the result is, they cure.

*Sold in Boxes, at 1s. 3d. and 3s. (great saving), by all Chemists.*

## FENNINGS' STOMACH STRENGTHENERS;

Or, Pills to assist DIGESTION, prevent ACIDITIES, WIND, and SPASMS, to remove HEARTBURN, PALPITATIONS, and PAIN AFTER EATING, and to enable the Stomach to convert Food into proper Nourishment for the Body.

To live to an old age, attention must be paid to the Stomach—its injuries should be repaired, its weakness strengthened; violent Medicines should never be used, but a mild *Digestive Pill* is very beneficial, nay, absolutely necessary, when the Stomach has become weakened in its powers.

A *Weak Stomach* kills with lingering tortures half the world. No one can calculate the vast amount of *bodily pain* and *mind misery* which is produced from INDIGESTION, and if rational means for recovery are not timely adopted, an *early death* is ultimately the sure consequence.

The STOMACH STRENGTHENERS, with proper attention to diet, have often quickly restored to health and happiness, persons with very severe Stomach Disease, and Indigestion, when all other medicines have been tried in vain.

*Sold in Boxes, 1s. 3d. and 3s., with full Directions.*

## FENNINGS' RHEUMATIC AND ERYSIPELAS DROPS.

THE BEST REMEDY FOR RHEUMATISM, ERYSIPELAS, LUMBAGO, ETC.

These justly celebrated DROPS have proved to be the best means to counteract the unhealthy saline condition of the blood in these painful disorders, and to neutralise their injurious effects on the body.

The efficacy of these DROPS has for many years been tested, and in many supposed hopeless cases have been found the only successful Remedy.

Not only will FENNINGS' RHEUMATIC AND ERYSIPELAS DROPS quickly cure these complaints, but will, if an occasional *preventive* dose be taken, secure those who are constitutionally predisposed for these diseases, from an impending attack.

One of the great advantages of these far-famed DROPS is that the ingredients of which they are composed are perfectly harmless, and can be safely taken by the most delicate Invalid, and, unlike most other medicines given for Rheumatism and Erysipelas, will always cure without injury.

*Sold in Bottles, 1s. 3d., by all Chemists.*

## THE APERIENT POWDER.\*

A mild opening Medicine, very useful in disorders of the Stomach, Liver, and Bowels.

Take *Carbonate of Magnesia, Powder of Rhubarb, Sulphate of Potash, Bicarbonate of Potash*, of each two drachms. Mix.

Of this Powder take enough to produce one or two *motions*. A teaspoonful *piled*, taken in a wineglassful of water, is generally sufficient; but some persons may require two teaspoonfuls to make the Bowels properly act.

The virtue of this \*APERIENT POWDER does not consist alone in its mild purgative qualities, but it also neutralizes Acidities, corrects vitiated Bile, and is well adapted to relieve an overloaded Stomach or Bowels.

It will not be an useless remark to make, that a couple of peppermint lozenges put into the mouth, or a piece of orange-peel chewed a minute or two *before taking* the dose, will nearly cover any disagreeable taste of the physic.

\*If this cannot be obtained from your chemist, send a postal order for 1s. to Messrs. Beken & Son, Chemists, Cowes, and they will send post free.

### **POTASSIO-TARTRATE OF IRON.\***

*This Preparation should be kept from the air in a well-corked bottle. It is of a greenish brown colour.*

This is a fine Medicine for weak nerves, to strengthen the body after weakening illnesses, and to re-establish a strong *iron* constitution.

The Potassio-Tartrate of Iron does not produce the costive effects nor the inconvenience of the other preparations of this metal.

Iron in liberal quantity exists naturally in the blood of all persons ; but, from the nature of our diet, drink, and other causes, the supply gradually diminishes. An occasional dose of Iron, therefore, helps to keep up the stock to a healthy standard.

This Iron preparation will agree with most people, but for full-blooded, short-necked, red-faced persons, who have in them enough of Iron, any surplus might be injurious, and should not be continued if it produce giddiness or headache. Nervous, thin, white-faced individuals are most benefited by Iron doses.

*Dose.*—Take every morning at eleven o'clock, for a week or two, as much of the *Potassio-Tartrate of Iron* as will cover a three-penny piece, not *piled up* ; put it, dry as it is, into the mouth, and swallow.

\*If this cannot be obtained from your chemist, send a postal order for 1s. to Messrs. Beken & Son, Chemists, Cowes, and they will send post free.

### **TO INHALE CAMPHOR VAPOUR.**

*How many valuable lives would for many years be spared, if persons would but utilise facts ! That efficacious antiseptic, Camphor, if inhaled according to directions, would by its vapour disinfect all miasmatic poisons in the Lungs, and save many lives in Malarial Bronchitis, Influenza, Scarlet Fever, Typhus, and other infectious Diseases.*

Place a piece of Camphor, about the size of a small walnut, in the palm of the hand, and then bend the fingers, and hold the hollowed hand with the Camphor in it closely over the mouth and nose, but yet so lightly as not to prevent easy breathing.

For an infant under two years of age, the *Camphor* can be thus held during three minutes over the child's mouth and nose at each time ordered.

If the child be over two years and under six years, five minutes.

If over six years and under ten years, eight minutes.

For a grown person, twelve minutes at each time of inhalation ordered. The same piece of Camphor can be used whenever required.

### **THE GARGLE.**

For Sore Throats, arising from Colds and Fevers of all kinds.

Take of Burnt Alum, 1 drachm.—Water, half a pint.

Mix together, and gargle the throat frequently with it.

### **GRUEL.**

When the Stomach requires a rest from solid food, *Water-gruel* is invaluable. It is not necessary to give here directions for making it, as printed directions are on each packet of *Prepared Oatmeal Groats*. Gruel can be flavoured to taste, with sugar, pepper, or salt.

Gruel, made with equal parts of water and milk, and drunk lukewarm, will nourish the body when the Stomach refuses everything else.

CHOLERA,  
SCARLET AND TYPHUS FEVER, PREVENTED



TRADE MARK.

**FENNINGS' FEVER CURER,**  
OR  
**FENNINGS' STOMACHIC MIXTURE**

Will stop Diarrhœa, Loosenesses & Bowel Complaints.

THE CELEBRATED REMEDY AND PREVENTIVE  
Fluxes, Influenza, Bowel Complaints, Windy Spasms,  
Sore Throats, Gripping Pains, Low Spirits, Bile,  
Diarrhœa, Colds, &c.

*Sold in Bottles, 1s. 3d. each, with full directions, by all Chemists, &c.*

Observe the Proprietor's name, **ALFRED FENNINGS**, printed on the Government Stamp round each Bottle, without which none are genuine.

**FENNINGS' ADULT COOLING POWDERS,**

TO CURE

**Fevers, Colds, Coughs, Eruptions, and all Inflammations, and for cooling all Feverish Heats of the Blood.**

These Famous COOLING POWDERS are the best Medicine to correct the disordering ACIDITIES of INDIGESTION, the saline impurities of COLDS, RHEUMATISM, ERYSIPELAS, ERUPTIONS, &c., and are the finest blood-coolers for all body scorching FEVERS and DISEASES arising from unhealthy HEATS of the System.

FENNINGS' ADULT COOLING POWDERS form one of those rare Medicaments which, without weakening the body in the least, will cool the fever-burnt blood, and lower to a healthy standard the quickly-throbbing pulse.

A dose taken at bedtime with a basin of gruel, immediately a cold is caught, will mostly subdue all feverish symptoms, and cure the cold in a single night.

*Sold by all Chemists, in Boxes, at 1s. 3d. and 3s., with full directions. The large size Boxes, 3s., contain three times the quantity of the small Boxes.*

**\*\* A Box of FENNINGS' CHILDREN'S POWDERS, or a Box of FENNINGS' ADULT COOLING POWDERS, will be sent, POST FREE, upon receipt of 1s. 3d., directed to**

**ALFRED FENNINGS, COWES, ISLE OF WIGHT.**

*Observe the Proprietor's name, ALFRED FENNINGS, printed on the Government Stamp round each Box, without which none are Genuine.*

COLDS AND INFLUENZA PREVENTED AND CURED.



## FENNINGS' FEVER CURER,

OR

### FENNINGS' STOMACHIC MIXTURE

This valuable pleasant-tasted Mixture, to which thousands owe their lives, should be kept as a FAMILY MEDICINE ready for immediate use in every house, because

#### FENNINGS' STOMACHIC MIXTURE

Will by a timely dose prevent persons catching Typhus or low fever, Cholera, Diphtheria, Scarlet Fever, and other infectious disorders.

#### FENNINGS' STOMACHIC MIXTURE

Will soon stop all Purgings, Weakening Diarrhœas, and Looseness of Bowel Complaints.

#### FENNINGS' STOMACHIC MIXTURE

Is a perfectly safe Medicine, can be depended upon, and has been curing its thousands for nearly seventy years.

*Sold in Stamped Bottles, with full directions, 1s. 3d. each, by all Chemists, etc.*

None are Genuine but those with the Proprietor's name, ALFRED FENNINGS, printed on the Government Stamp round each Bottle.

## FENNINGS' RHEUMATIC AND ERYSIPELAS DROPS

ARE THE BEST MEDICINE

FOR RHEUMATISM, ERYSIPELAS, LUMBAGO, &c., AND ALL SALINE IMPURITIES OF THE BLOOD.

*Sold in Stamped Bottles, at 1s. 3d., with full directions.*

*Proprietors: The Trustees of Alfred Fennings, deceased—W. J. Bailey, H. B. Wallen, and F. B. Pelly.*

All communications to be addressed—  
"ALFRED FENNINGS, COWES, ISLE OF WIGHT."