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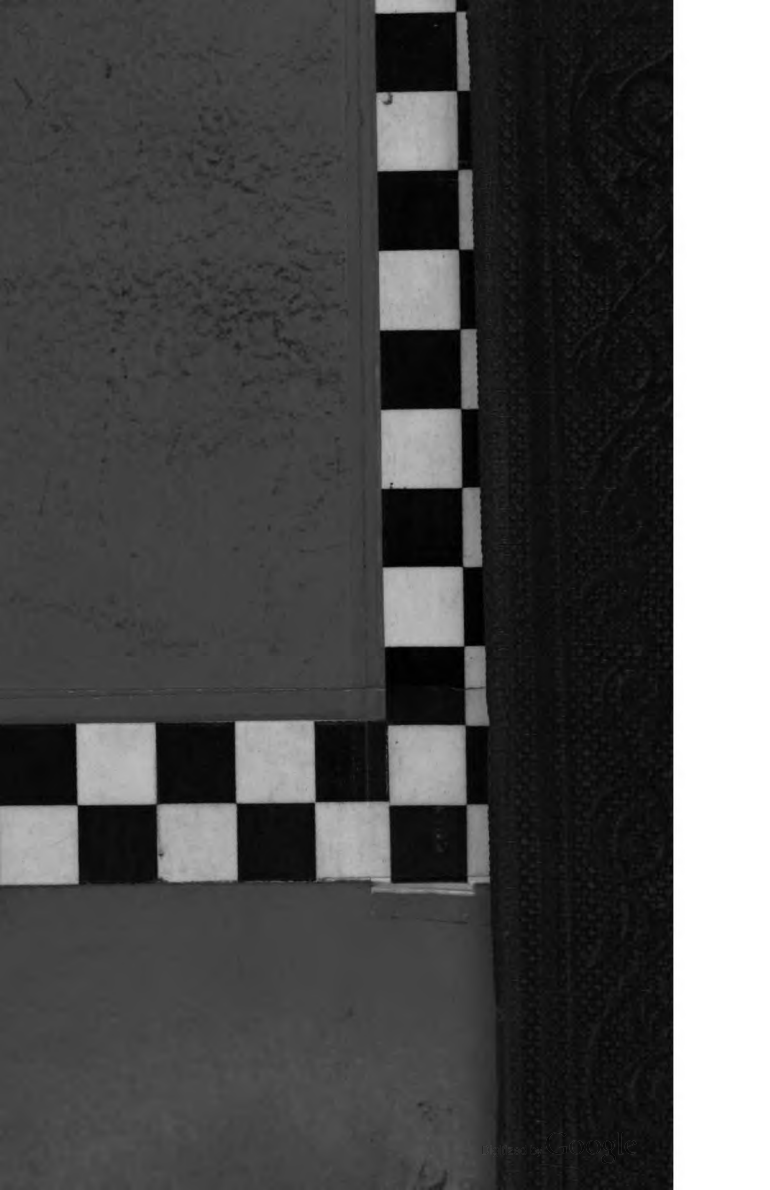
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HOMŒOPATHIC
FAMILY MEDICINE

J. E. NORTON, M.D.

2/6



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HOMŒOPATHIC
FAMILY MEDICINE,

BY

J. EDWARD NORTON, M.D.

Second Edition, Revised and Enlarged.

Homœopathy, which exercises the highest powers of the physician, can also be beneficially used by the amateur.

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INTRODUCTION.

THIS "Domestic" has been undertaken in the hope that it may prove the means of assisting and encouraging those who seek to apply the admirable art of homœopathy to the alleviation of suffering. The writer not only recognizes the propriety of domestic homœopathy, but, further believes that the physician ought to render every assistance to the layman, in the pursuit of so laudable an object.

Yet it is not assumed that the possession of [this or of any other treatise on domestic homœopathy, together with a box of medicines, can make every one a physician. But with a little study and some experience, they may enable him to do an immense amount of good to his fellow-creatures, and also to the in-

ferior animals, and this too with a degree of safety to the patient, quite unknown in the realms of physic as practised by the old school.

In order to facilitate the efforts of lay practitioners, the greatest care should be taken to render books of this kind as simple and explicit as possible. How far these desirable qualities have been attained, in composing the following pages, is left for the public to determine.

The writer can only express a hope, that as he has done his best to make the subjects treated of as easy and intelligible to the reader as he could, his efforts will not have been wholly in vain.

The Friars, Chester, 1860.

**LIST OF MEDICINES,
RECOMMENDED IN THIS WORK, WITH THE POTENCIES.**

REMEDIES.	ENGLISH NAMES.
Aconitum Napellus 3	Monk's Hood.
Antim Crud. 3	Antimony.
„ Tart. 3	Tartar Emetic.
Arnica Montana 3	Leopard's Bane.
„ (pure tincture)	
Arsenicum Album 3, 30	Arsenic.
Aurum 3	Leaf Gold.
Baryta Carb. 30	
Belladonna 3	Deadly Nightshade.
Benzoic Acid 3	
Borax 1st trit.	Borax.
Bryonia 3	White Bryony.
Camphora ϕ	Camphor.
Cannabis S. 3	Hemp.
Cantharis 3	Spanish Fly.
Calcarea Carbonica 30	Carbonate of Lime.
Carbo Vegetabilis 30	Vegetable Charcoal.
Chamomilla 3	Chamomile.
China Officinalis 3	Peruvian Bark.
Chininum Sulph. 1st trit.	Sulphate of Quinine.
Cina 3	Mugwort of Judea.
Cocculus 3	Indian Berry.
Coffea Cruda 3	Raw Coffee.
Colocynthis 6	Colocynth.
Conium 3	Hemlock.
Crocus 3	Saffron.
Cuprum Aceticum 3, 30	Acetate of Copper.
Drosera 3, 30	Sun-dew.
Dulcamara 3	Bitter-sweet.
Euphrasia 3	Eyebright.
Graphites 30	Black Lead.

REMEDIES.		ENGLISH NAMES.
Hepar Sulph.	30	Sulphuret of Lime.
Hyosciamus . . .	3	Henbane.
Ignatia . . .	3	St. Ignatius's Bean.
Iodium . . .	3	Iodine.
Ipecacuanha . . .	3	Ipecacuanha.
Kali Carbon . . .	3	Carbonate of Potash.
Kreosotum . . .	3	Creosote.
Lycopodium . . .	30	Wolf's Foot.
Mercurius Cor. . .	3	Corrosive Sublimate.
" Iod. . .	3	Iodide of Mercury.
" Sol. . .	3, 30	Mercury.
Moschus . . .	3	Musk.
Muriatic Acid . . .	3	
Nitri Acidum . . .	3, 30	Nitric Acid.
Nux Vomica . . .	6, 30	Physic Nut.
Opium . . .	3	Opium.
Petroleum . . .	3	Rock Oil.
Phosphorus . . .	3	Phosphorus.
Phosphori Acidum . . .	3	Phosphoric Acid.
Platina . . .	6	Platinum.
Pulsatilla . . .	3, 30	Wind Flower.
Rhus Toxicodendron . . .	3, 30	Poison Oak.
Sabina . . .	3, 30	Savine Tree.
Sambucus . . .	3	Elder Tree.
Secale . . .	3, 30	Ergot of Rye.
Sepia . . .	30	Juice of the Cuttle-fish.
Silicea . . .	30	Silicious Earth.
Spigelia . . .	3	Indian Pink.
Spongia . . .	3	Burnt Sponge.
Stramonium . . .	3	Thorn Apple.
Sulphur . . .	30	Brimstone.
Sulphuris Acidum . . .	3	
Veratrum Album . . .	30	White Hellebore.

AGGRAVATIONS AND ANTIDOTES.

In some few highly sensitive individuals, it occasionally happens that a homoeopathic medicine produces too great an effect, it is usually the first time the medicine is taken, that this is observed. We always view this result as a favourable omen of success, and therefore wait until the aggravation subsides, and the improvement takes place. Should the the aggravation, however, be found too severe, a pilule of Camphora φ , repeated once or twice will arrest the aggravation, and act as an *antidote* to any of the medicines in this list.

THE DOSE.

The dose recommended in this book is invariably one pilule, or three globules: or, about one sixth of a drop of tincture. The latter is obtained by dropping say one or two drops, into six tablespoonsful of water, and taking one tablespoonful at a time. For children substitute teaspoons for tablespoons. The dose therefore is invariably

One Pilule, or three Globules, or one sixth of a drop.

DIET.

ARTICLES OF DIET PROHIBITED WHILE TAKING
·HOMŒOPATHIC MEDICINES.

MEATS.—The flesh of very young Animals, as Veal; Pork; salted, spiced, potted, and smoked Meats; Ducks and Geese; Ham; Curries.

FISH.—Crab, Lobster, and all Shell Fish, except raw Oysters; also all Oily Fish, as Salmon, Eels, &c.; all salted, potted, spiced, and smoked Fish.

SOUPS.—Turtle, Mock Turtle, Pea Soup, and all rich and seasoned Soups and Gravies.

VEGETABLES. — Cucumbers, Onions, Artichokes, Radishes, Parsley, Leeks, Thyme, Garlic; and every description of Pickles, Salads, and all raw Vegetables; Mushrooms; Herb Teas.

PASTRY of all kinds, whether boiled, baked, or fried; Pancakes, Yorkshire Puddings, &c.; Cheese, Mustard, Vinegar, Pepper, Spices of all kinds, and Aromatics.

FRUITS.—Unripe Fruits; Acid Fruits; Melons; sour Oranges; Nuts.

BEVERAGE.—Coffee, Green or strong Black Tea; Wine; Spirits, Porter, Ale, Ginger Beer, Soda Water, Seltzer Water, and all stimulating and acid drinks; Mineral Waters; Vinegar. All foods and beverages

which are found by experience to disagree with the patient, or with the particular disease he is then labouring under.

* * Salt should be used in moderation. Tobacco and Snuff are disapproved of, and must at all events be used in great moderation, by those accustomed to them. All Aperients, Pills, and Domestic Medicines of every kind, Perfumes, Medicated Dentifrices, &c., are strictly prohibited while taking homœopathic medicines.

ARTICLES OF DIET ALLOWED WHILE TAKING HOMŒOPATHIC MEDICINES.

MEATS.—Beef, Mutton, Poultry, Pigeons, Larks, Fowls, Hares, Rabbits, Pheasants, plainly cooked and roasted, (broiled or stewed in preference to boiled) Game, Jellies, Lamb, and Chicken.

FISH.—Soles, Whitings, Smelts, Trout, Sprats, &c.; Codfish, Turbot, and Haddock.

SOUP OR BROTH made from the lean of Beef, Veal, or Mutton; to which may be added well-boiled Sago, Tapioca, Vermicelli, Rice, Semolina, or Macaroni, Salt or Sugar.

VEGETABLES.—Potatoes, Brocoli, Green Peas, Cauliflower, Spinach, Turnips, French Beans, Asparagus, and Celery.

EGGS lightly dressed ; Butter and Cream.

FRUIT.—Baked, stewed, or preserved Apples ; Ripe Fruit, as Pears, Cherries, Strawberries, or any other not of an acid quality ; Sweet Oranges.

BEVERAGE.—Water, Milk, Cocoa, very weak Black Tea, Arrow-root, Gruel, Toast Water, Barley Water, Gum Water, Milk and Water, Buttermilk, Sugar and Water.

BREAD—Home-made, and not too new ; Brown Bread, Sponge Cake, Oatmeal.

N.B.—The Medicines should be taken an hour before or after meals.

Special Rules for Diet are given at the end of each article.

INSTRUCTIONS

FOR THE USE OF THIS BOOK.

I WILL assume that the reader, who is about to prescribe, is unacquainted with medicine, and wholly unaccustomed to the use of books of this kind. The first step, of course, is, to find the description of the patient's complaint. This will be best accomplished by searching in the index for its name, which will be found under the familiar term in daily use. Reference is then to be made to the page on which the disease is treated. The reader will there find a description of his complaint; and, to help him to verify the correctness of his decision, the distinguishing characters are printed in small capitals. These are the essential features of the disease, and should correspond with those with which the patient is afflicted. If the reader feels satisfied that he has found a description of his ailment, he can proceed to select a remedy. Here he will, probably, experience his first difficulty, and have to complain of a redundancy. To enable

him to choose appropriately, the essential symptom for which any given medicine is to be used, is printed in italics. It is most important that the italicised symptom should be a marked feature, in his complaint. But, at the same time, it may be well to state that no injury, beyond a loss of time, will result from choosing an unsuitable remedy. The best proof, undoubtedly, that the right remedy has been chosen, is an amelioration of the ailment for which it was taken. If this does not speedily ensue, the reader should know that *three or four days* is a sufficient length of time in which the capabilities of a medicine ought to be manifested, so that in the event of no improvement taking place within that time, it may be concluded that the remedy was not applicable to the case; but when an amendment, however moderate, takes place, the remedy should be steadily persevered with as long as the improvement continues.

As an example of the power of one medicine to cure an entire ailment, I may quote the following case:—

“A lady applied for advice for a bleeding from the nose (always from the right nostril), which had afflicted her every week or ten days, for several years. The quantity of blood lost each time amounted to about a pint, or rather more, and would, in the aggregate, far exceed the weight of her whole body. She was, personally, of very slight make, thin, and extremely pale. For this malady Chamomilla was

selected, because the general symptoms attending the hæmorrhage indicated it as being suitable. After taking it for a few days there was a slight improvement, so it was continued for a week, then for another, a third, a fourth, and so on for sixteen weeks. During this time the hæmorrhage gradually disappeared, returning only at longer and longer intervals, and in smaller quantities. Her health was quite restored; no other medicine was given."

In acute, or feverish attacks, and such ailments as afflict children, three or four days would be too long to wait for results from a medicine. In such cases a different rule may be followed, as the remedies chiefly required in such cases, viz., Aconite, Belladonna, and Bryonia, show, when rightly chosen, an effect in from three to twenty-four hours. (It is frequently after a night's sleep that the improvement is observable.) These are the extreme times within which the prescriber may expect to see a change, or else conclude that the right remedy has not been chosen. It is by no means an uncommon occurrence to see the good effects of a homœopathic medicine in two or three hours, or even in half an hour, or even in a few minutes after its administration. In violent inflammations, or in severe inflammatory fevers, after a dose of Aconite, an improvement in the pulse may take place before the physician leaves the bedside of the patient.

The following is an instance of the quickness with

which a homœopathic medicine can show its effects:—

“A young man, suffering intense pain from spasmodic colic, was lying with his feet drawn close up to his chin, his face deadly pale, his skin covered with a cold perspiration, and, from time to time, he writhed with the agony of cramp in his legs. He had suffered in this way for upwards of an hour before procuring medical advice. A drop of tincture of Colocynthis, in a teaspoonful of water, was prescribed. In five minutes the pains entirely ceased, and, with the exception of some pallor and weakness, he was comparatively well.”

As an example of the mode of using this book, I will give another case, in which the patient, a young woman, cured herself. “She was suffering from a severe cough, with several other symptoms, but especially with nausea and vomiting whenever she coughed. She found the article ‘Cough’ in this book, and, amongst the remedies, ‘Ipecacuanha for cough with vomiting.’ She took it, and in a few hours felt relieved, and in two or three days quite cured.”

The following case was published by Hahnemann, and furnishes an example of the care which is required in choosing the appropriate remedy:—

“Mrs. S., laundress, forty and odd years old, had been laid up for three weeks, when she consulted me on the 1st of September, 1815.

“1. At every movement, especially when treading, she has stitches in the pit of the stomach, coming, as

she expresses, it from the left side ; the stitches are worst when making a step.

“2. When lying down she feels quite well ; she has then no pain any where, neither in the side, nor in the pit of the stomach.

“3. She cannot sleep after three o'clock in the morning.

“4. She relishes her food, but after having eaten anything, she feels an inclination to vomit.

“5. When this inclination to vomit comes on, the water accumulates in her mouth, and runs out of it, as in waterbrash.

“6. After every meal she has several empty risings.

“7. She is of a vehement temper, disposed to be angry. When the pain is violent she is covered with sweat. No other abnormal symptoms.

“REMARKS ; AS TO SYMPTOMS. No. 1. BRYONIA, is the only remedy which produces pain from motion, and especially stitching pain, and likewise stitches (in the pit of the stomach) under the sternum, when raising the arm during a mis-step it likewise causes stitches in other parts.

“The negative symptom, No. 2, is especially corresponding to Bryonia ; but few medicines have no pain in a state of rest.

“No. 3 indicates several drugs, also Bryonia.

“No. 4. Unimportant.

“As regards symptom 5, several drugs, among

which is Bryonia, cause an accumulation of saliva resembling waterbrash; but those other drugs do not produce the other symptoms of our group. Bryonia, therefore, deserves the preference in this respect.

“The empty rising (of air merely) after a meal (symptom 6) exists in but a few drugs, but in no drug is it as constant and characteristic as in Bryonia.

“No. 7. One of the principal symptoms in diseases is the temper of the patient: in this respect also Bryonia corresponds perfectly to the present case. From all these reasons Bryonia deserves a preference over every other remedy in this case. [VIDE MATERIA MEDICA.]

“As the woman was very robust, and as the forces of disease had affected her organism so painfully that she was not able to continue her work, and as, moreover, her vital powers were unimpaired, I gave her a full drop of the tincture of Bryonia, with direction to see me again in forty-eight hours. I told my friend E., who was present, that the woman's health ought to be restored after this period, which he doubted, not being yet fully converted to the new doctrine. In two days he returned to know the result, but the woman did not come. My friend, being impatient, and determined to know what effect the medicine had produced, travelled to the village where the woman resided, to inform himself. He found the woman, and inquired of her why she had not returned? She replied, ‘What should I do at the doctor's? Next

day I was quite well, and able to go about my washing, and ever since I have been as well as I am now. A thousand thanks to the doctor, but folks like me have no time to spare of their work; I had not earned a cent for three weeks past.' "

It is hoped that the reader will not allow the difficulties and failures which attend a first attempt, to discourage him, but will persevere until success crowns his exertions.

HOMŒOPATHIC FAMILY MEDICINE.

FEVER, FEVERISH ATTACK, PRECURSORY FEVER,
INFLAMMATORY FEVER.

The feverish state, which ushers in all acute diseases, precedes eruptions, and constitutes a severe or feverish attack of cold.

By this term we mean the very common assemblage of symptoms which announce that a person, having taken cold, is about to be seized with some acute disease, of more or less severity, or, it may be, with merely "a common cold." The commencement of most, if not of every, acute disease, both in children and in adults, is marked by a group of symptoms, such as the following, which, to recognize correctly, and then to treat judiciously, is especially within the province of the lay practitioner. Because it is in such cases, that by warding off an approaching disease,

or by arresting it at its onset, he can be of the greatest service.

DISTINGUISHING FEATURES.—**ALTERNATE CHILLS AND FLUSHES OF HEAT**;* a disposition to creep near the fire; cheeks either flushed with heat, or unwontedly pale; **A WEARY, SORE, BRUISED FEELING IN THE MUSCLES**, as if beaten by a stick; a quick pulse; thirst; whitish tongue; headache; dryness of the skin, mouth, and lips; constipation; urine red and scanty; breathing rather hurried; sometimes an incoherent muttering or rambling in sleep; in children occasional bursts of perspiration, and a heavy expression of countenance. These are the symptoms which announce that a shock to the system has been received, and if not arrested, may prove the precursor of some acute disease.

CAUSES.—Sudden chills; checked perspiration; exposure to damp or wet; teething; severe injuries; or violent mental emotions; overfeeding in children; or a surfeit in adults.

CAMPHOR ϕ , one pilule, every hour, for 2 or 3 hours, is the suitable specific for the *chilliness* and *shivering*; † then

* The symptoms in **SMALL CAPITALS**, throughout this work, denote those which are absolutely essential to the identity of the disease.

† The symptoms in *Italics* are the important ones belonging to the medicine, and which it is essential should characterise the patient's ailment to make that medicine the appropriate one.

ACONITUM 3, one pilule (or three globules) every three hours, as long as *feverish symptoms* continue. The time in which a favourable alteration may be expected, will vary from 3 or 4 hours, to 3 or 4 days; but generally from 12 to 24 hours will suffice to shew a decided improvement under Aconite. As a rule, it may be observed that the more intense the fever is, the more rapid the improvement will be. And it cannot be too strongly asserted, that the use of this remedy, if promptly and early adopted, will either entirely arrest, or greatly modify, the severity of numberless diseases. A profuse perspiration is often a welcome indication of the beneficial action of Aconite.

BELLADONNA 3, chiefly in the feverish attacks of *children*. Sometimes alternately with Aconite and sometimes alone, a pilule every 3 hours when the fever is but slight, with great *restlessness, starting, and talking in sleep*; headache and heat of the head; *redness of the face*; great thirst.

BRYONIA 3, a pilule every 3 hours; when *adults* are the subjects of the attack, and mostly after Aconite has been taken, but sometimes in alternation with it; when errors in diet, or extreme changes of temperature have been the cause; when there is a *stupifying headache, giddiness on raising the head from the pillow, or when moving about*; burning heat and redness of the head and face; oppression at the chest and pit of the stomach; constipation; pains in the chest or limbs; cough; stitches in the

side, in addition to the usual feverish symptoms.

When marked and violent pain in any particular part is the predominating feature of the attack, in addition to the above instructions, advantage will be derived from consulting the subjects under which those ailments are specially treated; as, for instance, when severe pain in the head is the principal feature, see Headache; where pain in the limbs, consult the article on Rheumatism; cough and pains in the chest see the articles Cough and Pleurisy.

DIET AND REGIMEN. When circumstances will permit of it, lying in bed for a day or two, at the very commencement, will materially assist the cure. The diet should be in accordance with the diminished appetite, and should consist of tea, gruel, toast and water, and plenty of pure cold water. Putting the feet in hot water, before retiring to bed, often assists the cure. To be effective it should be carried out more completely than it usually is. The hot water should rise nearly to the knees, and its temperature be maintained by additions of fresh hot water for the space of ten, twenty, or thirty minutes, according to the strength of the patient, and until *perspiration* breaks out about the face. The patient may then retire to bed, be well wrapped up in the bed clothes, and the perspiration encouraged by drinking freely of cold water. On rising in the morning the tepid, or cold water sponge bath should be used, and followed by vigorous rubbing with a coarse towel. It

is too much the custom of persons, after taking cold, or when suffering from these feverish attacks, from whatever cause, to discontinue their usual morning and evening sponge bath. Where there is a moderate re-action it is much better, to continue, or even increase its use, as they will often cut short, or ward off an incipient attack. The vapour bath is also an excellent auxiliary in arresting and even curing febrile attacks in the invasive stage.

**TYPHUS. TYPHUS FEVER. NERVOUS FEVER.
PUTRID FEVER. LOW FEVER. CONTAGIOUS
FEVER.**

Typhus fever denotes itself, in the commencement, by general malaise, and indisposition to the least exertion; further on, by anxiety, restlessness, noises in the ears, alternate heats and chills, nausea, and disordered state of the stomach. There are also headache, and pains in the back and limbs; the pulse is quicker; the mind and spirits are anxious and depressed; the tongue is furred, and there is great thirst. These symptoms gradually increase in severity during several or else rapidly in two or three days. The lassitude and weariness now become extreme, and soon amount to such prostration that the patient lies on

his back, and constantly slips down low in his bed. The tongue becomes dry, glazed, dark brown, or even black. The pulse is irregular, quick, and weak. The powers of the mind are nearly suspended; there is low muttering delirium, or else stupor, from which the patient is with difficulty roused to any thing like consciousness. The face is void of expression, and disfigured by dark incrustations on the teeth, lips, and nostrils. The skin on the body burns, while the hands and feet are of an icy coldness. There is, at first, constipation; then diarrhæa, with tenderness and flatulent distension of the abdomen, and perhaps, finally, involuntary evacuations. The ANXIOUS RESTLESSNESS, THE RINGING IN THE EARS, AND LOW DELIRIUM, WITH STUPOR, may be regarded as the distinguishing characters of typhus fevers. This disease has received several names, depending on the part of the body most deranged during the fever. Thus, it is called

Cerebral Typhus, when the brain is the organ most affected.

Pulmonary Typhus, when the lungs are implicated.

Abdominal Typhus, when the bowels are the principal seat of lesion.

Putrid Typhus, when putrescent effluvia are a marked feature of the attack.

Nervous Typhus is only another name for the cerebral variety.

The duration of the attack may vary from 2 or 3, to 5 or 6 weeks.

The causes are, contagion from those similarly affected; depressing emotions; long-continued exposure to damp and cold; foul air; bad ventilation in crowded rooms; any putrid effluvia from decaying animal or vegetable matter.

The following instance will show that typhus fever may proceed from internal as well as external causes. A lady, in the seventh month of her pregnancy, was seized with pains threatening to produce a speedy miscarriage. She sent for a medical man, who prescribed Laudanum for her, which had the effect of arresting the labour pains; but in a few days afterwards she became very ill, with all the symptoms of typhus fever of the putrid character. For this Rhus was prescribed, by a homœopathic practitioner. In the course of a few hours after taking the Rhus, the pains of miscarriage again appeared, and shortly afterwards she gave birth to a seven months' child, not only dead, but far advanced in putridity. From this moment her recovery was most rapid. She speedily regained her health, thus showing that the foetus, whose expulsion had been, contrary to nature, arrested, was the cause of the fever, and its ejection the main instrument in bringing about a cure.

TREATMENT. The medicines are here, as usual, set down in their alphabetical order, but should be selected according to the indications furnished by each.

It is necessary to premise, however, that in the precursory, or invasive stage, Bryonia and Rhus, alternately, every 3 hours, will sometimes cut short the attack; but should inflammatory symptoms be predominant, Aconite and Bryonia are to be selected; if extreme prostration be the prevailing character of the disease, China and Arsenicum are indispensable; Carbo Vegetabilis when putridity is the leading feature; Phosphorus and Bryonia in chest or pulmonary complications; Belladonna and Hyosciamus, or Opium, in the cerebral variety; and Nux, Ipecacuanha, or Bryonia, where derangements of the stomach are the predominant ailments.

ACONITUM 3, when the pulse is in any degree harder and quicker than usual, and inflammatory symptoms prevail; a pilule every three hours.

ARSENICUM 3. Extreme prostration of strength; burning unextinguishable thirst; diarrhæa; feeble, almost imperceptible pulse, and sinking of the vital powers.

PHOSPHORIC ACID and MURIATIC ACID have similar indications to Arsenicum.

BELLADONNA 3. *Redness of the face; bright shining eyes; dilated pupils, wild and unsteady expression; startings during sleep, or on awaking, or continued wakefulness; frightful visions; fear, and desire to escape from bed; a pilule every 3 hours.*

HYOSCIAMUS, STRAMONIUM, and OPIUM have somewhat similar indications.

BRYONIA 3. Dry and brown-coated tongue, feeling rough like a cat's tongue; nausea, and bilious derangement; constipation; stupifying headache; *stitches in the chest*; *irritable angry disposition*.

CARBO VEGETABILIS 3. *Offensive decaying smells from the patient*; pulse almost extinct; sunken countenance; cold extremities; and involuntary diarrhæa.

CHINA 3. *Watery diarrhæa*; prostration of strength, and pale cadaverous countenance, in the graver stage; absence of appetite, and debility, in the convalescent and milder forms of the disease.

MERCURIUS 3. Thickly-coated tongue; tenderness at the pit of the stomach; *greenish or yellowish diarrhæic stools*, and *copious debilitating perspirations*.

NUX VOMICA 3 where gastric and bilious disorders predominate; constipation; *vehement temper*, and *impatient disposition*.

RHUS 3 is very often required in the treatment of typhus, especially in its low forms, either alone or in conjunction with Bryonia. Many of the symptoms of these two medicines correspond in their applicability to typhus. The special adaptations are, Rhus for the *low*, and Bryonia for the *inflammatory* forms.

OPIUM 3 will be required when there is coma, with *stertorous breathing*.

CHINA and **Moschus** for the *nervous* debility which remains after an attack.

DIET AND REGIMEN. The importance of a constant supply of freshly-renewed air around the patient cannot be too strongly insisted upon. To ensure this, a blazing fire should be maintained in the room, whether in warm or cold weather, while the patient's bed should be removed from its direct influence. The windows and door should be kept open; all carpets, blinds, and curtains should be removed; and every article about the patient should be scrupulously clean. Food of any kind will only be required in the milder stages, while cold water will be found the most suitable and refreshing beverage. In the advanced stages wine and brandy may be necessary, but they require great discretion in their employment.

PREVENTIVES. The contagion of typhus will be best resisted by securing wholesome air and exercise, a cheerful and well-occupied mind, and the avoidance of all those conditions and circumstances which have been pointed out as the exciting causes of this malady. When, however, there are reasons to fear an invasion of the disease, Bryonia and Rhus, taken every 4 hours, alternately, are the best prophylactics.

AGUE. INTERMITTENT FEVER. FEVER AND
AGUE.

This disease is peculiar, inasmuch as it is denoted by severe and rapid paroxysms of fever, with intervals

of comparative health. The paroxysms commence with yawning, lassitude, and weariness; then there is a gradually increasing coldness and shivering of the whole body; there is the sensation of cold water running down the back; the teeth chatter, the limbs tremble, the skin becomes pale and shrivelled, assumes the appearance which is aptly described as *goose-skin*. This cold stage, as it is termed, may continue half-an-hour, or three or four hours. Whatever its duration, it is succeeded by a hot and burning skin; the face is flushed; there is violent thirst, headache, hot breath, and a quickened pulse; in short, there are all the signs of inflammatory fever. This, the hot stage, may continue several hours; it finally terminates with the breaking out of perspiration. The perspiration which marks the third, or sweating stage, is sometimes only slight, at others it is profuse, or even so excessive as to saturate both bed and bedclothes. With the subsidence of the perspiration all traces of fever usually disappear, and the patient is then able to go about his ordinary occupation. When the interval of health continues 24 hours, the ague is termed a quotidian; when 48 hours, a tertian; when 72 hours, a quartan. .

TREATMENT. In the cold stage, give Camphor ϕ , 1 pilule every quarter of an hour; cover the patient with blankets, and give plenty of water to drink. In the hot, or inflammatory stage, give Aconite 3, a pilule every quarter of an hour; diminish the bed-

clothing, and sponge portions of the body with tepid water, followed by a dry towel. In the sweating stage give Veratrum 3 every quarter of an hour if the perspiration is *cold and clammy*; but if not cold, and the patient appears much exhausted, substitute Arsenicum for Veratrum. The bed-clothing should be well aired and dried after the attack. The patient should be careful in his diet, especially avoiding indigestible food, and, if possible, remove from a damp, low, or marshy, situation. In the interval between the attacks Ipecacuanha and Nux are two most valuable remedies. The former, especially, when there are nausea and vomiting; the latter when the patient's temperament is vehement, hasty, and nervous—a pilule of either every four hours.

SULPHATE OF QUININE, 1st trituration. This is a valuable remedy in ague. It is also valuable as a preventive against its attacks. It has been fearfully abused by administering it in excessive quantities. Its dose is a small quantity (as much as will lie on the point of a penknife blade), every 4 hours; during the intervals,

ARSENICUM 3 when extreme debility attends the complaint; when there is imperfect development of the paroxysms; *insatiable thirst*, although but little is drunk at a time. This remedy is also required in all other diseases which are marked by periodicity.

PULSATILLA, ANTIMONIUM CRUDUM, BRYONIA, or IGNATIA, are required when the ague is accompanied

by gastric or bilious derangements, or when errors of diet bring on the attacks.

CARBO VEGETABILIS, LYCOPODIUM, and LACHESIS, are indispensable to overcome the tendency to a return of the ague, and to eradicate the constitutional infirmities which occasion that tendency.

RHEUMATIC FEVER.

This disease, which is a combination of INFLAMMATORY FEVER and RHEUMATISM, will be found fully treated of under their respective headings.

SCARLET FEVER,

Is a contagious eruptive fever almost peculiar to childhood.

SYMPTOMS.—Before the eruption appears, there are two or three days of PRECURSORY FEVER, with occasional vomitings; a whitish furred tongue, with little bright RED POINTS near the tip and sides; a PECULIAR BRIGHTNESS and WATERY STATE OF THE EYES, and a flushed countenance. The rash first appears on the arms and breast, at first faintly red in colour, and gradually becoming a bright scarlet, like the back of

a BOILED LOBSTER. The pulse is very quick, indeed it is said to be *quicker* in this than in any other eruptive disease. On looking into the throat, it is found to be inflamed, and of a bright SCARLET COLOUR also. The eruption is on the increase for 3 or 4 days, is stationary for about the same time, then begins to decline about the 6th or 9th day, and in proportion as it declines, the skin becomes moistened with perspiration, which, during the increase of the eruption was suspended, and the cuticle, or scarf skin, peels off in small flakes, till the whole body has acquired an entirely new cuticle.

DISTINCTIVE FEATURES. In the commencement, or precursory state, the absence of running at the eyes and nose (catarrh) will distinguish it from measles. When the eruption is out, its vividly bright red color, its smooth and glossy feel, the bright red inflammation of the throat, and the red projecting points on the surface of the tongue serve to mark its identity, and to distinguish it from all other diseases.

ACONITUM ʒ, a pilule every 3rd hour should be given for the feverish symptoms, and repeated till the eruption has fully come out.

BELLADONNA ʒ, one pilule every 4th hour, is required, as soon as, and as long as, the eruption is BRIGHT RED.

COFFEA ʒ, one pilule at bed time, may be interposed every night, when there is *sleeplessness* and *restlessness*.

SULPHUR 30, one pilule 2 or 3 times a day, should be given as soon as the eruption begins to decline, and be continued to the completion of the cure.

DIET AND REGIMEN. During the precursory stage a warm bath every night at bed time, with a tepid sponging next morning, admirably promotes the healthy development of the eruption. As soon as the throat has become sore, and the act of swallowing the least painful, a water poultice should be applied to the throat as follows:—dip a small cambric handkerchief in tepid water, wring the water out thoroughly, then wrap it round the throat, and over this fold a large piece of linen, or a towel, or piece of flannel. It will require to be renewed thrice a day.

PREVENTION. As Vaccination is a satisfactory substitute for Small Pox, so the Belladonna influence upon the system seems to be an equivalent for Scarlet Fever in the majority of instances. Those children, therefore, who are within the sphere of its influence should take one pilule of Belladonna 30 every night, as long as Scarlet Fever prevails in the neighbourhood.

DIET. The low diet recommended in Precursory Fever (see page 16) should be adopted in the early stages of this complaint, and the greatest moderation observed in the subsequent ones.

MEASLES,

Is an infectious disease, mostly confined to chil-

dren. Its usual course is 3 or 4 days of Precursory Fever; then the eruption breaks out, which continues 3 or 4 days more; and lastly, it is 3 or 4 days in getting well. The first symptoms of an attack of Measles are a running from the eyes and nose, sneezing, heaviness, in the head, a hoarse cough, slight inflammation of the eyes, puffiness of the eyelids, and a white coated tongue, with bright red edges. These, closely resembling a common cold, constitute the first, or febrile stage of Measles. At the end of 3 or 4 days, a few dot-like spots, very like *flea bites*, appear on the forehead and chin, thence they spread over the face, and subsequently over the body. The flea-bite-dots soon spread, until they join together and form irregular patches of a reddish color, which, on passing the finger over them, are found to be slightly elevated. On the 7th day it begins to disappear over some parts of the body, and to grow paler on others.

DISTINGUISHING FEATURES. During the first 3 days, the disease is most likely to be mistaken for a common cold, which it resembles. The PROFUSENESS of the discharge, however, from the eyes, which greatly exceeds that of a common cold, will help to distinguish it. When the eruption has appeared, it is distinguishable from Scarlet Fever (the only eruptive disease with which it might be mistaken) by the inequality of its surface on passing the hand over the skin, a character which does not prevail in Scarlet

Fever, and, by the much *less vivid color* of the eruption.

TREATMENT. When the catarrhal symptoms, namely, the running from the eyes and nose, and the sneezing, make their appearance before any fever, as they sometimes do, one pilule of Pulsatilla 3 is to be given every 4th hour. When the Precursory Fever precedes the catarrhal symptoms, one pilule of Aconite 3, every 4 hours, is to be given; but when they come together, as they most frequently do, these two medicines must be given alternately, viz.:—a pilule every 4th hour of alternate medicines, and continued as long as required.

PRESERVATIVE TREATMENT. When the disease is prevalent, it is well to administer to those who are within its influence and who have not hitherto had it, one pilule of Pulsatilla 30 every other night.

It is the tendency of Measles to be succeeded by inflammation within the chest, just as it is the tendency of Scarlet Fever to be succeeded by Dropsy. So that if there should be severe cough, tightness at the chest, and wheezing, medical advice must be sought. If it cannot be procured

PHOSPHORUS 3 should be administered, one pilule every 3rd or 4th hour, in alternation with ACONITE if there is much fever; alone, if there is little or none.

The DIET should be regulated by the degree of appetite, generally very weak tea, gruel, or light

farinaceous food, with a plentiful supply of toast and water will suffice. The patient should be kept in a room having a free circulation of air, and a moderate temperature.

SMALL POX.

When Small Pox is about to declare itself, the Precursory Fever, which, for 2 or 3 days, precedes the eruption, is marked by languor, headache, oppression at the chest, and nausea, with alternating shiverings and flushes of heat. Besides these, which are the ordinary symptoms of Precursory Fever, there are the more characteristic ones of **ACHING PAIN IN THE LOINS, TENDERNESS AT THE PIT OF THE STOMACH, AND VOMITING.** On the 3rd day of the Precursory Fever, the face becomes deeply flushed, and shortly after, red spots appear, first on the forehead, and then successively throughout the body and extremities. On passing the finger over them, they give the impression of **SMALL SHOT BEING LODGED UNDER THE SKIN.** The red spots gradually increase in size until the 9th day, reckoning from the commencement of the fever. The contents of a spot at first appears watery, or transparent, but gradually becomes white and opaque; it has changed to matter; it is now called a pustule.

On the 8th or 9th day the eruption is at its height, when a fresh attack of feverishness usually sets in, which, to distinguish from its Precursory Fever, is called the Secondary Fever. The pustules dry up and scab in the order in which they make their appearance; that is, those which came first, go first, and those which came the last, go the last. As the scabs fall off, and the surface underneath heals, there is at first a whitish elevation left, which afterwards sinks to a depression, called a pit. A person so marked is said to be "pitted with the small pox."

DISTINCTIVE FEATURES. It is always important to recognize and discriminate diseases as early in their course as possible; none more so than this. The Precursory Fever which marks the commencement of Small Pox, is distinguishable from that of other diseases by the following symptoms; A THICKLY FURRED WHITE TONGUE, A DEEP FLUSH UPON THE FACE, VOMITING, TENDERNESS AT THE PIT OF THE STOMACH, AND A BRUISED PAIN IN THE BACK AND LOINS. The eruption, in its earliest stage, is distinguishable from all others, by presenting to the finger, passed over the skin, the sensation as if small shot were lodged underneath. When the pock is a day or two old, it is unmistakeable, owing to a LITTLE DEPRESSION IN ITS CENTRE.

ACONITUM 3, one pilule every 4th hour, should be given during the *Precursory Fever* to moderate its violence, and be continued until it has abated.

BRYONIA 3, one pilule every 4 hours must be employed if *pains in the loins*, and *tenderness at the pit of the stomach*, are the prominent symptoms of distress.

COFFEA 3, is the most suitable remedy when there is extreme *restlessness* and *sleeplessness*. Either of the two last may be given in alternation with Aconite, if required.

BELLADONNA 3, one pilule every 4 hours may be given for about 24 hours, when the pocks are coming out.

MERC. SOL. 3, one pilule every 4th hour should be administered as soon as the spots become *opaque*, the *stage of suppuration*, and continued until the disease is at "the turn."

SULPH. 30, one pilule, night and morning, will be required, when the disease has taken "the turn," and is on the decline; it must be continued till perfect recovery takes place.

AUXILIARY TREATMENT. It is important that the patient, in this disease, should be allowed a free supply of fresh air, and be kept lightly clad in a cool apartment. Moreover, whilst the air is admitted, the light should be carefully excluded; and, as an additional precaution, a mask should be worn upon the face, to diminish, as much as possible, the pitting.

THE DIET, in the febrile stage, should be confined to the simplest beverages, and these should be all given *cold*, viz.:—gruels, toast and water, weak tea,

and barley water. When the pustules are filling with matter, the diet may then be more liberal, as the strength requires to be supported. Jellies, beef tea, white wine whey, made of half a wine glassful of Sherry or Madeira wine added to a tumblerful of boiled new milk; bread and very weak tea, will also constitute a suitable dish.

VACCINATION

Is a truly homœopathic proceeding, and is, therefore, strongly inculcated by homœopathists. It is Small Pox in miniature; or, if we might use the expression, in a homœopathic dose. Its course is simple and uniform. About the 3rd day after the insertion of the *vaccine lymph*, a small red spot appears upon the part where the insertion has been made; this red spot increases in size until the 8th or 9th day. It is, at this time, surrounded by a circle of inflamed and hardened skin, which continues for a few days after the decline of the pock.

TREATMENT. In the majority of cases no treatment whatever is necessary, beyond a dose or two of Sulphur when the pock is on the decline. Sometimes there is considerable inflammation and hardness of the skin around the pock; this requires *Belladonna 3*, a pilule every 4th hour, for 2 or 3 days; and, occasionally, it is necessary to poultice the pock.

RE-VACCINATION.

As Small Pox usually only seizes upon the human subject once in its life, and as Vaccination is the vicarious substitute for it, it is found that one Vaccination is generally sufficient for life. But, occasionally, Small Pox attacks an individual twice; and if that individual had only been Vaccinated once, he would be liable to the second infection. Re-vaccination is, therefore, advisable to determine whether the individual is liable or not, and if liable, which would be shewn by the Re-vaccination taking effect, is most useful, as being the necessary step for its prevention.

CHICKEN POX AND SWINE POX.

These eruptive diseases bear a close resemblance to a mild kind of Small Pox. They only differ from each other in the shape and color of the pocks. The pocks of the Chicken Pox are very *slight* elevations of the skin, filled with a colorless fluid; those of the Swine Pox are large and globular, and contain fluid which is at first colorless, but afterwards assumes a milky appearance. These eruptions sometimes, though not frequently, leave "pits" behind them—they are contagious.

SYMPTOMS. The history of the two diseases is identical. There is usually some slight degree of **PRECURSORY FEVER**; then the pocks appear scattered over the body—in 3 or 4 days the pocks have appeared, ripened, and dried up, leaving only a brown scale, so that the disease is at an end in 8 or 10 days.

DISTINGUISHING FEATURES. The mildness of their character, the rapidity with which the eruptions declare themselves, being generally fully matured by the 3rd day, whilst Small Pox takes from 9 to 10 days to arrive at the same state, will serve to distinguish them.

TREATMENT. During the Precursory Fever, if there should be any, one pilule of Aconite 3 may be taken every 4 hours. When required, it may be given in alternation with either of the two medicines immediately following.

COFFEA 3 is indicated when there is great *restlessness, sleeplessness, and anxiety*. Dose—One pilule every 4 hours.

BELLADONNA 3 when there is headache, flushing of the face, *sore throat, and sleeplessness*. Dose—One pilule every 4 hours.

SULPHUR 30 may be administered when the scabs begin to fall off. Dose—One pilule night and morning.

DIET AND REGIMEN. While the disease is running its course, and the appetite is sufficient, a milk diet is allowable.

MILIARY FEVER, OR HEAT RASH,

Appears upon infants, invalids, and others, who have been overheated, or too warmly clad in hot rooms. It is the smallest of all known eruptions, and consists, in the first instance, of red pimples, the size of a millet seed, hence the name. These millet-sized red pimples will fill with a watery-looking fluid, turn opaque and milky, and finally dry into a thin scale, in the course of 30 hours. The precursory febrile symptoms which attend, in greater or less severity, all eruptive diseases, are, in this one, very slight, probably, because, it is always accompanied by a profuse sour smelling perspiration.

The **DISTINCTIVE FEATURES** are the **MINUTENESS** of the **PIMPLES**, which yield the sensation, when passing the finger over the skin, as though **GRAINS OF SAND** were lodged beneath; and the **SOOR SMELLING PERSPIRATION**.

TREATMENT. **ACONITUM 3** must be administered if there is any degree of fever, and continued until it disappears. Dose—One pilule every 4th hour.

CHAMOMILLA 3 is almost always required for children in this disease after **ACONITE**, unless the latter has sufficed for its cure, more especially if the child is *cross in temper*. Dose—One pilule thrice a day.

REGIMEN. Plenty of fresh air, free ablutions of the whole body with tepid water night and morning, and

frequently renewed garments are essential to the cure and will prevent a recurrence of this disease.

NETTLE RASH,

Is not a contagious disease, but is usually caused by errors of diet, or by overheating the body. The eruption consists of hard white elevations of the skin, called "wheals," surrounded, for a short distance, by a vivid redness of the skin. As the pain is of a stinging, burning kind, the eruption conveys to the feelings of the patient, and to the eye of a bystander, the impression that "the skin had been stung with nettles." It is attended, especially in children, with considerable fever, some headache, sickness, and, perhaps, pain at the pit of the stomach. One of its marked peculiarities is, that it suddenly appears on one part of the body, and then as suddenly disappears and reappears in another part, so that it is said to be evanescent. It is generally worse in bed than anywhere else, unless the patient goes too near the fire, which causes violent itching. Cold air, and scratching, also make the itching worse.

DISTINGUISHING FEATURES. The character of the wheals, which look as if they had been raised by the lash of a whip, the BURNING, TINGLING PAIN, RESEMBLING THE STING OF NETTLES, which attend them, and the evanescent habits of the whole disease suffice to distinguish it from all other eruptions.

TREATMENT. ACONITUM 3 is the best remedy we possess in the treatment of this disease. It will frequently suffice for its removal without any other remedy. It should, therefore, be continued as long as it appears to be of any service, and only abandoned for another when the symptoms positively call for a change. Dose—One pilule every fourth hour.

CHRONIC NETTLE RASH. That is, nettle rash of long standing, or which frequently returns on the slightest transgression in diet, will be best encountered by the following constitutional remedies.

SULPHUR 30,
 ARSENICUM 30,
 RHUS TOXICODENDRON 30,
 CARBO VEGETABILIS 30.

Each medicine is to be taken for a week, and the above order to be observed. Dose—One pilule every night. If one such course should not suffice, it may be repeated a second or even a third time.

AUXILIARY TREATMENT. A warm bath, temperature 98°, to which a basin of strong oatmeal gruel has been added, repeated every night before going to bed, will be found to give great comfort and relief to the skin, or simple immersion of the feet in hot water for *half or three quarters of an hour*, with fresh supplies of hot water added from time to time. The diet should be light, with very little animal food, an entire abstinence from anything stimulating, and especially

from those articles which the patient has, by experience, found to be productive of the complaint.

ERYSIPELAS. ST. ANTHONY'S FIRE.

Is a cutaneous disease of a febrile character, like those which we have already described ; but, unlike those, when once it has visited a constitution, it is apt to reappear. Either preceding, or accompanying the eruption, the patient experiences the usual symptoms of Precursory Fever, namely, alternate heats and chills, weariness, nausea, oppression at the pit of the stomach, headache, constipation of the bowels, and a quickened circulation. The severity of these symptoms will vary according as the attack is about to be slight or severe. As concerns the skin, there is usually at first a small patch of inflammation, of a pale rose red, spreading wider, or moving from one part to another. This inflamed portion of skin is swollen, feels tight and heavy, and has a burning pain. By degrees it spreads, if not arrested, over a large portion of the skin.

DISTINGUISHING FEATURES. The peculiar character of the pain, BURNING AND STINGING, THE TIGHT AND HEAVY SENSATION in the inflamed skin, the diffused swelling, *the gradual spreading of the inflammation,*

together with its *pale rose color*, and *smooth shining appearance*, serve to distinguish this affection from all others.

TREATMENT. CAMPHOR ϕ one pilule every hour is the best remedy against the *shiverings*, in the commencement.

ACONITUM 3, one pilule (or three globules) every 3rd hour will be required to combat the FEBRILE SYMPTOMS, which may succeed the shiverings, and should be continued until the skin has become of a bright red and inflamed-looking color, when

BELLADONNA 3 may be given in alternation with it. Dose—One pilule of alternate medicine every 4th hour.

When there is much disorder of the stomach, as evinced by FOULNESS OF THE TONGUE, UNEASINESS AT THE PIT OF THE STOMACH, and CONSTIPATION OF THE BOWELS.

NUX VOMICA may be substituted for Belladonna, and given in alternation with Aconite every 4 hours, until there is an amendment. Dose—One pilule.

RHUS TOXICODENDRON 3 is an indispensable remedy when SMALL WATERY BLEBS appear on the inflamed skin. Dose—One pilule alternately, with one of Belladonna every 4th hour.

Lastly, when the disease is on the decline, which will be known by the redness of the skin becoming less and less distinct, and the other symptoms less severe,—

GRAPHITES 30 may be given night and morning, for 4 or 5 days, followed by Sulphur 30 in like manner, for the same length of time. Dose—One pilule in each case.

LOCAL TREATMENT. The inflamed surface should be kept well covered with flour, or starch powder, as long as the redness continues.

DIET. The diet should be, at first, low; consisting of water gruel, barley water, &c. Afterwards, when the feverishness has subsided, it may be more liberal, comprising beef and mutton tea, cocoa, arrowroot, or light pudding. Wine or porter is occasionally required when there is great debility.

CUTANEOUS DISEASES NOT ATTENDED WITH FEVER.

CHILBLAINS.

These are slightly inflammatory eruptions on the skin of those parts which have a weak circulation, as the feet, hands, nose, and ears, excited by too sudden changes of temperature. An indescribable itching, not devoid of pleasurable sensation when gently rubbed, is the peculiar feature of the disease, together with the circumstance, that the near approach to the fire is sure to be followed by an intolerable itching

and burning pain. These distinguish it from all others.

TREATMENT. When the Chilblains are slight, a lotion composed of one teaspoonful of Arnica, added to a wine-glassful of cold water, in which a rag may be dipped, and applied to the chilblain night and morning will be the best application. If there should be much heat and inflammation about the part, it will be proper to take one pilule of Aconite 3, thrice a day, for 2 or 3 days before making use of the above remedy. But if the affected part is of a *livid-red hue*, Pulsatilla 3, one pilule thrice a day will be more suitable than Aconite. Or, if there are small blebs, or blisters, Rhus Toxicodendron 3, a pilule thrice a day, for 2 or 3 days, will be most suitable. Sometimes two or more of the above will require to be used in succession.

The Chilblains should be protected from the air, so as to keep them at an unvarying temperature; for this purpose, a solution of Gutta Percha, applied with a brush, is admirably adapted. It requires renewing every second or third day. Or, a wash leather stocking made to fit the foot close and even, will be found to answer the purpose.

CHILBLAINS OF LONG STANDING. In certain constitutions there is a disposition to the return of Chilblains on exposure to the slightest cold. In such persons they remain during the whole winter, and present a painful and formidable appearance, the skin

is purpleish or mottled blue and red, and the flexures of the fingers, toes, and other parts are cracked and deeply ulcerated.

TREATMENT. To remedy this state of things, a constitutional course of the following remedies is indispensable.

- 1 NUX VOMICA 30.
- 2 GRAPHITES 30.
- 3 NITRI ACIDUM 30.
- 4 ARSENICUM ALBUM 30.
- 5 SULPHUR 30.
- 6 CARBO VEGETABILIS 30.

One pilule (or three globules) of No. 1, is to be taken every night for a week; then in like manner No. 2, the second week; and so on through the course. An interval of a day should be allowed between the medicines.

AUXILIARY TREATMENT. A solution of Gutta Percha, as already recommended, is of admirable utility in allaying the pain and irritation by protecting the skin from the atmosphere. Or, where practicable, the parts may be enveloped in cotton wool, and encased in wash leather.

DIET AND REGIMEN. Very little attention to diet is required, except to eat freely of animal food. The precaution to avoid coming too suddenly in contact with the heat of the fire immediately on coming in from the cold air cannot be too strongly enforced.

FROST BITES.

When the fingers or other portions of the body have become frozen, the sufferer should avoid approaching the fire, and have the parts well rubbed with snow, when snow or pounded ice can be procured; where it cannot, a solution of Spirits of Camphor, in the proportion of 1 part of spirit to 5 parts of water, should be applied by means of a linen rag saturated with it, and the part enveloped in cotton wool or flannel, so as to exclude the air.

HOT ACHE.

When, however, the limb has caught the fire, and produced the painful burning called the *Hot ache*, hot water fomentation, with a few drops of Spirits of Turpentine sprinkled on the flannel as soon as it is wrung out of the water, must be applied. After the fomentation, the part should be enveloped in flannel, or cotton wool, as for Burns.

CORNS AND BUNIONS.

These are usually the consequence of pressure upon the skin, which nature, by a process of thickening

and hardening, produces, in the endeavour to protect the more important parts beneath from injury. Nothing beyond the merest temporary relief can be afforded, unless the pressure of tight boots or shoes be removed, and perseveringly avoided.

TREATMENT. Make a solution of one part of Mother Tincture of Arnica, to a wine-glass full of water; dip a linen rag in this solution, and wrap it round the Corn; then, over the linen, apply a piece of oil silk, or goldbeater's skin—apply this night and morning. In the course of 2 or 3 days, this solution may be discontinued, and a piece of Arnica plaster, or Amadine, with a hole in the centre, a little larger than the Corn, may be applied in its stead. When the corns, and even the surrounding parts are inflamed and painful, apply a cold water bandage round the foot every night, for 5 or 6 nights. The core of the corn should be cut out with a sharp penknife, and the part touched with lunar caustic. Bunions require the cold water bandage at night, and touching with caustic every morning. Perseverance in the use of these remedies is essential to success.

PIMPLES ON THE FACE.

These are small spots which appear on the forehead and face, and sometimes on the neck and

shoulders, of young people. They suppurate slowly, and when of an indolent kind, leave an unbecoming livid mark behind them, which very slowly disappears. Some of them contain a thickish fluid, which when pressed out, assumes a spiral shape. The worst kind are of a rosy red color, and appear first on the nose, which they frightfully disfigure, whence they spread over the whole face. They as frequently attack the abstemious as the high liver.

DISTINCTIVE FEATURES. They cannot easily be mistaken for any other disease, as they only occur in young people on the face and neck, and are unattended by any constitutional sickness.

TREATMENT. When the pimples are inflamed, with much redness of the surrounding skin, the treatment should begin with *Aconitum* 3, and be continued for 2 weeks. Dose—One pilule twice a day. Then the following constitutional course should be entered upon, and when finished, repeated again and again, if necessary:—

- 1 *MERCURIUS* 30.
- 2 *NUX VOMICA* 30.
- 3 *SILICEA* 30.
- 4 *HEPAR* 30.
- 5 *PULSATILLA* 30.
- 6 *CARBO VEGETABILIS* 30.

One pilule (or three globules) of No. 1, is to be taken every night for a week; then in like manner No. 2, the second week; and so on through the

course. An interval of a day should be allowed between the medicines.

REGIMEN. Many young people, who have these pimples, are afraid to use plenty of cold water in their ablutions, than which nothing can be more mistaken. It will, in fact, contribute greatly to their removal, if the patient make free use of cold water to the face and all over the body, night and morning. Vigorous friction, with a strong coarse towel, should succeed the water; and, notwithstanding that it will at first make the Pimples more angry and painful, its employment will be beneficial. If the skin is too tender to bear strong friction at once, it should be adopted gradually. When the Pimples are fully ripened the contents may be pressed out to hasten their disappearance.

DIET. The diet is important in this disease. It should, in the first place, be strictly conformable to the homœopathic rules; and in those constitutions which make blood quickly, animal food should be entirely abstained from for a week or two at a time, and then resumed for a week or two. On the other hand, the pale-faced, weakly, and delicate constitutioned, require a highly animalized diet. Abundance of air and exercise is indispensable to both.

BOILS.

These hard inflamed tumours are common to any

part of the body, are very painful, and tediously suppurate.

TREATMENT. When they are inflamed and acutely painful, *Aconitum* 3 requires to be administered for 3 or 4 days. Dose—One pilule (or 3 globules) thrice a day. When the inflammation has subsided, *Arnica* 3 should be administered for the same length of time. Dose—One pilule 3 times a day.

When the disease is recent, these two remedies will, in conjunction with the local treatment, suffice to cure the disease; but when it is of long standing, or is connected with constitutional derangement, the following course must be entered upon:—

SULPHUR 30.

MERCURIUS SOLUBILIS 30.

LYCOPodium 30.

SILICEA 30.

HEPAR SULPHURIS 30.

Administration—One pilule night and morning, in the same manner as directed for pimples.

LOCAL TREATMENT. A boiled oatmeal poultice, or still better, a linen rag dipped in cold water, with oiled silk applied over it, should be worn whenever practicable.* When the Boils are not much inflamed, a piece of *Arnica* plaster will be the best external application.

* Where poultices cannot conveniently be applied, fomentations of hot water should be had recourse to.

DIET. The food should be free from anything of a stimulating nature, and the usual quantity of animal food diminished one-half.

STYES.

These are small boils, one succeeding another, which appear on the margin of the eyelid.

TREATMENT. Aconitum 3, and Pulsatilla 3, are the most suitable medicines in this disease; the former given when there is much inflammation present, and the latter when there is but little. The dose, in each case, should be one pilule every 4th hour. Each medicine may be taken for 3 or 4 days. Sulphur 30 will then be required, and may be continued for a week or two. Dose—One pilule night and morning.

AUXILIARY TREATMENT. When the Stye is in an inflamed state, a bread and water poultice should be worn over the eye at nights; and if the Stye be very tardy in bursting, it may be punctured with the point of a needle, and the matter pressed out.

WHITLOW,

Is a small abscess under the edge of the finger nail,

acutely painful, and when one has appeared, is often succeeded by others.

TREATMENT. In the commencement, when there is usually much pain and inflammation, *Aconitum* 3 will be required. One pilule every 4 hours, for 3 or 4 days. *Mercurius Solubilis* 3, may succeed the Aconite when matter has formed, which will be shewn by a point of white in the centre of the inflamed part. Dose—One pilule (or 3 globules) every 4 hours, for 3 or 4 days. When the Whitlow is on the decline, whether the improvement be slow or rapid, Sulphur 30 should be given for the space of a week. Dose—One pilule night and morning. Then, if the Whitlow is still unhealed, *Silicea* 30 may be administered in the same manner, and for the same time. When the disease is of some standing, the two last medicines may be repeated again and again.

LOCAL TREATMENT. Poultices are most helpful when the Whitlow is in an inflamed state, and should be worn till the inflammation is entirely subdued; a piece of Arnica plaster may then be substituted.

CHAPPED HANDS.

This injury usually arises in consequence of putting the hands into cold water, in very cold weather, or from exposure to extreme temperatures of weather.

TREATMENT. Hepar Sulph., Petroleum, and Sulph. 30, may be taken in succession; each medicine for 3 or 4 days. A pilule night and morning. The hands should be enveloped in a water bandage every night, which will remove the soreness. During the day time, relief will be found from smearing them with honey or cold cream.

WARTS.

These excrescences may be removed by touching them night and morning with the tincture of Rhus. If in the course of a week this does not succeed, tincture of Thuja may answer the purpose.

RING-WORM.

In this eruption, the patches of minute vesicles or blebs assume a circular form; that is, a patch of eruption will have its centre nearly free from spots, while on the circumference the spots are very thick, giving the eruption the appearance of a *ring*. If the disease progresses, these circles will sometimes expand, and become as large as the palm of the hand.

DISTINCTIVE FEATURES. The remarkably perfect shape of a ring which this disease presents, will always prevent it being mistaken for any other.

TREATMENT. Sepia 30 is a specific for this disease. It must, however, be continued, if requisite, for 6 or 7 weeks. If, at the end of that time, there is an improvement, but the disease is not cured, it must be persevered with until it is cured. Dose—One pilule night and morning. If, on the other hand, there is no improvement, the following course of medicine must be entered upon :—

SULPHUR 30.

CALCAREA 30.

LYCOPODIUM 30.

Each medicine to be taken for 2 weeks; the above order to be observed. Dose—One pilule night and morning.

EXCORIATION OF THE SKIN.

This state is usually induced by the friction of the clothes against the skin in children, and in those grown-up persons who have irritable or delicate skins.

TREATMENT. Chamomilla 3 is the most suitable remedy in the case of children. Dose—One pilule night and morning, for 5 or 6 days. If the excoria-

tion is not then cured, Arnica 3 should be administered in like manner, and for the same number of days. In the case of adults, Arnica alone will be the proper remedy. Dose—One pilule (or 3 globules) night and morning, for a week.

ACCESSARY TREATMENT. The greatest cleanliness, and frequent ablutions with cold or tepid water, must be observed; and in addition, the excoriated surface should be freely dusted with Starch Powder after each ablution.

TOOTH OR GUM RASH. HEAT SPOTS.

This is a small red rash of minute pimples, as small as millet seed, which appears upon the skin of infants when they are cutting their teeth. It usually appears upon the face, neck, and breast.

TREATMENT. The treatment should commence with Aconitum 3, as there is usually some degree of fever and heat of skin. Dose—One pilule (or three globules) twice a day, for the space of 3 days. If the disease still continue, Rhus 3 should then be given. Dose—One pilule 3 times a day, for the space of 3 days.

Sulphur 30 will sometimes be required to succeed the above remedies, especially when there is much

itching or irritation of the skin. Dose—One pilule every night for a week.

REGIMEN. The warm or tepid bath should be had recourse to night and morning; if the infant be strong and otherwise healthy, and accustomed to cold water, the cold water bath is still more advisable; but, at all events, a bath should be used night and morning.

MILK SCAB, OR MILK CRUST.

Infants at the breast, especially about the 7th or 8th month after birth, are sometimes troubled with a number of small white spots appearing upon the cheeks. These burst, and form a thick whitish crust; hence the name. Whenever these crusts fall off, the skin underneath is found to be of a deep red colour.

TREATMENT. Aconitum 3 will be the best remedy to commence the treatment with, and may be continued for 4 days. Dose—One pilule 3 times a day. Then Rhus 3 should be administered in like manner and for the same time. If these two remedies have not sufficed for the cure of this disease, Sulphur 30 should be administered for 12 or 14 days. Dose—One pilule every night.

REGIMEN. The crusts should, from time to time, be carefully brushed off, and the inflamed skin underneath dusted with Starch Powder.

ACCIDENTAL DISEASES OF THE SKIN.

BURNS AND SCALDS.

PRESENCE OF MIND is a very useful quality in dealing with accidents of this sort. When the clothes take fire, the person should immediately be placed on the floor, as the erect position favours the flame, and rolled in a hearth-rug, table-cover, carpet, or any other covering that is at hand. Woollen articles are less inflammable than cotton, and therefore preferable. Simply rolling the person on the floor will, in many cases, suffice, without the aid of any covering.

TREATMENT. COTTON WOOL, when procurable, should be immediately applied round the burnt or scalded part, first anointing the part with oil,—sweet, linseed, goose, or any other kind at hand. It is necessary that the cotton should thoroughly cover the injured part, and for this purpose it should be several times folded over it in thick successive layers. The chief object of the cotton wool is to exclude the atmosphere; and if this end be not obtained, either by the quantity of cotton being too small, or by being accidentally removed from the injured part, or from not being closely applied, and allowing the air to get underneath, the application will be useless. Wadding answers equally as well as cotton wool. The more immediately after the injury has been received the

cotton is applied the better, as it will then prevent much suffering. Every kind of cold application, as cold water or cold poultices, should be *most carefully avoided*. Where the injured part is not extensive, the cotton wool, once applied, should remain till the wound is healed. Two rules are thus attached to the use of cotton wool as a remedy for Scalds or Burns:— 1st, to cover the injured part with a sufficient quantity so as thoroughly to exclude the atmosphere; 2nd, when once applied, it should not be removed until the end of the cure. There is, however, a partial exception to this rule, as, for instance, when the outer layer of cotton is very cumbrous, a portion may be removed; or, if the outer portion is soiled, new may be substituted, and occasionally, when the wound is a large one, and the cotton becomes hard and uncomfortable, it may be softened by moistening it with oil.

SOAP is the next best remedy to cotton wool, and should be immediately applied when the other is not at hand. The mode of using it is as follows:— Moisten the soap in water, and rub it on a piece of linen, which should be larger than the wound intended to be covered. The entire surface of the linen should be carefully covered with soap to the thickness of a shilling. The object of this plan, as well as the preceding, is the perfect exclusion of the atmosphere. It is immaterial whether it is white or brown soap. The first dressing should remain on for 2 or 3 days, and the subsequent dressings be renewed once a day.

FLOUR is an admirable external remedy in Burns and Scalds, though inferior to cotton and soap, and may be used when they are not at hand. It should be thickly strewn upon the wound, and renewed from time to time as it falls off. A linen bandage will be required over the flour.

ACONITUM 3 is the only medicine which is usually required in these cases. It is given to allay the pain and the febrile symptoms which always, to a greater or less extent, follow the accident. One pilule every 3 hours as long as required.

WOUNDS.

If dirt has got into a wound, wash it out with cold water. If there is moderate bleeding, continue to apply cold water until it ceases; if, however, the bleeding be very violent, take a roll of cotton wool, or wadding, or linen rag, press it tightly upon the wound with the finger, or bind it there with a bandage until the bleeding ceases, or a surgeon arrives. When an artery is wounded, which is known by the blood being BRIGHT RED AND FLOWING IN JERKS, it may be controlled as just stated, unless the bleeding is alarming, in which case, tie a handkerchief round the limb, above the wound, then insert a stick under the handkerchief, and twist it round until it stops the circulation, and so arrests the bleeding.

CUTS.

The best mode of dressing moderate-sized Cuts is by narrow strips of Arnica, or sticking plaster, so applied as to bring the edges of the gaping wound together; when this is done, apply a bandage over the plasters. The plasters may be allowed to remain on for 3 or 4 days, provided they cause no pain; at the end of that time fresh strips of plaster should be applied in the same manner; if, however, pain or inflammation occurs, apply a fold of linen, dipped in Arnica Lotion over the plasters for a few days. Arnica 3 may also be administered, a pilule night and morning, to facilitate the healing.

ARNICA LOTION.—To half a tumblerful of water add a teaspoonful of Tincture of Arnica.

AN ARNICA LOTION POULTICE is made by applying to the part affected a piece of linen dipped in Arnica Lotion, and over it a piece of oiled silk something larger.

STABS, PRICKS, OR PUNCTURED WOUNDS.

See that the point of the instrument does not remain in the wound; then apply an Arnica lotion poultice, as recommended above. The linen should be re-wetted three times a day. Arnica 3 may also be administered internally, a pilule night and morning.

LACERATED WOUNDS.

In treating torn wounds, all dirt and foreign substances must be removed as carefully as possible, or they will leave a dark mark when the wound is healed, and the flesh must be placed as nearly in its natural position as can be done. An Arnica Lotion poultice must be applied externally, and a pilule of Arnica 3 taken night and morning, as in the preceding cases.

SCRATCHES AND GRAZES.

Wash away all dirt with cold water, then administer Arnica both externally and internally, as in the preceding cases.

SPRAINS, BRUISES, AND CONTUSIONS

Require to be fomented in the first instance with hot water, to which a tea-spoonful of Tincture of Arnica has been added. This fomentation should be continued as long as the pain is considerable; when the pain has abated, the Arnica Lotion (page 61) may be substituted for the hot fomentation. A pilule of Arnica 3 should be taken every 4 hours.

STINGS OF NETTLES, BEES, WASPS, AND HORNETS,
BITES OF INSECTS, GNATS, MOSQUITOES, SPI-
DERS, AND FLEAS.

STINGS OF NETTLES. Rub the affected part with the common dock leaf, previously bruised by rubbing it betwixt the palms of the hands, or wash the part with Arnica Lotion.

STINGS OF BEES, WASPS, HORNETS, &c. In the first place, be sure that the sting is removed; then apply an Alkali, either Soda, Potash, or Ammonia; or Carbonate of Soda or Carbonate of Potash, moistened with a little water, which will neutralise the sting, which is of an acid nature. If the wound is very painful, a piece of linen, wetted with Chloroform and applied to the wound, will remove the pain. A few hours afterwards an Arnica Lotion should be applied if there is any inflammation.

BITES OF GNATS, MOSQUITOES, BUGS, FLEAS, SPI-
DERS, &c. When any painful effects result from the bite of any of these insects, proceed exactly as in the preceding case, with an Alkali and Arnica.

BITE OF A MAD DOG.

Dr. Hering says, "Dry heat *at a distance* is the best remedy; whatever is at hand at the moment—a

red hot iron, or live coal, or even a lighted cigar—must be held as near the wound as possible, without, however, burning the skin or causing too sharp pain; the surrounding parts should be protected by grease, oil, or even saliva. The heat must be steadily maintained by having another instrument always in the fire, and continued until the patient begins to shiver and stretch himself. If this takes place in a few minutes, it will be better to keep up the action of the heat for an hour." Medical assistance should be procured. It is an error to suppose that any ill effects will follow in consequence of a dog going mad subsequent to the time of inflicting the bite; and it is equally erroneous to kill a dog immediately after biting any one, and before the fact of madness has been proved.

BLEEDING FROM THE NOSE.

If the quantity of blood is trifling, do not interfere; if it is abundant, apply a key or any kind of cold metal to the bare skin between the shoulders, and a handkerchief wetted in cold water to the nose. If the hæmorrhage continues to flow so long as to occasion alarm, roll some cotton wool or linen rag, so as to form two plugs; with these firmly plug up the nos-

trils, taking care to leave sufficient of the plugs outside with which to withdraw them, and let the person lie down with the face downwards.

BURSTING A BLOOD VESSEL.

Whether the blood comes from the lungs or the stomach, the treatment must be as follows:—Let the person lie down on a sofa, with the head and shoulders raised. Do not allow him to speak or move. Keep every one from crowding round, and let the room be cool and airy. If fainting comes on do not be alarmed, as it frequently serves to arrest the bleeding; the feet, however, should be kept warm with hot bottles. A little cold water is the best and only drink that can be allowed.

ACONITUM 3 is, in the majority of cases, the appropriate remedy. One pilule, dissolved in a spoonful of water (if more convenient than dry), may be given every quarter of an hour; afterwards every two hours, until the hæmorrhage ceases. If a bruise, or fall, or any violent exertion has been the cause, Arnica 3 should be preferred to Aconitum. Dose—the same as Aconitum.

CROCUS 3, one pilule every 2 hours, is an invaluable remedy when the blood is black and viscid, or clotted.

When blood comes from the lungs it is of a bright red colour, rather frothy, and brought up with a cough. When it proceeds from the stomach it is darker coloured, ejected by slight vomiting, and is sometimes mixed with food. The subsequent treatment will be found under the head of Bronchitis.

CHOKING.

THINGS LODGED IN THE THROAT. If caused by a piece of bone, or a portion of food, or any hard substance, introduce the first and second fingers into the throat, and try to bring it out; even if unsuccessful it will produce retching, which may bring it out. If too low in the throat to be reached, let the person chew and swallow a piece of bread with a mouthful of water, which will probably send it down. When once the substance has passed into the stomach there will be no cause for fear, as it will in time make its exit by the bowels.

CHOKING FROM SPASMS IN THE THROAT. Endeavour to swallow a few mouthfuls of water, and rub the throat and neck with a warm hand.

THINGS IN THE EAR.

Bend a piece of wire into a loop, and introduce it

into the passage behind the substance, taking care not to force it further in. If it is an insect that has got in, syringe the ear with warm soap and water.

THINGS IN THE NOSE.

Proceed as for things lodged in the ear, but if unsuccessful, let the person take a few pinches of snuff to cause sneezing.

THINGS IN THE EYE.

Search for the offending matter, and when found, wipe it out with the corner of a pocket handkerchief screwed up to a point. Treat the inflammation, should any ensue, with a pilule of Aconitum 3, every third or fourth hour, and bathe the eye frequently with the following lotion :—

ACONITUM 3 (TINCTURE), 10 drops; water, tumblerful.

LIME IN THE EYE.

Wash the eye immediately with water, or if vinegar is at hand, with vinegar and water (a table-

spoonful of vinegar to a tumblerful of water). If inflammation ensues, treat it as directed for Things in the Eye.

SUDDEN ILLNESSES.

A FIT OF APOPLEXY.

The person falls down suddenly, devoid of all consciousness and power of motion, froths at the mouth (though much less than in an epileptic fit), is livid in the face, and breathes with a deep snoring noise. Apoplexy is distinguished from Epilepsy by the latter beginning with a piercing scream, by being always accompanied by convulsions, and much frothing at the mouth—symptoms which are not observed in Apoplexy.

TREATMENT. Place the patient in the sitting posture with the head erect. Untie the neckerchief, stays, clothes, and everything that is tight. Apply bottles of hot water to the feet; and, if the head is hot, a towel dipped in cold water to the head, and send for medical aid.

THREATENINGS OF APOPLEXY.

The premonitory signs of approaching Apoplexy deserve the strictest attention, as it may then be in the power of medicine to avert what at a later period it could not cure.

The signs are easily recognized, and generally intelligible to the patient himself, who in consequence feels much alarmed. They are mostly sensations which last only a moment or two at a time, as momentary loss of consciousness, with or without interruption of the power of speech and motion; pricking in the tongue, or inability to move it at will; indistinct speech; sleepiness with snoring breathing; pulsation and fulness of the arteries and veins about the head; sparks, flashes, motes, &c. before the eyes; double or indistinct vision; humming or singing noises in the ears; slight difficulty in swallowing; numbness or tingling sensation in the hands or feet; twitching of the features, and unsteady walk.

It must be observed that these are not *exclusively* signs of approaching Apoplexy, for any one or several of them may arise from simple derangement of the digestive organs. But they are sufficiently important to require medical aid for their removal as early as possible.

A FIT OF EPILEPSY,

Sometimes comes on suddenly, but more frequently the person has warnings of its approach. The patient gives one sudden scream—a most distressing shriek,—is convulsed in the limbs, and frightfully distorted in the face, with frothing of saliva at the mouth.

TREATMENT. Place the patient in bed, so that he cannot hurt himself, and restrain the violence of the convulsions, so far as not to allow him to be injured by them; and, if it can be done, place a cork or a piece of wood between the teeth to prevent him biting the lips and tongue. Loosen all clothes that are tight, and if the head is hot place a wet towel upon it.

DISTINCTIVE FEATURES. To distinguish it from Apoplexy, see that article. It is distinguishable from Hysterics by the absence of laughing, crying, sobbing, and the feeling of a ball in the throat. But sometimes Epilepsy and Hysterics are combined in the same fit.

A FIT OF HYSTERICIS,

Can only befall women. The patient experiences the sensation of a ball rolling and rumbling in the bowels, by degrees, it works up into the pit of the

stomach, and then rises into the throat. When it has reached this part there ensues a choking sensation, a heaving of the chest, a panting for breath, and immoderate and uncontrollable laughter or crying. This is succeeded by partial insensibility (the patient generally hears what is said, though she shews no signs of consciousness) and convulsions.

TREATMENT. Place the patient on a sofa or chairs. Do not let her injure herself. Apply smelling bottles to her nostrils, and give a draught or two of cold water. If these do not succeed, hold a basin under her head, and pour cold water from a height upon the head and face until she revives. Several large jugsful may be emptied in this manner, and not only with immediate relief, but to the permanent benefit of the patient.

CAMPHORA ϕ , one or two pilules every five minutes, should be given if there is coldness of the skin.

Recovery commences with long and deep drawn sighs and sobbing, followed by eructations, and then a gradual return to the natural state. The subsequent medical treatment demands the best skill of the physician.

CONVULSIONS

Mostly occur in children from teething, or from irritation in the bowels or head. Place the child in

a warm bath at the temperature of 98°. If no thermometer is at hand, let the temperature be such as the naked elbow, inserted in the water, can comfortably bear. And while in the bath apply a towel wrung out of cold water to the head, or pour cold water from a jug upon the head. The application of cold water to the head is the best remedy, but should not be prolonged beyond two or three minutes, whereas the warm bath may be used for 15 or 20 minutes. Medical aid will be requisite to determine the most suitable medical treatment.

FAINTING.

Lay the person flat upon the floor, or on a couch, &c. ; apply smelling salts to the nostrils ; administer a draught of cold water, or a teaspoonful of brandy, or wine, and water ; and do not be too impatient for the patient's recovery.

CAMPHORA φ , one or two pikules in water every five minutes, should be administered, especially if there is coldness or blueness of the skin.

POISONING.

GENERAL DIRECTIONS. Send for medical aid immediately. Excite vomiting, by tickling the throat with the finger or with a feather.

CORROSIVE ACIDS. Administer *chalk* or *whiting*, or *soda*, dissolved in water, immediately, and then excite vomiting, by tickling the throat with a feather. Oxalic Acid requires the same treatment.

LUNAR CAUSTIC. Sometimes in cauterizing the throat, a piece of this caustic may slip down the throat. Give an emetic of Ipecacuanha, or a table spoonful of mustard in warm water, when the caustic will be ejected.

PRUSSIC ACID. Dash cold water upon the face and neck; admit as much fresh air as possible; administer a teaspoonful of the contents of a smelling bottle (Sal Volatile), dissolved in half a tumblerful of water. If this is not at hand, give some Spirit and water.

ARSENIC. Administer flour and water, white of eggs and water, sugar and water, oil or milk, or any of these mixed together. The intention is to invest the poison with some harmless substance, and thus protect the coats of the stomach. When the stomach is full, proceed to excite vomiting, by tickling the throat with a feather or the finger.

ALKALIES:—Ammonia, Hartshorn, Lime, Chloride of Lime, Soda, Potash, &c. First excite vomiting, and then give vinegar and water, or sour milk, or lemon juice.

CANTHARIDES, (BLISTERING OR SPANISH FLIES.) Give white of egg, milk, or flour and water; then excite vomiting.

MINERAL POISONS:—Sugar of Lead, Corrosive Sublimate, Copper, Verdigris, &c. Proceed as for Arsenic.

POISONOUS VEGETABLES. Excite vomiting, by tickling the throat, or by means of mustard or salt and water; a teaspoonful of mustard or salt for a child, and a tablespoonful for an adult, in a cupful of water. If not sufficient it may be repeated until vomiting takes place.

OPIUM (Laudanum, Morphia, Black Drop, Carminatives, Paregoric, Soothing Syrups). Excite vomiting as for Poisonous Vegetables. When the stomach has been thoroughly emptied and re-emptied, give plenty of strong Coffee, which is the antidote to Opium.

POISONOUS FISH, AND MUSHROOMS. Excite vomiting, as recommended for Poisonous Vegetables.

APPARENT DEATH. SUSPENDED ANIMATION.

ASPHYXIA.

The obvious treatment in all cases of suspended animation is to restore the respiration; to promote warmth; and remove the cause of injury. In accom-

plishing these, the greatest care, promptitude, and perseverance are required. The signs by which we judge that the prospects of resuscitation are hopeful, are when a looking glass is held before the mouth it becomes dim; and on opening an eyelid and applying a candle the pupil contracts under its influence. On the other hand, the only positive sign of death is when putrefaction has progressed so far internally as to be visible externally.

TO EXCITE RESPIRATION.—DR. MARSHALL HALL'S PLAN. Place the patient on his face. Turn the body gently but completely on the side and a little beyond, and then on the face, *alternately*; repeating these measures deliberately, efficiently, and perseveringly, fifteen times in a minute only. The rationale of this proceeding is, when the patient lies on the face, the chest is compressed by the weight of the body and expiration takes place. When he is turned on the side, or nearly on his back, the pressure is removed and *inspiration* occurs.

APPARENT DEATH FROM HUNGER.

If life is not quite extinct, inject repeatedly small quantities of warm milk, or let the patient drink warm milk, drop by drop at first, and gradually increase the quantity as the patient becomes able to bear it.

APPARENT DEATH FROM DROWNING, HANGING,
GARROTTING, OR CHOKING.

The measures for resuscitation should be pursued upon the spot. All obstructions to breathing should be cut away. If respiration has ceased, recourse must at once be had to postural respiration, as recommended under the article *Asphyxia*. Warmth must be promoted by friction with hot flannels or the bare hand. If on recovering too violent reaction takes place, *Aconite* will be required to allay the febrile excitement. If, however, the brain becomes oppressed, if there is deep stertorous breathing, and a darkly suffused countenance, *Opium 3* should be given, either by mouth or by injection.

APPARENT DEATH FROM BEING FROZEN.

It is important in these cases to avoid all warm applications, or the slightest approach to a fire. The body must be thawed by rubbing it with snow, pounded ice, or cold water, afterwards with the dry hand, or dry flannels or cloths.

APPARENT DEATH FROM LIGHTNING.

Place the body in a current of cool air and dash plenty of cold water over it.

APPARENT DEATH FROM NOXIOUS GASSES,
FOUL AIR, ETC.

Proceed exactly as in Apparent Death from Lightning. If respiration is not restored by these means, have recourse to artificial respiration, as advised under the head of Asphyxia.

SUFFOCATION FROM CARBONIC ACID GAS, FOUL
AIR, CHARCOAL FUMES, AND NOXIOUS VAPOURS.

Remove into the open air, dash cold water upon the face and chest, and then proceed as for drowning. See page 76.

DISEASES OF FEMALES.

THE MONTHLY PERIOD—ITS MANAGEMENT.

The first change in young females takes place about the age of 13 or 14, and continues every month for about 30 years, that is, until the age of 45. Its purpose is to relieve the system of superfluous blood, which is destined, at a future period, for the formation

and sustenance of her offspring. During the monthly period particular attention should be paid to avoid disturbing the mind; depressing emotions, as chagrin, vexation, disappointment, and fits of passion, as anger, terror, &c., &c., should be carefully avoided; immoderate exercise, such as dancing, is as objectionable as moderate exercise, in the open air, is commendable. Those who practice cold water sponging, should, at this period, substitute tepid or warm water, night and morning. It usually returns every 28 days.

PAINS, ETC., DURING THE MONTHLY PERIOD.

DIFFICULT MENSTRUATION.

The pains which announce the approach of this state are, an aching in the back and loins, with a forcing, or bearing down pain, in the lower part of the bowels, colicky pains, headache, aching pain and numbness along the inside of the thighs, and nausea. When they are of trifling severity little notice need be taken of them; but when they are acute and violent, recourse should be had to the following remedies.

BELLADONNA 3, one pilule twice or thrice a day, when the pains are acute and violent, whether accompanied or not by severe headache, and flushing of the face.

NUX VOMICA 6, a pilule thrice a day may take the place of *Belladonna*, if the latter have afforded no relief in 24 or 48 hours. Its special indications are the bilious temperament, dark complexion, and impatient disposition.

PULSATILLA 3, one pilule thrice a day is preferable to the last medicine for women of light complexion, light air, of a mild and plaintive disposition, and especially *for young females*.

If these remedies fail to remove the sufferings attendant upon this state, it will shew that constitutional treatment is required, for which medical advice must be sought. During the intervals of the period, daily exercise in the open air, the use of the cold or tepid sponge bath, night and morning, for two or three minutes, the avoidance of luxurious living, and disturbances of mind and temper, are indispensable to the removal of these sufferings. During the period, much relief may be procured by hot bottles and hot flannels applied to the stomach.

DELAYED APPEARANCE OF THE FIRST MONTHLY PERIOD.

As the age at which the first change varies, no steps should be taken, so long as the health is good, to bring it about; but when there are headache,

fulness and heaviness of the head, palpitation of the heart, shortness of breath, lassitude and weariness of the limbs, pains in the small of the back, the lower part of the bowels, and down the inside of the thighs, it may be inferred that the change is approaching. Under these circumstances the following have often promoted the change.

ACONITUM 3 should be first made use of, and continued as long as the fulness and heaviness of the head or any feverishness remains. One pilule night and morning, probably from one to two weeks.

PULSATILLA 3, one pilule night and morning, may succeed the last remedy, and be continued for the same length of time. The special indications relating to it have reference to the temperament; this should be the lymphatic, or light complexioned, the fair-haired, and persons of a timid, easily vexed, yet uncomplaining disposition.

NUX VOMICA 6, one pilule night and morning, for one or two weeks, should take the place of the last when the patient is of the opposite disposition, namely vehement and choleric, and of a dark complexion. When the above have made a decided improvement, they should be succeeded by

SULPHUR 30, one pilule night and morning, for two or three weeks.

AUXILIARY TREATMENT. It is essential that the feet be kept warm and dry, by wearing warm stockings and strong soled shoes. Open air exercise and

sufficient clothing, with everything that will promote a cheerful and contented state of mind, are also most important.

STOPPAGE OF THE MONTHLY PERIOD.

This most frequently takes place gradually in consequence of weakness, induced by taking colds, or from distress of mind, or insufficient food. Sometimes it takes place suddenly, in consequence of a cold, such as getting the feet wet, or from dancing, vexation, anger, eating ices, and drinking cold or acid drinks, during the period.

ACONITUM 3, is required when there is a sense of fulness, with heat, and a shooting pain in the head, redness of the face, strong full pulse, thirst, and heat of the skin. Dose—One pilule three times a day, for a week, or longer if doing good.

PULSATILLA 3, is especially suitable after the above; also when the illness has been produced by dampness, and when the female is of a mild character, disposed to sadness and tears, and of light complexion, and when there are coldness and swelling of the hands and feet. Dose—One pilule night and morning, for two or three weeks.

SEPIA 30, is also an excellent remedy in this complaint, and may follow the last medicine. Dose—One pilule night and morning, for two or three weeks.

GRAPHITES 3, should be used, especially if there is great constipation of the bowels.

SULPHUR 30, should succeed, and be continued for a month. Dose—One pilule night and morning.

AUXILIARY TREATMENT. Proceed as recommended under this heading for pains during the monthly period.

EXCESS OF THE MONTHLY DISCHARGE.

When the quantity of the discharge is too great, or when it returns too frequently, great care is requisite, as these states frequently lay the foundation of serious disease. In mild, or recent cases, the following will be found excellent remedies :—

ACONITUM 3, when there is much heat and feverishness, and the discharge has only just commenced, or is about to begin. Dose—One pilule thrice a day.

CROCUS 3, is an admirable remedy whenever the discharge is *black* and *clotted*, and may be given with confidence when this symptom is present. Dose—One pilule every fourth hour, for two or three days.

BELLADONNA 3, is required when the discharge is of a bright red, and is accompanied with very severe and sharp pains. Dose—One pilule thrice a day for two or three days.

PLATINA and SABINA are useful after Belladonna.

NUX VOMICA 6, is one of the best medicines in this disease, especially if the patient is nervous, easily offended, and anxious. Dose—One pilule night and morning, for two or three days. The above will generally suffice to moderate the discharge at the time; but it is by improving the constitution in the intervals that the greatest benefit can be rendered by medicines. The following course of treatment will be found to answer in the majority of instances.

LYCOPodium 30.

CALCAREA 30.

SULPHUR 30.

NUX VOMICA 30.

A pilule of one of the medicines is to be taken every other day, until a dose of each has been taken, which will occupy eight days. This course is to be repeated as frequently as it can be done during the space of two or three of the intervals between the monthly periods.

PREGNANCY—ITS MANAGEMENT AND ITS DISEASES.

We cannot too strongly impress the importance of daily exercise in the open air as a matter of essential consequence in the pregnant state. From one to two hours at least should be devoted to walking every day in the open air, when the weather permits. At the

same time, while urging the importance of walking exercise, we must not omit to denounce the dangerous tendency of violent exercises, such as immoderate dancing, riding on horseback, &c., &c. Another improper practice, and one that is by far too general is, the habit of wearing the stays unreasonably tight at this period, when the body is daily enlarging. The stays should be worn perfectly loose and easy. Particular attention should be paid to the diet during pregnancy, and especially to avoid coffee, green tea, spirits, wine, and malt liquor, unless when allowed or advised by a medical man to use them, as is sometimes, although rarely, necessary in case of great debility.

MORNING SICKNESS.

IPECACUANHA 3, in mild cases, will often prove sufficient to remove this disagreeable state, and should be tried first. One pilule night and morning for a week.

KREOSOTE 3, is a most valuable remedy for this kind of sickness, and one which seldom fails to remove it. One pilule night and morning, as long as it does good.

NUX VOMICA 6, is also an important remedy in morning sickness, and should be tried if the others have failed. One pilule night and morning.

ACHING PAIN IN THE LOINS,

Is a frequent accompaniment of the pregnant state, for the relief of which

KALI CARBONICUM 3, will be found almost a specific. One pilule night and morning for a week or two.

See also Rhematism, Piles, Strains, and Difficult Menstruation.

CONFINED BOWELS.

NUX VOMICA 6, is an important remedy in this state, especially when there are indigestion, a sensation as if the lower bowel were locked up, with frequent and ineffectual straining to stool, and a disposition hasty and vehement. One pilule, or 3 globules, night and morning, for three days.

OPIUM 3, may follow the last, if unsuccessful, especially if there is a sensation as if the lower bowel were locked up, yet without any straining, or desire to evacuate, and when there is a sense of weight in the belly. Dose—one pilule night and morning, for 3 or 4 days.

BRYONIA 3, is also a good medicine in this state, and is particularly suitable when there is great *irascibility of temper*. It may succeed the preceding when it has been unsuccessful. A pilule night and morning, for four days.

AUXILIARY TREATMENT. Whenever these medicines do not afford speedy relief, and there is much uncomfortableness in consequence, or when the bowels remain for several days unmoved, an enema of tepid water may be had recourse to. The medicines need not be interrupted at all on this account, because, though the bowels are moved by this mechanical assistance, their inactivity still remains to be cured. At the same time the importance of out-of-door exercise should not be lost sight of, and the diet regulated so as to promote the desired result. For this end, animal food should be sparingly, and vegetable food freely, partaken of; brown bread, oatmeal porridge, ripe or preserved fruits, may be freely used.

MISCARRIAGE.

Unfortunately when once miscarriage has occurred, it leaves a disposition to its recurrence in future pregnancies, especially about the corresponding period. Homœopathy, however, in the majority of cases, supplies us with the means of averting this misfortune.

PREVENTION. As soon as it is known that pregnancy has commenced, the following treatment should be adopted and continued as long as there is any fear of a miscarriage.

SABINA 30, and SECALE 30, one pilule of alternate medicines every 4th day.

When miscarriage has set in, it may frequently be arrested in the commencement, or, at all events, have its severity assuaged by the following medicines.

BELLADONNA ʒ, if there are sharp pains in the bowels and back, and very severe bearing down, as if the whole of the inside would be pressed out; or VIOLENTLY ACUTE pain in the loins and lower bowels, with considerable discharge of blood, which is neither very bright red nor very dark coloured. Dose—One pilule every fourth hour.

CROCUS ʒ, is indispensable when the blood is BLACK AND IN CLOTS. Dose—One pilule every fourth hour. Generally speaking, both these medicines, in the above order, will be required.

AFTER MISCARRIAGE.

The exhaustion which follows miscarriage is generally very great; benefit will, however, be derived from the following remedies.

SECALE ʒ, is most useful when the discharge is subsiding, but is like discoloured water, and there is great prostration of strength. One pilule every fourth hour, for three or four days.

CHINA ʒ, is of the greatest service in restoring the enfeebled energies of the system after miscarriage, and will frequently be found advantageous when following the preceding. Dose—One pilule 3 times a day for several days.

DIET AND REGIMEN.—When, from delicacy of constitution, or a previous miscarriage, there is reason to apprehend its recurrence, every attention should be paid to maintain as vigorous a state of constitution as possible. The diet should be good and liberal, but restricted to the articles allowed under homœopathic treatment. Open air exercise should be taken, for two or three hours a day, if it can be done without fatigue. A hair mattress over a feather bed is the proper kind of bedding to sleep upon, and cold or tepid sponging made use of night and morning, whether in summer or winter. Sometimes a sitz bath should be conjoined with the sponging. The patient should sit in the bath, about half filled with water, for about three or four minutes, night and morning. Whilst in the bath, the water should be dashed upon the stomach and back, with the hand, or by means of a sponge. After the bath, the body should be rubbed with a strong rough towel, until the skin becomes red. When there are threatenings of miscarriage, the patient must strictly confine herself to the recumbent posture, even for weeks, should it be necessary, and especially after miscarriage has taken place, must she retain that position for at least several days. Along with the repose of the body here recommended, a quiet and tranquil state of mind should, as far as possible, be maintained. During the whole term of pregnancy hot drinks, especially hot tea, should be studiously avoided.

COMPLAINTS FOLLOWING CHILD-BIRTH.

EXCESSIVE PERSPIRATION.

Free perspiration is a natural attendant upon the child-birth state, and should not be interfered with unless it becomes excessive, when a pilule of Sambucus 3 may be taken night and morning, for two or three days. Also Mercurius and China in succession.

SORE NIPPLES

May often be prevented by bathing the nipples with spirit and water, twice a day, for two or three weeks before confinement. When, however, the nipples are already sore, apply a linen rag, dipped in Arnicated water (half a teaspoonful of Arnica to a wine glassful of water) to the breast, and over this a shield of wood, or what is even better, of bees-wax. The breast must be washed with tepid water before the infant is again put to it.

PAINS IN THE BREASTS.

When there are acute shooting, darting pains in the breasts,

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BELLADONNA 3, one pilule thrice a day, for three days, will be the suitable remedy, unless the pain should be of a less acute kind, when

PULSATILLA 3, will be preferable. Dose—one pilule thrice a day, for three days.

DEFICIENCY OF MILK.

The best remedies for this affection are CALCAREA 30 and PULSATILLA 30. One pilule of Calcarea every night, for a week, and then one of Pulsatilla every night for a week; and this course repeated several times, if needful.

DISEASES OF INFANTS.

SWELLING OF THE BACK OF THE HEAD.

More or less swelling of the skin at the back of the head is always observed immediately after birth, and unless it is considerable, it need not be interfered with. When, however, it is so large as to occasion uneasiness, it should be bathed a few times with Arnica and water—half a teaspoonful of Arnica to a cupful of water.

INFLAMMATION OF THE EYES IN INFANTS AND CHILDREN.

Infants sometimes have cold in the eyes and eyelids

almost immediately after birth. As soon as it is perceived, whether in infants or in children of more advanced age, the eyes should be bathed, night and morning, with the following lotion :—

ACONITUM 3, six pilules, or two drops of tincture, dissolved in a wine glassful of water.

This lotion may be used for three or four days, or until the redness and inflammation is much subdued. Sometimes there is much thick matter, of a whitish or yellowish colour, when

MERCURIUS SOLUBILIS 3, one pilule night and morning should be given for four or five days ; then

SULPHUR 30, one pilule night and morning, administered for a week or two, or until the completion of the cure.

AUXILIARY TREATMENT.—A compress of linen, dipped in the Aconite lotion, should be worn over the eyes in the night time, and the eyes may frequently be bathed with warm water during the day. Strong light should be excluded. The above treatment is equally applicable to adults.

WEEPING OR WATERY EYES

Require Euphrasia 3, a pilule night and morning for a few days ; then Spigelia, Petroleum, Calcareea, and Sulphur, in succession.

SPECKS, SPOTS, OR CLOUDS ON THE EYES.

These are the result of inflammation, and often remain a considerable time after the inflammation has ceased.

HEPAR 3, a pilule night and morning for several days; then

SULPHUR 30, in like manner. If these have not quite succeeded, give

CALCAREA 30, in the same manner.

COLD IN THE HEAD, AND OBSTRUCTION OF THE NOSE IN INFANTS.

Infants sometimes suffer great distress from obstruction of the nose, in consequence of cold.

NUX VOMICA 6; is the best remedy for this complaint, when the obstruction is dry, and is worse at night. One pilule may be given night and morning, for three days.

CHAMOMILLA 3, is required when there is a discharge, and that of a watery character. Dose—One pilule night and morning, for three or four days.

AUXILIARY TREATMENT. The nose should, at the same time, be smeared every night with cold cream, or tallow, and when there is apparently complete obstruction, the interior should be moistened with sweet oil or cream, by means of a feather or camel-hair pencil.

VOMITING OF MILK.

This may generally be cured by giving IPECACUANHA ʒ, one pilule every fourth hour, for two or three days.

FLATULENCE—WIND IN THE BOWELS

Is often the cause of much distress and pain to infants. To ease the immediate pain, hot flannel should be applied to the stomach, or the warm hand rubbed upon it, and then proceed to administer

ANISUM ʒ, a pilule every hour, for five or six hours; then, if not relieved,

CHAMOMILLA ʒ, one pilule every three hours, for two days; then

PULSATILLA ʒ, one pilule every fourth hour for the same time.

DIET. As this affection usually proceeds from some irregularity of diet, either on the part of the mother or infant, strict attention must be paid to the quality and quantity of the food.

HICCUP.

A few teaspoonfuls of Sugar and water will generally arrest this ailment. If not, Belladonna ʒ, and Ipecacuanha ʒ, may be given alternately, every half-hour, until it ceases.

COLIC—STOMACH-ACHE.

This complaint proceeds from flatulence, and is known under several names, as Windy Gripes, Colic Pains, Windy Colic.

TREATMENT. If the remedies prescribed for Flatulence have not succeeded, and the pains seem severe, give

COLOCYNTH 6, one pilule, or three globules, every time the pain returns, provided it is not more frequently than every third hour. Two or three doses will suffice for a cure, or failing, will shew that it is not the suitable remedy. In the latter case

NUX VOMICA 6, should be given, particularly when there is a confined state of the bowels and irritability of temper. Dose—One pilule every fourth hour for two days.

SLEEPLESSNESS OF INFANTS.

When this symptom occurs alone, or is the most prominent ailment, the remedy below will be found efficacious, especially if the nurse has not made coffee her usual beverage.

COFFEA CRUDA 3. One pilule every night; or, if there is much crying and nervousness during the day, one pilule three times a day.

THRUSH.

This disease consists of little white patches, resembling loose skin on the tongue, palate, throat, and sometimes, when severe, throughout the alimentary canal. It is peculiar to infants, and to the last stage of chronic diseases, so that it has been called by "old women," the first and last disease.

TREATMENT. BORAX 3, is generally the best remedy in this affection. One pilule may be given three times a day, for a week; at the same time the following local application should be made use of.

BORAX, ten grains of the 1st trituration, mixed with one tea-spoonful of Honey; of this preparation a small quantity, about the size of a pea, should be placed upon the tongue, night and morning, for a week.

MERCURIUS SOLUBILIS 3, should follow the preceding, after an interval of two days, if the disease is not quite cured. Dose—One pilule thrice a day, for a week.

SULPHURIC ACID 3, should follow the Mercurius, if necessary, leaving an interval of two days' cessation from medicine between them. Dose—One pilule night and morning for a week.

DIARRHŒA, PURGING OF INFANTS AND CHILDREN.

This is a frequent, and, therefore, an important disease of childhood. The symptoms are, frequent

and relaxed motions of various shades of green, and more or less slimy, accompanied with pain in the bowels, as evidenced by the child's cries, and by drawing up its legs upon the belly.

TREATMENT. Commence with **ACONITUM 3**, which is generally suitable at the beginning, especially if there is the least heat or dryness of the skin, or feverishness. Dose—One pilule every fourth hour, for twenty-four hours.

CHAMOMILLA 3, is an invaluable remedy in this disease. It may succeed the Aconitum, and is especially called for where there is excessive crying and restlessness, and other indications of suffering, such as drawing up of the legs. Dose—One pilule every fourth hour, for two or three days.

IPECACUANHA 3, is required when there is as much *vomiting* as purging. Dose—One pilule every third hour, for two days.

ARSENICUM 6, is required only when the infant has become *extremely weak*, so that it must lie down, and is *pale and languid*, then its value is inestimable. A pilule every third hour for some days.

DIET AND REGIMEN. The food of infants at the breast should be restricted to the breast food. When it occurs at the period of weaning, only one kind of food should be made use of, if possible, and that should be *cold*. The best food in this complaint for children of all ages, except those at the breast, is made in the following manner :

Tie up tightly a handful or two of flour in a cloth, and let it be boiled in water for three or four hours; then take it out, scrape off the outside, which will have become a little browned, and grate the white part to a powder. A teaspoonful of this powder, first mixed with a little cold milk, is to be added to a teacupful of boiling milk, and the whole allowed to boil for a minute or two. The preparation must be allowed to cool before it is drunk.

It is important that children in this complaint should be kept warm; for this purpose flannel should be worn upon the stomach; or if there is great pain, an oatmeal poultice, renewed thrice a day, should be worn upon the stomach, as long as the diarrhoea continues.

CONSTIPATION OF THE BOWELS OF INFANTS AND CHILDREN.

When costiveness occurs in children as the only, or the most prominent, derangement, the following remedies will suffice for its removal: premising that the immediate results which follow an aperient dose of the grosser medicines is not expected from these, nor is it desirable, since these are directed to cure costiveness, by restoring the natural action of the bowels; those to produce temporary purging, or diarrhoea, under the generally mistaken impression

that there is something to be carried off, a state of things which can only rarely be the case, as when very improper food, or noxious matters, have been taken. If such were really the case, the judicious homœopathic practitioner would, undoubtedly, make use of a mild aperient, generally Castor Oil, to remove the offending matter.

TREATMENT. Give a pilule of BRYONIA 3, every night, and one of NUX VOMICA 6, every morning, for three days. If, at the end of that time, there is an improvement, continue them as long as necessary. But if there should be no amendment, give one pilule of Opium 3, every night, and one of SULPHUR 30, every morning for three days, or longer if improvement is taking place, though slowly.

REGIMEN. When the infant's bowels have not been moved for upwards of twenty-four hours, and one or two doses of the above medicines have produced no effect, an injection of warm water, or a suppository of soap, should be made use of to remove all that requires immediate removal, and the above course of medicines continued. Morning and evening ablutions are of great service in this matter. .

TEETHING

Is a natural process, often attended by various maladies. Those only, however, which, in a mild

form, are likely to be the subjects of domestic treatment are here described.

Dribbling of the Saliva.—A profuse flow of saliva, constantly dribbling out of the mouth, is to be regarded rather as one of nature's safety-valves, than as a disease requiring to be arrested. When very excessive, give a pilule of

MERCURIUS every other night, for two weeks.

Feverishness.—This is one of the untoward accompaniments of teething, which should be subdued as quickly as possible. If the skin is hot, and rather dry; the child restless, uneasy, irritable, and sleepless; give

ACONITUM 3, one pilule every fourth hour, for twenty-four hours, or longer, if the child is improving.

Sleeplessness and Crossness requires COFFEA CRUDA 3, one pilule every fourth hour, for two or three days. If the nurse is accustomed to coffee, a most improper beverage when nursing, Coffea will not produce the desired sleep, and in this case

ACONITUM 3, one pilule every fourth hour, should be given for twenty-four hours; then

CHAMOMILLA 3, one pilule every fourth hour, for two or three days.

Nervousness.—When the child is alarmed at hearing anything fall to the ground, and when once alarmed is difficult to pacify; when it is restless, agitated, and cross,

CHAMOMILLA 3, will be the most appropriate re-

medy. Dose—One pilule every four hours, until better.

It will frequently happen that all the above symptoms exist together, viz., feverishness, sleeplessness, and nervousness; when the proper treatment will be, to give

ACONITUM 3, one pilule every fourth hour, for twenty-four or thirty hours; then

BELLADONNA 3, one pilule every fourth hour, for two or three days.

Diarrhœa.—So long as this symptom is only slight, during the cutting of teeth, it need not be attended to. When it becomes troublesome,

CHAMOMILLA 3, and BELLADONNA 3, one pilule of alternate medicines, every fourth hour, should be given for a few days; then, if it still continue, consult the article *Diarrhœa*, page 95.

Costiveness only rarely accompanies teething; when it does, the proper remedy will be a pilule of

NUX VOMICA 6, every other night, at bed-time, for a week.

WORMS.

Children are more frequently troubled with these parasites than adults. The symptoms are, picking and violently rubbing the nose; puffiness, and muddy or pallid colour of the complexion; a voracious appetite, alternating with no appetite at all; frequent pain

in the bowels, which are rather full and distended; offensiveness of the breath, and intolerable itching at the seat; and, sometimes, small worms in the evacuations. Children are only subject to "thread" and "round worms;" adults to "tape," "round," and "thread" worms.

TREATMENT. When it is suspected that worms are the cause of the child's illness, the following treatment may be adopted.

ACONITUM 3, one pilule night and morning, for four days; then, after an interval of one day,

CINA 3, one pilule night and morning may be taken for a week or ten days; at the end of that time,

SULPHUR 30, one pilule night and morning may be taken for a week or ten days, and lastly,

CALCAREA 30, one pilule every night may be administered for a week or two. The above plan rarely fails to free the child from these troublesome creatures, and restore it to health.

DIET. It is important that a free allowance of animal food should be taken where there is a disposition to, or suffering from; worms. Vegetables and fruit, especially when uncooked or raw, should be partaken of in small quantities. Salt is a condiment which may be freely allowed with the food, to great advantage. The stomach, or still better, the whole person should be plentifully laved with cold water, night and morning, and fresh air and regular exercise taken as indispensably requisite to obtain a cure.

Worms in adults require the same treatment, but will mostly require the aid of a physician.

CROUP

Is one of the most dangerous diseases of childhood, and, at the same time, one over which homœopathy has gained most signal triumphs. It is an inflammation of the lining membrane of the vocal part of the windpipe, which causes the secretion of a viscid fluid upon its surface. This viscid fluid concretes into a skin, technically termed a "false membrane." It is this false membrane, by diminishing the naturally narrow passage for air at this part, that endangers suffocation at every moment.

An attack of Croup usually begins in this wise:—in the course of apparently a common cold, attended with sneezing, running at the nose, slight cough, some degree of feverishness, and considerable hoarseness; the child utters a ringing or clangous-sounding cough, as if the cough came through a metal tube. The cough being an expiration, is followed by a dry, hissing, or crowing inspiration. These sounds become more loud and distinct, and the voice more hoarse and inaudible as the disease advances; but though difficult to describe, these signs are, after being once heard, easily recognised. In the course of the disease the child constantly applies its hand to the throat, throws the head back, and shews great anxiety and distress.

TREATMENT. Croup should never form the subject of domestic treatment, except in the unavoidable absence of medical aid. In the latter case, the catarrhal symptoms must, of course, as soon as observed, be treated as recommended under the article Catarrh, or Common Cold. By so doing it is possible to arrest an attack before it attains the definite form of croup.

ACONITUM 3, is the indispensable remedy when the inflammation has commenced, which is known by the pulse becoming quick, the skin hot and burning, the cough dry, and the breathing hurried. Dose—one pilule, either dry on the tongue, or dissolved in a spoonful of water, every hour for six hours, or longer if doing good.

SPONGIA 3, is required as soon as the cough is decidedly *clangous, rough, barking, or crowing*, that is, as soon as it is distinctly *croupy*. Dose—one pilule every hour, for three or four hours, or longer if doing good. —

HEPAR SULPHURIS 3, is required when the cough has the last-named characters, but is also *moist* from mucus in the throat. The mucus should be so abundant as to be heard rattling in the throat. Dose—the same as the Spongia. In general, the above medicines will be required in the above order, but sometimes it is difficult to determine which of the two last should have precedence; in this case the best plan is to give them alternately.

DIET AND REGIMEN. It is most important that the

air the patient breathes should be warm, and of an unchanging temperature. Toast and water, and barley water, will suffice for food in the inflammatory period. When this state is passed, and the patient can take it, beef or mutton tea will be proper.

AUXILIARY TREATMENT.—On first recognising the disease, a poultice should be applied to the throat, and renewed every fourth hour, and the little patient should sit in hot water from a quarter to half an hour, or longer, if necessary to produce perspiration; a shorter time than is sufficient to produce perspiration is of little use. The water need not be more than warm when first using it, but should be gradually increased in temperature, and also maintained at as high a temperature as can be borne, by the addition of fresh hot water from time to time, until the desired effect ensues.

HOOPING COUGH.

Hooping cough always commences as a common cold, but, in a short time, the violent convulsive kind of cough, the redness of the face accompanying the cough, and the adhesive ropy kind of expectoration which follows the cough, will help to distinguish it from that affection, even before the hoop has been heard. When, however, the complaint is accompanied by the characteristic hoop, it is unmistakable.

The coughing fit consists of a volley of sudden, vio-

lent, and short coughs, followed by a deep-drawn inspiration, during which the peculiar "hoop" is heard, While the paroxysm continues, the face reddens, swells, and becomes deeply red, the eyes protrude and are suffused with tears, and the expression and appearance of the sufferer are as if instant suffocation were impending and inevitable. On the contrary, as soon as tough ropy phlegm comes up, or vomiting takes place, the child runs about and appears as if nothing were the matter.

TREATMENT. The *first, or catarrhal stage*, requires to be treated as an ordinary cold (see Catarrh or Common Cold), until such time as some hooping cough symptom presents itself. In which case, according to the symptoms, some of the following will be required.

ACONITUM 3, should be given if there is fever, heat, and dryness of skin, at any time during the course of this disease; taking care to leave an interval of three or four hours between the last dose and that of the medicine which succeeds it. Dose—one pilule every third hour until the feverishness is removed.

BELLADONNA 3, is a most valuable remedy when there are headache, sore throat, and slight fever; when the cough has recently begun to be sudden and violent (spasmodic), and worse at night than during the day. In the natural course of the disease, it is generally required after the preceding. Dose—one pilule every three hours for two or three days, if doing good.

IPECACUANHA 3, is indispensable when there is free

vomiting of the contents of the stomach after the cough, accompanied or not by blueness of the face, much apparent suffocation, and abundant phlegm in the chest. Dose—as Belladonna.

Second, or Convulsive Stage.—As soon as the cough is attended with the peculiar *hoop*, the disease may be considered as fully established, and the second stage to have begun. . When this is the case,

DROSER 30, is the *proper medicine*. Dose—one pilule thrice a day, for three or four days, or longer if doing good.

CUPRUM ACETICUM 30, is required, if, after sufficient trial of the preceding, there is an increase in the severity of the symptoms, amounting to fits of coughing, attended with *transient loss of consciousness*, and suspension of breathing. Dose—one pilule every two hours, for twenty-four hours, and longer if improvement continues.

VERATRUM 30, is invaluable when the child has become *greatly enfeebled*, and there are *cold perspirations*, especially upon the face and forehead. Dose—one pilule every three hours for twenty-four hours, and longer if improving.

ARSENICUM 3, is also indicated, like the last, when there is extreme debility and exhaustion, so that the little patient must remain lying down. Administration same as the last.

The DECLINE of hooping cough is known, in the first instance, by the phlegm, which has hitherto been glairy

like the white of egg, becoming *opaque*, and perhaps more easily detached. The remedy, in this state, is

SULPHUR 30, a pilule thrice a day, as long as improvement goes on. But should fresh cold be taken, as is too often the case, some of the remedies already mentioned will be again required.

DIET AND REGIMEN. The strictest attention must be paid to diet in this complaint, especially to prevent too much food being taken. After the vomitings, the child often feels very hungry, and if not duly restrained, will eat too much. With the exception of solid animal food and milk, any light article of diet may be taken. Cream, however, mixed with water, &c., is as proper as milk is improper. Change of air is a remedy of proved advantage in this complaint, and should be resorted to when practicable. The fresh open air is also of great service, and should be freely taken for several hours in the day, when the patient's state admits of it. When, however, there is any fever, the child must be kept in doors, in a moderately warm room.

DISEASES OF THE DIGESTIVE ORGANS.

TOOTHACHE.

The following remedies are those most frequently required in this painful affection, and will be found, when appropriate to the case, to remove it as it were by magic.

ACONITUM 3, is occasionally required at the *commencement*, especially when there are *heat, redness of the cheeks, throbbing pain, quick pulse, and feverishness*. A pilule may be taken every half-hour, for two or three hours; if the pain is then relieved, persevere as long as it does good, only lengthening the intervals to two, three, four, or six hours, according to the improvement, but if, in two hours, there is no amendment, begin with the next medicine.

BELLADONNA 3, should succeed the preceding if unsuccessful, and especially when the cheeks are flushed and hot, the head aching, the throat sore, the pain *shooting upwards*, exquisitely sharp and severe, and the temporal arteries are beating violently. Administration, the same as Aconitum.

MERCURIUS 3, may follow the preceding if no relief has been experienced from it in two or three hours, and is especially indicated by pain that comes only at night, when in bed. Administration, same as Aconitum.

In cases where the above have each been tried for two hours, and have failed, a selection must be made from the two following.

NUX VOMICA 6, is indicated if the person, is of a dark or florid complexion; of a lively or hasty temperament, especially if such are accustomed to coffee and wine; the pain is worse on awaking in the morning, in the open air, and after intellectual labour. Administration, same as Aconite.

PULSATILLA 3, is to be preferred if the person is light complexioned, and of an uncomplaining, bland, and quiet disposition; also when the pain extends to the ear, and is relieved by cold water or cool air. Dose—the same as Aconitum.

DIET AND REGIMEN. It is most essential that the patient abstain from coffee and all stimulants, and avoid the cold damp air whilst suffering from tooth-ache.

SORE THROAT, OR QUINSEY,

Is an inflammation at the back of the throat, causing pain and difficulty in swallowing. On looking into the throat, it is observed to be of a bright red colour, contrasting strikingly with the natural pale pinkish hue of the adjoining parts. The voice is altered, and the tonsils are felt a little swollen and tender just below the ears.

TREATMENT. The first selection of a remedy will be between Aconitum and Belladonna.

ACONITUM 3, is preferable when there are, in addition to pain in the throat, and difficulty in swallowing, decided fever, *quick and strong pulse, heat and dryness of the skin, alternate heat and chills*. One pilule every third or fourth hour.

BELLADONNA 3, is to be selected when the pain in the throat is very sharp and pricking; when the fever, if any, is only slight; when, on looking into

the throat, the inflamed part is *bright red*, and when there is much headache. One pilule every third or fourth hour.

In case a difficulty should be found in deciding to which of these remedies the priority of selection is due, give *Aconitum* first, for twenty-four hours, and then *Belladonna* for the same time, or even for two or three days, if doing good.

MERCURIUS SOLUBILIS 3, is suitable after the above. Its special indications are, an abundance of viscid or tenacious saliva in the mouth, offensiveness of the breath, soft, swollen, or *foul* tongue, and spongy gums. The symptoms becoming worse at night, and the presence of profuse perspirations are also good indications for the employment of *Mercurius*, and so is a soft full habit of constitution. It is also the best remedy when the throat is ulcerated. Dose—One pilule every third or fourth hour.

LOCAL TREATMENT. Great advantage will be found from steaming the throat as long as it continues painful, in the following simple manner. Pour a little boiling water into a tea-pot, not so much as to cover the aperture leading to the spout, and draw up the steam into the throat. Repeat the operation several times a day. At night a warm water poultice (see page 51), or an oatmeal poultice, in a woollen stocking, should be applied round the throat, and secured as close to the root of the ears as possible.

MUMPS

Is an inflammation of the glands at the root of the ear, where they are felt swollen and tender. The treatment is precisely the same as for sore throat. (See Sore Throat.)

SORE MOUTH.

Red sore spots, and small white-looking ulcers, frequently affect the tongue, the gums, and the inside of the cheeks, which latter are also soft and swollen.

BELLADONNA 3 is the best remedy to begin with, especially when there is acute pain. A pilule every four hours.

MERCURIUS SOLUBILIS 3, is also an efficient remedy, particularly if there is much saliva in the mouth, and if the breath is very foul. A pilule every fourth hour.

These two remedies may frequently be given in alternation with each other, for the space of three or four days.

CARBO VEGETABILIS 30, a pilule night and morning should follow the above remedies, if they have not entirely removed the complaint.

GUM BOILS.

Gum boils are frequently indicative of disease in the fangs of the tooth near which they make their appearance.

MERCURIUS SOLUBILIS 3, a pilule in alternation with one of

ACONITUM every fourth hour, for three or four days, are the most efficient remedies to begin with. Afterwards the following course will be beneficial.

HEPAR SULPHURIS 30, one pilule night and morning, for a week. Then

SILICEA 30, in like manner, for a week. And lastly, SULPHUR 30, as the preceding.

LOCAL TREATMENT. A roasted fig is a good poultice when the boils are painful.

SORE NOSE.

The interior of the nose is tender, and near the entrance there are scabs covering small ulcers.

MERCURIUS SOLUBILIS 3, a pilule night and morning, for four or five days, followed by

HEPAR SULPHURIS 3, a pilule night and morning, for four or five days, will generally cure the milder forms of this complaint.

RED AND INFLAMED NOSE.

This is an unwelcome inflammation of the exterior of the nose, and requires

ACONITUM, a pilule thrice a day, for three days, and afterwards the treatment detailed for *Sore Nose*.

BAD, OR FETID BREATH.

CARBO VEGETABILIS 30, is the best remedy, when it proceeds from decayed teeth, or when it has a putrid odour, from whatever cause it may proceed. One pilule, night and morning, for a week or two, or longer if doing good.

MERCURIUS SOLUBILIS 3, is invaluable, when the fetor proceeds from a sore mouth. Administration, same as the last.

PULSATILLA 3, is the proper medicine when it proceeds from a deranged stomach occurring in persons of mild disposition and light complexion; but when these characters are reversed,

NUX VOMICA 6, is preferable. One pilule night and morning, for a week or two.

INDIGESTION.

The subject is a difficult one to do justice to in a work like this, but its frequency and importance demand for it a due consideration. When any one feels uneasiness about the stomach, and finds that eating is followed by disagreeable consequences, he becomes aware, though perhaps but little of a physician, that his digestion is out of order. I may here remark that the stomach lies immediately behind the depression, at the lower end of the breast bone, called the "pit of the stomach." It is endowed with an

unusual quantity of nerves, which impart to it an exquisite sensibility to all impressions, in fact, make it the medium of expression for most of the other organs of the body, the brain, the liver, the kidneys, &c., &c.; so that independently of its own peculiar ailments, it generally takes upon itself a sympathetic derangement whenever any other organ is affected. For instance, suppose that too much study has been forced upon the brain, or too much anxiety has been felt about business, the stomach is sure to be out of order; or suppose that there is disease in the kidneys, the stomach shews its sympathy by frequent sickness; it is the same when the liver, the womb, or any other organ is the seat of an ailment, the stomach invariably sympathises.

A FIT OF INDIGESTION,

Or temporary disorder of the stomach, as usually induced by eating too much, or by eating food of an indigestible quality, is often easily relieved by a cup of coffee. If this, however, fail, and there be great uneasiness of the stomach, with inclination to vomit, vomiting should be induced by tickling the throat with the point of the finger, or by means of a feather, and by drinking plentifully of warm water.

IPECACUANHA 3, is required when there is much spontaneous vomiting and sickness, with or without oppression of the breath. Dose—One pilule or three globules, every two hours, till the sickness abates.

PULSATILLA 3, is required after *Ipecacuanha*, when the vomiting has ceased, or in place of it when there is no vomiting, particularly when the derangement occurs to persons of light complexion, with whom rich and oily food is most apt to disagree. Dose—One pilule or three globules every third hour, until there is decided improvement.

NUX VOMICA 6, is, on the contrary, to be preferred to the last remedy if the person be of a dark or bilious complexion. Dose—One pilule every fourth hour.

The **DIET**, after a fit of indigestion, should, for two or three days be considerably less than the ordinary quantity, and restricted to the plainest kind. A tumblerful of cold water should be drunk the first thing in the morning, at bed time, and once or twice during the day, provided it is not within an hour before dinner or luncheon, or two hours after.

Night-mare may be designated a fit of indigestion occurring during sleep. Horrible dreams occupy the semi-conscious senses, or an imaginary load, or some fearful monster, from which we in vain struggle to escape—presses and weighs down the body. *Sleep-walking* is another mode in which a fit of indigestion may show itself; the person gets up out of bed, walks about, and does various things under the impulse of one absorbing and predominant idea.

The treatment for both these affections is the same as that recommended above, and in the next article. In both, the Diet is of the first importance. The

quantity of food partaken of at one time should be very moderate. As a rule, the person should desist before the stomach feels satisfied, and never eat late in the day. A tumblerful of water should be drunk just before going to bed.

INDIGESTION, OR DYSPEPSIA,

Correctly speaking, means an inability, on the part of the stomach, to digest the food properly. The earliest symptoms are, a failing or capricious appetite, uneasiness, fulness, or weight at the stomach after a meal; a foul tongue, sometimes indented by the teeth; costive bowels; and the disposition or spirits more or less different from what is natural. Particular derangements, such as heart-burn, water-brash, flatulence, acidity, &c., &c., will be treated of separately.

PULSATILLA 3, a pilule thrice a day, for four days, is one of the principal remedies for persons of a mild and uncomplaining disposition, with light complexion and light hair; for children and females generally; particularly when there is lowness of spirits, even to tears, after a meal, and the bowels are not much confined.

NUX VOMICA 6, is as valuable as the preceding, and is indicated when the person is of a dark or bilious complexion, or of a lively hasty temper; when the complaint has arisen from sedentary occupations,

mental exertion, study, or long watching, or from excess in the use of wine; or when there is costiveness of the bowels, piles, or even a disposition to piles. Dose—One pilule night and morning for four days.

BRYONIA 3, is a specific when there is a pain, or weight like a stone, at the pit of the stomach, after a meal, and at other times, in persons with constipated bowels, and in whom the temper has become obstinate and irascible upon the slightest provocation. Dose—One pilule thrice a day for a week.

ARSENICUM 6, is an admirable remedy against weakness of digestion, when it is accompanied by great debility, so as to induce one to lie down for rest frequently. It is especially suitable to elderly or feeble persons, or to those in whom there is a sinking or burning at the pit of the stomach. Dose—One pilule three times a day.

DIET AND REGIMEN. Irregularities in some one or more particulars connected with these are commonly the cause of indigestion; a due regard therefore to these matters is indispensable to a cure.

MIND. Foremost amongst the essentials for the restoration of a healthy digestion is a cheerful and tranquil state of mind. It is in vain to attempt to cure this most common of all complaints, as long as the mind is harrassed by care, or urged beyond its capacity in the discharge of duties, or weighed down by grief or sorrow. A strong effort should, therefore, be made by the dyspeptic sufferer to extricate himself

from these trammels, should any unfortunately exist ; he should strive to acquire a cheerful and contented tone of mind. If sudden fits of passion have preceded and been the cause of the derangement, watchfulness should be exercised to prevent their recurrence ; or if any depressing emotion, as fear, anger, disappointment, jealousy, &c., &c., has been busy with the mind, a change of residence and scene, where practicable, combined with a firm determination to throw off the depressing feeling, should immediately be put in execution. Or, lastly, if the constant wear and tear of business, with its vexations, anxieties, and responsibilities, have had a share in bringing about the derangement, some change which will free the mind from such thralldom must be attempted, as well as having recourse to remedies for the cure of their ill effects.

EATING. Happily it is not the error of the day to eat to the excess of gluttony, as in times of yore, nevertheless most men do eat far more than they require, far more than is necessary ; and, therefore, far more than is good for them. As a rule, any one suffering from indigestion should be restricted to less food than is customarily taken in health. Sometimes, although very rarely, the opposite plan is required.

The articles of food may be such as are allowed in the Homœopathic Dietary, and, as far as may be convenient, selected according to their quickness of digestibility. The following table, which shews the

time that each article of food requires for its solubility in the stomach, will prove useful if followed.

	H. M.		H. M.
Rice, boiled soft.....	1 0	Venison	1 35
Apples, sweet and ripe.	1 30	Oysters, stewed.....	3 30
Sago, boiled	1 45	Eggs, raw	2 3
Bread, stale	2 0	„ soft boiled.	3 0
Milk, boiled.....	2 0	„ hard boiled	3 30
Cabbage	2 0	Beef, roast or boiled ...	3 0
Baked Custard	2 45	„ salted.....	5 30
Parsnips, boiled.....	2 30	Mutton, roast or boiled	3 0
Potatoes, boiled	3 30	Veal, roasted.....	5 30
Turnips, boiled	3 30	Turkey.	2 30
Butter	3 30	Domestic Fowls.....	4 0
Oysters, raw	2 8		

By this table it is seen that venison (to which all other game is closely allied), rice, sago, and bread, are the kinds of food the most easily convertible into chyle, that is, digested.

DRINKING. Happily society is every year becoming more and more temperate in the use of stimulating liquors, but experience, as well as homœopathy, tells us that in indigestion not even moderation in these things can be tolerated—they are prohibited to the letter. Other liquids, as water, should be sparingly drunk at meal times, better when eating is over, than whilst eating. It is a good rule to drink a tumblerful of cold water first thing in the morning and last thing at night. About three or four hours after dinner is also a good time to drink a tumblerful.

THE COLD WATER BANDAGE is of immense service in indigestion, and should be worn at night by every one so suffering, provided they have sufficient reaction

of the skin to warm it. The following is its mode of application—a piece of calico, about three yards long, and a quarter wide, having been procured, so much as will go round the waist should be dipped in cold water and afterwards wrung out as dry as possible. The wet end should then be folded round the body, and the two folds of dry be wrapped over the wet. To be effectual and answer its intention, the chill experienced immediately on its application, should pass away in a minute or two, and before half-an-hour has elapsed a comfortable and agreeable warmth should be the result. The Sitz, or Hip Bath, too, is a most useful auxiliary, and should be used every night at bed time.

SMOKING is a habit greatly on the increase in the present day, and there cannot be a doubt that when used immoderately, especially immediately before or immediately after meals, it is injurious to digestion. The dyspeptic must, therefore, at least observe moderation.

IMPERFECT MASTICATION. This is another frequent cause of stomach derangement. People will persist in “bolting” their food before it is half chewed, and entrailing upon the stomach the duties of the teeth in addition to its own. The best known remedy for this practice, is to acquire a counter habit of slicing the food into shavings, by cutting it thinly across the grain. By this plan two ends are gained; the more complete preparation of the food for the teeth, and “time” between one morsel and the next, to chew and swallow each

properly. When this useful habit is once acquired, there will no longer be any fear of bolting the food. Those persons who have no teeth to chew with, should either have recourse to the dentist, or renounce solid flesh meat altogether, for the stomach is not able, for any length of time, to digest unmasticated animal food; moreover nature, by taking away, as she usually does in such cases, all desire for animal food, plainly shews us what is best to be done under such circumstances.

ACIDITY—HEARTBURN.

Acidity and heartburn are merely synonymous terms, for the latter is usually occasioned by the former. Sometimes the stomach will generate acidity whatever food is taken; but more frequently it is only certain kinds of food which favour acidity and heartburn.

CHAMOMILLA ʒ, is the best remedy for children, and for highly sensitive females, especially when in the case of the former, it is accompanied with dreams, restlessness, and twitching up the legs. Dose—one pilule every four hours, until the symptoms are removed.

NUX VOMICA AND PULSATILLA are also required by adults; the former by dark-complexioned bilious constitutions; the latter by light-complexioned and placid tempered persons. Dose—the same as Chamomilla.

ACIDUM SULPHURICUM 3, one or two pilules every ten minutes or quarter of an hour, will often afford relief from the severity of the pain ; or else a tea-spoonful of lemonade, or a drop of lemon juice in water, will be found to have the desired effect.

DIET AND REGIMEN. As this is only a species of indigestion, all the remarks on that head are applicable here. In addition, the patient should, while suffering from heartburn, drink freely of cold water, say two or three tumblerfuls ; he should be careful and abstemious in diet, and especially avoid those things which are known by experience to bring on the acidity.

FLATULENCE

Is one of the most constant, universal, and obstinate features of indigestion and acidity. It is amongst the earliest as well as the latest symptoms of indigestion ; that is, it is one of the first to come, and the last to depart. Distension and weight at the pit of the stomach, occasional eructations, and pains in the sides or about the breasts, almost always accompany flatulency.

CHAMOMILLA 3, is the remedy mostly required by children and sensitive females, especially at the periods of nursing and confinement. One pilule every three hours until better.

The medicines detailed in the article **Indigestion**

are also appropriate for flatulency—see page 113. In cases of long standing the two following will frequently be required.

LYCOPodium 30, a pilule night and morning for ten days; then

CARBO VEGETABILIS 30, in like manner, for ten days.

COSTIVENESS.

A movement of the bowels ought to take place once a day, and about the same time each day. It is therefore of the first importance, both in health and out of health, that the attempt should always be made at a certain fixed hour each day. The best time is immediately after breakfast; but this is not so essential as keeping up the practice of frequenting the closet at a corresponding hour each day. Whilst the importance of this regularity is generally admitted, it is not sufficiently known that more evacuations than one a day are, for many reasons, undesirable.

Many persons fancy they are suffering from costiveness when, in reality, they are only paying the penalty incurred by neglecting to attend to the calls of nature. If, in that state, an aperient is taken, and irregularity of habit becomes the rule instead of the exception, we have a true explanation of the cause of costiveness or confined bowels in the majority of instances. It is better to wait three or four days, making

an attempt each morning, than to have recourse to an enema; and better to be satisfied with the smallest success by means of the enema, than to have recourse to an aperient. When the result of frequent attempts is the voiding of only the smallest quantity, there is every prospect, that with patience, the bowels will come right again.

It cannot be too generally known that the evacuations from the bowels are not the residue of the food eaten, but that nearly the whole of the latter is absorbed into the system after being digested; that the *faeces* are *sweated* as it were into the bowels, as perspiration is from the skin, at first in a fluid state, becoming, by the reabsorption of the more fluid portions as they pass along the bowels, more and more solid, until they arrive at the lower intestine, when they usually attain, once in twenty-four hours, sufficient consistency to be expelled. Should expulsion be delayed beyond this time, the consistency increases in hardness, and the difficulty of evacuating becomes greater.

From the above remarks it will be evident that an unnaturally small motion, day after day, denotes diminished secretion *into* the bowels, and requires medical assistance; on the other hand, that unnaturally hard or large motions, for the most part only require greater attention to regularity of habit.

TREATMENT. The medicines are arranged alphabetically, and must be selected according as they severally suit the respective cases.

BRYONIA 3, is suited to those cases in which the complaint has caused the disposition to be unusually irascible upon the slightest provocation. Dose—one pilule (or three globules) night and morning for three or four days.

IGNATIA 3, is most appropriate to persons of a mild and amiable disposition, with variable spirits, at one time all vivacity, and at another all sadness. Dose—one pilule night and morning for a week.

NUX VOMICA 6, from its applicability to so many constitutions, is one of the most important remedies for costiveness. It is suited to impatient, hasty, vehement tempers; to the high liver, and to such as are accustomed to much wine; to those suffering from, or disposed to, attacks of piles. It is further valuable when there is looseness of the bowels at one time and costiveness at another, and when a disordered stomach is the cause, or even the accompaniment of costiveness. Any one of these symptoms would suffice for its selection, but where all are present, there need be no doubt as to its propriety. Dose—one pilule every night for a week or ten days. Frequently it is a good practice, when Nux Vomica is appropriate, to take Nux Vomica at night, and Sulphur 30 every morning for a week, or until the desired effect shall have been produced.

OPIMUM 3, is a most valuable remedy for the milder kinds of constipation, that is, when torpor or inactivity of the constitution, and more particularly of the bowels, is the cause of constipation, and when there is

no inclination to go to the closet. Still more valuable is it if there is a sensation as though the lower bowels were closed, and the general feeling is that of drowsiness, heaviness, and disinclination to exertion. Dose—one pilule every four or six hours for one or two days. Sometimes, when the bowels are naturally slow and stubborn, it has been found an excellent plan to begin with a dose of Opium, say at noon, to be succeeded by one of Nux Vomica at night, and one of Sulphur next morning. This course may be repeated on alternate days, for a week or ten days; but as this plan involves the use of three medicines in one day, it should only be resorted to when one or more medicines have been tried singly.

DIET AND REGIMEN. The diet of persons who are disposed to costiveness should be easy of digestion, bulky, and such as is known to favour a relaxed state of the bowels. Oatmeal porridge, with sugar or treacle, may be taken either for breakfast or supper. Bread made of the best unsifted flour, and oatmeal cakes, are also excellent. Tender, well boiled vegetables of all kinds allowed in the Dietary are suitable; and ripe fruits, such as grapes, gooseberries, strawberries, &c., as also dried and preserved or cooked fruits, such as figs, raisins, French plums, &c., provided these articles do not disagree with the stomach, and are not taken too freely at one time.

As a beverage, in costiveness, particularly in the spring of the year, buttermilk is one which may be

taken unsparingly, by those with whom it agrees. A tumblerful of cold water should also be drunk immediately after rising in a morning, and just before going to bed at night. One or two of the appliances of hydropathy are also most admirable auxiliaries in this complaint. The first is the cold water bandage, which should be worn round the waist every night as long as required, and in the manner directed at page 119.

The Hip Bath too should be used for five minutes, every night and morning, until the tendency to costiveness is removed.

THE LAVEMENT. Many persons are in the habit of using an injection as a daily means of relieving the bowels; others have recourse to it frequently upon the slightest apprehension of difficulty; both are abuses of a useful mode of relieving the bowels when constipation is painfully obstinate. But when costiveness has existed some days, giving rise to headache, feverishness, or hardness and fulness of the bowels, or other equally distressing symptoms, and one or two doses of a medicine selected have not at once had the desired effect, the enema may be used as a means of relief with great propriety. The lavement should consist, in all cases of domestic practice, simply of a pint of tepid water; all admixtures with salt, or oil, or soap, &c., are improper. As the mode of using it materially influences its effectiveness, it is recommended to inject *slowly* and *gently* with great care and patience.

EXERCISE, or bodily activity, is absolutely requisite

to enable the bowels to perform their various functions, and especially the one now under consideration. Where there is no necessity for labour or occupation, (the state to which we were designed,) we should make a strenuous effort, as a duty, to take the amount of exercise the body requires for health. That amount will vary according to the more or less active nature of the constitution, but it is not far from the truth when we fix from two to six hours as the minimum of indispensable exercise which every person, both male and female, not incapacitated, should take.

BILIOUS ATTACKS. SICK HEADACHE.

Many persons suffer from these attacks at regular periods; others have them at longer or shorter intervals; but generally once a month may be said to be the period at which they most frequently recur. Headache and sickness are the two principal symptoms; besides which, there are nausea, pain and oppression at the stomach, griping, with, sometimes, bilious purging from the bowels; but the most prominent symptom is, the almost incessant retching and vomiting; first, of clear water, if the stomach be empty, or of food, and afterwards of pure yellow or greenish bile. Each attack lasts from twenty-four to thirty-six, rarely forty-eight hours, or longer.

CREOSOTUM 3, should commence the treatment from

the first symptoms of nausea and sickness, and be continued for six hours. If improvement follows, it may be continued longer; if not, select from among the following. Dose—one pilule or three globules every hour.

CHAMOMILLA 3, is required if vexation, anger, or mental annoyance of any kind has been the cause of the attack, in which case it may take precedence of every other remedy. Dose—one pilule every hour for eight or twelve hours.

NUX VOMICA 6, may succeed Creosotum when the person is of a dark bilious complexion, is troubled with confined bowels, and is usually irritable and impatient in temper during the attack. Dose—one pilule every two hours, for twelve or twenty-four hours.

PULSATILLA 3, is preferable to the last, when the patient is disposed to bear the sickness uncomplainingly, and the attack has been brought on by eating rich, fat food. Dose—as the preceding.

ARSENICUM 30, is required in the course of the attack, when there is such prostration of strength that the patient is unable to move about, or sit up. Dose—one pilule every two hours for twenty-four hours, or longer.

ACONITUM 3, must take precedence of other remedies when the headache is the most distressing feature of the attack, when the pain is pulsating and violent, the face flushed, and there is feverish heat and thirst.

Dose—one pilule every hour, as long as these symptoms predominate.

DIET AND REGIMEN. Encourage the vomiting, in the first instance by drinking freely of warm water; when, however, the stomach has been emptied, endeavour to allay the sickness by drinking mouthfuls of cold water from time to time. Cold weak black tea and dry toast may also be taken; but as the stomach requires rest, no other food until the vomiting ceases, and then only the mildest kind, such as gruel, for a day or two.

NAUSEA AND VOMITING.

If the vomiting proceed from an over-loading of the stomach, or from having partaken of some food which does not agree with the stomach, it is only necessary to encourage or facilitate the vomiting by draughts of warm water, or by tickling the throat with the soft end of a feather.

IPECACUANHA 3, should be given when the vomiting continues too long—a drop in cold water every hour.

ANTIMONIUM TARTARICUM 3, is necessary when the tongue is very foul and the digestion much disturbed by the food which has been taken—a pilule every three hours.

ARNICA 3, will be required if the vomiting arise from a fall or other injury.

NUX VOMICA 6, if spirituous liquors or indigestion is the cause.

ACONITUM 3, if there is blood amongst the matter voided.

ARSENICUM 3, for severe forms of vomiting, proceeding from disease of the stomach.

If fright, fear, anger, or other mental emotions are the cause—see **Mental Disorders**.

ASIATIC CHOLERA. CHOLERA ASIATICA.

When this fearful epidemic first made its appearance, it was supposed to be the well-known English cholera in a more intense form. It differs, however, from it, inasmuch as bile is invariably present in the evacuations in English cholera, and as invariably absent in the true Asiatic. The latter moreover possesses a positive indication in its peculiar *rice-water* evacuations. Both the fluid ejected from the stomach and that passed by the bowels has the same *rice-water* appearance.

This disease is undoubtedly epidemic, that is, it prevails in the atmosphere of a locality, spreading from place to place, and usually following the course of rivers and damp low-lying situations. It may be considered to be contagious, that is, communicable from one person to another; but then it is only the debilitated or depressed upon whom it can seize. Strong well-fed people resist its attacks, unless addicted to the

immoderate use of spirits. It may, then, be easily inferred from these facts, how necessary it is during the prevalence of cholera to arrest all debilitating disorders, such as relaxation of the bowels, as quickly as possible.

The attack begins mostly in the morning; the patient feels faint and languid, there is uneasiness in the stomach and bowels, then suddenly vomiting and diarrhoea take place, *rice-water* discharges are passed, the strength is prostrated, violent spasms seize upon the legs and around the navel, the patient often writhes in agony, and may require several persons to hold him; the face becomes of a ghastly leaden hue, the eyes are hollow; the whole body, face, and eyes are considerably shrunken in size; coldness prevails all over the body, even the breath is cold; the skin is shrivelled, cold, and of a lead colour; the nails are blue; the pulse grows weaker and weaker, at length it cannot be felt at the wrists—it may, however, still be perceived at the heart. The thirst is intense; the voice is shrill and peculiar; there is no urine; the mind is conscious, but blunted.

Sometimes the attack is unattended by either vomiting or purging, but the other symptoms are present, and the patient seems as if at once “struck with death.”

TREATMENT. *First Stage.* CAMPHOR is indispensable in the first or cold stage. A drop on lump sugar, or in cold water, may be given every five or ten

minutes. The patient should be wrapped in blankets, and placed on a sofa near a large fire; a screen will serve to protect the face from any excess of heat. Portions of the body should be successively uncovered, sponged with cold water, and quickly dried with a towel. This is a most effectual mode of restoring warmth, and is confidently recommended. Cold water is also the best beverage with which to allay the thirst, and may be allowed in unlimited quantities. When warmth is restored and perspiration breaks out, the patient may be removed from the sofa to a bed, and there he should remain until every sign of the disease has disappeared. A relapse is greatly to be feared.

ACONITUM 3, is required when headache, or any other sign of excitement attends the reaction which succeeds to the cold stage.

Second Stage. The stage of cramps with other symptoms of the fully developed disease—

CUPRUM 3. When there are spasms, convulsive twitching of the limbs, spasmodic colic pains, vomiting and purging. A drop of the tincture every quarter of an hour.

VERATRUM 3. When a *cold clammy perspiration* is a marked symptom amongst others in this disease. Dose as the preceding. It may be given in alternation with Cuprum or Arsenicum, or alone if the cold perspiration is the chief symptom.

ARSENICUM 3. When burning pains, thirst, and

prostration of strength are the predominant characters of the seizure. Administration same as the preceding.

Third Stage. Stage of Collapse. When the disease has gone on unchecked for a few hours, the powers of life seem almost exhausted. There is no pulse; the skin is cold and lead coloured; the eyes are sunk deeply in their sockets; the breath is cold; there is a stupidity or insensibility of mind, without actual unconsciousness.

ARSENICUM 3, is again suitable in this stage, as it is applicable to the entire prostration, the colliquative purging, the thirst and burning heat.

CARBO VEGETABILIS 3, is required for the state of collapse, the threatened asphyxia, and particularly for the blue venous colour of the skin and face. Dose— A drop of tincture on lump sugar, or in a spoonful of water every quarter of an hour, either alone, or if indicated, in alternation with Arsenicum.

VERATRUM and SECALE may also be required in this stage. It continues but for a few hours, and terminates in amendment or death.

PREVENTION. Every one in times of cholera should be provided with a bottle of Camphor, Veratrum, and Cuprum. The Camphor in case of a seizure, as directed above. The Veratrum and Cuprum as preventives, by taking a dose of one or the other every third or fourth day.

The mind and body should as far as possible be

kept in a state of cheerful activity. The mind above all things should be kept free from alarm.*

The mode of living should be good, wholesome, and nourishing, taking care to avoid excesses, especially in stimulating liquors. Damp and ill-drained situations, being undoubtedly pernicious, should be avoided, fruit and green vegetables are not recommended. but a flannel binder may, with great advantage, be worn round the body. These measures and a firm reliance, in case of an attack, upon the means which a merciful Providence has placed at our disposal, are the best preventives.

ENGLISH CHOLERA—CHOLERA MORBUS.

This complaint usually occurs during the hot weather of summer or autumn, from eating fruit, vegetables, or other food or drinks which disagree. Amongst children it is often caused by teething, errors in diet and checked eruptions, or perspiration, during a prevalence of hot weather.

DISTINCTIVE FEATURES. It resembles Asiatic cholera in some respects, but is thus distinguished from it—the evacuations from the bowels consist at first of the

* An Eastern tale illustrates this fact so well that we venture to reproduce it. A spirit from another world met the destroying angel coming out of Egypt, and enquired whence he came. The latter replied that he had been to Egypt, to inflict the cholera upon 2,000, but unfortunately 20,000 took alarm and died.

natural fæces, afterwards of liquid motions of greenish or yellowish bile. The vomitings are in the first place the natural contents of the stomach, and afterwards bilious. In Asiatic cholera, on the other hand, the vomitings and the fluid from the bowels are known by that peculiar appearance so well expressed by the term *rice water* evacuations.

TREATMENT. **ACONITUM 3,** will be the first remedy required especially if heat, pain, or febrile excitement to any amount are present. If they are quite absent or have disappeared under the influence of Aconitum, then select from the following :

IPECACUANHA 3. When simple vomiting and diarrhoea are the chief and almost the only symptoms. A pilule every hour, for a few hours.

ARSENICUM 3, may take the place of Ipecacuanha if the vomiting becomes a violent retching, with the ejection of scanty bilious fluid, and the diarrhoea incessant, watery, and exhausting, with restlessness, and anxiety.

VERATRUM 3, is especially useful where there are cold perspirations, and cramps in the calves of the legs. It may be alternated with Arsenicum. A pilule of alternate medicine every hour, lengthening the interval as improvement takes place.

MERCURIUS COR. 3, is required when there is the least tinge of blood in the motions, and also when there is severe colic or ineffectual strainings.

AUXILIARY TREATMENT. Even in mild cases it is

wisdom for the patient to take to his bed and remain there until well. A flannel binder should be worn around the bowels as long as the attack continues. Cold water may be drunk as freely as the patient requires it which is often every two or three minutes.

DIARRHŒA. BOWEL COMPLAINT.

The nature of this complaint speaks for itself; the evacuations in health have shape and consistency, but in diarrhœa they are of every colour and of every consistency. Various causes produce the complaint, such as mental emotions, fear, anger, improper food, or more frequently proper food taken improperly, such as cold things when the body is hot, and also exposure to sudden vicissitudes of temperature.

TREATMENT. ACONITUM 3, is generally required in the first instance, especially when there is thirst & feverishness, and acute pain in the bowels. Dose—One pilule every three hours, for twenty-four hours, longer if doing good.

But if there should be great shivering, chilliness, and cold creeping of the skin—

CAMPHORA ϕ , should precede the Aconitum. Dose—One pilule every hour, until the cold feelings disappear.

CHAMOMILLA 3, is an invaluable remedy to follow either of the preceding, when anger has been the

cause, or when the motions are yellowish or darkish green, indicating bile; and when there is extreme sensitiveness to pain or annoyances, and peevish temper. Dose—One pilule every three hours, for twenty-four or forty-eight hours.

CHINA 3, is a specific remedy for autumnal diarrhoea proceeding from the heat of the weather and eating fruit, provided the evacuations are frothy and like *barm* in colour and consistency. Dose—One pilule every three hours, until cured.

MERCURIUS SOLUBILIS 3, will be the appropriate remedy when the motions consist almost entirely of *skime*. Dose—One pilule every three hours for two days, or longer if improving.

ARSENICUM 3, is required before all other medicines, when the evacuations are watery, and are followed by a feeling of great exhaustion, and the patient is so weak that he is compelled to lie down. Dose—One pilule every four hours.

DIET AND REGIMEN. So long as the relaxed state of the bowels continues, every article of diet must be quite cold, and the smaller the quantity of food taken the better. The best kind of food is that recommended at page 96. Rice boiled in milk, boiled milk and bread, are also good, provided they are allowed to grow cool after boiling. Tea and coffee are the most objectionable beverages in this complaint, and therefore wholly prohibited.

PILES

Are small tumours, sometimes outside, and sometimes within, the orifice of the lower bowel; they are named according to their situation, external or internal piles. They vary in number, from one little exquisitely painful swelling, to numbers clustering together like a bunch of grapes. The pain is like the pricking of fine needles, or else burning, stinging and smarting. Blood is usually passed when at stool, sometimes only in drops, at other times in considerable and even alarming quantities. When recent they will quickly yield to the treatment recommended below, but otherwise they will require the experienced aid of the physician.

The causes which produce an attack of piles are well known, and should be carefully avoided by those who are liable to such attacks. They are, indulgence in heating and stimulating food, ardent spirits, and other intoxicating drinks, sitting on cold stones, or habitually on soft or warm cushions; constipation, and violent purgatives. The sedentary nature of some employments, as of those engaged at the desk, is also a frequent cause.

TREATMENT. ACONITUM 3, is often required to begin with, especially if there is violent heat and inflammation in the part. Dose—One pilule every three hours, for twenty-four or thirty-six hours.

Much benefit and comfort may be derived, when the piles are in this state, from sitting, for several minutes at a time, in hot water.

NUX VOMICA 6, and SULPHUR 30, may generally be given alternately in this complaint, and will often suffice for its cure—a pilule of one or other medicine should be taken every fourth hour, for three or four days. They are suitable to those who lead a sedentary life, partake of stimulating food, are liable to costiveness, and are of a sanguine-bilious, or sanguine-melancholic temperament.

ARSENICUM 3, is indispensable when there is much burning in the piles, or discharge of scalding blood, and especially when there is great prostration of strength. Dose—One pilule every four hours, until these symptoms disappear.

LOCAL TREATMENT. The greatest comfort will be found, when the piles are external, by applying cotton wool to the part; it requires no bandage to keep it in its place, and can be renewed as often as required. The patient should also, twice or thrice a day, first sit in hot water, for five or ten minutes; then in cold water, for five or six minutes.

The DIET should be abstemiously moderate, and of the mildest kind. Coffee, and all stimulating beverages, peppers, spices, and animal food should be studiously avoided, until the complaint is removed.

DYSENTERY—BLOODY FLUX,

Is readily distinguished from all other forms of bowel complaint by the character of the evacuations. These consist of mucus tinged with various proportions of blood, or sometimes the blood is so abundant that the mucus is not visible. The natural bilious coloured motions are, after the first few hours, entirely absent. They are not in fact in the bowels; their secretion into the bowels is suspended. The colic or spasm attending this complaint is violent and twisting, it is called "tormina." There is also a constant straining or desire to evacuate the bowels—"tenesmus." The complaint, moreover, is ushered in with considerable fever.

The causes are chills striking the surface of the body when the pores are open; infection; sudden change from hot and dry to wet weather; drinking cold water when over heated; unripe fruit, &c.

ACONITUM and MERCURIUS CORROSIVUS are almost specifics in this disease.

ACONITUM 3, is indispensable to remove the fever which generally attends the first aggression of the disease. As part of the fever, there are aching pains in the back and limbs resembling rheumatism, heat of the skin, thirst, headache and foul tongue. A pilule every hour, until the fever abates.

MERC. COR. 3, should follow Aconite as soon as the fever is subdued. It is applicable to the violent tor-

mina, the tenesmus, and the blood coloured evacuations. A pilule may be given every hour until the disease is cured.*

COLOCYNTH 6, may sometimes be required, it corresponds to the violent colic, when accompanied by green bilious motions with very little blood. A pilule every hour, for five or six hours.

DIET. The best food the patient can take is bread and milk boiled and allowed to cool before it is taken. Cold water may be allowed as a drink. While the patient is confined to bed, a flannel cloth wrung out of hot water should be applied to the stomach, and renewed from time to time.

* A gentleman while travelling in Italy was seized without any apparent cause with diarrhoea, and the signs of severe fever. In the afternoon he had cold shiverings, headache, bruised pains in the back and limbs with relaxed bowels. For these the following was prescribed:—Aconitum ʒ, three drops, water, three ounces; of this solution a tablespoonful to be taken every hour. In the evening the febrile symptoms had increased, the diarrhoea was become dysentery. A small quantity of mucus intimately mixed with blood was voided every ten or fifteen minutes. The solution of Aconite was continued. During the night, in the short sleeps which the complaint permitted, the patient was delirious; but towards morning a profuse perspiration broke out. At 8 a.m. the fever was comparatively subdued, but the dysenteric state continued with great severity. Merc. Cor. ʒ, three drops, water three ounces, a tablespoonful every hour, with bread and milk for breakfast. The dysentery rapidly subsided during the day, and after a tranquil night, the patient was able to resume his journey the next morning.

SPASMS, OR CRAMP OF THE STOMACH.
GASTRALGIA.

This is a violent and sudden seizure of pain at the pit of the stomach. The patient can only with difficulty draw his breath. He is impelled to stoop forward, and to rub or beat the pit of the stomach with his hand. Eructations give some, but not complete relief. The causes are various, and, when recent, usually known to the sufferer. When of long standing, or proceeding from a gouty tendency, it is difficult to cure.

NUX VOMICA 6, is most frequently required and will often suffice in a single dose to cure; especially if the attack proceed from excess in the use of coffee, or ardent spirits, or from violent mental emotions, or overstudy; when there are vehemence and impatience of temper, indigestion, suppressed piles, &c., or excess of menstruation in highly sensitive females. A pilule every hour, for two or three hours; but if the complaint is of long standing, the medicine should be of the 30th dilution, and not more frequently than night and morning.

CHAMOMILLA 3, is required when the patient is exceedingly restless, unable to bear the pain, and in consequence tosses about and cries. A pilule every half hour, for two or three hours.

BELLADONNA 3, may be requisite in a case similar to the last, if there is also distress so violent that the

patient almost loses his senses, or is delirious ; or if there is some degree of febrile excitement.

PULSATILA 3, is suitable when the patient bears the pain uncomplainingly ; when it is caused by overloading the stomach, or too long fasting ; when in the case of females there is insufficient menstruation.

IGNATIA 3, is the most appropriate remedy when grief has been the cause, or when the patient is too easily affected in spirits, readily depressed or elevated.

CHINA 3, is suitable when besides the pain there is great weakness from nursing, from loss of blood or excess of any secretion.

PLATINA 6, for sensitive females at the monthly period.

AUXILIARY TREATMENT. Considerable relief will be found in the application of a bag of hot salt, or hot bran, or flannel wrung out of hot water ; steady friction with the warm hand upon the pit of the stomach will also be useful.

**COLIC. SPASM OF THE BOWELS. STOMACH ACHE,
GRIPES.**

This is a well known severe griping pain in the bowels, chiefly around the navel, attended with flatulent distension, drawing up of the knees, and usually

relieved by strong pressure upon the part. It is occasioned by cold, errors of diet, &c.

COLOCYNTH 6, is the principal remedy; it corresponds to the severest as well as to the milder forms of the complaint; its indications are violent pain at the navel, causing the patient to double himself up, so as to make great pressure upon the painful part. The pain is not usually constant, but comes in paroxysms. Administration—A pilule every time the pain returns with great violence, for two or three times. If no relief follows in that time, it may be inferred that it is not suitable. Generally it will be advisable to precede its use by a few doses of Aconite.*

ACONITUM 3, is frequently necessary either alone, when there is much febrile excitement, or in alternation with the preceding. A pilule every half hour, for two or three hours.

BELLADONNA is requisite when the pain is so violent as almost to deprive the patient of his senses, or to cause delirious rambling or talking; when there are heat and throbbing of blood to the head, with flushed

* A young man had suffered, for two or three hours, from colic, when visited by the writer. He was lying with his knees drawn close up to his chin, his face was pale, bedewed with cold perspiration and expressive of great anxiety. He complained of severe pain around the navel, which, while it never entirely left him, returned from time to time with unbearable violence. A dose of Colocynth was put upon his tongue, and in about five minutes, while the writer remained with him, the pain entirely ceased. There remained only the weakness to be removed.

face. A pilule every half hour, for two or three hours.*

NUX VOMICA 3, is suitable in many kinds of colic, particularly when there are constipation, a marked bilious condition in a bilious or bilio-nervous temperament, impatience of temper, occipital headache, and pains in the loins, bearing down of the bladder, or rectum.

In the milder or longer continued forms of colic, a choice should rather be made from the following—

BRYONIA 3. When besides fulness and distension of the bowels, there are sharp stitching pains in the sides of the bowels, and irascibility of temper.

CARBO VEGETABILIS 30. When the pains and flatulence have been of long continuance, especially if the eructations are also in any degree offensive or putrid. A pilule night and morning.

* A lady, who had for some time over-indulged in eating, was seized in the night with violent pain in the bowels. So violent was the pain, that she was unable to remain quiet for a moment; her knees were drawn up, she threw herself violently about in the bed; her manner appeared wild and frantic, but she gave correct replies in a hurried tone to all questions, whenever the paroxysms of pain permitted her to speak. A dose or two of Colocynth was given without any benefit, then the following: Belladonna 8, three drops, water three ounces, a teaspoonful every five minutes. In about fifteen or twenty minutes there was more quietness, and by degrees the pain entirely ceased, and tranquil sleep followed. In the morning she had no recollection of anything she had said or done during the attack.

LYCOPodium 30, is equally valuable; it is deserving of trial in all cases of flatulent colic.

AUXILIARY TREATMENT. In slight attacks from indigestion, a cup of coffee will often suffice to relieve. During the violent paroxysms of colic, hot applications will be useful. A hot water bath in which nearly the whole of the body can be immersed is the best. Hot bricks, bottles of hot water, hot irons wrapped in flannel are all useful, but when a right choice of a remedy is made they will seldom be required. Those who are subject to frequent attacks of this complaint should always wear a piece of flannel around the stomach, and be careful to have the feet well protected from damp.

ITCHING AT THE ANUS—PRURITUS ANI.

A remedy for this troublesome complaint will be found amongst the following—

Nux Vomica 6. When the itching is accompanied by piles or constipation, or when it is caused by stimulents, sedentary occupations, or over-study. A pilule three times a day.

ACONITUM 3. When worms are the cause; or when there is much inflammatory heat and burning in the part. A pilule night and morning.

A course of **SULPHUR 30**, **CALCAREA 30**, **CARBO VEGETABILIS 30**, and **SILICEA 30**, may also be taken with

advantage. Each medicine should be taken for a week. A pilule night and morning.

AUXILIARY TREATMENT. Frequent washing of the part, with alternately hot and cold water, should be had recourse to, and will be found of the greatest service. Sometimes it may be advisable to smear the part with cold cream, or if there is simply rawness of surface, dusting with violet or starch powder will be advisable. When the ailment extends into the interior of the bowels, injections of cold water will be found serviceable.

HEADACHES

Are of such various kinds, and dependant upon so many causes that we think it the best plan to advise the sufferer to select from the following the remedy which corresponds the nearest to his case. The medicines are placed in alphabetical order.

ACONITUM 3, is required when there is great heat and sense of fulness in the head, increased by moving about, thinking, or any exertion of mind or body; when the head and face are hot, and the latter redder than usual; when there is violent beating in the head, and when the pulse is quick and full. These symptoms denote too great a flow of blood to the head, for which Aconitum is a specific. Another indication is, that cold water gives relief to the pain, and when such is the case, it is proper to have recourse to it

frequently. Dose—One pilule every hour, or every two or three hours, according to its severity, until the above symptoms disappear.

BELLADONNA ʒ, is the especial remedy for most acutely severe pain, which the slightest movement, breath of cold air, or exposure to the light, renders insupportable. The pain is always shooting or darting from one part of the head to another, never fixed. Dose—One pilule every three hours, for two or three days, if doing good; Belladonna, when suitable, seldom fails to produce an amendment in two or three hours.

CHAMOMILLA ʒ, is appropriate when the headache is so severe that the pain cannot be endured; (in this respect it resembles the Belladonna headache;) when it is worse during sleep, and abates on waking up; when coffee has brought it on, or aggravates it; (in this respect it resembles a Nux headache;) and lastly and principally when it causes a highly sensitive state, so that the sufferer can neither do, say, nor bear, anything with comfort. Dose—One pilule every three hours, as long as improvement is taking place.

BRYONIA ʒ, is applicable to headaches in which irascibility of temper, or a capricious contradictory humour, is an obvious accompaniment; when the pain is as if the head would burst; or conversely, as if it would be pressed in by the weight upon it; and lastly, when there is constipation, and a feeling of coldness, and chilliness of the body. Dose—One pilule every four hours.

IGNATEA 3, is an excellent remedy for headaches, occasioned by *grief, or any mental suffering*, and in the case of those persons whose natural disposition is alternately joyful and sad. Dose—One pilule every four hours.

NUX VOMICA 3, is the remedy when the headache has been occasioned, or is increased, by study, late hours, drinking coffee, wine, spirits, or malt liquors. When the sufferer is of a dark, or bilious complexion, and the temper has become hasty, vehement, and impatient of any control. Dose—One pilule every four hours.

PULSATILLA 3, is peculiarly adapted to cure headache in persons (especially females) of decidedly light complexion, of mild and passive disposition; a disordered stomach, loss of appetite, and disposition to shed tears upon the slightest provocation, are further indications. Dose—One pilule every four hours, for two or three days.

LOCAL TREATMENT. Very little assistance can be obtained by anything external. The application of Vinegar and Eau de Cologne are disapproved of by homœopaths, but the affusion of cold water, or the application of a wet bandage, as recommended at page 119, are not only consonant with homœopathy, but materially assist the medicines in effecting a cure.

DIET AND REGIMEN. The diet in all headaches, in which there is fulness, heaviness, and heat about the head, and also those in which there is disorder of the

stomach, must be extremely light and simple. The patient should keep quiet, and avoid any bodily or mental exertion. But in those headaches which are called nervous, a more liberal and nutritious diet should be allowed, together with exercise in the open air.

INFLAMMATION OF THE BRAIN. BRAIN FEVER,
Commences with the usual general febrile symptoms, to which are soon superadded most distressing and gradually increasing disturbances of the mind and senses. The face is flushed, or alternately flushed and pale; the eyes are bright and excited; there are noises in the ears. Vomiting usually occurs early in the disease. The patient complains of annoyances; light and sounds distress him, and increase the pains in his head; there is delirium and delusions. In children, the hands are thrown up towards the head, and the latter is burrowed deeply into the pillow. The child also frequently utters sharp piercing screams. The pulse is quick and hard. The pupil of the eye is contracted so as to exclude light. The bowels are costive, the urine high coloured. In the more advanced forms of the complaint, the delirium may be succeeded by stupor, or even coma, when the pupils will be dilated.

TREATMENT. ACONITUM 3, is requisite in the first instance, as it corresponds to the general fever, the inflamed and congested brain, and to the delusions and

other nervous phenomena dependent on that state of the brain. A pilule every hour, as long as the febrile state continues.

BELLADONNA 3, may be given in alternation with **Aconitum**, or may succeed it, when the fever is less intense, or when the symptoms partake more of violent excitability and nervousness. such as is often observed in children. It is further indicated by—flushings of the face, violent beating in the arteries of the head and neck, burying the head in the pillow, dread of light and noise, sparkling brightness of the eyes, and wild delirium. A pilule every hour, or two hours, according to the severity of the disease.

BRYONIA 3, is often required after the preceding, especially if there are marked irritability of temper, stitching or stabbing pains through the head, and sudden startings during sleep. A pilule every two or three hours.

HYOSCIAMUS 3. In the more advanced state, when there are loss of consciousness, stupor, talking about his affairs, singing, muttering, picking the bed clothes and desire to escape from bed. A pilule every three hours.

STRAMONIUM 3. When in addition to many of the preceding symptoms there are sudden twitchings and awakening up from frightful visions. A pilule every three hours.

OPUM 3. For profound stupor and insensibility, with heavy stertorous breathing.

CUPRUM ACETICUM 3, is requisite when the sudden disappearance of an eruption of the skin has been the cause of the attack. In such cases, it will follow the use of Aconitum and Belladonna.

ARNICA 3, will be needed if an external injury, and CINA, if worms are the occasion of the disease.

AUXILIARY TREATMENT. In many cases it is necessary to have the hair cut quite close. The head can then be covered with cloths wrung out of cold water. Food of every kind is rejected, but cold water will be the best kind of drink to assuage the great thirst.

DISCHARGE FROM THE EARS—OTORRHŒA.

A selection from the following will be found efficacious :—

MERCURIUS 3, is suitable when the discharge is *thick*; it may also be bloody or foetid, but the essential indication is a certain consistency.

ARSENICUM or PULSATILLA are more adapted to thin, watery, excoriating discharges.

After the above, a course of the following is often requisite, viz. :—HEPAR 30, CALCAREA 30, LYCOPodium 30, SULPHUR 30. A pilule every night, each medicine for ten days.

NOISES IN THE EARS.

ACONITUM 3, if they are accompanied by headache, or sense of fulness in the head. A pilule every four hours.

MOSCHUS 3, if there is unusually great sensitiveness to noise.

PULSATILLA or **NUX VOMICA**, if accompanied by derangement of digestion. The first when it is worse in the evening, the second when worse in the morning. Administration the same as Aconitum.

DEAFNESS.

ACONITUM 3, when the deafness is occasioned by taking cold, and there are congestion or fulness of the head and ears, with throbbing pains, roaring, and great sensitiveness to noises. A pilule every three hours, for several days.

BELLADONNA 3, is necessary when deafness follows scarlatina. Administration the same.

HEPAR may advantageously follow Belladonna, if the cure is not complete.

BRYONIA 3. In rheumatic persons, or when rheumatism has, at the same time, affected the head or neck.

CALCAREA 30. When the glands of the neck are also much swollen. A pilule every night for ten days.

LACHESIS 30. When scarlatina or affections of the throat have preceded the deafness.

MERCURIUS 3, is necessary if deafness follow small-pox, or if there are swelled tonsils.

AURUM 3, and **NITRI ACIDUM 3,** also in the latter case; and

PULSATILLA 3, if it follow measles.

SULPHUR 30, will often be required after the preceding to complete the cure, and especially if deafness ensue upon the sudden cessation of any eruption. A deficiency in the secretion of ear-wax may require **CARBO VEG., PETROLEUM, GRAPHITES,** or **PHOSPHORUS.** A pilule every night for ten days.

MOSCHUS 3, is often useful when deafness follows any fever, or when accompanied by great nervousness. **PHOSPHORUS, VERATRUM,** and **ARNICA** are also good in such cases. A pilule every night for a week.

AUXILIARY TREATMENT. In long standing cases the improvement of the general health should be carefully attended to, and the cause of deafness, if possible, ascertained. A drop of sweet oil on a pledget of wool may be put into the ear every night, taking care to remove it before introducing another on the following night.*

* A gentleman who had been troubled with hardness of hearing for many years, consulted the writer in the hopes of obtaining some amendment of his condition. On examining the ear-passage, something was observed at the inner end blocking it up. By means of the forceps the obstruction was withdrawn, and proved to be a pledget of cotton wool. On re-introducing the forceps, another and

EARACHE—OTITIS.

ACONITUM 3, is the best remedy when the attack is recent and has been occasioned by cold, when the pain is violent, shooting and throbbing. A pilule every hour, for five or six hours.

BELLADONNA is sometimes required if Aconitum does not quite meet the above symptoms.

MERCURIUS 3. When the attack comes on in the night time, and there is considerable perspiration, which, however, does not afford relief.

CHAMOMILLA 3. When the pain is so intolerable as to cause the patient to throw himself about as if quite unable to bear it. A pilule every hour.

PULSATILLA 3, is suitable to quiet uncomplaining persons, who, although the pain is very violent, make little complaint. A pilule every three hours, for two days.

NUX VOMICA 6, will be preferable to the preceding when earache occurs in angry, passionate persons.

AUXILIARY TREATMENT. If the attack occurs in the night time, boil a large onion until it is soft and apply it hot to the ear; to keep it in its place, a bandage, or kerchief will be necessary. If, however,

another was withdrawn, in short seven or eight balls of closely compacted wool were removed before the passage was quite clear. The patient was greatly astonished, but recollected that many years before he had been in the habit of using cotton wool in his ears. His hearing was at once greatly improved.

the attack occur in the day, make the bowl of an old tobacco-pipe red hot, let an assistant hold it at a distance from the ear while he blows through it. The warm air, impregnated with tobacco, rushing into the ear, will give great relief.

VERTIGO. GIDDINESS.

This is a sudden swimming in the head, with partial or entire loss of consciousness for a moment or two. Sometimes the person staggers in his walk, or even falls down.

ACONITUM 3, is often required in the first instance, particularly when fulness of the head, headache, or nervousness are complained of. Further indications are flushings of the face, buzzing in the ears, or bleeding at the nose, the whole increased by stooping. A pilule every three or four hours, for several days.

NUX VOMICA, if disordered stomach, or nausea, from excesses attend the giddiness, or if it proceed from excess of study, or thinking.

PULSATILLA. In cases similar to the last, especially if the giddiness is worse on looking up.

ANTIM. CRUD. When there is disgust for food, disordered stomach, nausea, and vomiting.

BELLADONNA 3. When it is accompanied by great agitation of mind, sparkling before the eyes.

CHINA 3. When there is great weakness, paleness

of face, previous loss of blood, great debility from excessive secretion, and when the head feels empty and light, as if there were no brains in the head.

CHAMOMILLA 3. Also when there are faintings. Administration same as Aconitum.

AUXILIARY TREATMENT. Great moderation in diet, abundance of open air exercise, cold sponge baths, with use of flesh brush at least once a day, and early rising, are necessary to assist in over coming this complaint.

A COLD IN THE HEAD

Is ordinarily the consequence of sudden or severe atmospheric changes. As is pretty well known, there is, first of all, a dry tickling in the nose; by and by occasional short sneezes; at times a feeling of stoppage in the nose; and subsequently, an increase of the natural mucous discharge. These nasal symptoms are accompanied, if the cold is a severe one, by headache over the eyebrows, and a severe heavy pain at the root of the nose. In addition to these, there may be feverishness and chilliness, and all the other disturbances mentioned in the article *Feverish Attacks*, page 16.

TREATMENT. *To arrest a cold.* If the cold proceed from a wetting, or from perspiration chilled upon the body, take a pilule of DULCAMARA 3, on the slightest appearance of a cold having been taken; or still bet-

ter, whenever it is feared that one may have been contracted.

If the cold proceeds from causes independent of dampness, take a pilule of *NUX VOMICA* 6, if the sufferer be of a dark complexion and quick temperament; but if the reverse of these, then a pilule of *PULSATILLA* 3.

When chilliness and feverishness come on, the treatment recommended for Feverish Attacks, page 16, must be adopted, and the remaining symptoms combatted by one or more of the following.

CHAMMOMILLA 3, is required, especially by females and children, when there is a free discharge of thick mucus from the nostrils, and the patient feels restless, uncomfortable, and disagreeable. Dose—one pilule or three globules every three or four hours, for two or three days.

MERCURIUS 3, is also a good remedy when there is much thick mucous discharge from the nostrils, and the cold is worse at night, especially when the patient is of a full soft habit of body. Dose—one pilule every three or four hours, for a few days.

ARSENICUM 3, is called for when the discharge is very thin, hot, and scalding, excoriating the nostrils as it flows downwards, and when the cold is accompanied by great debility. Dose—same as the preceding.

PULSATILLA 3, is an excellent remedy when the cold affects a person of light complexion, fair hair, and

mild character; when the mucus from the nose is thick and disagreeable looking, and when the cold is worse in the evening. Dose—the same as Mercurius.

NUX VOMICA 6, is appropriate to persons of an opposite constitution to the preceding, viz., those of a dark, sallow, or bilious complexion, disposed to bilious attacks, and of a hasty or passionate disposition. Dose—the same as Mercurius.

SULPHUR 30, is adapted to a cold *on the decline*, when the discharge from the nose is either thick or thin, provided it is not excoriating, and particularly when it is yellowish. Dose—one pilule night and morning, for a week or ten days.

FOR DIET AND AUXILIARY TREATMENT, see Influenza.

HOARSENESS. LOSS OF VOICE.

A cold frequently seizes upon the throat, or descends from the nose to the throat; the cold is said to pass downwards. The voice is hoarse and husky, or even at times inaudible; there is a little dry, short cough, tickling in the throat, and, perhaps, soreness of the throat in swallowing.

BELLADONNA 3, is usually the remedy first required; a pilule may be given every third hour, for two or three days, and then one of the following medicines substituted for it.

CHAMOMILLA 3, is usually required by children, and also by others, when there is a slight degree of feverishness; when there is restlessness, discontent, and uneasiness, and when cold in the head and eyes accompany the hoarseness. Dose—one pilule or three globules, every third or fourth hour, for two or three days.

MERCURIUS 3, is sometimes required when the expectoration from the throat is profuse and heavy. Dose—the same as the preceding.

DROSERA 3, is a specific for hoarseness, with deep hollow voice, and a rough, barking cough. Dose—one pilule thrice a day, for a few days.

HEPAR SULPHURIS 6, is also a good remedy in circumstances similar to the preceding. Administration, the same.

SULPHUR 30, is generally of great service when the hoarseness is getting better, and also when it is of long standing, and when it returns upon the slightest exposure to damp, &c. Dose—one pilule night and morning, for a week or two.

CARBO VEGETABILIS 30, is often required to succeed the above, and under the same circumstances. Dose—the same as the preceding. Sometimes, in very obstinate cases, they may be taken alternately, a week each, for several weeks.

THE LOCAL TREATMENT must be exactly the same as that advised for Sore Throat, see page 109.

INFLAMMATION OF THE AIR TUBES—BRONCHITIS.

COLD IN THE CHEST. Sometimes a cold seizes directly upon the chest, but more frequently it passes downwards from the head and nose. There may be more or less inflammation of the air tubes. The feverish symptoms which usually accompany its commencement, require to be treated as directed for *Feverish Attacks*, page 16. The means that should be taken to *arrest its progress* are detailed in the first part of the article on *Cold in the Head*, page 158. When, however, a cough has become the predominant feature, a selection must be made from the following.

COUGH. ACONITUM 3, should be given as long as the cough is attended by fever, flushing of the face, or heat and dryness of the skin. Dose—one pilule every third or fourth hour.

BELLADONNA 3, is required for a *night cough*, that is, a cough which comes on only, or principally, in the night, and also for a cough at any time of the day which is sudden, violent, and quite irresistible, a spasmodic cough. Dose—one pilule every third hour, until the cough disappears or changes its character.

HYOSCIAMUS 3, is also suitable under similar circumstances, and should be tried if Belladonna has only partially succeeded.

BRYONIA 3, is an admirable remedy for cough attended by *stabbing or catching pains in the chest, headache, as if the head would burst during the coughing*

fit, and especially if the temper has become so *irascible* that the slightest contradiction provokes to anger. Dose—one pilule every four hours, as long as the above continue.

CHAMOMILLA 3, is especially the remedy for the coughs of children, nursing women, and women in delicate health, particularly when there is restlessness at night, or *crossness* and *unappeasableness of disposition*. Dose—one pilule every third hour, for a few days.

IPECACUANHA 3, is suitable to a violent, rather spasmodic cough, attended with retching or *vomiting*, and also if the violence of the cough induces a sensation of *smothering*, and causes the face to become dark or purplish during the *fit*. Dose—one pilule every three hours, until decided amelioration has taken place.

MERCURIUS 3, is invaluable for the cough of stout or fat persons, and those who have naturally a free expectoration; in whom the cough is loose, the expectoration plentiful, and the cough is worse in the evening and at night. If there is, also, much secretion from the nose or eyes, or an increased flow of saliva or unwonted perspiration at night, these, or any of them, would constitute an additional indication of its suitability. Dose—one pilule every fourth hour, for some days.

ARSENICUM 3, is required when great exhaustion of strength, burning in the chest and nose, thin scanty expectoration from the chest, or scalding discharge

from the nose, attend the cough. Also when there is much difficulty in breathing, a smothered feeling, especially on lying down or going up stairs. This remedy is peculiarly adapted to elderly persons, and to those of feeble constitution. Dose—one pilule every four hours, for two or three days.

PULSATILLA 3, is suited to the coughs of light-complexioned persons, and when there is, after a long fit of coughing, an abundance of yellowish expectoration brought up. Dose—one pilule every four hours, for two or three days.

NUX VOMICA 6, is best adapted to the coughs of dark-haired, hasty-tempered persons, when the cough is most troublesome in the morning, and is attended with biliousness, headache, or costiveness. Dose—one pilule every four hours, for three or four days.

SULPHUR 30, should always be taken when a cough is on the decline, or when it is of long standing; when the expectoration has become easy, abundant, and heavy, and is unattended by pain. Dose—one pilule thrice a day, for a week or ten days.

For DIET AND REGIMEN, see the conclusion of the next subject.

INFLUENZA

Is an epidemic cold, so called from the Italian word which signifies "influence," because such colds arise from a prevailing atmospheric influence. It is further

peculiar in its being more severe than an ordinary cold, and in causing extreme exhaustion, and even prostration of strength.

The remedies advised for Cold in the Head, and Cold on the Chest, are equally applicable to Influenza, under the circumstances mentioned. It is important, however, to add that ARSENICUM is one of the best and most frequently required remedies.

ACCESSORY TREATMENT. Whenever a cold of any kind, or of any severity has been taken, it is an excellent practice to lie in bed the first day or two. By this plan much suffering and loss of time may often be avoided, and the strength of the attack broken. Where this plan cannot be pursued, the patient should remain in-doors, in a room of warm and unvarying temperature, for two or three days. The feet should be bathed every night at bed-time in the following manner ;—put them into moderately warm water, not so hot as to have to wait until it cools, and gradually increase the temperature as high as it can be borne, by the addition of fresh supplies of hot water ; let a blanket or some warm covering be worn, and continue the use of the bath until perspiration breaks out, which may be from half an hour to three-quarters of an hour. In the morning, a cold water hip bath, or sponging, should be had recourse to, in order to refresh the body and fortify the skin against renewed colds.

The above plan commends itself by being always available, but other baths are equally serviceable.

The hot water bath is well known, and when it can be had, may be substituted for the foot bath. The combined vapour and shower, or atmopathic bath,* as it is termed, is another mode, and a most effectual one, of arresting a cold at its onset, or of subduing its severity. The shower is apt to be viewed with alarm by those unaccustomed to it, but in truth it is more beneficial, and less likely to disagree after the vapour, than at any other time. For the skin invigorated by the vapour, scarcely feels, beyond the first moment, the slightest chill, but instantly experiences a delightful and refreshing glow.

DIET AND REGIMEN. The Diet, in all coughs and colds, should be light, and mostly liquid, such as gruels and weak tea. Jujubes, gum water, linseed tea, sweetened with sugar, honey, or liquorice juice, may be taken to any extent the patient chooses, with advantage. Everything stimulating, wine, spirits, malt liquor, and seasoned food, are inimical to a cough, and should therefore be most religiously avoided. Sometimes the physician prescribes them in certain conditions of influenza, but this is not within the province of the layman.

INFLAMMATION OF THE LUNGS. PNEUMONIA.

In addition to the usual fever symptoms, there is a

* Mr. Thomas, sen., of Pepper Street, has, by introducing these Baths into Chester, conferred a public benefit. They are conducted in a manner which entitles him to every praise.

short, hard, dry, persistent cough, and when at length the expectoration appears, it is scanty, rust or brick-dust coloured, and adheres closely to the sides of the vessel. The patient lies on the side on which the lung is inflamed, or on the back. If the inflammation extends to the pleura, (the membrane which encases the lung,) the pain in the side is very severe, often described as being like a dagger stabbing through the chest. Children are more frequently affected with this disease than adults.

TREATMENT.—ACONITUM 3, requires to be given every hour, without loss of time, in order to subdue the fever.

BRYONIA 3, may be given alternately with ACONITUM, if pain in the side (pleuritis) is a marked accompaniment.

PHOSPHORUS 3, a pilule every two or three hours, is the most valuable remedy we have in this complaint, after the fever has been subdued by Aconitum. Its especial indication is a rust-coloured expectoration—the pinkish or rust-colour is imparted to the sputum by a small quantity of blood. It usually requires to be given for several days.

BELLADONNA and HYOSCIAMUS are required when the cough is violent, spasmodic, and worse at night.

AUXILIARY TREATMENT.—A total abstinence from food in the early state of the disease, and great caution and moderation in the latter stages will be advisable. A warm water compress to the back and front of the

chest will render material service in the treatment of this disease.

INFLAMMATION OF THE PLEURA—PLEURITIS.
PLEURISY.

Inflammation of the membrane which lines the chest and encases the lungs is so called. It is denoted by a sharp, darting, or stabbing pain in some part of the chest, which impedes respiration, coughing, or even speaking. The patient dreads any exertion which arouses the pain. It is always accompanied by inflammatory fever.

ACONITUM 3, is invaluable in the early or inflammatory state of the attack; its beneficial effects are often marked by the breaking out of a profuse perspiration.*

* A gentleman of middle age, and accustomed to rather free living, was seized with a violent stabbing pain in the left breast, passing through his chest to the back. He had passed a restless, sleepless night, distressed by the violence of the pain and great thirst. At 8 a.m. I found his pulse 120, very hard, full, and strong, his skin hot and dry, tongue furred, and afraid to speak or draw a breath on account of the pain, which he described as being like a dagger plunging through him. I ordered Aconitum 3, three drops in a wineglassful of water, and a teaspoonful to be taken every hour. At 11 a.m. the patient was nearly the same, but a slight moisture on the skin gave hope of an amendment. At 6 p.m. I learnt that the perspiration had gradually increased with each succeeding dose of his medicine until, as was obvious, it was

BRYONIA 3, is invaluable after the preceding, or sometimes in alternation with it. It is appropriate to the acute shooting pains in the chest, which are increased by a deep breath, coughing, or speaking.

FALSE PLEURISY—PLEURODYNIA.

This is a sharp lancinating pain in the chest, fully as severe as in real pleurisy. It is distinguished from the latter by the pain beginning suddenly in its full force, by sometimes entirely ceasing for a while, and by the absence of fever and cough. When of moderate severity, it is usually called a stitch in the side.

ARNICA 3, a pilule every two or three hours, alternating with one of **ACONITE**, will be found to remove the pain in the majority of cases.

BRYONIA 3, is also an excellent remedy, and should be tried if the preceding have failed. Both the Arnica and the Bryonia will have a good effect if used externally, as embrocations, while being taken internally.

ASTHMA—DYSAPNŒA. DIFFICULT BREATHING.

More or less difficulty of breathing accompanies pouring from him most copiously. The pain was much better—in short, every symptom was changed for the better. The same medicine was continued during the night and following day. On the ensuing day he resumed his business, having been confined to the house only two days; while under a similar attack on a previous occasion, he was unable to leave the house for three weeks.

most of the diseases of the air tubes. Indeed it is almost always present in long standing coughs, chronic bronchitis, &c.; but when it is the predominant ailment, it is called asthma. It is often denoted by sudden paroxysms of shortness of breath; the patient waking up from sleep, is obliged to rush to the open window and gasp for breath. A feeling of suffocation, or as if a tight band were bound round the chest, oppresses him. He labours to draw his breath, is compelled to rest his arms on a chair, or any fixed point, so as to expand the chest to its utmost. After a longer or shorter period of suffering, he is relieved by some expectoration, or the outbreak of perspiration. In the purely nervous or spasmodic form, however, the attack ceases as suddenly as it began, without any excretion.

TREATMENT. During the paroxysm, admirable results are often obtained from **IPECACUANHA**, especially when there is a suffocating tightness in the throat and chest; a wheezing or rattling of phlegm, with nausea or vomiting. It may be alternated with

NUX VOMICA, where there is biliousness, or a markedly bilious excitable temperament. In other cases it may be alternated with

ARSENICUM, if there is great prostration, anguish as if about to die, accompanied with a burning heat in the chest.

In the period between the paroxysms, and in the continuous forms of asthma, recourse may be had to

the above remedies, at intervals of four or six hours, and also to the other recommended for coughs and bronchitis.

AUXILIARY TREATMENT. During an attack, great relief will be obtained by putting the feet and hands into hot water. The windows may be thrown open to admit air, and touch-paper (brown paper which has been soaked in saltpetre and dried) burnt in the room. The diet should be very moderate, and watched with the greatest care, as the least disorder of the stomach will renew the asthma.

PALPITATION OF THE HEART,

Is most frequently a symptom of, or an addition to, some other disease, and therefore the medicines should be selected with a due regard to the cause of the palpitation.

ACONITUM 3, and **MOSCHUS 3**, a pilule of alternate medicine every three or four hours will relieve, if not cure, the majority of cases, They may be taken for a week or two.

If it occur in young females and the above have failed, **PULSATILLA** will be proper.

If, as is sometimes the case, it is brought on by contradiction and vexation, **ACONITUM** and **NUX VOMICA**, alternately, are useful.

If caused by grief, **IGNATIA**.

By fright, **OPIUM**.

By sudden joy, *COFFEA*.

By fear *VERATRUM*.

In all these cases *Aconitum* will generally be required either to precede or to alternate with the other medicine.

CONSUMPTION—PHTHISIS PULMONALIS.

Homœopathy has some great advantages in the treatment of this complaint. In the first place, it can when employed early, accomplish a cure; even when far advanced, it can cure. In all states of the complaint, and especially in the latter, it soothes the patient's sufferings to a remarkable degree. The early stages often so closely resemble a bad cold, or bronchitic affection, that it requires a close observer to discover the earlier manifestations of the disease. But when emaciation to any considerable degree accompanies a cough, it ought to create alarm; particularly if there is a consumptive tendency; or if there are specks of blood in the expectoration, and a permanently quickened pulse.

When a person is only too obviously in a confirmed state of consumption, the fever, which is here called hectic, will recur every evening, subsiding towards morning, with profuse perspiration; the expectoration will contain *white, opaque, streaked* bodies in the midst of its rounded more transparent lumps, and several of these latter will be so rounded as to resemble

a piece of money, hence termed "nummulated"; and besides being rounded, they are so like a flock of wool that they are called "flocculi."

In the sinking or colliquative stage, the emaciation is far advanced, the perspirations at night, and probably diarrhoea by day and night, reduce the powers very low. The expectoration is the same as the last, only more abundant, in large globular masses which sink quickly to the bottom in water.

Notwithstanding these signs of consumption, an infallible token of the presence of tubercles in the lungs (the sine qua non of Phthisis Pulmonalis) is still wanting.

TREATMENT. The early stages, in which the most good can be done, will require some of the medicines under the head of "Cough" and "Bronchitis." In the advanced and colliquative stages, the following will be required:—ACONITUM, ARSENICUM, BELLADONNA, CALCAREA CARB., CHINA, CONIUM, KALI CARB., LACHESIS, MERC. COR., PHOSPHORUS, PHOSPH. ACID., SULPHUR, and others.

INFLAMMATION OF THE LIVER—HEPATITIS.

With the usual signs of inflammatory fever, there is acute lancinating pains in the right side, extending or shooting through to the *right* shoulder blade. The skin has a yellow tinge, the whites of the eyes are

yellowish, the urine is high coloured, and stains the linen yellow, the evacuations are ash coloured and deficient in the colouring matter of the bile.

TREATMENT. **ACONITUM 3**, is requisite for the febrile state, and should be steadily continued as long as there are any acute pains and inflammatory symptoms. A pilule every one, two, three, or four hours, according to the severity of the disease.

BRYONIA 3, is usually requisite after **Aconitum**, and also frequently in alternation with it; particularly when there are very acute stabbing, darting pains, and the patient is irritable in temper. A pilule every three hours.

CHAMOMILLA 3, is required especially in women and children, when there is great impatience under sickness, and complaints of inability to bear the pains, &c., as **Bryonia**.

NUX VOMICA 3, is suitable in nearly similar cases in men.

MERC. SOL. 3, **LACHESIS 6**, and **SULPHUR 30**, are also often required to complete the cure.

CHRONIC INFLAMMATION OF THE LIVER.

This complaint is most frequently cured by a lengthened use of **NUX VOMICA 30**, **SULPHUR 30**, **AURUM 30**, **NITRI ACIDUM 30**, **LACHESIS 30**, and **SILICEA 30**, each medicine for ten days. A pilule every night.

JAUNDICE

Is attended by nearly the same series of symptoms as inflammation of the liver, with the absence of any considerable amount of fever, there is, however, some. There is loss of appetite, nausea, fulness at the pit of the stomach, and great depression of spirits. There is of course more or less yellowness of the skin, eyes, tongue, and urine, and the bowels costive with ash or clay coloured evacuations.

TREATMENT. MERC. SOL. 3, and ACONITUM 3, alternately every three hours, will often suffice to cure this complaint.

NUX VOMICA and CHAMOMILLA will be required alone or in alternation with Aconitum, when the complaint proceeds from prolonged sedentary occupations, fits of passion, or spirituous liquors.

The remedies suggested for chronic inflammation of the liver, are also applicable to the chronic states of this complaint.

GALL STONES.

The passage of gall stones, from the liver into the bowels, is attended with most excruciating pain. Hot applications over the region of the liver, and an alternate dose every half hour of ACONITUM and BELLA-DONNA will be the best procedure until medical advice is obtained.

RHEUMATISM

May be recognised by a severe aching pain either in the joints, in the muscles of the limbs and body, or in the bones. It is usually induced by exposure to cold, by damp weather, or by a sudden chill, and is often associated with biliousness. When it is recent, we term it ACUTE RHEUMATISM; when of long standing, CHRONIC RHEUMATISM; when it is seated in the muscles of the back and loins, it is called LUMBAGO; and when it affects the sheath of the sciatic nerve which runs behind the hip and down the back part of the thigh, it is designated SCIATICA.

ACUTE RHEUMATISM.

ACONITUM 3, is required when the pain is acute and severe, with violent shootings, on the slightest touch, and is accompanied by fever, thirst, and hot skin. Dose—One pilule every two hours, for two or three days, or longer if doing good.

BRÛNIA 3, is an invaluable remedy, when the pain is worse for the part being covered up and heated, and is relieved by being uncovered and exposed to the cool air. Other indications are, irascible temper, increase of the pain when moving, and the circumstance of the pain being mostly seated in the muscles.

It may be useful to add here that Aconitum;

Bryonia, and Nux, are suitable to pains which are most severe during motion; Chamomilla and Mercury to those which are worst at night; and Rhus and Pulsatilla when the pains are worst in a state of rest and when lying down.

CHAMOMILLA 3, may take precedence of other medicines when there is such sensitiveness to pain, that it seems quite *intolerable*, and causes unceasing complaints and restlessness. Dose—One pilule every four hours, for three or four days.

MERCURIUS SOLUBILIS 3, should be selected for pains which are most severe *at night*, or which only come on at night, and are attended with *profuse perspiration*, affording no relief, and especially when the part is *swollen*. Dose—One pilule every four hours, for a few days.

NUX VOMICA 6, is especially appropriate when biliousness, indigestion, costiveness, and hastiness of temper, accompany the rheumatic pains. Dose—One pilule three times a day, for five or six days.

PULSATILLA 3, should be taken by persons of very light complexion, especially if the pains are sharper in the evening, and frequently change their position. Dose—One pilule every four hours.

RHUS 3, is to be given when the pains are most urgent when *lying down* or in a state of rest, but are somewhat relieved by walking about. Dose—One pilule every four hours, so long as it does good.

SULPHUR 30, is mostly required when Rheumatism

is on the decline, or has lost its acuteness; it is also useful at the commencement of the treatment of Chronic Rheumatism, so that it may be said to conclude the treatment of Acute, and to begin that of Chronic Rheumatism. Dose—One pilule every night and morning, for a week or ten days.

CHRONIC RHEUMATISM

Will often derive benefit from the following course of treatment, and an occasional selection from amongst the remedies recommended for Acute Rheumatism, whenever the symptoms indicate their suitability.

SULPHUR 30,

CALCAREA CARBONIA 30,

ARNICA 3,

MERCURIUS IODIDUS 3,

Each medicine is to be taken for ten days, a dose night and morning, and the above order observed.

LOCAL TREATMENT. Advantage will be derived from sponging the part with tepid or cold water night and morning, or if the patient be confined to bed, four or five times a day; tepid water must be chosen by the weakly, and by such as are unaccustomed to cold water, and when there is much fever; otherwise cold water is preferable. The hot water bath may be taken once a day for several days in succession, but is inferior to the Atmopathic or to the simple Vapour Bath, page 166.

DIET AND REGIMEN. If there is fever, the diet must consist of gruel and simple drinks ; otherwise, a moderate allowance of plain food will be proper. All stimulants are objectionable.

GOUT.

This complaint approaches sufficiently near to Acute Rheumatism in its general characters to make the treatment advised for the latter equally applicable in an attack of Gout.

STIFF NECK. WRY NECK.

This form of Rheumatism is seated in the muscles at the back of the neck.

TREATMENT. BRYONIA 3, is the best remedy. Sometimes ACONITUM requires to be given alternately with it. A pilule of alternate medicine every three hours.

MENTAL DISORDERS.

Grief. The ill effects which grief occasions to the body, which are both numerous and varied, will be best counteracted by

IGNATIA 3. Dose—one pilule three times a day for one or two days.

A Fit of Passion or Anger requires

CHAMOMILLA 3, if the subject be a female or a child;
if a man,

BRYONIA 3. Dose—one pilule three times a day,
for one or two days.

A Fright may have its injurious effects counteracted
by a dose or two of

OPIUM 3. But when the first effects of the shock
have passed away, and headache has come on,

ACONITUM 3, should be given. Dose—one pilule
every three or four hours.

Joy, when too great, and therefore hurtful, requires

COFFEA 3, to calm the nervous excitement which it
induces. Dose—one pilule every three hours, as long
as needful.

Home Sickness, or an intense longing for home, is
relieved by

CAPSICUM 3,—one pilule thrice a day for several
days.

Jealousy and Disappointed Love require, for the ill
effects they occasion,

HYOSCYAMUS 3,—one pilule thrice a day for several
days.

Mortified Pride or Wounded Self-love requires

COLOCYNTHIS 6,—one pilule three times a day.

Lowness of Spirits require

PULSATILLA 3, when there is much shedding of
tears—a pilule three times a day.

IGNATIA 3, when the lowness of spirits proceeds

from losses, the death of friends, or any other calamity.

Mental Fatigue, from prolonged study or night watchings, requires alternate doses of

ACONITUM and NUX VOMICA, every six hours for a few days.

EXCESSIVE FATIGUE OF BODY.

The best plan to pursue when suffering from over fatigue, is, to take a warm bath, temperature 95°, to which a tea-spoonful of the pure Tincture of Arnica has been added. When the feet only are fatigued, a foot bath, to which a tea-spoonful of Tincture of Arnica has been added, will be found a great relief.

SEA SICKNESS.

A day or two before going to sea, a pilule of the following remedy, which the author has found eminently successful, should be taken twice or thrice a day as a preventive. Also when sickness has manifested itself.

CREOSOTUM 3, should be taken every half hour, for four or six hours. Dose—one pilule. If, however, the desired result be not attained at the end of that time,

NUX VOMICA 6, should be tried in like manner.

ARSENICUM 3, may be taken as the *Nux Vomica*, should it also, after a lapse of six hours, fail. It is especially applicable where there is extreme prostration of strength, and continued and ineffectual efforts to vomit.

Finally, **COCCULUS 3**, has been strongly recommended by Hahnemann and many others; it is especially appropriate to a giddy, empty feeling in the head, and cramp-like pain at the stomach, symptoms which often accompany sea-sickness. Dose—one pilule every half-hour for six hours.

To diminish as far as possible the effects of the ship's motion, lying down in the horizontal position, and wearing a belt or tight band round the waist, will be found useful auxiliaries. It is said, that fixing the eyes upon water in a tumbler—the surface of which will, of course, preserve its horizontal level, notwithstanding the motion of the ship, will prevent sea sickness.

INFLAMMATION OF THE KIDNEYS—NEPHRITIS,

Is known by a dull heavy pain in one or both loins, near the spine, extending obliquely down to the bladder, the groins and thighs. The pain is fearfully increased by the least movement. The urine is diminished in quantity or entirely suppressed. There is the usual inflammatory fever with, probably, nausea and vomiting.

TREATMENT. ACONITUM 3. A pilule every three hours is required to subdue the fever.

CANTHARIS 3, after Aconitum, when there is *painful urination*, burning in the urethra; when the urine passes in *drops*, sometimes mixed with blood, which also comes away in *drops*.

CANNABIS 3. Under the same circumstances as Cantharis, only there is no blood.

ARNICA 3, will be necessary if the inflammation has been caused by blows, or injuries of any kind.

CAMPHORA ♀. A pilule every three hours; when caused by a Cantharides blister.

AUXILIARY TREATMENT. A wet compress, worn around the loins, will materially assist the cure. But little, if any, food will be required, until convalescence has set in, and the beverages should be demulcent, such as linseed tea, barley water, &c.

INFLAMMATION OF THE BLADDER—CYSTITIS.

The pain is in the region of the bladder, and extends up to the loins. In the preceding affection, the pain took an opposite direction. It is increased by the least movement, evacuating the bowels, or efforts to pass urine. The latter is attended by intense pain, a few drops, drop by drop only, being the result. The urine itself is thick and deposits a stringy, white-of-egg like, mucus. There is the usual inflammatory

fever, with nausea and vomiting, when the attack is severe.

TREATMENT. ACONITUM 3, as in the preceding, will be requisite in the inflammatory state.

CANTHARIS when the urine is bloody, and emitted drop by drop.

CANNABIS for similar symptoms without blood.

PULSATILLA 3, is often required, after the preceding, in light complexioned persons.

NUX VOMICA, by those accustomed to spirituous liquors, who have piles, and who are of a passionate temper; also if there is *spasmodic* pain in the bladder. A pilule every three hours.

BELLADONNA 3, and HYOSCIAMUS 3, are required when the difficulty in passing urine is caused by spasm accompanied with acute pain, which almost drives the person crazed.

CARBO VEG., or ARSENICUM, are often required in long standing cases, characterised by burning pain and irritation in passing urine.

ARNICA 3, is necessary when the complaint has been caused by an injury.

SULPHUR 30, CALCAREA CARB. 30, and LYCOPODIUM 30, are requisite in chronic affections of the bladder and urethra. Dose—A pilule every night, each medicine, for a week or ten days.

AUXILIARY TREATMENT AND DIET. Same as the preceding.

STRANGURY

Is the term employed when the act of urination is painful and difficult, and is a constant symptom in the preceding affections; it may also occur by itself. In either case it has to be treated according to the instructions in the two preceding ailments.

INCONTINENCE OF URINE—ENURESIS.

WETTING THE BED.

This is owing to disease, but sometimes rather to habit, in children.

BENZOIC ACID 3, a pilule night and morning, will probably cure.

If it proceed from worms, see that article.

If from weakness, and irritability of the bladder, give SILICEA 30, every night, for two weeks; then

SEPIA 30, and, lastly,

SULPHUR 30, in like manner.

AUXILIARY TREATMENT. In addition to the medicines, an appeal to the child's modesty and delicacy should be repeatedly made; a sponge bath night and morning will be useful; withhold all kinds of drink, after six in the evening, and waken up the child several times in the night to pass water.

GRAVEL.

This term is, in popular language, only another name for difficulties in passing water. The treatment will therefore be found under the head of Inflammation of the Kidneys, or Bladder. A water compress—warm water—around the loins, or sitting for ten minutes at a time in a warm hip-bath, will materially contribute to a cure.

CHANGE OF LIFE. CRITICAL AGE.

The cessation of the monthly period, is often attended with a series of most distressing symptoms. As the time approaches there is often more or less irregularity—there are headaches, giddiness, distressing flushes of heat all over the body, and especially over the face; there is indigestion with many disturbances from flatulence, and usually great depression of spirits.

TREATMENT. LACHESIS 30, is an admirable remedy in this complaint, especially for the hot flushes, the nervousness, and the headaches. A pilule night and morning for a week or two.

MOSCHUS 3. When there is great nervousness, tremblings, and apprehensive state of mind. A pilule three times a day, for a week.

IGNATIA 3, NUX VOMICA 6, and PLATINA 6, may

follow, with benefit, the above, in the order here set down.

AUXILIARY TREATMENT. A change of residence, with its attendant influence on the mind and spirits, will materially assist in the cure of this complaint, when it can be adopted. In all cases open air exercise will be found of essential advantage.

WHITES—LEUCORRHEA.

This is an increase of a natural secretion which, when long continued or when excessive, gives rise to pains in the loins, excoriation, or even ulceration in the interior. There is loss of appetite, depression of spirits, paleness of face, and much debility.

TREATMENT. PULSATILLA 3, is mostly suitable when there is lowness of spirits, crying, and debility.

SEPIA 3. When the discharge is yellowish or greenish, and when it seems to be in place of the monthly period. A pilule night and morning.

KREOSOTUM 3, is also good in similar states, if Sepia does not quite succeed.

LYCOPodium 30, and after it

SULPHUR 30, may follow to complete the cure. A pilule night and morning, for ten days.

AUXILIARY TREATMENT. In this complaint most serious injury has been done to the head, the eyes, and the lungs, by a sudden stoppage of the discharge by astringent injections; the use of cold water is,

however, quite free from this danger. A cold sitz bath for a moment or two used three or four times a day, or where a bath is not convenient, a wash with cold water, as often as every three or four hours, will be attended with most beneficial results, and materially assist the remedies.

FALLING DOWN OF THE WOMB — PROLAPSUS
UTERI. DISPLACEMENT OF THE WOMB.
SWELLING OF THE WOMB.

These complaints are of frequent occurrence, and require principally for their treatment NUX VOMICA, PLATINA, BELLADONNA, SEPIA, AURUM, SILICEA, and LYCOPodium, each medicine may be taken for ten days. A pilule every night.

ITCHING OF THE EXTERNAL GENITAL ORGANS.
PRURITUS PUDENDI.

This troublesome affection will be benefitted by PLATINA 6.

If not completely successful, BELLADONNA, MERCURIUS, CANTHARIS, SEPIA, and SULPHUR, may be taken in the above order, each for a week. A pilule night and morning.

Frequent fomenting with alternately warm and cold water will be useful. Cold cream is useful as an

application, and the diet should be restricted to the greatest abstemiousness.

ITCHING OF THE SKIN.

If there is no other ailment, have recourse to the following:

OPIUM 3, a pilule night and morning, for two or three days.

IGNATIA 3, if Opium has failed and the itching resembles *flea* bites, creeping from one part to another.

NUX VOMICA, and ARSENICUM, are useful when the itching begins whilst *undressing*.

PULSATILLA, and MERCURIUS, if the itching continues all night.

SULPHUR 30, may follow the preceding. A pilule every night for ten days.

SWELLED VEINS—VARICOSE VEINS.

The left leg is more disposed to this ailment than the right, but sometimes both are affected. The veins are enlarged, painful, and tortuous, standing out on the skin of a dark blue colour. Standing increases the swelling of the veins, and is even more injurious than walking about.

TREATMENT. ACONITUM 3, will often be required in the course of treatment, when the leg has become hot and painful. A pilule three times a day.

BELLADONNA 3, in nearly similar states as the preceding, and especially when the heat and redness are confined to the veins.

PULSATILLA 3. When the veins look blue and are inflamed and painful. A pilule night and morning.

NUX VOMICA 6. For the same in dark irritable or bilious persons.

ARNICA 3. If any injury or fatigue has contributed to the attack.

ARSENICUM 3, is an admirable remedy when there is severe burning, stinging pain in the veins.

CARBO VEG. 30, and **LACHESIS 30**, may be given after the above.

AUXILIARY TREATMENT. It is most important that the leg and veins should be supported by an elastic stocking; much standing should be avoided. The leg should be washed with warm and cold water in succession every day. If there are any excoriations, or more than usually tender spots on the skin, powdered starch, or fine cotton wool, should be applied to such places to prevent ulcers forming, and to give greater protection.

SWELLING OF THE GLANDS.

The swelling and induration of glands in the neck, under the chin, in the arm pits, and in other places, result from some previous or existing inflammatory attack in a delicate constitution.

BELLADONNA 3, is mostly required to remove the pain, tenderness and swelling of the gland. A pilule every three or four hours, for three or four days.

If the pain is so great as to be accompanied by general feverishness, ACONITUM should be alternated with Belladonna.

If the swelling should prove obstinate, or have already become chronic, the following will be required, and in the sequence here stated.

BARYTA 30,
 IODIUM 3,
 CALCAREA CARB., 30,
 LYCOPODIUM 30,
 SILICEA 30,
 SULPHUR 30.

Each medicine for a week or ten days. A pilule every night.

ABSCESSSES.

When a collection of purulent matter takes place in any part, it is in common language called "a gathering." It is the result of inflammation, and is attended with a severe throbbing pain, which is most violent just before the abscess arrives at maturity, points, or comes to a head. If it is extensive the sufferer will feel generally indisposed, and have marked attacks of shivering.

TREATMENT. ACONITUM, and HEPAR, alternately,

every two hours, are useful in promoting the rapid maturity of the abscess. Their influence may be encouraged by hot fomentations and warm poultices.

MERCURIUS SOL. 3, is a good remedy, when the abscess is discharging thick healthy matter.

SULPHUR 30, SILICEA 30, and CALCAREA 30, in this order, are useful to assist the healing of the abscess.

AUXILIARY TREATMENT. When the gathering has matured, which will be known by a white prominent point about its centre, it may be advisable to lance the swelling in order to relieve the pain. In some cases, puncturing with a needle in one or two places, will answer better than a large incision by the lancet.

FINIS.

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