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DISEASES  
INCIDENT TO FAMILIES.

WITH

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FOR DOMESTIC OR PRIVATE USE.

*By Edward Ruddock.*

HANLEY, STAFFORDSHIRE :  
EDWARD RUDDOCK, 4, HIGH-STREET.

**BURSLEM :**  
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## PREFACE.

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THIS little Manual materially differs from others of its kind hitherto published. No part of it is devoted to mere theory, but every page contains some valuable information which may immediately be put into practice by those who are suffering from impaired health:—it is, therefore, pre-eminently a practical work. It is intended not so much for professional readers as for the masses of the people, in whose persons or families disease may exist. It is written in a clear and simple style, and will be easily understood by all who have only a moderate ability in reading.

All technical words and abstruse matter are omitted, and thus space is afforded for the ample treatment of a large list of complaints not included in any similar publication:—in short, this little work will be an eminent guide to the suffering, and will clearly show the more prominent features of that mode of treating the various diseases which the Author has pursued during a lengthened period.

HOMŒOPATHIC DISPENSARY,

4, High-street, Hanley, Staffordshire.

*June, 1859.*



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# List of Medicines referred to in this Work,

AND THEIR

RESPECTIVE DILUTIONS, AS RECOMMENDED  
FOR GENERAL USE.

---

NAMES.	ENGLISH NAMES.
1 Aconitum Napellas, 3.	Monkshood.
2 Arnica Montana, 3.	Leopard's Bane.
3 Arsenicum Album, 6.	Arsenic.
4 Belladonna, 3.	Deadly Nightshade.
5 Bryonia, 3.	White Bryony.
6 Calcarea Carbonica, 6.	Carbonate of Lime.
7 Chamomilla, 3.	Wild Chamomile.
8 China, 3.	Peruvian Bark.
9 Cina, 3.	Worm Seed.
10 Coffea, 3.	Mocha Coffee Berries.
11 Drosera, 3.	Sun-dew.
12 Dulcamara, 3.	Woody Nightshade.
13 Hepar Sulphuris, 6.	Sulphuret of Lime.
14 Ignatia Amara, 3.	St. Ignatius' Bean.
15 Ipecacuanha, 3.	Ipecacuanha.
16 Mercurius, 6.	Mercury; Quicksilver.
17 Nux Vomica, 3.	Vomit Nut.
18 Opium, 3.	White Poppy.
19 Phosphorus, 3.	Phosphorus.
20 Pulsatilla, 3.	Pasque Flower.
21 Rhus Toxicodendron, 3.	Poison Oak.
22 Spongia, 3.	Burnt Sponge.
28 Sulphur, 6.	Sulphur.
24 Veratrum Album, 3.	White Hellebore.

## SUPPLEMENTARY MEDICINES.

Arnica Tincture and Camphor Tincture—

See pages 150—155.



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# Stepping-stone to Homœopathy.

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## CHAPTER I.

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### HOMŒOPATHY.

#### ITS NATURE AND ADVANTAGES.

As this little work is intended to be a “stepping-stone” to this new science of medicine, a few words on the nature and advantages of Homœopathy may not be out of place. The classic and significant term Homœopathy, is formed of two Greek words, *homoios* similar, and *pathos* affection. The law of nature upon which this system has been founded, is expressed by the formula, “*similia similibus curanter*,” which means, that diseases are effectually cured by such medicines as have the power of producing in persons in health,

when taken in large repeated doses, symptoms similar to those which characterise the disease itself. The general applicability of this law of cure, has been fully confirmed by more than sixty years' experience, and is adhered to, as true and immutable, by several thousand physicians in all parts of the world.

Samuel Hahnemann, the founder of this beneficent method of cure, raised himself, by his lofty genius and benevolence, to the highest eminence as a benefactor of mankind. The era of his brilliant discovery is little more than sixty years distant, and it has already ceased to be a novelty. None of the medical schools number more conscientious adherents, it is practised in all civilised countries, it has its representatives in every part of the globe, and its dispensaries and hospitals in most of the larger towns of Europe and America.

Homœopathy has no principle but the fixed law of nature—no theory but the logic of facts, and is as certain in its operation as the law of gravitation. It has the power

not only of curing, but of effectually preventing, by its *specifics*, many epidemic disorders, such as small-pox, scarlatina, measles, typhus fever, cholera, &c. In treating of these diseases, this manual will suggest preventive as well as remedial measures. As to the proofs of the efficacy of Homœopathy, these are now a matter of statistics; our hospitals, dispensaries, and books are all open, and to them we invite inquiry.

Homœopathy presents a striking and favorable contrast to the old system, in the minuteness of the dose which it employs. This is a great advantage over the ordinary treatment, and would alone render it one of the greatest blessings of modern discoveries. Homœopathy makes no medicinal victims; the cures resulting from it are speedy and lasting, and brought about by benign and simple means, leaving none of those serious evils too often resulting from bleeding, blistering, purging, salivation, and other coarse measures, now aptly designated *medicinal diseases*.

Homœopathy is pleasanter than the old

system ; contrast the sick room of the allopath with that of the homœopath. In the former, there is the bleeding basin, the repulsive leech, the blister and its accompaniments, sores, salves and dressings, the emetic and its disgusting results, purgatives and their disagreeable and hurtful consequences. Think of these invading the last and most sacred hours of life, and often inflicted on helpless infants and terrified children, and you have a real "chamber of horrors," repulsive in the extreme. Consider, also, that these torments are not only useless but pernicious beyond calculation, often destroying by such harsh and rude appliances, the very life intended to be saved. Look now, at the chamber of the homœopathic patient ; he is very ill, but the "life's blood is spared ;" no leeches, no blisters ; the linen is clean and the air is sweet, for there has been no emetic, or purgative, or salivation ; the only article of sickness is, perhaps, a glass or bottle of medicine, inoffensive alike to both smell or taste, but potent to mitigate the

sufferings of the patient, and restore him to health.

Homœopathy is cheaper than the old system. This results from shortening the duration of diseases, from the absence of many costly appliances, and from the small cost of medicine. The cost of a single leech would purchase a dozen doses of Aconite, which, in cases of fever or inflammation, would be of the greatest service, whereas the leech would delay a return to health.

Homœopathy cures diseases that the old system cannot. This is true of many diseases, *constipation of the bowels*, for example, Allopathy cannot cure; it can only give aperients or purgatives, which so far from removing the evil, ultimately greatly aggravate it; while, by a little perseverance, Homœopathy cures it. Many other illustrations might be adduced.

Homœopathy never experiments with drugs on the sick. The practice of trying the effects of drugs on persons suffering from disease, is *cruel and dangerous*; cruel, because

it torments the patient already smitten down by disease:—dangerous, because it often accelerates death, or undermines the constitution, and almost always places obstacles in the way of that tendency to recovery which Infinite Goodness has interwoven with life. Homœopathic medicines are always tried on the medical men and their friends before they are given to the sick; and thus their healing properties are known before being administered to those in disease.

That these, and many other advantages, appertain to Homœopathy, is attested by its adoption by tens of thousands of intelligent people in every class of society, including physicians the most highly educated in the profession, and some of the greatest nobles and most profound scholars in the land. It is those who have thus made themselves *practically* acquainted with this blessed art for the physical “healing of the nations,” who know its truth, and assert its adaptation to all people and nations.

Those who desire full information on this

subject are particularly recommended to read Dr. Sharp's twelve "Tracts on Homœopathy," which contain a thorough, interesting, and irrefragable examination and defence of Homœopathy. For particulars of these tracts, see list of books at the end of this work.

#### PATIENTS' DIET.

Homœopathy is not a mere system of diet. Beyond the prohibition of articles which thwart the action of the medicines, homœopathic practitioners interfere but little with what their patients eat. If patients under homœopathic treatment get well by diet alone, as is sometimes asserted, why do not allopathic practitioners cure their patients by diet, rather than by bleeding, blistering, and purging? As improper diet interferes with the action of the medicine, and, consequently, with the cure of disease, the patient must select such articles as possess simply nutritive, but not *medicinal* or *stimulating* properties.

The following articles of food are FORBIDDEN while the patient is under the influence of



the medicine :—pork, ham, sausages, veal, ducks, geese, salted meat, and flavoured soups, onions, cucumbers, asparagus, pastry, salads, watercresses, cheese, coffee, green tea, acids, spices, beer, spirits, and wines. Tobacco and snuff, in every form, are highly injurious: smoking debilitates the smoker and his offspring.

The patient's food should be plain and nutritious, wholesome and easily digestible; hence MAY BE TAKEN,—mutton, boiled or roasted; beef, if tender; vegetables, well cooked; puddings of rice, sago, tapioca, &c.; ripe and cooked fruits; cocoa or milk for breakfast, or Scotch oatmeal, well boiled with water and milk; broth or soup of lentil flour, barley or peas, with or without meat, *no fat*.

Patients are recommended to wash themselves all over in cold fresh-drawn water, and quickly and thoroughly dry themselves with a coarse towel, every day, or several times a week; and to take moderate daily exercise in the open air, or, if the weather is wet, in well ventilated rooms.

To abstain from undue indulgence in every passion, to go to bed early and to rise early.

To take no other than homœopathic medicines. Senna, salts, castor oil, pills, and all other domestic medicines are strictly forbidden ; leeches, mustard plasters and blisters, are also injurious, and should never be employed ; they only delude the patient, and do not cure.

*Cocoa.*—Under the head of diet a remark may here be appropriately made on homœopathic cocoa. This delicious article is allowed, by competent judges, to be one of the most nutritious foods which can be used in the liquid form, and, whilst admirably suited to the sick, is a luxury to those who are in health. It is especially calculated for nursing mothers, enabling them to dispense with malt and other objectionable liquors, and forms a valuable food for children, who soon become fond of it. Dr. Epps, the celebrated lecturer on Physiology, says,—“ Cocoa is the best of all flavoured drinks. It is highly nutritive. It contains an oil and a fecula, compounded

in such suitable proportions, that the most delicate stomachs will, after a time, bear them thus joined. At first, sometimes the stomach does not seem to agree with the cocoa; a little perseverance, and the state of the stomach will be so altered as to be in perfect accord with the cocoa."

#### DIRECTIONS FOR TAKING THE MEDICINES.

Generally, it is best to take the medicines dissolved in pure, soft, cold water. The vessels should be scrupulously clean; a tea cup or glass may be used, taking care, if it has to stand any time after being mixed, that it is covered over, and the spoon not left *in* the medicine, but carefully wiped after measuring each dose. Spoons made of porcelain are the best for this purpose. If the medicine has to be kept several days, make the solution in a new bottle, with a new well-fitting cork, especially avoiding the use of any bottle which has been used for the medicines prescribed under the old system.\* The

\* Graduated medicine cups, with covers, are sold by Homœopathic Chemists.

medicines should be kept in the dark, and apart from the influence of any strong smelling substance. As a general rule, the medicines ought to be taken not less than an hour before, or two hours after a meal.

**THE DOSE.**—The quantity of Globules, Pilules, or Tinctures, given at one time, must vary according to the age and medicinal susceptibility of the patient; the usual dose being, for an adult, four Globules, one or two Pilules, or one drop of the Tincture; for a child, about one-half the quantity; for an infant, about one-third. A Pilule, or one drop, is easily divided into two doses by mixing it with two spoonfuls of water, and giving one spoonful for a dose. When a patient is found to be particularly sensitive of the action of the medicines, or otherwise, the quantity must be regulated accordingly.

**THE REPETITION OF DOSES.**—As a general rule the administration should be at long intervals in chronic diseases, and at shorter intervals in acute diseases; the frequency of repetition being in proportion to the urgency

of the symptoms. When improvement takes place, the medicines must be taken less frequently, and then gradually relinquished.

## CHAPTER II.

### TREATMENT OF DISEASES.

#### FEVERS.

Simple fever is characterised by a sense of cold, which speedily terminates in a regular shivering fit. It is often attended with pain in the loins, severe headache, with heat and throbbing in the forehead, urgent thirst, high colored urine, deranged bowels, and loss of appetite.

The remedy for all such symptoms is *Aconitum*, and will often alone effect the entire removal of this form of fever. A dose every one or two hours. *Aconitum* has been

termed the homœopathic lancet, and in all feverish attacks, however slight or serious, it is the first remedy to be given.

*Belladonna* will be required if, after the administration of several doses of *Aconitum*, there should remain congestion to the head, redness of the face and eyes, restlessness and sleeplessness. A dose every two or three hours.

*Bryonia* is applicable in cases attended with heaviness and stupefaction of the head, burning heat of the whole body, bruised pains in the limbs, oppression at the chest, cough with stitches in the side, with aggravation of all the symptoms by movement, and when the patient is extremely irritable.

*Accessory measures.*—Soon as the symptoms of fever appear, the following rules should be observed:—let the patient be placed in a spacious, well-ventilated room, and protected from everything that might cause excitement, such as too much light, heat, noise, or company; do not cover him too much, change the linen often, and at once remove

all matters discharged from the body. The body should be frequently sponged over with tepid water, which will always afford great relief and comfort. As a beverage, cold water, or toast and water, is nearly all that is required. After the urgent symptoms have abated, arrowroot or gruel may be given in small quantities, and afterwards more nourishing food. Much caution, however, is necessary during convalescence, in permitting patients to indulge their appetites. The above treatment, as relates to regimen, is appropriate in all inflammatory diseases.

#### SCARLET FEVER, OR SCARLATINA,

Commences with the ordinary precursors of fever—cold chills, shivering, nausea, and sometimes vomiting, succeeded by hot skin, frequent pulse, thirst, and sore throat. After these symptoms have continued about forty-eight hours, a rash is perceptible on the face, neck and breast, but gradually extended over the trunk and limbs, till the whole body is

covered with the eruption. This eruption consists of innumerable red points or spots, resembling a boiled lobster-shell in appearance. These spots either run together and diffuse themselves uniformly over the skin, or else appear in large irregular patches in different parts of the body. On the fifth day the eruption generally begins to decline, gradually becoming more pale and indistinct, till, on the eighth day, it is wholly gone.

As soon as the feverish symptoms present themselves give *Aconitum*, every three hours.

Immediately scarlatina is suspected, and especially if the rash begins to appear, and swallowing becomes difficult, and the throat inflamed, give *Belladonna* instead of *Aconitum*, every two, three, or four hours, according to the severity of the symptoms. *Belladonna* exerts a direct power over scarlet fever, and this disease, in its less malignant form, will frequently yield entirely to its action without the aid of other medicines.

*Mercurius* may be administered after *Belladonna*, or in alternation with it, if the throat



should be very red and swollen, or become ulcerated.

*Preventive measures.*—Let the rules given under simple fever be strictly observed. In a family, or neighbourhood, where scarlet fever prevails, administer a dose of *Belladonna* every night, or at least every other night, to children who have not had the disease; this is a grand preventive, and even should it not entirely ward off the attack, it will greatly mitigate its severity when it does occur.

#### MEASLES.

This disease is ushered in with shivering, pain in the head, fever, sickness, cough, heaviness, swelling and inflammation of the eyes, with a discharge of water from them; the tongue is white, with the edges of a bright scarlet color. On the second day all the symptoms are aggravated; and on the third or fourth day, an eruption like flea-bites appears on the neck and breast, and soon after over the whole body; the eruption is in detached clusters, red in appearance, and

rough to the touch. In about five days it disappears, the skin peeling off.

If fever is high at the outset, or during the progress of the disease, give a dose of *Aconitum* every one or two hours, as long as may be required to abate the fever. It may be necessary, even after other remedies have been administered, to repeat this medicine whenever inflammatory action becomes prominent.

*Pulsatilla* is nearly a specific in this disease, and may be given when the violence of the fever has been subdued by *Aconitum*, or it may be advantageously given in alternation with it. This remedy is especially valuable when symptoms of cold are present, when any derangement of the stomach is indicated, and when there is much phlegm in the chest, sometimes followed by sickness.

When the throat is much affected, and there is a dry, barking cough, great restlessness and delirium, a few doses of *Belladonna* must be administered.

If the eruption is not well developed, or

suddenly disappears, the danger is increased, and requires the prompt administration of *Bryonia*; especially when this condition is accompanied with distressing chest symptoms, cough, &c.

The after consequences of measles are often more fatal than the immediate malady. Diseases of the lungs and eyes, abscesses of the ears, and various forms of skin affections, are apt to appear after measles. The treatment of these after symptoms depends upon their form and character, but these affections, so frequently resulting from measles, may be often prevented by a dose of *Sulphur*, given every morning, or every other morning, for a week, after the active symptoms of the disease have disappeared. The general measures to be adopted are as for simple fever. The disease is contagious, and can often be prevented by giving children, who have not had the disease, a dose of *Pulsatilla*, at night.

#### SMALL-POX.

This is a disease of a most contagious na-

ture, commencing like most other fevers; there is chilliness, heat, pain in the head and back, pain in the stomach, sometimes with vomiting; on the third, or fourth day, the eruption appears, like flea-bites, on the face, breast, body, and feet successively; there is also soreness of the throat; the eruption being completed, the fever subsides, the pustules begin to fill like boils, the skin between being red; there is swelling of the eyelids, face, and hands. About eight days from the first appearance of the eruption, the pustules break, and discharge their contents; scabs then form, which dry up, and, in a healthy state of constitution, fall off in the course of four or five days.

*Aconitum* will be required, every third or fourth hour, to mitigate the precursory state, if there is much fever, headache, and restlessness.

*Belladonna* and *Bryonia* should be given, in alternation every four hours, when the pain in the head and back are most complained of.

When sore throat and salivation are

prominent symptoms, give *Mercurius* every three or four hours.

*Rhus Tox* is an excellent remedy in this disease, and should be administered during the eruptive stage, especially when it is accompanied with marked prostration.

*Sulphur* is applicable during the formation of the pustules, and when there is furious itching of the parts.

A few doses of *Coffea* will be required, if there is great restlessness and inability to sleep.

Should the eruption suddenly disappear from the skin, with symptoms of paralysis of the brain, coldness of the skin, difficulty of breathing, give two or three drops of *Camphor*, in a little water, every ten or fifteen minutes, until the skin becomes warm again, and the eruption re-appears.

*Accessory measures.*—Keep the patient cool, the room well ventilated, and let the sheets and linen of the patient be frequently changed. The patient may drink cold water freely, and, in convalescence, gradually return

to light and nourishing food. Vaccination is the well-known homœopathic preventive recourse, and should be performed between the third and twelfth month, or earlier, if the small-pox prevails in the neighbourhood. It is of the greatest importance that the matter used in vaccination should be taken from the cow, or from a child of a perfectly sound constitution. Inattention to this precaution, has often resulted in the transmission of serious diseases from one child to another. The homœopathic preparation of *Thuja Occidentalis* has been recommended, and employed with success as a preservative remedy during the prevalence of small-pox, and without incurring the risk of generating disease. A dose should be taken every morning for a few days, and the course repeated, after pausing several days.

#### CHICKEN-POX

Is a pustular eruption, similar in its appearance to small-pox, for which it is at first

often mistaken. It generally requires little medical assistance, but merely attention to diet, as in simple fever. It differs from small-pox in the slighter degree of fever which attends it, in the pustules becoming filled with a watery fluid about the second or third day, which is never converted into yellow matter, as in small-pox, and in its rapid course. Generally on the third day the pustules dry up, forming crusts or scabs.

If the fever is considerable, give *Aconitum* every four or six hours.

When there is much headache, and the brain is evidently affected, administer two or three doses of *Belladonna*. *Rhus Tox* will generally be the best remedy in this disease, and under its action it will speedily disappear.

## CHAPTER III.

—  
DISEASES OF THE ORGANS OF  
RESPIRATION.  
—

## COLD IN THE HEAD.

This is so common a complaint, that it may appear almost superfluous to notice it; yet if we view it as it often is, the cause of many fatal diseases, too much caution cannot be observed in treating it. The complaint is not dangerous if it be not neglected, or aggravated by improper treatment.

It usually comes on with pain and feeling of weight in the head, redness of the eyes, obstruction of one or both nostrils, accompanied with a discharge of thin colorless fluid; these symptoms are soon followed by sore



throat, hoarseness, sneezing, a dry cough, chilliness, general weakness, and attended with more or less fever.

When these symptoms *first* appear, take two drops of *Tincture of Camphor*, (homœopathic preparation) every hour, till four or five doses have been taken. The prompt administration of this remedy will often prevent the development of the complaint by terminating it in the first stage.

*Mercurius* is indicated when there is constant sneezing, soreness of the nose, with watery discharge, profuse perspiration, alternate heat and shivering, extreme sensitiveness to cold air, and an aggravation of the symptoms towards evening. This remedy is often indicated in alternation with *Nux Vomica*.

*Nux Vomica*, when there is obstruction of the nose, heaviness in the forehead, discharge from the nostrils during the day, and stoppage at night, dryness of the mouth, and confined bowels.

*Arsenicum* is a very important remedy in

this complaint, and should be employed when there is obstruction of the nose, alternating with profuse discharge of mucus, and soreness of the surrounding parts. This remedy is especially indicated if the patient is very weak, and when the complaint is accompanied with asthmatic sufferings.

If the appetite, taste, and smell are gone, with much thick discharge from the nose, heaviness and confusion in the head, worse in the evening, or in a warm room, administer *Pulsatilla*, every two or three hours.

*Chamomilla* is principally useful for children, and when the complaint has been caused by suppressed perspiration.

*Bryonia* and *Ipecacuanha* will be required in alternation, should difficulty of breathing be manifested, and may be followed by *Arsenicum*, if no relief is obtained after two or three doses of each have been given. When the appropriate remedy has been chosen, it may be administered every two, three, or four hours, according to the requirements of the case.

*Prevention.*—When persons find themselves liable to cold on the slightest exposure, it can generally be prevented by bathing the head, neck, and chest freely in cold water, every day.

#### INFLUENZA.

This complaint differs but little from common cold, except that the loss of strength and depression of spirits are greater. There is chilliness, anxiety, heat, headache, pain of the back and limbs, cough, nausea, suffusion of the eyes, sneezing, an acrid discharge from the nostrils, and sometimes great debility.

*Camphor*, given as directed for “cold in the head,” will often cut this disease short in the first stage. Should the disease progress, notwithstanding the use of this medicine, *Mercurius*, *Arsenicum*, or *Nux Vomica*, may be selected. The indications for each remedy being the same as for “cold in the head:” reference to which must be made.

*Diet and Regimen.*—Beef tea and farinaceous food, with repose in bed. When the fever abates, a more generous diet may be taken, beginning with broths, jellies, and afterwards animal food, &c.

#### HOARSENESS.

Hoarseness, or morbid roughness of the voice, is a frequent accompaniment of a common cold.

*Dulcamara* will be the most suitable remedy, if the hoarseness arises from having been exposed to damp or wet:—a dose every three hours.

*Pulsatilla* should be administered when there is an almost complete loss of voice, loose cough, and much thick yellow discharge from the nose of an offensive smell.

*Mercurius* will have the preference, if the hoarseness is attended with a thin discharge from the nostrils, tickling and burning in the throat, shivering and disposition to perspire; the symptoms are aggravated in the evening,

and in the cool air; also by speaking and eating.

*Nux Vomica* will be most useful when the symptoms are worse in the morning, and accompanied by a deep, rough cough, tightness across the chest, and for persons of a quarrelsome and obstinate temper.

*Hepar Sulphur* is the chief remedy for old-standing cases, when the voice is both weak and hoarse, and the breathing wheezing; this remedy is particularly indicated in persons who have been subjected to large doses of Mercury.

*Phosphorus* is an invaluable remedy, especially in the chronic form of this affection, and when there is at the same time dryness and soreness of the larynx and chest.

*Sulphur* must be resorted to in the most obstinate cases, and when other medicines afford only partial relief; also when the symptoms are invariably aggravated by damp and cold weather. The best remedies to that chronic form of hoarseness, to which clergymen and public speakers are very liable, are

*Hepar S., Phosphorus, Sulphur, Mercurius, and Spongia.*

The *accessory means* to be employed are, to sponge the throat and chest well, every morning, with cold water, fresh drawn, and then to dry them well with a coarse towel. The beard about the throat should be permitted to grow, as it affords an excellent protection to the delicate organs of the voice, in the case of clergymen, public singers, and those subjected to the undue exercise of their voice. All the hair which nature has planted on our face has its uses, and we may add, its beauties; it is, therefore, a false and pernicious fashion, which compels us to shave off the moustache, when it is found so contributory to the health and personal improvement of those who wear it. An excellent domestic remedy for sore throat, when it first comes on, is to put two or three folds of linen rag, that have been dipped in cold water, round the neck, and over these a roll of flannel, or a long worsted stocking. When this is applied, the patient should retire to bed, and he will

generally have the satisfaction to find his sore throat gone by the morning.

#### COUGH.

As cough is generally a symptom of some disease, such as cold, asthma, or consumption, *it should never be neglected*. It is often the forerunner of some of the most fatal diseases of our climate. There are many varieties of cough, and it will be the aim of the compiler of this little guide, to suggest remedies for those forms of this affection, which are of most frequent occurrence.

*Dulcamara* should be given every three or four hours, when the cough can be traced to cold and damp, and is loose and attended with much phlegm, and there is much oppression at the chest.

*Belladonna* will be suitable in a short, dry, hollow, and convulsive cough, generally worse at night in bed, often continuing during sleep, and is renewed upon the least movement; also, if there is a tickling in the throat, and

a sensation as if dust had been swallowed, headache and flushed face, pain in the nape of the neck, and in the head, as if it would burst during cough.

*Bryonia* should be chosen for hard, dry cough, excited by titilation in the throat, attended with pain in the side, chest, and head, and especially if the cough becomes worse, when passing from warm air to cold, or from cold to warm. It will also be found serviceable in loose cough, with white or yellow expectoration, sometimes streaked with blood.

*Nux Vomica*, for a dry, hoarse, hollow cough, accompanied with a sensation of heat and dryness in the mouth and throat. There is painful roughness and scraping in the throat, particularly in the morning. Mucus in the throat excites the cough, which it is impossible to dislodge. There is often severe headache, and bruised pains in the sides and stomach, when coughing.

*Chamomilla* is the best remedy in the coughs of children during teething, and when attended by fretfulness and wheezing



breathing. This remedy is also suitable when the cough is due to a cold from suppressed perspiration.

*Ipecacuanha* is especially useful in dry, nervous, and spasmodic coughs, followed by vomiting. The chest is oppressed by the accumulation of mucus in the air vessels, rendering breathing difficult, almost to suffocation. It is a valuable remedy in hooping cough.

*Mercurius* is valuable for a dry, fatiguing cough, which shakes and exhausts the patient very much, worse in the evening and at night, attended with spitting of blood and shooting pains in the chest; tendency to perspire, with watery discharge from the nose.

*Sulphur* must be had recourse to in obstinate dry cough, with tightness in the chest, and retching, or loose cough, with expectoration of whitish or yellowish mucus, only during the day, with dry cough at night, attended with headache, and pain in the loins and hips, with spitting of blood.

*Phosphorus* is most valuable when there is

excessive hoarseness, with painful sensibility of the larynx ; the cough dry, and excited by a tickling in the throat, with shooting in the larynx, pains and soreness in the chest. This remedy is especially indicated in the cough of consumptive persons.

*Preventive measures.*—Those who are subject to coughs and colds, will be much benefited by washing and rubbing the whole body, every day, or several times a week. Never refuse cold water to a person suffering from cough, and urge no one to take warm and intoxicating drinks : the latter practice is fraught with evil.

#### HOOPING-COUGH.

This is a convulsive cough, returning in fits which terminate in vomiting or expectoration. It is commonly a disease of childhood, and generally prevails as an epidemic, and is probably most easily communicated in the second stage, when the disease has been fully developed, and during the decline.

As this disease begins in a common cold and cough, the medicines most appropriate to its treatment, will be found under "cough and cold in the head:" the early use of which will often prevent its development.

*Drosera* is one of the principal remedies in the next, or whooping stage, when the cough is loud and hoarse. Paroxysms are excessively violent, with very marked whooping sound of cough; there is either no fever, or the fever is intense with perspiration, vomiting of food and slimy mucus.

*Veratrum* acts quickly, and is indicated when there is great weakness, with fever, thirst, and cold perspirations, and when there is involuntary escape of urine during the cough and vomiting, or when there are pains in the chest, abdomen and groin, and the patient avoids exercise.

*Cuprum* is most suitable in the most violent forms of this complaint, especially when the body becomes rigid, cough suffocating, and the breath nearly suspended during the paroxysms, which are followed by vomiting and great prostration.

*Ipecacuanha* will be very useful, particularly in the early stages of the disease, when there is dry, hard cough, which threatens suffocation; and sneezing, with watery or bloody discharges from the eyes and nose.

*Belladonna* must be administered if the cough is harsh and barking, worse at night, and attended with sore throat and determination of blood to the head.

*Bryonia* and *Phosphorus*, in alternation, every three or four hours, will be most serviceable when the hooping-cough is complicated with diseases of the chest, fever, and pain.

*Additional directions.*—During the treatment of hooping-cough, especially if fever be present, the diet must be light and digestible, scrupulously avoiding all kinds of stimulants. The drink should be toast or barley water. Emotions of the mind—fits of anger—should be carefully guarded against, as they add to the violence and frequency of coughing.

## CROUP.

This is one of the most dangerous diseases to which children are subject, but is generally curable by skilful homœopathic treatment, if employed at the commencement of the attack. If possible, a homœopathic practitioner should be consulted.

*Aconitum* should be administered every twenty minutes, in urgent cases, or, in less urgent cases, every one or two hours, if there is great heat, thirst, short, dry cough, and difficult breathing. Many cases of croup are cured by this medicine alone.

If Aconite produces a profuse, warm perspiration, and the spasmodic breathing continues, administer *Spongia* instead of Aconite, or in alternation with it. This remedy is particularly indicated if the breathing is laboured, loud and wheezing, and the cough hoarse and hollow.

*Hepar Sulphur* is, however, the prominent medicine, especially when the cough has that ringing or brassy sound, so peculiar to croup,

and is attended with a constant rattling in the respiratory organs, during which the patient tries in vain to get relief by expectoration. If administered early, this remedy is generally sufficient to arrest the disease.

The appropriate medicine should be administered singly or in alternation, every twenty or thirty minutes ; and, as improvement ensues, every one, two, three, or four hours, according to the indications.

*Accessory measures.*—An excellent palliative is the wrapping of a flannel bandage, dipped in hot water around the throat ; the flannel should be kept as hot as possible. During the attack, the diet should consist of arrowroot or gruels ; and if thirst is present, cold water may be given. As the child recovers, great care should be taken not to expose the patient to draughts, or dampness, as the attacks are liable to return.

#### INFLAMMATION OF THE LUNGS, AND PLEURA.

These diseases almost always exist to-

gether, and should be treated, if possible, by a homœopathic practitioner. They begin with shivering, hot skin, headache, and the other symptoms of fever. Sometimes they result from a cold neglected, or badly treated. There is violent pain in the chest, quick and laboured breathing, and often a stabbing pain, or "stitch" in the side, or merely a dull, aching sensation, and a spitting of rusty-coloured phlegm.

The chief remedies, and which are infinitely superior to blood-letting, are *Aconitum* and *Bryonia*. The former controls the fever, and the latter the affection of the pleura, or thin membrane which lines the chest and covers the lungs, which occasions the violent pain in the chest. Administer a remedy every half hour, in very acute cases, and every one, two, or three hours in the milder forms of the disease, until relief follows. Administer first one remedy and then the other.

When the fever and pain have been subdued, by the above medicines, *Sulphur* may

advantageously follow : a dose every three or four hours, for two or three days, will often complete the cure.

In some cases, other remedies may be required, as *Phosphorus*, to persons of narrow chests and subject to attacks of inflammation ; *Belladonna*, where there is great restlessness, pain in the head, and delirium ; or *Arsenicum*, in tedious cases, where there is extreme prostration of strength, and the breathing painfully oppressed. The appropriate remedy may be administered every three hours, until relief is obtained, and afterwards less frequently.

Great care is required as to diet, which must be as in fevers, and bleeding in every form must be avoided.

#### ASTHMA, OR DIFFICULT BREATHING.

This is a spasmodic disease, characterised by a feeling of tightness across the chest, wheezing cough, discharge of phlegm and great difficulty of breathing. "The air tubes



of the lungs are encircled by minute bands of muscular structure, which, like other muscular fibres, may be affected with spasms. These spasms, of course, contract the air tubes, and the difficulty of breathing, and the wheezing respiration, is occasioned by the air being forced through the narrowed channels for respiration." The attacks often come on suddenly, and are attended with distressing anxiety. The causes of asthma are various : atmospheric changes, smoke, dust, gases, metallic and other particles floating in the air, chamomile tea, ipecacuanha, vapour of sulphur, irregularities of diet, over exertion, and mental emotions. The disease may also be hereditary.

*Ipecacuanha* is one of the chief remedies, especially if there is a feeling of tightness about the chest, panting, rattling in the wind-pipe, which feels as if full of phlegm, coldness, paleness, anxiety, and sickness. Administer a dose every ten or fifteen minutes during the continuance of the attack, and two or three doses at intervals of a few hours afterwards.

*Arsenicum* is an important remedy in this disease, and is chiefly indicated when the respiration is short, anxious and wheezing; when the sufferings are aggravated at night, by lying down, and upon the least movement; and when there are attacks of suffocation, spasmodic constriction of the chest, and pale or bluish face. It is especially useful when the disease has arisen from suppressed eruption, and in persons of feeble and impoverished constitutions.

*Bryonia* should be chosen if there is obstructed respiration, which is aggravated by exercise, or by talking. There is tightness and oppression at the chest and abdomen during inspiration, and inclination to vomit, and the patient is fretful and irritable.

*Nux Vomica* is generally more suitable for strong and robust persons, and also when the disease has been induced through excess of study, sedentary employment, or abuse of alcoholic drinks. There is weight and tightness at the chest, short, dry, spasmodic cough, sometimes with heat and burning in

the chest, derangement of the digestive functions, sticking pain in the region of the liver, and the sufferings are increased early in the morning.

In acute cases, the appropriate remedy should be administered, from every half hour, to two hours ; and in chronic cases, two or three times a day.

*Accessory means.*—To those subject to asthma, sponging the chest every morning with cold water, will be of immense service ; in some instances it might be desirable to begin with tepid water, and gradually to lower the temperature until it reaches the natural coldness.

#### ASTHMA OF CHILDREN.

The attack generally comes on at night, on waking from sleep, or after a fright, and sometimes without any perceptible cause. The spasms set in with wheezing and great difficulty of breathing, the child gasps for

breath, the face turns pale and blue, and is frequently attended with clenching of the thumbs, and spasmodic contraction of the toes, or in convulsions. It usually occurs in delicate children with scrofulous habits.

*Arsenicum* is indicated, when there is extreme weakness, great anguish, stoppage of breath, with cold perspiration.

*Ipecacuanha* should be preferred, if the attack can be traced to indigestible food, when there are symptoms of suffocation, and rattling in the chest, with cramps or rigidity of the frame. A dose should be administered every fifteen minutes, until the symptoms are mitigated.

#### CONSUMPTION.

This disease has proved the most destructive of human life of all that claims our attention, and when once fully developed, is generally supposed to be incurable. In the early stages of phthisis, however, while the tubercles are yet small, and

but slightly irritated, our preventive and remedial measures may be brought to bear with much hope of success.

Consumption occurs in persons of all ages, but most commonly between the ages of eighteen and thirty. Females suffer more than males, which is owing to their more artificial habits, dwelling chiefly in rooms where the invigorating breath of heaven, in its freshness and sweetness, seldom penetrates, submitting to those articles of torture and distortion, stays, and to their neglect of that vigorous daily exercise in the open air, which tends to promote physical strength and energy.

One of the first symptoms which announces the approach of consumption, is an undue *shortness of breath* after exercise. If also there are wandering pains, constriction and tightness at the chest, great sensitiveness of the lungs to cold air, a dry morning cough, a narrow or flat chest, and an hereditary predisposition to disease of the lungs, the most grave apprehensions must be entertained.

Where tubercles exist in the lungs, either in a latent, or partially developed state, we strongly recommend the following measures to be taken :—

*Daily, vigorous, and cheerful exercise in the open air*, employed in such a manner as to bring all the muscles into moderate and agreeable action, and with the body in an *erect position*.

*Make use of highly nutritious food*; avoiding especially *pork*, in its various forms—ham—sausages—lard; all fish not having scales; and oily and greasy food generally.

*The daily external application of cold water*, is another important measure to be adopted: this may be done in the form of baths, sponging, or wet sheets. A healthy action of the skin is thus promoted, and the general circulation equalised.

Cultivate a *cheerful disposition*, avoiding a gloomy pondering over bodily complaints.

Lastly, *shun all excesses*, whether in the pleasures of the table, wine, and liquors, or in the gratification of any passion, which

over stimulates and fatigues mind and body.

By the adoption of these suggestions, much might be done towards the prevention of consumption, as well as for the improvement of the general health.

In conjunction with the above measures, one of the following remedies may be occasionally exhibited with benefit, making the choice according to the indications which may be present:—*Aconitum*, *Arnica*, *Arsenicum*, *Calcarea*, *Mercurius*, PHOSPHORUS, and *Sulphur*. We have often administered these medicines, *Phosphorus* in particular, with eminent advantage to consumptive patients. Great caution is required in the administration of medicine, to guard against a too powerful medicinal action, and not to exhibit the remedy too often.

Since this chapter was penned, a beautifully written and masterly work has been published on “Consumption; its nature, prevention, and homœopathic treatment, with illustrations of homœopathic practice.” By W. Hitchman, M.D. To those interested in

this vital subject, we earnestly recommend this valuable addition to our medical literature. For particulars, see list of works at the end of this book.

#### CHAPTER IV.

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### DISEASES OF THE STOMACH AND BOWELS.

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#### INDIGESTION.

Digestion is the grand process by which nature renovates the system, which, when the individual is in health, is performed with great faithfulness and regularity. Indigestion is a disease which consists in a deviation from this ordinary mode of health in the stomach, and in the deficiency or vitiated character of those juices essential to the conversion of food into blood.



The symptoms of this common complaint are impaired appetite, wind on the stomach, nausea and eructations, which often bring up bitter or acid fluids ; heartburn, pain, weight, inconvenience or fulness after a meal, headaches, and other symptoms. The appearance of the tongue seldom fails in pointing out the state of the stomach : it is white, often appears cracked, and is frequently loaded with a coat of thickish paste ; there is a disagreeable taste in the morning on rising, and the bowels are constipated, or in a relaxed condition.

The treatment, and observance of proper dietary rules, must ever go hand in hand in this complaint ; for the one, however exactly followed, will not succeed without the other. The principal medicines required are the following:—

*Nux Vomica*, when the symptoms occur in sanguine, or bilious temperaments, or in consequence of too little exercise in the open air, luxurious living, abuse of alcoholic liquors, or excessive mental exertion ; when there is

distension and fulness of the stomach after meals, with tenderness to touch, heartburn, sour, acid risings and flatulence, frequent vomiting of food and bile, sour or bitter taste in the mouth; the head is confused, as after intoxication; the patient feels indolent and sleepy after a meal, and unfitted for mental or physical exertion, there is sallow, yellowish complexion, and constipation. A tendency to piles is a further indication for *Nux Vomica*, and also, for *Sulphur*, which will often advantageously follow it.

*Pulsatilla* is more particularly suited to females, and individuals of a mild and easy character, with a disposition to much secretion of mucus, or to heartburn, with acid, bitter, or putrid taste in the mouth, dislike to cooked or hot food, with craving for acids and highly-seasoned things; bitter, or sour eructations; frequent and loose or difficult evacuations; when the disorder has arisen from the excessive use of greasy and indigestible food, *Pulsatilla* will be found a suitable remedy.

*China* should be selected, when the disease has been occasioned by loss of animal fluids, or when the symptoms occur in damp or foggy weather, and in localities where the atmosphere is tainted with exhalations arising from standing waste marshes, &c.; where there are indifference to food and drink from a feeling of satiety, belching, distension of the abdomen, craving for sharp and stimulating things, weakness, with disposition to lie down after the least food, uneasiness, and drowsiness, great sensibility to the least current of air, ill humour, and dislike to everything.

*Mercurius* will be most suitable, when there are putrid, sweetish, or bitter taste, dislike to solid food, especially meat, desire for cooling things, pressure and tension in the region of the stomach, nausea, and desire to vomit, constipation, with frequent and painful urging to stool, without a discharge.

*Hepar Sulphuris* is an important remedy in old cases, particularly if nearly all kinds of food disagree, with craving for stimu-

lants, and if Mercury has been freely given.

*Sulphur* is suitable in most cases of long standing, and when only partial relief has followed the use of other remedies; there are fulness and distress of the stomach after eating, sourness and ejection of acid water from the stomach, nausea, vomiting, sufferings from almost everything the patient takes, especially beer, acids, and fat things. The patient is sad and morose.

In recent cases of indigestion the remedy, carefully chosen, may be administered, a dose once in from one to three hours, according to circumstances. In chronic cases, the intervals should be more distant, say every six or twelve hours, generally night and morning. Too much care cannot be observed in selecting the appropriate remedy, and, after its selection, of giving it a proper trial.

*Accessory measures.* — Dyspeptic patients must correct all improper habits, and pay strict attention to the quality and quantity of food, and the hours at which it is taken. It

is impossible to lay down directions for every particular case, as what agrees with one is often injurious to another ; the rule being to select such articles of food as are found best to agree with the digestive powers. Dr. Guy, as quoted by Mr. Moore, enumerates the following list of habits, which require correction :—“ Eating too much at one time ; eating too seldom, or too often ; too great a variety of food at the same meal ; imperfectly chewing the food ; the too hasty resuming of bodily or mental occupations after a meal ; sedentary habits ; neglect of personal cleanliness ; habits of drinking, smoking or chewing tobacco, and opium-eating ; the excessive use of tea and coffee, and eating unripe fruits and vegetables.” As a general rule, malt liquors are injurious. The meals should be regular, avoiding study, straining the head, or business anxiety, while at the table, and taken with pleasant and cheerful companions. The nourishment we receive under such pleasurable circumstances will assuredly produce good and light blood. In

the list of articles to be avoided, we particularly notice the following:—Veal, bacon, pork, sausages, salmon, lobsters, crabs, cheese, and coffee.

The dyspeptic patient should never neglect to drink a sufficient quantity of water. This liquor, so often despised and even considered as prejudicial, is one of the greatest means for preventing or curing indigestion. One great point however is, that the water must be *fresh*, that is, recently drawn, in which state it contains fixed air, which renders it strengthening, and favourable to digestion. "Pure, fresh water," says Hufeland, "has the following advantages, which must certainly inspire us with respect for it. The element of water is the greatest and only proper promoter of digestion—by its coldness and fixed air, it is an excellent strengthener and reviver of the stomach and nerves. On account of its abundance of fixed air, and the saline particles it contains, it is a powerful preventive of bile and putrefaction. It assists all the secretions of the body. With-

out water there could be no excretion ; as, according to the latest experiments, oxygen is a component part of it, by drinking water we actually imbibe a new stimulus of life." The dyspeptic should lay in a cool bed, and not indulge in too much sleep, avoiding especially late hours ; and should use daily moderate exercise in the open air, particularly in the morning.

#### VOMITING.

As this affection may arise from a variety of causes, the treatment must be regulated thereby.

*Pulsatilla* should be administered, if the vomiting has been caused by fat food, or by eating too freely, and when it is attended with dizziness in the head and looseness of the bowels ; also, when the smallest quantity of food brings it on.

*Nux Vomica* will be more suitable, if the vomiting occurs in females in the family-way, or if there is bad digestion, a feeling of

swelling of the stomach, dryness of the mouth, disturbed sleep, and confined bowels.

*Arsenicum* will be indicated, if accompanied with burning in the stomach and throat, great weakness and purging, and coldness of the hands and feet.

*Ipecacuanha* will be preferable, if there is copious vomiting, and no other indications.

In severe cases, the dose must be taken every half hour or hour, and in less severe, every two to four hours.

#### COLIC.

This is a pain arising either from a distension or a spasmodic contraction of the intestines. The pain is generally of a griping, tearing, gnawing character, or wandering pain in the bowels, which abates on the expulsion of wind.

The generally exciting causes are, acid fruits, or indigestible substances, cold from wet feet, worms, constipation, suppressed perspiration, &c.



The prominent remedies are, *Nux Vomica*, *Chamomilla*, *Colocynth*, and *Mercurius*.

*Nux Vomica*, when there is fulness and tightness at the upper part of the waist, severe pinching and contracting pains, as if the intestines were squeezed between stones, constipation, &c.

*Chamomilla*, against severe, cutting, tearing, and pinching pains, and sensation as if the belly was quite hollow, with constant motion of the intestines. It is particularly adapted for children.

*Colocynth*, in the most violent cases, when the pains are excessively severe, and resemble stabbing, or cutting as if from knives, or clawing and pinching, with tenderness of the belly.

*Mercurius*, violent, twisting, shooting, contractive pains, with a feeling of hardness about the navel. The attacks come on more especially at night.

#### CRAMPS IN THE STOMACH.

The symptoms are, pinching, gnawing, and

contractive pains in the region of the stomach, extending into the back and chest. The causes are, highly-seasoned or indigestible food, abuse of stimulants, coffee, and tobacco, long fasting between meals, and exposure to cold or damp weather.

The chief remedies are, *Nux Vomica*, *Chamomilla*, *Belladonna*, *Pulsatilla*, *China*, and *Ipecacuanha*; a selection must be made according to the indications present.

#### SEA SICKNESS.

This distressing complaint may be prevented or modified, by a few doses of *Nux Vomica*, taken every three hours previous to embarkation. It should also be used when the sickness first occurs. If the sickness is very severe and protracted, and attended with great weakness, *Arsenicum* will be most serviceable; a dose every half-hour, or between the fits of retching.

#### BILIOUSNESS.

A remedy selected out of the following will be found of eminent service.

*Nux Vomica*, if the patient is of studious and sedentary habits, and when accompanied with costiveness.

*Mercurius*, if sickness and vomiting predominate with headache.

*Arsenicum*, if there is severe griping and purging.

*Pulsatilla*, if there is relaxation of the bowels.

*Veratrum*, if the bilious vomiting is severe, and accompanied by most racking headache.

Take the appropriate remedy every one, two, or three hours. For further particulars and indications, and the accessory measures to be observed, consult the chapter on Indigestion.

#### HEARTBURN, FLATULENCE, NAUSEA, &c.

These are simply different forms of indigestion, and are removable by the same medicines as mentioned under indigestion; the choice depends on the accompanying symptoms.

## JAUNDICE.

The symptoms of this disease are yellow tinge of the skin and whites of the eyes, urine yellow, lassitude, anxiety, pain in the stomach, whitish stools, bitter taste in the mouth, and sometimes fever.

*Mercurius* is one of the most important remedies in this disease, and will of itself often effect a speedy cure.

*China* will be indicated if the disease has arisen from an abuse of mercury, and may also be administered when *Mercurius* is insufficient to cure.

*Chamomilla*, when the complaint is excited by a fit of passion, and the patient is irritable and fretful; it is also useful when the disease occurs in children.

*Nux Vomica* is indicated in cases attended by costiveness, with sensitiveness from pressure in the region of the liver, and when sedentary habits or indulgence in spirituous liquors appear to be the exciting cause.

A dose of the appropriate remedy may be taken every three hours, until relief is experienced.

#### DIARRHŒA OR LOOSENESS OF THE BOWELS.

This complaint may be induced in a variety of ways :—indigestible food, sour and unripe fruits, the intense heat of summer and autumn, getting chilled when perspiring, the sudden application of cold to the warm body, or the effect of the mind upon the body—such as the depressing influence of fear, or the violent excitement of anger. Sometimes diarrhœa occurs in connexion with some other disease, as in consumption, typhoid fever, &c., where the powers of nature are rapidly prostrated: in such cases it is frequently an alarming symptom. Looseness of the bowels is also a very common precursor of cholera, when this disease is epidemic.

When diarrhœa arises from bilious derangements, indigestion, or dissipation, it may be regarded as the effort of nature to expel

those substances which might otherwise give rise to the most serious disturbances.

The medicines most useful in simple diarrhœa are, *Camphor*, *Chamomilla*, *Pulsatilla*, *China*, *Veratrum*, and *Arsenicum*.

*Camphor*, if there is severe pain in the stomach and bowels, and the face and hands are cold, or if there are cramps in the legs or stomach. For the general indications for this medicine, and the mode of administering it, consult the article on the "Homœopathic preparation of Camphor."

*Dulcamara* should be chosen if the diarrhœa can be traced to cold, particularly in the summer and autumn; when the evacuations are slimy and greenish and attended with sickness, impaired appetite, lowness of spirits, but with little or no pain.

*Chamomilla*, if the stools are watery, bilious or slimy, and of a yellowish, whitish or greenish colour, *particularly in children*: discharge of undigested food, restlessness, rumblings or pain of a tearing kind in the bowels, fulness and hardness of the stomach,

and taste as of bad eggs in the mouth.

*Pulsatilla*, when the purging is occasioned by eating fat and rich food, when the stools are slimy and bilious, with a foetid odour, bitter taste in the mouth, nausea, with eructations, colic, especially at night.

*China*, if the diarrhœa is of a violent aching and greatly prostrating character, occurring especially after eating or in the night, and containing undigested food. This remedy is also indicated in many cases of painless diarrhœa, with debility, thirst, and loss of appetite.

*Veratrum*, where there are cutting, griping pains, and debility, and with symptoms resembling those of cholera. This remedy may also be had recourse to if any of the above fail to produce relief in twenty-four hours.

*Arsenicum*, if the diarrhœa be accompanied or ushered in by vomiting, with great heat at the stomach, ascending to the throat, resembling heartburn: also, if there is a burning sensation attending the effort of expelling the

motions. The body is cold, the face pallid and sunken, and the strength is much reduced. This remedy is often useful in alternation with *Veratrum*.

A dose of the appropriate remedy may be administered every one or two hours, according to the violence of the symptoms, or a dose after every motion, until relieved.

*Accessory means.*—The extremities should be kept warm, and sudden changes of temperature avoided. Rest in the recumbent position is desirable. Food should be very sparingly given, and should consist of light, non-irritating substances,—such as gruel, arrowroot, farina, &c.; no coffee, spices, or acids, should be allowed, nor any stimulating beverages. In old cases of diarrhœa, the food should be of the most nourishing kind, yet easy of digestion.

Those who have a constitutional predisposition to diarrhœa, with a feeling of coldness about the abdomen, should wear a flannel bandage in close contact with the body, covering the stomach and abdomen.



Night air and late hours should be avoided, as tending to pre-dispose to an attack. Daily out-door exercise, not to exhaustion, should be inculcated for old and young. All mental excitement, or animal excesses of every kind, should be shunned.

#### DIARRHŒA IN CHILDREN.

Children in a state of health have usually three or four, and sometimes five or six motions in twenty-four hours; should the discharges become more frequent than this, be unnatural in colour, and accompanied with more or less pain, one of the following remedies may be administered.

*Chamomilla* is an important medicine in diarrhœa during teething, and when attended with crossness, restlessness, and colic; when the motions are greenish, watery, bilious, or frothy, and having an offensive smell, and when caused by cold.

*Ipecacuanha* may be given if no benefit follows *Chamomilla*, after six doses have been

administered, and if the purging is the result of overloading the stomach, or is attended with vomiting.

*Nux Vomica* or *Pulsatilla* will be suitable when accompanied with considerable flatulence.

A dose of the appropriate medicine,—two globules, one pilule, or half a drop, may be given once every two hours.

#### DYSENTERY OR BLOODY FLUX.

This is an intensely painful disease, and is generally attended with fever, and sometimes thirst, headache, nausea, and vomiting. It can readily be distinguished from diarrhoea, as no fœces are discharged, but mucus or bloody stools, accompanied with straining and urging to stool. “To these symptoms,” says Mr. Moore, “succeed loss of strength and flesh, bearing down of lower bowel, burning heat, hiccup, sudden cessation of pain, cold sweats, and death.”

*Aconitum* should be promptly administered

if there is much fever present. Two or three doses at intervals of an hour between each dose: afterwards, if necessary, to be followed by one of the annexed medicines.

In the early stages of the complaint, the prompt use of *Aconitum* will generally suffice to ward off the attack.

*Arsenicum* is indicated when there is burning pain in evacuating the bowels, excessive weakness, coldness of the extremities, cold breath, and putrid and offensive discharge of urine and fœces, often involuntary.

*Mercurius Corrosivus* is one of the most valuable remedies, and is required when the evacuations are bloody, and the pain and straining severe, as if the bowels would be jerked out.

*Ipecacuanha* is very useful in the dysenteries of autumn, and when there is nausea, violent straining, and colic; the evacuations are first of a slimy, and afterwards a bloody mucus. This remedy may be given in alternation with *Bryonia*, and these together will often suffice to cure this complaint.

*Sulphur* : when other remedies have failed, this often removes the disease, or renders the system more susceptible to the influence of the other remedies. Two or three doses at intervals of three hours, and then return, if necessary, to the remedy best indicated.

In the most serious forms of the disease, a dose of the appropriate medicine may be given every twenty minutes, half-hour, or hour; in less severe, every two or three hours.

*Accessory measures.*—The patient should keep in a reclining posture in bed, and in severe cases use the bed-pan instead of getting up. The drink should consist of cold water or toast water; the diet must be restricted to arrowroot and the best Homœopathic Cocoa. All kinds of animal food and wines must be avoided, even during recovery.

\*  
CHOLERA.

In this disease, which resists the efforts of the old system, Homœopathy has won brilliant and undying triumphs. The success of

our new system in the prevention and cure of Cholera, and other violent diseases, has assisted greatly in its rapid spread in every part of the world.

In all cases, where practicable, the treatment of this disease should be in the hands of a Homœopathic Practitioner. Where this is impossible, an intelligent and judicious non-medical person will be more successful with Homœopathic remedies than a medical man of the old routine practice.

Several excellent pamphlets on the prevention and treatment of Cholera have been published, and may be procured of any Homœopathic Chemist:\* we shall therefore only briefly indicate here some of the remedies which are found most valuable in this disease.

*Camphor* (the Homœopathic preparation) is one of the first and most important medicines to be administered. The indications for Camphor are the following:—sudden

\* See list of Homœopathic books at the end of this work.

prostration, face and hands cold, body generally becoming cold, pains in the stomach and bowels, the pulse irregular, cold sweat on forehead, giddiness, noise in ears, swelling of the belly from wind and severe purging.

Two drops of the tincture of *Camphor* on a piece of loaf sugar, or in a spoonful of water, and administered every five or ten minutes, if the disease progresses rapidly. As soon as the patient becomes warm, the doses may be given at more distant intervals, and discontinued when full perspiration takes place.

The patient should be placed in a warm bed, have hot water bottles applied to the feet, and the administration of the remedy proceeded with, promptly and decisively.

*Ipecacuanha* may be next administered if vomiting is a prominent symptom. One drop of the tincture every fifteen minutes, or after every act of vomiting, if oftener.

*Veratrum* must be given if the disease progresses, notwithstanding the above remedies: it is especially required if the evacua-

tions by the bowels, and vomitings, are constant and violent; if the eyes are sunken, the features deathly, the fingers and toes contracted, and the voice gets weak and hollow; also, if the nails, eyelids, and nose are cold and blue. Two drops of the tincture every fifteen minutes, or after each act of vomiting, if oftener.

*Arsenicum* should be selected if there are violent pains of a *burning* character in the stomach; excessive thirst, clammy sweat, weak, tremulous pulse, and cramps; and entire prostration of strength. Administer as directed for *Ipecacuanha*.

During the prevalence of Cholera, there are generally premonitory symptoms, such as general uneasiness, bitter taste in the mouth, fulness and pressure at the pit of the stomach, cramps, and rumbling in the bowels: these symptoms should be promptly checked. Much time may be saved, and life spared, by families providing themselves with a small case of Homœopathic remedies, including a small bottle of *Veratrum*, *Cuprum*,

*Arsenicum*, and *Ipecacuanha* : also a bottle of *Camphor*, which must be kept separate from the other medicines.

#### CONSTIPATION OR CONFINED BOWELS.

A natural tendency to costiveness is not so alarming as many people suppose it to be; indeed people thus pre-disposed generally live long, except they injure themselves by purgative medicines; while on the other hand, those who are subject to frequent attacks of diarrhœa are early debilitated, and seldom attain old age. The common idea that aperient medicines contribute to health, not only during sickness, but also occasionally in health, and that impurities are thereby driven out of the body, is very erroneous.

The truth of this statement may be easily proved by the following experiment. Let purgative medicines be taken for a week, and however good may have been the state of health previously, at the termination of this period all sorts of impurities will be dis-



charged, especially after taking Jalap and Calomel. As this is an invariable result, even in the case of those who have never been ill, it is a proof that these impurities have been produced by the drugs.

Purgatives, during sickness, are also most injurious. "The disease," says Mr. Yeldham, "weakening the whole system, the bowels, in common with the legs, the arms, the stomach, the brain and every other organ, partake of the general debility, and become deprived of that power by which, in a state of health, they are enabled to discharge their proper functions. Why should they, more than the other organs, be impelled to the performance of a duty to which, at the time, they are totally unequal?"

"Again, under the process of disease, the whole vital power is devoted to the struggle which is going on in the affected part. The attention of the system is, as it were, drawn off as well from the bowels as from every other organ not immediately engaged in the contest. On this account also they remain

quiescent; and any interference with that quietude, by diverting the vital energy, weakens that force which nature requires to be undivided, to enable her to conduct her combat with disease to a successful issue—an additional reason why purgatives should be avoided.

“ Constipation is an *effect*, not a *disease*. If it were, there might be some show of reason in the use of aperients. But, being merely a temporary loss of power, we can no more restore that power by *forcing* the action of the bowels, than we can impart strength to a weakened leg by *compelling* it to walk. In the latter instance, we should instinctively rest the part, until, by the removal of the disease, motion might be resumed. The same reasoning applies with equal force to the removal of constipation. The exercise of a little patience, and the employment of judicious means for the eradication of that disordered condition on which the inaction depends, will as infallibly restore the bowels to their duty, as in every other instance the

effect must cease when the cause is removed."\*

Constipation may arise from a great variety of causes, such as sedentary habits, dissipation, mental anxiety, derangement of the digestive organs, inducing weakness of the bowels, and in many forms of disease.

The remedies most useful in the treatment of constipation are the following :—

*Nux Vomica*, in constipation occasioned by drinking ardent spirits, too much study, sedentary habits, or by eating too much, or too great a variety of food at once; and especially when there is nausea, distension and heaviness about the stomach, headache, ill humour, and fulness about the head, uneasy sleep, with frequent and ineffectual effort to evacuate. It is often desirable to alternate this remedy with *Sulphur*, administering *Sulphur* in the morning, and *Nux Vomica* at night.

*Opium*, when there is an inclination to evacuate, but a feeling as if the anus were

\* Yeldham on "Homœopathy in acute diseases."

closed, and the stools are hard and lumpy, in chronic cases occasioned by too little outdoor exercise; when there are headache, dizziness, dry mouth, thirst, red face, and pressure in the belly.

*Bryonia* is particularly useful in constipation occurring in warm weather, when occasioned by a deranged stomach, with chilliness, headache and bad temper, and in persons subject to rheumatism.

This remedy alternates well with *Nux Vomica*.

*Sulphur* is required for habitual costiveness with piles, and should be administered every morning the first thing. This medicine may be, as before remarked, advantageously alternated with *Nux Vomica*, giving *Sulphur* in a morning and *Nux Vomica* at night.

In recent cases of costiveness, the remedy may be given every three hours; in chronic cases, once or twice a day.

*Accessory measures.*— These are of the greatest importance, and no medicines can be of any permanent service if these are not

attended to. Walking exercise, particularly in a morning in the country, but not carried to the point of inducing much perspiration. Water is an extremely valuable adjunct, both for internal and external use. Meals should be taken with regularity, meat not eaten at every repast, a considerable quantity of vegetables and ripe fruit taken with animal food, and brown bread always preferred to white. Strong or green tea, all spirituous liquors, highly-seasoned food, and late suppers, should be strictly avoided. Too much importance cannot be attached to regularity in attending to the calls of nature. The best time for visiting the water closet, whether nature is urgent or not, is in a morning before or after breakfast. Constipation is often removed by attention to this point alone. Among the various domestic remedies nothing can be recommended except an occasional injection, of not more than two ounces, or six table-spoonfuls, of cold or tepid water, without the admixture of castor oil or other irritants, when it is ascertained

that the lower bowel is obstructed with excremental matter, apparently in too large masses, or too hard and dry for discharge: unirritating in its operation, and acting directly on the lower portion of the bowel, where the obstruction takes place; this, in all cases where assistance is required, is infinitely preferable to raking the whole stomach and bowels with strong drugs, which excite violent action only to settle back into a state of greater debility and torpor than before. The experience of all accustomed to purgatives proves that their ultimate effect is invariably aggravated constipation.

#### WORMS.

Intestinal worms are the products of certain morbid states, which exist previous to their formation, and should be regarded as a symptom, not a disease. This consideration is of great importance in the treatment which ought to be directed against the disease itself, rather than against the product

it engenders. The effect of most allopathic remedies is, at best, to excite a discharge of some of the worms from the system, without removing the morbid condition on which their presence depends.

The symptoms which the presence of intestinal worms, or the disease which produces them, may occasion, are so various and numerous as to render a brief summary of them difficult. Perhaps the only irrefragable sign is the presence of worms in the stools, or in the matter vomited; but as this circumstance only occurs in cases where there exists large quantities, we give the following symptoms, some of which will be present in persons troubled with verminous affections:— Sudden and frequent changes in the colour of the face; bluish semi-circles under the eyes; copious flow of saliva into the mouth; nausea; insipid, acid, or fœtid odour of the breath; capricious appetite, or dislike to food; itching of the anus; disturbed sleep, talking in the sleep, and grinding the teeth during sleep; thick and whitish urine;

tightness and swelling of the lower part of the abdomen; and sometimes convulsions, delirium, &c.

Where worms exist without affecting the general health, they may be removed by diet and regimen. The food should be simple and easy of digestion, and of a farinaceous kind: pastry, sugar, sweetmeats and sweet made dishes should be strictly avoided. When the general health is much disturbed, one or more of the following remedies should be chosen according to the symptoms.

*Aconitum* should be administered at bed-time, if there is fever, restlessness, and burning and itching at the seat.

*Nux Vomica*, at bed-time every night for a week, is suitable both for threadworms and for round worms, when the stools are hard, and the stomach deranged by indigestible food.

*Mercurius*, night and morning for a few days, for both kinds of worms, when there is diarrhœa, difficult teething, and augmented secretion of saliva.



*Ignatia*, night and morning for three days, for mild sensitive persons, when the itching at the seat is intense; or when the disorder arises from mental emotions.

*Cina* is a valuable remedy for threadworms or round worms, when there is boring at the nose, livid circles round the eyes, restlessness, tossing about, or calling out suddenly during sleep, nausea and vomiting, white and thick urine, sometimes passed involuntarily. A dose may be administered night and morning for a week.

*Belladonna* is required, night and morning, for a day or two, when there is congestion in the head, starting during sleep, headache, and fever. If there is much fever present, this remedy may be administered in alternation with *Aconitum*.

*Sulphur*, when the prominent symptoms have disappeared, is one of the best remedies for removing the tendency to worms.

#### PILES.

This disorder is characterised by swelling

of the veins inside or outside the opening of the lower bowel, either with bleeding or without. The swellings vary in size and position, and are attended with pricking, shooting, burning, or pressive sensations, costiveness, increase of sufferings on going to stool, and sometimes with dull pain in the loins. The best remedies for piles are *Aconite*, *Mercurius*, *Nux Vomica*, and *Sulphur*.

*Aconite*, when there is fever, profuse discharges of blood, and when the piles feel hot or burning; a dose three times a day until relief is experienced.

*Mercurius*, when, instead of blood, there is discharged a yellowish mucus, with itching and stinging smarting of the anus. The dose may be repeated as for *Aconite*.

*Nux Vomica* is the principal remedy in almost every form of piles, especially if occasioned by the use of coffee, intoxicating drinks, sedentary habits, or by costiveness. Many cases are cured by the use of this remedy alone. I have often found a trituration of *Nux Vomica*, administered in grain

doses, night and morning, produce the happiest results in extreme cases.

*Sulphur* is also a prominent remedy in piles of a chronic nature; it is particularly suitable when there is frequent ineffectual inclination to stool, or thin evacuations mixed with blood; when there is much pain both internally and externally; when the tumors protrude considerably, and are pressed back with difficulty; also when there is smarting pain in passing water. This medicine may often be given in alternation with *Nux Vomica*,—*Nux Vomica* at night, and *Sulphur* in a morning; it may also advantageously follow *Nux Vomica* to complete the cure, once a day or every other day for a week.

*Accessory means.*—People who are subject to piles must avoid coffee, beer, wine, spirits, and any kind of food and drink that causes bilious derangements. Sedentary habits, on the one hand, and extreme fatigue on the other, are prejudicial, as also the use of cushions and feather beds. The pain

attending *blind piles* is relieved by ablution in cold water, or, in some cases, tepid water is found more useful. *Bleeding piles* are relieved by drinking half a tumbler full of cold water, and then to lie down for an hour.

#### PROTRUSION OF THE LOWER BOWEL.

This unpleasant complaint is occasioned by constipation, or diarrhœa; purgatives; straining; it often occurs in children.

The following medicines may be employed.

*Nux Vomica* should be administered when the patient is costive, and has to strain a good deal at stool. A dose every night, fasting.

*Mercurius* will be more suitable when the weakness is accompanied with much itching, diarrhœa, and discharge of a yellowish mucus.

*Sulphur* should follow either of the above remedies when the costiveness or diarrhœa has subsided to complete the cure, and to prevent subsequent relapses. A dose every alternate day for ten days.

*Accessory means.*—When the bowel falls out it should be replaced by the fingers, which should be well lubricated with sweet oil for this purpose. Bathing the parts with cold water, night and morning, will be of great service.

## CHAPTER V.

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### AFFECTIONS OF THE HEAD.

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#### HEADACHE.

Headache may be only a symptom of a general constitutional derangement, or it may seem to be a more or less local affection, resulting from some irritation of the cerebral nerves. If the pain in the head arises from constitutional derangement, this derangement must be met with the appropriate remedies, under the influence of which the

headache will disappear. Persons suffering from headache will have little difficulty in successfully treating it, if the symptoms are carefully noted, and the cause of the difficulty correctly ascertained.

*Belladonna* is a valuable remedy, especially in the more severe forms of headache, when there is fulness, pressure, and heaviness on the forehead above the eyes, aggravated by motion, noise, or light, congestion of blood to the head, with redness of the face, glistening of the eyes, and excessive sensitiveness to noise or light. A dose may be administered every hour until relieved, afterwards less frequently. This remedy is often useful after *Aconitum*, or in alternation with it: an alternate dose every hour.

*Aconitum* must be selected if there is much heat in the head, when the headache is occasioned by excitement, and is aggravated by motion. Sickness at the stomach, vomiting of bile, a sense of coldness, and a small, agitated, or sometimes a full, bounding pulse, also indicate *Aconitum*. In rheumatic, ar-

thirtic, bilious and apoplectic headaches, Dr. Hempel recommends the use of the tincture of the root; a dose every half-hour, hour or two hours, until the headache disappears.

*Nux Vomica*, when the headache is owing to over-heating, intoxicating drinks, sedentary habits, or constipation; headache with nausea or vomiting of sour and bitter substances; stupefying headache, accompanied with giddiness and heaviness in the head, occurring early in the morning, as from intoxication; when it comes on after meals, and is evidently connected with other symptoms of indigestion. If the headache is caused by the use of intoxicating beverages, it may be necessary to use the strong tincture of *Nux Vomica*.

*Pulsatilla* is required when the complaint arises from eating fat food or fruits, from suppression of the menses in consequence of a cold, exposure to wet, and when there is heaviness of the head, pain on one side of the head, shooting into the ears, paleness of the face, fretfulness and shiverings. A dose

every hour, two hours, or three hours, according to the urgency of the symptoms.

*Bryonia* is an excellent medicine when the headache has been occasioned by cold, and is most troublesome in the morning, or after a meal; when the pain is of a digging and tearing character, with a feeling as if the contents of the head would protrude through the forehead on stooping. It is also most suitable in *Rheumatic headache*, and when there is bleeding at the nose, burning and watery eyes, and constipation.

*Ignatia* will be the best remedy when the headache can be traced to grief or the other depressing emotions, and when the patient is nervous or hysterical.

*Chamomilla*, *Coffea*, *Mercurius*, and *Sulphur*, are also important remedies in various forms of headache.

*General treatment.*—Try to ascertain the cause of headache, and if possible remove it. This often cures headache even of long standing. Abstain from highly stimulating food and drinks, such as spirits, strong tea, coffee, spices, &c.



## SICK HEADACHE.

This troublesome complaint is mostly dependent on derangement of the digestive functions, and in some persons it returns at intervals more or less frequent. There is usually giddiness, dizziness, swimming in the head, sickness at the stomach, or violent aching pain, often occurring in the morning, and remaining until relieved by sleep at night.

*Ipecacuanha* is the best remedy when the chief symptoms are nausea and vomiting. This remedy should be given soon as these symptoms are present, and repeated at intervals of thirty minutes till improvement ensues.

*Belladonna*, when the sickness is characterised by anguish, dizziness, cloudiness or sparks before the eyes, or with staggering, trembling, and recurrence of the attacks on stooping or rising up. A dose every one, two, or three hours.

*Nux Vomica* is the chief remedy, especially

where the symptoms occur when walking in the open air, or during and after a meal, and when there is buzzing in the ears, dimness of sight, sickness, and faintness. A dose as directed for *Belladonna*.

An attack of sick headache may often be warded off by taking a dose of *Nux Vomica* immediately the early symptoms are noticed.

A tendency to this complaint may frequently be entirely eradicated by a dose of *Nux Vomica* taken every night, or every other night, for a week or two, and afterwards several doses of *Sulphur* on alternate mornings.

#### EPILEPSY.—FALLING SICKNESS.

In this affection there is sudden and complete loss of consciousness, with foaming and convulsions, followed by sleep. Sometimes the fit occurs without any warning, or is preceded by depression of spirits, gloomy mood, drowsiness, loss of appetite and sleep.

Little will be said here on the treatment

of this complaint as it should if possible be confided to a homœopathic practitioner.

*Belladonna* is an important remedy in epilepsy, and is especially required when there is great irritability of the nervous system, the patient starting at the least noise, tremor and twitchings of the muscles, sparkling of the eyes, stammering, congestion of blood to the head. This remedy is also required when the complaint has been caused in children from teething.

*Ignatia* is suitable when the patient is nervous, sensitive, and pale, and when grief has occasioned the complaint.

*Nux Vomica*, when there is constipation or indigestion, and when the patient takes too little out-door exercise.

*Opium*, when there is fulness of blood and drowsiness, and when fright or anxiety has been the exciting cause.

*Chamomilla* is the best remedy for epilepsy of children, when the attack is preceded by colicky pains, and followed by sudden stretching of the limbs and clenching of the

thumbs; the attacks are often accompanied by sour vomitings, and paleness of one and redness of the other cheek.

*Cina* must be administered if the affection is attributable to the presence of worms.

*Sulphur*, in old cases, or when the epilepsy is due to a chill, or by the suppression of an eruption or discharge.

During an attack, the appropriate remedy should be administered every ten, fifteen or twenty minutes; for the premonitory symptoms a dose every three or four hours; during recovery the doses must be given at longer intervals.

Epilepsy is often incurable, especially when of an hereditary character.

The *accessory means* to be used are regular exercise, plain food in moderate quantities, consisting of bread, fruit, and vegetables, cold ablutions every morning, and cheerful company. Violent emotions, excesses of every kind, more especially sexual, and the inordinate use of food and drink, must be strictly avoided.

During a fit, tight articles of clothing must be loosened, the patient placed in a cool place where there is plenty of fresh air, the head and trunk raised, and the patient prevented as much as possible from injuring himself.

CHAPTER VI.

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AFFECTIONS OF THE EYES,  
EARS, &c.

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INFLAMMATION OF THE EYES.

In acute inflammation of the eyes there is soreness in the ball of the eye, attended with a pricking pain, and a feeling as if there was sand under the eyelids, great heat, redness, swelling of the parts, and scalding tears. Should these symptoms arise from

sand, dust, lime, flies or hairs of the lids, the irritating cause must be immediately removed, and a pasteboard shade, covered with green silk, should be worn by the patient. The eyes are apt to be cemented together, particularly during the night ; to prevent this they should be smeared with a little olive oil at bed-time by means of a camel's hair brush.

*Aconite* is valuable at the commencement in all cases where the inflammation and the pain are great, and attended with fever and restlessness. A dose every hour or two till these symptoms abate.

*Arnica* is required when the inflammation arises from external injuries and may be used both internally and externally. A dose may be taken every three hours, and the Arnica lotion applied according to the directions given in the chapter on the "Tincture of *Arnica*."

*Belladonna*, when there is great sensibility to light, bright redness of the eyes, and margins of the eyelids ; pressive pains round

the eyes, pains which penetrate deeply into the head; discharge of burning tears with violent headache, and pain on moving the eyes.

*Mercurius*, when there are cutting pains, sensation as from sand under the eyelids, redness of the eyes with swelling of the vessels, itching and shooting pains, pustules and scales round the eyes and on the margins of the lids, cloudiness of sight; the pains are worse in the evening and on exposure to cold. This medicine may be administered after or in alternation with *Hepar Sulphur*. A dose every four or six hours.

*Hepar Sulphur* is particularly useful in the chronic form of this affection, or when it arises from scrofula; also in persons who have taken much calomel; when the eyes are red, with a sensation of ulceration or contusion in the lids on touching them; the sight at one time is confused and clouded, and at another, clear and distinct.

This remedy may be given every three or four hours until better.

*Calcarea Carbonica* is required when there are burning pains, especially when reading, with red, hard, and great swelling, and much secretions of mucus, and the lids sticking together in the morning.

*Sulphur* is useful in chronic inflammation, or in cases of frequent relapses, such as frequently happens in scrofulous persons. It may also follow other remedies after the more urgent symptoms of an acute attack have been removed.

*Accessory measures.*—All external applications, such as strong eye-waters and salves, are injurious; even if these appliances seem to benefit the eyes, it is only by diverting the disease from the external parts to some internal organ. The only topical application admissible is cold or warm water, except in cases of external injury, when the *Arnica lotion* may be applied as before directed.

#### BLOODSHOT EYE.

The eyes may be bathed three or four



times a day with cold or tepid water, and a dose of *Aconite* administered every three hours.

If the complaint is due to a mechanical injury, a lotion may be made by mixing six drops of *Arnica tincture* to a wine-glassful of water, and applied frequently to the eye. At the same time *Arnica*, as prepared for internal use, may be administered. A dose several times a day.

#### STYE ON THE EYE.

The stye is a little boil which projects from the edge of the eyelids, attended with inflammation and pain.

*Aconitum* must be administered when the inflammation is considerable, and there is much pain, fever, and restlessness. A dose every three hours until these symptoms are mitigated.

*Pulsatilla* will generally cure this complaint alone, and may be administered after or in alternation with *Aconitum*.

## INFLAMMATION OF THE EARS.

This complaint is not often attended with fever, though the patient's sufferings may be great; yet both fever and delirium will often result when improper treatment is adopted.

*Pulsatilla* is the best remedy when the internal parts feel as if closed, with severe sticking and tearing pains in the outer and inner ear, and swelling and violent pains behind the ears.

*Belladonna*, when the inflammation runs high and the pain penetrates into the head, and excites tearing or burning pains in the brain, with delirium.

## EARACHE.

This is one of the most common affections of the ear, and is distinguished by acute pain in the organ, with severe shooting in the ear and external parts.

*Mercurius* is indicated when there are shooting or tensive pains in the internal

ear extending to the cheeks and teeth, pressing, pricking pain in the ear, with a sensation of coldness, inflammation of the ear, with soreness and discharge, and swelling of the glands. A dose every one or two hours, until better.

*Pulsatilla* is a valuable remedy, especially when the external ear is much affected and is inflamed and swollen; there is a painful feeling in the ear as if something was forcing its way out. A dose every three hours.

*Chamomilla* is indicated when there are stabbing, tearing pains in the ears, extreme sensitiveness, susceptibility and irritability, and when the affection has arisen from cold and suppressed perspiration.

*Belladonna*, when the pains are digging and boring, tearing and shooting, extending to the throat, and affecting the whole side of the face, with heat and fulness of the head.

*Sulphur* is often efficacious after the employment of other remedies.

#### RUNNING FROM THE EARS.

This is a troublesome and offensive com-

plaint, and is commonly met with in children and in scrofulous subjects.

*Mercurius* will be most appropriate when there is accompanying the discharge tearing pain in the side of the head and face affected, and when the complaint follows scarlatina, measles, small-pox, &c.; there is swelling and tenderness of the glands about the ear. A dose three times a day.

*Hepar Sulphur* will be more appropriate when the complaint has been mistreated with large doses of Mercury, and when the matter discharged is mixed with blood.

*Sulphur*, should little or no benefit result from a course of each of the above remedies, will be of eminent service.

The sudden suppression of a running of the ear is a dangerous symptom, and requires prompt attention.

#### DEAFNESS.

Deafness is generally a symptom of some other disorder, such as inflammation of the

ears, severe colds, &c.; it may also be occasioned by loud noises, or by the accumulation of ear-wax and other substances lodged in the ear-passage. It not unfrequently occurs in connexion with other chronic diseases of the ear. When deafness is of recent date it may easily be cured by proper homœopathic treatment, but not so readily when of long standing.

The most important step in the treatment of deafness is first to trace out the cause, and afterwards to proceed according to the directions given in other parts of this manual.

*Dulcamara* will be suitable if the complaint has been occasioned by a cold taken by exposure to damp or wet.

*Mercurius* will be useful for deafness accompanying rheumatism or catarrh arising from a chill, and when the throat and glands of the neck are swollen, or when a discharge from the nose or ears has been suppressed. It is especially useful for deafness after small-pox, and when there are roaring and buzzing sounds in the head.

*Nux Vomica* must be chosen when the digestive organs are deranged, and when there are buzzing, tingling or whistling noises, particularly whilst eating.

*Calcareo Carbonica* is an important remedy in deafness when there is a sensation as if the ears were obstructed, humming noise or throbbing and heat in the ears; dryness of the ears or discharge, pressive headache in the forehead.

*Phosphorus* is useful for deafness arising in nervous subjects, or following any nervous disorder.

In recent cases the remedy may be taken two or three times a day; in old cases once a day or once every other day.

*Accessory means.*—If the deafness arise from the presence of hard ear-wax or any foreign substance, this must be removed as early as possible by skilful hands. Before attempting to remove the substance the ear should be syringed with warm water.

Beware of all remedies which have to be introduced into the ear, such as oils, however much they may be recommended.

## MUMPS.

This complaint consists in a swelling of the glands under the jaws and below the ears, and is frequently attended with pain and soreness of the parts.

*Mercurius* is the chief remedy and is generally sufficient to effect a cure. It may be taken two or three times a day.

*Belladonna* must be had recourse to when the pain is very severe, and when the inflammation becomes erysipelatous; also when the mumps occur after measles.

*Accessory means.* — The parts may be fomented two or three times a day with warm water. The patient should be confined to fruit and farinaceous diet, which should be taken only in moderate quantities.

## DERBYSHIRE NECK.

This is an entirely local affection, and is attended with little danger, until it has acquired a size sufficient to produce defor-

mity, and by its pressure upon the windpipe, interferes with swallowing and respiration. Women are more subject to it than men.

*Spongia* is the principal remedy for reducing the swelling. A dose night and morning for a week; then, after pausing a few days, repeat the course several times until amendment takes place. Should other symptoms be present, treat as directed in other parts of this book.

## CHAPTER VII.

### AFFECTIONS OF THE MOUTH, NOSE, FACE, &c.

#### THRUSH.—FROG.

The symptoms of this complaint are small vesicles or white specks appearing upon all parts of the lining membrane of the mouth, and are sometimes so connected



as to form a continuous covering over the tongue, gums, palate, &c. When the disorder extends to the stomach and bowels, and violent diarrhœa, and general disturbance prevail, the case may be considered serious, and even dangerous.

The most frequent causes of this complaint are, want of cleanliness, a constitutional taint, and, in infants who are fed with the bottle or spoon, an improper quality of food.

*Mercurius* should be administered immediately the complaint appears, especially if there is a tendency to ulceration, salivation, or purging. A dose\* every four hours.

*Sulphur* may follow *Mercurius* or any other remedy, if the latter is insufficient to effect a cure, or when the eruption has nearly subsided, to prevent a relapse.

*Arsenicum* must be administered if the affected parts become brown or black, with

\* Directions for the doses of infants are given at page 19.

an offensive smell ; or if the disease extends to the stomach and bowels, and is attended by exhausting diarrhœa. A dose three times a day.

*General directions.*—A due regard to cleanliness, ventilation, fresh air, and proper diet, are necessary in preventing and curing thrush. When the complaint has been caused by ill-health on the part of the mother or nurse of an infant, the infant should be fed with *Sugar of Milk*, by which an exact imitation of the mother's milk may be formed, answering every purpose. In all cases where infants are wholly or partly deprived of breast milk, this article is cheaply and easily prepared, and entirely supersedes the necessity for a wet nurse.\*

#### TEETHING OF CHILDREN.—DENTITION.

Teething is often accompanied by various local and general symptoms of disorder,

\* Sugar of milk, suitable for this purpose, is sold by all Homœopathic Chemists.

some of which will be referred to under the several remedies which follow. Other complaints, such as constipation, diarrhoea, fits, &c., must be treated according to the instructions given in this book, under their respective heads.

*Aconitum* is the proper remedy when there is much heat, redness, pain, and restlessness, and when the gums are swollen, hot, and tender. A dose two or three times a day.

*Chamomilla* may follow *Aconitum* when there is dry cough, short breathing, much crying, and looseness of the bowels, with green stools.

*Coffea* is a valuable remedy when the child is extremely irritable, very sleepless, and often cries.

*Belladonna*, where there is much agitation, redness of the eyes, convulsive movements of the limbs, and congestion to the head.

*Calcarea* may prove useful when the teeth are slow in making their appearance, and if the child is scrofulous and subject to loose bowels. It may often be advantageously alternated with *Chamomilla*.

The appropriate remedy should be given every two or three hours, until better.

*Accessory treatment.*—In fine weather let the child be much in the open air. Keep the bowels open by a suitable diet, or by proper homœopathic treatment. Let the child have some tough and elastic substance to bite, such as articles of India-rubber, prepared for the purpose.

#### TOOTHACHE.

The causes of this troublesome complaint are, decayed teeth, sudden changes of temperature, derangement of the stomach and bowels, pregnancy, and general ill-health. Toothache sometimes occurs as a nervous or rheumatic symptom, in sound teeth. The following are some of the medicines which have been found most useful in the treatment of toothache.

*Mercurius* is the best remedy when the teeth are decayed, and the pains are of a tearing, throbbing kind, and extend over the entire side of the face, and into the glands

and ears; when the symptoms are aggravated by eating or drinking anything cold; also when there is swelling of the face, soreness of the gums, profuse flow of saliva, and much perspiration. In extreme cases the remedy should be administered about every fifteen minutes, until relieved; in less severe, every one, two, or three hours.

*Aconitum*, when the patient is of full habit, with flushed face, hot and swollen gums, and when there is thirst, agitation, and restlessness. Often in alternation with *Belladonna*.

*Belladonna*, when the sufferings are worse at night or in the open air, and affect the ears and side of the face, and accompanied with heat, redness of the cheeks, and a dryness of the mouth and throat.

*Chamomilla* is suitable for toothache on one side, worse after eating or drinking anything hot, and so severe at night as almost to drive the patient to despair; one cheek is flushed, the other pale. It is especially suited to the *toothache of children*, and to toothache arising from mental emotions.

*Pulsatilla*, in persons of a mild and timid disposition, with a tendency to shed tears, when the face, ear, and head are affected, and is worse in the evening and in the heat of the bed; there is shivering, shortness of breath, and paleness of the face; the pains are sharp, jerking, with pricking in the gums, and are relieved often by cold water, or cool air.

*Nux Vomica*, when the toothache has been produced by sedentary habits, indulgence in spirituous liquors or coffee, or indigestion, and attended by costiveness. The pain is drawing, boring, and shooting, often extends into the head, and is worse at night, in the morning on waking, or when occupied in mental labour.

*Sulphur* may follow any of the above remedies, when a slight cause excites toothache, and when there is swelling of the glands, and other unfavourable symptoms.

When this remedy is administered with the view of removing the tendency to toothache, it should be exhibited once every forty-eight hours for eight or ten days.

When four or five doses of any medicine have been taken without affording any benefit, another should be carefully selected.

*General treatment.*—Seek to improve the general health, keep the digestive organs in good order by proper food and correct habits, avoiding especially large doses of medicines. Chewing or smoking tobacco, as also the habitual use of strong drinks, tend to destroy the teeth. The practice of chewing ice, or the opposite one of taking food extremely hot, is destructive to teeth were they naturally ever so good. It is an excellent practice to keep the mouth sweet and clean by rinsing it with pure cold water, and brushing the teeth with a soft brush every morning, and, if possible, after every meal, especially when animal food has been used.

In a few cases of toothache the only remedy is extraction; but far more frequently the pain is speedily removed by such homœopathic remedies as are referred to above. Persons will rarely be troubled with toothache who are in the daily habit of well

bathing the face, temples, ears, and neck with cold fresh-drawn water, and afterwards rubbing them well with a dry towel.

#### BLEEDING OF THE NOSE.

Bleeding of the nose occurs in the course or at the termination of many diseases, and often affords considerable relief. It should not be interfered with unless it is excessive, recurs too frequently, and takes place under a weak state of the system. When it arises from injuries, or in people already reduced by sickness, remedies must be given.

If the bleeding occurs in persons much heated, or after having been over-heated, in plethoric subjects, with fever, and strong pulsation of the arteries of the temples and neck, *Aconitum* must be administered every hour until relieved.

If, however, the bleeding has been occasioned by any external violence, as a blow or fall, or excessive bodily exertion, and is preceded by heat and itching of the nose, *Arnica* is the best remedy. It is especially suitable for men.



If it occurs in females and arises from suppressed or scanty monthly discharge ; also if it occurs every afternoon or evening, before midnight, *Pulsatilla* must be administered.

When the patient has been much weakened by the abundant discharge, so as to produce paleness of face and tendency to fainting, *China* will be most serviceable. This remedy will tend to prevent a return of the discharge, and remove any serious consequences arising from it. It should be taken two or three times in twenty-four hours, for several days.

*Accessory measures.*—During the bleeding keep the patient erect, quiet, and cool. A large key or any other iron instrument applied cold to the spine will often stop hæmorrhage from the nose. Persons who are subject to bleeding of the nose, should lead a temperate life, avoid stimulants, use frequent ablutions of cold water, and take moderate daily exercise in the open air. Violent exertion, and much stooping are injurious.

## SORE THROAT.—QUINSY.

In this disease there is inflammation of the tonsils and of the mucous membrane at the back of the throat. The symptoms are heat, redness, and swelling of the parts; hoarseness; difficult swallowing and expectoration with fever. This disease requires prompt and skilful treatment to prevent ulceration or mortification, which might otherwise ensue. The following are the chief remedies, which, when administered immediately the first symptoms manifest themselves, will easily and completely cure sore throat.

*Aconitum* is required when the following symptoms are present:—dryness and burning heat in the throat, which on examination looks red, as if scorched; feeling of fulness and choking, with stinging and pricking in the throat. The patient feels feverish, chilly, thirsty, and complains of headache, dizziness and restlessness. A dose every two or three hours.

*Belladonna*, when the throat is very dry,

with burning and rawness, when the patient feels, on drinking, a kind of suffocating spasm in the neck, and when the neck is swollen. There is redness of the face, glistening of the eye, and much pain and difficulty in swallowing. This medicine often advantageously follows *Aconitum*, or alternates with it.

*Mercurius*, when the throat is much swollen, but the parts have not the deep redness which distinguishes the *Aconitum* sore throat; there is a copious accumulation of saliva in the mouth; shooting pain on swallowing, swelling of the gums and of the tongue; there is an inclination to swallow the saliva although the act is painful; the pains extend from the throat to the ear; disagreeable taste in the mouth; ulcers on the sides of the mouth.

The selected remedy should be administered every two or three hours, till improvement follows, and afterwards at longer intervals.

*Accessory means.*—Consult the article on

“Hoarseness,” page 35 — 38, where the general treatment proper in throat affections is pointed out.

## CHAPTER VIII.

### AFFECTIONS OF THE SKIN.

#### ITCHING OR IRRITATION OF THE SKIN.

This condition consists in an eruption on various parts of the body, sometimes nearly imperceptible, which occasions the itching. It may be owing to rich and indigestible food, stimulating drinks, extremes of heat or cold, or a constitutional taint. Medicines will be of but little avail without a strict adherence to the accessory means.

*Aconitum* may be administered for a furious burning itching all over the skin, when getting warm in bed, with an inclination to scratch until the parts bleed.

After a few doses of *Aconitum*, take—

*Sulphur*, night and morning, for several days, especially when attended with great thirst, and dryness of the skin.

*Mercurius*, when the itching occurs day and night, worse in the evening, or for an itching which is rendered pleasant by scratching.

*Rhus Tox* is suitable where the itching is accompanied by a burning sensation.

*Arsenicum*, if the eruption emits a small drop of watery fluid like sweat.

*Accessory means.*—The skin must be strengthened by regular diet, avoiding all stimulating food or drink, pastry or fat food, by frequent exercise in a bracing air, and daily ablutions with cold water, sponging, shower baths, &c. This latter is of great importance, and apart from which medicine will be of but little use. In severe cases the greatest relief may be obtained by bathing the parts with Alcohol and water in equal parts.

## NETTLE-RASH.

The symptoms of this disease are similar to those produced by nettle stings. There is much itching, and the eruption often disappears suddenly from one part to show itself in another. The spots contain no fluid, and end in a scurfiness or scaling of the skin.

*Aconitum* should be given when attended with much feverishness. A dose every two or three hours.

*Dulcamara*, if the rash has been occasioned by a cold, and is attended with a stinging sensation. Administer twice a day.

*Rhus Tox*, in more severe forms of the disease, and when it has been caused by eating shell-fish.

*Nux Vomica*, when the complaint is caused by deranged stomach.

*Calcarea*, when the complaint has become chronic.

*General treatment.*—In most cases, plain food, and plenty of exercise in the open air, soon remove the affection.

## ULCERS.

Ulcers may exist as the result of wounds, of inflammation, or of constitutional disturbance. They require considerable care, and some can only be successfully treated by a Homœopathic Practitioner. The following remedies will generally be found useful according to the indications.

*Belladonna*, when the ulcer is very red and inflamed and accompanied with severe pain, feverishness, and headache. A dose three or four times a day.

*Arsenicum*, when there is much burning pain and the ulcer easily bleeds, discharging blood and thin matter, and presenting a discoloured appearance.

*Mercurius* must be chosen when the ulcer is deep, and when the discharge has a bad smell.

*General treatment.*—A little soft linen or lint, wetted in cold water should be placed on the sore; this should be covered with oiled silk, and the whole bound up with a bandage.

## BOILS.

These are inflamed, pointed tumours, raised above the surface, of a deep red colour, painful and tender when touched, and terminating in suppuration. Boils generally indicate a constitutional derangement.

*Arnica* relieves the pain, soreness, and tenderness of the boils. A dose should be administered two or three times a day.

*Aconitum* will be useful when the *Arnica* symptoms are accompanied with considerable feverishness.

*Hepar Sulphur* must be administered when the character of the pain is changed to a pulsating sensation, indicative of suppuration, and the point of the tumour changes to a whitish or livid colour. This medicine will facilitate the suppurative process, and in a great degree prevent its extension.

*Sulphur* will remove the tendency to boils, and should be administered every morning for a week after the boil has disappeared.

*General treatment.*—Soon as *Hepar Sulphur*



is indicated a poultice must be applied and repeated twice or thrice daily until suppuration is completed. In order to prevent a recurrence of boils attention must be directed to the constitutional causes that have originated them. If, as is often the case, they arise from derangement of the digestive organs, abstinence from meats, gravies, pastries, sweetmeats, &c., is imperatively necessary. Correct diet, cleanliness, and healthful exercise, will do more to eradicate the tendency to boils and other skin affections, than all the medicines contained in the *Materia Medica*. "Nature is the truest physician, understand her laws, listen to and obey her voice, and she will require but little at your hands."

#### CHILBLAINS.

Chilblains are caused by exposure to cold, and generally affect the hands and feet. At the approach of winter a low kind of inflammation appears, and is attended by itching

and burning. Sometimes ulceration takes place, when the parts are very troublesome and painful.

*Arnica*, in nearly all cases, either removes them or affords material relief. A lotion may be made by mixing twelve drops of the *tincture of Arnica* with two table-spoonfuls of water, and bathe the parts with it two or three times daily. Or it may be applied by rubbing the parts with a little lard in which a few drops of the *tincture of Arnica* have been intimately mixed. Should the skin be broken and ulcers exist—*Calendula* may be substituted for *Arnica*, and applied in the same way. Internal medicines are required.

*Arnica* must be administered when the skin is hard and shining, and there is much pain and itching of the parts. A dose every four hours.

*Belladonna*, when there is considerable inflammation, with pulsative pains, fiery redness, and swelling of the affected parts.

*Arsenicum*, when there is much burning

pain, and when the parts become ulcerated.

*Sulphur* should be administered when the chilblains are of a blue-red colour, and itch much, the itching being increased when warm. This remedy may also be given after the symptoms have disappeared to remove the tendency to chilblains.

#### WARTS.

These annoying growths may generally be effectually removed by the use of one or other of the following remedies :—

*Thuja*, applied externally by rubbing one or two drops on each wart two or three times a day, and at the same time administering *Thuja* internally; a dose night and morning. This course may be followed for a week, and if improvement ensues, afterwards administered at longer intervals. If this medicine does not succeed, try *Rhus Tox*, the same as *Thuja*, both internally and externally.

*Sulphur*, once a day, or once every other

day, for a week or two, is an excellent remedy for numerous and obstinate warts upon the hands. It is also useful after other medicines, to eradicate the tendency to the affection.

#### CORNS.

These troublesome affections can only be eradicated by proper habits, such as wearing ample boots and shoes, frequent washing of the feet with cold water, and clean stockings. The feet of those who are subject to corns should not only be washed every morning, but also after every heating walk, and clean stockings put on after every washing. Soon as corns appear the surrounding skin should be softened by a warm bath and the hard head of the corn gently extracted with the finger-nail or some convenient instrument, and the thickened skin pared off, without wounding the surrounding parts, then dress the place with a lotion composed of thirty drops of *tincture of*

*Arnica* to a wine-glassful of water, and afterwards put on a piece of *Arnica plaster*. The dressing may be repeated every night till the inconvenience is removed.

If internal medicines are necessary *Calcarea* and *Sulphur* will be most suitable; a dose every night for a week or two, commencing with *Calcarea*.

#### WHITLOW.

This is an inflammatory swelling at the end of the finger with tendency to suppuration, and is caused by a bruise, burn, or other mechanical injury, cutting the nail to the quick, a chill, mental emotions, or the introduction of poisonous or acrid matter into scratches on the finger. Soon as the first indications of whitlow are noticed the finger should be held in water, as hot as can be borne, and a dose of *Mercurius* taken every three or four hours. This will often prevent its formation. Should this not avail, apply a warm bread and milk poultice, and take *Mercurius* as before.

*Aconitum* and *Belladonna*, in alternation every three or four hours, if there is much redness, throbbing, severe pain, thirst, restlessness, &c.

*Hepar Sulphur*, if the pains are of a pulsative character indicating the formation of matter. A dose every three hours.

#### RINGWORM.

In this disorder there are small round vesicles, filled with clear or yellow fluid, occurring mostly on the head, at the root of the hairs, and varying in size from a shilling to that of a crown piece. Want of cleanliness, deficient or improper food, and predisposition to cutaneous eruptions are among the causes of the affection.

*Rhus Tox* is the principal remedy when the skin is red looking and painful, and the sores irritable. A dose every four hours.

*Sulphur* is needed when the eruption is obstinate, or when fresh places break out with much smarting and itching. A dose

three times daily. This medicine is also useful to eradicate the tendency to annual relapses. For this purpose it should be administered every other day for a week or two.

*General treatment.*—Cut the hair short and wash the head with tepid water, using no soap. A plain, nutritive diet is necessary. Sudden changes, and extremes of temperature, should be avoided.

#### ERYSIPELAS—ST. ANTHONY'S FIRE.

In this disease there is a spreading redness of the skin, of an inflammatory character, with swelling, tenderness, burning, and a painful sensation of tingling and tension. The attack is ushered in with shivering, langour, and usually with either nausea, vomiting, or diarrhoea. The redness may appear on various parts of the body, but generally the face is most affected.

The following are the principal remedies in this disease :—

*Aconitum* is required when there is much fever, and the parts are very much inflamed and tender; this is one of the first remedies and may be administered at any stage of the complaint. A dose every two or three hours.

*Belladonna* may be given when there is violent pressing headache and the brain seems to be involved; also thirst, bright red skin, constipation, brown-red and thick urine. This medicine may be alternated with *Aconitum*. A dose every two hours.

*Rhus Tox* is particularly adapted to erysipelas when blisters are perceived, whether in the face or on other parts of the body, and when there is much swelling, shining redness of the parts, and great restlessness. This remedy may be administered every first, second, or third hour, according to the severity or mildness of the attack.

The other remedies most useful in this complaint are Chamomilla, Hepar Sulphur, Pulsatilla, Bryonia, and Sulphur.

*Accessory measures.*—No external applica-



tion is required except when fluid oozes out, which may be absorbed by sprinkling meal or powdered starch over the surface. The diet must be similar to that in fevers. Much caution should be exercised against cold, during recovery, as relapses are apt to occur.

## CHAPTER IX.

### MISCELLANEOUS DISEASES.

#### RHEUMATISM, RHEUMATIC FEVER.

This disease consists of an inflammation of the fibrous tissues of the affected parts, and is either acute—rheumatic fever, or chronic. Under any mode of treatment it is difficult to cure, but the complaints so commonly resulting from allopathic treatment with mercury, calomel, opium, laudanum, and other drugs, are prevented by homœopa-

thic treatment, and the patient is spared the pains of harsh external applications. The causes of rheumatism are exposure to wet, cold, damp, or changeable temperature, weakness, sensitiveness of the skin, sudden suppression of perspiration, or previous ill-health.

*Aconitum* is required for the acute form of rheumatism, especially at the commencement of the attack, if the fever is high, and the skin dry and hot, with thirst and redness of the cheeks, violent shooting or tearing pains, aggravated by the touch, swelling and redness of the affected parts, impaired appetite and high-coloured urine. This remedy is often required in alternation with *Belladonna*, *Bryonia*, or *Rhus*, when the medicines may be administered one or two hours apart.

*Belladonna* is useful for similar symptoms, except when the fever is not so high as for *Aconitum*. There is much swelling of a red, shining, tense character, and the pains are of a shooting or burning kind, and chiefly affect the joints. As before stated, this medicine

may often be advantageously administered in alternation with *Aconitum*.

*Bryonia*, if the pains are shifting and affect the muscles rather than the bones; the affected parts are rigid, and the pains worse at night, and on the least movement; there is profuse perspiration, or coldness and shivering, heat, headache, gastric derangement, and bad temper.

*Rhus Tox*, if the pains are deep, tearing or wrenching, and occasioned by having been wet through, worse when at rest, and in cold or damp weather, and better when moving.

*Mercurius*, for puffy swelling of the affected parts, and when the pains feel as if seated in the bones or joints; there is profuse perspiration without relief, and the pains are increased by warmth in bed.

*Sulphur* is a valuable remedy in any form of rheumatism, either before the administration of the above remedies, or after; it completes the cure and prevents a recurrence of the disease. It is especially required in old cases, and when the pains are

drawing and tearing, *worse when cold, and better when warm.*

In acute cases, the remedy should be administered every one, two, or three hours.

In *Chronic Rheumatism*, the appropriate remedy should not be given oftener than once or twice a day.

LUMBAGO—PAIN IN THE SMALL OF THE BACK  
AND LOINS.

*Aconitum* must be administered if there is much fever present.

*Arnica*, if occasioned by external violence, over-lifting, or a sprain. This remedy may be used externally as well as internally, as directed in the chapter on “Tincture of Arnica,” pages 150—153.

*Bryonia*, when the pain is so intense as to cause the patient to walk in a stooping form, and is increased by motion or a draught of air, and accompanied with shivering and biliousness.

*Rhus Tox* is a prominent medicine in cases

of long standing, and when the complaint has been brought on by being thoroughly wet, and the pain worse with repose and at night.

In recent cases the remedy may be administered every two or three hours; in affections of long continuance, at more distant intervals.

#### GOUT.

This disease greatly resembles rheumatism and is often induced by the same causes, although an attack of gout is more apt to be brought on by indulgence in rich and highly-seasoned food, wines and spirits. The sufferings consequent on gout are more severe than those of rheumatism, and generally take place in persons in middle or advanced life.

The medicinal treatment is precisely similar to that recommended for rheumatism, except we indicate *Nux Vomica* when the attack is directly traceable to a debauch, and the

digestive functions are deranged. This remedy must be alternated with *Aconitum*, and a dose administered every one or two hours.

*Accessory treatment.*—Cold water bandages applied to the inflamed parts, and renewed soon as warm, will be very useful. Cold water may also be freely taken internally with great advantage. The causes which are liable to produce it must be carefully avoided.

#### PALPITATION OF THE HEART.

In this complaint there is too great force and frequency of the heart's pulsations, and is often only a symptom of some disease of the heart, or some general disorder. A full habit, a nervous temperament, joy, grief, fear, and other emotions of the mind, excessive exertion, profuse discharges from the body, and other causes, sometimes occasion palpitation in the absence of any other malady. Hysterical females, and those who do not

menstruate regularly, are often troubled with palpitation. The treatment we here recommend has reference to simple palpitation, unconnected with organic disease.

*Aconitum* is a valuable remedy when the palpitation results from the least excitement and occurs in plethoric subjects, and is accompanied with anxiety, coldness, and even numbness of the extremities, and sometimes a sensation as if the heart ceased to beat. This remedy is well indicated when the breathing is short and hurried, and the face hot and flushed. A dose night and morning, or during a violent and sudden paroxysm, every half-hour or hour until relieved.

*Belladonna*, when the palpitation extends up to the head, when there is great anguish about the heart, oppressed sensation, tremor, with anguish and pain. A dose three or four times a day.

*Ignatia* is an excellent remedy for palpitation caused by long-continued, silent grief. A dose once or twice a day.

*Coffea* is often useful when the patient is troubled by wakefulness and nervous restlessness. A dose an hour before going to bed.

*Chamomilla*, if the palpitation has been excited by violent passion. It should be taken immediately, and repeated every half-hour or hour, till improvement ensues.

*Accessory measures.*—Much physical exertion and mental excitement, stimulants, coffee, sleeping draughts and the like, must be avoided. Pure air, cold water, internally and externally, a moderate amount of exercise, and light diet, are excellent auxiliaries in the general treatment of this affection.

#### INCONTINENCE OF URINE—WETTING THE BED.

This weakness may result from paralysis of the bladder, caused by syphiletic diseases, irritation by worms, gravel, mechanical pressure on the bladder by tumours, and other causes.

*Sulphur* is an invaluable remedy when the



discharge takes place during sleep at night, and if the patient has to pass urine every half-hour, no matter what the cause may be. A dose every four hours.

*Mercurius*, if the complaint is traceable to a cold, to worms, or to syphilis; especially if there is almost constant desire to urinate, with discharge of small quantities of watery urine, both at night and in the day-time. A dose three times daily.

*Cina*, if worms should be the real cause of the difficulty. A dose three times daily.

*General treatment.*—Punishing children is not the proper way of curing this complaint, as incontinence of urine is generally caused by disease, and is only curable by the proper remedies. Food and drinks of a stimulating kind must be strictly avoided. Meat may be taken in moderate quantities, but little or no fruit, and no flatulent food. All sharp, salty, and sour things, malt liquors, tea and coffee, will be injurious. Milk and water, or cocoa, may be taken in a morning, but nothing hot towards night. Cold water may be freely

taken as it will diminish the sharpness in the urine. Children who wet their beds ought to sleep on hard mattresses, take much exercise in the open air, and have shower baths, or daily ablutions with cold water.

#### SLEEPLESSNESS.

This complaint may be occasioned by various causes—errors of diet, such as green tea, strong coffee, a full meal just before retiring to rest; by the bed being too soft or too hot, by surrounding the bed with curtains, by want of fresh air and out-door exercise, or by mental labour. A frequent cause of sleeplessness in infants, supported by the breast, is the habit of drinking coffee on the part of the mother or nurse.

*Chamomilla* is useful when the complaint arises from errors of diet, when there is much flatulence, with swelling of the lower part of the abdomen, and green stools. It is especially valuable in the case of children, and in nervous, excitable, and irritable subjects. A dose thrice daily.

*Nux Vomica* will be the most appropriate remedy when sleeplessness is due to excessive mental application or weakness of the digestive functions. A dose every four hours.

*Coffea*, when exciting, agreeable events are the cause. This remedy is very useful for children. A dose just before retiring.

*Opium*, when fear or fright is the disturbing cause; also, when on falling asleep, a convulsive jerking or twitching takes place in the whole body or only in certain limbs, which again occasions the preceding wakefulness. This remedy is especially useful in old people.

*Ignatia*, when exciting events cause dejection.

When sleeplessness arises from some disease, refer to it under its proper head for the appropriate treatment, or consult a homœopathic physician.

*Accessory means.*— In most cases sleep is immediately procured by removing the cause of the complaint. The following rules will generally suffice to ensure sound, refreshing repose.

1. *Avoid late suppers.* The last meal should be light, and only cold food used, and taken two hours before retiring.

2. *Let the sleeping apartment be supplied with pure air.* When the bed-room is not large and airy, it is generally advisable to sleep with the door or window open. Bed-curtains should be entirely disused, and the bed-clothes turned down or suspended, and every aperture open for the admission of air as soon as the sleeping apartment is quitted.

3. *Let the mind as well as the body enjoy repose.* All domestic and business cares must be dismissed in the evening and none of them permitted to enter the bed-room.

4. *Retire early.* As a general rule, the proper hour for retiring is two hours before midnight. Sleep is more likely to occur, and to be sound and refreshing in those who are in the habit of retiring at this period than in those who go to bed towards morning. It also favours early rising and leads to the proper appropriation of that

portion of the day which is most beautiful and best fitted for employment. Hufeland, in recommending early rising, remarks—“One may consider each day as a sketch, in miniature, of human life, in which the morning represents youth; noon, manhood; and evening, old age. Who would not then employ the youthful part of each day for labour, rather than the evening, the period of old age and debility? In the morning, all nature appears freshest and most engaging; the mind at that period is also clearest, and possesses most strength and energy. This is the period of new mental creation, of clear conceptions, and exalted ideas. Never does man enjoy the sensation of his own existence so purely and in so great a perfection as in a beautiful morning. He who neglects this period, neglects the youth of his life.”

#### LOSS OF APPETITE

Is generally a symptom of some constitutional derangement of the system, disappear-

ing when the cause of it is removed. When it appears to be the only symptom present, *China* may be administered, night and morning, for a few days.

*Nux Vomica*, if accompanied with confined bowels or derangement of the stomach. A dose every night till the complaint is removed.

For further particulars consult the chapter on "Indigestion," page 55—62.

*General treatment.*—Stimulants must be avoided and cold water should be the principal drink. Daily ablutions with cold water, free ventilation, and daily exercise in the open air, are of the utmost importance.

THE HOMŒOPATHIC  
TINCTURE OF ARNICA.

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*Arnica Montanæ* has, within the last few years, obtained a high and almost universal reputation as an outward application in all kinds and varieties of injuries produced by mechanical violence, such as sprains, contusions, bruises, or lacerated wounds. Many who, either from neglect of investigation or other causes, are unbelievers in Homœopathy as a science, nevertheless, admit the virtues of this plant.

In bruises of all kinds, *Arnica* is of the greatest service. The discoloration, stiffness, swelling, and soreness consequent on bruises by blows or falls, may be almost entirely prevented by the prompt use of this remedy.

A lotion may be made by mixing twenty drops of the tincture to about half a tea-cupful of water, and the bruised parts bathed with it, or linen cloths saturated with the

lotion bound over the parts, and covered with cloths or oiled silk, to prevent the evaporation of the fluid. A drop of the tincture of *Arnica*, as prepared for internal use, or one or two pilules, dissolved in a spoonful of water and swallowed occasionally will hasten the cure.

In cuts, and where the flesh is much torn, the lotion should be only half as strong as for bruises, and applied in the same way.

In strains and sprains the lotion may be made as for bruises, and applied to the parts in the same manner. In some instances it will be desirable, before applying the lotion, to mix twenty drops of the tincture of *Arnica* with an ounce of olive oil, and rub the swollen parts gently with it for ten minutes at a time.

*Arnica* is also an invaluable application in the case of corns, chilblains, chapped hands or lips, rheumatism, and after surgical operations.

*Fatigue and over-exertion.*—This remedy will be of great service in all cases of fatigue, whether from long-continued, or short, but severe exertion; if from walking the feet are



swollen or blistered, a warm water foot-bath may be used, in which a tea-spoonful of the tincture is mixed, the relief afforded being instantaneous and permanent. In other cases, the limbs which have been the most severely tasked, should be bathed with a lotion made in the proportion of one tea-spoonful of *Arnica* with six table-spoonfuls of water.

In the use of this remedy it is necessary that the Homœopathic preparation of *Arnica* should be employed, which is made from the native product, and is either of a rich gold-yellow, transparent hue, or of a rich yellowish-brown colour.

*Arnica Cerate* and *Arnicated balls*, are successfully used for chapped hands or lips, and for chilblains.

*Arnica Liniment*, is used for rubbing the parts in sprains, rheumatism, &c.

*Arnica Court Plaister*, as used for cuts, corns, &c., is spread on black, white, and pink silk.

N.B.—*Arnica*, in the stable, also, is in-

valuable. In all bruises, strains, broken ribs, collar-galls, or wherever external inflammation, has been produced by blow or friction in that noble animal, the horse, *Arnica* is the most efficacious specific that can be used. It is also of the greatest use in the swelling and stiffness resulting from excessive exertion. There is a preparation especially adapted for cattle.

For further particulars, see "Reasons for adopting Homœopathic Treatment in the Diseases of Animals," advertised at the end of this book.

## THE HOMŒOPATHIC PREPARATION OF CAMPHOR.

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This is an invaluable remedy, and, if used in time, is capable of warding off many of the diseases to which people are liable.

It is of service in all cases commencing with chilliness and shivering; in giddiness; pain, weight, and pressure, or other sensa-

tions at the pit of the stomach; noise in the ears, and paleness of the face; in cramp-like pains in the calves of the legs, or in the muscles of the arms; for sensations of general uneasiness; in sudden loss of strength, pain in the bowels, and excessive purgings; and, also, at the beginning of most diseases.

*Camphor* is of eminent service at the commencement of colds and influenza. If, as soon as these are perceived coming on, one drop is taken, and the dose repeated every twenty minutes, until three or four doses have been taken, it will generally suffice to remove these complaints.

In all cases in which the following symptoms, or any of them, come on suddenly, *Camphor* will be serviceable: prostration of strength, lowness of spirits, coldness of the hands and feet, feeling of chilliness or shudderings; cramps in the arms, legs, or belly; feeling of faintness, dizziness, sneezing, &c. When any of these feelings come on suddenly, one drop ought to be taken on a piece

of loaf sugar, or mixed with a tea-spoonful of water, and repeated every fifteen or twenty minutes, until three doses have been taken.

In cases of cholera, *two* drops may be administered in the same medium every ten, fifteen, or twenty minutes, according to the violence of the symptoms, or the degree of amelioration.

It is important that the Homœopathic Preparation only should be used, as this is free from all admixture of other medicines, and kept of one uniform strength.

*Camphor* being an almost universal antidote to homœopathic medicines, and, moreover, so exceedingly volatile, it cannot, with safety to the other medicines, be kept with them, but requires complete isolation.

THE END.

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