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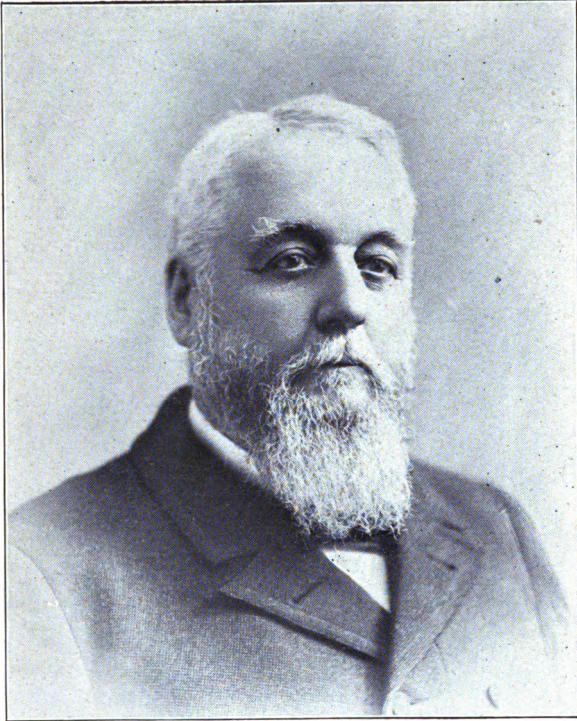
O. H. Crandall

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O. H. Randall M.D.

DISEASES AND THEIR CURE.

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FIFTY YEARS' EXPERIENCE.

BY O. H. CRANDALL, M. D.

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THIS TREATISE

IS MOST RESPECTFULLY DEDICATED TO THE ACTIVE MEMBERS OF THE MEDICAL PROFESSION OF ALL SCHOOLS, WHO BY THEIR FAITHFUL DILIGENCE IN THE OBSERVATION OF DISEASES AND THEIR VARIOUS METHODS OF CURE, HAVE GREATLY AIDED ME IN THE PREPARATION OF THIS VOLUME, AND TO WHOM I DESIRE TO GRATEFULLY ACKNOWLEDGE MY INDEBTEDNESS.

PREFACE.

It would be little less than extraordinary if, in the course of fifty years of active general practice, one had not made some observations not plainly defined in the text-books.

It is in this sense only that a reasonable claim of originality may be made, and feel it both a duty and a privilege to submit the result of this experience to those who may be pleased to give it reflection.

To assume the task of filtering some of the most important facts only, relating to every-day necessities, into the limits of these small pages, has been no easy task.

In the preparation of this work it has been much more the desire to afford reliable, practical suggestions, than a wish to imitate the style of wiser writers. From my earliest knowledge of medicine the belief that any remedy should be given to relieve or cure diseased conditions, is still adhered to.

I should feel myself ungrateful did I not mention the generous services of J. B. CHAPMAN, M. D., of Seattle, Washington, whose notations on Biochemic Remedies are gladly inserted in this book. Their careful perusal will no doubt prove of greatest interest to the intelligent physician.

DOSE.

Homeopathic Remedies are prepared in the form of *Tinctures, Dilutions, Powders, Tablets and Pellets.*

TINCTURES.—An average dose of the tincture is from one to two drops in water. A better plan, however, is to prepare a solution by adding from three to four drops to half a glass of water, and give two teaspoonfuls for a dose.

DILUTIONS.—A dose of the 2_x , 3_x or 6_x dilution is *one* teaspoonful in water, or add *two* teaspoonfuls to half a glass of water. Give two teaspoonfuls for a dose.

POWDERS (triturations).—A dose of the 2_x , 3_x or 6_x is from three to five grains, or as much as will lie on a ten-cent silver piece. It can be given dry on the tongue, or dissolved in water. A solution may be made by dissolving from fifteen to twenty grains by weight, or as much as will lie on a twenty-five-cent piece, in half a glass of water. This solution may be given in two teaspoonful doses.

TABLETS.—From the 3_x to the 6_x *two* to *four* tablets dissolved in the mouth is an average dose. If preferred, *ten* or *twelve* dissolved in half a glass of water, and two teaspoonfuls given for a dose.

PELLETS.—The directions for using pellets are the same as for tablets. They can be taken dry on the tongue, or dissolved in water.

REPETITION OF DOSE.

In all acute diseases, such as pain in any part of the body, sharp stitching or cutting pains of pleurisy, sudden attacks of asthma, convulsions, croup, cholera, the intense pain of dysmenorrhea, or in any other urgent case, a dose of the indicated remedy may be repeated every five, ten or fifteen minutes until relief is obtained, then less and less often. In chronic diseases, especially in cases of long standing, *three* or *four* doses a day of the indicated remedy is, in most cases, advisable.

DISEASES AND THEIR CURE.

ACNE.

(Comedone, Flesh Worms.)

Remedies—Acid Salicytic, Hydrozone, Boracic Acid, Etc.

“Comedo is a distended sebaceous follicle, the contents of which, projecting above the surface of the skin, becomes black from adhesion of dirt on its oily surface, and when pressed out resembles a minute worm, hence its common name, ‘skin worm.’

When a hair follicle becomes irritable, through the retention of the normal secretions, inflammatory action ensues, which results in acne punetata.

Acne rosacea is a chronic inflammation on the face, made up of acne spots, peri-glandular inflammation, erythema and new growths of connective tissue growing independently of the glands.”—*Lilienthal*.

The physician meets with few conditions more perplexing, or more intractable to treatment, than this quite common annoyance, acne. One’s pride is appealed to by this more or less disfiguring eruption. An attractive face is frequently marred by these uncanny “worms.” Hence the sufferer’s visit to the doctor. The prevention of this eruption is frequently more possible than its permanent cure.

Hygienic Means.—Frequent cool or cold shower baths, thorough rubbing with rough towel or sponge, to excite the blood to absorbing superficial impurities;

careful diet, avoiding foods likely to irritate the digestive organs, as for instance, too highly seasoned or food too rich in fats, especially pork—bad if fresh, worse if salted. The indiscriminate use of sweets is also harmful. Those of indolent or sedentary habits, being more liable to this eruption than those of active habits, should early be advised. Fruits and plain diet are to be commended both as a preventive and aid to cure.

But if now suffering from acne, with pustules here and there on the face, especially showing themselves on the forehead, near the nose, or the back of the neck, it will be found effective to open each one and wash the pustule thoroughly with hydrozone (Marchand's), just as you buy it of your druggist. Or make a solution of twenty grains of boracic acid in an ounce of water and apply to the opened pustules. A lotion of three ounces of alcohol and one drachm of salicylic acid applied in similar manner will be found exceedingly effective. But under no circumstances neglect the bath and thorough rubbing. An occasional dose of *Hepar sulph.* is of great benefit to sufferers from chronic acne.

AFTER-PAINS.

(Due to Confinement.)

Remedies—*Arnica, Sabina, Belladonna, Bryonia, Gelsemium, Sepia, Secale, Motherwort, Nitrate of Amyl.*

This exasperating sequel to child-birth is the fear of all mothers. And yet it is one of nature's most effective safeguards against much more serious complications. Happily the tendency is to their spontaneous arrest, but when, for any cause, the pains are too severe or

prolonged, it is best that nature be aided in their mitigation. To this *arnica* is suggested, especially if the pains occur severely soon after the child is born. Another dose should be taken after the delivery of the after-birth, and continued if the pains are aggravated by baby's nursing.

Belladonna is an excellent remedy "when everything is pushing down," as if the entire contents of the abdomen were about to protrude. A dose of belladonna every hour until this peculiar feeling is arrested should be given.

Bryonia is excellent when the genital organs become very dry, denoting an arrest of the natural secretions, and the pains are excited by even little motion. Give belladonna every hour and keep patient very quiet, in comfortable position.

Gelsemium is the "stand-by" for very sensitive women who find it impossible to compel quiet or sleep. A dose each half hour is a great help.

Sabina.—When the pains extend from low down the back (sacrum) to the front, or pubis, and the abdomen is very sensitive, even to heavy walking on the floor, and much more to touch, a dose every half hour will be found effective.

Sepia is of value in those cases where the pains shoot upward in the vagina, accompanied by a constant weight in the lower bowels with hard aching in small of the back, occurring in regular paroxysms. A dose each hour is recommended.

Secale possesses a special action in cases where the pains are prolonged, the discharges brown and watery

and offensive. Though cold, does not desire covering. In such conditions it is well to give a dose of secale every hour.

Motherwort—the fluid extract—has always served admirably in the re-establishing of suppressed lochial discharges. From half to one teaspoonful in a glassful of hot water. A fourth of this mixture taken at a dose every hour or two.

Nitrate of amyl is an excellent remedy when cautiously used by the physician, in arresting after-pains, but scarcely to be entrusted to the inexperienced. A little absorbent cotton put in a two-drachm vial, and upon it pour a few drops of the amyl, letting the patient snuff it once in ten or fifteen minutes. If redness in the face ensues, or the action of the heart becomes tumultuous, it should be discontinued at once.

ANAL FISSURE.

Remedies—Graphites, Ointments, Dilation, Cautery.

Though not at all dangerous anal fissures are exceedingly troublesome, more from the itching produced by nature's effort to heal them, than by the smarting incident to distension and consequent breaking of the tender adhesions in effort at stool. Indeed, fissures of this kind are like the "chaps" on the hands, they itch when healing and hurt when spread apart. And, too, because of their locations and frequent use it is very difficult to medicinally heal them by any form of treatment, except by surgical procedure. But much comfort may be experienced by the suggestion here given.

Graphites is an old and tried remedy and does great good in certain cases of anal fissure, but in the larger proportion of cases it is not to be depended on. The majority of cases will be helped by an ointment composed of, say a thimbleful of powdered stove polish and a heaping tablespoonful of vaseline thoroughly rubbed into a uniform ointment. A little of this placed on a piece of absorbent cotton and introduced about one inch up, into the anus, on going to bed at night will prove very healing. It should be frequently repeated. No effort should be made to remove it. It will pass away at stool. The difficulty regarding ointments is both their introduction and retention without the cotton. But, finally, *the* cure that is certain of complete success is the surgical method of cauterizing with the electro cautery. Two or three applications are usually sufficient. When this is not practicable the cleansing of the anus and distention with proper speculum to bring into view all the fissures—as there are usually more than one, and the application of a solution of nitrate of silver to the fissures does very well. It were better if the bowels can be kept from acting for two or three days—or else give a saline purgative—salts for instance—that the evacuations may be so free as to not distend the lower bowel and thus avoid the opening of the tender adhesions until firmly united. The same treatment applies to ulcers of the anus, except those of a malignant character requiring surgical consideration. Many ointments have been commended—horse chestnut, tannic acid, lead, zinc, etc., but none of them are of universal application.

AMENORRHŒA.

(Suppression of Menses.)

This may be due, aside from conception, not here considered, to various causes, but usually to exposure to cold, whether chilled out doors or by washing in cold water about the time the menstrual period is to occur. Another cause which may be properly mentioned is exhaustion from diseases, in which the system seems unable to furnish enough blood for this purpose.

When from exposure the arrest occasions a fullness of the head and about the hips, the feet may or may not puff at the ankles and more or less nausea may be present. A brisk cathartic, followed by a hot bath of half hour's duration before going to bed, usually overcomes the difficulty. This may have to be repeated two or three nights in succession. If occurring after the age of 45 the menopause period may be suspected.

ASIATIC CHOLERA.

Remedies—Opium, Camphor.

This scourge has periodically visited various parts of the United States and because of its possible reappearance it is referred to here. Thorough hygienic surroundings are essential to its prevention or cure. It is a disease engendered by filth, its germs wafted from the purlieus of India, thousands of miles away, alighting, like a carrion crow, wherever encouraged by polluted surroundings. Cities are more ravaged by this death-dealing infection, because of the greater unsanitary conditions. Hence too great stress cannot be placed upon

the necessity for thorough cleanliness. The collapse from cholera is rapid from the very first. The patient should be placed in a comfortable bed, hot irons, brick or water bottles, kept constantly at the extremities, thorough rubbing all over with warm spirits of campher every three hours. An opium and camphor pill, say one-half to one grain of opium and two grains of camphor to each pill, given every two, three or four hours, will arrest the diarrhoea and recuperate if not too late.

ASTHMA.

(*Phthisic, Difficult Breathing.*)

Remedies—Lobelia, Potassa Iodide, Arsenicum, Ipecac, Gelsemium, Nitrate of Soda, Nitrate of Potassa, Grindelia robusta, Sunflower.

Of all diseases not distinctly and immediately fatal there is none so distressing as asthma. Yet patients live on, year after year, with their occasional attack of this terribly suffocating affliction, feeling as if every breath drawn was their last, but happily recovering in a few hours or days' time, again to suffer the agony at a later day when some exciting cause ushers in a fresh attack. Nor are the causes of these paroxysms so definitely apparent that the patient may with certainty avoid them. Some times they seem to depend upon certain unavoidable barometric changes in the weather, at others to an accidental exposure to drafts of air even in mild or warm weather when one could not reasonably fear such results. Again some indigestible substance partaken at the dinner table may bring a severe attack of the asthma. So that no special rules can be suggested for the prevention of recurring spasms. Each

must find a law unto himself and be governed by it to enjoy the greatest immunity from this dreaded visitor.

Beyond question a tendency to inheritance of this disease is probable, but perhaps not ten in a hundred cases have their origin through parental transmission. By far the greatest number of these sufferers owe their condition to a gradual catarrhal infiltration and consequent changes in caliber and function of the bronchial tubes, through which the air we breath has greater or less freedom of exit. As all asthmatics can testify, the air can be inhaled easy enough; the difficulty is in expiring it. This inability to dispose of the air inhaled leads to distention of the lung cells and the prevention of fresh oxygen to the lungs, which in turn causes the terrible sense of suffocation. The distension hinted at so distends the air cells that rupture of their delicate partitions often takes place, a condition by no means rare in old asthmatics. The breaking down of these cell-walls resembles the result that would follow if the thumb were pushed into a dry sponge, which the lungs much resemble, thus occasioning one large cavity by the destruction of many smaller ones. This result in the lungs is termed *emphysema*.

Nor does the mischief end at this point. Other complications gradually follow, dilatation and other organic changes of the heart ensuing and adding greatly to the suffering and danger of the patient. Indeed it is a question if persons ever die of asthma, but generally of complications induced by it.

The commencement of this disease manifests itself much earlier than the more serious period of it. At first, and perhaps for some years prior to a distinct

attack, there is usually a wheezing sound and crackling of phlegm in the bronchial tubes, a condition that the patient recognizes, but usually pays little heed to. This first stage is usually due to greater or less inclemency of weather, the moist and cold autumn winds particularly. After a time the wheezing becomes more pronounced, then shortness of breath, more or less severe, follows, each mild attack preparing the way for the more formidable and permanent ones that are to follow. But procrastination is the law of our being; we continue to neglect attention to a curable tendency until too late.

The serious trouble being now upon us we anxiously desire to know what is best for the immediate emergency. It is nearly midnight, and the cough that at first harrassed has gradually become more oppressive; the chest is now sore, with a pressure like a weight over the breast-bone. Breathing is quite difficult; though the night is cold the window must be opened, if happily thereby the patient may more easily get an extra whiff of fresh air. Breathing is now labored; every breath seems the last; O, for just one good, long inspiration! Small quantities of tough or frothy phlegm in the throat is an additional obstacle to the effort to inhale and must be expectorated; though so small in quantity, it is difficult to eject it. The bed is no longer comfortable; not space enough; more room, more — O, open all the windows! The loud wheezing and sense of suffocation vastly increases—what is to be done?

Here, take this. A glassful of quite warm water, in which twenty drops of lobelia extract have been mixed.

Take a tablespoonful every twenty or thirty minutes until relieved. The smelling of nitrite of amyl under the direction of a physician is often promptly effective; so is a whiff or two of chloroform in recent cases.

Arsenicum 3x is one of the safest, and in the majority of cases, most valuable remedies; not so much in the nick of time, in the acute paroxysm, as before, in expectancy, or after the most severe spasm has passed.

Aconite is best indicated just before and during the acute attack, given every ten or fifteen minutes.

Nitrate of soda is an old and tried remedy and may be given frequently.

Nitrate of potassa, a pinch of it mixed with the dried leaves of jimson weed (*stramomium*) and smoked, like tobacco, in a fresh clay pipe, or rolled in paper like a cigarette, is often very effective. In young people it may be burned near the patient.

Camphor, spirits inhaled and a few drops taken every half hour has proven of marked relief. It should always be kept on hand for emergencies.

Iodide of potassium is given more with a view to prevention of attacks, and also to a cure. But no physician is justified in promising so encouraging possibilities in a chronic case.

Opium and camphor pills, one grain of the former and two of the latter, have served wonderfully to arrest severe paroxysms. While not best to encourage the use of so powerful a drug as crude opium the physician is justified in using any agency known to him to at least temporarily annul excessive suffering. The patient suffering from the disease under consideration

is like the drowning man grasping at the mythical straw—he needs relief, come from whatever source!

Grindelia robusta, yerba santa, iodide of soda are mentioned here as effective remedies, in some cases, worthy of consideration.

Sunflowers, the seeds pounded into a mass and made into a strong infusion, or tea, given in teaspoonful doses several times per day, especially to younger sufferers, has been highly commended as an effective domestic remedy.

Gelsemium, tincture, one ounce, same quantity of lobelia tincture, to which is added half an ounce of bromide of potassa, shaken well, and twenty drops given in water every three hours is, by Dr. Jones, considered as almost specific both in the relief and final cure of asthma.

APOPLEXY.

Remedies—Aconite, Opium, Glonoine, Ammonia, Potassa Iodide, Causticum, Veratum Viride.

We may more appropriately consider this condition an accident rather than a disease, as it is generally due to the rupture of blood vessels, large or small in size, or to transfusion of blood through weakened arteries, in either case producing pressure upon certain portions of the brain, resulting in what is recognized as apoplexy. Just how the accident occurs in each case may not be determined. Certain diseases of the blood vessels, especially if of syphilitic origin, may so weaken the walls of the arterioles, or larger branches, as to permit their rupture; or the blood vessels may have become impaired or friable, as in old age, a like result following; or one may be so plethoric—full of blood—that

during a moment of intense excitement the blood vessels of the brain undergo so great a pressure as to rupture them, when the blood gushes out upon the surface of the brain, forming a clot and incident pressure, resulting in immediate paralysis, if not death. Recovery from this accident, however caused, whether from a fall as above stated, depends largely upon the size of the vessel burst, the quantity of blood making pressure upon the brain and the age and physical vigor of the patient. If the quantity of blood, or its fibrin, is small and the person of such recuperative force as to retain vitality until complete absorption has taken place, recovery is possible. If the circumstances are reversed the final alternation is unavoidable.

The result at once observed is a suspension of mental and muscular power, more or less complete, depending upon the portion of the brain upon which pressure is made by the blood-clot. Nature admonishes us of coming events, as a rule, if happily we may avail ourselves of her suggestions. In this case there may be, or have for some time been, certain conditions recognized as singular and yet not sufficiently forceful to impress our minds with its portent. A blurring of vision; roaring noises in the ears; an inclination to lapse in slumber, even during business hours; sense of fullness in the head, more so in the back of it, as if the neck were not strong enough to bear its weight; a slight impediment to speech, as if the tongue had suddenly become thick. These are some of nature's warnings and should command attention. But nature tires of repetition, hence it is that results culminate inadvertently with disastrous effects.

The first movements should be to loosen all the

clothing, especially that around the neck. Sit the patient in nearly upright position and apply cold applications to the head. The smelling of ammonia or camphor is generally grateful and useful. Crowds of spectators are always a menace, keeping the much-needed air from the patient. A dark, cool room is essential. Noises of all forms tend to irritate. If the patient is conscious he should be disturbed by no questionings, but permitted perfect quiet.

Aconite, with a view of suppressing too rapid or impulsive circulation, may be given every ten to twenty minutes. Its indication will be noted by heat in the head; dry skin; full, regular and hard pulse, both at the wrists and external carotids.

Veratrum vir, if in stupor, eyes blood-shot, nausea and vomiting is present.

Causticum is suggested if paralysis of the face, on either side, is apparent.

Opium, if a strong tendency to sleep, with tetanic rigidity of the whole body; pupils insensible to light; slow, stertorous breathing and trembling of the extremities, should be given 3x every half hour.

Glonoine where apoplexy is threatened—before its actual occurrence; when there is severe headache, is in ill-humor, throbbing in the head and neck, tired feeling in the extremities.

Carbonate of ammonia increases the fluidity of the blood, making it course more freely, thus preventing the further and firmer formation of clots.

Arnica is to be thought of. Ten drops of the tincture in wine glass of water; teaspoonful given every half hour hastens absorption of the fibrinous clots and does

much to prevent bleeding from ruptured vessels, so good an authority as Dr. E. M. Hale assures us.

Iodide of potassa is the remedy most depended on in the more sub-acute or chronic results of apoplexy. It is given with a view to the absorption of the harder remnant of the fibrous clots—stimulating the blood to their complete effacement—when so happy results are possible. This remedy should be long continued, even after all symptoms of the accident or its sequels have been overcome.

ARREST OF MILK SUPPLY.

Remedies—Sulphate of Magnesia, Bryonia, Goose Oil.

No condition is more perplexing to the young mother with her first-born than to realize that the flow of milk intended to nourish her beloved offspring has from some inscrutable cause been arrested or denied her. The joy of motherhood is largely turned to disappointment by this occurrence, and when is added the dire forebodings of her elder advisers she feels indeed her lot to be an unfortunate one. But croakers have ever lived to depress the spirits of the inexperienced and add little of helpfulness to suffering humanity. The breasts may harden with little or no pain, especially if due to a local blood stasis—that is a perfectly natural and necessary condition, except that in the case under consideration the circulation of blood in the breasts is not perfect, does not come and return with accustomed regularity, hence the hardening. This very condition, too, operates to press upon the milk-glands and so drive this secretion back into the system. The cause is usually due to exposure of the

chest before or soon after confinement, to a draught of air, or perhaps the bowels have been unduly constipated. In any event the first thing to do is to give *sulphate of magnesia*—bitter salts—a tablespoonful in hot water, with a few drops of lemon if preferred. This should be done each night and morning until two or three evacuations have been produced daily, for two or three days. Then stop. If by this time the breasts have not sufficiently softened and the supply of milk established, *Bryonia* 3x every hour is quite certain to result favorably. Hot fomentations—cloths wrung out of hot water—are also beneficial. Gentle manipulation of the breast is another of the successful measures for relief. A vegetable diet had best be maintained until complete restoration of the glands, recognized by ample flow of milk, has been established.

But by far the better way is the *prevention* of this occurrence by the following precautions: Wet a towel in cold water and with it briskly rub the breasts and chest each night and morning, beginning a month or two before expected confinement. After each rubbing thoroughly anoint the breasts with *goose oil*. The objection to this procedure, as some may urge, is that it soils the underclothing. But a piece of oiled silk immediately next the skin obviates this unpleasantness.

If faithfully persisted in no mother need fear this complication or the vastly worse one of caked, inflamed and ulcerated breasts.

BED SORES.

Remedies.—*Hydrozone, Borated Absorbent Cotton, Sub-nitrate of Bismuth.*

Of course these are conditions supervening lingering diseases or injuries, especially low types of fever, by which the general circulation becomes impaired and the patient exhausted. Lying for considerable time in the same position on an ill-suited or improperly arranged bed, the skin becomes chafed and abraded from contact with folds of the clothing, and soon a sore is formed of greater or lesser dimensions. The hips, back, shoulders, elbows are usually the parts first involved. Owing to the semi-conscious condition of the patient, their inability to complain, these primary sores often attain to so serious proportions as to greatly influence the possibility of ultimate recovery.

However, proper hygienic observances, the prompt removal of wet or soiled bed-clothing, careful bathing, washing the sores with Pond's extract, borax water, cold tea, or warm water in which a few drops of carbolic acid have been added, and afterward thickly sprinkling some powdered sub-nit. of bismuth and cover well the sores with borated absorbent cotton, soon heals these ulcers, to the great comfort of the patient. Cleansing the sores with hydrozone (Marchand's) and water, equal parts, morning and evening, materially aids the healing process.

BEE-STINGS.

Remedies.—*Petroleum, Soda, Belladonna, Oil Cinnamon.*

Swift and pointed retribution comes to him who too incautiously explores the bee hive or comes in contact with the business end of *apis mellifica*.

However, when from accident or resolution grief has come, the first thing to do is to carefully pick out the bee sting, as you would a brier from your flesh, and immediately apply *petroleum*, or coal oil, to the spot. This usually prevents further complications—smarting and swelling.

Belladonna taken occasionally—say every hour or two—is effective in allaying puffiness. *Oil of cinnamon* is said by Dr. G. O. Fraser to be a very effective local application, well worth trying.

Many other drugs are suggested—soda, myrrh, tincture iodine, camphor, tea, onion juice, etc., etc., but enough have been mentioned. It may further be noted that the applications commended are equally available in bites from spiders, snakes, tarantulas, scorpions and other pests that so anxiously perforate our fragile anatomy.

BRONCHITIS.

Remedies—Aconite, Arsenicum, Bryonia, Tartar Emetic, Ferrum phos., Kali bichromicum, Hepar sulph, Phosphorus.

It is usual to term all severe coughs by this name—bronchitis, but in reality it properly applies only to that condition in which the bronchias or lung tubes are seriously involved. This condition may be due to a severe cold; more often to a neglected cough. It may originate in or follow an attack of lung fever. Besides being itself a troublesome and exhaustive difficulty, bronchitis is chiefly dangerous in influencing more serious complications of the lungs, chief of which is emphysema or rupture of some or many of the cell-walls, much as you may by pushing your thumb into a dry sponge, break many of its cells, thereby forming a

large cavity. When this accident occurs a result much like asthma becomes unpleasantly pronounced and quite as severe as an attack of the real disease. Hence the importance of suppressing, or, better, the cure of bronchitis is apparent. Only two of the most important phases of bronchitis need here be noticed—the capillary bronchitis of children and that of adults. The variety termed capillary, and generally confined to young children, is by far the most dangerous, its course most rapid and results seriously problematic. On this contingency the whole capillary system—the great net work of which the lungs are principally composed—are inflamed and so engorged that the air cells are completely closed. Hence the lung is practically solidified. As no air can enter the cells, the child cannot be supplied with the required oxygen and the venous blood, which the lungs convert into arterial, active blood, becomes in a sense stagnant, and in this condition death must supervene.

Happily this serious aspect is not of immediate occurrence, but is the result and sequel of a severe cold. In the case of the original cause, the more dangerous feature, the capillary bronchitis, is usually avoided; but proper care and treatment for the cold may have been neglected, and the child is rapidly found sinking from inability to breathe. The condition carefully noted, let us briefly consider what should be done. Of course the doctor will naturally place his ear over the lungs to determine their functions. If found so impervious to air that scarcely any sound is heard, and if upon percussion, or gentle tapping over the chest, elicits a dull, flat sound, he will not be long in determin-

ing that whatever can be done should not be delayed in its performance.

Aconite 3x every ten minutes and a dose of *arsenicum* 3x every hour must be promptly and regularly given. Warm fomentations to the chest and extremities must be applied. Hot water rubber bottles are of great service, and should always be kept on hand in a family of children. The bottles can be tucked against the chest (never on top of it, as they would prove too heavy for the child to bear) and its feet, thus establishing artificial heat. When considerable rales or rattling of mucus can be heard in the lungs, indicating the entrance of air into them, the remedies may be given with only half the frequency mentioned. A teaspoonful of water may be given the little one as often as desired, and rice or barley water as nourishment, until the symptoms have sufficiently ameliorated to justify more solid food. Bronchitis of older people, while perhaps not imminently dangerous, require faithful and prolonged attention, not only to relieve the primary difficulty, but prevent the more serious complications that may ensue.

Bryonia 3x every hour is an excellent remedy when the cough is persistent and the appetite diminishing.

Tartar emetic 2x every two hours to the verge of nausea when the patient is along in years. Faithful continuance in it seldom fails of cure in a few weeks.

Ferr. phos. 6x every two hours, in younger persons, especially if the bronchial difficulty is attended with a little fever and general lassitude. A convenient, warm room is always commended. Sudden and extreme changes of temperature are to be avoided. For old

chronic cases of bronchitis, in which the cough is constant and expectoration comparatively easy and of a starchy character, ejected in the form and consistency of tapioca, tinged with blackish-gray.

Kali bichromicum 3x every four hours is effective if persevered in.

In the more feeble sufferers, with deep, hollow cough and profuse expectoration of yellowish-green substances, both day and night, especially aggravated in spring and fall, the faithful use of *phos.* 3x is to be relied upon. A dose of *Hepar sulph.* 30x occasionally, say once per week, intercurrently with the *phos.*, is of frequent additional benefit. Smoking is always injurious to this class of cases.

BOILS.

Remedies—*Hepar Sulph.*, *Camphorated Vaseline*, *Carbolic Acid*, *Tincture Iodine*, *Pie-plant Poultice*, *Hydrozone*.

Boils may have been "Job's comforters," but they have proven an utter failure in comforting succeeding generations. It is a useless task to describe these abscesses, as who of us has not been afflicted with these throbbing, bumpy, painful inflictions?

As to their causes, little can be said, and that to little purpose, as no available suggestions are of value. They come indiscriminately to the just and the unjust, the young and old, irrespective of time and season. They are said to be due to an impure condition of the blood, which may be true enough in the abstract, but the cause most probable, is an irritation of the stomach by improper quality or too great quantity of food. There are abscesses different in kind and origin that much

resemble the genuine puffy cushions that afflicted our more youthful anatomy. It is to this sort we here especially refer.

Of remedies for these there is no end. Every loving grandmother can tell you of one or a dozen absolute cures, but the boils come just the same and you have to bear the consequences. The early application of a drop of carbolic acid over their center often aborts them. Tincture of iodine and a little cocaine with it, painted over the boil every night, affords great relief, but when in advanced condition, fortitude in large quantity is one of the essential panaceas. Then to ease matters somewhat, *camphorated vaseline* applied night and morning gratefully soothes the hot and throbbing boil. The day of grandpa's "molasses and sulphur" seems to have departed, but a better, just as effective and infinitely more palatable prophylactic, is stewed pie-plant, which every child will tease for and smack his lips for more. Liberally partaken of at breakfast during its season will practically insure him, or her, against boils and several other equally unpleasant visitants. But when the "pesky things," as aunt Lucy expresses it, are really upon you and you find it difficult to turn your head because of the big swelling on your neck, or easy places to sit down on seem to have vanished, then the only best thing to do is to make a fat bread-and-milk poultice, putting in just enough scraped washing soap to make it draw well to a head and then—just wait and see. Perhaps the doctor will come along and open the boil with some sharp instrument and you are all over it and happy in a minute.

If the boil is large and full of pus when opened,

inject with a medicine dropper equal parts of water and hydrozone (Marchand's) two or three times. It makes quick cures.

BURNS AND SCALDS.

Remedies—Sub-nitrate Bismuth, Lime and Oil, Soda, Calendula, Varnish.

Burns and scalds being practically the same, the treatment applicable to one is equally available for the other. Much depends upon the extent superficially and in depth, as to the time of recovery. The real danger lies in the nervous shock that may occur from extensive burns of especially sensitive portions of the body. When considerable areas of skin have been destroyed possible complications may arise through suppression of perspirable matter that instead of being eliminated by the pores of the skin, as usual, is retained in the system, causing various, though not frequent, physical disturbances.

If, as a result of burns, there ensues marked heat and dryness of the surface of the body, head hot and painful, pulse hard and rapid, attended with great restlessness, the exhibition of *Bryonia* every half hour is excellent. This remedy seems, in these conditions, to exercise the beneficial effects of both aconite and belladonna. The latter may, however, be given intercurrently with the former if excessive nervous prostration supervenes. In all forms of burns dry applications have been found the most effective and cleanly. Upon surfaces denuded of skin the best application is powdered sub-nitrate of bismuth thickly sprinkled on through a can with perforated top. This covered with borated

absorbent cotton will cause rapid healing. One application has proven sufficient in extensive burns.

When the skin is not off, and blubbers full of water (serum) large or small are found on removal of the clothing, these should be freely opened at their base, to permit the liquid to flow out, but leave the skin intact, then dress as above directed. These cases will, however, require more attention, as the process of re-opening the blubbers may be required and should be attended to daily. The serum under these circumstances undergoes such changes, when retained, as to greatly aggravate the tender tissues below the burn and retard or hinder the healing process. Solutions of various kinds are often commended, but anything having water for its vehicle has not proven as effective. The deeper the burn the more applicable this objection. If the sub-nitrate of bismuth is not at hand finely powdered alum or soda bi-carb.—the ordinary cooking soda—is often effective. A dressing of linseed oil or slightly carbonized vaseline is good, and ordinary varnish has been also used with marked results, freely put on and covered with clean strips of linen, from a soft, old handkerchief, the better. When healing and there is consequent itching—the most trying period of convalescence—zinc ointment dressing may be applied with great comfort to the patient.

For very light burns, especially in children, the application of tincture of calendula, or a little varnish, to the finger or hand burned will be quite sufficient. But the bismuth and furniture varnish should always be kept on hand, especially in large families, for just such emergencies.

Finally, if the patient is found in a state of exhaustion from protracted suffering give at once *opium and camphor* pill, or the same reduced to a powder for more rapid absorption, and with as much hot water as the patient can swallow. It may be necessary to repeat this dose, in adults, every four or six hours—not neglecting the external dressing, of course.

CANCER.

Remedies—Robinia, House-leak, Sheep Sorrel, Various Applications, Knife.

Regarding the etiology of this terrible disease, no positive or satisfactory conclusion has as yet been announced. The most probable is that of Virchow, one or more degenerate cells that, owing to their position and irritating growth incident to it, sooner or later undergo that peculiar metamorphosis termed cancer. In its process the blood becomes contaminated, hence the constitutional taint. The seat of its external manifestation, or ulceration, is usually the most vascular portions of the body, the breasts, lips, and the superficial glandular tract. It less frequently develops on less vascular portions of the body, especially at the seat of some previously injured surface. Internally it follows the same tendency, more especially affecting the liver and other glands, or the stomach, because most frequently irritated, inflamed, hence more vascular, especially selecting the pylorus, because of its increased irritability, due to its position and function, proves a more vulnerable point for its development. Its successful treatment has baffled the best efforts of physicians

and surgeons, enough apparent cures, however, having resulted to encourage the hope that ultimately some specific may be discovered.

We must, therefore, confine ourselves to the mention of those remedies the most effective results of which are vouched for by medical men of honorable repute. A paste made of chloride of zinc, powdered blood-root (*sanguinaria*) and flour, equal parts, moistened with sufficient amount of aromatic sulphuric acid to a medium consistency, is said to be a reliable and certain curative agent. The writer has used this compound for forty years for cancers, and believes it to be of exceptional value.

Dr. Brewer, of Michigan, commends the following in all forms of lupoids. Combine as much chloride of soda as possible with the yolk of one egg, well rubbed together in a mortar, to form a paste. Apply on a cloth, as a plaster, to the cancerous growth.

Marsden's paste for epithelioma is as follows: Arsenious acid, two drachms; pulverized gum arabic, one drachm; muriate of cocaine, eighteen grains. To make paste for immediate use, add water and apply to ulcerated surface upon a piece of linen cloth. It should be of the consistency of rich, thick cream, and left on from eighteen to thirty-six hours, to be freshly repeated as often as indications warrant.

Dr. J. C. Ross, of England, considers a strong decoction of cinnamon almost a specific for cancer. *Robinia* 3x is said to have modified the intensely acid vomiting as a result of cancer of the stomach. In the various cases in which it was given, marked benefit followed its use.

Hemorrhage is frequently one of the serious complications of cancer. Even though only superficial, its continuance, and the fear it produces, soon occasion just alarm. In a case of cancer of the cervix uteri, with attending bleeding, Dr. Newcomb employed acetic lobelia and trillium (beth root) with success, thereby checking the excessive loss of blood. The odor from a cancerous patient is often insupportable. It is said that the application to the tumor of iodoform, eighteen grains; quinia sulph., forty grains; charcoal, fifteen grains; the whole combined, reduced to a fine powder and dusted over the cancer, removes the intense, sickening and really infectious odor. In a reported case of small cancer on the edge of tongue, attended with considerable stitching and burning, common house-leak (semp. tint.) was used, the tincture of it used locally to the cancer and 2x dilution given four times daily cured in ten days.

The following compound is vouched for with commendable assurance: To one pound red clover blossoms add four quarts of water; boil down to two quarts, after which allow to simmer until of the consistency of molasses, when to each ounce of this residue add one drachm of powdered blood-root and apply to the cancer night and morning. The writer used this preparation for cancer for thirty-five years. Dr. Elder suggests eucalyptol as of special value externally applied to epitheliomas and chronic ulcers.

Sheep sorrel, pounded in a mortar, the juice of it expressed through a cloth and evaporated to the consistency of tar by exposure to the sun, forms an effective

application in some cases of cancer. If it proves too painful raise up the cloth occasionally.

Rhubarb, or pie-plant, prepared and applied in like manner, is said to be very effective. It would seem that the oxalic acid contained in these plants is the active principle upon which benefit is expected. Strong lye, from oak or hickory wood-ashes, mixed with a fourth its quantity of honey, applied so as to barely cover the surface of the cancer, is said to be effectual.

But entire candor compels the admission that in cancers, as in some other pathological conditions in the wide field of medicine, there are circumstances that depend upon the offices of the skillful surgeon for greater relief or permanent cure. When, through the advice of competent physicians, this procedure is determined to be, to the best interests of the patient, action should be prompt and decisive. Many cases of incipient cancer, when first manifest, on the breast, for instance, before serious constitutional disturbances have occurred, or the skin has broken and the prospective ulcerative surface is yet unformed, then is the pre-eminent hour when an anesthetic to annul pain and proper instruments in experienced hands often removes the probability of further development and thus proves a radical cure. It is the waiting, the hesitancy until what is at first comparatively a mole becomes an open ulcer that increases the mischief and sooner or later results fatally.

To the attendants upon cancerous patients we can not too strenuously insist upon most careful cleanliness, as infection through an accidental cut on the hand or superficial abrasion the cancerous poison of the patient may be inoculated.

CARBUNCLE.

(**Anthrax.**)

Remedies—Hydrozone, Ferrum phos., Silicea, Nux vomica, Hepar Sulph., Sulphide of Calcium.

One of the most painful afflictions to mankind not unattended with danger to life, is the large indurated abscess familiarly termed a carbuncle. Its seat of development is usually on the back of the neck, over the spinal column. From the first it is attended with great depression of the general system, much discomfort from the stiffened condition of the neck it occasions, and in a few days manifests its peculiar character by several—from five to more—minute holes or openings into its hard, unyielding body. From these openings a thin, serous exudation escapes and as resolution takes place this discharge gradually becomes of denser consistency, more purulent and slow in discharging. This latter fact is likely responsible for the constitutional results that usually follow septicæmia, or blood-poisoning, due to the retention of the pus in the system. Whether its origin is due to a special nervous condition, as some authors state, or not, certain it is that a carbuncle gives rise to a very decided nervous depression and its malignancy is frequently so pronounced that fatal results are not always escaped.

This tumor is deep seated among the thick muscles of the back or neck, is circumscribed and defined by a wide, hard base, becoming livid in its advance, with much burning, throbbing and lancinating pain. It is asthenic in type and involves subjacent tissues. Further advanced it becomes softer, of a purple hue and spongy

in its character. Suppuration, ulceration and sloughing of the cellular tissue supervenes with attending results before described.

As Dr. Helmuth authentically suggests, the several sinuses is the important diagnostic sign that determines its character from that of the ordinary boil with but its single point. The writer begins the treatment of these pests by the administration every hour of *Hepar sulph.* 3x and the application externally of a plaster of warm honey; this to be continued until suppuration occurs. Inject into the various openings, with an hypodermic syringe, *Hydrozone* (*Marchand's*) of full strength to discharge the pus. A medicine dropper can be substituted with advantage when the openings are sufficiently large to admit it. This should be done every morning and evening.

A carbuncle five inches in diameter with a raised center of two inches, and twenty or more openings discharging pus, was thus treated and cured by him in five days. It was in reality killed or aborted. He interdicts all kinds of poultices and incisions tending only to evil results. *Ferrum phos.* is also commended where much fever exists and physical strength rapidly diminishes. Compresses wet in tincture calendula is helpful. When sloughing occurs, remove the vitiated tissues, or "cores," with dressing forceps, keeping the abscess scrupulously clean, or aseptic, by bathing with water in which a drop or two of carbolic acid has been added. The patient may be given a wholesome, nutritious diet, avoiding all stimulating foods until final recovery.

Silicea 6x is effective in cases where the process of healing is slow. It promotes healthy granulations and restores a more satisfactory circulation.

Nux. vom. 3x every hour or two is effective in restoring general vitality after severe suffering from caruncles.

Dr. W. B. Squires cites a severe case of this nature to which he applied tincture thuya, and freely covered the parts with benzoated zinc ointment. He also gave one-sixth grain sulphide of calcium ten or twelve times daily. Recovery was early and complete.

CATARRH.

(Acute, Sub-acute and Chronic.)

Remedies—Ointment, Arsenate of China, Kali bichromicum, Nux vomica, Sepia, Pulsatilla, Aconite, Aurum Met.

Much is implied by the term above written, but little understood by the multitudes.

We first consider the acute stage of it, pre-eminently the period of care for the prevention of later and more serious conditions.

Aconite 3x taken every hour when one feels that they have taken "cold," will readily cut short more serious possibilities.

Camphor also, especially for women, one drop of the tincture on a piece of loaf sugar every hour, also smelling it occasionally, is both pleasant and effective. But this should be done on experiencing the first symptoms. A few days' neglect may result more seriously and troublesome. The head becomes stopped up, that is, the mucous membrane of the nose and possibly of the upper throat or pharynx, has by this time become congested and thickened sufficiently to impede respiration through the nose, necessitating respiration through the mouth. This state of affairs usually gives rise to head-

aches, especially at the root or upper portion of the nose, due to pressure exerted by the congested membrane. Your "cold in the head" has now assumed very unexpected and disturbing proportions. More or less fever and consequent heat of the body may have occurred; throbbing in the temples, ringing in the ears, a scraping in the throat, perhaps attended with an admixture of blood on expectoration. And, whereas, at first the nasal discharge was watery and thin it is now quite thick, yellow, with a greenish tinge. A perverse disposition to draw this mucous backward into the throat is constant, largely because the congested membrane in front will not permit of much mucous exit from the end of the nose. This fact gives rise to more or less severe "hawking," which, in time, further irritates the throat, and thus for days the trouble goes on. In the fall and winter much more serious conditions may supervene this secondary form of catarrh. The congestion may extend not only to the throat, but to the bronchial tubes, giving rise to an aggravated cough, which in turn so disturbs the function of the lungs as to occasion an inflammation of them, or pneumonia, the result of which may become exceedingly serious if not promptly and effectually attended to. The larger number of the latter disease, in cold weather, have their origin exactly in the manner outlined.

Assuming that the more serious complication mentioned has not yet occurred, a bath, as warm as can be borne, with a handful of common salt thrown in, may be taken with great benefit, and gelsemium 3x taken every half hour until the head and throat feel much better and the discharge can be relieved from the nose

and not the throat. At this juncture *nux vomica* 3x every hour, continued a few days, taking it less and less often as the symptoms improve, will usually completely cure. A nice warm bed is always the best place for any one suffering from a severe cold. It is of greatest importance to maintain an equable temperature of the body, and there is no place where this desired condition can so well be accomplished as in a well-made, comfortable bed. The absurd idea that it is best to "feed a cold and starve a fever" never applies. A light diet in either case is best. Hot drinks for colds are preferable.

In considering the third, or chronic stage of catarrh, the necessity for the absolutely practical is apparent. Many and lengthy disquisitions on this exceedingly varied form of affliction might be entered into, but it is recognized that neither the busy practitioner nor intelligent layman has time or patience for the purely ornamental part of this book. Suggestions as to what best to do, at a glance, is the great necessity.

In chronic catarrh, greater thickening of the mucous membrane, both of the nose and throat, is present, and it is because of the inconvenience this hypertrophy or thickening occasions, that the patient seeks relief. The reduced calibre of the nasal cavity holds much of the secretions, and the heat of the parts and the air constantly inhaled so dries the mucous discharge that crusts form in the nose, and so great is the sense of discomfort produced by them that various means are adopted for their removal. Sometimes these crusts occur or extend into the pharynx, back of the nose, and produce such irritation and gagging that their

ejection becomes imperative. The decomposition of this matter in the nose and throat often gives rise to the most nauseous breath, the subjects often literally becoming a stench in the nostrils of others. An illustration will serve to point the lesson: Mr. —, a gentleman engaged in large business transactions, rushes in the office and wants to know, "What is the matter with me?" Upon reasonable assurance that the man is not an escaped lunatic, a careful examination is made, and his experience is here noted. "Gentlemen come to consult me on business. Five minutes after I begin confidential explanation they avert their head from me; look away, as if disgusted, and presently claim to have an engagement, and abruptly leave. Not only one, but dozens do so, and I have concluded there is something wrong with me, as before I never had such trouble." Wrong, I should say so; very radically wrong! The man had a breath seemingly wafted from a carrion heap. A glue factory would be esteemed a perfumed parlor by comparison! The facts were explained to him, treatment followed and a cure resulted, which up to the present, a period of several years, has no longer given him inconvenience. No, his wife never mentioned what she suffered—she was so averse to offending him.

The usual manner in which these crusts are detached and removed is by the douch or syringe. It is reasonably effective for the purpose intended, but too frequently fosters ear trouble by forcibly propelling the liquid into the eustachian tube, connecting the throat with the middle ear. It being forcibly distended, the water charged with the poisonous secretion, and often the latter as well, enter this canal, irritate and infect it,

causing practically the same catarrhal condition affecting the contiguous part.

A much better, safer and equally effective way is to snuff up the liquid from the hand. This process does away with the objectionable force of the douche. But even this method should seldom be employed, and then the water should invariably be warm, with the addition to it, never of salt, but a pinch of boracic acid, or better still, a few drops of a solution of menthol. All, and the best purposes will have been subserved by the application to the end of a paper "match lighter"—soft paper rolled spirally into a small cylinder, as often seen—the small end flattened and charged with the following *ointment*: Ten grains crystal menthol; equal quantity of camphor to one ounce of best vaseline. The whole should be put in a tin cup and the cup placed in hot water and the whole thoroughly dissolved and poured out to cool. An application of this ointment, as just suggested, every morning and night will so effectually loosen and dislodge any effete substance in the nose, that the use of the pocket handkerchief is all that will be required for perfect cleanliness. The breath at once assumes a very much more sociable condition, and the patient is no longer a virulent pest to his neighbors. This is a certain means to a practical cure if faithfully continued indefinitely, according to circumstances. But it is quite probable that the sufferer's general system has, in time, become contaminated by this catarrhal poison. No one need expect they can go on inhaling the stench generated in their nose, and most probably swallowing much of this decomposed mucus into their stomachs, especially while asleep and unconscious.

without becoming more or less effected by it—usually more than less.

Hence various remedies are here suggested: *Arsenate of china* 3x taken persistently, after each meal, is one of the “sheet anchors” for excellent results. We hasten to give Dr. E. M. Hale just credit for the introduction of this almost invaluable combination. It is not the only jewel in his professional diadem. His persistent study and proving has given the medical fraternity abundant cause for sincere gratitude.

Nux vomica 3x is another commendable remedy, especially for women who are tall, sallow and decided “brunettes,” subject to constipation. A powder night and morning clears up the complexion and restores general energy.

Kali bichromicum 3x has an especially affinity for persons of sandy complexions. Why this is so is not readily determined. Long experience is our teacher. A powder of it night and morning will be found effective, especially when the crusts are large, hard and tinged with blood—resembling a big rasin skin, also when expectoration of ropy mucus, like the white of egg, is continous.

Pulsatilla 6x acts like a charm for blonde women and light haired children. A dose at night is usually sufficient, but should be continued.

Sepia 6x is another excellent remedy and is peculiarly applicable to fair complexions addicted to acne or eczematous eruptions on the face, neck and chest. A dose every night.

Aurum met. 3x will be found of special service in cases complicated by syphilitic taint. This distressing

disease (syphilis) through destruction of the soft tissues in the nasal cavity, usually produces many of the symptoms incident to non-malignant chronic catarrh. If an especially offensive ozæna is present, evinced by the discharge of thin, yellowish-green serum—not mucus: a fluid that leaves its irritating impress at the center of the upper lip, you may reasonably suspect the presence of constitutional taint. If in connection with above symptoms you detect a metallic odor on the breath, superficial ulcers bounded by uneven, serrated and bleeding edges on the fauces, uvula or tongue, you may safely rely upon the fact of syphilitic origin, strenuous assurances to the contrary by the patient notwithstanding. It is an unfortunate and misleading fact that though some patients are innocent of their condition, many that are perfectly conscious of it will urgently protest against the incriminating suggestion, as if by deceiving the medical attendant their interests could be conserved. The physician should himself be master of the situation.

Hepar sulph. 30x given occasionally and intercurrently in the above condition will prove of material aid.

CHILBLAINS.

Remedies—Ice, Spirits of Camphor, Menthol, Iodide of Cocaine.

We need not go deep into the subject of chilblains. Human experience regarding these troublesome occurrences in wintery climates is sufficiently extended. The only question is what best to do for these burning, itching surfaces on toes, heels and insteps. Being the results of frost, it were best when first it occurs, when one has reason to believe that the toes, like the fingers,

have been frosted, that ice or snow be at once applied, but as this is seldom done and consequently the skin, at such points, becomes inflamed, the next best thing is to apply spirits of camphor every morning and bedtime.

If this does not prove effective in reasonable time, substitute menthol in the same way. This usually does result in a cure, or great relief. If, finally, this also proves inexpedient of complete cure, apply, each night, a mixture of tincture iodine, one ounce; muriate of cocaine, five grains. This seldom fails of a radical cure if faithfully continued. Before the suggestion escapes us we want to mention the fact that this iodine mixture is also excellent for bunions and soft corns.

CHOLERA INFANTUM.

(Summer Complaint.)

Remedies—Nux, Bryonia, Chamomilla, Camphor.

This is admittedly the greatest destroyer of infantile life, and let us be plain. The mother, whose duty it is to guard against the little one's misfortunes, is, through ignorance or carelessness, largely responsible for the cause of death. We have known a mother so thoughtless of her baby's best interests as to allow the wee one, if only a few months old, to be given food difficult for the digestion of an adult, pickles, cabbage, salt pork, not to mention potatoes, beans, coffee and other articles entirely unfitted for its tender years and organs. She deliberately jeopardizes the health and life of the little one because it looks so "cute." It is "too sweet for anything" to see it sit at the table and swallow food

that is likely to prove a poison to the child. I once knew a fond, but reprehensibly foolish, mother to feed her beautiful child of eleven months pop-corn. It could not digest it; passed part way down the alimentary canal, lodged and swelled, its rough surfaces irritated the bowels, produced a contraction and closure which killed the child in thirty-six hours. Such people see the vengeance of God in the result; their stupidity never dawns upon them. The cutting of teeth is to teach us nature's safe method of feeding. Babies should not be permitted to depart from a strictly milk diet, bread or crackers and milk at farthest, until the child has cut all its eye teeth. Not till then should it have bits of meat, some fruit, egg and firmer diet as he advances beyond the eye teeth cutting. But until past two years of age its diet should be mainly milk. The average parent thinks to improve on nature and ignores her laws. Such parents encourage funerals. The first evidence that the child has eaten too much or improper food is its efforts to dispose of it by vomiting. Naturally this should teach us the necessity of feeding the little one less at a time or avoid giving it improper food. But how many heed the suggestion? If all or part of undigested food does pass the stomach into the bowels it manifests the fact by colicky pains, causing the child to scream, and subsequent green stools, each succeeding one being thinner or more watery in consistency. These two results greatly diminish the physical strength of the child and a state of collapse may ensue in the next twelve or twenty-four hours, and the little one that before crowed and cooed in its vigorous vitality now lies there in rigid death.

The first thing to do when the child is observed ailing in the manner stated, is to encourage emesis by giving it warmish water to drink; if necessary, add five to ten drops of tincture of lobelia, or ipecac, to the water, which can be sweetened with even better results. At the same time an injection into the bowels of warm water, to relieve any lodgment in the lower bowels, is advisable. When this has been accomplished, it should be placed in a bath of warm water, in which a table-spoonful of spirits of ammonia has been added, a sheet spread over the bath-tub to retain the heat, and *nux* 3x, a minute dose given every hour, not only restores proper energy to the digestive organs, but is a nerve stimulant of specific merit in this class of cases. As soon as the little one looks and acts revived it should be taken out of the bath and snugly wrapped in a warmed woolen blanket and placed in some cozy, quiet place to perfectly rest. Stop the *nux* and give *chamomilla* 3x every half hour, except when sound asleep. The child should not be fed for an hour or two, and then only the breast or boiled milk for two or three days, until completely recovered. Care must be exercised afterward to prevent a recurrence of the attack, by a strict bread and milk diet if it is not nursing. The hot months of summer are by far the most dangerous to babyhood, and special care must be taken that nursing-bottles, cups, etc., the child uses are thoroughly scalded and kept clean. Males are much more subject to cholera infantum than female children, and also proves fatal to a larger number of the former than the latter.

Under the most careful diet, but owing to unfore-

seen causes, cholera infantum may attack babies in the heated term of the year, but usually in greatly modified and less dangerous form. An occasional dose of camphor 3x is an excellent preventive.

If the bowels become lax, stools greenish-yellow and very offensive, a few doses of *bryonia* 3x generally corrects these attacks. However, by observing strict rules in hygienic living there will occur little need for any medicines. Potatoes, so frequently fed little ones, should be carefully forbidden during the warmest weather. Scarcely any article of food is more indigestible to tender stomachs than potatoes. Children in arms should never be fed at the family table. They are certain to tease for the most objectionable food.

CHOREA.

(St. Vitus' Dance.)

Remedies—*Arsenicum*, *Arsenate of China*, *Gelsemium*, *Cimicifuga*, *Strychnine*, *Cuprum*.

This affliction is due to an irritation of some of the nerves that govern the muscular functions of certain muscles, more especially of the head, face and neck, but in many instances other portions of the body as well. Among physicians it is recognized as uncontrollable co-ordination. The real seat of the trouble is likely in the cerebellum or posterior portion of the brain and spinal cord, reflex irritation, etc., though authorities do not as yet fully concur on this point. The first indication of this infliction is often overlooked, because of its apparent insignificance. It may manifest itself by winking of the eyes more than is usual, perhaps a slight twitching of the head, a hesi-

tancy in speech, peculiar fumbling motions of the hands; all ascribed to mannerism or in imitation of other's action. This may, and most frequently does, occur in children from ten to eighteen, while at school. Too close application to study is not infrequently responsible for the beginning of chorea. Soon the eyes and general appearance of the face lose their accustomed intelligence, and the boy or girl shows evidence of apparent idiocy. This disorder may advance to much more pronounced shaking, involving perhaps the whole body, the legs and feet being moved with the greatest difficulty, while the arms and head move as if on hinged joints. Hence its common name, *Saint Vitus' Dance*. In children the first symptoms may follow a serious and protracted attack of diphtheria or scarlet fever. In older persons chorea is usually attributed to rheumatism. Some writers assure us that close application of the eyes—eye strain—is productive of this nervous trouble. No need to mention other of the supposed numerous causes, rather hasten to remedial possibilities. If the patient is young and of fair physical development, and surrounded by reasonably hygienic facilities, the cure of chorea is far from impossible. Indeed a favorable prognosis may generally be ventured.

Arsenicum 2x is certainly one of our safest and most effective remedies. In the liquid form I prefer Fowler's solution. A three grain powder of the former or a one drop dose of the latter every three hours may be given at the beginning. If no improvement occurs the first week an increase of one, two or even three additional drops may be properly ventured on. It must be con-

tinued for weeks, and the better way is to push the solution to three or four drops four times per day, for a week, then gradually reduce the quantity the next week and so on. Strong sunlight, country air, eggs, meat, milk, bread and fruits are of greatest necessity to hasten a cure.

Arsenate of china 2x often proves especially serviceable in malarial regions and it should be given continuously four times daily for weeks. Chorea should also be considered from a surgical standpoint. As it may be induced from traumatic lesions—an accidental wound and subsequent enclosure of some nerve fiber in the cicatrix, or the embedding of foreign substances into the flesh, producing peripheral irritation, are not to be lost sight of. In these cases medicines are of exceedingly questionable value. In pursuing investigations in Rev. S. J. S., a subject of chorea, I finally solved the problem by questions and personal investigations.

A two-inch sewing needle had been embedded in the sole of his left foot, quite near the surface, since boyhood. Its removal resulted in cure inside a year without medical treatment.

Bromides, once so generally used, are now practically discarded, except, perhaps, the bromide of camphor.

Strychnia 2x, especially the phosphate, is of considerable value, particularly where the tendency to paralysis is marked. It is a cerebro-spinal tonic in all cases of anemia of the functional portion of the spinal cord.

Cuprum 3x is favorably spoken of as a cerebro-spinal remedy, especially if marked chlorosis is promi-

ment. It is said to be pathogenic when the patient has difficulty in swallowing, or is apprehensive of being suffocated.

Cimicifuga 1x has long proven a reliable nerve sedative, and hence has been extensively employed in chorea and kindred diseases. Three drops of the tincture every four to six hours may be safely prescribed.

Gelsemium 1x is another remedy for which marked results are claimed. It is well to consider it. But never under any circumstances neglect fresh food, air and sunlight.

COLDS.

Remedies—Aconite, Camphor, Bryonia, Nux Vomica.

Colds are considered trifling ailments by the mass of humanity, but to the more thoughtful colds may become of most serious import, if neglected. Indeed, the most painful and fatal acute maladies have their inception in what is termed "a cold." And because of this fact it were well if people in general nurse a cold more and thus avoid dangerous complications. If carefully noted, it will be observed that colds are usually contracted by exposure to drafts, as a slightly opened door or window, especially if the back of the neck is exposed. How many have noticed how instinctively one draws a coat-collar or wrap around the nape of the neck before thinking of the throat or chest. We intuitively adopt precautions without an adequate reason for so doing, but we unerringly follow the behests of nature thereby. The next most usual manner of acquiring a cold is lying on the damp lawn or ground when per

spiring, or sitting on a cold stone when sweating profusely, the inclination being to get cool irrespective of consequences, and the latter often proves much greater than we thoughtlessly conjectured. The best means to resolve a cold is, when practicable, to take a Turkish bath. The heat and the rubbing and subsequent rest are both delightful and effective. If this can not be done, an ordinary bath, with water as warm as can be borne, and to which a couple of tablespoonfuls of ammonia (hartshorn) have been added. Stay in the bath a half hour or less, take a brisk rubbing with a coarse cloth and immediately jump into bed. The reaction is usually prompt and a good night's sleep follows, and waking finds you well. An excellent prophylactic is *aconite* 3x every hour during the day, remaining in a warm room until the bath is taken. But all are not circumstanced to follow these directions. It may be you have been out in a storm and find yourself chilled on arriving home. Then begin the *aconite* at once, drink large drafts of soup or hot milk, and later take at least a hot foot bath. This is accessible to most any one. Remember that *heat* is the great essential to prompt recovery. *Camphor* spirits briskly rubbed on the back of the neck and chest is an excellent adjuvant; for children the camphorated vaseline, used in like manner, is better. *Nux vomica* 3x is also effective, especially if the nose is obstructed. *Bryonia* 3x if there is also an inclination to cough, or if harassed by sharp pains anywhere, with general stiffness of the body. Keep the bowels open with any mild laxative.

COLIC OF CHILDREN.

Remedies—Anise, Cinnamon, Peppermint.

Nursing infants are frequently troubled with colic. This occurrence may be due to one of two very common causes—too much nurse or the swallowing of much air while nursing, especially if fed upon the bottle; the more likely to occur if the child cannot breathe through its nose. Care must be observed in either case, with a view to prevention. A drop of oil of anise, or oil of cinnamon, or oil of peppermint in a spoonful of warm water, repeated hourly, if necessary, usually affords desired relief, by the passage of wind from stomach and bowels.

A little soda or lime-water to correct acidity; will often relieve flatulency in young children.

FLATULENT COLIC.

This excruciating variety of intestinal pain is generally incurred by over eating of indigestible food, causing fermentation, resulting in the generation of large quantities of gas, which, passing from the stomach downward into the alimentary tract, greatly distends the bowels, thereby causing intense pain. The suffering is usually relieved by belching of wind, or its escape through the bowels. When either of these safe-guards fail, the bowels become so greatly swollen that severe pain is experienced. The sensation is somewhat as if the bowels were tied in a knot and twisted. Hot baths and hot teas—ginger, peppermint or cinnamon tea—taken in considerable quantities and as warm as can be borne. It is well to try these, if happily

their use render further efforts unnecessary. If improvement is not sufficiently rapid,

Colocynthis 2x—Four or five drops taken every fifteen to thirty minutes, usually brings comforting relief.

Chamomilla 2x usually corrects pains due to flatulence, especially in children. It may be given every ten or fifteen minutes.

Magnesia phos. 3x—A powder given in a tablespoonful of hot water every ten or fifteen minutes, will seldom fail in relieving the suffering.

A cathartic of castor oil, with half a teaspoonful of cooking soda added, is of special merit in disposing of obstacles in the bowels that may impede the free passage of gases through the bowels. Light nourishment for a few days should be observed and further trouble avoided.

BILIOUS COLIC

Is supposed to be due to the passage of large quantities of viscid, irritating, bilious secretions from the liver, causing intense acute pain on its progress down the intestinal tract, resulting in copious, fetid, greenish stools.

Exposure to damp, cold influences no doubt encourage this variety of colic by temporarily arresting the natural flow of bile, later emptying the contents of the sur-charged gall-bladder into the duodenum and consecutive sections of the alimentary canal, causing the painful condition referred to.

The compensating benefit of this result is that the biliary substances being eliminated in the manner stated, prevents the probability of its entering the stomach and thus being absorbed into the circulation, thereby

gradually poisoning the general system, resulting in jaundice, bilious or other forms of fever.

The treatment to be followed is both simple and effective. A purgative of which castor oil, with a few drops of essence of peppermint added, is safest and best. This should be followed by large drafts of water as warm as can be drunk until the pain is relieved and copious evacuations of the bowels result. Rest and light diet for a few days complete the cure.

CONSTIPATION.

Remedies—Magnesia, Bran, Nux Vomica, Podophyllin, Olive Soap Suppository.

There is no single ailment more complained of than constipation. It is pre-eminently a torture to advancing civilization. Records fail to show that in the less advanced state of our race healthy persons suffered from this suppression of nature's requirement, as is the case with this most enlightened period of the world's history. Prevailing fashionable habits and methods of living are in the largest extent responsible for this almost national—not to say universal—inconvenience. If we sincerely consider some of the apparent reasons for the existence of constipation we must conclude, that custom in our methods of clothing our bodies has vastly to do with this form of enforced illness. The tight-fitting apparels of women, that compress not only the lungs, thus seriously interfering with the general circulation, but even more is the liver crowded into insufficient space and thus deprived of freedom in its perfect work. The upper, larger and, if possible, most essential part of the intestinal canal is contracted by the

tight lacing and forced from its easy and regular position, preventing that degree of peristaltic movement essential to its perfect work. It is axiomatic that the interference in the normal function of one of the organs of the body retards or restrains the action of all others—so intimately related are they that uniform action must be maintained. Hence, the compression of the stomach retards digestive action, begetting ills of its kind, and affecting the first or duodenal section of the bowels, which, in turn, prevent the proper secretion of the liver, and in its turn failing to supply the necessary stimulus to the bowels, they become torpid and the lower portion of them congested, the latter condition tending to desiccate its contents, thus producing retarded, difficult and irritating dejections, which on exit forcibly and injuriously distend the membrane of the rectum, producing hemorrhoids, or piles, of greater or less severity, in proportion to the continued irritation. This, at a glimpse, gives the daily clinical experience of thousands who, with a better understanding of themselves and resolution to overcome some of the edicts of fashion, may regain that healthy secretion of the system that shall prove a comfort to their remaining years.

The conditions enumerated, added to the large meals partaken, to the heating beverage, used, begets a certain lethargy of the nervous system, requiring time that should be employed in exercise instead of the confined and reclining position of the body, in too long sleep or rest in recumbent posture. Men to whom this form of repose is denied attend their daily duties with forced effort and sedentary practice, foregoing

the benefits of brisk and sustaining walks or moderate athletic exercises that alone can insure them against the folly of constant resort to purgative remedies.

We can only give bare outlines of facts, and the reader is left to fill the large gap that might easily be suggested did space permit. Better far to imitate more primitive methods of living and, to an extent, adorning the bodies as the Greek mothers of old, and be recompensed with glowing, animated health, than adhere to our present practices and remain victims to constant ill-feelings that ultimately render our advancing years a burden to ourselves and an inconvenience to others.

Bile being the natural physic of the body, the necessity for its proper secretion should be carefully kept in view and avoid causes most likely to result in a suppression of it. After removal of all restraints, as hinted, our diet becomes the greatest factor. The food should be simple, largely of fruits and vegetables which contain the nitrogenous elements that most surely supply the greatest needs of the various organs of the body. Drafts, each night and morning, of large quantities of hot water, a pint, or a quart if possible, as warm as it can be comfortably endured, should be taken. A few drops of lemon juice or a sprinkle of salt may be added, if preferred. This will in itself prove excellent in distending the folds of the stomach and thereby washing away the irritating particles that have gotten imbedded there during the process of digestion. A morning sponge bath of cool, or cold water, with brisk rubbing afterward is an effective help. Outdoor exercise, if in the sunlight the better. Daily efforts at stool, at stated

hour, is commended. Frequently rubbing the abdomen—at least night and morning—with a dry towel is effective.

If these suggestions are faithfully and persistently followed there will be need for little medicine. However the following are mentioned:

Magnesia and bran.—A teaspoonful of sulphate of magnesia (salts) and a tablespoonful of bran mixed in a glass of hot water and drunk each night before retiring is one of the best remedies.

Nux vomica.—Either a few drops of the tincture or a powder of the 3x on arising each morning has proven effective.

Podophyllin, especially if the skin is tinged a yellow cast, with weight in the right side below the ribs, where the liver is located. A powder of the 1x once or twice per day is excellent.

But perhaps the most infallible remedy, one that can *always* be depended upon to accomplish certain results and no possible harm—a remedy as applicable to a baby as to an adult, is a *suppository* made of olive oil soap, cut in pieces with the corners trimmed round, just about as large and long as your little finger. Dip this in warm water, carefully insert up in the rectum at night or early morning, and in two or three hours its perfect work will have been accomplished, mildly but effectually.

CONSUMPTION.

(Phthisis.)

Remedies—Change of Climate, Arsenate of China, Phosphorous, Oxygen, Bryonia.

The term refers to the consuming of physical energies, which this disease certainly does. Though it primarily attacks and destroys the tissues of the lungs, the disease incidentally undermines the vital power of the general system. This it does by so impairing the functions of other organs that their efforts are inadequate to maintain their normal condition. A long train of progressive changes might be cited in explanation of the statement made, had we space to enter into the physiological and pathological facts. As it is we must content ourselves with the general statement that consumption is a disease of the lungs, the tendency of which is to destroy the cell formation, thus diminishing the lung capacity for the essential oxydizing of the blood, with all the attending evils incident to the latter insufficiency.

The symptomatic evidence of consumption is an irresistible, almost continuous harrowing cough, at first attended with little, latterly with considerable expectoration. The next most important symptoms are emaciation and pain in some circumscribed region of the lungs, generally at the top, or apex, usually under the clavicle, or collar-bone, soon manifesting itself posteriorly under the shoulder blades. But there is no certain rule for its primary development, which may occur in other portions of the lungs than that above suggested. Wherever its first manifestations, it soon affects contiguous issues, extending beyond its

primary confines, possibly involving the greater portion of one or both lungs ultimately. Emaciation keeps pace with the advancement of the disease, first the fatty substance of the body is consumed, then the muscles, eventually reducing the patient literally to skin and bone, just before the white-winged angel removes the earthly fetters and bids the spirit depart. It may be here observed that sufferers from no other disease are so determinably opposed to the acceptance of facts relative to their condition, as are consumptives; persistently ignoring the inevitable, to their own undoing. Much could be done for them, and their lives prolonged but for their persistent objection and determined resistance to medical counsel. Obviously the immediate necessity is to suppress the cough, as that is the salient cause of various and important complications.

Any cough long continued most assuredly occasions serious results, whether the patient be of consumptive tendency or not. In the first stage of this disease, the cough can usually be greatly modified, and in proportion as this is done depends the possibility of great improvement and even a cure. The cough-mixtures that have been commended are legion, but only two resources are really of practical value. A change of climate to warmer, higher and more equable temperature; or, if one must remain in the eastern, northern or upper western states, the inhalation of oxygen affords the only other probable hope of amelioration. The patient's digestion must be considered, as upon it the nourishment of the body and sustenance of physical force entirely depends. Hence it is a grievous mistake to administer any drugs or food that irritate or nauseate.

There is no more encouraging indication in this class of diseases than a good appetite. The continuous absence of it bespeaks early failure.

The diet should be both pleasant and concentrated. The yolk of soft-boiled eggs, honey, rice pudding, fresh butter, milk (warm from a good Jersey cow), steak and roast beef, not overdone; game, whether of land or water, especially if procured by the patient, as this adds zest and exercise, often very beneficial. Under no circumstances forget the blessings of a strong sun-bath. It is a great point gained for the comfort and prospects of the patient when much of his skin is tanned a rich brown by the sun's rays. A warm bath and brisk rubbing of the whole body before retiring is often a delightful "night cap," inducing a sleep that permits no coughing. The better if the patient does the rubbing. After such a night's rest he awakes refreshed and with renewed spirits—another valuable point gained. A water-beach in the summer, with its hot sands and pure air, is a God-send to those who can enjoy the luxury. Deep and long inhalations—filling the lungs to their fullest capacity.

A tickling, hacking cough is often kept from troubling by chewing a little spruce gum or sucking a lemon or orange. If the patient has uncommon thirst, due most likely to an elevated temperature, indicating some fever, the best drink—better than tea or coffee and vastly superior to all alcoholic beverages, is rich, cold buttermilk. They should be encouraged to cultivate a taste for it and drink all they can of it.

For the second or more advanced stage of consumption, the same general directions apply except that

owing to the greater complications it may be necessary to administer an occasional dose of medicine to allay the now exaggerated cough and pain. For this purpose, *opium* and *camphor* in combination, from a quarter to one grain of opium and two of camphor, according to the age of the patient, given at bedtime, followed immediately with a big glassful of quite warm water, insures a good night's rest, free from cough and night sweats, the patient awakening in the morning with a usually improved appetite and more vigorous sensation.

Bryonia 3x given every hour during the day is often very efficacious.

Phosphorous 6x is equally effective, especially if the patient has considerable difficulty in breathing.

China arsenate 3x is one of the most reliable remedies when there is daily fever, say from one to three P. M., with dejection of spirits and impaired appetite. A five grain powder of it given every three or four hours will often produce remarkably beneficial results. I feel greatly indebted to E. M. Hale, M. D., of Chicago, for his advocacy of so valuable a remedy. For the third stage of consumption I need add little. To make comfortable the patient in the sunset hours of his passing life is all we may expect. His home among loved ones and friends is by far his best resting place. To worry him with long, painful and exhausting journeys only adds to his misery and curtails the time of his earthly existence. To suppress the excessive cough is the only office now left to the faithful physician.

CONVULSIONS.

(Or Spasms.)

Remedies—Hot Bath, Nux vomica.

This alarming occurrence is also largely attributable to over feeding, when not the result of teething. If the latter, the gums should be noticed, and if tense, bluish and swollen over an appearing tooth, they should be freely cut to relieve the tension over the tooth causing the disturbance. No fear need be apprehended and prompt relief follows. Immediately upon this being done, the child should be placed into a bath of warm water and *nux vomica* 3x given every half hour for a few times. When recovering, all medicine should be stopped and the child put in hot, dry blankets to sleep. If over feeding is avoided, it is scarcely possible for these spasms to occur. A light bread and milk diet in summer not only prevents colics, but greatly aids the process of teething. I have for many years suggested the use of my patent tooth cutter for babies, instead of rubber rings. This is a small pop-corn cob, the grain being shelled, the fuzz carefully brushed off and the little sockets filled with syrup. Baby merrily twists this over his swollen gums, and they are unconsciously cut by the sharp projections.

CROUP.

(Spasmodic and True.)

Remedies—Nux Vomica, Calcarea Phos., Spongia, Iodide of Lime, Jaborandi, Camphor, Belladonna, Apis Mel., Hepar sulph., Alcohol, China Arsenate.

The strident notes of a croup patient when heard are not likely to be forgotten, so singular and alarming are they. In either variety the sound is similar because

produced by a partial closure of the glottis, but the prognosis in each form is vastly dissimilar. Spasmodic croup, the first we shall consider, is a self-limited, comparatively harmless condition, which frequently passes with no serious results. The labored breathing of the little one and the fear that true croup may supervene actuates the physician and attendant, to exertion in the sufferer's behalf. This form of croup may occur without previous warnings, either of suffering or elevation of temperature. The child retires in comparative health and in a few hours suddenly awakes, frightened, gasping for breath, and in its effort to respire produces that shrill piping sound, a noise combining forcible wheezing and whistling which, like the notes of a violin, can not be described, nor forgotten when heard. So sudden and startling are the sounds and symptoms that naturally the household is at once aroused and alarmed. Owing to impaired breathing the child's face denotes the agony it feels in the look of alarm, flushed face, bluish and twitching lips. Its eyes protrude and evince the terror of its fearful situation. As a rule, there is a slight elevation of temperature, though its pulse may be accelerated largely through excitement. The causes for this sudden development are various. The child may have been really ailing for some time and thus its vitality reduced, or it may have been exposed to inclement weather and thereby taken cold, which would predispose it to an attack of spasmodic croup; but the greater number of cases occur from too much feeding or improper food given before retiring, producing an irritation of the stomach which produces the reflex condition mentioned. But from whatsoever cause, the

first and best thing to do is to immerse the little one in a bath, the water as warm as can comfortably be borne. This, of itself, frequently suffices to relieve the paroxysm, and as the child regains normal respiration no further trouble of immediate return need be feared. Sufficient covering and a dose of *Nux vomica* to allay gastric irritation usually insures complete recovery. Others, and by reason of various cachexias, more predisposed to irritation of the respiratory tract, are more frequent sufferers and less able to overcome the influences exerted against them. There is, in these cases, a sort of incubation stage. They evince the indisposition by more or less pallor, want of appetite, disturbed sleep and a peevish, irritable temper some days before an attack. Owing to this depression of the general system the pulse may beat with considerable frequency, ranging considerably above the hundred beats to the minute, and the clinical thermometer denotes an increased temperature of two, three, even four degrees. It will on careful inspection be noted that these cases labor under a more or less aggravated condition of malnutrition—a want of sufficient nourishing not only to the brain and muscles, but the bones as well. These latter are long, small and apparently in danger of easy fracture. Not infrequently this deficiency will be more accentuated by the soft or open fontanelles and decided curves to the bones of the legs. The eyes, too, are not animated, as the child's more healthy playmates. It is called a "delicate" child; usually a blonde.

This class of sufferers are usually found in the families of the well-to-do. Now, it is obvious enough that the first thing the physician should consider is the

hygienic and dietary regulation. Brown bread, rich milk, rice-pudding, an occasional soft boiled yolk of egg (not the white), fresh fruits, good steak, roast beef, cut very fine, this in the fore part of the day; *exposure to the warm sun*, if in its bare legs and arms the better, and very light supper before retiring. In addition to the above a little medication will be found exceedingly serviceable. *Calc. phos.*, 3x a dose after each meal, is one of the very best prophylactics; an occasional dose of *sulphur* 6x will be found an excellent adjuvant.

But what shall be done if called to see the little patient in an acute attack? The question is both forceful and pertinent, as then is the moment when the tactics of true generalship is of greatest import. The warm bath is the prerequisite. Afterward *Bryonia* 3x every few minutes should be given until the spasm begins to yield its suffocating hold. *Spongia tost.* 3x may at this juncture be given every hour intercurrently with the *bryonia*. Usually this will greatly relieve or entirely arrest the attack in this stage. If conditions are much worse than contemplated above—if the breathing is so difficult as to threaten imminent danger to life—the contraction of the glottis unyielding, full pulse and high temperature, extremely restless and excitable, the bath should be given at once, as before directed and *calc. iodide* 1x, in five grain doses, given from commencement every hour or oftener during the aggravated condition will not fail us. The inhalation of steam, especially if *camphor* can be combined by the addition of the tincture of camphor in the kettle of boiling water, placing the spout of it under the sheet covering the patient, to confine the steam, will prove an exceedingly grateful procedure.

Belladonna 2x is suggested if the patient continues in stupor or semi-comatose condition after the paroxysm has subsided.

Apis mel. 3x if œdema is suspected; dose every half hour.

Hepar sulph 3x if much subsequent expectoration ensues. The practice of anointing the neck and chest with camphorated liniment or ointment is a good remedy in any form. No harm need be apprehended.

Other remedies, without number, many good, others indifferent and some exceedingly noxious could be mentioned; but the practical essentials to success only are here adverted to. But tactful management and careful nursing are to never be lost sight of.

Finally we come to the consideration of true or membranous croup. Would that we could give equal assurance of happy termination of each case. There are those who are sanguine in the unvarying successful results from medical treatment of this dreaded affliction, but one cannot always avoid questioning whether these soothsayers have really had the responsibility of true cases of membranous croup or may have erred in their judgment regarding the exact nature of the cases they have observed. We are but human and subject to the commission of errors with most honest intentions.

True croup has for its typical difference a red, inflamed surface of the fauces, with the barest exudation, as if milk had been poured over them, from the first to following twenty-four hours. In severe cases this exudation rapidly assumes the consistency of an ash-grey deposit of almost leathery consistency and feeling, covering every nook and sinuosity of the throat

from the root of the tongue to below the larynx, and often extending to all the mucous membrane of the mouth and nose. Its removal is difficult and leaves exposed an highly inflamed and bleeding surface.

In other cases the deposition of false membrane is not so rapid or abundant, but this fact does not, seemingly, influence the serious prognosis of a case. Indeed some hopefully light developments prove even more intractable than some in which the deposits seem excessive. *Everything*, medical and expedient, should be considered, and that rapidly. Every moment is golden if the prize of success is to be sought. Not only is the hot bath used, but lotions to the mouth and fauces, and nose if needed, of one ounce *alcohol*, twenty drops menthol and one pint of hot water. This frequently applied to the parts mentioned, wherever covered with membrane. It must be borne in mind that this thick pseudo membrane is the mechanical obstruction to inhalation, and often to deglutition, that is the great factor in the human sacrifice. When resolution takes place it is not uncommon to observe complete casts of the trachea and bronchi ejected, to the immense relief of the patient and hope of his friends.

Iodide of lime, the crude, in two grain doses every hour, is to be given. If not by the stomach, tear off some of the membrane and apply dry to the surface. A drop or two of the tincture of jaborandi, or pilocarpine, dropped on the tongue every hour or two, will tend to keep the skin and membrane moist, thus relieving capillary congestion and materially aiding the exfoliation of membrane.

China arsenate 3x, given when the membrane loosens

at the edges, denoting process of resolution, is of marked benefit in sustaining strength necessary to recovery. To do so is usually to prevent sequels which often occur even in flattering recoveries—a form of paralysis more or less complete, incident to the remaining blood poisoning in the system.

In the sad impotence of human expediency, many remedies have been suggested in the praiseworthy hope that good may result, but in many cases the physician is forced to acknowledge limitation to medical wisdom and refer to the more aggressive, and in some instances more successful offices of the surgeon. When laryngotomy and intubation fail, then indeed has departed our last hope of success.

CORNS.

Remedies—Iodine and Cocaine, Copal Varnish.

These tangible evidences of our early vanity are so nearly universal that attempt at explanation seems a parody. Webster defines them, but the tender little projections on your toes are far more eloquent, when not incentives to profanity. To suggest relief is an easy task, but to assert a cure must be left to wise philosophers to determine. Nothing, to our knowledge, short of wearing properly fitting shoes will ever prove permanent in results. Any continued attempt to crowd a No. 6 foot into a No. 3 shoe must prove disastrous. To thoroughly soak the offending corns in hot soap-suds, and after drying, apply to them with a feather strong ammonia, is an effective treatment recently discovered. This should be repeated every other night for a week or two, each time *peeling* the corn (not cut-

ting it), removing the layers as detached, filling the surface each time afterwards. This is attended with no pain whatever. Soft corns growing between the toes will cease their torture if you apply copal varnish over them and afterward cover with absorbent cotton. This forms a comfortable cushion of protection while the corn is healing. A few such applications, say, twice per week, generally disposes of these pests.

Bunions, which are practically another form of corns, except that they occur on the large joints of the big toes, where the side pressure of the shoe is greatest, compressing and injuring the capsule that invests the joint, are far more serious punishment. Yet even here great relief can be obtained; indeed, a cure as well if the reasonable suggestion of better fitting foot-gear is permanently adopted. The following prescription is of great value to such as suffer from bunions:

Tincture iodine.....2 ounces.
Cocaine sulph.....5 grains.

Mix. Thoroughly apply over the surface of the bunion every other night after half an hour's soaking of the foot in hot soap-suds. Persistency in this treatment brings certain and joyous reward.

COUGHS.

Remedies—*Belladonna, Bryonia, Pulsatilla, Lycopodium, Kali Bichromicum, Honey, Spruce.*

The approaching winter months of our rigid climate do not leave the larger portion of the inhabitants ignorant of the inconvenience we term a cough. So well is this fact recognized that little time need be devoted to an explanation.

Coughs are usually the results of colds acquired through carelessness or inadvertence. Insufficient

clothing, exposure to strong draughts without necessary protection, lying on damp or wet ground, especially evenings, are a few of the most probable means. Its first manifestation is usually a roughness—an irritation—in the throat, the voice more flatted, not so resonant as before. A tickling, first at the fauces, a day or two later a little below, in the larynx or pit of the throat. The tickling there may be attended with some soreness, usually due to violent coughing, or any and all pain may be wanting, the only tangible trouble being the cough. As a rule, a drop or two of spirits of *camphor* dropped on a piece of sugar forms an excellent remedy if taken every two hours. Now and then a simple cough will not yield to this measure. It persists until it becomes very disagreeable, occasioning pain in the head at every effort to cough. We have given *belladonna* 3x every hour with excellent results in this particular variety of cough.

Bryonia 3x taken each hour is especially applicable to severe, continuous coughs that occasion considerable soreness in the sides and stomach.

Tartar emetic 2x every one, two or three hours is best adapted in those cases where the coughing causes vomiting.

Kali bichromicum 3x every two hours usually stops that kind of cough occasioned by a tickling in the pit of the stomach.

Phytolacca 3x every hour or two is indicated where considerable soreness of the throat is a prominent concomitant.

Eupatorium perf. 3x is a fine remedy given every hour where considerable sickness at the stomach exists.

Lycopodium 6x every hour often relieves a dry, tickling cough, especially aggravated in the night when the child has been asleep.

Ignatia 3x every two or four hours has served a marked purpose, but in my experience only in young brunettes from 14 to 20 years.

There is more often a nervous cough—dry and hacking—especially while in company, worse if among strangers, for which the latter remedy is also effective.

Gelsemium 2x is the remedy for mother's coughs, the loud, "barking" cough, the sound of which is the most prominent feature. A dose every hour or two proves very serviceable.

Pulsatilla 3x is another pre-eminently female remedy, but almost exclusively applicable to the very blonde type of beauty, the clinging, affectionate kind, that a harsh word will fill the eyes with tears.

Lastly is one—nay *the* best domestic remedy—especially effective in older people though good for any—is the following: One quart of pure honey, one tablespoonful of spruce gum (to be had at drug stores when not obtainable from the spruce trees). Put the honey in an earthen dish and place the dish in a pan of boiling water over the fire. When the honey boils put in the spruce gum, after pulverizing it in a mortar or in any convenient way. Let the two boil for half an hour. Take off and strain through a cloth or wire sieve. It makes a delightful syrup, a teaspoonful of which may be taken as frequently as found necessary. To the aged, troubled with a tickling, dry cough, this preparation is worth its weight in gold. It may be said, in a general way, that all coughs are benefited by the

additional use of some good gargle, and I know of none more effective than the combination of two grains of permanganate of potash to the goblet of rain or distilled water. A mouthful well gargled after each meal and at bed-time is an effective adjuvant to any remedy. No possible danger can occur even if swallowed. Smoking is always incompatible, hence injurious, to the treatment of coughs in general, and should be absolutely discontinued.

CYSTITIS.

(Or Inflammation of the Bladder.)

Remedies—Injections, Permanganate Potassa, Hydrastus, Causiticum, Apis, Rhus, Lycopodium.

This depressing malady, when not the sequel of gonorrhœa, is most frequently the result of catarrh. Leaving out of view traumatic causes of cystitis, the disease affects principally the mucous coating of the bladder, changing its organic structure from a smooth, compact membrane to a thickened and spongy inner covering, easily exfoliated by the acid urine which percolates upon its surface; detaching shreds, converting them into pus, which is subsequently passed with the urine, occasioning a strong ammoniacal odor. The chief symptoms are those of great mental anxiety, a fullness at the hypogastric region, frequent urination due to greatly diminished cavity of the bladder owing to the thickness of the diseased walls. In advanced cases there is often inability to hold the water, hence it dribbles away unconsciously. Sometimes the passing of urine is attended with smarting. The cases that come to physicians are usually so far advanced that a cure should not be promised. Much

depends upon the sufferer, as to proper dieting—a necessity seldom persisted in. Acids, pickles, alcoholic stimulants, irritating condiments, like pepper and spices should be avoided, and yet these are the articles most usually indulged in. When possible a thorough washing out of the bladder with warm water, through a catheter, is advisable; after which the injection of warm water in which has been dissolved one grain of *Permanganate of potash* to the pint of water. This should be retained ten minutes before voiding. This procedure is best done every other day, and may have to be continued for weeks or months.

Hydrastis, ten drops of the tincture to the pint of water may properly be alternated with the permanganate. Of remedies, a few affords decided relief.

Apis mel 3x is frequently quite effective—a dose given before breakfast, dinner and bed time allays the frequent desire to pass urine. Another which has served well, *causticum* 3x to 30x, has proven of value. Either of these should be continued some time.

Hydrangea tincture in five drop doses, four or five times in the twenty-four hours, has been of marked benefit.

Thuja, Lloyd's specific tincture, a dose every two hours in water is excellent.

Rhus tox 3x often alleviates the pain in the small of the back incident to this form of bladder trouble.

Lycopodium 6x does much to correct the excessive sediments of uric acid and urates that look much like fine brick-dust adhering firmly to the vessel in which the urine is deposited.

DANDRUFF.**(Scalp Scales.)**

Dandruff is usually an induced superficial exfoliation of the derma or skin of the scalp. We say induced, or produced by mechanical or chemical means, the former usually by sharp combs that rake, irritate and injure the scalp; secondly by the application of mixtures, ointments and lotions, which, under the supposition that they are tonics, will make the hair either more glossy, abundant, or change its color to a shade more desirable. These chemical preparations induce an irritation of the tender skin, which results in a sort of peeling off, termed dandruff. The pomades used for the hair become rancid and thus irritate the scalp. The alcoholic mixtures are too strong, and thus do mischief.

Now, of "dandruff killers" there is no end, and it is reasonable to state that not one of them is worth the mention. If fresh water only is used on the scalp and the hair brush used in dressing it, entirely doing away with the above preparations, the reasonable conclusion is that sooner or later nature will restore the injured parts, the scalp assume its natural vigor and in consequence the dandruff disappear. This, of course, does not apply to exanthematous or herpetic diseases of the scalp. They require special attention.

DIPHTHERIA.

*Remedies—Iodide of Lime, Mercury Biniodide, Ferrum Phos.,
Camphor, Nux Vomica, Belladonna, Phytolacca,
Hydrozone, Cinnamon.*

This fetid twin sister of membranous croup for ages has been, and still is, the medical enigma that has vexed the soul of the conscientious medical practitioner, and has ever proven the most dreaded disease to the tender lambs of the affectionate flock. Once its advent into the home where children are, there hope and joy is banished, and evil forebodings ushered in. A pall, with the hush of fate, clouds that household for weeks, months, perhaps forever! Ripened medical experience, the most persistent attention, the most tender ministrations of which earnest solicitude is capable, utterly fail, in many instances, of hoped-for results. The conduct of certain successful cases utterly fail of material benefit in others apparently similar. The remedies and nursing that vanquished death before are now utterly powerless to stay the ravages of the dread destroyer. When the statement is ventured by members of one "school," whose medications are uniformly successful, "they never lose a case," we feel a sense of pity for their adolescent vanity, not unmixed with a feeling of repugnance for the implied reflection upon contemporaries of different medical affiliations. We know that neither or any of them need boast of their prowess before so threatening an enemy.

So much of a deceptive character attends this disease, so little in the first stages that seems to justify serious apprehension, that parental solicitude is lulled, only to be aroused to fearful realities soon enough.

The slight fever, the headache, thirst, and even the irritable condition of the throat, is only such as may be expected from a moderately severe gastric disorder, and soon expected to pass away spontaneously or under the influence of some gentle home-remedy. But in a few hours, perhaps, the symptoms become so threatening and local developments so marked as to dispel all illusions of security. Fever has now reached considerable height—pulse 110 to 130—face flushed and exceedingly anxious, temperature 101 to 104, pain in the head much increased and deglutition difficult. To this latter difficulty is frequently superadded inability to breathe through the nose, due to the formation of false membranes in its cavity. This proves, indeed, a serious complication. When the development of diphtheria is rapid, the formation of membranes in the fauces and beyond momentarily threaten dire disaster by asphyxia.

The treatment previously suggested for membranous croup apply with equal force and propriety in this instance. It is in the early knowledge of the real danger and prompt application of effective means that lend hope in ultimate results. To detect the real significance of the early stages, to attempt, if possible, to curtail or modify the more dangerous phases of this disease, to prevent, as much as may be, the formation of the exudative coats, limiting the false membrane to the mouth or fauces only, should be our special effort, as when this is not possible and the disease assumes its unchecked course great advantage will have been lost and the battle of life must be desperately fought. In healthy, active children the exhibition of *merc. biniodide* 3x, a powder every two hours, seldom fails in its consti-

tutional effect and tends to the prevention of the more serious aspects of the disease. In connection with this remedy the use of diluted *alcohol*, a tablespoonful in a cup of hot water, applied all over the false membrane that may have formed every hour or two, by a thick pledget of absorbent cotton attached to the end of a pliable stick, wire or piece of whale bone, will prove an effective adjuvant in the treatment. The mixture (alcohol and water) should always be moderately heated before applying. But if the case has progressed more rapidly, the membranes formed more extensively, are thick and tough, resembling more the color and consistency of white gutta percha than any other substance, it is advisable to give *calc. iodide*, crude, two to five grains every two hours, and dusting the same on any raw exposed surface that may present, due to the exfoliation of the membrane; or if the latter is very thick and threatening the edges may be forcibly detached and the *calc. iodide*, insufflated upon the bleeding surface in any convenient manner that may suggest itself. (A small, long paper cylinder charged with the powder is easily made, and very effective.) The swabbing above suggested is not to be lost sight of, however. If the nose is also filled with the exudation, five grains of permanganate of potassa in a cup of warm water, injected or in any way applied in the cavity, affords relief and so detaches the membrane as to enable its removal with comparative ease. This not only gives great relief, but admits of more thorough, effective applications for their subsequent prevention. And to this end the application into the nasal fosse, with a cylindrical paper lighter (as suggested when considering the subject of

catarrh), of an ointment of vaseline, camphor and oil of eucalyptol made as suggested, by melting in a cup placed in hot water, is of vast benefit to the patient. This should be applied night and morning, at least. The great point to be kept in view is the proper sustenance of the patient's vitality, especially as regards the freedom of respiration and diet. With a view to the former the inhalation of warm camphorated steam, confined by a sheet over the patient. Beef tea, soft yolk of eggs, the thin watery gravy off rare beefsteak are especially to be thought of. In the convalescent state, rice pudding is usually acceptable, as are also custards, etc. Should the physical powers visibly fail the frequent giving of a few drops of stimulants—whisky, or brandy preferably—have sometimes sustained the vital spark until the more substantial rally of the natural forces. The proportions of recoveries depend upon the wisdom and tact of the attendant in availing himself of all means in this dire contingency.

A multiplicity of remedies and directions more often prove confusing and misleading, but it must be recognized that the physician is to think and act upon his own responsibility and that the suggestions here advanced are more especially to remind him of effectual remedies and means which he might not at the moment think of. Hence, appreciating our subordinate position, it is not out of place to refer to other remedies which other authors have used with benefit and which the practitioner may further consider.

Aconite is indicated in the incipency of febrile stage.

Belladonna 3x if much dryness of the throat exists.

Phytolacca 3x is held in high esteem in first stages of exudation.

Sulphur 6x is said to be both prophylactic and alterative.

Kali bichrom. 3x, 2x, has proven of marked value in some cases.

Hydrozone (Marchand's) is beyond question one of the most reliable germicides known to us, and its application as a wash (or gargle, if it can so be used,) to the mouth, nose and throat, diluted in two-thirds water for children, can not but prove effective if carefully applied every hour or two.

Tincture eucalyptus, used the same way for the same purpose, may be considered. A teaspoonful of the tincture to a pint of water. Warm applications seem most effective.

Cinnamon, extract, in same quantity and used as commended for the last remedy mentioned, is frequently very grateful to the patient. It is an especially effective disinfectant. Eucalyptol and cinnamon are sometimes combined with good results.

Veratrum vir. is an effective remedy given in the incipency of this disease in drop doses of the Norwood tincture, every half hour, or according to circumstances, to relieve internal pressure. It is also suggested by some as a local application. But, as before intimated, only brief suggestions can be given in a work of this kind. Indeed, it is doubtful if an entire volume on this special subject would materially prove of greater assistance. Diphtheria is pre-eminently a disease calling for trained observation, careful medication and intelligent nursing. The danger is quite as great in attempting to

do too much for the patient as too little. The sufferer can be as much exhausted by irrational, officious attention as by the disease. Of the two evils the latter is often the least. The greatest success attends the services of the close observer in doing just what is needed at the right moment and allowing nature's beneficent assistance—undisturbed repose.

DOG BITES.

Remedies—Belladonna, Hot Baths, Quiet.

It is useless to attempt the cautery of the wound as of time-honored custom. The poison, if any, will long since have been absorbed and its work progressing before the doctor's attention is called. Washing the place bitten with spirits of camphor will tend to better results. It is the constitutional symptoms that require attention of the patient (and that of the distracted parents quite as often). The blessed probability is that not in one case out of an hundred the dog is mad, only excited, perhaps through ill-treatment. Place the patient in a hot bath, of course not hot enough to burn him, and give him, or her, *belladonna* 3x every half hour until quiet or asleep. When he wakes up let him alone, and refrain from alluding to the circumstance, as the excited mind is frequently responsible for some of the distressing symptoms, the direct cause of intense fear of what may result, but seldom does. Children and adults have, by repetitions, sympathy and constant suggestions to their accident, been driven to frantic conditions of mind,

and not infrequently demented. Learn to wait patiently, reassuring the patient, if at all, that the circumstance is trivial, and encourage its early forgetting.

DIABETES MELLITUS.

(Excess of Sugar in the Urine.)

Remedies—Arsenate of China, Phos. Acid, Butter-milk, Sulph. of Iron, Nux Vomica.

Sugar is an essential element to the human economy. It is one of the ingredients that supplies our bodies with requisite warmth; also of special utility in maintaining the proper consistency of the blood supply. Nature intended that the needed supply of sugar should be maintained, hence certain organs in our body have for their function the formation of sugar from the various foods injected—fats and cereals principally. Another fact forced upon our attention is that when from mysterious derangement of these organs, or as yet not fully defined imperfection of the kidneys, the sugar is too freely eliminated through them and the abundant urine voided is, upon analysis, found surcharged with sugar, the evidence is plain that the patient is too lank, lean and lifeless to be well. The causes and pathology are too obscure to consider them here; suffice it that if the dread disease is present our duty is to attempt its cure. When suspected, a chemical examination readily determines the excessive presence of sugar and the urinometer helps to determine the extent.

As it affects persons in younger life, from 10 to 20 years, just when the most bouyancy of spirit is naturally expected, our observations should suggest

the possibility of this disease. If the school boy of 12, 14 or 16 prefers to lie down rather than play with his mates; if he seems "peeked" and peevish, appetite poor, growing thin in flesh and indifferent to study. If, in addition, he has frequent calls to void urine both night and day, the urine is exceptionally clear in color like spring water, odorless and profuse, a careful physician had best be called in counsel. Better err on the side of possibility than to defer too long, at last to learn that chronic diabetes is established beyond the probability of a permanent cure.

And now as to treatment for these cases. The remedies are legion, but we will confine ourself to the few that have proven of greatest efficacy.

Sulphate of iron—One grain an hour after eating—or three times per day, seems to exert a special curative influence upon all the muscular system, overcoming the relaxation always attending diabetes mellitus.

Another excellent remedy that may confidently be given is *arsenate of china* 3x every two or three hours. Its aid to the general system, and alimentary tract in particular, is very marked. Like the iron it should be long continued.

Butter-milk can be drunk within reasonable limit and the peculiarity of it is, it seems to matter little whether quite fresh or turning, but it cannot be too rich, and may be taken in considerable quantities. It is at once an excellent food and drink. Happy is the patient who is fond of it because, by its use, his or her chances of recovery are greatly enhanced. Broiled lean beef is of next importance as a diet, the quantity to be governed by the appetite for it. Rice, too, in varied

forms of preparation, is to be commended. It should take the place of ordinary bread. Pilot biscuits may also be mentioned as a desirable article of nutritious food and easily obtained. Of the various other helpful measures we may remind the reader of thorough rubbing all over the body with grated horse-radish to stimulate the circulation. Bathing with sage tea has a restful influence and keeps the skin moist when the tendency of the disease is to heat and dryness.

Nux vom. 3x is a good remedy, given occasionally if the appetite wanes perceptibly. *Phosphoric acid* 2x is valuable for a like purpose. Greasing the body with olive oil or fresh unsalted butter is also good. Lard in which a little camphor has been dissolved by heat is highly spoken of, well rubbed on at bed time. Finally, strong sun baths, tanning the skin a deep brown, never fails to improve.

DYSPEPSIA.

(Indigestion.)

Remedies—Bryonia, Belladonna, Strychnine, Pulsatilla, Nux Vomica, Carb. Magnesia, Muriatic Acid, Glycerine, Podophyllin.

Upon ample reflection I am persuaded that this symptomatic malady is indirectly responsible for more human woes, moral and physical, than any other to which humanity has fallen heir. Not only does dyspepsia, or the inability to properly assimilate foods, affect the general well-being of the body by rendering proper nourishment impossible, but, as a sequence, so disturbs the nervous system that the mind often becomes

impressed with the most exaggerated conceptions of evil, both of body and surroundings.

Perhaps more social unhappiness occurs as a reflex influence of this disease than from any other. Criminal and divorce courts feed sumptuously upon this contingent.

I have said *symptomatic* malady with care, because dyspepsia is only the manifestation of a diseased condition of the stomach and possibly of the entire alimentary tract.

The cause of the diseased condition can only be suggested, as many are possible. The tendency to weak digestion may be inherited or may occur at the inception of infantile life from an impoverished quality or quantity of the mother's milk, or later from undue exposures and inadequate nourishment. Still later in life to rashly acquired habits of drink, gourmandizing or other excesses. Certain it is that dyspepsia is not of rapid growth, but rather one of nature's tardy punishments.

The malady is at first recognized as an inconvenience, then as a painful obstruction to digestion, occasioning more or less pain in and swelling or "bloating" of the stomach after meals. Later still these sensations may extend lower down into the intestines and thus exaggerate the sensations previously considered. There are various phases of indigestion, but all so pronounced that no one is likely to be misled. The form of dyspepsia we have been considering is usually termed "chronic" because of long duration. We also have the acute stage, which is usually, however, an accidentally

aggravated form of the chronic stage and may soon pass, the parent form remaining.

In the years that have elapsed before this chronic gastritis has violently manifested itself to the sufferer certain organic changes have been going on, and it is the culmination of them the sufferer now experiences. The mucous coating of the stomach, and likely the contiguous alimentary canal, has undergone a process of thickening, more or less pronounced, causing fullness and weight, and in this change the glands, whose business it was to excrete digestive secretions, have become diseased or obliterated. The muscular action essential to digestion has also become greatly impaired, even the rocking and peristaltic motion of the stomach that exists in the natural state has, by reason of the extreme thickening of its inner covering and consequent weight, altered its quality of motion to a pendant or dragging familiar to old dyspeptics, and the very opposite of that which nature established. Then, too, the inner caliber of the stomach is greatly reduced. Whereas, in the normal state it could easily inject a quart of liquid or solid, in this chronic state the organ may contain less than a gill. Hence we know patients complain of being readily surfeited—they can not hold more. And finally this condition gives rise to fermentation and consequent development of gases which, if not disposed of by mouth or bowels, forcibly distends the stomach, as a balloon is inflated, causing not only severe pain, but by its forcible enlargement temporarily displaces organs contiguous to it, especially the heart, disturbing the circulation, giving rise to lancinating pains and palpitation, frequently thus occasioning grave

fears of a complication of organic cardiac diseases. We must now hasten to consider the best means for the alleviation of the symptoms enumerated, a permanent cure in the stage a physician is called to pass judgment being seldom possible. But very much may be done even in the advanced forms, and on the principle that "half a loaf is better than no bread," we proceed. A light, easily digested diet is of pre-eminent importance. Nor should digestion be goaded on by alcoholic stimulants, as frequently resorted to. In severe cases it will be found that nourishment is often retained and sustenance derived by slow mastication in a recumbent position, especially if lying down on the left, or pyloric, side. Only solids should be taken; no drink. The most effective foods, adapted to the great majority of cases, are rice—"blessed be the man who first invented" rice!—and broiled lean beef, well chewed, and the pulp rejected as indigestible in the severer cases. This nourishment should be taken frequently, in small quantities. The rice can be prepared in so many ways that it need not pall upon the palate—boiled in water, milk, whey; made into a pudding without spices, etc. Rich, greasy foods, much sweets, coffee, tea should be interdicted, because they excite fermentation and incident difficulties. I have found an occasional sip of hard apple cider of special advantage. Small drafts of fresh butter milk during the day is often grateful. A little hot water with the barest suggestion of lime or lemon juice, taken between foods, frequently acts like a charm. A few drops of the essence of cinnamon has proven of special merit, especially when much gas is present and the stomach

and bowels feel swollen. While these suggestions apply with special force to aggravated cases, they are in like proportion commended in less and still less severe cases—those in which these general outlines are applicable, but in which the diet may be more considerable in quantity.

Bryonia 3x is one of the remedies that your special attention may safely be directed to. Given in the acute attacks, when much or little fever is present, for old or young, never fails to relieve the more aggravated symptoms. If the patient is very nervous, especially if blonde and female, *pulsatilla* 3x every hour calms an irritable into a very tractable patient.

Belladonna 2x does much the same for persons of darker hair, indicating a different temperament. If upon being called, the tongue is found dry and "meaty-red," *glycerine*, say ten drops on the tongue every half or one hour, gives great relief, moistening the tongue and fauces.

Carbonate of magnesia is one of the great household remedies generally at hand—though more for powdering the face than a medicine—but half a teaspoonful powdered from the square cube as generally bought at the drug store, taken in a little milk every half hour, two to four doses, acts like a charm when the stomach is intensely acid, and the eructations from it taste like the strongest vinegar. Never be without this remedy. It has no taste, hence children or persons averse to unpalatable medicine are readily induced to take it. It should never be taken with sugar, as the latter counteracts its good effects.

Strychnia 6x, or *nux* 3x, if the first is not available,

is an excellent remedy in weak, or atonic, dyspepsia. It is given with a view to re-establish muscular tonicity as well as imparting more nervous vigor. A dose every two, four or six hours should be given an adult and continued indefinitely, say several days, even weeks.

Muriatic acid—Two drops in a tablespoonful of water, half an hour before eating, has proven an excellent remedy, especially in cases of bilious dyspepsia, when the bile regurgitates into the stomach, in a sense poisoning the blood, producing colicky pains, bilious diarrhœa and a sallow, yellow or jaundiced complexion.

Podophyllin 6x—A dose each night and morning is of marked benefit when the liver is involved—when it feels too large, heavy, and there are occasional sharp pains in its region, the right side under the ribs.

Soda bi-carb.—The universal cooking soda, found in all kitchens, is an old-time friend to sour stomach. Half a teaspoonful in half a glass of hot water, with just a dash of lemon juice to neutralize its flat taste, is a reliable drink for temporary relief. Ten to twenty drops of sulphurous ether instead of the lemon is a fine remedy, especially if severe pains in the pit of the stomach are present. Pepsin may be used with good results in many cases.

Common table salt is not to be forgotten, nor is *essence of peppermint, ginger, horse radish, sage, alum, slippery elm infusion* for children in particular. But the truism should be indelibly photographed upon the memory, that any and all remedies are of little practical use unless those practices, habits and abuses that occasion and maintain all forms of dyspepsia are relinquished, and proper living, foods, drinks and hygiene are intel-

lightly observed. Of what use to heal a burn if the hot iron is again applied? Temperance in all things must be our motto if we would evade that dragon to human peace—Dyspepsia.

DYSENTERY.

(Bloody Flux.)

Remedies—Bryonia, Nux Vomica, Belladonna, Ipecac, Merc. Cor.

This disease is so well known by both physician and layman that an extended introductory is unnecessary. The essential point to be ascertained is the extent of inflammation existing and how much of the intestinal tract is involved. In the more serious cases the mucous membrane of the stomach, small and large intestines may exist, while in less pronounced cases the smaller intestines, or perhaps the descending portion of the colon only, may be involved. The marked effect of this disease is the vital depression occasioned from want of proper nutrition and the exhaustive discharges from the bowels. Food taken, not being properly digested, fails in the nutritive function and instead becomes a mechanical irritation to the inflamed and exceedingly sensitive membrane, causing colicky pain, much tenesmus and bearing down at stools. A day or two later occurs the pathogenic or typical discharges by which dysentery may be known, the sloughing of the mucous membrane of the bowels, passing as a tough gelatinous substance with considerable admixture of blood, hence its name "bloody flux." Obviously the proper procedure is to relieve all existing and offending substances in the

intestinal tract. So long as this continues to irritate, a cure is tedious, when not impossible. For adults it is advisable to give a tablespoonful of epsom salts in hot water at one dose until the contents of the bowels have passed, insisting on perfect quiet in bed from the very first.

Nux vomica 3x every hour is excellent. If the bearing down is very urgent and the motion of the bowels frequent, even though only a very little at a time, a dose of *merc. cor.* 3x every two hours will usually arrest their frequency and change the character of the dejections, both in color and consistency. When the stools have acquired a light-brownish color, without the previous straining, it will be found expedient to change to *ipecac* 3x every hour until the cure is complete.

Rochelle salts, a teaspoonful or two, according to age, is best for children at first, and the same treatment as indicated will result favorably. In cases of babies it is best to give an enema of a teacup of warm water and a teaspoonful of glycerine at the very beginning, to relieve any curdled milk or other irritating substances from the rectum, then give the little one a dose of *bryonia* 3x every half hour. If very restless, eyes partly open, head rotating on the pillow, denoting reflex action to the brain, *belladonna* 3x may be given in alternation. Perfect quiet is of great importance. To adults and to the young, pearl-barley or thick rice-water, obtained by boiling either, and frequently given, warm or cold, as the patient prefers, will be found safe, palatable and sufficiently nourishing, while its bland and inoffensive character will prevent irritation.

Slippery elm water is often very grateful, in summer

especially. Nursing babies should not be allowed to nurse more than half their usual meal, but the amount made up in barley or elm water. They will not starve—no need for fear.

ECZEMA CAPITIS.

(Or Scald-Head.)

Remedies—Bismuth Ointment.

This is of such frequent occurrence that little need be said regarding it. The head of the infant becomes covered with thin, scaly crusts of a yellowish color, caused by the drying of the secretions from the diseased scalp. Soap greatly aggravates the condition. Never use it. Cleanse by rubbing vaseline all over with a soft sponge. This should be done every day. Apply the following ointment night and morning to heal the diseased surface: Lanolin oil, two ounces; sub-nitrate of bismuth, two drachms; oil of bergamot, 10 drops. Mix thoroughly into a white salve and use as above directed.

ERYSIPELAS.

Remedies—China Arsenate, Belladonna, Cantharis.

Much depends upon the cause producing this rapidly progressing, though superficial disease. If a first acute attack, it will be found that *cantharis 2x*, a few drops given every two hours will usually allay the highly inflamed condition and prevent its spreading. A teaspoonful of the medicine put in a cupful of water, locally applied, proves very soothing and effective. If the case has progressed for some days and the patient is weak, tending to general depression, it will be well to

give *China arsenate* 3x every hour or two, giving the doses less frequently as improvement becomes more apparent. If very restless, tossing about, irritable and very thirsty, *belladonna* 2x proves an effective remedy, especially in younger subjects.

ENURESIS.

(Bed-Wetting.)

Remedies—Lycopodium, Belladonna, Atropine.

This is a peculiar, though not quite understood, nervous disorder. It is often supposed to be a careless or lazy habit, and the most cruel punishment is some times inflicted by ignorant, heartless parents for an occurrence that the little one has no power to control.

Nor are remedies at all reliable in doing more than ameliorating the trouble for a time. I have found *lycopodium* 6x, every four hours, as effective as any remedy tried. *Belladonna* 3x sometimes does good. A remedy commended by Dr. Hale is *atropine* 2x. Saturate tablets and give one three times daily, the last one on going to bed. Very light suppers and a cool bath before putting the child to bed are excellent accompaniments to any remedy. But do not scold and "shame" the child; they feel bad enough. They outgrow the habit in time.

EPISTAXIS.

(Nosebleed.)

Remedy—Persulphate of Iron.

Some persons are peculiarly subject to nosebleed, even to a dangerous extent, though usually not sufficiently profuse to in the least endanger the subject

of it. Accidents more frequently occasion considerable hemorrhage from the nose, but even these cases seldom require more than ordinary care and the use of abundance of hot water snuffed repeatedly and often up the nose to arrest the bleeding. Fear does more to magnify the serious results apprehended than the real probability. Besides, even considerable bleeding from the nose occasionally is more likely to prove of value than a detriment. The standing or sitting position is always best in such cases, and cold (ice or water) applied plentifully to the head, back of neck and over the face is usually effective. Cloths wrung out of ice water and frequently applied are usually all required. But once in a great while the nosebleed is so considerable as to threaten serious consequences. Then the physician should tampon the nasal cavity with a piece of soft sponge, saturated in a weak solution of *persulphate of iron*, packing the nares pretty tightly. The cold applications should also be used as before commended.

EYE-ACCIDENTS.

Remedies—Calendula, Hepar Sulph., Olive Oil.

It is not in the province of this work to enter into the consideration of surgical measures, but a few hints may reasonably be given for observance in emergencies. The eye is such a delicate organ that even very minor accidents to it, produce effects out of proportion to the apparent cause. Hence, it is well to be informed regarding measures for immediate relief or the avoidance of serious results. The one axiom never to be forgotten, is that whatever may happen to the eye, immediately exclude light from it by seeking a darkened room or

by a bandage over the eye. If an eye-lash, cinder or other foreign substance has accidentally entered the eye, first carefully wash the eye—the ball of the eye—with warm water. That of itself often removes these substances if attended to at once. Besides, the warm water is itself a soothing application. If, however, this can not be done at once, and the foreign body can not be dislodged by water, the upper lid should be everted, that it may be seen if anything is lodged in the upper folds of the membrane of the eye lid. If nothing is seen there and yet the rubbing of the eye against the lid occasions sharp pain, as if sand were under the lid, the probability is that the substance, especially if a cinder or particle of iron, is imbedded in the conjunctiva or membrane covering the eye. In such cases cover the point of a pencil with a clean linen handkerchief and gently pass it up under the upper lid and eye ball, making a gentle sweep around, and the imbedded substance is very likely to have adhered to the handkerchief and is thereby removed. Of this you will be convinced by the absence of the previous cutting pain. Keep the eye closed, avoid rubbing it and soon the congestion will have abated and the eye be perfectly well.

Photophobia, or light and snow blindness, is best relieved by avoiding the light as much as possible. In other words, the light is too strong and the eye must be protected. A darkened room is best, but if you have to be outdoors it will be wise to wear smoked glasses or "goggles." Persons who are troubled in this manner should always keep on hand a solution or "eye wash," made as follows, and a drop or two put on the lids every hour: Camphor water, four ounces, borax, twenty

grains. Plasterers often get lime in their eyes, which may prove destructive to sight. If they carried a small vial of sweet oil and immediately put a few drops in the eye no further danger could occur—the lime could not exert its caustic or destructive property. The oil is very soothing as well.

Purulent, or "mattery" eyes, the lids incrustated, or glued on waking each morning, are greatly benefited by applying olive oil or vaseline to the lids before retiring. The lotion just mentioned is excellent to heal this condition of the eye lids. It should be dropped in several times each day.

Blepharitis, or scaly disease of the edges of the lids, which frequently occasion the lashes, or winkers, to fall out and the tears to run down the face, is generally cured by the application of the sweet oil or vaseline to the edges of the lids, two or three times per day, and taking a dose each night of *hepar sulph.* ʒx. This may require some weeks to accomplish, but it is both safe and certain, and not at all painful.

"Black eye," however acquired, whether from violent contact with some one's fist or a fall, is not a pleasant ornament to the face, and the natural desire is to disperse the coagulated blood under the skin around the eye which occasions the discoloration. Pugilists have long recognized the virtues of a "steak poultice"—a piece of fresh, raw, lean beef pressed over the blackened surface. Sometimes ice is applied over the meat to keep up a cold application. This takes the blackness out, leaving only a dim yellowish stain. That is, the clot of blood that formed is absorbed, leaving only the serum stain under the skin. This is easily painted

over, with water colors, to entirely efface the stain. But the average young man who has had a misunderstanding with the "other fellow" is not in a position to seek artistic decoration, hence the meat will have to answer his purpose. Or he may apply a poultice made of marygold blossoms (*calendula*) pounded to a pulp and applied to the blackened optic. Other methods might be mentioned, but as they are more complicated and not so safe, those given must suffice.

Accidents to the ball of the eye are the most serious. Burning, cutting, puncturing the eye with a table fork or other sharp instrument; but these are cases for the expert oculist. But never forget that under any and all circumstances the immediate exclusion of light from the eyes is of greatest importance; this of itself has proven curative to people in remote regions where professional attendance could not be obtained, and in cases supposed to be helpless. Gouging of the eye sometimes occurs, either as an accident or in brutal fights. This is really a dislocation of the eye, a stretching of the muscles that hold the eye in proper position. The eye-ball should be carefully placed back into the socket, the lid drawn over the eye, a little cushion made of cotton applied over the lid and kept in place by a bandage made of some light woolen material, drawn tightly, that proper pressure may be maintained and thus the eye-ball kept in position until the muscles have sufficiently contracted to keep it in place.

EAR ACHE.

Remedies—Aconite, Hydrozone, Belladonna, Pulsatilla, Hepar Sulph., Warm Applications.

Ear ache is a term designating the parts affected. To the person who has suffered this excruciating variety of pain, the term is at once explanatory and of evil memory. Only to physicians are the causes of ear ache of interest; superfluous to the patient.

The worse suffering of this character is usually due to acute inflammation of the middle ear, and incident suppuration, often resulting in ulceration and rupture of the drum head. Upon the occurrence of this event the pus that pressed from within outwardly finds sudden exit into the external canal and relief from the more acute suffering is experienced at once by the free discharge of the accumulated matter. Sometimes the pain is so intense, from the pressure exerted upon the tympanum, that it becomes necessary to incise it for relief. This procedure should be left to skillful hands, as the improper puncture of the drum may destroy the ossicles of the ear and render deafness more or less complete. If the pain, however, is occasioned by abscess in the external canal, it can be readily seen on examination and easily remedied by warm fomentations or incision of the abscess. But in the latter instance, though the pain is considerable, it is not serious. It is usually attended with a dull, throbbing sensation, not the acute, lancinating pain incident to the condition previously described. Traumatic or accidental injuries to the external canal may also cause sharp pain, but here the corroborating testimony is so significant that no error need be made by the careful

observer. Foreign substances, too, may occasion suffering in the ears. Children not infrequently find these openings convenient recesses for stowing away odd grains of corn, beans, chewing gum, etc., but a careful inspection reveals the secret and the way to removal. And finally it may be mentioned that bugs of various kinds accidentally find lodgment in the external canal, greatly to their discomfiture. In their efforts to escape this imprisonment they go in deeper, get embedded in the bitter, adhesive wax of the ear, and there create a sensation that quite drives frantic the unhappy landlord to whom the apartments belongs. Both would gladly part company with each other. Not knowing how, the doctor is called to decide, which he readily does with a syringe and warm water plentifully injected, and perhaps the aid of a small pair of forceps to remove the body of the remains. But the procedure is not so simple if the pain is occasioned by inflammation of the middle ear.

This condition has been arrived at by slow degrees and for various reasons with little admonition from the patient. The young reticent has likely forgotten parental injunctions to keep away from the cold water of the river near by, especially when tantalized to come in by the other boys. What harm can a little swim do a fellow, even though the water is cold. He finds out later! He has taken a chill. His teeth chatter, but he dries himself—especially his hair—and returns home and on the sunny side of the house awaits developments. He's all right! Eats his supper and goes to bed. Morning comes, but he does not feel ready for school. Mother feels his face; it is hot; pulse pretty



fast; head aches some. "He's got a cold—catnip tea." Next day worse; pain very severe in, perhaps, right ear (seldom in both); grows steadily worse and the good doctor is called. Cause? Only one knows, and he won't tell. *Aconite* 3x is given and though the fever is suppressed and the throbbing in the ear seems better, it is not well. *Belladonna* 2x is given every hour, with hot applications to the ear, and improvement becomes more favorable, and with care this is sufficient, resolution taking place, a healthy constitution comes to the rescue and in a few days Richard is himself again.

But the other boy does not seem to get along quite so well and the cause is just the same, too. His mother, however, being more experienced in the ailments of budding sons, and of a more economical turn of mind, withal, is in no haste to compound a doctor's bill, so, after many questionings of the young man, who is innocent of all information on the point, hastens to prepare various decoctions which she brews and administers quite liberally. These failing and conditions getting worse, she consults the almanac and sets about to give everything from tooth ache drops to tape worm tablets. Symptoms becoming worse during the four days' illness, Doctor Jones is called and he finds—a pretty state of things. He's been a boy himself, many years ago, and can't be fooled! A hot bath is the first thing Jimmy must have, then a dose of *hepar sulph.*, 3x every four hours and intercurrently *belladonna* 2x every hour, less often as pain abates. Toward the early morning hours a cry of "Ouch!" is heard from the boy, something "busted" and the pus on the pillow tells the story of a ruptured drum-head and simultaneous relief.



Frequent syringing with *hydrozone* (Marchand's) and water—half and half, and giving *pulsatilla* every four hours, finishes the cure in a few days.

Now that the more common forms of acute and subacute ear troubles have been alluded to, it is well to consider the chronic forms most frequently met. These are really chronic catarrhal conditions of the middle ear, due to a variety of causes, especially to various exanthemas, scarlet fever and measles being the principal, though not infrequently due to diphtheria or whooping cough. As in the acute form, pain and suppuration are the most tangible symptoms, attended by noises of various kinds—roaring like waterfalls, letting off steam, the buzzing of bees, ringing of bells, whistling of wind, a dull throbbing sound as of a pumping engine in constant action, due to exaggerated impact of the contiguous blood vessels. Other frequent noises are the crackings heard in the ears. It may resemble the breaking of a dry stick or the snapping of a pistol cap, depending upon the causes that occasion the sounds, whether it is simply a rubbing together of the roughened membraneous surfaces of the eustachian tubes or due to the bursting of the minute mucous air cells in the canal, which explode like soap bubbles, causing terrifying sounds. These conditions are usually greatly benefited by *merc. sol.* 3x every four hours. Too often the drumhead is found destroyed and the case past mending. And not infrequently, in old chronic atrophic catarrh, though the drum is intact, a neurosis has supervened, tormenting some patients night and day to the point of madness—a condition for which even the skilled specialist has found little more

than palliative relief. *Ignatia* 3x has often proven singularly effective for these conditions every four hours. Everything known, both remedies and applications, have been used in the hopes of more satisfactory results. We can not here attempt to exhaust the subject, but will refer to a circumstance that frequently begets annoyance out of all proportion to the cause. I refer to hardened wax in the ear. Beside proving a mechanical obstacle to hearing, it sometimes becomes so dry and hard as to press and rub against the drum, causing much distress, and, if permitted to long remain result in lesions not so easily overcome. But the remedy is convenient and generally at hand. Warm water with a pinch of cooking soda, frequently dropped into the ear, soon softens the wax so that an ear spoon or any thin, but never pointed, appliance can be carefully inserted and the cerumen removed, without pain or other inconvenience. Indeed it often drops out of itself.

And lastly, I refer to that variety of ear trouble that has always proven the intractable infliction to all aurists—I refer to chronic suppurative inflammation of the middle ear, in which both tympanum and ossicles are destroyed. Whether this is the result of sequela of exanthema or catarrh the conditions are similar, constant or intermittant purulent discharges from generally both ears, with considerable or complete loss of hearing. These are the cases that the aurist is expected to cure at once, but which he unhappily seldom accomplishes with any assurance of permanency. Just when the patient imagines himself well, he suddenly is made aware of a return of the discharge from one or both ears, induced

from some of many causes, thermic influences in particular, and the ever-so-skilled doctor is roundly berated as an incompetent. No physician is, therefore, warranted in guaranteeing a cure of such a case. Much better pledge relief only, and this circumspectly.

The treatment that has met with best results of specialists, myself included, is as follows: The frequent and personal attention of the physician is imperative. To depend upon the efforts of the patient at his home is simply to court certain and abject failure. First of all, and at every visit the syringing freely with warm water in which a pinch of *baracic acid* has been added, will prove of value as an antiseptic cleansing. After thorough washing out the ears in the manner stated, a few drops of pure *hydrozone* (Marchand's) may be put in each ear with a glass dropper. This finds its way down the eustachian canal, destroying pus-germs in its exit into the fauces. This should be carefully done daily, afterward dressing with carbonized absorbent cotton loosely inserted, simply as temporary protection against the thermal changes that may occur.

Sulphurous acid, diluted one-half, has recently been used in the manner above mentioned, but reported results are not yet of a character to recommend its use in other than experienced hands. *Hepar sulph.*, and *silicea* are the two remedies to be relied upon.

EXOPHTHALMIC GOITRE.

(Graves' Disease.)

Remedies—Fucus Vesiculosus, Natrum Phos.

This is a protrusion of the eye from its socket due to a tumor in the areolar texture of the orbit. The eye is pressed forward and the eye-lids so separated that they cannot cover the eye in the usual manner, hence the eye ball, not being protected, becomes inflamed, diseased, and the organ of vision is destroyed. Happily these cases are extremely infrequent. The treatment so far recorded is not one attended by brilliant or even moderately certain success.

Natrum phos. 6x has been given, every four hours, with apparently good results; patient reported practically well in two months. This needs further confirmation. Another physician reports, in a medical journal, that *lycopus virginicus*, or bugle weed, five drops of the tincture four or five times in twenty-four hours, afforded marked relief of the most distressing symptoms and gave hope of ultimate cure.

Fucus vesiculosus, or "sea wrack," in thirty drop doses three times per day, is extolled by another physician as having proved curative. But more confirmatory statistics will be required to establish reasonable assurance of possible cures in these intractable conditions. As this disease is largely superinduced by unwholesome hygienic surroundings and improper nutrition, the importance of ample and nutritious diet can, under no circumstances, be overlooked.

FAINING—SWOONING.

This accident may occur from various causes whether the heart is implicated or not. Sudden fear is the most frequent cause except, perhaps, extreme weakness from protracted diseases. Pain will occasion fainting, as will the loss of blood, or even the sight of it. But in any case of fainting the thing to do is to place the patient flat on his or her back, afford ample ventilation, loosen all clothing, especially around the neck and waist. A spoonful of brandy in water and the smelling of harts-horn soon revives.

A drop or two of *nitrate of amyl* put on a handkerchief and applied to the nose is a prompt restorer. However, only a physician should use so subtle a remedy.

FRECKLES.

Remedies—Rosewater, Glycerine, Subnitrate of Bismuth.

These evidences of health are greatly abhorred by some. The palid, the emaciated, the bloodless seem to prefer their languid condition to one of rollicking vivacity if accompanied by the evidence of the physical vigor freckles denote. Such is human ignorance and human weakness. Veils are used to keep the sun from bringing the iron pigment to the surface in little brown spots—even though the wearing of that veil materially injures the sight of the eyes and hastens the use of eye glasses. No cosmetic is more in demand by ladies than that which promises the speediest and most enduring cure for freckles. Well, since vanity must be catered to I will here suggest a few of the pleasant and effec-

tive lotions for the, at least temporary, removal of freckles. Fresh butter-milk thoroughly rubbed into the skin on going to bed is good. The water squeezed out of fresh cucumbers, to each cupful of which is added a tablespoonful of pulverized *carbonate of magnesia*. This applied well on the face and hands on retiring is very soothing and effective. The following is delightful as well as effective: Rosewater six ounces; glycerine two ounces; subnitrate of bismuth one-half an ounce. Shake well and apply every night. Of course any of the applications mentioned must be continued some time. There are remedies that can be taken for the purpose, but as they are harmful it is best not to mention them.

FOETID FEET.

Remedies—Permanganate of Potassa, Bathing.

Some are naturally cursed with feet that smell like a veritable glue factory. This they really can not entirely be held responsible for, though frequent washing in white oak bark tea will do very much to mitigate the horrible odor. Others have stinking feet simply because they are too indolent and indifferent to keep clean. Such ought to be ostracised by decent communities. Yet others are afflicted by certain—usually constitutional—diseases of the feet that require medical treatment. They had best place themselves under the care of a good physician. They can, however, greatly mitigate their infirmity by the daily foot-bath, in which has been dissolved five grains of *permanganate of potassa*. Let the feet remain in the bath for twenty or thirty minutes, then wipe dry. *Silicea* 6x is said to be an

excellent remedy if faithfully persevered in. It should be taken every night.

FŒTID PERSPIRATION.

The most unfortunate instances of this kind occur in women, especially at certain times each month, though frequently constant. This is not due to a want of proper care or cleanliness; far from it. Indeed none are more particular in this observance, because most sensitive to their misfortune. Adding a handful of common salt to their daily bath greatly helps to abate the odor.

FELON.

(**Bun-around.**)

Remedies—Ferrum Phos., Hepar Sulph., Silicea, Hydrosone.

The unfortunate who suffers from this grinding pain is to be condoled with. There are few qualities of pain so constant and intense as that produced by a felon. Some persons, especially those of feeble habits, seem predisposed to it. It is invariably occasioned by accidentally hitting the thumb or finger against the sharp corners of tables or kitchen utensils or inadvertently sticking a pin or needle far enough to injure the membrane that covers all bones, the periosteum. The flesh heals, but the skin begins to inflame soon, causing a sense of throbbing. After a couple of days, when suppuration has supervened, a dull pain is experienced, and as larger quantities of pus form between the bone and periosteum the pain greatly increases in acuteness until well nigh unbearable, keeping the patient awake day and night, until the poor sufferer is nearly exhausted.

Much can be done to abort or prevent their natural course if the finger is immersed in *tincture of iodine* soon enough—as soon as the least throbbing is felt. But unfortunately this is seldom thought of, if known. I have prevented felons on myself by vigorously rubbing the parts, so as to occasion increased circulation to the parts threatened, thereby dispersing, or resolving, the prospective evil. When pus has really formed, evinced by the considerable pain suffered, the only practical procedure is the application of a hot flax-seed or bread and milk poultice constantly applied. This softens the skin, making it more yielding to the internal pressure from next the bone. When very much softened, a physician should make a free incision with a thin, sharp bistoury, grazing the phalanx or bone of the fingers, thus thoroughly opening the tough periosteum, that the offending matter may have free exit. The wound had better be thoroughly cleansed by injection of *hydrozone* (Marshand's). Almost immediate relief is thereby experienced. If the incision is not made suppuration is likely to result in necrosis, or decaying, of the bone and the loss of part of the diseased finger. This is a much longer process, entailing more extended suffering.

Hepar sulph. 6x hastens suppuration and so benefits.

Ferrum phos. 3x is an excellent remedy to subdue the inflammation and give strength and courage to the patient.

Silicea 6x is a capital prophylactic to prevent recurrences of felons.

GALL STONES.

Remedies—Podophyllum, Olive Oil, China, Chloroform, etc.

A more potent curse to frail humanity is not imaginable than the causation and expulsion of these many pointed crystals of lime phosphates. In appearance like a cinder from some fiery furnace, roughly cast and of flinty structure, they form and crowd in the gall-bladder much like ova in the ovaries, until the largest is compelled to make its exit that smaller calculi may have room to grow and in their turn be cast out; and in their travel of a few inches of the duct to its exit in the duodenum the poor sufferer atones for the sins of a lifetime! O, the excruciating torment as the rough surface tears its way along the sensitive membrane covering the hepatic duct! Can poor humanity endure greater tortures than is forced upon him under so trying circumstances? The most scrupulous life may not have immunity from this sad fate. As likely is the most moderate to suffer as the epicure, the abstemious as the reprobate. The reason, who knows? That it may be an inherited tendency is possible, but as yet obscure.

Of remedies many are mentioned, but few are of recognized utility. Among the best are *podophyllum* 2x, a dose given night and morning for weeks—possibly months to fully impress the system, excellent results may be reasonably expected. It may not be amiss occasionally to confine the remedy to a much higher potency, but the one cited has done grand work. *Olive oil* in teaspoonful doses night and morning is extolled as a prophylactic and cure. *China* is another

remedy well spoken of. These remedies must be considered in the light of preventive only when so happy results are possible, but when called to a patient actually suffering from an attack of hepatic colic, as the passing gall-stones is termed, it would be worse than idle, nay brutal, to depend on anything less potent than means to afford quick and complete relief until the escape of the calculi into the bowel, thereby encouraging permanent results. Once the stone has entered the duodenum the recuperative forces exult in the blissful relaxation. No means or remedies should be neglected to obtund the terrific pain.

Chloroform—Twenty, thirty, or even forty drops, given in a tablespoonful of sweet oil every hour, has proven a blessing. Hot fomentations over the stomach and abdomen tend to also relax the external muscles. If the suffering is still great, the hypodermic injection of half grain of morphine is none too heroic for an adult. If necessary, chloroform may be administered to the point of anesthesia and the patient kept in an unconscious condition, guardedly watching to prevent untoward results. Do *anything* to render the patient insensible to so horrible pain until nature shall have fully come to the rescue in the manner before indicated. Quiet and proper nourishment soon recuperate lost vitality, and for a season, at least, our friend forgets the torment he has been called on to suffer.

GONORRHŒA.

(Clap.)

Remedies—Hydrozone, Permanganate of Potassa, Aconite, Cantharis, Oil Cubebs.

So common is this infectious disease that the fool hath glibly said he prefers it to a bad cold. How little he knows of the possible sequels that may make life a burden to him the rest of his days: Infection and inflammation of the bladder; strictures to prevent the free passage of urine, which in turn dams back the water into the ureters and kidneys, thereby complicating and impairing their functions; recurrent abscesses of the prostatic portion of the urethra; epididymitis with resultant atrophy of the spermatic cords and incidental sterility. These are some of the secondary results of gonorrhœa. Indeed there are authorities on this subject who claim that the disease never can be eradicated in its entirety; that its poison in the system manifests itself in various forms of gastric derangement which largely superinduce rheumatic conditions, etc., etc. So much for possibilities.

We now come to the consideration of the cure. This, I believe, is quite possible if proper medical care is given at the incipiency of the disease, before the secondary conditions have supervened.

Hydrozone (Marchand's) in equal quantity of water injected every two to three hours is very effective. I also much like

Permanganate of potassa, two grains to six ounces of water, injected as before mentioned, or after each voiding of urine. Perfect rest, in bed, will greatly hasten

the cure—say in three to five days. Little internal medication is required at this early stage.

Aconite 3x may be given hourly as a prophylactic.

Cantharis 3x, an occasional dose if burning on passing water is very severe. An intercurrent dose of *salts* is effective in keeping the bowels relaxed, that accumulations in the rectum may not irritate the prostatic and contiguous portions of the urethra. But these are incidental and secondary requirements.

The syringe to be used should be a full ounce in capacity and, after passing water, it should be applied charged with the lotion at the orifice of the urethra and gently, but firmly, injected as far back toward the bladder as possible. No pain of consequence should attend this process. The sizzling and foaming that immediately follows the use of *hydrozone* (Marchand's) should give no alarm; it is an evidence of its perfect work. The *Permanganate of potassa* causes no foaming. If neglected from the beginning, the discharge from the urethra becomes more considerable and changes from the thin, creamy color and consistency, at first noticed, to a thicker, more yellowish-green and quite profuse in quantity. Any application of cloths or other material, the contact of which closes the opening of the urethra and compels the retention of the matter in it, greatly adds to the difficulty. Keep the opening perfectly free.

In this secondary stage quiet is imperative to a reasonably speedy cure. Frequent syringing will be required to keep the parts clean. If sensitiveness and swelling of the testicles occur a rubber bag or beef's bladder filled with chopped ice should at once be applied firmly against the scrotum to reduce the inflamed tes-

ticles. If not done at once the pain will be terrific. This latter condition more frequently follows the use of strong, burning injections. The discharge is suppressed, the patient thinks himself practically well, only to be disillusioned by painful swelling and subsequently returning discharge. The same injections before commended are to be used in this stage except, perhaps, more frequently, and all other directions minutely followed.

The third stage of gonorrhœa is often pitiable. The suffering endured in the second is intensified by the appearance of sympathetic bubos—*i. e.*, a suppuration of one or more of the inguinal glands on either side of the pubis. If not noticed in their formative stage and ice applied to the enlargement at once, with a view to aborting their advance, suppuration is certain to follow and the next procedure is an incision to freely admit the exit of pus contained in them, with some days' after-treatment with *hydrozone* (Marchand's) to completely heal them. These conditions are not only possibilities but frequent occurrences, and diligent care is required to avoid them.

Oil of sandalwood in five drop doses is given, and *oil of cubebs* in like doses is commended, and *balsam copaiba* in ten drop doses. Either of these remedies may be given alone or in some menstruum to suit the taste, taken every two, four or six hours, according to the severity of the case. But speaking from abundant experience in the treatment of every phase of this disease, I do not consider any of these remedies really necessary, whereas they may prove injurious by the irritation of the stomach often produced. Frequent

warm baths assist greatly in mitigating pain, as well as being essential to cleanliness. We can not too forcefully insist on absolute quiet, in bed, in the treatment of these cases. Much time, trouble and expense is thereby saved.

HÆMATURIA.

(Voiding of Blood by Urine.)

Remedies—Bryonia, Belladonna.

The term implies a passing of blood from the kidneys, but this is a rare occurrence. More frequently the blood comes from the bladder. Still more so from the urethra. These possibilities must be considered before treatment is begun, as the particular locality from which the hemorrhage occurs is of vast importance. It is worse if from the kidneys, less so if from the bladder, still less if from the urethra. If due to an hyperæmia, or inflammation of the kidneys, considerable pain will be experienced in that region. Perfect rest in the recumbent position is imperative. The use of lithiated water in considerable quantities is of prime importance. Time and rest are indispensable. If the blood passed is sufficiently copious to indicate its source as from the kidneys *tincture ergot* in five drop doses every hour or two will prove effective.

If from the urethra, *bryonia* 3x every hour is excellent and may be alternated with *belladonna* 3x every third day. A light diet is advisable. If from the bladder, the same directions apply, hot sitz baths, morning and night, being also helpful.

HAY FEVER.

Remedies—Arsenate of China, Menthol, Boracic Acid.

The cause of this infliction is as yet unsolved. Whatever the theories concerning it we only know it to be a very material, sensible fact, one which should enlist the best efforts of the most active minds in its solution, not only of its cause, but of its cure. For many years the opinion held that a certain vegetable germ or mould, during the time of inflorescence of certain plants, especially the "ragweed," was the cause of this annoying disease. Others insisted the fine pollen of the timothy grass was responsible, etc., etc. Latterly it has been ascribed to a nervous idiosyncrasy of some persons. Still others to some floating element in the atmosphere, occurring at certain times of the year, etc. After a study of some thirty years the writer concluded that it is in fact an aggravation of an existing catarrh by some subtle influence at a particular time of year. Why? Well, hay fever is never present where catarrhal conditions do not previously exist and continue subsequent to the acute or hay fever attack. Then, too, we know that said attack is principally ameliorated by a change of location near large bodies of water, where the air is not so impregnated with the exciting germ, and because, so far as known, there is no place or climate where complete and permanent immunity may indefinitely be enjoyed, as return it will sooner or later; and finally, that thus far the best, indeed the only certain surcease from its attacks in "*loco vivandi*"—where the sufferer lives—is the proper treatment of the catarrhal trouble, the root and foundation of hay fever. When this result

can be attained the victim has little difficulty during any season of the year. It is encouraging to know that these results can and have been obtained through faithful perseverance of doctor and patient and thus enabled the latter to remain with his family with inconsequential difficulties. Persistent local treatment, I mean by a physician thoroughly conversant with the various phases of catarrh and required treatment, not merely by a few daily squirts from a syringe or atomizer, and the daily inhalation of oxygen, offer the only practical solution to the prevention, relief and possible cure of hay fever.

Arsenate of china 3x every four hours continuously taken during the period of the usual prevalence of hay fever is often of great palliative efficacy.

Menthol frequently inhaled through the nose affords marked relief in most cases.

A powder composed as follows:

Boric acid.....	1 Drachm.
Pulv. Camphor.....	1 Drachm.
Sub. Nit. Bismuth.....	2 Ounces.

Well ground in a mortar, kept in a closely stoppered bottle. A pinch of the powder snuffed up both nostrils every hour or two frequently proves of marked value.

HERNIA.

(Rupture.)

Remedies—Oak Tea, Taxis.

The principal forms of intestinal hernia are the femoral and inguinal—the latter far more common, less dangerous, and more easily reduced. Since the femoral variety most frequently requires surgical aid, we dwell more particularly on the latter, or inguinal form of ruptures. A brief explanation of the cause and means

to be employed on its occurrence will enable persons of ordinary intelligence to at least relieve themselves until a doctor can be consulted.

A rupture or breach, as often termed, is most frequently the result of accident during excessive physical labor, when violent efforts are being made, as in lifting heavy weights, straining, or accidental falls. The result is the forcing down a knuckle or looped portion of the smaller intestines, through the "internal ring" at the side of the abdomen, through which the spermatic cord in the male, and round ligament in the female, passes, forcing the bowels into this channel diagonally downward into the scrotum of the male, greatly enlarging its natural size by the addition of the mass of intestines that finds lodgment there. This state of affairs is attended with little immediate danger, but the feeling of "goneness" and evident swelling tend greatly to frighten the unfortunate to whom the accident has so suddenly come.

As in all accidents, the first important thing to do is to keep a cool head and reflect as to what is the best thing to do. Something (the intestine) has glided down. Now, if one is placed in the proper position, may it not slip back again? Let us try. Place yourself on your back, whether at home in bed or out in the harvest field, and raise your hips and legs considerably higher than your head. Now, gradually and gently, work back, by rubbing and pushing, the bowels in the direction they descended until you feel that the mass has all been returned. This you will know by the loss of tension and the general comfortable feeling you experience. Before getting up, make a hard pad of

your handkerchief, apply it at the spot you felt the hernia recede into the abdomen, and hold it there firmly as you walk home. When there, get into bed, again elevate your hips as before advised, and remain in that position until further advice by your physician. Many cases simply require rest of this kind, and subsequent care to avoid a recurrence. Nature does much to heal up the breach. The writer has many times felt the primary symptoms of a rupture, but by instantly placing the hand in the pocket and making an upward pressure over the point of attempted protrusion, or external abdominal ring, he has so far escaped the actual development of an imminent inguinal hernia.

The danger in this class of cases is that through neglect and delay the opening through which the bowels have protruded may become irritated, inflamed and swollen, thus constricting the descended bowel and arresting the circulation in it, much as if you put a rubber band around it. This condition vastly complicates matters, as gangrene and incident sloughing of the projected gut may ensue, with great danger to the patient. When this condition has supervened little can be depended upon except a surgical operation for the relief of the bowel and possible restoration of its circulation. If too late for this hoped-for result the bowel may be amputated and the two healthy ends secured together by surgical procedures, with more or less hope of saving life. Strangulated hernias have, however, been overcome by the application of hot fomentations over the whole abdomen, and by flexing the knees and thighs, so as to help relax the abdominal muscles and by gentle taxis, as before mentioned, the hernia has been reduced

and thus an operation happily avoided. This procedure may always be tried, but best under the direction of a competent physician able to decide the limits that manual effort should be depended on, and thus avoid delay in adopting more effective measures.

After reduction of any hernia the safest and best preventive of future recurrences is the wearing of a well-adjusted truss. Remember that the best in fit and quality is always the cheapest.

With a view to permanently curing ruptures various preparations are commended to be injected in the region of the internal abdominal ring to occasion plastic closure of them—much as grandmother would closely darn a hole in your stocking to keep your heel in. For this purpose I quote the prescription used by the best hernia specialist in Chicago: One ounce strong white oak bark tea (made from the inner, white, bark). Inject 30 drops at the internal ring with an hypodermic syringe every fourth day for six times.

HERPES CIRCINATUS.

(Ringworm.)

Remedies—Iodine, Crysophanic Acid, Nitrate of Silver, Chromic Acid.

This disease of the skin is characterized by the peculiar circular ridge of eruption, varying from a quarter of an inch to two inches in diameter, the center of which may be entirely free from pustules. The slight vesicles which at first form soon break and become minute scales, of a yellowish color, the sub cuta slightly reddened and inflamed. The face, neck and scalp are

especially the parts most usually selected by this pestiferous vermin. By the analagous method of elevating ridges in the skin, I judge him to be a sort of button-hole cousin to the mole that depredates my lawn. There is no special danger in his presence—their presence I should say, as several hundred (as seen by the microscope)—are busily building their ring and preparing a highly interesting circus for their little ones. If they would only remain confined it might be more tolerable, but they rapidly extend their field of operations as the colony enlarges, until several rings, in various parts, decorate the features of their human victim. Local applications must be relied on for their extirpation. *Tincture of iodine* applied each day for several times often accomplishes the desired result. *Crysophanic acid ointment* (20 grains to the ounce of vaseline) every night is excellent. Penciling with stick *nitrate of silver* twice per week is also effective, but leaves a black stain for considerable time. Recently I have used a strong solution of *chromic acid* locally every other day, with successful results.

HICCOUGHS.

Remedies—Ignatia, Morphia, Nux Vomica, Peppermint, Chloroform.

Ordinary hiccoughs are not serious, but occasions may arise when they may prove exceedingly dangerous because exhausting. The severe form generally attends some grades of fever, after the physical forces have been well nigh suspended. In such cases it really becomes a nervous accompaniment, at times most difficult to control. As no remedy or procedure is abso-

lutely reliable in all cases we are compelled to try some of several expedients that have been reported effective.

Of remedies

Ignatia 3x every two or three hours offers most promise.

Nux 3x is not to be omitted, given in same manner.

Morphia sulph. in one-eighth grain doses should be considered.

Peppermint essence, a drop on the tongue every hour is good.

Of the various procedures only a few of the best need be mentioned. The snuffing of minute quantities of red pepper (blowing it in the nose if the patient cannot snuff it) has been resorted to with success. Small pieces of ice, frequently repeated, I know to be good. Grasping the tongue of the patient, gently pulling it outwardly back and forth, is commended by respectable authorities. A small blister at the pit of the stomach may be tried. I have saturated a piece of blotting paper with chloroform and applied it over the pit successfully.

HEMORRHAGES.

(Bleeding.)

Remedies—Persulphate of Iron, Oil Erigeron, Tannic Acid Ligature.

There is something appalling in the sight of considerable blood. Even a little quite turns the head of some. For external hemorrhage *oil of cinnamon* is an excellent styptic in minor cases. When profuse I prefer that which has never failed me—the liquid, or even powdered, *persulphate of iron*. Physicians can include

no drug more necessary or reliable for the purpose in their medicine cases. Applied over a cut of any kind it never fails of its mission. Even in some internal hemorrhages, post-partum and from the stomach or bowels, I have given it with success. *Oil of erigeron* locally applied is said to be a good arrester of bleeding.

Ergot for both pulmonary and post-partum hemorrhage, ten to fifteen drops every hour, is quite reliable.

Tannic acid is a fine styptic for minor bleeding. Where large blood-vessels are involved, of course nothing less than compression or tying of the severed vessel is positively reliable.

HYSTERIA.

Remedies—Ignatia, Pulsatilla.

Physicians have no more subtle infliction to deal with; none that should so enlist their interests and sympathies as the usually ridiculed mental, though happily temporary, disorder termed "hysterics." To suffer as they suffer, yet meet with the heartless censure of their friends, is indeed depressing, even though it be known that sympathy is withheld as a result of unthinking ignorance. As well argue that visions in delirium tremens are less terrible in the absence of actual spiders and snakes. To the hysterical woman, and not women only, but men also have been victims, the evils imagined are to them as real, hence as painful, as any of the more tangible troubles they have been called upon to endure. Nor are medicines always the most essential in its cure. Loving kindness, affectionate tenderness is immensely effective oftentimes. Like the bruised child, an endearing caress, a hopeful allusion, an earnest

assurance has often brought blissful sunshine into the soul that succumbed through long waiting for it. When I have heard a husband glibly intimate that his wife simply "had hysterics" I know him to be an ignorant and heartless brute. With a more generous and considerate protector the wife might never suffer from such a nervous state.

Ignatia 3x every two hours seldom fails to relieve the more aggravated tension, especially if the patient is a brunette with dark eyes and hair. A warm bath is also commended as very beneficial. For the lighter or blonde type of beauty, those gentle natures, easily moved to tears, and so recuperative under influence of demonstrative affection, *pulsatilla* 3x every hour often proves a very charm, transforming tears into happy smiles, and the gratitude of such patients for the care they so richly deserve makes its withholding doubly cruel. Hysteria is no doubt frequently superinduced by certain indisposition, as an irritable gastric condition, constipation, and possibly, though seldom, pain; but the moral—the physiological aspect of the case—should constantly be borne in mind.

INGROWING TOE-NAILS.

I am not personally familiar with this form of torture, and the cause that occasions it in one case is undoubtedly the same that has produced it in thousands of others—carelessness, that woeful precursor of most our ills. A thoughtless, quick pulling of a lengthened big-toe nail, extracting the corner from out the "quick" or matrix, and there you've done it, certain to hear from it a little later on. The pressure of the toe

of the shoe effectually helps to hasten decided results. In a week you have a very sensitive toe to nurse, in two weeks it will have assumed more commanding proportions; later on you will want an ax!

Of course many expedients have been tried short of a radical cure, but none of them have proven especially successful. The best local remedy is to mix powdered *persulphate of iron* (Monse's salt) with *lanolin*, equal parts, and apply to the sore at the edge of the nail and wrap with a light bandage. This will soon relieve all soreness and pain. The scraping of the nail so thin as to raise the offending corner and then propping it up by inserting a piece of soft cork, or cotton, or anything to keep up the corner from re-entering the flesh. But this takes a long time to accomplish. Now-a-days the surgeon cocanizes the toe (or gives a little *ether* to the patient), cuts over the length of the nail, pulls out the offending part with his strong forceps, dresses it antiseptically, and by the time a new nail has formed the toe is cured.

ITCH.

Remedies—Rumex Crispus, Sulphur Ointment.

This "Scottish comfort" produces an intense itching between the fingers, and may extend to other parts.

Rumex crispus 1x every two or three hours is good.

Sulphur.....	1 ounce
Lard.....	2 "
Oil of Bergamot.....	5 drops

Made into an ointment, rubbed night and morning over the whole surface of the body until cured. Before using the ointment at night take a warm bath, rubbing the itching parts thoroughly with tar soap. It is catching—look out; keep clean!

INTERCOSTAL NEURALGIA.

Remedies—Arsenate of China, Chloroform.

This affliction has been mistaken for pleurisy and not infrequently for angina pectoris, to be later ascertained that neither the pleura or heart were in the least involved. The movement of the intercostal muscles in the effort of breathing tends to irritate the inflamed nerve filaments, giving rise to exceedingly sharp pains at the sides of the chest, simulating, in a marked degree, the cutting sensation of an inflamed pleura. But careful auscultation and the utter absence of the characteristic friction sound and lack of febrile action, should at once eliminate the possibility of pleurisy. So even sharp pains near the region of the heart without the existence of dyspepsia and other asthenic symptoms proves, with equal certainty, the absence of angina. This form of neuralgia is therefore amenable to the usual remedies prescribed for this disease in other portions of the body.

Bryonia 3x frequently administered, every ten minutes, less often as improvement occurs, is very reliable.

Chloroform liniment, or even *chloroform* alone, saturating a cloth and applying it over seat of pain, affords prompt and certain relief.

China arsenate 3x given every two or three hours after the more acute symptoms have subsided completes the cure.

IMPOTENCE.

Remedies—Nux Vomica, Ignatia, Phosphoric Acid, Arsenate of China.

Of all the many perplexities that occur to the physician in daily practice, are scarcely met more urgent or numerous conditions, real or imaginary, than that of want in sexual vigor. The young man who has dwelt too much with himself, or the old *roue* who has exhausted his vitality on the altar of lust, or the concubine who has too freely catered to the caprice of Romeo, all sound the same note of alarm. The frenzied question, "Is there no balm in Gilead," or words to that effect, is asked, and the good doctor is importuned to find it, and that without delay! Nature is very tolerant of our prodigalities as a rule, but the marked exception is her unflinching discipline to such as transgress her most sacred laws of reproduction. This offense is alike abhorrent, whether man or beast is the offender.

Hence it is that not only the body, but the mind also suffers from sexual indiscretions. If moral and remedial measures are early adopted the system may recover its wanted vigor, but, when as too often happens, these essentials are disregarded until too late, hoped-for results may be only partial, or entirely impossible. The necessity of early attention is, therefore, obvious. Impotency may or may not be attended with sterility, a complication due largely to age and previous degree of sexual abuse. But the fact over which the patient is especially solicitous is the loss of viril power or "manhood," as it is frequently termed. And in view of

the social disappointment certain to follow, little wonder need be expressed for the urgency of a cure. As to treatment, let it be well remembered that unless the habits that occasioned this nervous exhaustion are absolutely abandoned little assistance need be expected from medication only. Also that indicated rules of hygiene and diet must be scrupulously observed if the best results are desired.

A cold water bath should be taken every night before retiring, drying the body by brisk rubbing with a coarse towel. The lightest bed covering consistent with comfort should be used. A cold sponge bath is sufficient on arising. Afterward five minutes of vigorous exercise with dumb bells is effective. The diet should consist of good, nutritious meats, bread, butter, soups, vegetables, fruits, etc., but without stimulating seasoning, pepper, mustard, coffee, and the use of alcoholic beverages must be positively interdicted. Wholesome literature, histories, biographies, anecdotes of travel and the classics are much to be preferred to "yellow" novels or other suggestive books, and vastly more educating. In other words the fact must be inculcated that a clean mind must accompany a clean body if lasting benefit is desired. Having briefly suggested means that should be insisted upon we consider some of the remedies held in highest repute for the purpose in view.

Nux vomica 3x, night and morning, to encourage normal digestion and intestinal function, should be continued for weeks. If digestion is good and the bowels move daily one dose per day, or even every second morning, may be sufficient.

If the patient is very despondent and hopeless, *ignatia* 3x may be substituted or given at bedtime, the *nux vomica* in rising.

Phosphoric acid 2x is especially effective when the patient is thin in flesh, hollow-eyed and "peaked," joints cracking on motion, walking being especially trying.

Arsenate of china 3x is an excellent remedy in many cases, especially suited to persons pursuing farm work and other laborious occupations. A powder of it taken after each meal and at bedtime for a prolonged period is often sufficient for a cure. The lower bowels should be encouraged to act freely every day, as the irritation occasioned to the seminal vessels by retention of fecal matter in the rectum is unquestioned. This relief can best be obtained by use of a fountain syringe filled with warm water and injected into the bowels, to clear its contents. At night, before retiring, is the most convenient, as well as the best time to do this. There should be no hurry in this performance, but completeness. Piles, fissures and fistulas in the rectum are prolific sources of irritation, which the warm water douche suggested tends greatly to allay and often cures.

The physician will not overlook the possible existence of urethral complications. Strictures are in themselves frequent causes of impotency, which if patiently and persistently dilated not only cures the strictures and impotency, but sterility as well, if it exists. The too common administration of *bromides* in these cases are to be deprecated. Any of their preparations seldom fail to irritate and seriously disturb digestion; the very result the physician should study to avoid. The objec-

tive point in these cases is to sustain the physical powers that through natural processes the general economy may be normally re-established. "Bitters" and all preparations containing liquor should be strenuously interdicted, the result being the very opposite of sedative. Opiates are likewise an evil. Occasionally an unfortunate is met, with mind so weakened by onanism, that will-power sadly neglects to prevent continued abuse. In such cases recourse may be had to harmless strategy. Croton oil ten drops, collodion one ounce, forms an effective embrocation, applied with a hair pencil over the offending member, beginning back of the corona. This of course, produces a pustular eruption, too inconvenient for addicted manipulation. It can be renewed as the pustules begin to heal. Last, but by no means least, is mentioned electricity in some of its varied currents, Farradic or galvanic, static or thermal. The difficulty in its effective application is the usual lack of convenience and proper generators. Only the specialist can be reasonably expected to be effectively prepared with the necessary appliances. It is because of this fact we cannot enlarge upon this phase of the subject in the small space available here. But we should advise our readers against the uselessness of the various "belts" largely advertised for this purpose. They are expensive, useless and inconvenient appliances for the credulous. Hope for relief or cure of impotency is reserved for the survival of the fittest. The ignorant, the indifferent, or the vicious need anticipate but small benefactions.

INSOMNIA.

Remedies—Ignatia, Coffea Cruda, Pulsatilla, Belladonna, Passiflora, Jamaica Dogwood, Capsicum.

Only the man or woman who has tossed successive nights without repose can appreciate the horror occurring from repeated vigils. Though exhausted for sleep, the downiest bed is powerless to encourage it. Slumber will not expand her wings and cajole the active mind into ways of blissful rest. The automatic curtains will not shade the windows of the soul. The brain keeps thinking on—unendurably on. The causes for this distressing condition of the nervous system are various; some tangible, others exceedingly obscure. Close attention to the probable factors and individual idiosyncracies must be depended on for reasonable conclusions. The moral status of the sufferer must not escape investigation, as from disquieting social or business conditions may spring the chiefest trouble and enable us to rightly determine the proper course to pursue—psychological, medicinal, or both combined. If from excessive grief over some event, sympathy is often the happy handmaid of remedies.

Reverses in business is most frequently the cause of insomnia affecting men, while family disturbances prostrate women. Whatever the factor, the continuance of this state sooner or later begets a neurasthenia that not infrequently carries the sufferer to the border land of insanity and occasionally into its very abyss. After having ascertained sufficient history of the case upon which to base a reasonable prognosis, having carefully considered the temperament and tendencies

of the unfortunate, it will be well, as a preparatory measure, to insist on a full bath, as hot as can be borne, before retiring each night. This of itself generally assuages irritability. If this alone is not found sufficient and anemia is evidently pronounced, careful diet of nourishing food will be found advisable. See that the bowels be not constipated and encourage out-door exercise, particularly in the sun, with cheerful company, even to the point of fatigue. This often induces sleep.

But if these natural means alone utterly fail after reasonable time, a powder of *ignatia amara* 3x may be given a patient morning, noon and bedtime. This remedy will be found of special value to persons of the brunette type, not less for men of sallow color and morose disposition.

Coffea cruda has peculiar affinity for that class of patients who can not sleep but must count—count the figures on the wall paper, buttons on garments and every small object within range of vision. They are counted up and down and crossways into the thousands—a most distressing performance.

Belladonna 3x if the eyelids feel too rough and “sandy” to close. A cloth wet in cool water or tea applied over the eyes is often helpful.

Pulsatilla has often soothed a wide-awake sufferer to balmy sleep, especially if of light hair, complexion, and despairing mood.

Passiflora tincture in ten to thirty drop doses affords decided relief, more especially in persons of advanced years. In like cases also *piscidia erythrina*, or *Jamaica dogwood*, is also good.—Dr. Hale.

Capsicum tincture, from five to fifteen drops given

with hot water, to which a little soda has been added, has proven of marked benefit to persons overfond of stimulants. The dose should be repeated every hour in cases where prolonged "high-rolling" has been indulged in. Nutmeg is also good, sulphonal, chloral and other more powerful hypnotics might be mentioned, but should be used with circumspection, being neither innocent of possible evil or desirable for continued use. Finally it is prudent never to overlook the hygienic requirements in each case. It is not only of first importance, but corrections and maintenance in improved surroundings are oftentimes sufficient for happiest results.

INFANTILE CORYZA.

(Snuffles.)

Remedies—*Nux Vomica*, *Chamomilla*, *Ammonium Carbonate*, *Kali Bichromicum*, *Lycopodium*.

This form of cold is generally acquired by the baby through insufficient clothing or exposure to chilly drafts, especially after bathing, and sometimes during sleep. Soon a stuffiness of its nose occurs, filling its nostrils so that when nursing it can not breathe. This occasions fretfulness, and the insufficient nourishment incident to this cold causes other derangement of the system—diarrhea, etc. In a day or two a discharge from the nose occurs, and as much of this is unconsciously swallowed by the little one, its digestive apparatus is not improved by it. In the cure of these cases warmth is a prerequisite. Hot flannels to its body, especially its extremity, is of prime importance. Giving *nux vomica* 3x, a small dose every two or three hours, is very effective, re-establishing the function of

its alimentary canal and toning up the general system.

Chamamilla 3x is also excellent when much disturbance of the nervous system exists, as shown by sleeplessness, crying, or easily disturbed.

Ammonium carbonate 6x every two or three hours, if the child's nose is stopped up, has to breathe with the mouth open, good deal of phlegm rattling in the throat and windpipe, great aversion to being washed in cold water; seems brightened by it.

Kali bichromicum 6x if it spits stringy mucus from the mouth or has considerable hacking cough. A dose every four hours.

Kali carbonate 6x is especially adapted for frail children, especially if the eyelids are swollen, puffy in the morning, and seem to breathe better in the open air, as judged from the evident contentment of the patient. A dose every four hours.

Lycopodium 6x is another excellent remedy if there be much sneezing, tongue protruding when asleep, child starts out of sleep rubbing its nose. This latter symptom has often been mistaken as indicating worms.

LABOR.

(Childbirth.)

Remedies—Pulsatilla, Ignatia, Caulophyllum, Arnica, Ergot.

Unless the prospective mother is the victim of some malformation of the pelvis, as in hip-disease, etc., childbirth, when the laws of hygiene have been observed, should be comparatively easy, void of the tedious delays, excessive pain and complications that many suffer. Because of the constant occurrence of child-

birth, little attention is given during pregnancy to simple rules that materially assist nature when the ordeal comes. Because the occurrence is common, women grow careless or indifferent to very essential precautions. In extenuation of this statement, it must be admitted that there are many women so circumstanced in life, that thought of daily bread renders the consideration of self an exceedingly obscure problem. But even the less favored can occasionally take warm baths, exercise in the open air and sunshine, diet on fruit, and abstain from coffee and stronger stimulants. These would certainly tend to lessen the severity of motherhood when the time arrives. Women living in the country will learn to respect that much-despised animal—the pole-cat—when they have experienced the soothing and softening power of skunk oil, occasionally rubbed over the abdomen, perineum and all the muscular parts which parturition brings into action. It is the most penetrating and relaxing application imaginable and so easy to obtain. A pint of this oil is worth its weight in gold to any woman after she first feels the motion of her unborn offspring. Well anointed, she need fear none of those painful distensions of the abdomen or the big cracks and fissures in the skin that come from natural enlargement, and when the trying hour comes she will have cause to bless the aromatic, bushy-tailed kitty that annoys Chanticleer's family in the small hours of morning.

Pulsatilla 3x night and morning is an excellent remedy given during the last two months of gestation. It accomplishes inwardly what the oil does outwardly. But we gradually approach the week previous to the

greatest human effort, the time when the heroic mother feels less confident, when forebodings of evil come to her, when strong doubts are entertained of whether all will be well or must she—but no, it is only a groundless fear. Be of good cheer, you will pass through the ordeal bravely.

Ignatia 3x given night and morning will do much to influence courage, as also to tone the nervous system and uterine ganglia for the battle soon to wage. You are doing nobly; be patient and endure to the happy end! The time is at hand. An examination reveals occiput of the head presenting. The os is dilating under the expulsive pains, but not commensurate with their force. Let us aid this valient heroine.

Caulophyllum 2x will make the uterus respond more readily to the pressure the foetus brings to bear. The os has dilated more; its opening is now the size of a silver dollar. Have courage; bear down firmly, and soon the head of the child presents, heralding its advent to delighted ears. Though we have officiated upon such occasions time and time again, our tenderest sympathies are enlisted for the brave mother more and more at each successive service rendered. From our point of view, such scenes grow more pathetic and profoundly serious as we reflect upon the marvelous ordinances of Divine nature. If the mother feels quite tired and lame, *arnica* 3x every two hours may be given with much relief. The room should be kept shaded and quiet, and none but the nurse permitted to remain.

If after the placenta (afterbirth) has been removed by gentle traction, and there should be rather more flow of blood than seems best, ten to twenty drops

of *ergot* tincture may be given in a little warm water or coffee. This will likely produce sufficient contraction of the womb to prevent serious results. The foot of the bed may be raised several inches as an additional precaution. By thus elevating the patient's hips less danger of hemorrhage is secured. Of serious complications it is not our province here to speak. That is a matter which the obstetrician is better capable of judging at the bed-side than can be explained here. But from abundant experience we are persuaded that patient waiting and watching, avoiding officious meddling, but prompt in rendering assistance when necessity arises, will in a large number of cases, render unnecessary the use of forceps or other instrumental interference. An accurate knowledge of regional anatomy will enable the physician to prevent ruptures of the perineum, which the less informed frequently permit to occur.

THE LIQUOR HABIT.

A few words regarding this degrading habit may as well be mentioned here. The time was when I, too, considered this a disease and the sufferer an object of sympathy. But broad observation and careful consideration has greatly modified recent conclusions, and I now view this habit as a willfully, self-inflicted punishment. The chief concern of society should be, not with the inebriate, but with those affected by his violations. That the sot can not control his appetite is refuted by the fact that when incarcerated, though for years, for crime committed, he never dies from the want of liquor, but actually improves in health. The only effectual

cure is a conscientious determination to cease drinking or consorting with drunkards. A moral or spiritual reformation is the only enduring cure. Of so-called "drunk cures" I will cite one. But little dependence need be placed on results unless energetic will-power sustains the victim.

The Captain Hall remedy is compounded as follows:

Sulphate of iron.....	10 grains.
Sulphate magnesia.....	40 grains.
Spirit of nutmeg.....	4 drachms.
Peppermint water.....	5 ounces.

Mix and take a tablespoonful three times per day, after meals.

LEUCORRHŒA.

(Whites.)

Remedies—Permanganate of Potassa, Belladonna, Helonias, Mercurius Cor., Sepia, Pulsatilla.

This vaginal discharge may be due to local disease, want of cleanliness, or be the result of excessive general debility. The secretions may be simply of yellowish matter, or very thick, almost the color and consistency of custard, badly staining the linen, or it may be thinner and more acrid, chafing the skin on the inner surfaces of the thighs, like a strong acid, these varying differences depending upon the cause that occasions them. In some women the discharge is constant, while in others it occurs a few days before the menses and some days afterward. Blondes are most susceptible to this discharge. Hygienic rules must be observed to insure a cure. Daily syringing with warm water, in which a pinch of *borax* has been added, is of prime importance. *Complete rest of the parts* is essential. If the discharge is very profuse and of bad odor, *permanganate of potassa*,

three grains to each quart of water, used as an injection, twice daily, is very effective. Of remedies many are mentioned, and the following may be given with hope of good results, but always bearing in mind that local medication is never to be omitted if the leucorrhœa is profuse and attended with bearing down in front and sides, especially upon standing.

Belladonna 3x should be given every two or three hours.

Helonias 3x administered in like manner is commended.

If the patient be a blonde, easily disposed to discouragement and tears, feeling lonesome and abandoned, *pulsatilla* 3x will most likely prove effective.

Sepia 3x is better adapted to our darker skinned sisters, the vivacious brunettes, especially if there is considerable dryness and pain in the vulva.

Merc. corr. 3x three or four times in the twenty-four hours if the discharge is very offensive and irritating to the skin.

Some physicians commend the tampon, made of absorbent cotton, as elsewhere suggested. I am convinced that its use is a greater source of evil than of good results. It retains the secretions in the vagina, thus helping to infect portions of surfaces as yet intact, thereby extending the trouble instead of controlling it. Better, far, wear an ordinary bandage as when unwell. A good fountain syringe, faithfully used night and morning, is vastly better than any other internal medication. If, however, the discharge is due to venereal infection it must be treated accordingly. But even here the injection of the *permanganate* solution is excellent.

LUPUS.

This close relation to the epithelial form of cancer is one of the most stubborn diseases of the skin with which the doctor has to do. Innumerable lotions, ointments and plasters have been advised and prescribed, but results, until recently, have not been flattering. Certainly no physician is warranted in guaranteeing a permanent cure, though such a result may not be impossible. Happily, these cases are quite rare, so much so that perhaps not a single case will present itself to the general practitioner for years. Personally I have seen but few cases. The patches of eruption usually occur on the face, especially affecting the forehead and surface around and on the nose. It is attended with a burning sensation at its edges and extension of its surface. One of the worst cases I remember distinctly, was apparently cured by *merc. corr.* 2x, continued twice daily for a year or more.

LUMBRICOID.

(Stomach Worms.)

Remedies—Santonine, Lemonade, Etc.

The long, red worms most usually develop in the stomach of children, work their way down the alimentary canal, and are finally passed at stool. They thrive on the emulcified or chyle and chyme in the stomach and bowels. They suck the milky digestion, fattening on it at the expense of the child's nourishment. The sufferer becomes pale and peevish; appetite fails; there is frequent desire to stool, due to the commotion of the worms in the bowels; frequently the

dejections are slimy, due to the same cause and also to the disintegrated worm that dies and is passed. There are generally more than one—sometimes many in the alimentary tract. The stomach is so infested at times that one or more will attempt escape up the œsophagus into the mouth, greatly alarming the patient and parents. They may, indeed often do, so irritate the sensitive digestive system as to cause convulsion in small children. Happily they are easily disposed of. The child should be taught to notice their advent at stool and report to the parents. The mistake is often made of giving the child worm medicines on general principles whether it is known they have worms or not. Starting in sleep; picking about the mouth as if to remove some unpleasant obstruction; the lips, upper one especially, white, as if sick at the stomach; catching and picking at the bed clothes; speaking in sleep as if under the spell of some frightful dream. These are some of the most prominent symptoms, but the only unfailing evidence is seeing the worms passed. When thus assured keep the child on a light milk diet during the day; next morning give it one or two dried herrings for breakfast. At noon give *santonine*, two grains, in sweetened water; at bedtime give a hot lemonade—as much as the child will drink—and by morning not a vestige of worms will remain. They will pass the bowels in shreds and fragments. It is very seldom that this treatment needs repetition.

MASTITIS.**(Inflamed Breasts.)**

*Remedies—Belladonna, Pulsatilla, Camphor, Hydrosone,
Carbolic Acid.*

Oh, the pity of it. That gentle mothers should be subjected to so cruel sufferings as are entailed in the dreaded affliction which the caption of this article suggests. The shudders creep up and down my back in cold and shivering spasms as memory recalls the horrible cases of inflamed breasts I have been entreated to see. From the hard, throbbing beginning to the multi-ulcerated openings—two, three, four, even five suppurating openings at same time in one breast, like some huge carbuncle at the zenith of its malignancy! Poor souls: whether in the room of luxury or bed of abject poverty—our hearts go out to such pitiable sufferers! If tears could heal how gladly would we shed them.

For the first, the inflammatory stage, with much throbbing but as yet not great pain, immediately apply a strong, hot hop poultice, putting a hot plate over it to retain the heat. Continue this application until the breast is greatly softened and the throbbing in it has ceased. Then substitute a bandage made of thin woolen cloth, to cover a pad of absorbent cotton, upon which put an ointment of camphor, made as follows: A pint cup of fresh lard or sheep suet; one heaping teaspoonful of *camphor gum* shaved into the grease, and the cup placed into a pan of hot water over the fire until both ingredients are thoroughly dissolved. (This process is technically termed "Saint Mary's bath," and we shall refer to it by that name in future.) Spread a little of the ointment on the cotton and cover the breast well,

applying the bandage to hold it closely in place. This to be done night and morning. In three days the breast will have softened and the milk appear. In the meantime give, every hour, *belladonna* 3x for the relief of pain and reduction of the swelling. If, after all trouble has passed, it is found that the supply of milk has been dispersed, as sometimes happens from the use of camphor, give

Pulsatilla 3x every two or three hours, and advise the plentiful use of buttermilk and hot, fresh milk as beverages, rice and other light diet. From the very beginning see that the bowels are kept in easy condition by giving salts—nothing does so well—each night and morning.

If the suppurative stage has supervened when the case comes under observation and the breast is very hard, terrific pains, and pus oozing out of one or more openings, then your first duty is to relieve the awful suffering with *morphia sulph.*; a quarter grain, by subcutaneous injection, when possible, if not by giving the same quantity by mouth, preferably in a little hot tea, at sufficiently frequent intervals to stop the pain without any reasonable hazard—every one, two, three or four hours, as may be necessary.

Belladonna 3x every hour should be given after the morphine is no longer required, and until the swelling is vastly less and pain little or none. At the very first the hop poultice should be applied as before directed and continued as long as necessary. If the breasts are considerably advanced in suppuration—considerable matter escaping from the opening, first wash clean with *hydrozone* (Marchand's); if that be not at hand apply a

fairly strong solution—ten drops *carbolic acid* to the pint of warm water—thoroughly washing the breast before each application of the hop poultice. An occasional, intercurrent, dose of *hepar sulph.* 3x will prove of special efficacy during the suppurative stage. When the inflammation and hardening has subsided and only a little watery pus escapes from the openings, a generous diet, thorough cleansing with the antiseptic above suggested and *silicea* 6x three times daily may be depended on for complete cure.

METRITIS.

(Inflammation of the Womb.)

Remedies—Bryonia, Geranium, Gelsemium, Apis Mel., Causticum.

The acute stage of this disease is marked by so many reflex symptoms that only the experienced physician can recognize the actual difficulty. Except at its very incipiency, it is usually attended by sympathetic irritation of the ovaries, round ligaments and cervical portion and bladder, all becoming so intimately influenced as to require a more or less general procedure, medical, local and topical—that is, medicines, application to the uterus and external appliance of poultices, conjointly, for general relief. The best applications are hot ones, whether with the water-bag or towels wrung in hot water. Better if hot hop tea. This should be applied frequently. The same may be used vaginally, with a fountain syringe, every hour or two. If fever, denoting active inflammation, and general restlessness is considerable, *bryonia* 3x will prove effective. If the pain is not acute, but more the feeling of extreme oppression and fullness, *belladonna* 3x, every hour, will generally relieve.

Geranium 3x, given when the more acute symptoms have subsided—generally the second day—has decidedly beneficial action. The patient should be permitted entire rest from noise or visitors. Sleep is to be courted on all possible occasions when all febrile symptoms and pelvic fullness has passed.

Gelsemium 3x is the remedy to be continued in for some days to tone the entire generative appendages.

Apis mel. 3x every two, three or four hours should frequent micturition ensue, due to an irritation of the bladder. Being intimately connected to the uterus any circumstance that adds weight to it, as the inflammation now being considered, drags down the bladder with it. This displacement, even slight though it be, so irritates it that frequent desire to pass water is almost certain to follow. Hot applications over the hypogastric region, where the bladder is located, is often very useful and no harm trying it.

Causticum 3x may be administered should *apis* fail. But *quiet*, the essential part, and the remedies soon encourage complete recovery from an acute attack. But if the suggestions made are overlooked or neglected a chronic state may result which will require much longer time and much more suffering before a cure is effected. Then it is that discharges occur, both uterine and vaginal, at once exhausting and morally depressing. The mucous discharge, resembling the white of an egg, thick and tenacious, is from the cervix and fundus of the womb, while the yellowish, thick and curdled, custard-like secretion originates in the vagina, and needs thorough hygienic attention by the injection of two quarts of warm water, into which

half a teaspoonful of borax has been dissolved. A fountain syringe is best, and should be used at least night and morning. If the discharge is thinner, more like cream, or if of the consistency of skimmed milk, and corroding the skin of the thighs it comes in contact with, the same injection will answer equally well.

The most serious complications that may occur in either acute or chronic metritis is the involvement of the adjoining cellular tissues, or even the peritoneal covering to the bowels. But even these cases progress favorably with perfect rest and the treatment outlined.

Husbands of these suffering women should have the great necessity of perfect rest for their wives urgently inculcated, if need be with a club! How some of these suffering women, with brutes for mates, ever recover from their serious uterine difficulties is one of those mysteries which a kind Providence vouchsafes us no solution.

The tampon, made of absorbent cotton and compressed into the size of a hen-egg, dipped in glycerine or more astringent liquids, is frequently placed in the vagina with a view to local medication and mechanical support to the uterus, and in the latter sense more often does good than as a therepeutical agent, but the objection to its indiscriminate use is, that it often retains discharges from both uterus and vagina that are much better disposed of, producing thereby a continued means of infection, the results of which are not at first apparent.

If in the sitting or standing posture after the more acute symptoms have subsided, there is experienced a dragging or falling down of the womb, especially if

there be great weight in the small of the back and painful drawing at the sides, from the point of the hip to the labias, then a tampon may be applied for a few hours with a view to relief, if the patient feels it imperative that she go about some duties; but by far the best procedure is to remain in bed—on a comparatively hard mattress, with hips elevated from six to ten inches higher than usual, thus giving the viscera and uterus opportunity to naturally gravitate farther into the abdominal space, relieving the pressure from above the uterus that occasions the bearing down.

We give the salient points in rational treatment without any by means exhausting the subject. As to surgical interference, the mention of it is beyond the scope of this volume and would be of material interest only to the experienced operator. But if the patient is governed by the hints given, it is seldom that the services of the surgeon will be required.

MUSCULAR SPASMS IN EXTREMITIES.

(Cramps.)

Remedies—Cuprum Sulph., Etc.

Few physical inconveniences are more common than cramps in the arms, feet, toes, and especially in the legs. Just how they are produced in the majority of instances is not clear, but local irritation, due to too violent exercise, or sudden application of cold, as when in the water, or excessive muscular exertion, child-bearing, etc., may occasion the muscular contraction generally denominated "cramps". Aside from avoiding causes known to produce them, the next best procedure is brisk friction with the bare hands, or woollen cloths,

if need be, with some liniment, or in place of it warm coal oil, spirits of camphor, red-pepper tea, scraped horse-radish or hot bath. Wrapping a four-inch bandage of new cotton flannel (not old) from the foot to the knee, moderately tight, will often prevent and cure muscular cramps in the limbs. Any of these will usually afford prompt relief. If subject to frequent attacks of this annoying visitation, *cuprum sulph.* 6x, an occasional dose, say once or twice a week, will strongly tend to prevent, if not quite cure, a recurrence of them. Occasionally some unfortunate is found who suffers from these spasmodic contractions of the abdominal muscles, pain that doubles them up as with a severe colic. The measures commended are equally effective for this variety.

NETTLE RASH.

(Prickly Heat.)

Remedy—Carbonate of Magnesia.

This annoying but insignificant eruption may occur to any one, but more especially to children. It is usually indicative of gastric irritation from improper food or nutrition. A correction of this difficulty generally dissipates the rash. To this end, *carbonate of magnesia*, a teaspoonful taken in milk, night and morning, for a few days, and observing that the diet is light and non-irritating, is all that is required—rice, oat meal, toast, broths, milk, etc. Once in a great while the irritation of the stomach may be due to the ingestion of foreign substances—fish bones, pins, etc., but in such cases pain is a prominent feature. □ Giving a mild purgative and keeping the patient quiet is all that can be

properly done. Nature comes to the rescue in due time by the passage of the offending substance through the bowels. Again, worms may occasion the difficulty. If so, observe the directions for this invasion in another article on the subject of worms. Frequent bathing is a healthy source of prevention of this rash. Children should not be fed stimulating diets, nor too much candies and pastry, that ferment and derange digestion.

NIGHT SWEATS.

Remedies—Belladonna, Jaborandi, Arsenate of China, Willow Tea, Sage Tea, Grated Horse-radish.

Is an evidence of physical debility usually due to sequels of or existing disease—exhausting fevers, especially if occasioned by some of the various forms of lung diseases—phthisis in particular. External applications are of service in ameliorating the patient's condition, but it must be evident that a radical cure of this excessive perspiration depends upon the removal of the cause that gives rise to it.

Alcohol rubbed briskly over the body with a soft linen cloth, night and morning, does good. In like manner warm vinegar and water is often effective. Bathing the surface with pussy-willow tea, green sage tea, a decoction made from a handful of the root-bark from the wild cherry tree, an infusion of fresh peach leaves and other "teas," have been extolled as possessing marked virtues, and no harm can come of using them for a while at least. Rubbing with grated horse-radish has been useful. *Belladonna* and *jaborandi*, either given in few drop doses, seem to have done good, according to reports, but the only really effective

remedy I have found valuable and reliable, largely because of the general physical improvement it occasions, is *china arsenate* 3x, a powder taken every two, three or four hours, according to the severity of the case and age of the patient. It should be continued for some weeks.

NURSING SORE MOUTH.

Remedies—Arsenate of China, Chamomilla.

The exact relations of this form of ulcerative stomatitis to pregnancy and child-birth has never been satisfactorily ascertained. The disease is not confined to the mouth, but extends down the œsophagus to the stomach, rendering deglutition an absolute torture. Local applications or mouth-washes do a little good in allaying the inflamed and parched surfaces. The real treatment must be constitutional.

Arsenate of china 3x every two or three hours is excellent as a tonic.

Chamomilla 3x is beneficial and greatly relieves distress.

OFFENSIVE BREATH.

Remedies—Soda Bicarbonate, Nux Vomica, Chlorate Potassa.

Of all things disgusting, a very bad breath is the nastiest. The man or woman with a noisome breath ought to be quarantined as a dangerous social nuisance. And when it is considered how diligently persons, men especially, make use of every available article or combination of them that render them a stench in the nostrils of others, I wonder that laws are not enacted to restrain them from contaminating the cleaner portion

of humanity! Much and perhaps the worse stench is emitted from the stomach, where the most horrible concoctions of foods and drink ferment, and belch their gases like a miniature Vesuvius. Add to this the smell from stale tobacco, ill-kept and diseased teeth, and you have a combination more disgusting than a last year's hen-roost! Think of such a pestilential mouth emitting its disease-laden breath upon the fair lips of wife, sister, mother, or helpless babe! Whew! A cure of this horrible stench must of necessity begin at the proper foundation; the suppression of bad habits—smoking and chewing—the filling or removal of old, decayed teeth, the thorough use of the tooth-brush after each meal, with general bathing to forestall unhealthy exhalation from the body. Do not flatter yourself that cachous, cloves, coffee beans and cardamum seeds deceive anybody. They only disguise a bad-smelling breath for awhile, but their very use exposes you to public suspicion and brands you as a walking miasma. Avoid alcoholic beverages; they ferment and seethe in your stomach. Foods that you know to be objectionable should not be eaten—onions, garlic, loud-smelling cheese, etc., should be discarded from the family table. The pretext of eating them for your health is a bare-faced sham. They are indigestible and cause fœtid gases in the stomach and bowels, and their use confirms you as an ill-bred and ill-smelling egotist. If you find that with the observances of the suggestions made the breath is still unpleasant, *soda bicarbonate*, common cooking soda, half a teaspoonful after each meal, will greatly help. *Nux vomica* 3x, a dose night and morning, is very

effective. Rinsing the mouth after each meal with a pinch of *chlorate of potassa* in water is also excellent. But above all, remove the cause or causes that occasion bad breath.

PAINFUL URINATION.

Remedies—Aconite, Apis, Colchicum, Belladonna.

Especially of old people. A feeling of great urgency is experienced, but few drops are passed at a time. Various causes contribute to this difficulty, but it is needless to enlarge upon it here as a permanent cure is seldom possible, but relief is a great blessing. If evidently the result of exposure to dampness *aconite* 3x every hour or two is effective. If in warm, dry weather—especially on arising from a sound sleep—*apis* 3x two or three times a day is excellent. *Colchicum* wine or tincture, five to ten drops, is especially effective in autumn, when the cold rains have set in and the system has been chilled. If the difficulty is accompanied by some fever and irritability of the bladder, *belladonna* 3x, a dose every hour, can be relied on.

PAINFUL OR TENDER FEET.

Remedies—Bathing, Arnica, Rhus Tox, Belladonna, Cyclamen, Liniment.

When not due to fracture or external injury bathing the feet thoroughly, for an hour say, in warm water invariably relieves the aches and deeper-seated pains of the feet. Even when severely bruised by contact with rocks and other impediments the bath will do good. It softens the tissues, relieves any local congestion that may be present, and in any event prepares the way for

any treatment that may prove necessary. Except when active inflammation of the foot is present gentle and persistent rubbing of the aching foot, after bathing, is of great efficacy. And for this the bare hand is best. When the soreness is due to fatiguing walks, these procedures are quite sufficient to relieve.

For more deep-seated bruises, especially of those parts nearest to the bone, those less thickly covered by muscles, as in the "stone bruise" to the heels of our boyhood—O, can we ever forget those hurts!—something besides the previous suggestions are necessary. The application of tincture of *arnica* is good, so is the painting of the bruised parts with tincture of *iodine*.

The internal administration of *cyclamen* 3x to 30x is said to be effective.

Rhus tox 6x is also commended; a dose night and morning.

Apis mel 3x is well worth trying, and if great nervousness is present a few doses of *belladonna* tend to prompt relief.

Bandaging of the bruised parts and care in its use, is, of course, essential.

Liniments—say one composed of tincture of *aconite*, one drachm; spirits of *camphor*, four drachms; spirits of *ammonia*, four ounces; *chloroform*, one ounce. This mixed and well shaken and rubbed on is an excellent lotion for any form of external pain, whether for feet, legs or body. It should always be kept in the house and corked very tight, else the active principles of this liniment will readily evaporate and hence be worthless.

PILES.**(Hemorrhoids.)***Remedies—Belladonna, Ointment of Camphor and Alum.*

These are really condensed folds of mucous membranes of the bowels, compressed into masses, the blood vessels undergoing a like process, and in the course of years transformed into a more uniform excrescence termed a pile. It might be a "blind" or "bleeding" pile, according to the extent of blood vessels permeating its body. Sometimes the mucous membrane is practically absorbed, leaving only a thickened and enlarged blood vessel, which on provocation bursts and bleeds profusely. There may be one or a dozen piles in the tract of the rectum, but only those near the external opening protrude and are seen. Those farther up the bowel are seldom subject to medication. The greater cause of these excrescences is undoubtedly the result of continued and neglected constipation, allowing one's bowels to remain filled, sometimes for days, thus irritating the mucous membrane of the rectum, enlarging the blood vessels, and finally, exerting forcible expulsive efforts at passage, thus forcing down the folds of membrane. This neglect continued from childhood for years ultimately in the difficulty under consideration—piles. As to an absolute cure of the more aggravated form of this very annoying and painful infliction, it may honestly be stated that no medical treatment is available. Only a complete surgical operation for their entire removal, by an efficient orificialist can be depended on. But it is true that very much can be done to alleviate nearly all and cure many of the less obstinate cases. Copious

injections of warm water each night and morning with a four-quart fountain syringe is of prime necessity to keep the bowels in a fluid state, thereby relieving all folds, pockets and piles in the rectum from irritating substances, quite as essential as to remove a cinder from the eye. If the piles project externally you may afterward gently oil them with vaseline or sweet-oil and return them into the bowels. If found impracticable to retain them there, a pad of absorbent cotton anointed with camphor ointment and kept pressed in position by a suitable bandage, should be resorted to. But better still to lie on the back with hips elevated. This immediately relieves the downward pressure and permits rest for the inflamed piles. After the more acute, painful symptoms—say in twenty-four hours—have subsided, some of the following ointment may be inserted very gently, with a view of contracting their size, never forgetting first to flush the rectum with warm water as before directed.

To a tablespoonful of the camphor ointment before explained, add a half teaspoonful of pulverized alum, mix well with a knife and insert as much as you can of it up the rectum above the pile—two or three inches. Persistency in this procedure will certainly bring the desired reward—freedom from inconvenience. In cities certain effective suppositories are sold that are quite good and easy of introduction, being comparatively hard, but dissolving in the bowels, but as they are not universally available the above ointment is suggested with great confidence. In some cases, especially men, much irritation and fretting attends the suffering (and when are not men fretful and complaining on even

slight provocation!) Then, for others' peace, it is well to give *belladonna* 3x every hour. This tends to quiet and soothe. "Old timers" are often seen carrying a horse-chestnut in their pocket to prevent piles. Well, this is a harmless practice, and it is possible that the absorption of some of its properties by the inguinal glands may to some extent conduce to the desired effect; while yet others nibble a little off it occasionally—a more promising procedure. Sometimes, especially in the case of children, owing to prolonged sickness and debilitated system, the bowels prolapse (protrude), but cleanliness and returning strength make matters right.

PLEURISY.

Remedies—Bandaging, Liniment, Bryonia, Sulphur.

By the above term is meant an acute inflammation of the sack-like membrane, one side of which adheres to, and covers the lungs, the other side being attached to the inner portion of the chest walls. These facts must be kept in mind to a clear understanding of statements to follow. Pleurisy is usually due to impressions suffered through exposure to drafts or inclement weather, or as it is commonly termed, to a cold. An arrest of the serous secretions which ordinarily keep the pleural surfaces lubricated, leaving instead, inflamed, dry surfaces which, rubbing together on expansion and contraction of the chest, occasions the sharp, cutting pain usually complained of. This condition may exist on both sides of the chest, but generally only in one. On close application of the ear to the naked chest a dry, rubbing noise, much like that produced in bending

new sole-leather, will be heard. This cracking is due to the dry, parched surfaces of the pleura.

Intercostal neuralgia is the only condition capable of producing similar pain, but the entire absence of the dry rales just mentioned eliminates the possibility of true pleurisy. If the acute stage is permitted to continue its course it will sooner or later resolve itself and pain cease, but is quite likely to leave pleural adhesions to torment the patient upon the most trivial circumstances. Hence prompt and proper treatment is by far the most judicious. Rubber adhesive plasters are helpful if tightly applied, covering the entire side afflicted, to prevent as much as possible the up and down motion of the side in breathing. Ordinary porous plasters with their edges lapped to make them continuous, well and smoothly laid on, are an excellent substitute. In the absence of either of these, a strong liniment applied on a cloth and firmly held over the pain is effective. Of remedies *bryonia* 3x every ten minutes while the pain is most severe, less often as it abates, can be relied on. This remedy should be continued until all pain and fever are quite suppressed. An occasional dose of *sulphur* 6x tends to prevent further occurrences.

POWDER BURNS.

Remedies—Subnitrate of Bismuth, Aconite, Helleborus Niger, Poultice, Soda Wash.

These sort of accidents differ from the others mentioned in that the powder is likely to leave the skin discolored, tattooed as it were. This is to be avoided of course, and can usually be done if proper attention

is given immediately. The parts—the face usually only need be considered—should be thoroughly washed with warm water in which a teaspoonful of soda has been added. If large grains of powder, like the blasting variety, are embedded they can be removed with a pair of forceps, or any appliance at hand. When all is removed that can be, a poultice should be applied, preferably made of “middlings” or coarse flour placed between two thin clothes, applied to the burned surface and kept moderately wet with warm water. Wash off with soda water as before, morning and evening, renewing the poultice for twenty-four or thirty-six hours. After that take off poultices and sprinkle the surface plentifully with powdered *subnitrate of bismuth* and let it remain until the burn is entirely healed.

Should fever set in, which seldom occurs, give *aconite* 3x every hour; or if the burn is so extensive as to cause delirium, *helleborus niger* 3x every hour or more. But such a complication is only problematic—by no means usual.

PIN-WORMS.

(*Ascarides.*)

Remedies—Sage Tea, Spearmint, Injections.

They most resemble white grains of boiled rice and drop from the entrance of the bowels (anus). They increase rapidly, causing an intense itching. Children become peevish, restless and irritable. Mothers should carefully examine children for pin-worms. When even one is found thousands are propagating. Give the little one a dose of *salts*, or *castor oil*, with one drop of *turpentine*, at night. When the bowels have moved

inject a teacupful of pretty strong *sage tea* a few inches up into the bowels. If the first injection does not completely dispose of them try it again every other day. They will soon disappear. *Spearmint tea* is also good, used in the same manner.

PEDICULIS PUBIS.

(Crab-lice.)

Remedies—*Sulphate of Iron, Mercurial Ointment, Coal Oil.*

These little pests are apt to escape observation because of their minute and peculiar appearance, like small scales of bran. But how they do occasion itching in the hairy portion of the pubis! Sleeping with persons infested by them is a very certain way of acquiring them. The cure is usually simple.

Coal oil, locally applied, is said to be excellent.

Sulphate of iron—*green copperas*, a piece as large as a hazelnut, dissolved in a pint of water, and the parts bathed night and morning, is very reliable.

Mercurial, or blue ointment, thoroughly rubbed into the hair once or twice per week, is a certain destroyer of this pest, all its eggs and lively creepers.

PRURITUS.

(Or Itching.)

Remedies—*Menthol, Soda, Ignatia, Subnitrate of Bismuth.*

Pruritus may occur over the entire body—due to certain unrecognized nervous state of the system, likely a reflex result from acute gastritis. Certain foods at times produce it—oysters, lobsters, salt fish, as also

some fruits, persimmons, etc. The use of various preparations of opium frequently causes great general itching. *Soda bicarb.* is a general corrective for such conditions. Warm baths—as warm as can be taken—are often curative. If, however, the itching is due to tangible causes—to eczema prurigo or other skin eruptions, reference must be had to it. Then there is an itching of the various external orifices. Pruritus of the anus is very uncomfortable, but this may be due to various causes, chiefly small piles, pin-worms, or fissures. *Lanolin* one ounce, *subnitrate of bismuth* two drachms, make an effective ointment, giving prompt relief, but may not remove every cause. If a fissure alone is responsible the application of this ointment is a certain remedy. But of all the tantalizing forms of pruritus, that of the vulva is the most distracting. Whether before or after the menses, or continuous from one period to another, this itching becomes well-nigh intolerable. In severe cases wash the parts with asepsin soap-suds; when rubbed nearly dry, dust on *acetanilid* and *borax* equal parts by weight, made very fine by rubbing in a mortar. Apply night and morning. This seldom fails of giving needed relief. The lotions, salves and even blisters that have been commended are legions. Very few of them have proven permanently valuable. This is manifestly a neurosis—a nervous condition more pronounced in some than in others. *Menthol* solution—ten grains to two ounces of alcohol—a little applied locally with a sponge, rubbed on pretty thoroughly every night and morning (just on the outside, remember!) does temporarily relieve, but the certain cure in most cases is *ignatia* 3x, a powder morning, noon and bedtime. This

remedy has acted like a charm in hundreds of cases—a priceless blessing to most sufferers. I never expect a failure from its use.

RHUS TOX.

(Ground Ivy Poisoning.)

Remedies—Belladonna, Bismuth Ointment, Sassafras, Aristol, Chestnut.

Most persons are familiar with both the herb and its effects. Some are so sensitive to this poison that even moderate approach to it during the inflorescent month, July, they are certain to be affected by it, while others may literally roll on it with impunity. Why this difference no one has explained. It occasions a vesicular inflammation of the skin and mucous membrane, exceedingly aggravating and not seldom absolutely dangerous. While in some only a severe erythematous development will occur, in others it will assume really alarming proportions, occasioning great blisters and ulcers that require months to heal. Excessive conjunctivitis, even to partial and complete loss of sight, has been reported.

Belladonna 3x every hour greatly relieves the burning characteristic of the poison. An ounce of *subnitrate of bismuth* added to a teaspoonful of *vaseline* makes an effective ointment for local application. A strong tea made from the roots of *sassafras*, to be used locally, is commended. Two drachms of *muriate of ammonia* in four ounces of water, used as a wash, is a promised specific. *Aristol powder* is said to be effective. Bathe in a decoction made of the common chestnut leaves is suggested. For other herb poisoning the above suggestions will aptly apply.

RESTLESS SLEEP OF CHILDREN.

Remedies—Belladonna, Chamomilla.

Especially during the time of teething the child may be observed twitching, moaning or nervously rolling its head in bed while sleeping. This reflex action may manifest itself in various ways, always occasioned by some central point of disturbance—teeth, stomach, bowels, etc. Usually the warm bath, plain diet and an occasional dose of *belladonna* 3x guards against more serious results while nature is given opportunity to soothe and to cure in her own gentle way.

Chamomilla 3x is another of the excellent remedies the mention of which was nearly forgotten.

REMITTENT FEVER.

(Malarial.)

Remedies—Emetic, Quinine, Arsenate of China, Nux Vomica, Natrum Mur.

It is called remittent because it remits—that is, the exacerbations are more pronounced at certain times in the twenty-four hours than at others. The fever may be higher, the pulse bounding at 10 o'clock A. M., and comparatively normal at 3 P. M., to return the following day with uncomfortable regularity. This form of fever is a very close relation to intermittent. It is produced by the same cause. The initial fever, head ache, back ache and general lassitude, are so similar that the treatment must practically be identical. The distinguishing characteristic of the intermittent is the chill that precedes the fever. This chill, or cold stage, varies in different persons from the shivering coldness of a

gentle winter to violent shaking, not only of the individual, but the bed and all objects with which he comes in direct contact. Hence the southern term of "chills" is naturally expressive. These forms of fever usually prevail in new, slightly-developed country, where much vegetation is in process of decay. Water being the great factor in disintegrating vegetable matter, malaria more frequently prevails near rivers, lakes and swamps, and as here land is much richer and more fertile, the husbandman builds his home, thereby cultivating more products, as also a large crop of "chills" for himself and family.

Both of these fevers are attended at first with much lassitude, evinced by frequent stretching and yawning, with an urgent desire for large, cooling drinks, which nothing so effectually quenches as draughts from the hillside spring. The experienced recognize this as a certain precursor of the impending fever. Soon it sets in and rages with more or less intensity, as the system is surcharged with malarial poison. If of a remittent type, the fever leaves the patient exhausted, perspiring freely, more the result of physical debility than re-action. If intermittent in character, a chill more or less pronounced will precede the fever, leaving the patient languid and somnolent. If permitted to indulge himself he will sleep for hours, awaking with a ravishing appetite, aptly expressed by an old back-woods preacher who on waking observed he felt he could "eat the cattle on a thousand hills and drink the Jordan dry." My personal experiences of yore bear testimony to the preacher's earnestness. How I made things rattle on the Arkansas river bottoms! It was there, my country-

men, where every phase of both remittent and intermittent fever run rampant, not omitting the malignant sequel there termed the congestive stage, at which death can be averted only by unremitting efforts.

Temporizing with either of these fevers, except in their lightest guise, is simply criminal. Heroic, but not wanton, treatment is essential. One quart of warm water, half an ounce tincture of *lobelia*, or *ipecac*, a table-spoonful of sugar and a sprinkling of red pepper. Stir this well and give the patient half of this, sipping the rest in mouthfuls until it is all taken and complete emesis or vomiting is produced. This will clear the stomach and bowels effectually, start the liver and glandular system in general into active function, the skin and kidneys into renewed exertion, the brain is relieved of sluggish circulation, the various secretions more normally established, and the nervous system quickened in its general alertness. After the needed repose incident to recent exertions, treatment for permanent prevention of the paroxysms, or final cure, may be begun.

Quinia sulphate, two grains, in pills or capsules, should be given every two hours the first day, every three hours the second day, every four hours the third and last day, drinking at intervals, as often as desired, strong coffee to which the piece of a lemon has been added. This is not unpleasant and it is an excellent febrifuge and tonic. The diet should be nourishing, but given rather sparingly until health has been fully re-established. Cool, refreshing water may be given in any stage when desired.

While quinine possesses exceptional anti-periodic

properties, it has frequently, yes, times without number, proven a failure when not followed by additional remedies.

Arsenate of china 3x is especially commended as the adjuvant of the single alkaloid. A powder of it should be given four or five times per day, continued, but in diminished frequency, until the system has resumed perfectly normal functions, with no recurrence of the fever or any of its accompaniments.

Nux vomica 3x may be given occasionally if it is observed that the digestive tract does not improve sufficiently or perform its usual duties as desirable.

With my brethren who insist that intangible potencies of *natrum mur.* and other remedies, grafted up in the thousands, should here be considered, I have no unkind opposition to offer. Never doubting their good faith or statements of values, the writer simply pleads insufficient knowledge and experience with most of the higher attenuations. But though not having attained so esthetic altitudes, he feels quite conversant with the practical effectiveness of the more material remedies and their application here suggested, and until he has attained to the more exalted perfections of his suggestive brethren he will continue to outline that course of treatment which he knows from abundant experience to be safe and reliable, in the conviction that persons purchasing this book desire certainties to the exclusion of untested theories.

RHEUMATISM.

Remedies—Opium, Tobacco, Bryonia, Gelsemium, Rhus Tox, Digitalis, Cactus, Salicylate of Soda.

This affliction is at once the thermometer and barmometer of old age. By it the gentle sufferer determines the prospective state of the weather with the accuracy of a Hick's almanac or government weather bureau. And, indeed, any change tending toward humidity in the atmosphere really does produce comparative changes in parts of the body or degree of suffering. How can we account for this phenomena? Don't try. Simply accept it as an axiomatic verity and be content. The next question is natural enough; what occasions rheumatism? Well, the solution has been attempted from the days of Hyppocrates and to this later time no really satisfactory fact has been announced. Too much lactic acid, super-abundance of uric acid, insufficiency of phosphorous, too much biliary matter, not enough red blood corpuscles, not to mention the crawling of bugs in the muscular system, occasioning irritation and pain. All these and more theories are held and advocated by our leading thinkers in medical circles. And each bases a treatment upon what he conceives to be the cause. Hence, are saline cathartics given, alkalies administered, phosphates prescribed, various preparations of mercury exhibited, iron in big and small quantities, and an occasional blister is depended on to bring things to the surface—and it does.

The most painful form of rheumatism is undoubtedly the arthritic, or inflamed joints. An acute attack is

influenced more by thermal changes than any other known cause, and the unhappy sufferer surely deserves our sympathy and best efforts for his relief. The torment of such an attack is beyond expression and nothing should be left untried that promises even mitigation. The elbows, hands, knees and feet are the parts most generally involved, and these can be carefully wrapped in dry absorbent cotton to cushion the parts against jarring and maintain a uniform temperature to the parts. In the south a leaf of tobacco placed next the skin is extolled as giving great relief, the absorption of minute quantities of nicotine being the manifest results. Others advocate hot fomentation—cloths wrung out of hot water in which a handful of cooking soda has been thrown; and this also is an excellent topical, if temporary, relief. Personally the writer is partial to giving *opium* and *camphor* pills (one grain of *opium* and two of *camphor*) every two, three or four hours. *Morphine* or any other form of opiates are not to be considered adequate substitutes. This should be kept up; the chief object to be had in view is to *stop the pain* at any reasonable hazard. Suffering kills! This will occasion profuse sweating, one of the great points gained, and a blissful surcease from torture. God bless this drug! When judiciously dispensed it proves a very distillment from heaven! I anticipate the supercilious objection of some, but have *you* ever had inflammatory rheumatism or a severe attack of neuralgia? If not, yours is the opinion of a pigmy. When twenty-four or forty-eight hours have elapsed and your patient tells you how much better he feels, then resort, gradually at least, to less heroic measures.

It is now in all probability you will find *bryonia* 2x a most effective remedy, given every hour and continued until the swelling and the more sensitive conditions have greatly subsided. At this point you may see proper to give your patient *gelsemium* 2x with a view to further reduce the swelling, tenderness and pulse. You will, of course, have relieved the bowels with a saline cathartic or warm enema, and prescribed such a diet as tends to nourish, but not clog, digestion. Toast and tea—rice and *rice* and *rice* in various palatable forms is the food of all others to be depended on. As the patient steadily improves it will be well to allow a little lean, rare beef to be enjoyed and *rhus tox* 3x, a dose night and morning for some weeks—giving as an inter-current remedy an occasional dose of *sulph.* 6x and *nux vomica* 3x to intensify the action of the *rhus*. It were wise to frequently auscultate the cardiac region to detect the possibility of any heart complications or deposits of calcareous matter back of the mitral or tricuspid valves. This you can determine by noting any insufficient closure of them due to the obstacle mentioned (the deposits) and hence the greater or less regurgitation that may be present. This condition, if it exists, may in turn produce in some degree valvular insufficiency, rendering the giving of some cardiac tonic imperative. For this purpose it is well to keep in mind the efficacy of *digitalis*, *ferrum phos.*, *cactus grand.* and *actea*.

Inflammatory rheumatism of some of the muscles is painful enough, but the element of great danger, present and future, is largely eliminated. The treatment is practically the same, depending principally upon warm

surroundings and careful management. As either of these forms have a marked tendency to recurrence the necessity for subsequent care is apparent. Any portion of the muscular or tendinous system may become involved in rheumatic complication, with or without excessive nervous irritability. The urine should be frequently analyzed to determine the quantity of uric acid that is daily eliminated. If considerable the exhibition of considerable quantities of alkali or lithiated waters are commended. Buffalo lithia water is as good as any, but should be drunk in considerable quantities. A small glass two or three times per day is practically useless. The system should be flushed, that the excessive and toxic salts in the tissues be gotten rid of.

Then that form of rheumatism common to very many near the half century mark—the old fashioned “roomatiz” that occasions an uncomfortable, growling pain in the lumbar region, or perhaps one of the hips—seldom both at same time—the kind that in bending elicits an “Ouch!” sharp, cutting and momentary. There is a hundred causes for this general variety, chronic indigestion being the chief one.

Rest, a rice diet and the administration of *bryonia* several times per day usually accomplishes desired results. I refer to one other remedy that seldom fails when other remedies have been tried—*salicylate of soda* five grains every two hours, continued some time. It is also an excellent prophylactic.

SCIATICA.

Remedies—Bryonia, Apis, Arsenate of China.

This excruciating suffering is due to an irritation or inflammation of the great sciatic nerve, which has its origin under the muscles at the small of the back or lumbar region, and follows downward over the prominence of the ischium or nates, continuing downward back of the thigh to about its lower third, then dividing into two branches, just below the back of the knee, to each side of the ankle, thence ramifying into the foot. The sufferer will have no difficulty in locating the position of the nerves from the description given. The cause which may occasion sciatica is exposure to the inclemency of the weather, especially if the system is not well nourished, or may be due to accident affecting the small of the back, its seat of origin, thus producing an inflammation of the nerve itself, or its sheath. Again, some authors claim a close relationship of sciatica to rheumatism and gouty conditions, that the lactic and uric acid in the blood set up an irritation of the muscles directly contiguous to the nerve, if not in the nerve substance, causing distress, hence it is often called "sciatic rheumatism." Well, all things considered, there is a strong resemblance of truth in the statement, but we leave all hypothesis to consider the more practical point of cure. In the more acute conditions, *bryonia* 2x every hour is very serviceable. It should be given less and less frequently as symptoms improve. Rare, roast beef and steak, good bread, butter, the yolk of fresh eggs, boiled milk instead of coffee and tea, are some of the foods to

be taken; others to be avoided. For the more chronic form of sciatica, great reliance may confidently be placed on *apis* 3x every two, three or four hours, according to circumstances. In malarial districts I have found that *china arsenate* 3x every two or three hours is of marked value. Local applications seldom do material good.

SCURVY.

Improper and insufficient diet is the usual cause of scurvy—living upon salt foods, meat or fish, to the exclusion of vegetables to neutralize the excessive acids in the system occasioned by the injection of too great quantities of salt. Scurvy manifests itself externally by destruction of tissue, especially in the mouth, large sores upon the legs, swollen feet and general emaciation. The cure lies in careful feeding of nutritious diets, fresh meats, milk, eggs, fruits, vegetables, etc. The same rules apply to starving conditions, to which scurvy is analogous.

SCARLET FEVER.

Remedies—Aconite, Bryonia, Pulsatilla, Belladonna.

If in doubt regarding the existence of this disease, especially notice the roof of the child's mouth. If then you observe a deep red rash, not unlike the appearance of a strawberry, you may feel fairly positive it is a case of scarlet fever. If in addition you notice spots of the same rash on the chest of the little one, you may feel absolutely convinced of your diagnosis. What shall be done? The first and principal necessity is to keep the patient in the house, away from the cold and damp. Give him as diet, all the rice pudding, bread

and honey he wants to eat and all the pure fresh water he wishes to drink, and give yourself little thought of fear. It is the neglect of these rules that makes scarlet fever the dreaded disease imputed to it. It is the complications occasioned by exposure to inclement weather, improper diet and injudicious observances at the incipiency of the disease, that occasion the ravages which are, and justly, dreaded. It is a reasonable statement, that if proper care were given at the first manifestations of scarlet fever, comparatively few fatalities, or serious sequels would occur, but even a few hours of neglect may so change the trend of this fever that weeks of subsequent zealous care can not prevent mediate or immediate consequences.

Upon observance of the rash, or even before it, when the child seems weak and peevish from no determinate cause, or if known to have been exposed to this contagion, it is perfectly safe and best to give the little one a comfortably warm bath, snuggle it warm into bed, give it all the sweetened water it will drink, to maintain an equable temperature and keep the fever to minimum severity. A week or ten days of the methods suggested obviates the necessity for medicines, the child recovering spontaneously. If aggravation of symptoms occur, usually from exposure, the child should be immediately put to bed, given to drink as before stated, and as the fever will have gained in intensity, *aconite* 3x should be given every half hour until quite profuse perspiration occurs. *Bryonia* 2x may then be substituted for several days, keeping the rash well in sight, bowels moved, and sweetened drinks, all it desires. If a fire is kept in the room a kettle or

pan of water should be left to evaporate, the steam from it being beneficial. If the whole house is heated by furnace, a basin of boiling water can be left not far from the bed and frequently changed as it cools. Curdled milk clabber, sprinkled with sugar, is often a very attractive dish for children, and may be indulged in freely. If in the course of the disease there occurs puffings of the lower lids, or of the skin anywhere, and the child fails to pass the usual quantity of urine daily, complaining of pain in the back, with feet even slightly swollen, then change the medicine to *belladonna* 3x every hour, when awake, until swelling everywhere is reduced or absent. Cold water may be given freely, but should be rendered alkali by the addition of a little cooking soda. *Pulsatilla* 2x may be given every half hour or less if the rash suddenly disappears, usually due to exposure to cold drafts. Hot water, with a few drops of peppermint or ginger is also of service. If the lids of the eyes become inflamed, rub a little vaseline on their edges every night and morning. Never overlook the fact that careful nursing from beginning to end of the disease is a prime requisite to successful results.

In event of glandular swelling, either in the axilla, groins or neck, the daily and thorough application of the camphorated ointment before suggested will be found of much service.

SLOW IN WALKING.

This is a source of great apprehension to parents, whereas, it should occasion satisfaction. All are anxious to see baby walk, the sooner the greater joy. If when

some months old it does not walk, serious fears are entertained. No occasion for it whatever. It will walk as soon as it ought; do not worry. Likely its bones are not hard enough. Keep the little one in the sunshine and they soon will be.

SWEATY FEET.

Remedies—Borax, Camphor.

Bathe the feet in water in which a teaspoonful of *borax* has been added. Afterward rub them briskly with *spirits of camphor*. This should be done frequently, every other night in winter and every day in summer.

SUNSTROKE.

Remedies—Aconite, Gelsemium.

Two classes of persons are most predisposed to this accident. One is the full-blooded, short of stature and active. And to this class is sunstroke most likely to prove fatal. The other is the slender, but physically weak. These are most likely to recover. They have less blood to clog the brain, hence more readily revive. The patient should be immediately placed on his back in the coolest place; the clothing thoroughly loosened from his neck and chest. If ice is obtainable, apply it abundantly to the head, neck and feet. If not, be not sparing in the use of cold water, even to laying the patient in a creek all but the face immersed. *Aconite* 3x, a few drops on the tongue every half hour, until returning consciousness occurs, and *gelsemium* 3x, given every hour for a day or two, is all the remedies he will require. But the chief requirements are cold appli-

cations, abundant ventilation and perfect quiet in a recumbent position. Some water may be allowed, but no stimulants or food until the patient has practically recovered.

SPRAINS.

Remedies—Arnica, Hamamelis.

This accident occurs more frequently to the ankles, knees and wrists, and occasions intense pain and lameness. It is a sudden and violent stretching of the ligaments that hold the joint together. Some sprains are more serious than a fracture, requiring longer time for complete recuperation, and generally leaves the injured parts weak and much more susceptible to a repetition of the accident than before its first occurrence. When the sprain is only slight, cold bandages placed comfortably tight around the joint, cold water being frequently applied over the bandage, with perfect resting of the impaired member at an elevated position usually suffices to practically cure in a few hours.

Arnica tincture may be added to the water if the case is more serious or painful.

Hamamelis is excellent, saturating the bandage with it. When very puffy, painful and lame I have frequently, from the first, painted the joint with *tincture iodine*—afterward applying a bandage rolled quite tightly to thoroughly support the injured parts and prevent excessive swelling. In very aggravated cases it may be necessary to place the foot and leg, up to the knee, in a plaster paris cast, and retain it for weeks. In all cases perfect quiet is absolutely essential. The leg should be held in an horizontal position.

SUPPRESSION OF URINE.

Remedies—Apis Mel, Causticum.

Children are not infrequently troubled with suppression of urine. The causes for this arrest are various, but the sudden cooling off of the body while in a perspiring condition is the most common; nor does the suppression portend any serious results. Indeed, it usually limits itself to a day or two and spontaneously renews normal functions. Warm applications over the region of the bladder, very light diet and perfect rest usually succeeds. I once had an obstinate case, a little girl with malarial fever, who failed to pass water for about twenty-four hours. All I did seemed unavailing. An old grandmother sitting by the patient suggested a spider web poultice. The father went to the barn, obtained a big handful of the spider web; it was at once applied, dry, over the pubis, and lo! in a few moments the little one saturated its diaper. I was greatly surprised, but it may only have been a coincidence.

Apis mel 3x given every two to four hours proves of marked benefit, especially in older people.

Causticum 6x is more especially indicated in cases of voiding urine, except in small, "dribbling" quantities.

SNAKE BITES.

Remedies—Iodine, Mud, Rattlesnake Weed.

It is well to bear in mind that of all the varieties of snakes found in the world not a dozen of them are really venomous, whose bites are fatal, or even seriously dangerous. With perhaps three exceptions, and those not well defined, we, in the United States, have little to

fear from snake bites. That of ninety-nine out of a hundred are no worse than the bite of a puppy or kitten. Our fear of snakes greatly exaggerates the danger of their bite. Therefore, if bitten, keep cool, do not get excited. If bitten in any place where you can suck the poison out, do so, on general principles, and if possible, stick the hand or foot bitten in the first mudhole you encounter. Or make a poultice of mud; if warm the better, and keep it on for hours. This seems to neutralize any poison there may be and prevent swelling. Painting the place bitten with *tincture of iodine* is also quite effective.

Rattlesnake bite is really the only variety a person had best take immediate notice of. Suck the poisoned wound at once, poultice with mud, and keep quiet, in a reclining position. A stiff glass of whisky, in which ten drops *tincture of iodine* has been added, drank at once, is ample security against serious results.

Rattlesnake weed (*nabalus albus*), abundant on all western prairies, crushed into a pulp and applied as a poultice to the wound was long considered a panacea by old-time backwoodsmen. They also made a tea of the roots and drank it, at the same time. The timber rattlesnake is much the most vicious, and because it bites harder and sends its poisoned fangs deeper into the flesh, it is considered the most dangerous. How well I can remember this really beautiful reptile, with its alternate rings of gold and brown, unlike the muddy brown and gray of its prairie brother. The latter, at same age, is longer, more slender and not so combative as his red-eyed, shorter, thickset and more vigorous relative. The golden variety invariably inhabits the

woods, picking up every odd toad, cricket, beetle, young bird, small squirrel, etc., not overlooking dainty, ripe strawberries, as I once found out to my discomfiture. His prairie kinsman is a fine swimmer and voracious eater, in which respect he greatly resembles his equally famous and dreaded cousins, the moccasins and cottonmouth, neither of which, however, are nearly so venomous as feared. But remember, under all circumstances, to keep cool and act deliberately and thus greatly lessen danger.

STYES.

Remedies—Hepar Sulph., Camphor Water.

Are an inflammation of the minute glands of the inner surface of the eye-lids—very much of the same nature as the acne, or face worms, that occur on the skin. Being on the mucous membrane of the eye and consequently in a much more sensitive place, they occasion more pain. The suffering is intensified if they come in contact with the eye, feeling as though sand or a cinder is in the eye. Soon a suppurative spot is noticed; it bursts and as the pus is discharged relief comes soon. While styes may occur to any one, it more frequently afflicts persons of weak or scrofulous constitutions. It is much better to open these little pustules by a free incision than to permit their spontaneous rupture. The best preventive of these pests is, an occasional dose of *hepar sulph.* 3x every alternate night, before retiring for two or three weeks. A little *camphor water* (not the spirits) locally applied is very soothing.

PERTUSSIS OR WHOOPING COUGH.

The essential point to bear in mind when whooping cough invades the household, is to keep the children indoors in a comfortably warm room. The cough itself is self-limited and need not prove dangerous if the above rule is observed. It is the complication of this cough, the colds resulting in lung fever, bronchitis or asthma, that are to be feared. Keep the child out of the cold and rains and let it have all the honey it wants to eat on bread or any other way. In summer these precautions are not so necessary.

SORE NIPPLES.

Remedies—Mutton Suet, Lanolin, Sub-Nitrate of Bismuth.

This is a discouraging sequel to child birth. It is an accident much easier to prevent than to cure. The skin covering the nipple has become dried, irritated and cracks—much as the hands sometime chap in winter—into deep fissures, radiating like a star from the opening of the nipple toward the base of it. It is intensely painful to the touch and is, of course, a very torture to let the baby draw milk from it. Besides it is very unwholesome for the child, as it sucks as much blood from the sore nipple as it does milk. Nursing, too, greatly retards the healing of the fissures. The wisest thing to do, two months or more before baby is born, is to keep both nipples covered with fresh mutton suet. This keeps the skin soft and pliable, with little danger of subsequent trouble. The diet should be nutritious, but the less acid used the better. If the nipples are very painful and bleed easily, they should be thor-

oughly, though gently, anointed with vaseline—still better, lanolin—to which has been added $\frac{1}{2}$ sub-nitrate of bismuth, one drachm to the ounce of the lanolin; mix this thoroughly and apply night and morning. A nipple shield should be used when the baby nurses. In this way a complete cure is usually effected in a week. Water should not be used to wash the nipple, simply rub with pure vaseline.

SUBSTANCES IN THROAT OR NOSE.

Pins, needles, fish bones, splinters from tooth-picks and other substances not infrequently lodge somewhere in the throat, either above or below the root of the tongue, and occasion not a little pain and much more fear of possible results. And the excitement incident to this occurrence is, perhaps, the cause of far more trouble than would otherwise result. What with poking everything, first at hand, down the child's throat and violent pounding on the back the child becomes as excited and helpless as the parents. The necessity of the moment is a cool head and proper procedure. Encourage the child to swallow large mouthfuls of fresh bread, cracker, boiled egg, or pudding. These often carry foreign substances down into the stomach, where they are usually easily disposed of. Sometimes a pin or fish bone becomes lodged in the upper portion of the throat. Stand the child on its head for a few moments. The escaping contents of the stomach often clears the throat of its impediment. Children poke all sorts of things into the nose and ears—beans, grains of corn, pieces of rubber, gravel, etc. These must be looked for and when seen, removed. Sometimes the

smelling of a trifle of cayenne pepper makes them sneeze violently and thus the offending substance is blown out of the nose. A little oil in the ears greatly facilitates the removal of foreign substances.

SEA-SICKNESS.

Remedies—Diet, Saline Laxative, Lemons, Tartaric Acid.

Little need be said regarding this malady. It must be experienced to be understood. There are a thousand and one remedies for its relief and prevention, none of which have succeeded in scarcely any two cases. It is undoubtedly of reflex origin, incident to the motion of the body on ship-board opposed to that usual on land, and if it is added that improper or too large quantities of ingesta in the stomach are likely present, we have the secret of this *mal de mer*.

It is most certainly obviated by a spare diet some days before going on ship-board, the taking a saline purgative to effectually clear the intestines and the rest of the treatment may safely be left to the occasional sucking a lemon or other agreeable acids. Sea-sickness is usually a blessing but fearfully disguised, and when all effects have passed, none need the doctor so little, and the cook more, than he or she who, a few hours before, was fearful the ship would not sink.

TAPEWORM.

(*Tenia.*)

Remedies—Pumpkin Seed, Pineapple, Pomegranate Rind, Terebinthina, Cathartic Pills, Etc.

Practically the same symptoms are apparent in the case of tape worm as in that of the round variety. The chief difference is in the persistency of life in this

variety, largely for the double reason that the tape worm firmly adheres to the intestines by a sucker mouth not easily detached, and that it possesses the power of propagating itself from each section of its band that may become separated. Hence the necessity of seeing to the complete eviction of its head as well as body. Some are monsters in length. They have been expelled measuring *fifty* feet in length—though usually from fifteen to thirty. It is because of their size that the abdomen is often inordinately prominent, and so gluttonous are they that the patient feels famished from insufficient nourishment. A voracious appetite is one of the salient symptoms of tape worm. From time to time short and nearly square sections of the worm, easily recognized by its ashy-white color, is passed by the patient at stool, and then the absolute fact of its existence is established. Tape worm is no respecter of persons, very young or middle-aged, males or females, alike become its victims. When, from evidence, you are assured of the incumbency of this vitality-sucking fiend, proceed vigorously as follows: Put from two to twenty drops of *spirits of turpentine*, according to age, in a large cup of warm coffee and give to the patient at one dose. This do in the morning. Peel and pound from two teaspoonfuls to two tablespoonfuls of pumpkin seeds, with cream enough to make into a palatable paste, and give this at noon without other food. At bedtime give a large hot lemonade and an effective purgative—*epsom salts, castor oil*, or, better than either, from one to three *compound cathartic pills*. No doubt as to results. There is your enemy, head and tail, stretched out before you! In a

day or two your patient has fully recovered from his prolonged fast, rejoicing in his freedom from the thrall-dom of Tape.† Some authors extol *pomegranate rind*, and it is good; others *kusso*. *Male fern* (found in most of our woods), the roots eaten raw, like celery, is not only palatable but effective; also the dried made into a strong tea. *Pineapple juice* is well worth trying, and *cocoanut* eaten freely, and its milk drunk, is often effective, especially in younger sufferers.

TORPIDITY OF THE LIVER.

(Biliousness.)

Remedies—Diet, Epsom Salts, Nux Vomica, Podophyllum Injections.

The most slandered organ in the human body is the liver. Though often innocent of any wrong, upon it is heaped the harshest criticism. Its proper function is to help manufacture the needed saccharine matter, the refuse being sufficient bile to flow into the first section of bowel, the duodenum, and by its strongly alkaline properties assists in emulsifying the ingested fats which the saliva and pancreatic juice failed to effect, to more absorbable condition, and also, by its irritant property, to maintain proper peristaltic action of the bowels. But for this latter circumstance constipation would be the natural rule instead of incidental exception. In this manner is the refuse of the liver made to subserve an essential function, just as the effete matters of some cities through sewerage are made to fertilize poor into productive lands. It is one of the blessings the poor enjoy, the almost complete immunity from biliousness, attributable to the want of those richer foods and stimu-

lating beverages, which is the chief cause of this trouble among their more favored (?) relations. The epicure and "bon vivant" generally is the continuous patron of the doctor for this and kindred diseases. The too great use of strong, alcoholic beverages is also likely to produce this result, but in much more permanent, I may safely say incurable form. The liver naturally attends to its perfect work unless its function is clogged or arrested by any of the various contraventions of nature's laws, as partially outlined.

The result of too much bile regurgitating into the stomach and thus taken into the circulation has been elsewhere noted. In distinction it may be observed that when the flow is too scant, or suppressed, quite different results follow. Motion of the bowels is less or suspended, constipation follows and the excrements denote by the lack of quantity, pasty consistency and attendant clay-color that insufficient bile is being excreted. The reverse of this occurs when too large quantities are emptied into the intestinal tract. The bowels become irritated, attended with more or less incident colic; stools quite liquid, frequent and dark green in color, irritating, even to considerable burning the external opening. Not infrequently the bowels will become sluggish for the want of this stimulus. The liquid part of the contents are absorbed, what remains is dessicated by the heat of the bowels, making the passage of their contents so difficult and slow that as they descend to the rectum they have acquired the shape of large marbles and the consistency and resemblance of shoemaker's wax, rendering their external passage both painful and difficult. Especially does this

latter occurrence find victims in persons of sedentary or inactive habits, or those addicted to the continued use of opiates, etc. The natural sequence to the causes and results outlined is a more or less impaired state of health. Gastric derangements are frequent, head aches a common factor, fullness of the stomach and bowels an almost unavoidable symptom, and other minor results, varying with different persons of peculiar dispositions and idiosyncrasies.

But each and all usually require a determined and radical departure from their former methods of living, whether sins of omission or commission. An occasional purgative will do little toward a permanent cure. Rational living and intelligent perseverance in hygienic laws bring blissful reward. Determine to attempt a passage of the bowels every morning before breakfast. Do not strain, but sit there to encourage results. If not effected drink a large glass of hot water—say a pint or more. A few drops of lemon will remove the brackish taste. Drink as much more just before going to bed. Next morning the bowels will be pretty certain to respond. Encourage this result still further by soups, coarse grains, especially coarse ground wheat, oatmeal porridge, fruits, vegetables, hot lemonades instead of coffee or tea, fresh fish, eggs, butter and but little meats, and those never highly seasoned. Drink large quantities of pure water, flush the sewer of the system, so to speak, and before long you will appreciate that the human machinery is again lubricated and moving along quietly but effectively. Don't recur to the box of "Liver pills" if a day accidentally passes—you have likely omitted doing what you should. Medi-

cine is not what you need so much as thought—consideration.

To such as feel they must drug themselves we say, *Epsom salts* with a half teaspoonful of soda, taken in a large glass of hot water, before retiring, is an effective beginning. Follow this with a dose of *nux vom.* 3x after each meal for several days. This remedy will tone up the digestive apparatus and greatly assist the bowels to natural motions. *Podophyllum* 1x, is another good remedy, which has almost a specific action on the liver. A dose night and morning is sufficient.

Injections of warm water are both safe and effective. Not less than two quarts should be injected. Don't be in a hurry, take time to let the water well up and hold as long as possible. Keep your clothing loose. Tight lacing or tight belts are injurious—in the long run disastrous.

TYPHOID FEVER.

Remedies—Bryonia, Rhu stox, Nux Vomica, Gelseminum, Ergot, Diet.

Nearly all know of the general character of typhoid fever. Know of it from frequent mention and possibly from superficial observation. But there attaches to it a much deeper interest and meaning when in its actual presence or suffering from it. That it is usually the result of the non-observance of hygienic laws, or of too intimate contact with sufferers from it, is a point too well established to require long discussion. It is imperative that we recognize the possibility of infection, that protection may be extended to the well. The patient should be confined to some comfortable room in the house, especially one exposed to sunshine and

unobstructed air, and the remainder of the household, young people in particular, carefully excluded. Everything that tends to pollute the air, or water used, must be at once removed. If the cellar or contiguous compartments contain decaying fruits or vegetables, it should be well cleaned and thoroughly whitewashed immediately. If the supply of water used is adjacent to cesspools, barn yards or other unhealthy surroundings, purer water must be procured. Death may be the penalty if neglected.

The beginning of typhoid fever is insidious and misleading. First, a dull head ache which, however, endures, then a pronounced feeling of nerveless indifference, appetite capricious, tongue coated a yellowish tinge and the breath more or less tainted. Soon a mild fever supervenes, but the loss of strength is out of proportion to the, as yet, almost normal temperature. But soon, the third or fourth day, the real characteristics of the fever begin to appear; greater head ache, lassitude, some thirst, and pulse 110, or even higher, appetite practically wanting, while the thirst increases. There is a drawn expression about the face, not so much of suffering as of irritability. Perhaps the bowels have begun to distend somewhat, tympanitic on percussion due to distention by gas in the bowels. When some escape the other is like that which emanates from decaying flesh. Gradually the enumerated symptoms become more marked, the coated tongue is browner, the tympanites more marked, thirst more exacting. And about this time we note a dark secretion—sordes—upon the teeth and an occasional coppery red blotch or patch as large as the finger-nail here and there

upon the abdomen near the naval, and possibly an incidental one over the gastric region—yes, even on the upper portion of the thighs, though seldom.

Bryonia 2x is the remedy from the very beginning, given every two to four hours, dependent upon the temperature. Considerable experience has made me confident of good results by the use of copious beverages. The alternation—say each day—of weak, cold Japan tea and pure water in which a pinch of chlorate of potassa has been added, not enough to taste unpalatable but yet sufficient to oxydize the excessive carbon of the system due to the inordinate destruction of tissue the disease occasions.

Rhus Tox 3x is a reliable remedy in case the swelling of the abdomen—suggesting invasion of Pyer's glands—becomes more considerable and painful, due to distention. Give same as the *Bryonia*. It may be expedient to apply hot hop fomentations over the bowels for additional relief. If the tongue is dry, hard and thickly coated with a pasty-brown deposit, the frequent application of glycerine to its whole surface is productive of great comfort. The thick coating upon the teeth can easily be removed by making an application, with absorbent cotten tied to the end of a stick, dipped in vinegar and water and rubbed over the teeth gently. Currant jelly in cold water makes a delightful drink for the patient. A swallow at a time, repeated as frequently as desired, is very grateful. The fact should be borne in mind that in this disease, as in others that have been and will be mentioned, medicines are secondary to good hygienic surroundings and careful nursing. In these cases the physician acts the part

of the good pilot aboard ship—doesn't try to control the wind, but puts his helm hard down whenever danger from rocks and reefs threaten, and guides the ship safely into the desired haven. To attentively observe the progress of the case, to promptly correct this or that complication if it appears, to quickly forestall threatening symptoms by the application of whatever means can further the end, is the marked characteristic of the successful physician.

Nux vomica 3x, an occasional dose, may be called for to incite digestion to additional activity.

Gelsemium 3x will allay the nervous irritability to which female patients, of brunette type, are frequently subject.

Turpentine rubbed as a liniment, often reduces marked tympanites.

Ergot, ten drops in a pint of water, may be injected into the bowels every few hours if hemorrhage is at all considerable.

The discrimination, however, should be carefully considered as between the bleeding that may occur from the smaller intestines and that which takes place from an aggravated pile in the rectum. This latter phase is of much minor importance. Be observant not to offer the patient either too much or too many articles of diet at once. A small cup of beef tea and a cracker, or a little custard, or rice pudding, or bit of rare steak, or roast, will be relished, when if all these, or much of any one of them, will clog the appetite even to nausea. Rather excite, as you often can, the appetite by the meager supply given, and which can be often repeated. You have done much when the patient's

temper is aroused to the feeling that you are abstemious, that you are stingy, that you grudge him sufficient food. Simple as it seems, this requires delicate tact and perseverance. Tears may come to the mother when her beloved accuses her of cruel parsimony, but it may be the very flickering light of hope that must be kept burning.

These may seem trivial suggestions, but how comparatively little recognized or practiced, to the great jeopardy of the sufferer! A smile, a deliberate step, though soft—not the tip-toeing of fear, is often reassuring and none may know how much it conduces to desired results.

TOOTH LOTION AND TOOTH PASTE.

Boracic Acid, Paste.

There is no better wash for the teeth, for cleanliness and disinfection, than cold water with a pinch of boracic acid added. It should be thoroughly applied with a tooth brush, night and morning. It promotes a pleasant breath and prevents decay of the teeth.

A paste for the teeth, if preferred to the wash, can be made as follows: Olive castile soap, two ounces; powdered cuttle fish bone and ground pumice, one ounce each; boracic acid, half an ounce; powdered orris root, half an ounce. Rub all in a mortar thoroughly, gradually adding a few drops of glycerine to form into the consistency of a paste. A very little tincture cochineal added will color it pink or red in proportion to the quantity of the latter tincture you use. Put in a cup or saucer (not in tin) and use with brush, each morning and night.

TOOTH ACHE.

Remedies—Aconite, Mercury, Oil Cloves, Menthol, Oil Cinnamon, Acetanilide, Camphor.

A description of this affliction need not be given. The causes that give rise to it are various, chiefly the results of cold affecting the nerves of the teeth, or exposure of the filament of nerve supplying each tooth, through decay. For the former condition give to an adult *acetanilide* and *quinine*; five grains of the first with two grains of the latter every two, three or four hours, according to the severity, which seldom fails to control any neuralgia of the teeth or face. This may have to be continued a few days to complete a cure. If the pain is only a throbbing, with only twinges of pain now and then, *aconite* 3x taken every half or one hour is often quite effective. *Merc. sol.* 3x every hour or two occasionally affords complete relief. If the tooth is badly decayed the nerve is likely exposed. Manage to remove as much of the decayed substance as possible and afterward apply a drop or two of menthol solution, or a small piece of the solid crystal. The effect is almost magical at times; the pain is gone in a few minutes. *Oil of cinnamon* dropped in the cavity is excellent; so is *oil of cloves*; it relieves readily, though it may have to be repeated several times. Another remedy usually at hand is *spirits of camphor* dropped into the hollow tooth. *Tincture of iodine* is another excellent remedy used in the same way. But all this must be considered of value only in emergency. A good dentist should be consulted as soon as possible after the pain is abated.

TONSILLITIS.**(Quinsy.)***Remedies—Ferrum Phos., Hydrozone.*

One or both tonsils, on one or both sides of the throat, may become enlarged, as a result of exposure to cold draughts, especially if the system has been debilitated by recent acute diseases. In a few hours the swelling may have so far progressed as to bring the tonsils into coaptation. This proximity to each other produces a decided sense of fullness, and swallowing is attended with more or less pain. The voice becomes more muffled as the inflammation advances, finally sounding as if the speaker's mouth was full of hot mush. Sometimes white cheesy particles will be noticed on the inflamed tonsil. These are easily removed with the sharp end of a pencil. It is always best to do so. A gargle of permanganate of potassa, two grains to a glass of water, a mouthful or two gargled every hour, is effective. *Ferr. phos.* 3x, a dose given every two hours, usually disposes of the quinsy if in acute condition. If the swelling is excessive, closing the fauces, throbbing and very painful, it will be found fluctuating and full of pus. A free incision and injection of hydrozone (Marchand's) into the cut, to fully evacuate the pus, soon results in complete recovery.

ULCERATION OF THE WOMB.*Remedies—Permanganate of Potassa.*

This is a general term applied to erosions of the external os, or mouth of the womb. It is more often due to the corrosive action of vaginal discharges. This

condition is simple enough and should require much less treatment than is generally recommended. The real fact is, that if proper hygienic rules were observed by the wife and conjugal relations omitted by the husband little else would be required. *Permanganate of potassa*, two grains; warm water, two quarts, carefully injected each night and morning for a few weeks, will readily cure. The greatest hindrance to cures is due to masculine advances. It is to the husband that the most serious treatment should be directed. Without his co-operation little hope need be entertained of anything approaching a cure of this difficulty. The cause must first be suppressed if satisfactory results are earnestly desired.

SMALL POX.

Remedies—Diet, Belladonna, Hygiene.

This loathsome eruption must be seen and smelled to correctly recognize it. The odor incident to it is typical, and the experienced observer readily detects the disease by the vile smell emitted from it. Like all acute diseases it is self limited and usually runs its course, though Dr. Edward Hall, of England, assures us it can be aborted in three days by drinking a pint of water with cream tartar, one ounce. This dose is to be repeated four or five times in the twenty-four hours. It is also promised to prevent possible complications. I hope this is reliable. Personally I do not know. The patient has some fever, though seldom excessive. On the third day well defined pustules appear; a few days after the center of the pustule becomes depressed and it is seen that pus has formed beneath it. As the liquid

evaporates from the pus, itching begins, more or less intense, causing the patient to scratch. This is the worst stage, as pitting supervenes wherever the cuticle has been broken by scratching or rubbing. Sometimes the patient inoculates his eyes by rubbing them with fingers wet with the matter from the sores. This quite likely sets up an inflammation of the lids that finally infects the eye and thus destroys the sight unless great vigilance is practiced to avoid this misfortune. The better way is to keep the face and other exposed portions of the body in an erupted state well covered with vaseline, and the hands of the patient carefully muffled in cotton or pillow-gloves made for the purpose. If this precaution is taken in time, little harm can be done, thus avoiding the usual pitting almost completely.

Belladonna 2x every two hours, the first few days, will allay many of the symptoms of the disease at this stage. Light, nourishing diet—rice, milk toast, mild lemonades, broths, and all the water desired. Complete ventilation and other hygienic rules, cleanliness, etc., are absolutely essential. This being a highly infectious disease, the necessity for isolating the patient from contact with all persons free from it is apparent. The room of the infected person should be most meagerly furnished—no carpets, upholstery, curtains, or superfluous clothing, and all friends but the immediate attendants should be excluded. It is always best to keep the room well aired, but much shaded, and if the eyes are sensitive to light, better darken it. The cooler the room, the less itching and better every way.

DYSMENORRHÆ.**(Painful Menstruation.)**

Remedies—Aconite, Bryonia, Crocus Sativus, Magnes. phos., Borax.

This difficulty is, under favorable circumstances, incidentally relieved or removed by the disappearance of the conditions that occasion the painful menstruation. The causes that may induce this uterine difficulty are various, but the chief and most frequent is exposure to wet and cold, either of which may occasion a congestion and thickening of the membrane covering the inner surface of the womb, thereby reducing its caliber and thus preventing the easy, natural flow of the menses. Under such conditions the blood is retained within the congested cavity, the heat thereof coagulates the blood into clots and their forcible expulsion by the increased contraction of the uterus gives rise to the sharp, colic-like pains so much complained of, as well as the pressure about the hips and small of the back. As a rule the acute stage of this disorder, that is, the first experience, can generally be greatly relieved by strict quiet in bed, hot applications being applied to the loins and abdomen during the first day of flowing, light diet and hot drinks, whether of hop tea, sage tea, hot milk or broths.

The usual remedy, if febrile symptoms are present, is *aconite* 3x every hour.

Magnes. phos. 3x, given in hot water every ten or fifteen minutes, is very effective in relieving the pain. If the flow is scanty, with dark clots, *crocus sativus* (*saffron*) 1x every hour will in a short time regulate the flow as to color and quantity. In the membranous form of dysmenorrhæ, where *shreds* and *casts* are being dis-

charged at intervals, *borax* 3x may be given three or four times a day. Professor Baker claims that *borax* will effect a cure if continued two months. This is a simple remedy and well worthy of trial. It is best for the patient to keep her bed until entirely through flowing to enable the congested membrane to fully assume its normal state and thereby avoid a recurrence of the first experience.

If this is not done, the mucus membrane covering the inside of the womb may become inflamed and permanently thickened, in which event the same painful condition may return at each period of menstruation. Nor may the difficulty stop here, but, as may occur to any inflamed mucus surface, fleshy vegetations, usually termed polypi, may form, that greatly add to the existing difficulty, seriously complicating previous evil, necessitating surgical measures for permanent relief. Hence we should note the highly practical importance of at first and at once attending to the initial disturbance that subsequent and greater trouble may be avoided. The expulsion of the clots have so resembled the efforts of child-birth that many an innocent girl has been slandered and her life rendered miserable by heartless insinuations. Of course only the ignorant and evil-minded can be guilty of so gross a gossip, but their poisonous utterances are nevertheless to be avoided. When through flowing, the hot bath should be frequently used, two, even three times per week. This should be done for the following two or three months, until the menses are thoroughly re-established in their normal flow. During this prolonged period it will be advisable to take *bryonia* 2x, morning and night,

and a dose of *sulphur*, 30x, each Sunday. These precautions taken, little fear need be felt for any untoward possibilities.

VERTIGO.

Remedies—Nux Vomica, Podophyllum.

There are various conditions of the system that may occasion this apprehensive dizzy sensation—a feeling of sudden reeling and falling. But we need mention but two or three of the most salient, most likely to cause this disturbance. It attends various forms of indigestion, seemingly occasioning a want of sufficient nutrition for the general economy, hence lack of supply to the brain. Another cause is from an improper, a clogged action of the liver, in which case an excess of bile enters into the circulation and thus poisons the blood supply. Still another cause may be found in Bright's or any other form of kidney trouble by which too great a quantity of uric acid is retained in the blood, thus rendering it especially unfit to supply the more sensitive tissues of the brain. Any of these causes can produce vertigo. The remedy must be found in correcting and stimulating—to administer the remedies that impart greater eliminative action to the liver through the intestines. To faithfully persevere in the use of such diluent remedies. Lithia water in abundance being chief, as it will flush the system, thus eliminating the super-abundant acid. For the first such remedies as tone the stomach and impart a better digestive action.

Nux vomica 3x is effective every three or four hours in a large glass of hot water. The liver can be made to do better work by the administration of *podophyllum*

2x every two hours, continued for some days, avoiding greasy foods. There is frequently a local condition that suddenly may occasion attacks of vertigo; it is hardened wax in one or both ears. Its pressure upon the drum of the ear is communicated to the brain with suggested results. Hence in all cases of vertigo an examination of the ears should be at once resorted to. Frequently the removal of the wax relieves the swimming or falling sensation as by magic, clearing up all that before turned so black.

VARICOSE VEINS.

This condition of advancing years in men and multipara women is more or less pronounced according to the varying circumstances attending such cases. The veins may enlarge because of the muscular walls breaking down and permitting the veins to distend, or in women who have born children it has been due to pressure upon the venous system, owing to their condition of pregnancy, and so prevented the natural circulation through them. Hence their enlargement, especially at the extremities—the thigh, leg and feet.

Only two really useful procedures are available. One (and the safest) is the wearing of elastic stockings that compress the veins and prevent greater enlargement and ulceration. The other and, I fear, questionable way, is the surgical operation of removing the enlarged or ulcerated portions of veins. Such operations are, perhaps, not seriously objectionable when involving only the smaller veins of the extremities, but is not advisable when located above the knee.

Many salves and lotions have been commended, but usually they prove a delusion and a snare.

WARTS.

Remedies—Chromic Acid, Thuja.

These excrescences are too familiar to require a moment's mention. How they grow on our bodies, preferably the hands, face and other exposed portions, no one seems to exactly know. The pathologist gravely informs us that they are the result of perverted cells, etc., while dear grandma assures us it is contact with toads, in early life! No matter which has solved the true cause, there are the warts, rough, dark and prominent, whether on the thumb or nose, and the expedient for their demise is essential to the happiness of many. What shall be done? To mention an hundred cures could easily be done, but if we confine ourselves to their positive and painless removal two elements are quite sufficient.

Thuja occidentalis, tincture or poultice of the arbor vitæ, may be applied and—wait.

Chromic acid is certain and harmless. A strong tincture should be applied two or three times per week until gone. Better bathe the wart with soda and water for first application.

MASSAGE.

This excellent method of manual treatment had been recognized of decided importance even before the days of Hippocrates, until at this period the brightest lights in medical circles, Dujardin-Beaumetz, Sebatard, Berne, Estraderc, of France; Mezger, Rasbach, Schreiber, Reibmayer, of Germany; Berghman, Halledog, Amstrom and Nastrom, of Sweden, are a few of the prominent authorities who strongly advocate massage,

not to mention our own Beard, Weir Mitchell, and other eminent thinkers of our land. As years have rolled on various changes in both name and pretense have effected, not always for the best, this therapeutical manipulation we term massage. The "bone setters" and the "rubbers" did much good even in their crude unscientific way, but their successors seemed rather to lapse into incompetency, bringing the germ of merit into disrepute, so that long after the beginning of the present century the art of massage had been delegated to the low born and "magnetisers."

Happily the spirit of true merit has again possessed the intelligent, and scientific massage has now attained a position only next in point of usefulness to medicine itself. By well directed procedure massage proves itself the enlightened hand maid of surgery as well. But, as our readers may not all be in circumstances to employ the expert masseur, whether the inability is owing to prices charged, or want of supply, it is well to briefly mention how the work should be done, and no doubt some of the more intuitive will readily catch the "knack" of doing excellent work both upon themselves and others. The hands should be thoroughly washed and cosmoline lightly smeared over them. The first movement is a light, quick tapping of the fingers' ends, as in playing on a piano, over and along the region of pain, neuralgias for instance. This gentle and rapid tapping excites the circulation, bringing the blood more to the surface and thus absorbing the impediments or causes of suffering. This first manipulation may be practiced over the entire body, from head to foot, front and back, every alternate day with excel-

lent results. This percussion may, after a week or two, be superceded by gentle kneading of the flesh, wherever weak or sore. The hand being greased, there is little danger of severe grinding, but care had best be exercised. A brisk rubbing afterwards with the palm of the hand is usually very grateful, imparting a refreshed, exhilarated sensation. When joints ache or pain sharply on motion, this gentle kneading and rubbing greatly relieves and often cures.

Often muscles of the arms or legs feel numb and later shrivel in size. This atrophic condition can frequently be entirely overcome by the same means with an occasional tapping all over the parts with a thin strip of board, piece of smooth lath or shingle. This should be gently done each morning and night, subsequently rubbing briskly with the hands or a piece of warm woolen. It is usually much more effective than a galvanic current and more cheaply and easily applied.

Firmly kneading and rubbing the abdomen with a rotating motion for ten minutes each night and morning is a sure promoter of intestinal action, overcoming even obstinate, chronic constipation. Of course we can but hint at the efficacy of this manual method of treating certain conditions. A volume could no more than do justice to the subject, but perhaps enough has been suggested to give the quick-witted an intelligent start in the important direction and stimulate further thought and study into this marvelous employment of physical means to cure.

HOT WATER TREATMENT.

The reflecting public appreciate the fact that there is no element in nature so apparently inoffensive, yet so powerful for evil or good, as simple water. We shall only comment on its virtues, and to such as have requisite intelligence and determination to persist in its proper use, may depend upon marked reward attending faithful continuance in the directions which are to follow. It will not be amiss here again to allude to the subject of constipation. Certainly it is well to fully consider all that the term implies, since to constipation we may reasonably ascribe the greater and more dangerous ailments to which we are made subject, whether that result is due to our ignorance or carelessness in observing the sanitary laws which govern our well-being as the mechanical laws which govern automatic machinery, of soever kind. An engineer who disregards the proper care of his charge, could not reasonably expect to escape serious consequences to himself or his engine.

So with mankind; if we wilfully ignore certain human necessities when we should observe them, it is only reasonable to expect inevitable retribution. If, through carelessness, we permit the bowels to become engorged and impacted with the refuse from our necessary diet it is only a question of time when we will suffer from one or more of the many ills that certainly follows with avenging surety, whether the ascending colon, distended by the accumulated contents, has distended the ilio-cæcal valve and thus set up the beginning of the dreaded appendicitis, or by its volume

encroached upon the smaller bowels, or, by its inflated size, has compressed the kidneys, impairing their mechanism, causing traction upon the ureters, extending from the kidneys to the bladder, resulting in back ache and irritation of the bladder; or, whether the enlarged transverse section of the colon presses up against the stomach, causing a sensation of a hard lump in the pit of the stomach, impairing digestion, or by its bulk encroaching upon the spleen and pancreas, affecting their perfect work, or whether the proper function of any and all these essential organs are impaired or not, the great probability is that, if not now, some, at least, will become so. Then, too, think of the effects of these accumulations in this human sewer, for, in fact, that is practically what the large bowel—the colon—is.

The liquid portion of this fermenting mass is in a measure absorbed into the system, the blood, brain and nervous system poisoned and the residue is left dry, hard and immovable, to continue its evil influence to the general economy. Is it a wonder then that constipation is the root of most of our physical trouble? And is not the need for relief and permanent cure sufficiently apparent? Yet how many are there willing to incur the inconvenience for a permanent cure. "Oh, I can't." "Takes too much time." "Is too much trouble." What! too much time and trouble for a harmless and certain cure? Well, then, what follows is not for your personal information, but for those of my readers willing to adopt the safest and most reasonable course for the greatest besetting physical evil. Take a two-quart fountain syringe, fill with warm water, hang

the reservoir six feet from the floor. Lie on some old blanket on the floor, insert the hard rubber tube into the lower bowel, and by compressing the tube or hose with your finger and thumb, allow a slow stream of water to flow gradually into the colon as far up as it can, keeping perfectly quiet until the water has had time to distend the bowel and soften its contents. If you can wait in the recumbent position from ten minutes to half an hour, all the better will be the result.

A movement of the bowels will then occur, both easy and complete. This will not only dispose of the deleterious matter, but leave the entire colon free from irritating conditions, with a full, unhindered circulation, affording a sensation of vigor and vitality not otherwise experienced, without the griping colic which most laxative remedies occasion. The re-establishment of the circulation, by continued warm water treatment described, will effectually remove all hypertrophies, pockets and piles that have formed in the lower portion of the colon and rectum through years of constipated habit. Many cases of dyspepsia, flatulent colic, distended abdomen and obesity have been cured in a short time by persistence in the method outlined.

The drinking of a large glass of hot water before breakfast and on going to bed will prove a great additional benefit. It distends and cleanses the stomach, washing down the contents of the stomach into the bowels. The procedure is so simple, so inexpensive and certain of excellent results that it would seem that all to whose attention this method is called, would accept it at once. Happy those that do.

APPENDIX.

Where local treatment is needed, the following selected formulas for ointments, spray fluids and liniments may be found useful,

OINTMENTS.

OXIDE OF ZINC OINTMENT.

Take of—

Oxide of zinc.....1 ounce.
Benzoated lard.....6 ounces.

Mix.

This forms a mild astringent ointment, useful in skin diseases, with profuse discharges, for burns and scalds, eruptions on the skin and for ulcerations.

—*Am. Dtsp.*

RESORCIN OINTMENT.

Take of—

Resorcin.....8 grains.
Oxide zinc ointment..... $\frac{1}{2}$ ounce.
Lanolin..... $\frac{1}{2}$ ounce.

Mix.

A useful application in boils, frost bites, ulcers, fissures, herpes, and many skin diseases.

COMPOUND ZINC OINTMENT.

Take of—

Oxide of zinc ointment.....1 ounce.
Oil cade (juniperus oxycedrus).....1 drachm.

Mix.

Used as a local application in skin diseases, burns and scald head. For an all-around ointment for general purposes it cannot be excelled, especially if there is itching present.

BALSAM PERU OINTMENT.

Take of—

Balsam peru..... 1 drachm.

Vaseline..... 1 ounce.

Mix thoroughly.

A valuable application to obstinate and unhealthy ulcers, chilblains, itch, ringworm of the scalp and many cutaneous affections.

DR. HOWE'S JUNIPER POMADE.

Take of—

Lard..... 6 ounces.

Paraffine..... 4 ounces.

White wax..... 1 drachm.

Oil juniper berries..... 3 drachms.

Fowler's Solution..... 2 drachms.

Directions—After the lard, paraffine and wax are melted, the juniper oil is to be incorporated with an egg-beater, much time being employed in the admixture.

Uses—A valuable application in salt rheum, eruptions, itching of the genitals, ulcers, eczema and indolent tumors.

SPRAY FLUIDS.

Kali mur, 2x..... 1 drachm.

Soft water..... 2 ounces.

Mix.

While using the above locally with an atomizer, give a dose of kali mur. 3x every two hours.

TONSILLITIS.

Chloral hydrate..... 4 grains.

Glycerine..... 3 ounces.

Water..... 1 ounce.

Mix.

Use as a gargle every hour or two.

FOLLICULAR TONSILLITIS.

Chloride of sodium (salt).....15 grains.
Soft water..... 2 ounces.

Mix.

Use with an atomizer or as a douche morning and evening.

CATARRH.

Asepsin..... 1 grain.
Fluid hydrastus.....20 drops.
Soft or distilled water..... 2 ounces.

Mix.

Use with an atomizer three or four times a day.

POST NASAL CATARRH.

Kennedy's pinus can.....20 drops.
Tincture eucalyptus.....1 ½ drachms.
Liquid vaseline.....2 ounces.

Mix.

Use warm with an atomizers every three or four hours.

DIPHTHERIA.

Take of—

Papoid1 drachm.
Muriatic acid, diluted.....7 drops,
Soft or distilled water.....2 ounces,

Mix.

Use with atomizer every hour or two.

Take of—

Menthol crystals.....8 grains,
Liquid vaseline.....2 ounces.

Mix.

Use with an atomizer three or four times a day. A solution of the indicated remedy can be added to the above or used alone as preferred.

Take of—

Boracic acid.....15 grains.
Fluid hydrastus..... 5 drops.
Soft water..... 2 ounces

Mix.

Use with an atomizer every night and morning. This can be used as a gargle in ulcerated or inflamed sore throat.

Take of—

Fluid hydrastus (white).....	
Listerine, aa.....	1 drachm.
Soft or distilled water.....	2 ounces.

Mix.

Use with an atomizer morning and night.

LINIMENTS.

Take of—

Camphor.....	1 ounce.
Chloroform.....	2 drachms.
Olive oil.....	2 ounces.

Dissolve the camphor in the oil and chloroform; mix together.

This forms an excellent stimulant and anodyne application in neuralgic and other pains.

WINTERGREEN LINIMENT.

Take of—

Oil of wintergreen.....	2 drachms.
Alcohol.....	2 ounces.
Distil ext. witch hazel.....	1 ounce.

Mix the oil and alcohol together, shake the bottle a few minutes, then add the witch hazel.

Excellent for rheumatism, lame and sore joints, sprains and bruises.

COMPOUND LINIMENT OF STILLINGIA.

Take of—

Oil stillingia.....	1 ounce.
Oil cajeput.....	½ ounce.
Oil lobelia.....	2 drachms.
Alcohol.....	2 ounces.

Mix together.

This forms a peculiar kind of liniment possessing stimulant and relaxant properties. It is used in chronic asthma, croup, epilepsy and chorea. In asthma and croup, the throat, chest and neck is to be bathed with it three times a day. In chorea and spasmodic diseases the whole vertebral column is to be bathed with it. In rheumatism, sprains and painful affections the diseased parts are to be bathed with it. In asthma its action is very prompt and effectual, relieving and ultimately curing the most obstinate cases. It is often used of less strength as

Take of—

Oil stillingia	½ ounce.
Oil cajeput.....	½ ounce.
Oil lobelia.....	1 drachm.
Alcohol.....	3 ounces.

Mix.

Am. Disp.

TOOTH ACHE DROPS.

Take of—

Menthol	2 drachms.
Oil cinnamon.....	————
Oil cloves aa.....	40 drops.
Alcohol.....	1 ounce.

Apply on cotton. This is intended to relieve tooth ache. The cavity in the tooth should be cleaned and dried before the application is made. Repeat as often as found necessary.

BABY FOODS.

RECIPE 1.

Take of—

Pure cow's milk.....	
Fresh barley water, of each.....	1 teacupful.
Sugar of milk.....	1 teaspoonful.
Soda (Bicarb.).....	$\frac{1}{2}$ teaspoonful.
Salt, a small pinch or.....	5 grains.

Mix.

Put this into a nursing bottle and feed it warm to the baby every *two* or *three* hours. You will find this an excellent preparation.

When good sugar of milk can be obtained, always sweeten baby's food with it. It prevents in a great measure fermentation.

EGG ALBUMEN.

RECIPE 2.

The white of two or three eggs may be stirred into a pint of water, a teaspoonful of brandy and a little salt mixed with it.

The child will usually take this freely, and it is both stimulating and nourishing. It is sometimes remarkable with what rapidity a child that has been fed on artificial food and milk will pick up and improve on this diet alone. [HALE.]

FOOD WITH LIME WATER.

RECIPE 3.

Take of—

Cream	2 ounces.
Milk	1 ounce.
Lime water.....	2 ounces.
Sugar of milk water.....	3 ounces.

Mix.

Barley water or gum arabic water may be added to

the above if found necessary. For very young babies, the cream may be lessened or the mixture diluted with a little water.

RECIPE 4.

Take of—

Milk.....	4 ounces.
Barley water.....	1 ounce.
Sugar water.....	2 ounces.

Mix.

If found necessary, add from five to twenty drops of beef juice to each feeding, and give from two to four teaspoonfuls of sweet orange juice in the twenty-four hours. Much of the child's thirst is relieved by the orange juice.

HAIR GROWER.

RECIPE 1.

Bay rum.....	3 ounces.
Witch hazel, dist ext.....	4 ounces.
Salt.....	12 grains.
Magnesia, calcined q.s.....	

Mix the bay rum and witch hazel and shake with a little magnesia. Filter and into the filtrate dissolve the salt.

HAIR TONIC.

RECIPE 2.

Quinine sulph.....	10 grains.
Tincture of myrrh.....	3 ounces.
Glycerine.....	1 ounce.
Table salt.....	1 drachm.
Soft or distilled water.....	8 ounces.

Mix.

This is one of the best hair tonics. Apply by rubbing a little at the roots of the hair morning and evening. It will not disappoint you.

FALLING OF THE HAIR.

RECIPE 3.

Tincture of cantharides.....	1 drachm.
Tincture of Rosemary.....	2 drachms.
Glycerine.....	$\frac{1}{2}$ ounce.
Bay rum.....	4 ounces.

Mix.

Apply once a day and rubbed into the scalp very thoroughly.

RECIPE 4.

Take of—

Tincture of jaborandi.....	4 drachms.
Lanolin.....	3 drachms.
Glycerine.....	2 drachms.

Mix.

A little to be rubbed on the scalp every night.

NEUTRALIZING CORDIAL.

Take of—

Rhubarb (coarse powder).....	2 ounces.
Golden seal (coarse powder).....	1 ounce.
Cinnamon (coarse powder).....	1 ounce.
Brandy.....	2 quarts.

Macerate fourteen days, then turn off clear or strain. The remaining strength, if there be any, can be obtained by adding *two quarts* of water. Let it stand five or six hours in a warm place, then strain or filter. To this water solution, add *two ounces* of carbonate of potash; sugar *four pounds*, and *twenty drops* of oil of peppermint, this last having been previously rubbed with a sufficient quantity of sugar to absorb it, and mix the two liquors.

PROPERTIES AND USES—It may be used in cases of obstinate constipation, acidity of stomach and dys-

pepsia. It is employed by physicians in diarrhœa, dysentery, cholera morbus, cholera infantum, and in the same diseases as the compound powder of rhubarb. Am. Disp.

This cordial is of great value in cases of sour stomach, pain in the bowels, flatulency and pain caused by over-eating or indigestion. A few doses often relieves nausea and vomiting. Dose, two teaspoonfuls every hour or two.

KOUMISS.

One quart of perfectly fresh milk; one-fifth of a two cent cake of Flirshman's yeast; one tablespoonful of sugar. Dissolve the yeast in a little water and mix it with the sugar and milk. Put the mixture into strong bottles—beer bottles are good—cork them with tightly fitting stoppers and tie down securely, with stoutwine or wire. Shake the bottles for a few minutes to mix thoroughly the ingredients, then place them in a moderately cool place, to ferment slowly. At the end of three days lay the bottles on their sides; turn them occasionally. Four days will be required to perfect the fermentation, and then Koumiss is at its best. It will keep indefinitely in a refrigerator.

Koumiss has been used for many years as a drink or food, and is now highly prized by many Russian physicians as a food in consumption, general debility and kidney difficulties. In cases where the tongue is red or reddish brown, very dry, with great thirst, Koumiss will give the desired relief and the patient made comfortable.

LIME WATER.

Take of unslacked lime one ounce, or a piece the size of an egg. Break the lime up and put into a quart bottle, and fill the bottle with soft or distilled water. Let it stand twenty-four hours and it is ready for use.

Use the clear water and not shake the bottle before turning it out.

Lime water is valuable in acidity of the stomach, or where the food is rejected. It is said to be a specific in cases of obstinate and repeated formation of boils. (King.) Beneficial in nearly all cases attended with more or less acidity.

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BIOCHEMISTRY.

(SCHUESSLER'S TWELVE TISSUE REMEDIES.)

DOSE.

A dose of the tissue salt is a quantity of the powder about the size of a pea, or from two to three grains in weight. It can be given dry on the tongue or dissolved in a table spoonful of water and repeated every hour or oftener according to the severity of the case.

A better plan is to put twelve or fifteen grains into a glass half full of water and take by small sips as required. When necessary to take more than one remedy, pour them in separate glasses and take in alternation. In very acute cases the remedy should be given quite frequently in small doses, say from five to ten minutes apart. Chronic cases require from three to five doses per day of each remedy prescribed. All the remedies will act quicker in hot water.

POTENCIES.

The tissue salts are prepared in the form of *powder*, *tablets* and in *dilutions*. The first two are more commonly used. The matter of potency is one of opinion. Schuessler prefers them in the sixth, but some advise the higher and others the lower potency. Those in common use are the 3x, 6x, 12x, and in some cases the 30x. Preference has been shown as follows: *Calc. phos.*, *Calc. sulph.*, *Kali sulph.*, *Magnes. phos.*, *Natr. phos.*, *Natr. sulph.* and *Silicea* in the 3x to 6x. *Ferr. phos.*, *Kali. mur.* and *Kali. phos.* in the 2x to 6x. *Calc. fluor.*, 3x to 6x, and in tumors, hardened glands, etc., 30x. *Natr. mur* is given in the 3x and 6x, although the higher potencies, 30x and 200x, are sometimes thought to act better.

THE TWELVE TISSUE REMEDIES.

CALCIUM PHOSPHATE.

(Calc. Phos.)

Calc. phos. works with albumen. Albumen, an *organic* constituent, is always present in the organism, but is entirely useless in the absence of phosphate of lime molecules, which act as the workmen to build the albumen into formed matter.

This cell salt is found in the blood plasma and corpuscles, saliva, gastric juice, bones, connective tissue, teeth, etc. It supplies new blood cells, and is the primary remedy in anæmia and chlorosis.

It is a prominent constituent of bone, which is composed of 57 per cent lime phosphate, and inorganic and organic substances.

Calc. phos. is a curative of diseases which arise through a disturbance or a deficiency of its own molecules. It is a prime factor in the treatment of *all bone diseases*, whether "inherited" (?) or due to defective nutrition; also anæmia, chlorosis, convulsions and spasms in weak or scrofulous subjects; teething, rapid decay of the teeth, convalescence after acute disease to rebuild wasted tissues, deficient development of childhood and young people, emaciation without apparent cause, sexual indiscretions and excesses, spinal weakness and curvature, etc.

It aids the union of fractured bones and is an excel-

lent remedy in loss of appetite and non-assimilation of food. It is more adapted to the diseases arising in children, young people and old age. *All diseases* where there is a discharge or exudation of *albumen*, clear, transparent, *like the white of an egg before it is cooked*, are met by this cell-salt.

The 3x to 6x are the potencies generally preferred.

CALCIUM SULPHATE.

(Calc. Sulph.)

Calc. Sulph. stands in close relation to decaying organic matter. A lack of this cell-salt allows suppuration to continue too long. Its principal work appears to be to control suppurative discharges in any part of the body. It very beautifully compares with *Silicea*.

While *Silicea* hastens the process of suppuration, in a regular manner, *Calc. sulph.* restrains the discharge at a proper time. *Silicea* will ripen a boil or abscess and cause it to discharge, but if there is a deficiency of *Calc. sulph.* in the system, the suppuration may continue indefinitely.

It is indicated in *thick, yellow* discharges, sometimes *mixed with blood*, from any organ or part of the body.

It is indicated in suppurations, or third stage of all inflammations, when the above discharges are present. It is, also, indicated in swelling of the soft parts. When suppuration is forming or is threatened, it will frequently abate the formation of matter if resorted to early; but if the process still continues, *Silicea* will be needed to hasten its appearance on the surface. It must be considered at the proper stage in abscesses, boils, carbuncles, felons, pimples and pustules on the

face, suppurative gonorrhœa, etc. Symptoms are aggravated by getting wet, or the application of water. The usual potencies are the 3x and 6x. When practical it should also be applied locally by being dusted on, or in solution.

CALCIUM FLUORIDE.

(Calc. Fluor.)

Calc. fluor, like the phosphate of lime, works with albumen, but forms it into elastic fiber instead of bone. When a deficiency of this cell-salt occurs, it allows a relaxed condition of the muscular system to arise. This will cause a "sagging down," or prolapsus of some of the internal organs, as the womb, the rectum, etc. A deficiency may also occur in the circular fibers which compose the walls of the blood-vessels, allowing the vessels to relax and become engorged with blood. This is the pathology of varicose veins. It is a prominent constituent in the enamel of teeth, and should be considered in sensitive teeth, or when the enamel is rough or brittle. It is indicated in all diseases which can be traced to a relaxed condition of the elastic fiber, including dilatation of the blood vessels, blood tumors, piles, enlarged and varicose veins, hardened glands, relaxed uvula, falling of the womb, etc. Hardened conditions, tumors, etc., are due to relaxation of the muscular fibers, allowing an accumulation of matter to become encysted.

Calc. fluor. symptoms are all worse in damp weather and are relieved by gentle rubbing and fomentations. The higher potencies are recommended for internal use, although the 3x may be used locally.

FERRUM PHOSPHATE.

(Ferr. Phos.)

Ferr. phos. is an oxygen carrier. Without oxygen life cannot exist. It is the potential force which vitalizes the human system. We receive oxygen by inhalation and absorption, but if *Ferr. phos.* molecules were not present to take it up and carry it to every part of the body it would be entirely useless. For this reason, without a proper balance of iron in the blood, life and health cannot be maintained. When a deficiency of this *cell-salt* occurs, the circulation is increased, for the blood tries to carry enough oxygen to all the tissues of the body with the limited supply at hand. This causes heat; the engorgement causes pain. The disturbance in the iron molecules is communicated to those of *potassium chloride* and swelling results.

Ferr. phos., by its affinity for oxygen, has the power of coloring the blood corpuscles red. It is indicated in the initial stage of all inflammations, congestions and fevers before exudation has commenced, the symptoms of these conditions being flushed face; quick, full pulse; hot, dry skin; thirst; pain and redness of the parts, etc. In anæmia, chlorosis, it colors the blood corpuscles red, after they have been created by *Calc. phos.* It enters largely into the elastic walls of the blood vessels, especially the arteries, which lose their tonicity when the *iron* molecules are deficient. *Ferr. phos.* symptoms are always aggravated by motion and relieved by cool air or cold applications. Dr. Schuessler recommends the 6x to 12x, but in severe, acute cases the 3x has given satisfaction.

Local applications should always be resorted to when practical.

POTASSIUM CHLORIDE.

(Kali Mur.)

Kali mur. is the natural companion of *Ferr. phos.* When the latter cell-salt becomes disturbed, it always results in a disturbance of the molecular motion of *Kali mur.*, hence it is the indicated remedy in the second stage of all inflammatory conditions. *Kali mur.* creates, works with and controls fibrin, which is used in all tissues of the body except bone. In nerve and muscular tissue, the fibrin results from the union of certain substances, but never is it of use in the absence of *Potassium chloride* molecules.

Kali mur. is given for the sequelæ of all inflammations; also for exudations and discharges of fibrinous character.

The most familiar symptoms calling for its use are: glandular swellings; discharges or expectorations of thick, milk-white, or grayish-white, fibrinous consistency; white or gray exudations, and white or gray coating on the tongue. It is indicated in chronic catarrhal conditions; croup, diphtheria, dysentery, pneumonia, coughs, deafness from catarrh of the eustachian tubes, ulcerations with swelling and white contents; skin eruptions with yellowish-white secretions, leucorrhœa, etc.—always when the white characteristic is present.

Kali mur. symptoms are generally worse from motion; those of the stomach and bowels being aggravated by taking rich and fatty foods, pastry, etc.

Schuessler recommends the 6x potency, although many other physicians are favorable to the lower grades.

Apply locally on lint dressing, when practicable.

POTASSIUM PHOSPHATE.**(Kali Phos.)**

Potassium phosphate is the great nerve and brain remedy. Its place of action is in the gray matter of the brain and in the nerve fluids. Some one has termed it: "*human thought materialized*," and when its wonderful effects are noted, it would seem that the appellation is not far-fetched.

Kali phos, has an affinity for all the organic substances: oil, sugary albumen, and also water and oxygen; with these and traces of other inorganic matter, it forms the nerve fluid and the gray matter of the brain. Its wide curative range, and the great blessing it brings to the human race, will be recognized when its general action becomes better known.

All diseases arising from a deficiency of nerve fluid are cured by this cell-salt: Want of nerve power, prostration, loss of mental vigor, depression, lack of energy, brain fag, softening of the brain, sleeplessness, fretfulness, irritability, exhaustion, worry, makes "mountains out of molehills," etc. It is also curative where there is rapid decomposition of the blood, putrid hemorrhages, gangrene, offensive diarrhoea or dysentery, typhoid conditions, dizziness and vertigo from nervous exhaustion, etc. The tongue indication is a brownish yellow coating, as if spread with dark, liquid mustard.

The nervous symptoms are aggravated by noise or physical or mental exertion; pains worse in cold air. Relieved by gentle motion, eating, excitement or anything which will occupy or rest the mind.

The 2x to 6x potencies have given the most satisfactory results.

POTASSIUM SULPHATE.

(Kali Sulph.)

Potassium sulphate carries organic matter and oxygen to the cells of the skin. It acts upon the pores of the skin and is a constituent of the scalp.

It is one of the principal remedies in skin diseases. It has an affinity for oil, hence its excretions are yellow, sticky, slimy, etc. It corresponds to the third stage, or resolution stage, of all inflammations. The chief indication for its use is a yellow, slimy deposit on the tongue and thin, sticky watery, or slimy-yellowish secretions and discharges; in bronchitis, pneumonia, etc., with expectoration as above, skin diseases, with yellow secretions and peeling of the skin; also in the following diseases when the characteristic symptoms are present: dandruff; dyspepsia; scarlet fever; catarrh of the stomach, bowels, head or womb; diarrhoea; leucorrhœa, etc. In eruptive fevers, when the eruptions have been suddenly suppressed, this remedy will re-establish them.

In the beginning of inflammatory fevers, when the skin is dry and hot, it should be alternated with *Ferr. phos.* to promote perspiration.

Kali sulph. symptoms are worse in a warm room and toward evening.

Relieved in the cool, open air. Schuessler recommends the 6 x potency.

MAGNESIUM PHOSPHATE.

(Magnes. Phos.)

Magnes. phos. acts principally upon the delicate white fibers of the nerves and muscles. It uses albumen and water to form the transparent fluid which sustains these

fibers. It is the anti-pain, anti-spasmodic cell-salt. *Magnes. phos.* takes the place of morphia in many cases, but acts in an entirely dissimilar manner. Morphine stops pain by temporarily paralyzing the nerve centers, thereby cutting off communication with the brain. *Magnes. phos.* acts by supplying the lacking materials for which nature is asking.

The last cures naturally; the first only relieves while nature does the rest. *Magnes. phos.* is indicated in all diseases originating in the nerve-cells, or muscular tissues, when the white fibers are at fault. In all forms of cramps, spasms, lock-jaw, St. Vitus dance, colic, epilepsy, trembling paralysis, spasmodic retention of the urine, neuralgic pains in the head, face, teeth, abdomen, or stomach—it is the remedy, par excellence. All the pains of this remedy are sharp, lightning-like, shooting and boring, with frequent change of location. It is adapted to thin, lean, emaciated persons, who may be languid, tired and easily exhausted. All *Magnes. phos.* pains are worse on the right side, from cold, cold air, from touch, or from washing in cold water. They are generally relieved by firm pressure, heat, friction and by bending double.

The 3x to 6x potencies are generally the ones preferred. *Magnes. phos.* acts much quicker if given in hot water.

SODIUM CHLORIDE.

(*Natr. Mur.*)

Natr. mur. works with water and properly distributes it through the system. It is a constituent of every liquid and solid part of the body.

The human organism contains more of this cell-salt

than any other except *Calc. phos*. A disturbance of the molecules of this salt causes a change in the normal proportion of moisture in the tissues, showing itself in a decrease of secretion in one part of the body and an increase in another. While other cell-salts control the quantity of moisture in the system *Natr. mur.* properly distributes it in the tissues. It is the indicated remedy in all cases of disease where there is an excessive dryness of one part with an increased secretion of watery fluid from another. The secretions of *Natr. mur.* differ from those of *Calc. phos.* in that they are thin, watery and poor in albumen. *Natr. mur.* acts upon the lymphatic system, the blood, liver, spleen and upon every mucus membrane.

Natr. mur. is indicated in headache, toothache, faceache, etc., where there is either salivation or secretion of tears or watery vomiting. It is also indicated in all catarrhal conditions with the above watery secretions.

In skin diseases when there is watery blisters or weeping of the skin; in diarrhœa, with transparent, slimy stools; in leucorrhœa, inflammation of the eyes, neuralgia, in fact, any other disease with watery symptoms; also complaints after the abuse of nitrate of silver, quinine, etc., Schuessler recommends the 6x to 12x, though general opinion is in favor of the higher potencies.

The tongue symptom is clear, slimy and small bubbles of frothy saliva on the edges. All symptoms are generally worse in the morning, periodically, in salt atmosphere or in cold weather.

SODIUM PHOSPHATE.

(*Natr. Phos.*)

This is the acid remedy. *Natr. phos.* is found in the blood, muscles, nerve and brain cells, as well as in the intercellular fluids.

It has the power of splitting up lactic acid into carbonic acid and water, carries it to the lungs, where it is exchanged for oxygen; it is, therefore, the remedy for diseased conditions arising from an excess of lactic acid in the system.

In health there is sufficient *Sodium phosphate* in the organism to make the necessary chemical change and throw off this acid, but in certain diseased conditions there is a surplus of acid or a deficiency of *Sodium phosphate*, and it becomes necessary to supply the lacking salt in the form of medicine.

Natr. phos. is indicated in all diseases which are dependent upon an acid diathesis. It acts upon the bowels, glands, lungs, abdominal organs, etc. It cures sour vomiting; belchings and risings of acid fluids; greenish, sour-smelling diarrhœa; fever from acidity of the stomach in children; worm colic; indigestion or dyspepsia with acid symptoms; worms, etc. It is also indicated when there are discharges from any mucus membrane or tissue of a thick, creamy, golden-yellow matter. The tongue indication is a thick, creamy, yellow coating on the back part of tongue and on the palate and tonsils.

The 3x to 6x potencies are usually preferred. It should be used as an injection in worm troubles and also internally.

SODIUM SULPHATE.

(Natr. Sulph.)

Sodium sulphate is essentially a liver remedy. It has an affinity for water, and eliminates the excess from the blood and blood serum. It keeps the bile in normal consistency and is closely related to *Natr. phos.*, in its office in the organism. It aids and regulates the excretion of surplus water—that which arises from the decomposition of lactic acid by the *Sodium phosphate*, and various other diseased conditions.

When the molecular motion of this cell-salt is disturbed, the proper elimination of water is prevented. *Natr. sulph.* is indicated when there is a dirty, brownish-green or grayish-green coating on the root of the tongue, and dark, greenish, bilious stools, due to an over-secretion of bile.

Other indications are: jaundice; vomiting of bile; greenish diarrhœa; excess of bile; bitter taste; dropsy from disease of the liver; intermittent fever with vomiting of bile; diabetes; smooth, red, shiny erysipelas; brown patches on the skin; yellowish, watery secretions or yellowish scales on the skin.

Natr. sulph. symptoms are always worse in damp, wet weather, and from lying on the left side. Better in warm, dry weather and in the open air.

Schuessler recommends the 6x potency, but in acute, severe cases a lower trituration is demanded.

SILICEA.

(Silicea.)

Silicea uses pure albumen and fibrin. It is found in abundance throughout the vegetable kingdom, especially in grasses, grain, etc. Its special chemical action

in the human organism is not fully understood, although its curative principles are well recognized. The idea has been advanced that *Silicea* molecules are sharp cornered, and where an accumulation of organic matter occurs, are used to cut a way out and let the effete matter escape. As *Silicea* stands in such close relation to suppuration, this explanation appears quite plausible, although the actual proof may be lacking. A deficiency of this cell-salt in the human organism retards the normal process of suppuration. It is, therefore, a remedy in cases where pus has begun to form, but is retarded through a lack of this salt. *Silicea* enters largely, also, into the structure of nerve sheaths and connective tissue.

In suppurations its comparison with *Calc. sulph.* is interesting. *Silicea* promotes and hastens the formation of pus, while *Calc. sulph.* restrains the flow if it continues too long.

Silicea is indicated in boils, abscesses, carbuncles, etc., when there is a hardened condition and suppuration is threatened. Also in discharges from any membrane or tissue, of a thick yellow matter. Styes on the eye-lids, chronic syphilitic indurations, suppurating glands, epilepsy at night or with change of the moon, etc., are met with this cell-salt.

Symptoms are generally worse at night, during full moon, in the open air and from suppressed foot sweats; better by the application of heat and warmth; 3x and 6x are generally recommended, although some eminent physicians prefer a much higher potency.

APPLICATION OF BIOCHEMIC REMEDIES.

ABSCESS.

Abscesses consist of collections of purulent matter resulting from morbid action. Certain ones of the inorganic cell-salts having fallen below the normal standard in quantity, the organic matter controlled by these salts become non-functional and is thrown out. The same will apply to all eruptive skin diseases. Any thing which will cause poor blood is an exciting cause for diseases of this nature. The symptoms of abscess are so well known and the disease so common that further description is unnecessary.

TREATMENT.

First stage, for heat, redness, pain, throbbing or other febrile symptoms, *Ferr. phos.*; second stage, to reduce swelling before pus has begun to form, *Kali mur.*; to promote the discharge of pus and ripen quickly, *Silicea*; to shorten the time of discharge and cause the wound to heal, *Calc. sulph.*; hard, callous edges, *Calc. fluor.*; offensive, dirty-looking pus, *Kali phos.*

The remedies may be used locally as well as internally. When the abscess is ripening a poultice on which *Silicea* has been sprinkled should be applied to hasten suppuration, or a small quantity of moistened *Silicea* may be bound on the abscess. The diet should

be nourishing, but as easy of digestion as possible. Alcoholic drinks should be avoided. Lancing the abscess may be some times necessary, but if the above treatment is faithfully carried out it may often be prevented.

AMENORRHŒA.

This is simply a suppression of the menstrual flow and may result from taking cold, getting the feet wet, faults of diet, mental emotions or from another diseased condition, such as consumption, etc. The principal symptom is the cessation of the periodical flow, but other very serious symptoms and diseases may arise in consequence of the suppression, violent congestion of the chest, head or stomach, with cramps, convulsions, inflammations, etc. This disease may also cause pulmonary diseases and other troubles too numerous to mention.

This disease may arise from poor or insufficient food, causing anæmia of the blood.

TREATMENT.

If due to poverty of the blood in anæmic conditions, *Calc. phos.*; retention or delay of the flow if accompanied by depression of spirits or nervous debility, *Kali phos.*; white coated tongue, constipation, *Kali mur.*; too late and scanty with yellow coated tongue and sensation of fullness in the abdomen, *Kali sulph.*; too late, when accompanied with sadness, headache and weeping, *Natr. mur.*

Change of air, scenery, occupation, mental labor, etc., is a great aid; there should also be plenty of outdoor exercise, not fatiguing. An occasional hot sitz-bath is beneficial to cause an engorgement of blood to

the parts. The diet should be plain, but nutritious, except in cases of rush of blood to the head or convulsions, when it should be light.

Other remedies than those mentioned above may be needed for the attending or secondary symptoms.

ATROPHY.

Atrophy or emaciation without apparent disease is generally due to insufficient nourishment, either from a lack of the proper food or from an inability of the digestive organs to properly assimilate and use the food taken. Another frequent cause is the early use of mercurial preparations given to correct other ailments.

TREATMENT.

Wasting of tissues, when putrid-smelling stools are present, also nervous conditions, *Kali phos*; anæmic conditions, or when the lime salts are at fault, *Calc. phos.*; chlorotic conditions, emaciation of the throat and neck, *Natr. mur.*, alternate, *Calc. phos.*

ASTHMA.

Causes—rush of blood to the chest, breathing of dust, hysteria, derangement of menstruation, fits of passion, flatulency, suppression of piles, suppressed catarrh, constitutional derangements, etc. The principal symptom is *gasping for breath*, with a peculiar wheezing sound in the air passages. There is also some cough and sometimes expectoration, but not always.

TREATMENT.

Chief remedy for the breathing, in large doses, asthma with nervous symptoms or from taking food,

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Kali phos.; asthma with gastric derangements, costiveness, sluggish action of the liver, white coated tongue, thick, white, tough expectoration, *Kali mur.*; with light yellow, loose mucus, easily raised, worse during the summer or in warm air, *Kali sulph.*; worse from damp, wet weather or wet surroundings, loose morning stools and other bilious symptoms, *Natr. sulph.*; asthma with clear watery expectoration, watery discharge from the eyes and nose, *Natr. mur.*; breathing very difficult, must have fresh air, *Silicea*; when the expectoration is in tiny, yellow lumps, raised with difficulty, *Calc. fluor.*; with clear, thick and tough expectoration, also intercurrently in most cases, *Calc. phos.*

Each of the above remedies should be alternated with *Kali phos.*, for the heavy breathing, during the attack. The diet should be plain, nourishing, unstimulating and easy of digestion. Avoid violent exercise; quick walking, or climbing hills or stairs. Hot, moist cloths applied to the chest, during an attack, or breathing the fumes of various drugs, is beneficial to relax the muscular contractions.

BITES AND STINGS OF INSECTS.

Natr. mur. is generally sufficient, internally and applied locally by moistening the spot and rubbing in the dry powder. Itching all over like insect bites, due to acid conditions, *Natr. phos.*

BACKACHE.

Pain in the back may arise from several causes, lumbago, organic disease of the kidneys, displacements of the uterus, rupture, varicocele, loss of seminal dis-

charge, constipation, hemorrhoids, etc. It is important that these different diseases should be recognized and treated. The following symptoms apply to the most common forms of backache, but the reader should refer to the above headings for further information.

TREATMENT.

Pains in the back, low down over the hips, with confined bowels, piles or uterine displacements, *Calc. fluor.*; inflammatory pains over the kidneys, pains worse with movement, *Ferr. phos.*; follow with *Kali mur.*: sharp, shooting, neuralgic pains in the back, warmth relieves, *Magnes. phos.*; pains worse in the evening or in a warm room, better in cool, open air, *Kali sulph.*; pains with feeling of numbness and coldness in the back, worse at night, *Calc. phos.*; laming pains with feeling of stiffness, gentle movement relieves, too much exertion aggravates, worse immediately after rest, *Kali phos.*; pains in small of back, relieved by lying on something hard, weak back, especially in the morning, and when accompanied by watery symptoms, bubbles of frothy saliva on the tongue, etc., *Natr. mur.*: pains accompanied with bilious conditions, *Natr. sulph.*

BURNS AND SCALDS.

Chief remedy to restore the destroyed tissues internally and locally, *Kali mur.*; moisten lint with a strong solution of the remedy and apply frequently without removing the lint; if the wounds suppurate, *Calc. fluor.*, after *Kali mur.* *Ferr. phos.* will relieve the pain at the commencement, so good treatment will be to mix it and *Kali mur.* in the same solution and apply locally as long as the pain continues; also internally.

TREATMENT.

At first, smother the wound with the remedy in dry, powder form, then bandage, using lint if possible. Further applications of the remedy may be made in solution, without removing the wrappings. If blisters form they should be carefully punctured. The internal remedy should be given. The diet in severe cases should be light and non-inflammatory.

BOILS

Are simply an effort of nature to throw off non-functional matter. Just why it should be thrown off by way of the skin instead of through the natural eliminatory organs, is a mystery. There may be such exciting causes as becoming over-heated and cooling too rapidly, eating poor, irritating or rich foods, impoverishment of the blood, etc.

TREATMENT.

First remedy for redness, heat, pain, fever, throbbing, etc., *Ferr. phos.*; second remedy, for the swelling before matter forms, *Kali mur.*; to promote the formation of pus and bring it to the surface, *Silicea*; to shorten the time of discharge and cause the wound to heal, *Calc. sulph.*; with hard, callous edges, *Calc. fluor.*; offensive, dirty-looking pus, *Kali phos.*; constitutional tendency to boils, *Silicea*.

Silicea is the chief remedy, internally and externally. Make a poultice of bread and milk and sprinkle over it a little of the *Silicea*, or slightly moisten a powder of *Silicea* and apply as a poultice. Good, plain, but nourishing and non-irritating food should be given. Avoid the use of stimulating or alcoholic drinks. Be careful to not get over-heated.

BRONCHITIS.

Bronchitis or inflammation of the bronchical tubes may be acute or chronic. The cause is similar to that of common colds or acute catarrh. It may appear as a distinct disease, such as scarlatina, measles, whooping cough, small pox, etc. It is ushered in with chilliness, followed by fever. Other symptoms are: tightness or oppression of the chest; hoarseness, labored breathing; severe hacking or distressing cough—dry at first, but later with copious expectoration and at times streaked with blood; poor appetite; foul tongue; anxious countenance; loud wheezing; sometimes a loud crackling or whistling sound is heard in the upper part of the chest.

TREATMENT.

First stage, for fever, heat, rapid pulse, pains in the chest, short, painful cough without expectoration, short and labored breathing, *Ferr. phos.*; second stage, thick, white, tenacious expectoration, white or grayish-white coated tongue, *Kali mur.*; alternate *Ferr. phos.*; third stage, after *Kali mur.*; expectoration thin, light-yellow or greenish, slimy yellow, *Kali sulph.*; expectoration of clear, transparent, watery, frothy phlegm, "winter cough," loose rattling phlegm, *Natr. mur.*; clear, albuminous, thick, like white of egg before it is cooked, in weak, anæmic subjects with the above symptoms, *Calc. phos.*; expectoration thick, yellow matter, sometimes mixed with blood, *Calc. sulph.*; expectoration causes soreness, patient holds his chest while coughing, worse towards morning or in cold, damp, rainy weather, *Natr. sulph.*; for nervous symptoms, *Kali phos.*

In the acute form, the remedies should be given very frequently till the fever subsides. Hot, moist applica-

tions, similar to those used in pneumonia, are beneficial if applied to the chest, but should be applied with care, as there is danger of taking cold if there is exposure.

The diet should be light, as in all other inflammatory diseases. When the acute symptoms have subsided the nourishment should be gradually increased.

If *Ferr. phos.* be alternated rapidly with *Kali mur.* from the first, the disease will very rarely pass into the chronic stage.

CATARRH.

This disease consists of a mild inflammation of the mucus membrane, which is induced by exposure to sudden changes of temperature, or to a damp, chilly atmosphere. These conditions cause a deficiency of one or more of the tissue salts to occur. Catarrh may be either acute or chronic, the former being known as a "common cold." The acute form is characterized by slight fever, impaired appetite, languor, sneezing, pains in the head or back and extremities, obstruction of the nose and frequently hoarseness and cough; also at times a copious discharge of watery mucus from the nostrils.

The chronic form is chiefly characterized by the discharge, which may vary according to the stage of the disease.

TREATMENT.

Catarrh of any mucus membrane of the body must be treated the same, the nature of the secretion being a guide to the selection of a proper remedy. First, or inflammatory stage, catarrhal fever, congestion of mucus membranes, *Ferr. phos.*; second stage, secretions of thick, *white*, tough phlegm, stuffy sensations in the

head, white coated tongue, *Kali mur.*; third stage, after *Kali mur.*, secretions slimy or watery, yellow matter, sometimes greenish, symptoms worse in the evening or in a warm room, *Kali sulph.*; with thin, watery, frothy, transparent secretions, sometimes tasting salty, sneezing with watery symptoms, *Natr. mur.*; with secretions albuminous, transparent, like the white of an egg before it is cooked, intercurrently in all *chronic* cases, *Calc. phos.*; foul, offensive, thick yellow discharges, *Silicea*; thick greenish mucus, *Natr. sulph.*; creamy yellow discharges, same color coating on the tongue—acid symptoms—*Natr. phos.*; thick yellow matter, occasionally mixed with blood, *Calc. sulph.*; discharges with very offensive odor, if the adjacent bones are affected, *Calc. fluor.*

In the acute form the remedies should be given frequently. Get up a sweat by putting the feet in hot water and mustard. To assist in promoting perspiration, *Ferr. phos.* and *Kali sulph.* ; give frequent doses in hot water.

In *chronic* catarrh use the remedy as a nasal douche as well as internally. In the acute form the diet should be light; in the chronic form, nourishing.

Catarrhal patients should avoid sudden changes of temperature, late hours, draughts of air, etc.

A good way to use the remedy locally is to make a little tube of writing paper, about an inch long. Lightly compress one end, put in the medicine, insert the tube into the nostril, then sniff and the powder will go to the affected place.

CHILLS AND FEVER.

(Ague.)

This is a disease which the men of science (?) have told the people is of miasmatic origin, and "the people" have, with wide open mouths, drank it in. There is not the slightest proof to substantiate this *theory*—it is a wild conclusion jumped at by those who are ever following "*will-o-the-wisps*." But I believe the bacteriologists are edging away from the "miasm" theory and blaming all the trouble on to the festive microbe. When will this nauseating propagandism end? In ague patients there is an excess of water in the blood-corpuscles and blood-*serum*. This excludes the proper amount of oxygen from the system and ague symptoms follow. Two conditions are necessary to this disease, viz., excessive *heat* and *moisture*. The heat causes evaporation and allows the air to become humid; this watery vapor is breathed into the organism and the oxygen is excluded. It matters not whether the atmosphere be impregnated with vapor arising from pure water or from a stagnant marsh. All who have lived in the west can cite cases where ague exists on the cold and pure mountain streams, where there are no miasmatic gases. But the scope of this work will not permit of more than a "hint" in the right direction. The symptoms of this disease are first a chill or cold spell, followed by fever and ending with perspiration. This is called a paroxysm. Between the paroxysms, which are of longer or shorter intervals, the patient is generally free from suffering. At times there are more or less bilious symptoms present—furred tongue, dry, harsh skin, looseness of the bowels or constipation, pains in the abdomen and under

the floating ribs on the right side. The disease may assume the chronic form and continue indefinitely unless properly treated.

TREATMENT.

Chief remedy in all cases to eliminate from the tissues the excess of water, which is the cause of this disease, *Natr. sulph.*; in the initiatory stage, for the febrile symptoms, heat, fever, pain, vomiting of undigested food, also to supply oxygen, *Ferr. phos.*; profuse perspiration, with debility, *Kali phos.*; tongue coated thick white or grayish white, *Kali mur.*; after abuse of quinine, when watery symptoms are present, great thirst or with fever blisters on the lips, *Natr. mur.*; with acid conditions, *Natr. phos.*; with cramps in the calves, *Magnes. phos.*; intercurrently, and when convalescing, *Calc. phos.* Alternate each remedy as called for with *Natr. sulph.*

The diet should be restricted to that observed in fevers in general. *Ferr. phos.* and *Natr. sulph.* (3x) are the principal remedies and should be given steadily throughout the progress of the disease. Avoid eggs, fish, milk, buttermilk, fat, or anything of a bilious nature. A trip to the mountains will cure ague, because the air is rich in oxygen and poor in humidity. Clear, cold weather will also have the same effect.

COLIC.

Colic is a severe, griping pain in the bowels. It is due to a deficiency of *Magnes. phosphate*. The active causes are indigestion, the formation of gases, worms, suppression of chronic eruptions of the skin, foulness of the stomach, gravel, acrid discharges of bile into the

stomach and intestines, etc. Indigestion or derangement of the bowels is the most frequent cause. The symptoms are griping, tearing, gnawing or shooting pains in the abdomen. At times with vomiting, swelling, costiveness or looseness of the bowels. The pains may be relieved by bending double, pressure, hot drinks, etc.

TREATMENT.

Chief remedy, pains force the patient double, griping, remittent, crampy in infants and children, with drawing up of the legs, relieved by warmth, friction or belching of gas, *Magnes. phos.*; if *Magnes. phos.*, although indicated, fails to relieve, or where the lime salts are at fault, *Calc. phos.*; with acidity, sour-smelling stools, or worms, *Natr. phos.*; bilious or lead colic, bitter taste in the mouth, or vomiting of bile, *Natr. sulph.*; in menstrual colic for the febrile symptoms, *Ferr. phos.*; pains resembling colic, abdomen cold, with passing of sulphurous gas from the bowels, *Kali sulph.* Drink all the *hot water* possible, also give enema of the same. Sometimes an emetic of a cup of strong, black coffee will relieve. Give *Magnes. phos.* in hot water. Put 20 or 30 grains into a cup of hot water and sip almost constantly till relief is obtained. Avoid foods which cause a return of the trouble and study carefully the article on "Dyspepsia."

COLDS.

First stage of colds, with fever, congestion of the membranes, etc., *Ferr. phos.*; second stage, stuffy sensation in the head, discharges thick, *white* (not transparent) mucus, white or grayish-white coating on the

tongue, *Kali mur.*; watery, thin, frothy, transparent discharges, sometimes salty taste in the mouth, "running cold," violent sneezing, with watery symptoms, *Natr. mur.*; yellow, slimy, watery, sometimes greenish, secretions, patient worse in warm room or in the evening, *Kali sulph.*; chronic colds, albuminous discharges, thick, transparent, like white of egg before it is cooked, intercurrently in all colds and for predisposition to take cold, *Calc. phos.*; colds with thick, yellow matterly secretions, sometimes tinged with blood, *Calc. sulph.*; stuffy cold in the head, *Calc. fluor.*; alternate, *Kali mur.*

For cause, symptoms and suggestions see under the heading of "*Catarrh.*"

COUGHS.

Cough is not really a disease, merely an effort of nature to throw off an accumulation of disorganized matter from the air passages, which would cause serious results if not removed. The reason for these accumulations may be a common cold, irritation of the bronchial tubes, or it may be nervous, spasmodic, or sympathetic, being closely connected with other organs, such as the liver, uterus, etc. The cough itself is not dangerous only as it shows the varying conditions of the air passages.

TREATMENT.

Short, tickling, painful, acute, dry cough, with soreness in the throat or lungs, *Ferr. phos.*; if this fails to relieve alternate with *Natr. mur.*; loud, noisy, stomach cough, croup-like hoarseness, croupy cough, noisy cough, with white or grayish-white coating on the tongue, expectoration of thick, white tenacious phlegm,

Kali mur.; coughs with watery, yellow expectoration, worse in a heated room or in the evening, *Kali sulph.*; spasmodic cough, coming on in paroxysms, without expectoration, *Magnes. phos.*; coughs with expectoration of thick, albuminous mucus, *Calc. phos.*; with excess of watery secretions, with clear watery expectoration, *Natr. mur.*; with watery, sometimes bloody sputa, *Calc. sulph.*; with expectoration of yellowish-green pus, mattery, tasting greasy or sweet, offensive odor, morning cough, profuse expectoration, *Silicea*.

Draughts of air, cold, raw winds, becoming chilled, etc., should be carefully avoided. All air should be breathed through the nostrils, to avoid irritating the air passages. Cold water baths of the throat and chest, followed by *brisk rubbing*, are beneficial to harden the chest and prevent taking cold.

All the underlying symptoms must be carefully studied and the remedy selected accordingly.

CROUP

Is an inflammatory condition of the windpipe. This gives rise to a rapid secretion of *fibrin*. The exciting cause, or that which causes this disturbance in the *Chloride of potassium* and *fibrin*, may be exposure to cold or damp, cold winds, sudden climatic changes, etc.

The symptoms are fever, cough, sneezing, hoarseness, etc., at the commencement. At its height the symptoms are: Short, difficult and hoarse respiration, accompanied by a shrill, whistling, squeaking, harsh, rattling or metallic sound, with cough of the same character. There is some fever, anxiety of countenance, face livid or red, and often covered with perspiration.

TREATMENT.

Chief remedy, to limit the exudation, *Kali mur.*; for the fever, rapid pulse, etc., alternate, *Ferr. phos.*; intercurrently, *Calc. phos.*; last stage, collapse, pale, livid countenance, nervous conditions, *Kali phos.* in alternation with the chief remedy. Spasmodic closure of the windpipe, shrill voice, suffocative cough, *Magnes. phos.*

Keep the child warm. Give *Ferr. phos.* and *Kali mur.*, 3x, in alternation and rapidly, and it will generally suffice to make a cure. Powdered alum and sugar, one-half teaspoonful of each, in desperate cases will "cut" the phlegm, after which the *Kali mur.* may be continued. Avoid exposure to cold, bleak or damp winds. The diet should be light and non-irritating, even for some time after a cure is effected.

DYSMENORRHOEA.

Dysmenorrhœa or painful menstruation may be due to a mechanical obstruction of the uterus; a contraction of the muscles of the neck of the womb, causing a hardened condition, or an excessive congestion of blood. Active causes may be, lack of proper exercise, improper diet, taking cold frequently, etc.

The symptoms consist of sharp cramps, or labor-like pains over the region of the womb at or preceding the menstrual flow. The discharge varies from a bright red to a deep black, and at times a membrane is thrown off. At times severe nausea, headache and fever are present, but they are more or less secondary symptoms.

TREATMENT.

Chief remedy to prevent the engorgement of blood to the uterus, vomiting of undigested food, flushed face,

quick pulse, flow of bright red blood, to be taken between the periods of the above symptoms are recurrent, *Ferr. phos.*; for the severe, crampy, colicky pains at the time of menstruation, warmth relieves, *Magnes. phos.*, in hot water, frequent doses, also for painful menstruation where there is a membrane thrown off. Dysmenorrhœa with great melancholy and sadness, menses scant, burning in vagina and womb, fever blisters on the lips, *Natr. mur.*; menstrual colic when bilious symptoms are present, *Natr. sulph.*; in young girls at puberty, in anæmic subjects, intercurrently in all cases, *Calc. phos.*

For the pains, *Magnes. phos.* 3x should be given in frequent doses—in hot water. Also make a local application of same (in hot water) and apply with cloths over the abdomen. Drink plenty of *hot water*. *Ferr. phos.* between the periods, should be taken steadily. Avoid catching cold, give plenty of out-door exercise, advise good, easily digested, light, nourishing, but unstimulating food. Build up the nervous system. Keep regular hours, and see that the feet are warm and dry.

DYSPEPSIA.

The principal causes are: Irregularities in diet—such as over-eating; eating too rich or indigestible food; highly seasoned and stimulating soups; excessive use of wine, liquors, tea, coffee, and other stimulants; irregularity of meals; imperfect chewing of food; keeping late hours; sedentary habits; exhaustion from mental overwork; mental emotions; constipation, etc.

All these causes or irregularities create a disturbance in the molecules of the different cell-salts, which gives rise to many symptoms, some of which are pain

and tenderness at the pit of the stomach, regurgitation of food and sour fluids, acid risings, burning pain or heaviness in the stomach after eating, vomiting of undigested food, flatulence brings back the taste of the food, lack of appetite, nausea, water-brash, gone feeling or heating or throbbing in the stomach, with flushed face, voracious appetite, sensation of fullness at pit of stomach, etc.

TREATMENT.

Dyspepsia, due to inflammatory conditions of the stomach, hot-flushed face, region of stomach tender to touch or with throbbing pain, clean tongue, vomiting of undigested food, *Ferr. phos.*; with acid symptoms, sour taste in the mouth, yellow, creamy coating on the back part of tongue, belching of acid fluids, *Natr. phos.*; non-assimilation of food, pain after eating even small quantities of food or drinking cold water, feeling as if a weight was in the stomach, intercurrently in all cases, *Calc. phos.*; "gone feeling" in the stomach, food relieves, gas gathers around the heart, nervous disturbances, *Kali phos.*; dyspepsia with water-brash or vomiting of clear, frothy water, not acid, *Natr. mur.*; with white coating on the tongue, aversion to fat or rich food, pain in region of liver or under the right shoulder blade, *Kali mur.*; with slimy, yellow coated tongue, sensation of fullness or pressure in the stomach, with pain and gathering of water in the mouth (after *Natr. mur.*), *Kali sulph.*; dyspepsia with sharp, griping pains in the stomach, clean or red tongue, *Magnes. phos.*; with bilious symptoms, bitter taste in the mouth, vomiting of bile, stitching pains in the liver, dark, bilious stools, tongue coated greenish-brown or greenish-gray, *Natr. sulph.*

Great care must be taken in the selection of a proper diet; each individual is a law unto himself. Those articles of food which are known to disagree should be studiously avoided. All condiments or indigestible food should be discarded. The meal should be eaten with partaking but slightly of liquids and the food should be well masticated. Copious drinks of hot water are beneficial to wash and cleanse the mucus membranes. The bowels must be kept in a regular, healthful condition.

DYSENTERY.

The same general causes as for diarrhœa are applicable to dysentery, but in this disease there is a deficiency of iron molecules in the blood-vessels, giving rise to inflammation, hemorrhage, etc. The muscular salts become disturbed, which gives rise to cramps, spasms, etc. The water in the system is disturbed, owing to a non-equalization of the *sodium* salts. Suddenly checked perspiration, becoming chilled in the evening after perspiring through the day, suppression of hemorrhoids, local irritations, worms, living in damp or marshy places, etc., are all causes of dysentery. The symptoms are watery and sometimes bloody stools, with constant urging to evacuate the bowels, great straining, cramp-like pains in the abdomen, fever, loss of appetite, foul tongue, etc.

TREATMENT.

For the cramps and spasmodic pains in the abdomen and bowels, pains better from heat or by bending double, violent pains in the rectum, with constant call to stool, *Magnes. phos.*; for the febrile disturbances,

fever, rapid pulse, etc., hot and watery, or undigested stools, *Ferr. phos.*, in the beginning in alternation with *Kali mur.*; urging to stool with purging, cutting pains in the abdomen and rectum, slimy, pale-yellow, ochre-colored stools, *Magnes. phos.*; very offensive or putrid stools, or stools of pure blood, dry tongue, delirium, swelling of the abdomen, *Magnes. phos.*; mattery, sanious stools or matter mixed with blood, *Calc. sulph.*; intercurrently, *Calc. phos.* Give the *Magnes. phos.* in hot water—*very frequent* doses. Also give enemias of the same several times a day. *Keep the patient very quiet.* Do not attempt to check the discharges too rapidly. Avoid straining as much as possible. Resist the urging to constantly go to stool. The diet must be very light and easy of digestion—such as barley-water, gruel, weak chicken-broth, beef-tea, etc. Wines, alcohol, acids, etc., are injurious and should be avoided.

EYE DISEASES.

Inflammatory diseases of the eye, with pain and redness, without secretions, burning in the eyes, pains relieved by bathing in cold water, worse from movement, *Ferr. phos.*; second stage of inflammations with discharge of thick, white mucus, *Kali mur.*; third stage with discharge of slimy, yellow or greenish-yellow matter, or yellow crusts on the lids, *Kali sulph.*; weakness of eyesight from exhaustion after disease, dilated pupils, staring appearance, paralysis of the lids, blindness from decay of the optic nerve, *Kali phos.*; spasmodic conditions of the eyes, squinting, twitching of the lids, neuralgic pains, contracted pupils, sparks before the sight, *Magnes. phos.*; clear, watery, trans-

parent discharges from the eyes, sometimes causing soreness of the skin, spots on the cornea, neuralgic pains with flow of tears, *Natr. mur.*; inflammations with discharges of thick, yellow matter, *Calc. sulph.*; styes on the eyelids, little boils and tumors around the eyelids, deep-seated ulcers of the eye, *Silicea*; with discharges of creamy, golden-yellow matter, lids glued together in the morning, when acid symptoms are present, squinting if from worms, *Natr. phos.*; yellowness of the eye-balls from liver trouble, *Natr. sulph.* Any of the remedies may be applied locally to the eye without injury.

FELON.

(Whitlow.)

Felon, or whitlow as it is sometimes called, is a deep seated abscess, situated on or near the end of the finger. The pus forms between the bone and the periosteum. Although some authorities believe it to be a constitutional disease, it is usually the result of a bruise.

At first a slight pricking pain is noticed, which is soon followed by a hard tumorous swelling—hot and painful. Matter begins to form in a few days, and the pain becomes dull, but of a throbbing nature. In time it ripens and discharges, but it is sometimes necessary to use the lance deeply, as if neglected, it is likely to form a sloughing ulcer.

If the indicated tissue cell-salts are given early they will generally abort the usual process.

TREATMENT.

Inflammatory stage, heat, pain, congestion, *Ferr. phos.*; second stage, with swelling, but before pus has begun to form, *Kali mur.*; to hasten discharge of

pus and promote the growth of new nails, *Silicea*; after *silicea*, if the discharge continues too long, *Calc. sulph.*; discharge of foetid, dirty looking matter, *Kali phos.*

Silicea and *Ferr. phos.* should be given from the beginning. A lotion of the same will be beneficial. When the wound is discharging put on a warm bread and milk poultice, on which some of the *silicea* powder has been sprinkled. If a lance is used it must penetrate to the bone or the object will not have been accomplished. *Silicea* will promote the formation of new nails should they be destroyed by the felon.

FEVER

Is simply a deficiency of, or a disturbance in the *phosphate of iron* molecules. When *iron* is deficient there is a deficiency of oxygen, for iron is the carrier of oxygen to every tissue of the body. In nature's effort to carry enough oxygen with the limited amount of iron at hand, the blood must move rapidly. This increased motion creates heat, which is called fever. As cell-salts are very closely connected, and in sympathy with each other, it nearly always occurs that other salts are disturbed and the various kinds of fever follow.

The first symptoms are a feeling of coldness or shivering, followed by heat, increased pulse, thirst, restlessness and languor. Certain organs of the body may be affected, giving rise to distinct types of fever, such as gastric, typhoid, etc.

TREATMENT.

All fevers, from whatever cause, require in the first stage, for the inflammation, increased temperature,

rapid, full pulse, etc., *Ferr. phos.*; secondary remedy, with constipation or a thick, white coating on the tongue, *Kali mur.*; rise of temperature in the evening, dry, hot skin, lack of perspiration, also fevers from blood-poisoning, *Kali sulph.*, alternate, *Ferr. phos.*; when nervous symptoms are present, quick and irregular pulse, stupor and depression, *Kali phos.*; watery discharges from the eyes or nose, as in hay fever, *Natr. mur.* At the commencement of a fever, get up a sweat, if possible; put the feet in a hot bath with a little mustard added. Take *Ferr. phos.* and *Kali sulph.* internally, in hot water; also put the latter into hot water and sponge all over, then roll up in blankets. Avoid taking cold after the sweat.

The diet should consist of toast-water, weak barley or rice-water, milk, beef-tea, arrowroot, etc. Meats and stimulating foods must be prohibited. Plenty of water, in small quantities, may be given.

GOITRE.

Goitre is caused at times by a strain of the glandular ligaments, or from an excess of acid in the system, or by a constitutional tendency. It is not infrequently due to a deficiency or an excess of lime in the soil and drinking water of the locality in which the patient lives, thereby causing a disturbance in the molecular action of the phosphate of lime. The only symptoms are an enlargement of the thyroid gland and sometimes a difficulty in breathing.

TREATMENT.

Chief remedy, especially in scrofulous subjects, *Calc. phos.*; if of stony hardness, *Calc. fluor.*; exoph-

thalmic goitre, *Natr. mur.*; goitre, with creamy coating on tongue and acid symptoms, *Natr. phos.*

In all cases of goitre a local application should be used, of the indicated internal remedy.

HICCOUGH.

Magnes. phos. is the principal and generally the only remedy required in this affection. Give in hot water—small but frequent doses; intercurrently or where the lime salts are at fault, *Calc. phos.*; after the abuse of quinine, *Natr. mur.*

HOARSENESS.

Hoarseness is caused by a slight inflammation of the mucous membrane of the larynx, or from catarrhal affection. It is merely a symptom of disease, and is recognized by roughness or huskiness of the voice, with frequent scraping of the throat.

TREATMENT.

Hoarseness, when due to a slight inflammation of the membranes of the throat through over-exertion of the voice or from taking cold, *Ferr. phos.*; hoarseness, huskiness and loss of voice from cold, white-coated tongue, *Kali mur.*; slight paralysis of the throat muscles, tired feeling in the throat, or if there are present symptoms of exhaustion or nervous depression, *Kali phos.*; very obstinate hoarseness after, *Kali mur.*, if that remedy fails to relieve; chronic hoarseness, with constant hemming and scraping of the throat when speaking, *Calc. phos.*, alternate, *Ferr. phos.* Avoid sudden changes of temperature, exposure to taking cold, over-exertion of

the voice, night air, irritating by stimulating food or drink, wet feet, etc. Gargle the throat with the indicated remedy; also, if necessary, make outward application of the same.

HEMORRHAGE.

Hemorrhages from any part of the body or internal organs are due to a relaxed condition of the muscular walls of the blood-vessels, caused by a deficiency of certain cell-salts. The vessels dilate, thereby allowing an engorgement of blood, which often ruptures the blood-vessels themselves, and their contents are discharged. At times there is a breaking down, or brittleness of the walls of the vessels; at others a sudden determination of blood to certain parts of the body.

TREATMENT.

Bleeding from any part of the body, when the blood is bright-red, easily coagulating, internally and locally, *Ferr. phos.*; dark, black, clotted or tough blood, *Kali mur.*; thin, pale-red and watery, not coagulated, *Natr. mur.*; hemorrhage from the womb—flooding—to tone up the contractile powers of the womb, *Calc. fluor.*, alternate *Kali phos.*; bleeding in anæmic subjects, thin, blackish-red, non-coagulating blood, *Kali phos.*; inter-currently in all cases, to supply wasted tissues, *Calc. phos.* *Ferr. phos.* is the chief remedy in all cases of hemorrhage.

Give the indicated remedy internally and apply locally, either in solution or the dry powder. Hemorrhage of the lungs, eat a little common table-salt, sit upright and keep quiet, avoid coughing or talking. Hemorrhage of the womb, lower the head, raise the

hips, give vaginal injections of very hot water, with *Calc. fluor.*, or apply cold cloths to the lower abdomen. Bleeding of the nose, blow the powder into the nostrils by means of a paper tube, apply cold to the nape of the neck, or, best of all, grasp the nose with the thumb and finger with a sliding motion from above downward, and make firm pressure just below the nasal bones, retaining the hold till coagulation has taken place.

HYSTERIA.

This disease is caused from an extreme sensitiveness of the nervous system. It may be caused by sedentary habits, uterine displacements, suppression of the menses or irregularity of the same, distress of mind, etc. There are present depression of spirits, anxiety, tears, gloominess, sensation of suffocation, insensibility, crying and screaming, fits, etc. These symptoms could be immensely multiplied in detail.

TREATMENT.

Nervous attacks from fright, passion, sudden or intense emotion, sensation as of a ball rising in the throat, fits of laughter and crying, in nervous, excitable patients, *Kali phos.*; if accompanied with spasms and contortions, alternate, *Magnes. phos.*; anæmic subjects and intercurrently in all cases, *Calc. phos.* Hysteria is frequently symptomatic of some other disease, such as uterine displacements, etc.; these must be treated before a radical cure can be expected.

Good nourishing diet, outdoor exercise, change of scene, pleasant employment of the mind and cultivating an interest in life, are all conducive to the cure of this disease.

INCONTINENCE OF URINE

May arise from many different causes, principal among which are worms, acidity, certain forms of indigestion, inflammatory conditions, partial paralysis or relaxation of the muscles. Also certain changes in the urine.

TREATMENT.

Incontinence of urine, from weakness of the muscles, spurting of urine when coughing, wetting the bed in children, *Ferr. phos.*; incontinence from paralysis of the sphincter muscle, or in weak, nervous, excitable subjects, *Kali phos.*; in children, when associated with worms or acid symptoms, *Natr. phos.*; with excessive discharge of watery urine, *Natr. mur.*; intercurrently in all cases, *Calc. phos.*

Incontinence, or wetting the bed, is a symptom of this disease and should be treated the same as other affections. Many parents punish their children for this habit, but it merely aggravates the conditions. Better by far to talk kindly to the child so as to quiet the nervous system, and then inquire into the cause and treat it rationally. Insist on the patient urinating just before retiring and suggest kindly that the mishap will not occur again.

INFLUENZA.

Influenza, or its more modern name, La Grippe, is caused (the scientific world says) by the festive microbe, but I should much rather be dubbed "unscientific" than to subscribe my name to this theory.

The pathology of this disease is similar to that of a bad cold; it follows then, as a matter of course, that

atmospheric changes are the cause of this condition. These changes so operate upon the functions of the human system that the inorganic cell-salts are disturbed, thereby causing deficiencies to arise.

Influenza commences as a common cold, with fever, chilliness, running at the nose, sneezing, red and watery eyes, cough, headache, pains in the limbs and back, dryness of the throat, etc. Sometimes it also assumes a decidedly bilious character and there are present pains in the liver, vomiting of bilious matter, yellow skin, diarrhœa, thick, yellow coated tongue, etc.

TREATMENT.

First, or initial stage, fever, pains in limbs, etc., *Ferr. phos.*; sneezing, watery discharges from eyes or nose, *Natr. mur.*; with constipation, vomiting of bile, bitter taste in mouth or other bilious symptoms, *Natr. sulph.*; accompanied with extreme restlessness or nervousness, *Kali phos.*; to promote perspiration at commencement of disease, *Kali sulph.* and *Ferr. phos.*

At the commencement of the disease the remedies should be given rapidly—say every few minutes. Put the feet in hot mustard and water, wrap up warm and go to bed. See that the bowels are free. Drinking of large draughts of hot water are also beneficial.

INJURIES.

First remedy in all mechanical injuries to the soft tissues, including bruises, cuts, falls, fresh wounds, sprains, etc., for the inflammatory conditions, bleeding, pain, congestion, etc., *Ferr. phos.*, locally and internally; second stage for swelling, *Kali mur.*, in alternation with

Ferr. phos.; neglected cases when suppuration threatens, or when discharging thick, yellow pus, *Silicea*; when the discharge continues too long, thick, yellow pus sometimes streaked with blood, *Calc. sulph.*; bruises of the bones, *Calc. fluor.*

LA GRIPPE.

This is an old disease under a new name. Our forefathers called it "influenza." But in some localities it slightly differs from influenza and many have, therefore, thought it an entirely new disease. A few years ago it swept over the world in a severe epidemic form, and has been with us, more or less, ever since. The scientific (?) world has flown to the microbic theory, but no true Biochemist can accept this as the origin of La Grippe. There may be plenty of microbes present, but they are the *result* and not the cause of this disease. Space will not permit of a lengthy discussion of the "why and wherefore," but true it is that through atmospheric changes, electrical conditions, etc., the cell-salts of the body are disturbed and the resulting symptoms known as La Grippe appear.

It commences as a common cold, with fever, chilliness, running at the nose, sneezing, head ache, rheumatic, sharp or aching pains in the back and limbs, prostration, giddiness, ear ache, redness of the eyes, with tears, dryness of the throat, profuse and weakening sweats, dry, racking cough, etc. At times, and especially in some localities, the disease assumes a bilious character, and there is present pains in the liver, yellowness of the skin, vomiting of bilious matter (bile), thick, yellow coated tongue, etc.

TREATMENT.

For the febrile disturbances, fever, heat, tickling cough, pains, etc., *Ferr. phos.*; bilious symptoms, vomiting of bitter fluids, bitter taste in the mouth, yellow complexion, *Natr. sulph.*; excessive secretion of tears, or saliva, with frothy bubbles on the edges of the tongue, aching in the bones, tickling cough, if *Ferr. phos.* fails to relieve, *Natr. mur.*; sharp, shooting, cutting pains, *Magnes. phos.*; pains change their location frequently, worse in warm air, *Kali sulph.*; white coated tongue or cough with white, tenacious expectoration, *Kali mur.*; albuminous sputum, *Calc. phos.* (*See Coughs.*)

Ferr. phos. and *Natr. mur.* or *Natr. sulph.*, if alternated rapidly from the first will generally cut short the disease. Rectal enemas of hot water are beneficial. Endeavor to promote perspiration at first by hot foot baths, drinking large quantities of hot water, etc. Sponging the body with *Kali sulph.* in hot water will promote perspiration. The diet must be very light, unstimulating, but nourishing, especially while inflammatory symptoms remain. Avoid drafts, etc., the same as in common cold.

LIVER.**(Diseases of.)**

In all diseases of the liver the digestion and condition of the bowels should receive due attention. The movement of the bowels by means of enemas of warm water is far preferable to the use of active cathartics. In all inflammatory diseases of the liver the diet should be light and unstimulating. In bilious conditions avoid the use of eggs, fish, cream, or other rich foods.

In nearly all liver complaints a local application of the indicated *cell-salt* will be found beneficial.

TREATMENT.

Chief remedy in liver troubles, when the usual bilious symptoms are present, vomiting of bitter fluids, bitter taste, yellow complexion, sallow skin, greenish-brown-coated tongue, pain in the region of the liver, dark, bilious stools, *Natr. sulph.*; pain in the liver and under right shoulder blade, sluggish action of the liver, light-colored stools, white-coated tongue, *Kali mur.*; first stage of inflammation of the liver, etc., *Ferr. phos.*; liver troubles accompanied by depression of the nervous system, or from excessive mental strain, *Kali phos.*; abscess of the liver, with pain, weakness or nausea, to control pus formation, *Calc. sulph.*; when accompanied by watery symptoms, drowsiness and watery secretions, frothy bubbles of saliva on the tongue, *Natr. mur.*, intercurrently, *Calc. phos.*

LEUCORRHŒA.

Leucorrhœa, or "whites," as it is commonly called, is closely related to catarrh. It is simply an exudation from the mucus membrane of the uterus or vaginal walls, and may depend upon debility, or a chronic inflammation of some of the membranes. It is frequently observed in delicate, relaxed constitutions, accompanied with falling of the womb, irregular menstruations, etc. It may also arise from debilitating habits or uncleanness.

The discharge varies in color and consistency, according to the stage of the disorder, changing from

a white, bland, non-irritating discharge, to a yellow, yellowish-green, creamy-yellow, dark-yellow, or yellowish-brown. At times it is non-irritating, but at others it may cause smarting and soreness. The above discharges should not be confounded with those arising from a cancerous or other malignant disease of the uterus. These discharges are usually watery, profuse and offensive.

TREATMENT.

The nature of the discharge always indicates the remedy. (*See Catarrh..*)

Discharge of albuminous mucus, thick, transparent, like the white of an egg before it is cooked, with weakness in sexual organs, intercurrently in all cases of leucorrhœa, *Calc. phos.*; watery, smarting, irritating and scalding discharges, itching of the vulva, dull, heavy head ache, after the use of nitrate of silver, quinine, etc., *Natr. mur.*; mild, non-irritating, milky-white discharge, *Kali mur.*; yellow, greenish, slimy or watery secretions, *Kali sulph.*; honey colored, creamy with acid conditions, *Natr. phos.*; scalding, acid leucorrhœa, *Kali phos.* and *Natr. mur.*

Absolute cleanliness should be observed. The remedies should be taken internally and as a local wash—use *hot water* and take the injection in a reclining position. Wash out thoroughly first, then put the remedy (15 or 20 grains) into a glass half full of water and inject—retaining as much of the solution as possible for a few minutes. Endeavor to discover the cause of the leucorrhœa and remedy the conditions. It is always necessary to build up the whole system.

LOCK JAW.

The cause of lock jaw is the same as *spasms* of any kind. (See *Spasms, Convulsions, etc.*) To the exciting cause might be added, excessive pain of any kind, but more particularly injury of the great toe or ball of foot. The symptoms are simply an immovability of the jaw owing to a contraction of the muscles.

TREATMENT.

For lock jaw, give *Magnes. phos.* in *very frequent* doses—in *hot water*—also rub it into the gums. *Calc. phos.* should also be given occasionally, especially in delicate, anæmic subjects. Give the remedies steadily for several weeks after the spasm has passed.

Accessory measures similar to those under *Spasms, Convulsions, etc.*, may be carried out.

LUMBAGO

Is characterized by a violent pain of a rheumatic nature across the small of the back. There is frequently local inflammation and fever present, but the chief symptom is the severe *catching* pain in the lower part of the back. This is greatly aggravated by movement or rising from a sitting or stooping position.

TREATMENT.

Lumbago, with dragging pains, *Calc. fluor.*; pains worse on movement, *Ferr. phos.*; pains relieved by lying on something hard, bruised feeling in the back, *Natr. mur.*; pain in the lumbar region, worse in the morning, *Calc. phos.* (See also *Pain.*) Rest and quiet are essential in this ailment. Use local application of the indicated remedy. Observe a "Fever" diet.

MEASLES.

In this disease there is a deficiency of or a disturbance in *potassium chloride*, thereby allowing fibrine and other organic matter to be thrown out of the system by way of the skin, in a similar manner as other eruptive diseases. This disturbance is probably caused by electrical or other atmospheric changes which affect certain constitutions which are in a receptive condition. The effort of nature to throw off the non-functional matter is the cause of the fever, heat, pain, etc.

Measles generally begin with symptoms of a cold, fever, redness of eyes, flow of tears, short, dry cough, etc. In from three to five days an eruption appears, first on the face and neck, then run together and extend over the whole body. The eruption consists of small red spots or pimples about the size of flea bites. In six or seven days from the time of sickening the eruption begins to disappear and is gone by the ninth day.

TREATMENT.

First stage, for all the inflammatory symptoms, *Ferr. phos.*; second stage, white coated tongue, hoarse cough, glandular swellings, *Kali mur.*; sudden suppression of the rash or to assist desquamation, *Kali sulph.*; depression of the nervous system, *Kali phos.*; accompanied with excessive secretion of tears or saliva, *Natr. mur.*; intercurrently, *Calc. phos.* *Ferr. phos.* and *Kali mur.* in alternation from the beginning is all that is usually necessary. Care should be taken to prevent the patient from catching cold. Should the rash recede suddenly, give *Ferr. phos.* and *Kali sulph.*, and apply warm coverings until the rash appears. The diet should be light, easily digested and unstimulating.

MENORRHAGIA.

(Excessive Menstruation.)

Excessive menstrual flow, when the discharge is bright red blood quickly coagulating, menstruates every few weeks, *Ferr. phos.*; in alternation with *Ferr. phos.*, in thin, anæmic subjects, to tone up the system, *Calc. phos.*; with deep red or blackish-red blood, not coagulating, also for nervous conditions, *Kali phos.*; thin, pale, watery discharge, *Natr. mur.*; with bearing-down pains, flooding, to contract the uterus, *Calc. fluor.*; with strong smelling menses, or when excessive through working in water, *Silicea*.

In cases where flooding is of frequent occurrence an effort should be made to tone up the muscular system by means of nourishing food, out-door exercise, etc. During the attack it may, at times, be found necessary to resort to the use of a tampon, or the local application of cold cloths over the region of the womb. The head should be lowered, the hips raised and the patient kept as quiet as possible. An occasional injection of *very hot water* is beneficial.

MORNING SICKNESS.

(See Vomiting.)

MENINGITIS.

This is a disease of an inflammation of some portions of the membranes of the brain. Fibrious matter is thrown out, and this pressing upon sensitive nerves, causes contractions, spasms, etc. It generally commences with a chill, followed by a head ache and

vomiting. It usually sets in suddenly, without premonitory symptoms. Following these symptoms are rapid pulse, violent head ache, restlessness, prostration, aching in the limbs, quickened breathing, stupor, convulsions, contraction of muscles, head draws backwards or sideways, squinting, enlarged, flabby tongue, and sometimes purplish spots appear on the body.

TREATMENT.

For the fever, rapid pulse, pains, high temperature, delirium, *Ferr. phos.*; after, or in alternation with, *Ferr. phos.* when effusion has taken place, white-coated tongue, etc., *Kali mur.*; chief remedy, violent, heavy, or crushing pains at base of brain, determination of blood to the head, *Natr. sulph.*, alternate with *Kali phos.* and *Ferr. phos.*; after the attack, or in young children if the fontanels remain open too long, *Calc. phos.*

Natr. sulph. and *Ferr. phos.* are the chief remedies and should be given steadily while the disease remains.

The diet should be light and of an unstimulating character, such as is suitable to fevers in general. The most absolute quiet should be maintained.

METRITIS.

Metritis, or inflammation of the womb, may be caused by anything tending to set up inflammation or engorgement of the blood vessels, such as colds, injuries, local displacements, etc. The symptoms are severe inflammatory pains in the region of the womb and often extending to the ovaries; fever, thirst, shivering, swelling of the womb and sometimes a more or less profuse leucorrhœa.

TREATMENT.

First stage, for the inflammation, congestion, pain, fever, etc., *Ferr. phos.*; when exudation has taken place, resulting in enlargement of the womb, generally accompanied with white-coated tongue, *Kali mur.*; when the womb becomes *very hard* and swollen, *Calc. fluor.*

Rest in a recumbent position should be enjoined. Vaginal injections of very hot water, containing *Ferr. phos.*, should be given once or twice each day. Local applications of the same over the region of womb and ovaries should also be made. The diet should be light and unstimulating—such as is applicable for fevers and inflammations in general.

MUMPS.

Mumps may occur as a separate disease or in connection with another, such as scarlet fever, measles, etc. The immediate or exciting cause is probably unknown, but there is always a disturbance or unequalization of the cell-salts, allowing an accumulation of fibrine. The symptoms consist of inflammatory swelling of the glands beneath and forward of the ear, which sometimes extends to the tonsils and throat. There is present fever, pain, loss of appetite, prostration and drowsiness. The patient should avoid taking cold, as other organs may be attacked and serious results follow.

TREATMENT.

First stage, for fever, quickened pulse, heat, pain, etc., *Ferr. phos.*; second stage, swelling of the glands, white-coated tongue, *Kali mur.*; with excessive secretion of saliva and other watery conditions, or with

swelling of the testicles, alternate *Natr. mur.* and *Kali mur.*; *Ferr. phos.* and *Kali mur.* in alternation from the beginning is usually sufficient for this disease.

Ferr. phos. and *Kali mur.*, if given faithfully, will cure this disease without trouble. *Avoid taking cold.* Avoid damp drafts, sudden changes of temperature, or any other means of taking cold. The neck and jaws should be kept covered with flannel. The diet should be light, easily digested food. Acid foods should be discarded. If local applications are made the solutions should be warm.

NEURALGIA.

Neuralgia is simply a nerve pain, caused most frequently by an impoverishment of the nerves themselves or undue pressure of surrounding tissues. The phosphates of magnesia and potassium enter largely into the formation of nerve fibers; therefore, when these salts are disturbed or deficient the brain at once receives the warning. The symptoms consist of sharp, shooting, darting or intense pains along the course of the nerves. *Heat* generally relieves if the pains are not deep seated. It matters not in which parts the pains are situated the treatment will be the same.

TREATMENT.

Neuralgia in any part of the body, when the pains are sharp, shooting, darting, intense, spasmodic, drawing, crampy, constrictive, intermittent, etc., made worse by cold or open air, relieved by heat or warm room, *Magnes. phos.*; neuralgic pains in anæmic, cross, irritable, sensitive, nervous subjects, pains are relieved by pleasant excitement or company, worse when alone or

after rest, *Kali phos.*; when due to inflammatory conditions or engorgement of the blood vessels, pains severe, throbbing in the temples or over the eye, like a nail being driven in, accompanied by burning heat, fever, etc., cold relieves, heat aggravates, *Ferr. phos.*; pains worse at night or in bad weather, deep seated, with sensation of crawling, coldness or numbness, after *Magnes. phos.*, although indicated, fails to relieve, *Calc. phos.*; neuralgic pains with flow of saliva, tears or other watery symptoms or dryness of the bowels, *Katr. mur.*; pains constantly change location, better in cool, open air, worse in warm room or in the evening, *Kali sulph.*; obstinate neuralgia, intercurrently with the chief remedy, *Silicea*.

Magnes. phos. should be given in *hot water* if quick results are desired. Local applications of the indicated remedy are very beneficial. Use hot or cold as most relieves the pain. The diet should be good and nourishing, except when fever is present. Avoid night air or cold drafts.

PAIN.

Pain when due to inflammation, in any part of the body, generally of a sore, throbbing nature, worse on motion, better by application of cold to the seat of the disease, *Ferr. phos.*; after inflammatory pains if there is swelling, *Kali mur.*; sharp, shooting, darting, neuralgic, or spasmodic pains, aggravated by cold and relieved by heat, *Magnes. phos.*; laming pains, with stiffness, gentle movement relieves, also under cheerful excitement, pains in anæmic, irritable subjects, *Kali phos.*; pains, when accompanied by excessive watery secretions, dull heavy pains in the head with above secretions

pains like *Magnes. phos.*, but with flow of tears, *Natr. mur.*; pains when shifting or flitting from one place to another, better in cool air, worse in the evening or in a heated atmosphere, *Kali sulph.*; pains with feeling of coldness, numbness, or creeping sensations, generally worse at night and in bad weather, pains in weak, anæmic or scrofulous subjects, *Calc. phos.*; rheumatic pains with creamy-coated tongue and acid symptoms, *Natr. phos.*; pains in the lower part of the back, in the groins or down the limbs, indicating hemorrhoids, fall of womb or confined bowels, *Calc. fluor.*

Pain is not a disease, but simply a symptom or cry of nature for the needed materials. Local applications of the indicated remedies should not be forgotten. *Deep seated*, inflammatory pains will be relieved by *hot* applications; while *surface* inflammatory pains will be relieved by *cold*. Neuralgic or spasmodic pains are benefited by heat.

PARALYSIS

Is due to a deficiency of the tissue phosphates which go to make up the white and grey matter of the nerves and brain. There may be several causes for this condition, viz: A blood clot pressing upon certain portions of the brain, or an inflammation of a nerve sheath or some external injury to the brain or nerves, or a steady depletion of the nervous system through excessive mental labor, vicious habits, etc.

The symptoms are numbness, coldness, paleness, and slight jerking or twitching in the parts affected. On the other hand, in sudden shocks there may be complete deadness and uselessness of the parts, the sense of touch and pain being entirely absent.

TREATMENT.

Paralysis of any part of the body, creeping or sudden, of the vocal cords, causing loss of voice, partial or complete paralysis, *chief remedy, Kali phos.*; palsy or paralysis of the white nerve fibres, shaking and trembling of the hands or head, *Magnes. phos.*, alternate, *Kali phos.*; intercurrently, in all cases, also for coldness, numbness, or creeping sensations in the limbs, *Calc. phos.*

The moderate use of an electric battery may be found beneficial, but the most relief will be found through the use of internal and local applications of the remedies. In most cases the stomach will be greatly disturbed and will require attention.

The diet, in cases of sudden "strokes" of paralysis, should be of the lightest character, and should be gradually increased in strength and quantity as the disease subsides. The remedies should be given in a comparatively high potency, and continued for weeks, and in some cases, months.

PLEURISY.

Pleurisy is simply an inflammation of the pleura or membranous covering of the lungs. The causes of this inflammation are similar to those of *pneumonia*. The symptoms are chilliness with shivering, followed by fever; severe, sharp, cutting pains in the side—generally in a small spot. The pains are worse from breathing deeply or from coughing. The respirations are short and quick; the pulse hard, full and rapid; skin hot; short, dry cough; parched tongue; urine scant and high colored. There may be head and brain complications.

In some cases the above symptoms may not be considered severe, yet the disease should be carefully watched, as it is insidious in its results.

TREATMENT.

First stage, fever, pain, stitch in the side, congestion, short cough, painful breathing, *Ferr. phos.*, with hot local applications over the seat of pain; second stage, when there is exudation accompanied with white-coated tongue, *Kali mur.*; when pus has formed in the cavities, *Calc. sulph.*; if serious watery effusions have taken place, indicated by swelling and gurgling in the chest, *Natr. mur.*

Ferr. phos. must be given at frequent intervals at the outset of the disease. Given with *Kali mur.* it will frequently break up an attack without further trouble.

Local applications of the remedies, especially *Ferr. phos.*, should be applied hot. An inflammatory or fever diet should be used and should be observed.

PNEUMONIA.

The principal cause is taking cold. Other causes may be concussion of the lungs from blows or other injuries, or the determination of blood to the lungs from another inflammatory condition of the body. Other causes may be breathing dry, cold air through the mouth; drinking spirituous beverages, etc. It is ushered in with chills, slight shiverings, followed with fever, short and hurried breathing, short, dry, acute, painful, hacking cough, attended with pains in the chest. The sputa changes as the disease progresses, but at one time assumes a rusty or bright red color, which is a sure sign of this disease. There is present

tightness in the chest, fever, full and quick pulse, except in the latter stages, when it is weak, irregular and rapid. Loss of appetite, parched tongue and dark, colored coating. There are many other finer symptoms, but the above comprise the principal ones and are sufficient to mark the disease.

TREATMENT.

First stage, rise of temperature, rapid, full pulse, pain, congestion, short breathing, hacking cough, without expectoration or with expectoration of rusty colored mucus or blood, *Ferr. phos.* in frequent doses. Second stage, white-coated tongue, expectoration of white mucus, fibrinous exudations into the lungs, *Kali mur.*; pneumonia with expectoration of loose, rattling, yellow phlegm or watery, yellow mucus, also in alternation with *Ferr. phos.* at the commencement to establish perspiration, *Kali sulph.*; with clear, frothy, rattling phlegm, frothy bubbles of saliva on tongue, cough with heavy beating headache or flow of tears, *Natr. mur.*; with expectoration of pus and matter, *Calc. sulph.*; intercurrent and during convalescence, *Calc. phos.*; symptoms of collapse or nervous conditions, *Kali phos.*

Ferr. phos. and *Kali mur.* or *Natr. mur.* should be alternated rapidly from the first. A few doses of *Kali sulph.* and hot bath with the same should also be given to promote perspiration. *Ferr. phos.*, 3x, in hot water; wring out cloths and apply frequently to the chest. Flaxseed poultices are also beneficial.

Enjoin absolute rest and quiet. The diet must be very light, easily digested and such as are suitable for fevers in general.

PILES.

(Hemorrhoids.)

The abuse of warm drinks, constipation, excessive purgings, the use of alcoholic drinks, tea, coffee, spices, highly seasoned food, drastic medicines, sedentary habits, tight lacing, liver troubles, etc., are frequently the cause of piles. They are simply a relaxed muscular condition of the rectum. Some protrude, while others are not visible. They may bleed or not. There is generally present pains in the lower part of the back, sensation of itching, prickling, tickling, burning or pressing in the rectum. There is usually present constipation and derangement of the liver.

TREATMENT.

Bleeding piles, internal or protruding, with pain low down in the back, itching, constipation, with straining at stool, internally and locally, *Calc. fluor.*; bleeding piles, with discharge of bright-red blood, coagulating quickly, *Ferr. phos.*; dark and thick, with white-coated tongue, *Kali mur.*, alternate *Ferr. phos.*; pains sharp, shooting, cutting like a knife, *Magnes. phos.*, in hot water, and frequent doses; piles with smarting, beating pains, hard and crumbling pains, *Natr. mur.*; chronic piles, in anæmic or weakly patients, *Calc. phos.*

A local application of *Calc. fluor.* 3x, about thirty grains in an ounce of vaseline, is beneficial, if applied night and morning, or immediately after a passage of the bowels. The bowels must be properly regulated and the exciting cause of the piles removed.

PRURITUS.

Pruritus is usually a symptom of another disease, which must be rectified before a radical cure can be expected. If due to piles or prolapsus uteri, *Calc. fluor.* is the remedy, both internally and as a lotion; if from watery, smarting or scalding leucorrhœa, *Natr. mur.* If due to anæmic conditions, *Calc. phos.*

SCARLATINA.

The cause of scarlatina or scarlet fever is similar to that of measles and other eruptive diseases—simply an effort of nature to throw out of the system accumulations of irritant, organic matter which has become non-functional owing to the inorganic salts falling below their normal standard. Just what local cause is responsible for the disturbance in the cell-salts is a matter of conjecture and some controversy. The principal symptoms are as follows: Chilliness, with a sense of weakness, nausea, and sometimes vomiting. This is followed by fever, thirst, headache, rapid pulse, sore throat, red tongue, drowsiness, and sometimes bleeding of the nose. In twenty-four or forty-eight hours, numerous small, red spots appear on the face, neck and chest, while the remainder of the skin retains its natural color. After a few hours this eruption extends over the whole body.

About the third day the eruption changes to large, indefinitely marked patches, of a vivid hue. In from five to six days the rash disappears and the skin scales off in large patches.

TREATMENT.

First remedy, for fever, quick pulse, heat, inflammation, *Ferr. phos.*; second stage, or better in alternation

with *Ferr. phos.*, from the first, *Kali mur.*; sudden suppression of the eruption, very high temperature, and to assist the development of the rash, *Kali sulph.*; symptoms of exhaustion, stupor, sleeplessness or putrid condition of the throat, *Kali phos.*; vomiting of watery fluids, drowsiness, twitching, etc., *Natr. mur.*; intercurrently, and during convalescence, *Calc. phos.* If given in alternation at first, *Ferr. phos.* and *Kali mur.* will be sufficient. For the after effects of scarlatina, see under the separate heads.

The diet should be of the lightest character suitable for fevers, and should be cautiously increased as improvement begins. Care must be taken to avoid sudden suppression of the rash. Small drinks of hot water are admissible if thirst is present. Avoid exposure or drafts of cold air. At the beginning of the disease, the remedies should be given rapidly.

SCIATICA.

Sciatica is an affection of the sciatic nerve, which extends down the back of the thigh to the knee, dragging pain, torpor, stiffness, great restlessness and pain, nervous exhaustion, lack of motor stimulus. Moving gently for a little time gives relief.

TREATMENT.

Chief remedy, dragging pain, stiffness, restlessness, exhaustion, torpor, lack of motor power, worse immediately after rest, gentle movement gives relief, *Kali phos.*; for very severe, spasmodic, excruciating, *Magnes. phos.* in hot water, frequent doses; when associated with gout symptoms, *Natr. sulph.*; if *Magnes. phos.* fails,

although indicated, *Calc. phos.* also intercurrently. (*See rheumatism.*)

Regularity of habits, early hours, proper exercise, etc., should be observed. The diet must be plain but nutritious. The digestive organs, which are generally affected in this disease, should receive careful attention. Avoid anxiety, worry, anger, cold and dampness. Cultivate cheerfulness and tranquility of mind.

SKIN DISEASES.

Skin diseases are of many different varieties, but all of them may be classed as an effort of nature to eliminate (by the skin route) accumulations of matter which, owing to circumstances, has become non-functional or foreign to the intended uses of the body. This matter is principally organic and is rendered non-functional by a deficiency or disturbance of the workers or inorganic cell-salts. The term "poor blood" simply means a blood deficient in the elements which constitute normal blood, therefore allowing accumulations of non-functional matter.

TREATMENT.

All affections of the skin when an inflammatory condition is present, fever, heat, pain, congestion, etc., *Ferr. phos.*; the secretions of the skin must indicate the remedy; eruptions on any part of the body with thick, white contents, with white-coated tongue, or when they can be traced to uterine derangements, *Kali mur.*; skin diseases with discharges of watery, yellow matter, sudden suppression of eruptions, peeling of the skin, sticky secretions, *Kali sulph.*; clear, watery secretions, small, watery blisters, diseases arising from the excessive use

of salt, *Natr. mur.*; golden yellow, creamy, honey-colored secretions, symptoms of acidity, rose rash, hives, itching all over the body like insect bites, golden yellow colored tongue, *Natr. phos.*; albuminous white of egg like secretions, generally associated with anæmic conditions, freckles, itching of the skin without eruption, acne in young people, etc., *Calc. phos.*; secretions of thick, yellow matter sometimes mixed with blood, yellowish scales, *Calc. sulph.*; mattery secretions, little, blind boils on the skin, perspiration of the feet with offensive odor, *Silicea*; moist skin affections with watery, greenish-yellow secretions, or when associated with bilious conditions, *Natr. sulph.*; hard, callous, horny skin, chaps and cracks, *Calc. fluor.*, also *Ferr. phos.*; skin diseases accompanied with malignant or putrid conditions, offensive odor, greasy scales, bloody, watery secretions, itching of the skin with crawling sensations, *Kali phos.*

SMALL-POX.

The biochemic theory of small-pox is similar to that of all skin diseases, *i. e.*, an effort of nature to throw off non-functional organic matter, matter which has become non-functional because of deficiencies in the inorganic molecules. Just what causes this disturbance in the molecular motion of the salt is problematical, but it is probably due principally to atmospheric, electrical or other changes of a more or less local character. Small-pox commences like other febrile diseases, with chilliness and shivering, followed by fever, heat, rapid pulse, headache, pains in small of back and loins, languor and faintness, pain in the pit of the stomach, increased

by pressure. The eruption first makes its appearance on the face, scalp and neck, about the close of the third day, and afterwards spreads over the whole body. At first the eruptions are small, red, hard-pointed elevations, which, in about three days, present a bladder-like appearance, surrounded by an inflamed circular margin, and become depressed in the center as they enlarge. The watery fluid gradually changes into a matter and the depression in the center disappears.

In severe cases the above symptoms are greatly aggravated and are sometimes accompanied by others, such as convulsions and delirium.

TREATMENT.

For the fever, quick pulse, rise of temperature, etc., *Ferr. phos.*; chief remedy, to control its formation of the pustules, white-coated tongue, *Kali mur.*; putrid conditions, stupor, exhaustion, decomposition of the blood, *Kali phos.*; to assist in desquamation and aid in forming new skin, *Kali sulph.*; when the pustules are ripe and discharging matter, *Calc. sulph.*; low forms of the disease, when there is drowsiness, stupor, salivation or confluence of pustules, *Natr. mur.*; intercurrently and during convalescence, *Calc. phos.*

Cleanliness, cool and fresh air are of great importance in the cure of this disease. Keep the room as dark as possible when the pustules are forming. The diet should be of the lightest nature while the febrile symptoms are high. The patient must avoid scratching, as it will cause disfigurement—if necessary, muffle the hands. Perfect quiet should be enjoined.

RHEUMATISM.

At the present time it is generally supposed the origin of rheumatism is found in the ascendancy of acid in the blood. The alkaline salts fall below their normal standard and allow the acids to predominate. Exciting causes of rheumatism are sudden check of perspiration, chill, dampness, exposure to cold, wet, etc. The predominant symptoms are generally more or less dull, sharp or intense pain in the parts affected, with or without swelling; heat and redness of the parts, fever, rapid pulse, restlessness, etc.

TREATMENT.

The principal remedy in the beginning of rheumatic fever and inflammatory rheumatism, when movement increases the pain, acute rheumatism of any part, from catching cold or check of the perspiration, *Ferr. phos.*; second stage of inflammatory rheumatism, when there is *swelling of the parts*, pains worse from movement, white-furred coating on the tongue, *Kali mur.*; wandering rheumatic pains, shifting from one place to another, worse in the evening or in a heated room, better in the cool air, *Kali sulph.*; all cases, especially those of a chronic character, require *Natr. phos.*; profuse, sour-smelling sweat, acid stomach symptoms, creamy-yellow coating on the tongue or tonsils, *Natr. phos.*; sharp, violent, excruciating, spasmodic pains, relieved by warmth, *Magnes. phos.*; rheumatic pain, with stiffness of the parts, worse when beginning to move, but relieved by gentle motion, *Kali phos.*; pains with sensation of coldness or numbness, worse at night, in bad weather, by heat or cold, rheumatic gout, *Calc. phos.*; with bilious

symptoms, pains worse in wet weather, gout, chief remedy in chronic gout, *Natr. sulph.*; enlargement of the joints from gout, *Calc. fluor.*

Binding up the affected part with flannel and cotton-batting will be a considerable relief to the suffering. The diet should be light and unstimulating. *Ferr. phos.* and *Kali mur.*, if given rapidly, will be about all that is needed. The patient should be kept warm and comfortable.

SORE MOUTH.

Sore mouth, when in the inflammatory stage, sore gums, red and painful, *Ferr. phos.*; swelling of the gums, thrush, white ulcers, cankers, gum boils before matter forms, white-coated tongue, thick, white secretions, *Kali mur.*; when there is an excessive flow of saliva, watery blisters, salivation, *Natr. mur.*; gangrenous conditions, scurvy, mortification of cheek, easily bleeding gums, foetid breath, *Kali phos.*; gums painful while cutting teeth, *Calc. phos.* and *Ferr. phos.*; for acid conditions of the mouth, ulcers with creamy-yellow discharges, *Natr. phos.*; hard swellings on the jaw with gum boil, *Calc. fluor.* In all cases of sore mouth use the indicated remedy as a local wash as well as internally. Apply several times each day.

SORE THROAT

May be of several different kinds, but they all arise from an inflammatory condition, more or less acute. The following treatment covers all the most general forms.

TREATMENT.

First stage of all sore throats, for the inflammatory symptoms, pain, fever, internal and for gargle, *Ferr. phos.*; second stage of inflammatory conditions, when there is swelling of the glands or tonsils, white-coated tongue, grayish patches in the throat, ulcerated throat, also as a gargle, *Kali mur.*; gangrenous and malignant conditions, *Kali phos.*; inflammations of the throat when the tonsils are covered with a clear, frothy mucus, *Natr. mur.*; spasmodic throat conditions, *Magnes. phos.*; sore throat with constant scraping, *Calc. phos.*; sore throat with suppuration of thick, yellow matter, sometimes streaked with blood, *Calc. sulph.*; when the tonsils are covered with a creamy-yellow mucus, raw feeling in the throat in the morning, *Natr. phos.*

Gargles of the remedy indicated, in low potency, should be used frequently in very hot water.

Avoid "scraping" or "hawking" as much as possible, as it tends to irritate. Local applications to the outside of the throat may act favorably.

The diet should be anti-inflammatory.

ST. VITUS' DANCE.

(Chorea.)

Principal remedy, spasmodic or involuntary movements of the limbs, distorted eyes, squinting, *Magnes. phos.* in hot water for the acute attacks; should *Magnes. phos.* fail to relieve, and intercurrently in all cases, especially in scrofulous constitutions, *Calc. phos.*; if due to the presence of worms, *Natr. phos.*; with frightful dreams, irritation of the nostrils, constipation, pale face,

Silicea; intercurrently in cases where there are watery symptoms present, *Natr. mur.* See *Spasms, Convulsions, etc.*

SLEEPLESSNESS.

"Sleeplessness, pathologically, is an abnormal condition of the brain-cells, kept vivified and awake by the blood supplied to them when it should be lessened by the contracting of the vessels supplying the brain, and shows loss of stimulating power of the nervous centers to cause muscular contraction of the vessels and diminished supply of blood to the brain. During sleep the brain is anæmic and pale, and should be so. * * * *Kali phos.*, the true remedy, restores normal stimulating power in the gray nervous matter, and consequent contractions of the artery, which diminishes the flow of blood to the brain, and natural, healthful sleep results."—*Dr. Walker.*

TREATMENT.

Chief remedy to restore stimulating power to the gray nervous matter and cause contraction of the arteries, *Kali phos.*; when caused by excessive mental work, business cares, excitement, or other nervous causes, *Kali phos.*; sleeplessness from hyperæmic conditions of the brain, *Ferr. phos.*, alternate *Kali phos.*; if watery symptoms are present, coldness of the extremities, despondent moods, *Natr. mur.*; sleeplessness in consumption with expectoration of thick, yellow pus, *Silicea*. The underlying causes must receive proper attention.

A glass of cold water just before retiring is, to many, beneficial. Cultivate tranquility of mind—relax the

muscles and keep the extremities warm. Late suppers for many is injurious and provokes insomnia, but others seem to derive a benefit therefrom. A steady course of the indicated remedy is frequently necessary to cure this disease.

SPASMS, CONVULSIONS, ETC.

The cause of any and all muscular spasms is a deficiency of *Magnes. phos.*, and sometimes its co-worker, *Calc. phos.* The reasons for this deficiency may be vicious habits, overtaxing the nervous or muscular system, fear, worms, acid conditions, eating indigestible foods, too cold or hot drinks, teething, dysentery, spirituous drinks, etc. The symptoms are severe griping pains, or visible contraction of the muscles in a greater or less degree.

TREATMENT.

All spasms, convulsions, cramps, twitchings, fits, contractions in any part of the body, require *Magnes. phos.*, preferably in hot water, small but frequent doses. Stammering, writer's cramp, lock-jaw, etc., *Magnes. phos.*; after *Magnes. phos.*, if it fails to relieve, showing the lime salts are disturbed, generally in anæmic subjects, *Calc. phos.*; epileptic fits require also *Kali mur.* (*see epilepsy*); fits from fright, pale or livid countenance, alternate with *Kali phos.*; convulsions in teething children, alternate with *Ferr. phos.* for the febrile symptoms. In bad cases of spasms give *Magnes. phos.* and *Calc. phos.* in alternation. In all classes of spasms, while the spasm is on, give the remedy in hot water, and *very frequent* doses. In lock-jaw, rub it into the gums. For all spasms, put the feet and lower limbs into hot water

for a short time, then wipe dry and wrap in warm blankets; repeat several times if necessary. Cold applications to the head.

SUNSTROKE.

Chief remedy to supply moisture to the tissues of the brain (the moisture has been abstracted by the sun's excessive heat, causing a dryness), *Natr. mur.*; for many of the brain symptoms, delirium, etc., *Kali phos.*; febrile symptoms, *Ferr. phos.*; alternate the other remedies with *Natr. mur.*

As a preventive, it is well to keep out of the sun's rays as much as possible during the hot, oppressive weather. Avoid drinking cold water when over-heated.

Give *Natr. mur.* and *Ferr. phos.* in alternation very frequently. Put 30 grains of *Natr. mur.* 6x into a pint of tepid water and use it locally on the head.

The diet and general directions applicable to fever should be followed.

TONSILLITIS.

Inflammation of the tonsils may arise from taking cold, overstraining of the voice, or any other general cause of inflammation. The first symptoms of this disease are a feeling of soreness in the throat, accompanied with fever. These are quickly followed by difficulty in swallowing, high fever, full pulse, great pain in swallowing, and sometimes delirium. One or both of the tonsils are red and swollen, while the tongue is usually coated white and great thirst is present. In a few days suppuration takes place and there is instant relief from pain. At times putrid symptoms are present and greatly aggravate the case.

TREATMENT.

Inflammation of the tonsils, first stage, for the inflammation, heat, pain, fever, *Ferr. phos.*, frequent doses, also gargle of the same in hot water; second stage, to reduce the swelling, white spots on the tonsils, white-coated tongue, *Kali mur.*, also gargle; when suppurating, *Calc. sulph.*; chronic enlargement of the tonsils, *Calc. phos.*, also *Kali mur.*; inflamed tonsils, with acid symptoms and creamy-yellow coating on the tongue, *Natr. phos.*

Ferr. phos. and *Kali mur.* should be alternated rapidly from the beginning of the disease and all the symptoms, if not entirely cut short, will be greatly ameliorated. The indicated remedy in the 3x potency, in hot water, should be gargled frequently. Also apply the same externally. The diet, as long as the inflammatory symptoms are present, should be light and such as is suitable to inflammatory conditions in general.

TOOTH ACHE.

The causes are: Inflammation of the nerves or gums through taking cold; neuralgia of the nerve; decay of the tooth; ulcerations; stomach or nervous affections, etc., etc.

TREATMENT.

In tooth ache the character of the pain generally indicates the choice of a remedy. Pains relieved by cold liquids or in the cool air, worse from heat, due to inflammation, gums red and inflamed, *Ferr. phos.*; pains shooting, intense, neuralgic, heat relieves and cold aggravates, *Magnes. phos.*; when the tooth is decayed, or the pains are worse at night, *Calc. phos.*, alternate

Magnes. phos.; tooth ache with swelling of the gums or cheeks, *Kali. mur.*, alternate *Ferr. phos.*; in pale, nervous subjects or those worn out with great mental strains or worry, better under pleasant excitement, *Kali phos.*; with involuntary flow of tears or great secretion of saliva, *Natr. mur.*; with looseness of the teeth, teeth are sensitive to touch, enamel deficient, *Calc. fluor.*; when abscess is forming, pains are deep seated, heavy or throbbing, worse at night, pulling on the tooth gives relief, *Silicea*.

A competent dentist should be consulted when the teeth begin to cause trouble, especially if they are inclined to decay. The teeth should be cleansed regularly after each meal. Metal tooth-picks, cold drinks, acids, sweet-meats, etc., are detrimental to the patient if subject to recurring attacks of tooth ache.

TUMORS AND CANCERS.

Skin cancers, with discharge of thin, yellow matter—externally and internally, *Kali sulph.*; cancer with offensive discharges, and to relieve pain, *Kali. phos.*; tumors or hardened glands or swellings, any part of the body, ganglion, encysted tumors, blood tumors, *Calc. fluor.*; ranula, watery swelling under the tongue, *Natr. mur.*; inflammatory conditions and pain in cancer, *Ferr. phos.*; cancer in scrofulous subjects, cysts, with albuminous contents, house maid's knee, intercurrently in all cases, *Calc. phos.*; scrofulous swelling of the glands, lumps, tumors, etc., which threaten to suppurate, uterine cancer, *Silicea*.

TYPHOID FEVER.

The most prominent active causes of typhoid fever are depressed vitality, impure air, exhalations from decomposed animal or vegetable matter, improper food, mental strains, etc.

The biochemic theory of this disease is as follows: "A depressed vitality, causing a deficiency in one or more of the cell-constituents. The natural functions of the skin and elementary organs are interfered with, thereby allowing an accumulation of decaying organic matter, which acts as a poison to the system. Nature, in her effort to eliminate this foreign matter, increases the circulation, and the rapid motion produces heat, or fever. The heat, in its turn, destroys tissue cells, and thus the work of destruction proceeds."

The disease is characterized by more or less fever and high temperature, the pulse being variable, at times small and quick, and at other times full and bounding. The tongue varies from a slight yellow coating to a thick, dry, yellowish-brown coating. Head ache, faintness and giddiness may also be present. All these symptoms increase in severity as the disease progresses. Delirium ensues; the discharges from the bowels become involuntary, and the odor fœtid; at times there is tenderness in the abdomen and the patient may sink from heart failure, or pass away in a deep stupor.

TREATMENT.

At the commencement, and as long as the symptoms continue, for chilliness, rise of temperature, full and rapid pulse, frequent hemorrhages of bright-red blood, pain in the back, flushed face, *Ferr. phos.*; second

stage, white-coated tongue, looseness of the bowels, light-yellow, ochre-colored stools or black blood, swelling and tenderness of the abdomen, *Kali mur.*; malignant symptoms, affections of the brain, stupor, discharges of putrid blood or offensive stools, weakness, offensive breath, sordes on the teeth, pulse weak and irregular, sleeplessness, tongue very dry and coated like brown, stale mustard, system seems full of poison, *Kali phos.*; low, malignant conditions, stupor, twitchings, with drowsiness, watery vomiting, dry, parched tongue, *Natr. mur.*; rise of temperature in the evening, dry, harsh skin, very rapid or slow, sluggish pulse, *Kali sulph.*; intercurrently, and after convalescence commences, *Calc. phos.*; with bilious symptoms, *Natr. sulph.*

Ferr. phos. and *Kali mur.* are the chief remedies in the first stages, but as the disease advances, *Kali phos.* will be found necessary. For the bowels use enemas of hot water, in which has been dissolved a little common table salt. The patient should be kept very quiet. The diet should be very light and suitable for inflammatory conditions in general. Let the natural cravings of the appetite be a guide to a selection of food, but always in moderation. Care should be taken during convalescence not to overtax the physical powers, or a relapse may occur.

UTERUS DISEASES.

(See **Leucorrhœa, Dysmenorrhœa, Hemorrhage, Amenorrhœa, etc.**)

All inflammatory conditions of the uterus, first stage, heat, pain, congestion, *Ferr. phos.*; second stage, when exudation has taken place, discharges of thick,

white, mild secretions, ulceration of the neck of the womb, enlargement of the uterus, *Kali mur.*; uterine displacements of all kinds, to strengthen the relaxed muscles, dragging pains in the back, enlargement of the uterus when of stony hardness, lacerations of the neck, *Calc. fluor.*, internally and locally; displacements for nervous conditions, *Kali phos.*; in displacements, as a constitutional tonic, also with weak, sinking feelings, *Calc. phos.*; neuralgic conditions of the womb, sharp, shooting, or stinging pains, *Magnes. phos.*

When practical, a local application should be made, either by means of an injection, applying the remedy with a cotton or wool tampon, or by bathing the abdomen over the region of the womb. In prolapsus, the groins and small of back should also be bathed with the indicated cell-salt in solution. When using the enemata, the water should generally be as *hot* as can be borne.

URINARY DISEASES.

(See Incontinence of Urine.)

All inflammatory conditions of the urethra and bladder, constant urging to urinate, cystitis, pain, scalding, etc., *Ferr. phos.*; second stage of inflammatory conditions, with discharge of thick, white mucus in the urine, dark colored urine, uric acid, *Kali mur.*; paralytic conditions, excessive secretions of urine from nervous causes, urine causes scalding and smarting, passing of blood from the urethra, *Kali phos.*; spasmodic conditions of the urethra causing retention of urine, or sharp, lightning-like pains, *Magnes. phos.*; discharges of pus from the bladder, *Calc. sulph.*; passing of large quantities of watery urine, *Natr. mur.*; brickdust sediment in

the urine, lithic deposit clings to the bottom and sides of vessel, *Natr. sulph.*; phosphatic deposits, gravel, flocculent sediment, passing of semen in urine, *Calc. phos.*; dark, red urine associated with rheumatism, acidity or worms, *Natr. phos.*

In urinary diseases a chemical analysis of the urine should always be made. It is the most satisfactory evidence of the presence of organic disease of the kidneys. The retention of urine can often be relieved by a rectal or vaginal injection of hot water, or a hot sitz bath.

ULCERATIONS.

(See Abscess.)

For the febrile symptoms, soreness, heat, redness, throbbing pain and other inflammatory conditions, *Ferr. phos.*; ulceration of any part of the body when there is a thick, white, fibrinous discharge, or a heavy dirty-white coating on the tongue, *Kali mur.*; ulcers of the stomach or bowels, with creamy discharges or similar coated tongue, *Natr. phos.*; deep seated ulcers, when affecting the periosteum, or easily bleeding ulcers with torpidity and secretion of thin, yellow, foetid, unhealthy-looking pus, *Silicea*; discharges continue too long, open ulcers, discharges are thick, yellow and mattery, *Calc. sulph.*; ulceration of bones when there are pieces of bone exuded, or ulcers with hard, callous edges, *Calc. fluor.*; intercurrently, especially if the bone substance is affected, or in scrofulous constitutions, *Calc. phos.* The remedy indicated should be applied locally and given internally.

In the treatment of ulcerations the local application

should *always* be used as well as the internal treatment. Dust on the open sore, or apply in solution with soft cloths or lint.

VERTIGO.

It may arise from a disordered stomach, determination of blood to the head, suppressed eruptions, bilious derangements, etc. It may also arise from relaxation of the veins, allowing an engorgement of blood, which causes pressure on the brain; but far the greater majority of cases of vertigo are caused by disorders of the brain or stomach. The symptoms are dizziness on raising the head after stooping, rush of blood to the head, causing blindness, dizziness after a meal or when riding in a carriage, etc. Vertigo may also be accompanied by defective eyesight.

TREATMENT.

Vertigo from engorgement of the blood vessels of the head, flushed face, throbbing pains in the head, *Ferr. phos.*; dizziness, due to nervous causes in anæmic patients, or from lack of nerve power, *Kali phos.*; with bilious symptoms, vomiting of bitter fluids, bitter taste in the mouth, yellowish-green coated tongue, *Natr. sulph.*; vertigo arising from defects of the eye, *Magnes. phos.*; with derangement of the stomach, loss of appetite, acidity, creamy coating on root of the tongue, *Natr. phos.*

In all cases of this disease the underlying symptoms should receive our closest attention; if of the stomach, the diet should be regulated; if of the bowels, they must be opened; or if due to relaxation of the blood-vessels, a mode of living should be adopted which will tend to strengthen the muscular system.

VOMITING.

Vomiting is simply a symptom of some diseased condition, and is either in connection or in sympathy with it. The principal diseases or conditions which give rise to vomiting are pregnancy, sea-sickness, worms, indigestion, dyspepsia, coughs, cholera, head ache, biliousness, or any severe pain in any portion of the body.

TREATMENT.

Vomiting of undigested food, bright-red blood, quickly coagulating, of food with sour fluids, painless vomiting, *Ferr. phos.*; vomiting of sour, acid fluid, curdy masses, with creamy coating on the root of the tongue, *Natr. phos.*, alternate *Ferr. phos.*; vomiting of bitter fluids, greenish-yellow matter, constant nausea, bitter taste in the mouth, *Natr. sulph.*; vomiting of dark, clotted blood or white phlegm, *Kali mur.*; vomiting of watery, stringy, transparent fluids, sometimes tasting salty, *Natr. mur.*; vomiting of dark substances, like coffee-grounds, also when nervous symptoms are present, *Kali phos.*; vomiting periodically, after taking cold food or cold drinks, vomiting from non-assimilation of the food, infants vomiting often and easily, *Calc. phos.*; after *Ferr. phos.*, although apparently indicated, fails to give relief, *Calc. fluor.*

The nature of the vomit is often the surest guide to the selection of a remedy. For example, vomiting of bile, *Natr. sulph.*; vomiting of clear, watery fluids, *Natr. mur.*; undigested food, *Ferr. phos.*, etc. In persistent vomiting, the drinking of large quantities of *hot water* is very beneficial.

WARTS.

The cause of these unsightly objects is a throwing out of fibrin, which has become non-functional owing to a molecular disturbance of the *potassium chloride* salt, which is a solvent of fibrin by reason of the *hydrochloric acid* which it contains.

TREATMENT.

Warts on any part of the body or limbs, *Kali mur.*, internally, and as a local application, in low potency. Hard, callous or horny skin, *Calc. fluor.*

A steady use of *Kali mur.* should be persevered in until the excrecences are removed.

WHOOPIING COUGH.

This disease is caused by a collection of fibrine and other organic matter in the connective tissue adjoining the bronchial tubes and also the glottis, and a thickening of the epiglottis. The cell-salts which govern this organic matter have fallen below the standard quantity. A deficiency in magnesium phosphate—acid, probably *Calc. phos.*—causes a contraction of muscular fibers and produces the spasmodic cough. The disease is characterized by violent coughing, interrupted by long, whistling inspirations or a loud, shrill whoop, with expectoration of a viscid phlegm. In bad cases the features swell and become livid and blood escapes from the nose, mouth or ears. At times partial suffocation takes place, lasting for several minutes. The paroxysms occur at irregular intervals and are generally worse at night. Otherwise the patient is in apparent good health, except a certain amount of weakness.

TREATMENT.

When the tongue has a thick, white coating, expectoration of thick, white mucus, *Kali mur.*; for the paroxysms of coughing ending with a whoop, dissolve in hot water, *Magnes. phos.*; alternate, *Kali mur.*; with exhaustion and nervous conditions, *Kali phos.*; for the febrile symptoms, vomiting of blood, etc., *Ferr. phos.*; when *Magnes. phos.* fails to relieve, and after the disease, *Calc. phos.*; with watery symptoms, *Natr. mur.*; with expectoration of yellow phlegm, diarrhoea, swollen abdomen, *Kali sulph.*; chronic whooping cough, *Kali mur.* and *Magnes. phos.* A steady course of the remedies is necessary.

Kali mur., *Kali sulph.*, *Magnes. phos.* and *Calc. phos.* are the chief remedies in this disease and should be given steadily for some time. For severe paroxysms of coughing give *Magnes. phos.* in hot water, frequent doses. The diet should be light and easy of digestion. Study the character of the expectoration as a guide to the selection of an alternate remedy with *Magnes. phos.*

WORMS.

The cause of worms is usually indigestion, the eating of sweetmeats, or a constitutional tendency. They are supposed to exist owing to the *lactic acid* in the system. This acid is necessary to the life of the worm. The symptoms are picking of the nose, paleness around the nose and mouth, acidity of the system, grinding of the teeth during sleep, itching of the anus, restless sleep, variable appetite, pain in the bowels, etc.

TREATMENT.

Chief remedy to destroy the lactic acid upon which the worms thrive, applicable to all kinds of worms, indicated by grinding the teeth, pain in the abdomen, restless sleep, picking the nose, itching of the anus, white halo about the mouth and nose, etc., *Natr. phos.* for seat or pin worms also inject the remedy; with white-coated tongue, alternate *Kali mur.*; with fever or vomiting of undigested food, alternate *Ferr. phos.*; itching at the anus arising from piles should not be mistaken for worms.

Natr. phos. in low potency is the chief remedy and should be continued for some time. Also inject the same into the rectum. Avoid sweetmeats, sugar, raw herbs, rich pastry, etc., in fact anything which has a tendency to create an acid in the system.

YELLOW FEVER.

The cause of yellow fever is similar to that of malarial fever, viz.: excessive heat causes the moisture to remain humid in the air; it also relaxes the system and opens the pores. The blood becomes over-charged with water, and as this happens to a less or greater extent, we have intermittent fever, cholera, yellow fever, etc.

Yellow fever is prevalent only in torrid climates and during the *hot* season of the year. Two or three things only are necessary; *First*, heat; *second*, moisture; *third*, at times a debilitatd system. Exciting causes are: Living in hot, damp climates, lack of ventilation and cleanliness, taking cold when over-heated, indulgence in indigestible food, intoxicating drinks, etc., over-

exertion in the heat of the sun, etc. The symptoms of this are varied according to the stage of the fever. The most prominent and in order are: High fever; great heat and dryness of the skin, throbbing of the arteries, rush of blood to the head, flushed face, eyes heavy and burn, tongue red or coated white, changing to yellow, pain in stomach, tender, vomiting, pain in the head, back and legs, pulse variable, scanty and offensive urine, stools the same in the second stage. Some of the above symptoms have abated, but the following may have taken their place: Skin and eyes yellow, delirium, glassy eyes, violent vomiting of dark bilious matter, tongue parched, soft, clammy skin. These symptoms become aggravated in third stage; the discharges become more putrid and the patient is on the verge of collapse.

TREATMENT.

Chief remedy, *Natr. sulph.*; for bilious symptoms, bitter taste, excess of bile, black, brownish-yellow or greenish vomit, etc., *Natr. sulph.*; for the febrile symptoms, *Ferr. phos.*; alternate *Natr. sulph.*; brain symptoms, delirium, nervous conditions, *Kali phos.*

For further particulars, see typhoid fever. *Natr. sulph.* will *prevent yellow fever* by eliminating the excess of water in the system. Rectal injections of *hot water*, with the indicated remedy, should be given frequently to thoroughly cleanse the colon and reduce the fever. The diet should be the same as for typhoid fever.

SUGGESTIONS ON NURSING.

Some persons seem by nature endowed with a special tact in the sick chamber. They intuitively foresee the various needs as they arise, just when their services are required and when best to keep quiet. They at once interpret the needs of the patient before the wish is expressed. They can detect by the various looks and motions of the invalid just what is desired, whether too much light is objectionable; if a drink of water is awaited; whether the pillow needs tucking here or there; if the patient is burdened with too much covering or is insufficiently protected. All these essentials are quietly attended to, with easy grace and pleasant expression, so reassuring to a nervous sufferer.

The walk in the room is neither noisy nor tip-toed in mysterious apprehension, simply an unobtrusive walk in slippers feet.

Such a person as we have in mind is usually a motherly middle-aged woman, those charming characters that are always esteemed a refreshing benison to all sick and weary natures. Such are they that receive "God bless you" from the heart. Such a nurse seems to always know when, and how best, to perform any service. Whether they administer drink or food it is always in such small quantities to more tempt the appetite than satiate it. If small portions are given the innate, resentment of the peevish patient at such "stingy" supplies, actually stimulates the digestive system to greater action—in a sense it "makes his mouth water" for more, whereas if an abundance is offered the very sight of the food palls upon the palate, only a few mouthfuls are taken with reluctance. Tempt-

ing the appetite is one of the great accomplishments, requiring judgment, firmness and kindness. Better far exhibit small quantities of nourishment with the promise that more will be given by and by, than to surfeit the patient in one effort. Then, too, the manner of presenting foods and drinks is a matter of great importance. Sick people are universally fastidious. Delicate dishes and fresh linnen are so satisfying, whereas coarse ware, soiled napkins and dowdy service is revolting. How often we have seen convalescents, with a slowly returning appetite, rise on the pillow, survey the large quantity of food, indiscretely served, sink back unable to touch a morsel. How much less had been delicately offered most likely it would have proven very welcome.

Of all visitors to the sick room, people who should never be allowed to enter, is the solemn, long visaged whispering and shuffling intruder. Their coming seems the very harbinger of an early funeral!

How welcome the cheery voice, the smiling face of the honest friend. Even though his step be less soft, his voice in higher key, the very heartiness of his hand shake, his beaming countenance and sincere expression of confidence for the invalid, are inspirations to sick and well. The patient feels refreshed with hope bouyed up by such a welcome visit.

Avoid the officious doctor whose face is as long, and austere, as a coffin. That man is either an ignoramus or a sham! Let that physician come whose gentlemanly manners bring sunshine, comfort and assurance in his wake. His large sympathies govern his active medical expedients in moments of threatened danger, the time when a resourceful attendant is imperatively required.

These hints should prove a practical guide in the selection of persons and surroundings that tend to the best interests of the suffering.

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