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THE
BRITISH WORKMAN'S
FAMILY GUIDE
TO
HOMŒOPATHIC TREATMENT
1/-



THE
BRITISH WORKMAN'S
Family Guide
TO
HOMŒOPATHIC TREATMENT.

COMPILED CHIEFLY FROM THE WORKS OF DRS.
GUERNSEY, MALAN, HERING, AND MOORE.

MANCHESTER :
JOHN HEYWOOD, 170, DEANSGATE;
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157. c. 121.

**“How best the feeble fabric to support
Of mortal man ; in healthful body how
A healthful mind the longest to retain.”**



LONDON:

THOMAS HARRILD PRINTER, SALISBURY SQUARE.

FLKRI STREET.

TO THE
THOUSANDS OF BRITISH WORKMEN
WHO VALUE
LIFE AND HEALTH IN THEMSELVES
AND THEIR FAMILIES,
THIS HUMBLE
Guide to Homoeopathy
IS
RESPECTFULLY DEDICATED
BY
THE COMPILER.

“DOMESTIC HOMŒOPATHY! How much is centered in this phrase. What a mass of comfort, what sources of consolation, what freedom from misery are embodied therein. What, to kind and considerate parents, is more comfortable than the conviction that diseases which attack those that constitute the home circle, can be removed by means which do not incapacitate the individual from his duties? What consolation is contained in the fact that these diseases can be removed without injury to the constitution; and what freedom from misery, especially in relation to children, is realized in the fact, that all the nauseousness of physic has ceased to be a reality. All these present themselves by association in conjunction with the phrase—Domestic Homœopathy.”—*Dr. Epps.*

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FAMILY GUIDE
TO
HOMŒOPATHIC TREATMENT.



WHAT IS HOMŒOPATHY?

HOMŒOPATHY has received its name from two Greek words, signifying *similar suffering*, because it cures by giving a medicine which would, if given to *healthy persons, in large doses*, produce symptoms or sufferings like those which it cures. And it is by trying the medicine on healthy persons that it finds out what sort of ailments it will cure. This is one advantage which Homœopathy has over the old plan, that it never tries experiments on the sick; while the old plan is to experiment on the sick with large doses of violent medicines, and in

this way probably more are killed than cured.

Homœopathy also differs from the old plan in giving *much smaller doses*, because people who are very ill and weak cannot stand what strong healthy persons can. A dose of medicine that would only make a strong healthy man feel a little ill, might kill a sick man who is already half dead with his complaint; besides, the homœopathic medicine being *just exactly suited* to the disease, much less of it is sufficient than would be, if it were contrary, or not suited to the complaint.

Homœopathy also differs from the old plan in giving only one drug at a time. When many drugs are mixed together they alter each other's properties in such a way that nobody can tell what effect they will produce taken all together.

Those who wish for further information on this point will do well to procure Dr. Sharp's "Tracts on Homœo-

pathy," price twopence each, or two shillings the set, to be had from all homœopathic chemists.

WHAT ARE THE ADVANTAGES OF HOMŒOPATHY?

1. *Homœopathy cures more than the old system does.*—That is, it has fewer deaths in any and every sort of disease. In cholera, for instance, out of the same number of cases treated, it does not have half so many deaths as the old system. And in all sorts of diseases put together, it has been carefully ascertained that not one-half as many out of every hundred die as under the old system.

2. *It cures more quickly.*—In the most severe diseases, for instance, such as inflammation of the lungs, it has been proved that the patient is cured in about one-half the time by Homœopathy; and besides this, when he is cured of the disease he is well, and ready for work directly, whereas,

when he is treated by the other system, he is so weakened by bleeding, blistering, etc., that it takes a very long time to get up his strength again. This fact is one of great importance to a working man.

3. *It is pleasanter than the old system.*—The medicine has no bad taste. There are no painful appliances, such as vomits, bleeding, blistering, etc., and there is no difficulty in giving the medicine to children, even the youngest.

4. *Because Homœopathy is cheaper.*—It is cheaper because it shortens the disease, and the remedies are cheaper. Homœopathic medicines do not cost one farthing per dose on an average. The cost of a single leech would purchase at least twenty doses of Aconite; two doses of which would answer infinitely better than leeches any time.

5. *Because it does not weaken the patient.*—No bleeding, blistering, vomiting, or purging have been produced by the

treatment. When the patient is well of the disease, he regains his strength immediately, because it has not been drenched and drained out of him.

6. *Because it will cure diseases that the old system cannot.*—Many diseases which have had the old treatment are cured easily by Homœopathy.

7. *Because it will give relief even where a cure is impossible.*—In cases of consumption, for instance, which cannot be cured, the relief it gives to the patient is very great, and the same may be said of other incurable diseases.

8. *Because it never experiments with drugs on the sick.*—The medicines, before giving them to the sick, are always tried on the doctors and their friends; and in this way they find out what they will cure before they give them to the sick.

ABOUT THE DIET.

Homœopathy interferes very little with

the diet. In severe diseases the patient generally *loses* his appetite. When this is the case, food is improper, and should not be pressed on the patient. Give him as much cold water, or toast-water, or barley-water, or whey as he likes to take, but do not press him to eat. Gruel or arrow-root may be given whenever he can take it with a relish, but after illness he must be cautious in returning to his usual food. The return to ordinary diet must be gradual; from gruel and arrow-root he may be promoted to beef-tea, or good broth or cocoa; then afterwards he may try a very little of the lean of a mutton-chop, done nicely on the red coals; afterwards a little beef-steak and bread, or eggs lightly boiled, but at first he must only take very small quantities of solid food.

Whilst using medicines there are a few things which must not be taken at all, as they are apt to destroy or hinder the medicines from producing their proper and

full curative effects. These are, *coffee*, *onions*, *shell-fish*, *public-house beer*, or *porter*, or *wine*, or *spirits*, also from *tobacco* and from everything which is apt to disagree with his stomach.

THE MEDICINE CHEST.

As this book is for working men, it will keep to a few medicines, and those the most useful ones; and if he wants more information he will get some of the larger books on the subject, as they treat of a greater variety of diseases, and mention more medicines.

We shall mention only *twelve medicines*, which may be had either in globules or pilules. These two forms of medicine are the same in their qualities, and only differ in form.

Globules are little white things about the size of a pin's head. Two or three of them are a dose for a grown-up person, and one or two for an infant.

The *Pilules* are also white, but larger, about half the size of a peppercorn, one or two is a dose for a grown-up person, and one for an infant. Both the globules and pilules are made of sugar, and are saturated or impregnated with the medicines by the homœopathic chemists.

Mr. Turner, Homœopathic Chemist, of 41, Piccadilly, and 13, Market Street, Manchester, has entered into our views of bringing the blessings of Homœopathy within the reach of the working-classes, by fitting up a plain cheap case, which may be called **THE BRITISH WORKMAN'S MEDICINE CHEST**.

He has fitted up one, containing the twelve medicines for this work, in globules, which he sells for six shillings; and for those who prefer the pilules, he has fitted up one at seven shillings, containing pilules. Those who prefer, may get the medicines separately; the globules being sixpence each tube, containing about fifty

doses, and the pills sevenpence each, containing about the same number of doses.

LIST OF MEDICINES MENTIONED IN
THIS BOOK.

	Dilution recommended.
<i>Aconitum napellus</i> , usually called <i>Aconite</i>	3
<i>Arsenicum album</i> , usually called <i>Arsenicum</i>	6
<i>Belladonna</i>	3
<i>Bryonia alba</i> , usually called <i>Bryonia</i> ...	3
<i>Chamomilla</i>	3
<i>Dulcamara</i>	3
<i>Ipecacuanha</i>	3
<i>Mercurius vivus</i> , usually called <i>Mercurius</i>	6
<i>Nux vomica</i> , usually called <i>Nux</i> or <i>Nux v.</i>	3
<i>Pulsatilla niger</i> , usually called <i>Pulsatilla</i>	3
<i>Rhus toxicodendron</i> , usually called <i>Rhus</i> or <i>Rhus tox.</i>	3
<i>Sulphur</i>	6

B

Further information respecting these medicines is given at the end of this book.

Besides the above, we would recommend every one to get two bottles of tincture—one of *Camphor* and one of *Arnica*. They are invaluable in any house. The former alone, viz., *Camphor*, if used in time, is capable of throwing off one-half of the serious diseases to which people are liable. We will give directions when, and how, to use both it and *Arnica*, which everybody should try to remember, and use in suitable cases. They may both be had from any homœopathic chemist at from sixpence each.

HOMŒOPATHIC PREPARATION OF CAMPHOR.

Usually called *Camphor*, is useful in the following diseases :—

CHOLERA in the first stage.—When first seized with sudden feeling of weariness

ness, weakness, lowness, giddiness, noise in the ears, and paleness of the face, take one or two drops of *Camphor* every five minutes, until better, or a doctor has arrived.

PAIN IN THE BOWELS, and Looseness.
—Take one drop every quarter of an hour until better.

COLDS AND INFLUENZA.—As soon as ever they are perceived to be coming on, take a drop of *Camphor*, and repeat the dose every quarter of an hour, until three or four doses have been given; then, if not well, choose another medicine, according to the directions in this book.

FAINING.—Give two drops, or let the patient smell the *Camphor* bottle.

AGUE.—At the commencement, three drops every ten minutes, until three doses have been taken.

FURTHER DIRECTIONS.—In all cases in which the following symptoms, or any of them, come on suddenly, *Camphor* will do

good :—Prostration of strength, lowness of spirits, coldness of the body, coldness of the hands and feet, feeling of chilliness, shivering or shuddering, cramps in the arms, legs, or belly, feeling of faintness, and of dizziness, sneezing, etc. etc. When any of these feelings come on suddenly, get the *Camphor* bottle, and put three drops into three table-spoonfuls of water, and take a table-spoonful every ten minutes, until better ; or take one drop on a little lump sugar. Smelling the *Camphor* bottle will often produce the desired effect.

TINCTURE OF ARNICA.

Usually called *Arnica*.

BRUISES, etc.—In bruises of all kinds *Arnica* is invaluable. The blackness, swelling, stiffness, and soreness consequent on bruises by blows or falls, may be almost entirely prevented by using *Arnica* as soon after the accident as possible.

A lotion must be made by putting twenty drops of the tincture to half a tea-cupful of water, and the bruised parts bathed with it, or rags wetted with the lotion bound over the parts. A drop of tincture may also be taken in a wine-glassful of water, especially if the person has been much shaken or crushed. This may be repeated every two or three hours.

WOUNDS, CUTS, TORN FLESH, AND CRUSHES.—Make a lotion of *Arnica*, just half as strong as for bruises, and apply in the same way.

STRAINS AND SPRAINS.—Procure some soft rags, and wet them with lotion made as for bruises, and bind them on the part with handkerchiefs, or put twenty drops to an ounce of olive oil, and rub the swollen part gently with it for ten minutes at a time. If this does not wholly cure take three globules, or one pilule, of *Rhus toxicodendron* night and morning.

HOW TO USE THIS BOOK.

If you know what the complaint is, look in the index at the end for it; opposite to the name of the complaint you will see the number of the page given. Turn to the page, and follow the directions given.

If you do not know what the complaint is, or if you have any doubts about it; consider what part of the body is affected. If it is the head, look in the index at the end, and you will find what part of the book the complaints in the head are to be found. If in the stomach, look for stomach in the same way, and so on for any part of the body.

HOW TO MIX AND TAKE THE MEDICINES.

We will suppose that you have looked out in the book what medicine to give.

You can use either globules or pilules. The directions in connection with each complaint will be given in this book. If they are ordered to be given in water, put the globules or pilules into the quantity of *cold water* mentioned, leave them to dissolve for two or three minutes, then stir it round, and begin to give as directed. They may be dissolved in a clean tea-cup or tumbler-glass, and covered with a piece of clean paper. The spoon must never be left standing in the medicine, but carefully wiped and put away after using. The water should be the purest that can be obtained, or water that has been boiled and then cooled is suitable.

GENERAL DISEASES.

SIMPLE FEVER.—FEVERISHNESS.

Symptoms of feverishness.—Heat and redness of the skin; quick and strong pulse; tongue coated; thirst; and great restlessness. There may be chilly feelings, followed by heat and feeling of feebleness.

The remedy for these symptoms is *Aconitum*.

DIRECTIONS.—Dissolve four pilules or twelve globules, in twelve tea-spoonfuls of water, and give two tea-spoonfuls every hour or two. Children one tea-spoonful, or one globule on the tongue.

FEVERISH COLD.

Symptoms.—Shiverings and chills; shifting from one part to another; feeling cold and then hot; confused feeling in the head;

pain above the eyes; loss of smell and taste; anxious feeling; the back feels broken; heaviness in the limbs, and twitchings; all the symptoms grow worse towards night; restless and broken sleep.

Aconitum is the remedy for the above symptoms.

DIRECTIONS.—Dissolve four pilules or twelve globules in twelve tea-spoonfuls of water, and take two tea-spoonfuls every hour or every two hours. Dose for children, one tea-spoonful, or one globule or pilule on the tongue.

When the feelings of coldness or heat and restlessness are gone, take *Nux vomica*; or if a female, *Pulsatilla*; if a child, *Chamomilla*.

DIRECTIONS.—Take one pilule, or three globules on the tongue, every three or four hours; if a child, one pilule or two globules.

If better in other respects, but the smell is still absent, take *Ipecacuanha*.

DIRECTIONS.—Same as last.

NOTE.—If the symptoms of this complaint come on suddenly, *Camphor* is the

best remedy (see pages 18 and 19), but it should be taken at the very outset, within an hour or two of the first feelings of chills, as it is of very little use afterwards.

SCARLET FEVER, OR SCARLATINA.

Symptoms.—It begins, like most other fevers, with feelings of chilliness and shivering, and these feelings are followed by hot skin, strong quick pulse, and other symptoms of fever. The second day, the rash begins to make its appearance; first about the face and neck, and afterwards on other parts of the body. On the fifth day the rash begins to die away. The fever varies; sometimes more, sometimes less, and the throat is more or less affected. The less the throat is affected, the milder is the attack, and the worse the throat is, the more danger there is. As soon as the first symptoms of fever show themselves, give *Aconitum*.

DIRECTIONS.—Dissolve four pilules or twelve globules, in twelve tea-spoonfuls of water, and give a tea-spoonful every hour or every two hours ; or a pilule or two globules dry on the tongue.

As soon as it is suspected to be scarlet fever, from having caught it, or from the appearance of the rash or sore throat, stop the *Aconitum*, and give *Belladonna* instead.

DIRECTIONS.—Dissolve four pilules or twelve globules, in twelve tea-spoonfuls of water, and give a tea-spoonful every two, three, or four hours, according to the symptoms ; or a pilule or two globules on the tongue.

It should be remembered that *Belladonna* is the principal remedy for this complaint ; but still, if at any time the fever runs very high, a few doses of *Aconitum* may be given between the doses of *Belladonna*.

DIRECTIONS.—The *Aconitum* to be given as directed above ; a dose every half hour.

If the throat is *very bad*, so as to prevent swallowing, and if it is ulcerated,*

* To examine the throat, get a spoon, and press the tongue downwards and forwards, with the mouth of the person towards the light.

Mercurius may be given *time about* with the *Belladonna*, allowing an hour and a half or so between the two.

NOTE.—The patient should be put to bed, and kept from any drafts or chills. Keep the room well aired, and let him have plenty of water, or toast-water to drink. Scarlet fever may be distinguished from measles by the rash being of a brighter red, by the soreness of the throat, the redness of the tongue, and by there being no sneezing or running from the nose, eyes, etc., as in measles.

Prevention.—Scarlet fever is “catching.” This can often be prevented, however, by giving the children that have not had it, and are exposed to it, *Belladonna*; and even when it does not prevent it, it makes the attack milder.

DIRECTIONS.—Give one pilule, or two globules, on the tongue, every night, to each child who has not had the scarlet fever.

MEASLES.

Symptoms.—For three days, all the symptoms of a cold in the head prevail; there is a running from the eyes and nose; the eyes are red and swollen, there are sneezings, a cough, and sometimes hoarseness and difficulty of breathing. About the fourth day, an eruption comes out, first on the forehead or face, then on other parts of the body; the eruption is in clusters, red in appearance, and rough to the touch. In about five days the eruption begins to die away, and the fever disappears. If the fever is violent at the beginning, or any time in the course of the disease, give *Aconitum*.

DIRECTIONS.—Dissolve four pilules, or twelve globules, in twelve tea-spoonfuls of water, and give a tea-spoonful of it every hour or two, as long as may be necessary to bring down the fever.

If the fever is not so violent, give *Pulsatilla*, according to the following—

DIRECTIONS.—Dissolve four pilules or twelve

globules, in twelve tea-spoonfuls of water, and give a tea-spoonful every three or four hours; or one pilule or two globules dry on the tongue.

If there is constant thirst, the throat sore and inflamed, with pricking sensation when swallowing, and with a hoarse, dry, hard cough, give *Belladonna*.

DIRECTIONS.—Same as for *Pulsatilla*.

If the eruption is slow in coming out, or if it disappear suddenly, or if the chest is affected, give *Bryonia*.

DIRECTIONS.—Dissolve four pilules or twelve globules in twelve tea-spoonfuls of water, and give a tea-spoonful every two hours.

Let the patient be kept in bed, in a well-aired room, and carefully guarded from drafts and chills. Let him have water, or toast-water to drink. This disease is "catching," but sometimes can be prevented by giving the other children *Pulsatilla*.

DIRECTIONS.—Give one pilule, or two globules, on the tongue every night.

TYPHUS FEVER.

“To the various grades and forms of this fever has been applied the term ‘typhoid,’ ‘nervous,’ ‘slow,’ ‘putrid,’ ‘ship,’ ‘jail,’ ‘camp,’ and ‘hospital’ fever. In its mildest form, it is known as the ‘typhoid,’ ‘slow,’ or ‘nervous’ fever. The remaining terms are applied to it when it is malignant, while the general and true appellation is ‘typhus.’ It is a fever of debility, with a tendency of the fluids to putrefaction; and it is distinguished from other fevers by the weakness of pulse, and great prostration of strength, at its commencement and during its progress. The symptoms are, pains in the head, back, and limbs; heat and dryness of the skin; extreme mental and bodily depression; thirst, constipation, delirium: all more or less severe, in proportion to the violence of the fever. Its duration

is from two to six weeks, or even longer."

We have quoted the above description of the fever, in order that it may be known when present. It is not our intention to give the treatment, as it ought to be in the hands of a medical man; and unless the patient can have the use of a good, dry, airy chamber, appropriated to himself or herself, with a good nurse and medical attendant, it will be best to be placed in the hospital, especially as fever hospitals are generally well managed, and the allopathic treatment of typhus is mild, and less objectionable than that in any other disease we know of. We may mention that many cases, which would in all probability go on to typhus if neglected, may, by the timely administration of *Camphor*, be warded off. (See what is said of *Camphor* at page 18.) The symptoms there given as those for which it is suitable, are generally those which are the *first* to usher in an attack of

typhus. This fever is also contagious, or "catching." This is one principal reason why it should be treated in an hospital, as all, or nearly all, are liable to take it. The best preventives are, plenty of fresh air, water, and a dose (a pilule or threoglobules) of *Rhus toxicodendron*, morning and night, while exposed to the contagion.

SMALL-POX.

Symptoms.—This disease begins, like most other fevers, with symptoms of chilliness, shivering, feeling of general uneasiness and depression, sleepiness, pains in the head, and heaviness of the limbs. About the end of the second day, rough pimples appear on the face and forehead, and then gradually spread over other parts of the body. In a few days more these pimples, or pustules as they are then called, contain matter, have a yellowish colour, and each is a little flattened or hol-

lowed in the middle at the top. At about the eleventh day they break, and the discharged matter hardens and falls off as scabs. The fever then goes away. The other symptoms are, sore throat, hoarseness, and swellings in various parts. The above description has been given in order that the disease may be known when it occurs.

The *treatment* should be in the hands of a medical man, a homœopathic one if possible. If there should be much fever, which may be known by the skin being hot and dry, the pulse full and quick, and the patient restless and thirsty, give *Aconitum*.

DIRECTIONS.—A pilule, or three globules, every two or three hours.

If there is hoarseness, difficulty of swallowing, with sore and swelled throat, etc., give *Belladonna*.

DIRECTIONS.—Same as for *Aconitum*.

If there is great loss of strength, dry

mouth, thirst, foul tongue, swelled face, etc., give *Arsenicum*.

DIRECTIONS.—Same as for *Aconitum*.

There are other means of lessening the danger, which the medical man ought to suggest, according to circumstances.

CHICKEN-POX.

Symptoms.—This complaint begins something like small-pox, only there is less fever, and the eruption comes out sooner; the first pimples show themselves on the back, and there is no matter forms in them, and the eruption dies off in scales about the fifth day. At the beginning, when the fever is present, give *Aconitum*.

DIRECTIONS.—One pilule, or two globules, every three or four hours.

When the fever is gone, and the eruption is dying away, give *Sulphur*.

DIRECTIONS.—A pilule, or two globules, at bed-time for three nights.

DISEASES OF THE SKIN.

ITCHINGS.

Symptoms.—Little spots come out on various parts of the body, they itch, and often burn, and cause great restlessness. First, take care that the skin is kept clean by the use of soap and water, not quite cold. Second, take a few doses of *Sulphur*.

DIRECTIONS.—One pilule, or two globules, dry on the tongue, every night and morning for three days.

If not better then, and especially if the itching is worse after getting warm in bed, take *Pulsatilla*.

DIRECTIONS.—One pilule, or two globules, three times a-day, dry on the tongue.

If the itching comes on when undress-

ing take *Mercurius vivus*, and if this fail
Nux vomica.

DIRECTIONS.—One pilule, or three globules, three times a-day, dry on the tongue. If one fail, after three days try the other.

If a small drop of watery fluid oozes from the spot like sweat, take *Arsenicum*.

DIRECTIONS.—The same as for *Mercurius*.

In severe cases, temporary relief may be obtained by dusting with flour, or moistening with saliva or oil.

NETTLE-RASH.

Symptoms.—This disease is known by its resemblance to the appearance of being nettled. Patches of the skin are raised up, red or white, like a blister, they appear suddenly, and change from one part to another; sometimes it is constitutional, at other times it comes on in consequence

of something which has been eaten, such as spices, pork, sausages, or mussels. Feverishness is present, though generally mild. The first appearance of the rash is accompanied by heat, itching, and sometimes swelling. Whenever there is much fever give *Aconitum*.

DIRECTIONS.—Dissolve two pilules, or six globules, in three or four tea-spoonfuls of water, and give two tea-spoonfuls every two hours. If a child, one tea-spoonful, or one globule, or pilule, on the tongue.

If the rash is attended with pricking like needles, and pains in the limbs, take *Dulcamara*.

DIRECTIONS.—One pilule, or two globules, on the tongue, every four hours.

If it arises from eating mussels, take *Rhus toxicodendron*.

DIRECTIONS.—Dissolve six pilules, or twelve globules, in twelve tea-spoonfuls of water, and take two tea-spoonfuls every two hours. If a child, one tea-spoonful.

If the rash suddenly disappears and the chest becomes affected, take *Bryonia*.

DIRECTIONS.—Dissolve six pilules, or twelve globules, in twelve tea-spoonfuls of water, and take two tea-spoonfuls every two hours. Dose for a child, one tea-spoonful.

ERYSIPELAS—SAINT ANTHONY'S FIRE—ROSE.

An inflammatory disease. The first symptoms are those of fever, and of course the remedy for these is *Aconitum*.

DIRECTIONS.—Dissolve six pilules, or twelve globules, in twelve tea-spoonfuls of water, and take two tea-spoonfuls every two hours.

This disease may attack any part of the body, but it generally fixes on some part more exposed than others, as the face, etc. When it attacks the face, it may extend to the brain, and become highly dangerous; in which case it will be advisable to have a medical man, who ought to have many more resources than

a working man, to give relief and ward off danger.

The following directions may be of use until he arrives, or, if the case is mild, they may be sufficient. If there are painful shooting-pains, heat, and tingling, and if the redness commences with a small spot, and then extends by rays or streaks, *Belladonna* is the remedy.

DIRECTIONS.—Dissolve six pilules, or twelve globules, in twelve tea-spoonfuls of water, and take two tea-spoonfuls every hour, or every two hours. If a child, one tea-spoonful as above.

When it attacks the joints, and movement increases the pain, take *Bryonia*.

DIRECTIONS.—Dissolve four pilules, or twelve globules, in twelve tea-spoonfuls of water, and take two tea-spoonfuls every two or three hours. If a child, one tea-spoonful.

If it moves from one part to another, *Pulsatilla*.

DIRECTIONS.—Dissolve six pilules, or twelve globules, in twelve tea-spoonfuls of water, and take two tea-spoonfuls every two or three hours. Children one tea-spoonful.

If there are little vesicles, or pimples, filled with watery fluid, *Rhus toxicodendron*.

DIRECTIONS.—Same as for *Pulsatilla*.

BOILS.

These well-known pests are often the result of a constitutional state, which it takes a long time to remove. The unfortunate subject of these safety-valves to the health must exercise patience, and persevere with the remedies for some time, if necessary.

Two of the best medicines are *Arnica* and *Sulphur*.

DIRECTIONS.—Put two drops of the *Tincture of Arnica*, mentioned at page 20, into half a tea-cupful of water, and then pour from one tea-cup into another several times, and take two tea-spoonfuls night and morning for a week, and afterwards take a pilule or three globules of *Sulphur* every night for another week; they may be taken dry on the tongue.

If there is much swelling, and the boil presents an inflamed and fiery-red appearance, or is very painful, take *Belladonna*, and afterwards *Mercurius*, as follows :—

DIRECTIONS.—Dissolve three pilules, or eight globules, in eight tea-spoonfuls of water, and take two tea-spoonfuls every two hours, until four doses have been taken ; then *Mercurius* in the same way.

If there is much heat and fever, *Aconitum* may be taken.

DIRECTIONS.—Dissolve three pilules, or six globules, in six tea-spoonfuls of water, and take one tea-spoonful every hour or every two hours.

CORNS.

Corns are pieces of thickened skin, produced generally by the pressure of tight boots or shoes, on some part of the foot. First, get the shoe put right, so as not to press on any joint or other part. Wash the feet every day. Bathe the

corn first with warm water, and afterwards with *Arnica lotion*.

DIRECTIONS.—Put five drops of *tincture of Arnica* into a tea-spoonful of water, and bathe the corn with it, and afterwards put on a piece of *Arnica plaster*, or rub a little grease well into it. Repeat this every night until well.

A poultice of linseed or bread and milk will give great relief.

CHILBLAINS, OR FROST-BITES.

These troublesome affections may be very much relieved, when present, but as they are generally constitutional, the best way is to prevent them by taking medicine in summer. *Arnica* applied externally gives great relief.

DIRECTIONS.—Put six drops of *tincture of Arnica* to a table-spoonful of water, and bathe the part with it at night. Or still better, get a piece of lard, about the size of a pigeon's egg, put it on a plate and work five drops of *tincture of Arnica* well into it with a knife. Rub the parts with it at night.

Medicine should also be taken internally at the same time. If the parts

are fiery red, very painful, and tingle, take *Belladonna*.

DIRECTIONS.—One pilule, or three globules, three or four times a-day, dry on the tongue. Children, two globules or one pilule.

If the parts are of a blue-red colour, swelled and throbbing, take *Pulsatilla*.

DIRECTIONS.—Same as for *Belladonna*.

If they are blue-red, and itch much, the itching being worse when warm, take *Sulphur*.

DIRECTIONS.—Same as for *Belladonna*.

If they burn much, or if they become ulcerated, take *Arsenicum*.

DIRECTIONS.—Same as for *Belladonna*.

WHITLOW, OR GATHERING AT THE END OF THE FINGER.

These are very painful swellings at the end of the finger, ending with the formation and discharge of matter. When first noticed, hold the finger in water as

warm as it can be borne, and take *Mercurius*.

DIRECTIONS.—Take one pilule, or three globules, dry on the tongue, every four hours. Children, two globules or one pilule.

If this does not cure it, apply a bread and milk poultice, but still go on with the *Mercurius*, or if there is very much redness and throbbing, take *Belladonna*.

DIRECTIONS.—One pilule, or three globules, on the tongue, every two or three hours. Children, two globules or one pilule.

If very painful in the night, causing much restlessness, take *Aconitum*.

DIRECTIONS.—One pilule, or three globules, on the tongue, every hour. Children, two globules or one pilule.

RINGWORM.

Small ring-like patches, with a red border. If there is much redness, give *Rhus toxicodendron*.

DIRECTIONS.—One pilule, or three globules, dry on the tongue, every night and morning.

Children, a pilule or two globules. Also dissolve four globules or two pilules in a few drops of water, and touch the parts with it at night.

If there is itching of the part, or if the *Rhus tox.* does not make a cure, give *Sulphur*.

DIRECTIONS.—The same as for *Rhus tox.*

If the part is scaly, or if it is covered with a bran-like scurf, give *Mercurius*.

DIRECTIONS.—The same as for *Rhus tox.*

The part should be carefully washed every evening with soap and water, or bran and water.

SCALD-HEAD.

This disease consists of an inflammatory pimply breaking out, generally on the head. The pustules or pimples contain yellow matter, which oozes out, and glues the hair, and forms thick scaly crusts and scabs.

First of all **CLEANLINESS** is essential to a cure. The parts should be carefully

washed once or twice a-day with soap and warm water; then carefully dried with a soft towel, which must not be used for anything else. The hair should also be cut short.

If there is much redness and inflammation, *Rhus toxicodendron* is the remedy.

DIRECTIONS.—One pilule, or two globules, dry on the tongue, three times a-day; also, dissolve six globules or three pilules in a tea-spoonful of warm water, and apply it to the parts with a feather or camel's hair brush.

If the scabs are dry and hard, and if there is itching, give *Sulphur*.

DIRECTIONS.—Same as for *Rhus tox*.

If the matter which is discharged makes the parts it touches sore, or if there are ulcers, give *Arsenicum*.

DIRECTIONS.—Same as for *Rhus tox*.

If the glands about the neck and ears are swollen, give *Mercurius*.

DIRECTIONS.—Same as for *Rhus tox*.

NOTE.—As this disease is infectious, or

“catching,” the greatest care must be exercised to preserve the other children from taking it. The water for washing, sponge, comb, brush or towel used for the affected child must not be used for the other children. The same holds good with respect to the nightcap, if one is worn, also to sleeping in the same bed.

CAUTION.—Do not attempt to use any strong washes or ointments, as they may drive the disease in, and produce very serious consequences.

ULCERS.

A sore place with the skin broken, and which sends out a sort of matter or watery-looking fluid. They may be caused by wounds, or they may come on in consequence of some internal cause. There are many sorts, which can only be cured by a medical man, but the following medicines will do good in many cases.

If there is much pain in the ulcer, and redness or inflammation, take *Belladonna*.

DIRECTIONS.—One pilule, or three globules, dry on the tongue, three times a-day. Children, a pilule or two globules.

If the ulcer burns, or if there is painful smarting, discharging blood, or thin matter mixed with blood, also if it has a bluish or blackish colour, take *Arsenicum*.

DIRECTIONS.—Four pilules, or twelve globules, to be dissolved in twelve tea-spoonfuls of water, and two tea-spoonfuls taken every four or five hours. Children, one tea-spoonful, or a pilule or two globules on the tongue.

Keep a little soft linen or lint, wetted with cold water, on the part, and bound (but not too tight) with a silk handkerchief.

DISEASES CONNECTED WITH THE BREATHING.

COLD IN THE HEAD.

Symptoms.—The first symptoms are, shivering or feeling of coldness; stoppage or running of the nose; and sneezing, with uncomfortable or painful feeling in the head.

When the above symptoms first come on, take two or three doses of *Camphor*.

DIRECTIONS.—Mix six drops of the *Camphor* mentioned at page 18 in three table-spoonfuls of water, and take a table-spoonful every half hour. If a child, a tea-spoonful every half hour until three doses have been taken; then stop and select one of the following remedies.

If the nose is stopped, or if there is watery discharge from it, with burning in the nose or soreness of the nostrils and

lips, or feeling of weakness, take *Arsenicum*.

DIRECTIONS.—Four pilules, or twelve globules, to be dissolved in twelve tea-spoonfuls of water, and two tea-spoonfuls taken every two hours. Children, one tea-spoonful, or a pilule or two globules on the tongue.

If there is much sneezing, watery discharge, swelling, redness and soreness of the nose, pains in the limbs, restlessness and shivering, or feverish heat and thirst, take *Mercurius*.

DIRECTIONS.—Same as for *Arsenicum*.

If there is dryness and stoppage of the nose, headache and heaviness in the forehead, or running from the nose in the morning, and dryness in the evening, or at night, weariness of the limbs and confined bowels, take *Nux vomica*.

DIRECTIONS.—Same as for *Arsenicum*.

If there is loss of appetite, taste, and smell, with much thick discharge from the nose, sneezing, heaviness and confusion in

the head, worse in the evening, or in a warm room, take *Pulsatilla*.

DIRECTIONS.—Same as for *Arsenicum*.

HOARSENESS.

This is generally caused by a cold. When it is in consequence of being exposed to damp or wet, take *Dulcamara*.

DIRECTIONS.—One pilule, or three globules, dry on the tongue, every four hours. Children, a pilule or two globules.

When the hoarseness is accompanied with complete loss of voice, cold in the head, and sore throat, take *Belladonna*.

DIRECTIONS.—Same as for *Dulcamara*.

If *Belladonna* does not give relief after four or six doses, take *Mercurius*.

DIRECTIONS.—Same as for *Dulcamara*.

In some cases *Nux vomica* is useful, especially when there is a cold in the head and rough voice.

DIRECTIONS.—Same as for *Dulcamara*.

COUGH.

This common complaint needs no description. It is unfortunately too common in this country. *A cough should never be neglected*; it is the forerunner of some of the most fatal diseases of our climate, and is apt to become incurable when too long neglected. When it is the effect of being exposed to damp and cold, and is loose, and attended with much phlegm, and oppression at the chest, and hoarseness, take *Dulcamara*.

DIRECTIONS.—Four pilules, or twelve globules, to be dissolved in twelve tea-spoonfuls of water, and two tea-spoonfuls taken every four hours. Children, one tea-spoonful, or a pilule or two globules on the tongue.

If the cough is dry, short, hollow, and violent, worse in the evening and at night, and increased by movement, when caused by a tickling in the throat and accompanied by headache, take *Belladonna*.

DIRECTIONS.—Four pilules, or twelve globules,

to be dissolved in twelve tea-spoonfuls of water, and two tea-spoonfuls taken every three hours. Children, one teaspoonful, or a pilule or two globules on the tongue.

When the cough is constant, tight, and hacking, the chest feeling sore as if torn, with stitches in the chest, and feverishness or flushing, take *Aconitum*.

DIRECTIONS.—Four pilules, or twelve globules, to be dissolved in twelve tea-spoonfuls of water, and two tea-spoonfuls taken every two hours. Children, one tea-spoonful, or a pilule or two globules on the tongue.

If the cough is severe and shaking, with difficulty of breathing, and suffocation from phlegm, which is tough and difficult to get up, also where the face becomes pale and there is vomiting, take *Ipecacuanha*.

DIRECTIONS.—Same as for *Aconitum*.

For dry cough in winter, or during the prevalence of east winds, with stitches in the chest and tickling in the throat, and a bursting pain in the head from coughing, and especially if the cough becomes worse

when passing from cold to warm air, or from warm to cold air, *Bryonia* is the remedy.

DIRECTIONS.—Four pilules, or twelve globules, to be dissolved in twelve tea-spoonfuls of water, and two tea-spoonfuls taken every four hours. Children, one tea-spoonful, or a pilule or two globules on the tongue.

In the coughs of children during teething, give *Chamomilla*.

DIRECTIONS.—One pilule, or three globules, dry on the tongue, every three or four hours. Children, a pilule or two globules.

HOOPING-COUGH.

This disease has several stages to go through ; it begins like a common cough, and in this stage it must be treated as a common cough. When it is in the next or whooping stage it must be treated as follows :—

When the cough is hard and ringing, worse in the night or during sleep, and attended with sore throat and sneezing, or

rushes of blood to the head, *Belladonna* is suitable.

DIRECTIONS.—One pilule, or three globules, dry on the tongue, every four or five hours. Children, a pilule or two globules.

If suffocation threatens in consequence of being unable to get up the phlegm, or if there be sickness and vomiting, or blueness of the face and stiffness of the body, give *Ipecacuanha*.

DIRECTIONS.—Four pilules, or twelve globules, to be dissolved in twelve tea-spoonfuls of water, and two tea-spoonfuls taken after each fit of coughing. Children one tea-spoonful, or a pilule or two globules on the tongue.

If there is perspiration and yet the child complains of cold, *Mercurius* will be suitable.

DIRECTIONS.—One pilule, or three globules, dry on the tongue, every three or four hours. Children, a pilule or two globules.

ADDITIONAL INSTRUCTIONS.—During the time the child has the hooping-cough, rub the child's back-bone every night very gently with cod-liver oil, for two or three

minutes when undressing it. And when the cough is declining take the child from home for a week or two, if possible, for a change of air.

CROUP.

It begins like a common cold, but is soon followed by shrillness of the voice, the cough is hard and ringing, and the breathing difficult and accompanied by a crowing sound, the face becomes blue and discoloured. It is a dangerous disease. Send for a medical man, and until he arrives give *Aconitum*.

DIRECTIONS.—A pilule, or two globules, dry on the tongue, every ten minutes, and get some hot water ready, so that he can give the child a warm bath when he comes.

INFLUENZA.

An epidemic cold, accompanied with rheumatic pains in the limbs and loss of

strength. It comes on with the symptoms of cold in the head, such as shivering, coldness, stoppage or running of the nose, sneezing and uncomfortable feeling or pain in the head. When these symptoms first present themselves take *Camphor*.

DIRECTIONS.—Mix six drops of the *Camphor* mentioned at page 18 in three table-spoonfuls of water, and take a table-spoonful every half hour; or if a child, a tea-spoonful every half hour until three doses have been taken; then select one of the following remedies.

If the nose is stopped, or if there is watery discharge from it, with burning in the nose, or soreness of the nostrils and lips, pains in the limbs and feeling of prostration and weakness, take *Arsenicum*.

DIRECTIONS.—Four pilules, or twelve globules, to be dissolved in twelve tea-spoonfuls of water, and two tea-spoonfuls taken every two hours. Children, one tea-spoonful, or a pilule or two globules on the tongue.

If there is much sneezing, watery discharge, swelling, redness and soreness of

the nose, pains in the limbs, restlessness or shivering, or feverish heat and thirst, take *Mercurius*.

DIRECTIONS.—Same as for *Arsenicum*.

If there is dryness and stoppage of the nose, headache, and heaviness in the forehead, or running from the nose in the morning, and dryness in the evening and at night, weariness of the limbs and confined bowels, take *Nux vomica*.

DIRECTIONS.—Same as for *Arsenicum*.

If there is loss of appetite, taste, and smell, with much thick discharge from the nose, sneezing, heaviness, and confusion in the head, worse in the evening or in a warm room, take *Pulsatilla*.

DIRECTIONS.—Same as for *Arsenicum*.

INFLAMMATION OF THE LUNGS.

This dangerous disease should have the attendance of a medical man. It may

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The same remedies are to be given as for inflammation of the lungs (page 59).

DIRECTIONS.—Give in the same way as directed for the last-mentioned disease.

ASTHMA, OR DIFFICULTY OF BREATHING.

This disease is well known. It is attended with great difficulty of breathing and tightness of the chest. The attacks sometimes come on suddenly, and are attended with great anxiety and distress. If it comes on suddenly in the night, if there is stoppage of the breathing from tightness in the windpipe, cold sweat on the forehead, anguish, with coldness and paleness, and sickness, take *Ipecacuanha*. This medicine is also of use in the suffocating colds of children.

DIRECTIONS.—One pilule, or three globules, dry on the tongue, every ten minutes while the

attack lasts, and one dose after each attack has left. Children, a pilule or two globules in the same way.

If the chest feels too narrow, or as if bound round with a cord, if there is sleeplessness, restlessness, and great weakness, whistling-breathing, and burning heat in the chest, take *Arsenicum*.

DIRECTIONS.—One pilule, or three globules, dry on the tongue, every twenty or thirty minutes while the attack lasts, and one dose after the fit has gone off. Children, a pilule or two globules in the same way.

If the attacks seem to be connected with a bad state of the stomach, and are attended with bad taste in the mouth, heartburn, swelling of the stomach after meals, and confined bowels, take *Nux vomica*.

DIRECTIONS.—One pilule, or three globules, dry on the tongue, every four hours. Children, a pilule or two globules.

Bryonia is sometimes beneficial when

it arises from cold, during east winds, attended with chilly feelings and crossness of temper.

DIRECTIONS.—Same as for *Nux vomica*.

DISEASES OF THE MOUTH AND THROAT.

TOOTHACHE.

WE shall not tell the reader what it is like, but how to cure it.

When the pain seems to proceed from rotten teeth, but extends along the whole row, along the jaw, or into the ears and head; worse at night in bed; better by outside warmth, but worse from warm food; swelling of the gums, and water in the mouth, take *Mercurius*.

DIRECTIONS.—One pilule, or three globules, dry on the tongue, every half hour, until three or four doses have been taken. Children, a pilule or two globules.

If not better, take *Sulphur*.

DIRECTIONS.—Same as for *Mercurius*.

If the pain is worse in the open air,

when there are heat and redness of the face, and pulsations in the temples and head; also when there is pain or fulness in the head, swelling of the gums and dryness of the mouth, and thirst, take *Belladonna*.

DIRECTIONS.—Same as for *Mercurius*.

For toothache of children, or in cases in which the pain appears unbearable, worse at night, and on one side of the face, with heat and redness of one cheek, worse after eating or drinking anything hot, give *Chamomilla*.

DIRECTIONS.—Same as for *Mercurius*.

When it is accompanied by earache, and pain of one side of the head, with pricking in the gums, paleness of the face, and chilliness, pain worse when the parts are touched, and better from cold air, take *Pulsatilla*.

DIRECTIONS.—Same as for *Mercurius*.

If the teeth feel loose, and the gums are

swelled ; if the pain is better by warmth, and worse from cold air, and better by applying a cold hand, try *Rhus toxicodendron*.

DIRECTIONS.—Same as for *Mercurius*.

When the sufferer is very restless and hot, with flushed face, give *Aconitum*.

DIRECTIONS.—Same as for *Mercurius*.

TEETHING OF CHILDREN—DENTITION.

Whilst children are cutting their teeth they are subject to many ailments and difficulties. We shall mention a few of the most common.

If the child is hot, flushed, cross and very restless, give *Aconitum*.

DIRECTIONS.—A pilule, or two globules, dry on the tongue, every one or two hours till better.

If the child is very restless, the head very hot and red, the eyes very bright, and the child screams violently or starts

as if frightened, or if there are convulsions, give *Belladonna*.

DIRECTIONS.—Same as for *Aconitum*.

If there are looseness of the bowels, green stools, much pain, causing the child to scream violently, and draw its legs up, or convulsions and rolling of the eyes, give *Chamomilla*.

DIRECTIONS.—Same as for *Aconitum*.

THRUSH—FROG.

Small white specks or ulcers on the tongue, lips, cheeks, gums, and throat of infants; as soon as the complaint appears give *Mercurius*.

DIRECTIONS.—A pilule, or two globules, dry on the tongue, every four or six hours.

If not better in two or three days, use a weak wash of borax and water. If the child has looseness of the bowels and becomes much weakened, give *Arsenicum*.

DIRECTIONS.—Same as for *Mercurius*.

SORE THROAT, OR QUINSY.

When there is a feeling of tightness in the throat, heat and dryness of the mouth, thirst and bright redness of the tongue and throat, much soreness and swelling, take *Belladonna*.

DIRECTIONS.—Four pilules, or twelve globules, to be dissolved in twelve tea-spoonfuls of water, and two tea-spoonfuls taken every four hours. Children, one tea-spoonful, or a pilule or two globules on the tongue.

If there is much water or clammy mucus, bad taste in the mouth, tongue loaded, ulcers and redness in the throat, stinging into the ears, with shivering, or sometimes burning hot and then shivering, take *Mercurius*.

DIRECTIONS.—One pilule, or three globules, dry on the tongue, every three or four hours. Children, a pilule or two globules.

If the soreness has been caused by dampness or wet, take *Dulcamara*.

DIRECTIONS.—One pilule, or three globules,

dry on the tongue, every four or five hours. Children, a pilule or two globules.

If there are cutting or shooting pains in the throat, and a *bluish-red* appearance, and much tough, sticky mucus in the throat, and shivering, take *Pulsatilla*.

DIRECTIONS.—One pilule, or three globules, dry on the tongue, every three or four hours. Children, a pilule or two globules.

If there is rawness and soreness, or scraping and itching, causing a desire to press the tongue back, give *Nux vomica*.

DIRECTIONS.—Same as for *Pulsatilla*.

Lastly. If there is much restlessness, tossing about, and fever, give *Aconitum*.

DIRECTIONS.—Four pilules, or twelve globules, to be dissolved in twelve tea-spoonfuls of water, and two tea-spoonfuls taken every two or three hours, or oftener if necessary. Children, one tea-spoonful, or a pilule or two globules on the tongue.

DISEASES OF THE STOMACH AND BOWELS, ETC.

BAD DIGESTION, INDIGESTION, DE- RANGEMENT OF STOMACH, ETC.

THIS troublesome complaint may show itself in a great number of ways, according to the cause which has produced it, the constitution of the person affected, and so on. Some of the most common symptoms are, sickness, bad appetite, wind on the stomach and bowels, heartburn, pain, weight, uneasiness or fulness in the stomach after a meal, bad tongue, bad taste in the mouth, headaches, heaviness of the limbs, and such like. To prevent it, take food properly cooked, and easy of digestion; take it only in moderate quantities, and at proper and regular times. Eat slowly; chew the food well, and give it

time to digest before more is taken. Drink sparingly at meals, and only water, whey, or buttermilk; and avoid all articles of food that are known to disagree with the individual. If it is caused by overloading the stomach, or from the (worse than beastly) use of intoxicating drinks, or from exposure to cold; if there is bad taste in the mouth, sour risings from the stomach, heartburn, and a feeling of fulness after a meal; also if there is drowsiness, giddiness or headache, and the bowels are confined, take *Nux vomica*.

DIRECTIONS.—One pilule, or three globules, dry on the tongue, three or four times a-day. Children, a pilule or two globules.

If the complaint occurs in females, or if it is caused by pork, or other fat meats, take *Pulsatilla*.

* DIRECTIONS.—Same as for *Nux vomica*.

If there is sourness of the stomach, wind, sickness, vomiting, or heartburn; also if the patient feels cross-tempered,

and especially if it is worse during east winds, take *Bryonia*.

DIRECTIONS.—Same as for *Nux vomica*.

If the complaint is one of long standing, and especially if there is pain in the stomach, or sour belchings, waterbrash, confined bowels, and bad temper, take *Sulphur*.

DIRECTIONS.—One pilule, or three globules, dry on the tongue, every night. Children, a pilule or two globules.

BILIOUSNESS.

SYMPTOMS.—Similar to those under indigestion. It may be treated just in the same way (see page 70).

HEARTBURN.

This name is given to an acid or burning sensation in the pit of the stomach, and rising into the throat.

It is simply another form of indiges-

tion, and when it is attended by the other symptoms mentioned under indigestion, it may be treated in the same way as there directed. If the patient is a man, he may take *Nux vomica* for it.

DIRECTIONS.—One pilule, or three globules, dry on the tongue, every four hours. Children, a pilule or two globules.

If the patient is a female, she may take *Pulsatilla*.

DIRECTIONS.—Same as for *Nux vomica*.

When it is worst at night, and is attended by a feeling of weight at the chest or stomach, take *Chamomilla*.

DIRECTIONS.—Same as for *Nux vomica*.

WIND—FLATULENCY.

This troublesome symptom is another form of indigestion.

If the stomach feels tight and swelled, take *Nux vomica*.

DIRECTIONS.—One pilule, or three globules,

dry on the tongue, every four hours. Children, a pilule or two globules.

If produced by fat, greasy food, take *Pulsatilla*.

DIRECTIONS.—Same as for *Nux vomica*.

If it occurs in children, give *Chamomilla*.

• DIRECTIONS.—A pilule, or two globules, on the tongue, every hour or two.

If the complaint is of long standing, take *Sulphur*.

DIRECTIONS.—One pilule, or three globules, dry on the tongue, every night. Children, a pilule or two globules.

VOMITING, OR SICKNESS OF THE STOMACH.

Vomiting may arise from various causes, some serious, others not important. The following refers to some of the most common and simple cases of the complaint. If the treatment here recommended does

not cure, see a medical man about it. If the vomiting is caused by having eaten fat food, or by eating too much; also when the smallest quantity of food brings it on, and when it is accompanied with dizziness in the head and looseness of the bowels, take *Pulsatilla*.

DIRECTIONS.—One pilule, or three globules, dry on the tongue, every four or five hours. Children, a pilule or two globules.

If the vomiting occurs in females in the family-way, or if there is bad digestion, a feeling of swelling of the stomach, dryness of the mouth, disturbed sleep, and confined bowels, take *Nux vomica*.

DIRECTIONS.—One pilule, or three globules, dry on the tongue, every four or six hours. Children, a pilule or two globules.

If vomiting takes place often and plentifully, and there are no other particular indications, take *Ipecacuanha*.

DIRECTIONS.—One pilule, or three globules, dry on the tongue, every two hours, or after each fit of vomiting. Children, a pilule or two globules.

If the vomiting is attended with burning in the stomach or throat, or if there is great weakness and prostration, with purging, and coldness of the hands and feet, take *Arsenicum*.

DIRECTIONS.—One pilule, or three globules, dry on the tongue, after every attack. Children, a pilule or two globules.

SEA-SICKNESS.

To prevent this, take a few doses of *Nux vomica* before going on board.

DIRECTIONS.—One pilule, or three globules, dry on the tongue, every four or six hours for two days before sailing. Children, a pilule or two globules.

Do not go on board with an empty stomach. When on board lie down at once, if possible, on deck; and if, notwithstanding, feelings of sickishness come on, take *Nux vomica*.

DIRECTIONS.—One pilule, or three globules, dry on the tongue, every quarter of an hour till better. Children, a pilule or two globules.

If there is plentiful vomiting, and pain at the pit of the stomach, take *Ipecacuanha*.

DIRECTIONS.—Same as for *Nux vomica*.

If the sickness is attended with burning in the throat or stomach, thirst, prostration, and indifference for one's life, take *Arsenicum*.

DIRECTIONS.—One pilule, or three globules, dry on the tongue, every quarter of an hour till better. Children, a pilule or two globules.

CRAMPS IN THE STOMACH.

This is often a symptom of indigestion. If it comes on suddenly, take *Camphor*.

DIRECTIONS.—Take two drops in a table-spoonful of water, or on a bit of lump-sugar, every ten minutes, until three doses have been taken. If better, stop; if not, choose one of the following remedies.

If there is cramp and feeling of tightness or squeezing of the stomach, bitter taste in the mouth, worse after a meal, and

accompanied with other symptoms of bad digestion, take *Nux vomica*.

DIRECTIONS.—One pilule, or three globules, dry on the tongue, every four hours, or every hour while the pain is severe. Children, a pilule or two globules.

Or if the above symptoms are present, and the patient is subject to chilly feelings, and especially if the pain is made worse by moving, take *Bryonia*.

DIRECTIONS.—Same as for *Nux vomica*.

If there is much nervous excitement, and heavy pressure like that of a stone, take *Chamomilla*.

DIRECTIONS.—Same as for *Nux vomica*.

JAUNDICE.

The eyes and skin are yellow, the water reddish-brown, and the stools whitish; there is loss of strength and of appetite, and a bitter taste in the mouth, and

lowness of spirits. *Mercurius* is the chief remedy.

DIRECTIONS.—Four pilules, or twelve globules, to be dissolved in twelve tea-spoonfuls of water, and two tea-spoonfuls taken every four hours. Children, one tea-spoonful, or a pilule or two globules on the tongue.

COLIC, GRIPES, OR BELLYACHE.

CAUSES.—Cold or indigestion.

When the pain is like a spasm, with coldness in the belly or any other part of the body, take *Camphor*.

DIRECTIONS.—Two drops of *Camphor* to be taken in a spoonful of water, or on a piece of lump-sugar, every quarter or half hour, or hour, according to the severity of the pain.

If the bowels are confined, take *Nux vomica*.

DIRECTIONS.—Four pilules, or twelve globules, to be dissolved in twelve tea-spoonfuls of water, and two tea-spoonfuls taken every two or three hours. Children, one tea-spoonful, or a pilule or two globules on the tongue.

If it arises from too fat or too rich food, take *Pulsatilla*.

DIRECTIONS.—Same as for *Nux vomica*.

If it has been brought on by a fit of anger, etc., or if it occurs in children, give *Chamomilla*.

DIRECTIONS.—Four pilules, or twelve globules, to be dissolved in twelve tea-spoonfuls of water, and two tea-spoonfuls taken every three or four hours. Children, one tea-spoonful, or a pilule or two globules on the tongue.

If anxiety of mind or overwork of the brain has brought it on, and if the bowels are much confined, *Nux vomica* is the remedy.

DIRECTIONS.—Same as for *Chamomilla*.

If it is of long standing, take *Sulphur*.

DIRECTIONS.—One pilule, or three globules, dry on the tongue, every night and morning. Children, a pilule or two globules.

PURGING, OR LOOSENESS OF THE BOWELS.

This common complaint may be caused in several ways ; such as eating food that is hard to digest, sour and unripe fruit, getting chilled when sweating, the heat of summer, etc. It comes on also before an attack of cholera. If the pain in the bowels is violent, if there is a feeling of coldness, or cramp in any part of the body, take *Camphor*, as described at page 18.

DIRECTIONS.—Take three drops in a table-spoonful of water, or on a piece of lump-sugar, after each motion.

When it comes on from exposure to cold or dampness during warm weather, and there is little or no pain in the bowels, and attended with a sickly feeling, take *Dulcamara*.

DIRECTIONS.—Four pilules, or twelve globules, to be dissolved in twelve tea-spoonfuls of water, and two tea-spoonfuls taken after each stool. Children, one tea-spoonful, or a pilule or two globules on the tongue.

If the purging has been brought on by sour things, or by vexation or cold, and there is much pain in the bowels, constant, and causing the patient to draw himself up and writhe about with sickly feeling, the motions watery or mucous, take *Chamomilla*.

DIRECTIONS.—Four pilules, or twelve globules, to be dissolved in twelve tea-spoonfuls of water, and two tea-spoonfuls taken every half hour till better. Children, one tea-spoonful, or a pilule or two globules on the tongue.

If there is tearing, cutting pain in the lower part of the bowels, which feel cold, and a pinching pain in the pit of the stomach; when it is caused by cold from night air; when the motions are watery, and profuse or green, or tinged with blood, painful straining both during and after a motion, rumblings in the bowels and sickly feeling, shivering, etc., take *Mercurius*.

DIRECTIONS.—Four pilules, or twelve globules, to be dissolved in twelve tea-spoonfuls of water, and two tea-spoonfuls taken after every motion of the bowels. Children, one tea-spoonful, or a pilule or two globules on the tongue.

When purging is brought on by eating too fat or too rich food ; when the motions are frequent ; also risings in the mouth like rotten eggs, pain, fulness and rumblings of the lower bowels, sickness, hic-cough and vomiting, take *Pulsatilla*.

DIRECTIONS.—Four pilules, or twelve globules, to be dissolved in twelve tea-spoonfuls of water, and two tea-spoonfuls taken after each motion of the bowels. Children, one tea-spoonful, or a pilule or two globules on the tongue.

PURGING OF CHILDREN.

When the purging occurs in children during teething ; when caused by cold ; when the motions are watery, green, or yellow, with a bad smell ; also when the child screams violently and draws up its legs towards the belly from pain, give *Chamomilla*.

DIRECTIONS.—A pilule or two globules, dry on the tongue, every quarter of an hour until relieved.

If the above does not relieve after six doses, give *Ipecacuanha* in the same way.

CHOLERA.

When cholera prevails in your neighbourhood, take care to live on plain, but nourishing food; avoid indigestible food, and unripe or sour fruit; also take no stimulants such as spirits, wine, beer, etc., and do not indulge in any excesses. Avoid dirt, damp, and bad air; keep the house and workshop well aired, and the mind easy. Provide yourself, if you have not already done so, with a bottle of homœopathic preparation of *Camphor*; if possible, keep some in the workshop, and some at home, to be ready. It is important that it should be ready in case of a sudden attack, as almost everything depends on its being given early, as soon as the attack comes on.

The following, or some of them, are generally the first symptoms. Feeling of general uneasiness, chills or coldness, pains in the bowels, with rumbling sounds,

oppression and anxiety about the stomach, and severe purging. When these or any of these symptoms come on, take *Camphor*.

DIRECTIONS.—Three drops of *Camphor* to be taken every five or ten minutes in a table-spoonful of water, or on a piece of lump-sugar, and let the patient be made as warm and kept as quiet as possible.

If not better after three or four doses, send for a medical man. Of course, a homœopathic medical man is meant, as the old system can do little or no good in cholera.

If there is much vomiting, as well as purging, give *Ipecacuanha*.

DIRECTIONS.—Four pilules, or twelve globules, to be dissolved in twelve tea-spoonfuls of water, and two tea-spoonfuls taken after every fit of vomiting or purging. Children, one tea-spoonful, or a pilule or two globules on the tongue.

If there is great thirst, pulse small and weak, entire loss of strength, give *Arsenicum*.

DIRECTIONS.—Same as for *Ipecacuanha*.

It ought to be well known that there are generally warning symptoms before an attack of cholera. Such as feeling of general heaviness and inactivity, yellowish colour of the skin or eyes, foul tongue, bitter taste in the mouth, dislike to food, fulness at the pit of the stomach, with pressure, cramps, rumbling, etc. When these symptoms are present, take *Chamomilla*.

DIRECTIONS.—Four pilules, or twelve globules, to be dissolved in twelve tea-spoonfuls of water, and two tea-spoonfuls taken every two or three hours until better. Children, one tea-spoonful, or a pilule or two globules on the tongue.

Small pamphlets on the homœopathic treatment and prevention of this disease may be had from any homœopathic chemist, at from a penny to a shilling each.

BLOODY FLUX, OR DYSENTERY.

In this disease there is generally pain

in the bowels, with frequent urging to stool, straining, and bloody motions, or mucus mixed with blood and matter; also it is frequently attended with feverishness.

If there is much fever, give three globules of *Aconitum*, in a tea-spoonful of water, and an hour after one or other of the following medicines.

If the stools are bloody, and the pain and straining severe as if the bowels would be pressed out, give *Mercurius*.

DIRECTIONS.—Four pilules, or twelve globules, to be dissolved in twelve tea-spoonfuls of water, and two tea-spoonfuls taken every two or three hours. Children, one tea-spoonful, or a pilule or two globules on the tongue.

If the weakness is excessive, the skin burning hot and dry, burning pain in the bowels and constant thirst, give *Arsenicum*.

DIRECTIONS.—Same as for *Mercurius*.

It is a dangerous disease. The diet

must be carefully attended to. Arrow-root and good cocoa are the best.

CONFINED BOWELS, COSTIVENESS, OR CONSTIPATION.

This state, which people who are not homœopathists are so much afraid of, is one which seldom gives any trouble or anxiety to homœopathists. The allopathic way of getting out of this state increases the evil in the end, and is, therefore, generally worse than useless. Homœopathy, on the other hand, generally succeeds in a very short time in bringing about a healthy action of the bowels.

If the confined state of the bowels is brought on by using improper food, or by want of exercise; if there is headache or giddiness, drowsiness or heaviness, and reluctance to move; also if there is disturbed sleep at night, and fulness or weight about the belly, take *Nux vomica*.

DIRECTIONS.—Four pilules, or twelve globules,

to be dissolved in twelve tea-spoonfuls of water, and two tea-spoonfuls taken every four hours. Children, one tea-spoonful, or a pilule or two globules on the tongue.

If the costiveness is of long standing, and continual, take *Sulphur*.

DIRECTIONS.—Four pilules, or twelve globules, to be dissolved in twelve tea-spoonfuls of water, and two tea-spoonfuls taken every morning and night. Children, one tea-spoonful, or a pilule or two globules on the tongue.

If with the costiveness there is chilliness and bad temper, or a bursting headache, take *Bryonia*.

DIRECTIONS.—Same as for *Nux vomica*.

Other means to be used in addition to the above:—Take plenty of walking exercise in the open air. Drink half a gill of cold water on getting out of bed every morning. Eat plenty of ripe fruit and brown bread. An injection of about a pint of water just aired a little, may be thrown up the bowels, half an hour before

or after breakfast. Or in urgent cases take a spoonful of *Castor-oil*.

WORMS.

When small thread-worms are very troublesome at night, with itching, feverishness, and restlessness at night, take *Aconitum*.

DIRECTIONS.—Four pilules, or twelve globules, to be dissolved in twelve tea-spoonfuls of water, and two tea-spoonfuls taken every hour or two, according to the symptoms. Children, one tea-spoonful, or a pilule or two globules on the tongue.

If there is much itching at the seat, rubbing of the nose, restlessness, and greedy appetite, or swelling and hardness of the belly, give *Mercurius*.

DIRECTIONS.—One pilule, or three globules, dry on the tongue, three times a-day. Children, a pilule or two globules.

After taking the above for one week, take *Sulphur*.

DIRECTIONS.— One pilule, or three globules dry on the tongue, every night and morning. Children, a pilule or two globules.

PILES.

The small tumours constituting this disease are protruding or swelled veins. They may be either inside or outside the opening to the bowel. They may or may not bleed.

If they are brought on by too little exercise, or the use of intoxicating drink ; also if the bowels are confined, or there are shooting and catching pains in the loins, and with or without flow of blood, take *Nux vomica*.

DIRECTIONS.—Four pilules, or twelve globules, to be dissolved in twelve tea-spoonfuls of water, and two tea-spoonfuls taken every four hours. Children, one tea-spoonful, or a pilule or two globules on the tongue.

If the piles are bleeding, with pain in the small of the back as if broken, take *Belladonna*.

DIRECTIONS.—Same as for *Nux vomica*.

If the complaint is obstinate, or of long standing ; if the parts itch, and burn

and the pains are darting, with a feeling of fulness, and accompanied by a continual inclination to go to stool, take *Sulphur*.

DIRECTIONS.—Four pilules, or twelve globules, to be dissolved in twelve tea-spoonfuls of water, and two tea-spoonfuls taken three or four times a-day. Children, one tea-spoonful, or a pilule or two globules on the tongue.

If there is violent burning in the parts, and the bowels are relaxed, take *Arsenicum*.

DIRECTIONS.—Four pilules, or twelve globules, to be dissolved in twelve tea-spoonfuls of water, and two tea-spoonfuls taken every four or five hours. Children, one tea-spoonful, or a pilule or two globules on the tongue.

If the patient is very restless, feverish, or impatient, take *Aconitum*.

DIRECTIONS.—Four pilules, or twelve globules, to be dissolved in twelve tea-spoonfuls of water, and two tea-spoonfuls taken every two, three, or four hours. Children, one tea-spoonful, or a pilule or two globules on the tongue.

Bathe the parts several times a day with cold water.

AFFECTIONS OF THE HEAD, ETC.

HEADACHE.

FOR headache, chiefly in the forehead, with throbbing in the temples, affecting the eyes, making it painful to move them, and worse by movement generally, take *Belladonna*.

DIRECTIONS.—Four pilules, or twelve globules, to be dissolved in twelve tea-spoonfuls of water, and two tea-spoonfuls taken every two hours. Children, one tea-spoonful, or a pilule or two globules on the tongue.

If the headache has been brought on by excitement; if there is heat, weight and fulness in the forehead and temples, and coldness in other parts of the body, take *Aconitum*.

DIRECTIONS.—Four pilules, or twelve globules, to be dissolved in twelve tea-spoonfuls of water, and two tea-spoonfuls taken every hour or two till

some relief is obtained. Children, one tea-spoonful, or a pilule or two globules on the tongue.

If the headache is brought on by want of exercise, confinement of the bowels, with giddiness; also when the pain is deep in the head, or on the top of the head, when the feeling is as if a nail were driven into the head, worse after a meal, and when moving or walking, and with a feeling of heaviness and pressure above the eyes, take *Nux vomica*.

DIRECTIONS.—Four pilules, or twelve globules, to be dissolved in twelve tea-spoonfuls of water, and two tea-spoonfuls taken every two or three hours till some relief is obtained; then not so often. Children, one tea-spoonful, or a pilule or two globules on the tongue.

If the headache is caused by fat foods, the head heavy, pain on one side of the head, shooting into the ears, pale face, fretfulness and shiverings, or flushing heat, take *Pulsatilla*.

DIRECTIONS.—Same as for *Nux vomica*.

If the pain is felt in the whole head, especially during east winds, and is of a

bursting character, increased by moving, and with ill humour, take *Bryonia*.

DIRECTIONS.—Same as for *Nux vomica*.

GIDDINESS, DIZZINESS, MAZINESS,
LIGHT-HEADEDNESS, VERTIGO,
SWIMMING IN THE HEAD, ETC.

If it arises from too great fulness of blood; if it is worse when stooping, take *Aconite*, three doses; then *Belladonna*.

DIRECTIONS.—One pilule, or three globules, of *Aconite*, dry on the tongue, every two hours until three doses have been taken; then take *Belladonna* in the same way until three doses of it have been taken; then, if necessary, take *Aconitum* again, the same as before, and so on.

When it comes on after a meal, or when walking in the open air, when there is dimness of the eyes, and fainting, or a sickly feeling, take *Nux vomica*.

DIRECTIONS.—One pilule, or three globules, dry on the tongue, every three or four hours. Children, a pilule or two globules.

EPILEPSY, EPILEPTIC FITS, FALLING SICKNESS.

This distressing affliction can generally be cured by homœopathy, but it requires time, and long perseverance in the use of the remedies.

The following directions are not given because they are complete and sufficient, but they may be of use at one time or another in nearly every case.

When persons who are subject to this kind of fits have symptoms of an attack, such as nervous twitchings, headache, giddiness, etc., take *Belladonna*.

DIRECTIONS.—Four pilules, or twelve globules, to be dissolved in twelve tea-spoonfuls of water, and two tea-spoonfuls taken every hour or every two hours.

After a fit, take *Nux vomica*.

DIRECTIONS.—One pilule, or three globules, dry on the tongue, three times a-day for two days.

During the fit let the patient lie on the floor, loosen all tight parts of the

clothing, shelter the face from too strong a light, and guard as much as possible against the patient hurting himself. These attentions are all that are necessary *during* an attack.

FITS GENERALLY.

If a person falls down in a fit of any kind, do not be alarmed, nor in a hurry. Look at the face; if it looks red and flushed, or bloated, or the veins of the forehead and temples full, gently raise the patient's head and body, and keep him with the head raised above the level of his body. Send for a medical man, loosen his neckcloth and any other part of the dress which may be tight; do not let bystanders crowd close round him, but give him plenty of fresh air; sprinkle cold water on his forehead and temples. If, on the contrary, the face is pale, and there is no fulness of the veins of the forehead or

temples, let him (or her) lie flat down on the floor or on a sofa, and give him or her plenty of fresh air ; sprinkle cold water on the forehead and temples.

DISEASES OF THE EYES, EARS, FACE, ETC.

INFLAMMATION OF THE EYE.

If there is bright redness and heat in and about the eyes, and the light very painful, if it occurs in infants, or if it is caused by something getting into the eye, take *Aconite*.

DIRECTIONS.—Four pilules, or twelve globules, to be dissolved in twelve tea-spoonfuls of water, and two tea-spoonfuls taken every two hours. Children, one tea-spoonful, or a pilule or two globules on the tongue.

If, after taking three or four doses of the above, the pain is still very severe, the eyes bloodshot and very red, the light painful, take of *Belladonna* three doses in the same way; then, three doses of *Aconite* again, and so on. If there is the

feeling as if of sand in the eyes, take *Nux vomica*.

DIRECTIONS.—Four pilules, or twelve globules, to be dissolved in twelve tea-spoonfuls of water, and two tea-spoonfuls taken every three or four hours. Children, one tea-spoonful, or a pilule or two globules on the tongue.

If there are ulcers on the eyes or eyelids, and the eyelids swelled, give *Mercurius*.

DIRECTIONS.—Same as for *Nux vomica*.

If the eyes water much, take *Pulsatilla*.

DIRECTIONS.—Same as for *Nux vomica*.

A few doses of *Sulphur* will be useful in very obstinate cases.


DIRECTIONS.—One pilule, or three globules, dry on the tongue, three times a-day. Children, a pilule or two globules.

Bathe the eyes frequently with water, or new milk and water, just warm.

SOMETHING IN THE EYE.

As bits of dirt, etc., will sometimes

get into the eye, it is as well that the British workman should know the best way to get them out again, and also to remove the inconveniences which may arise from such little accidents.

A camel-hair brush,* just wetted in the mouth so as to get a soft point, or a bristle out of a brush, bent and held by the two points in this shape,  furnish as good instruments as can be had for getting mischievous bits of dirt, etc., from the eye; or a bit of soft paper, screwed round so as to present a soft point, will also do it very nicely in the hands of a dexterous man. Having any of these ready, proceed with the finger and thumb of one hand to lift up or draw down, according as the substance happens to be in the upper or lower eyelid, and draw the substance out with the bended part of the bristle, or the point of the paper or brush.

* Camel-hair brushes are sold by druggists and stationers at about a halfpenny each.

If redness or inflammation should come on, take a few doses of *Aconitum*.

DIRECTIONS.—One pilule, or three globules, dry on the tongue, every hour or every two hours. Children, a pilule or two globules.

This will do good even if it is not possible to get the substance out.

The eye may also be bathed with a lotion, made by adding two or three drops of *Tincture of Arnica* to a table-spoonful of water.

BLOODSHOT EYE.

Mix eight drops of *Tincture of Arnica* with a tea-cupful of water, and bathe the eye with it. Also take *Belladonna*.

DIRECTIONS.—Four pilules, or twelve globules, to be dissolved in twelve tea-spoonfuls of water, and two tea-spoonfuls taken every three or four hours. Children, one tea-spoonful, or a pilule or two globules on the tongue.

STYE.

A sty is a small boil on the edge of

the eyelid, *Pulsatilla* is the chief remedy.

DIRECTIONS.—One pilule, or three globules, dry on the tongue, three or four times a-day. Children, a pilule or two globules.

Wash the eye several times a-day with a lotion, made by dissolving six globules or three pilules of *Pulsatilla* in a table-spoonful of water. Apply a bread poultice at night. If there is much fever or inflammation, *Aconitum* may be taken.

DIRECTIONS.—Two pilules, or six globules, to be dissolved in six tea-spoonfuls of water, and two tea-spoonfuls taken every two hours. Children, one tea-spoonful, or a pilule or two globules on the tongue.

EARACHE.

If the pain is jerking, throbbing, or tearing, from within outwards, and if the ear outside is swelled, red, and inflamed, and if the pain affects one side of the face,

and makes the patient fretful, take *Pulsatilla*.

DIRECTIONS.—Four pilules, or twelve globules, to be dissolved in twelve tea-spoonfuls of water, and two tea-spoonfuls taken every hour. Children, one tea-spoonful, or a pilule or two globules on the tongue.

If the ear feels cold and the pain is made worse by warmth, also worse in the night, the pain reaching into the cheeks, head, and teeth, take *Mercurius*.

DIRECTIONS.—Same as for *Pulsatilla*.

If the pain shoots and darts through the ears, and into the head, eyes, or throat, worse when touched, take *Belladonna*.

DIRECTIONS.—Same as for *Pulsatilla*.

When the pain occurs in children, also when it is violent and sticking, as if a knife were thrust into the ear, one cheek red, the other pale, and when the patient is cross and ill-tempered, give *Chamomilla*.

DIRECTIONS.—Same as for *Pulsatilla*.

INFLAMMATION OF THE EAR.

When the ear is very red, inflamed, and hot to the touch, take *Pulsatilla* as directed for earache.

In severe cases relief may often be obtained by putting twelve globules or six pilules of *Pulsatilla* into a tea-cup half full of hot water, and holding the ear over the hot steam.

DEAFNESS, HARDNESS OF HEARING,
DULLNESS OF HEARING, ETC.

When it is caused by a cold, especially when caught by exposure to damp or wet, take *Dulcamara*.

DIRECTIONS.—One pilule, or three globules, dry on the tongue, every four or six hours. Children, a pilule or two globules.

If it arises from cold, and there is a feeling of coldness in the ear, or roaring and buzzing sound in the ears towards

night, or if it is caused by small-pox, take *Mercurius*.

DIRECTIONS.—Same as for *Dulcamara*.

If the outer ear is red and inflamed, or if it has been caused by measles, take *Pulsatilla*.

DIRECTIONS.—Same as for *Dulcamara*.

If there are singing and ringing sounds in the ears, or if it has been caused by scarlet fever, take *Belladonna*.

DIRECTIONS.—Same as for *Dulcamara*.

RUNNING FROM THE EARS, DIS- CHARGE OF MATTER FROM THE EARS.

When the matter discharged from the ears is yellow, and if there are tearing pains in the ears, if the glands about the ear are swelled and tender, or when the

running has been brought on by small-pox, take *Mercurius*.

DIRECTIONS.—One pilule, or three globules, dry on the tongue, three times a-day. Children, a pilule or two globules.

If the running follows measles, take *Pulsatilla*.

DIRECTIONS.—Same as for *Mercurius*.

If it follows scarlet fever, take *Belladonna*.

DIRECTIONS.—Same as for *Mercurius*.

Sulphur may follow any of the above remedies.

DIRECTIONS.—One pilule, or three globules, dry on the tongue, every night and morning. Children, a pilule or two globules.

FACEACHE, OR TIC DOULOUREUX.

If there is heat and flushing of the face, take *Aconite*.

DIRECTIONS.—One pilule, or three globules, dry on the tongue, every two hours. Children, a pilule or two globules.

If the pain is brought on afresh by touching the part, if there are twitchings or jerkings in the face or eyes, take *Belladonna*.

DIRECTIONS.—Same as for *Aconitum*.

If the whole of one side of the face or head is affected, and the pain worse when warm in bed, with swelling of the face, take *Mercurius*.

DIRECTIONS.—One pilule, or three globules, dry on the tongue, every three or four hours. Children, a pilule or two globules.

If the pain is drawing and tearing, take *Nux vomica*.

DIRECTIONS.—Same as for *Mercurius*.

SWELLED FACE—SWELLED CHEEK.

This is generally caused by diseased teeth, gum-boils, etc. If the swelling is attended with drawing pains, watering of

the mouth, or swelling of the glands, take *Mercurius*.

DIRECTIONS.—One pilule, or three globules, dry on the tongue, every four hours. Children, a pilule or two globules.

If the swelling is pale, and reaches to the ear, and is accompanied by shivering, flushes, or fretfulness, take *Pulsatilla*.

DIRECTIONS.—Same as for *Mercurius*.

If the swelling has been brought on by wet or damp, takè *Dulcamara*.

DIRECTIONS.—Same as for *Mercurius*.

SWELLED GLANDS—MUMPS.

Swelling, and sometimes pain and soreness of the glands, under the jaw, and below the ears. *Mercurius* is the chief remedy.

DIRECTIONS.—One pilule, or three globules, dry on the tongue, every four hours. Children, a pilule or two globules.

If there is much redness, pain and

soreness, and difficulty of swallowing, take *Belladonna*.

DIRECTIONS.—Same as for *Mercurius*.

Dulcamara is sometimes serviceable, especially if the swelling occurs in damp weather, and if the water is muddy.

DIRECTIONS.—Same as for *Mercurius*.

MISCELLANEOUS.

RHEUMATISM.

If the attack has just come on, and there is fever or chilliness, feeling of weariness, or great uneasiness and restlessness, take *Aconite*.

DIRECTIONS.—Four pilules, or twelve globules, to be dissolved in twelve tea-spoonfuls of water, and two tea-spoonfuls taken every two hours. Children, one tea-spoonful, or a pilule or two globules on the tongue.

If the attack has been caused by going when heated into a draught of cold air and if the parts are red, shining, and swelled, take *Belladonna*.

DIRECTIONS.—Four pilules, or twelve globules, to be dissolved in twelve tea-spoonfuls of water, and two tea-spoonfuls taken every three or four hours. Children, one tea-spoonful, or a pilule two globules on the tongue.

If the pain is mostly in the flesh (muscles) between the joints, worse when moved or moving, and the parts are swelled, also when there is chilliness, derangement of stomach, and bad temper, take *Bryonia*.

DIRECTIONS.—Same as for *Belladonna*.

When the joints are chiefly affected, and the parts puffed and swelled, when there is much sweating and the pain is worst when warm in bed, take *Mercurius*.

DIRECTIONS.—Same as for *Belladonna*.

If it has been brought on by being wet through, and if the pain is deep, gnawing and tearing, worse in the night, when at rest, and better when moving, take *Rhus toxicodendron*.

DIRECTIONS.—Same as for *Belladonna*.

If the pain moves about from one place

to another, and there is a sort of numb feeling with it, take *Pulsatilla*.

DIRECTIONS.—Same as for *Belladonna*.

If it has been brought on by being damp, take *Dulcamara*.

DIRECTIONS.—Same as for *Belladonna*.

If it is old standing, and especially if the pains are drawing, pinching and tearing, worse when cold, better when warm, take *Sulphur*.

DIRECTIONS.—One pilule, or three globules, dry on the tongue, every morning and night. Children, a pilule or two globules.

LUMBAGO.

This is rheumatism in the small of the back. If there is feverishness or shivering, begin with *Aconitum*.

DIRECTIONS.—Four pilules, or twelve globules to be dissolved in twelve tea-spoonfuls of water,

H

and two tea-spoonfuls taken every two hours. Children, one tea-spoonful, or a pilule or two globules on the tongue.

If the pain makes the person stoop, so that he can hardly bear to straighten his back, when it is worse in the morning, better at night, and attended with shivering and biliousness, take *Bryonia*.

DIRECTIONS.—Four pilules, or twelve globules, to be dissolved in twelve tea-spoonfuls of water, and two tea-spoonfuls taken every three or four hours.

When it is brought on by being thoroughly wet, and the pain worse at night, take *Rhus toxicodendron*.

DIRECTIONS.—The same as for *Bryonia*.

STIFF NECK—CRICK IN THE NECK, ETC.

This is rheumatism of the muscles of the neck. If brought on by exposure to damp, take *Dulcamara*.

DIRECTIONS.—One pilule, or three globules, dry on the tongue, every four or six hours. Children, a pilule or two globules.

If it is very sore, stiff, and attended with sore throat and difficulty of swallowing, take *Belladonna*.

DIRECTIONS.—Same as for *Dulcamara*.

If there are swellings, and they are most troublesome in bed, take *Mercurius*.

DIRECTIONS.—Same as for *Dulcamara*.

If, with the stiffness, there is a feeling as if the tendons were drawn and shortened, if there is a feeling of weariness in the parts, or tingling, and it is most troublesome when warm in bed, take *Rhus toxicodendron*.

DIRECTIONS.—Same as for *Dulcamara*.

A poultice may be placed on the back of the neck at night.

CRAMPS IN THE LIMBS.

Those who are subject to cramp in the night should sleep on a sloping bed, the head being a few inches higher than

the feet. When the cramp comes on in the legs press the foot firmly against the bedstead or the wall.

To prevent the return, if the attacks are apt to come on in the day, take *Rhus toxicodendron*.

DIRECTIONS.—One pilule, or three globules, dry on the tongue, every night and morning. Children, a pilule or two globules.

If the attacks are more apt to come on at night in bed, take *Sulphur*.

DIRECTIONS.—Same as for *Rhus toxicodendron*.

In very violent attacks, rub a few drops of the *Camphor* mentioned at page 18, into the part.

PALPITATION OF THE HEART.

Violent throbbing or beating of the heart. If it is worst at night in bed, and the patient complains of hearing the pal-

itation in his head, and if the face is flushed and there are other signs of fever, give *Aconitum*.

DIRECTIONS.—One pilule, or three globules dry on the tongue, every three or four hours
Children, a pilule or two globules.

If it occurs in nervous or hysterical persons, and is easily brought on by joy or fear, if it is attended with shivering or flushing, take *Pulsatilla*.

DIRECTIONS.—Same as for *Aconitum*.

When the beating extends from the chest to the head, and is brought on by going up stairs, and the breathing quick and anxious, take *Belladonna*.

DIRECTIONS.—Same as for *Aconitum*.

In some cases of long standing, *Sulphur* will be efficacious.

DIRECTIONS.—One pilule, or three globules, dry on the tongue, every morning and night.

BURNS AND SCALDS.

The first and chief thing is to protect the part from the air and the cold. This may be done several ways. Choose the readiest within reach, from among the following:—If soft cotton wool is at hand there can be nothing better. Spread it all over the burnt or scalded part. Spread on a good thick layer. Fine wadding will do, apply the soft side to the wound and the glazed side outwards. Then get some oil, almost any sort will do, and pour it all over the cotton wool, so as to fairly soak it.

Or, dust the parts all over thickly with flour, and let it remain on. If necessary put more on from time to time.

Or, if there is neither flour nor cotton at hand pour oil all over the injured parts, and as soon as you can, cover with cotton wool.

Or, apply a liniment made with equal parts of linseed-oil and lime-water.

If fever comes on, give *Aconitum*.

DIRECTIONS.—Four pilules, or twelve globules, to be dissolved in twelve tea-spoonfuls of water, and two tea-spoonfuls taken every two hours. Children, one tea-spoonful, or a pilule or two globules on the tongue.

Severe burns and scalds ought always to be attended to by a medical man.

BRUISES.

Put ten drops of *Tincture of Arnica* into a tea-cupful of water, and bathe the parts with it; or, still better, apply rags wetted with the above lotion, and cover over with several folds of dry cloth, or tie a handkerchief several folds thick over it.

If the bruising or injury is general, as from a fall, give a drop of the tincture in water as is directed at page 21.

STRAINS AND SPRAINS.

Bathe the part with hot water for ten minutes. Then make a lotion, by mixing ten drops of *Tincture of Arnica* with a teacupful of cold water, and bathe the part with it until the swelling and pain is lessened.

Take a drop of *Arnica*, as directed at page 21, every four hours for two days.

If necessary after this, take *Rhus toxicodendron*.

DIRECTIONS.—One pilule, or three globules, dry on the tongue, three times a-day. Children, a pilule or two globules.

Give the part perfect rest.

SLEEPLESSNESS.

First find out the cause, and remove it if possible.

The following remedies will in many cases be useful. When it occurs in children, especially if caused by overloading

the stomach, or anything improper in the diet, give *Chamomilla*.

DIRECTIONS.—One pilule, or two globules, dry on the tongue, every hour.

In some instances similar to the above, *Pulsatilla* may be given in the same way.

If it is attended with burning heat, feverishness, and extreme restlessness, with tossing about, take *Aconitum*.

DIRECTIONS.—One pilule, or three globules, dry on the tongue, every hour. Children, a pilule or two globules.

If caused by too much study or work, take *Nux vomica*.

DIRECTIONS.—Same as for *Aconite*.

WETTING THE BED.

When it occurs in children, give *Belladonna*.

DIRECTIONS.—One pilule, or two globules, dry on the tongue, every night and morning for one week.

Afterwards *Sulphur*.

DIRECTIONS.—Same as for *Belladonna*.

HINTS
RESPECTING THE
CHARACTERISTICS AND USES
OF THE TWELVE REMEDIES
REFERRED TO IN THIS BOOK.

ACONITUM NAPELLUS. — *Aconitum*,
Aconite, *Monkshood*.

THIS is an invaluable remedy. Those who rightly know how to use it, will never require to bleed, either with lancet or leech. It has been called "the homœopathist's lancet," because it will do more than the lancet can, and better too. Its effect in purely inflammatory cases is like magic.

The symptoms that point to *Aconite* most decidedly, are strong, full pulse, thirst,

dry heat of the skin, great restlessness, with constant tossing and anxiety, flushing of the face, glistening eyes, etc., etc.

ARSENICUM ALBUM.—Arsenicum,
Arsenic.*

This is a very searching remedy. It is well adapted in cases in which the powers of life are very low and nearly exhausted. It is valuable also in many skin diseases, particularly in breakings out about the mouth, attended with burning and the discharge of a thin, irritating, watery fluid. In many diseases of the bowels, especially when attended with prostration or burning pains. Also in affections of the breathing it is often useful, as in influenza, some varieties of coughs, asthma, etc.

* The reader need not be frightened at the mention of *Arsenic*, when in connection with homœopathic doses. The homœopathic preparation of it in globules and pilules is as mild and safe as that of any other medicine.

BELLADONNA.—Deadly Nightshade.

This medicine, in some respects, resembles *Aconite*, and is often useful after *Aconite* has been taken, and in some cases it is taken alternately or turn about with it, when both seem to be called for. It has a great control over various affections of the brain and nervous system, also in eruptive fevers such as scarlatina, measles, erysipelas, etc.

BRYONIA ALBA.—Bryonia,* White
Bryony.

This medicine acts upon the muscles generally, also upon the breathing and the digestive organs. It is of great use in rheumatic complaints, and in removing the unpleasant effects of east winds. In

* This must not be confounded with the Bryonia which grows in England. We have a Bryonia growing in this country, but it is not the sort used in Homœopathy.

pleurisy it is before all the blisters in the world. When otherwise indicated, it acts best on persons who are subject to feel chilly.

CHAMOMILLA. — *Matricaria Chamomilla*,
Wild Chamomile.

Is eminently adapted to children's diseases, especially during the teething period. It acts particularly on the stomach and bowels, also on the face, ears, etc.

DULCAMARA. — Woody Nightshade,
Bitter-sweet.

This medicine is particularly adapted to most of the consequences of being exposed to cold and damp, especially in rainy and cold seasons. Two or three doses ought always to be taken to prevent bad consequences, after being exposed to damp or wet.

IPECACUANHA.

This medicine is also admirably adapted to many of the diseases of children. It has a powerful effect on the stomach, and also on the chest and breathing.

MERCURIUS VIVUS.—Mercury, Quick-silver.

This remedy, so dreadfully abused by the old-system doctors, is exceedingly valuable and perfectly safe and mild when given homœopathically in small doses. It has a remarkable action on the mucous membrane, the glands, and the liver.

NUX VOMICA.—Nux, Vomit Nut.

This is a precious remedy, and perhaps oftener used by homœopaths in this country than any of the other remedies. It is valuable in almost all diseases of the stomach, liver, bowels, etc., and in other ailments which arise from the use of ardent spirits, too much mental labour,

etc. It is most adapted to persons of a hasty sanguine temperament. It is impossible to mention here anything like a title of the ailments it is good for.

PULSATILLA NIGER.—Pulsatilla, Meadow Anemone, Parque-flower, Wind-flower.

This medicine, in many respects, resembles *Nux vomica*, but it has a special relation to the ailments of females. It acts on the nervous system and on the digestive organs, also on the mucous membrane, is especially adapted to females of a mild, gentle disposition, disposed to be fretful or hysterical.

RHUS TOXICODENDRON.—Rhus tox., Rhus Sumach, Poison Oak.

This medicine acts specially on the joints and tendons. Hence its use in sprains and in rheumatism, especially that form of it which is better when moving. It also bears the same relation to a

thorough wetting, which *Dulcamara* does to exposure to damp, etc.

SULPHUR.—Flowers of Sulphur,
Brimstone.

This medicine has a special relation to diseases connected with eruptions of the skin, constitutional taint, and predisposition, and diseases of long standing. It should not be given too often.

BOOKS RECOMMENDED

TO THOSE WHO WISH FOR MORE
INFORMATION.

*Books Explaining Homœopathy and its
Advantages.*

DR SHARP'S TRACTS ON HOMŒOPATHY.
—These are the best explanations of Homœopathy ever published. They are sold at 2*d.* each, or 2*s.* for the set of twelve. The following is a list of them:—

1. What is Homœopathy?
2. The Defence of Homœopathy.
3. The Truth of Homœopathy.
4. The Small Dose of Homœopathy.
5. The Difficulties of Homœopathy.
6. The Advantages of Homœopathy.
7. The Principle of Homœopathy.
8. The Controversy on Homœopathy.
9. The Remedies of Homœopathy.
10. The Provings of Homœopathy.
11. The Single Medicine of Homœopathy.
12. The Common Sense of Homœopathy.

DR. HORNER'S REASONS FOR EMBRACING HOMŒOPATHY.—This is a very eloquent and powerful statement of the author's reasons for becoming a homœopathic physician. Dr. Horner was the senior physician to the Hull Infirmary, and had acquired the highest honours of his profession. The price is 6*d.*

DR. NORTON'S BRIEF ATTEMPT TO SHOW THE TRUTH AND VALUE OF HOMŒOPATHY is very interesting. The price is 3*d.*

*Books Teaching How to Use Homœopathy
in Curing Diseases.*

MR. MOORE'S POPULAR GUIDE TO HOMŒOPATHY is an excellent book. The price is 1*s.*

DR. MALAN'S POCKET-BOOK is also a good one. The price is 2*s.*

DR. WILLIAMSON ON THE DISEASES OF WOMEN AND CHILDREN is a very valu-

able work, and ought to be in the hands of every mother. It is sold at 2s.

DR. THOMAS'S Edition of DR. GUERNSEY'S DOMESTIC PRACTICE is one of the best books—it is plain, and useful. The price is 5s.

DR. LAURIE'S EPITOME OF HOMŒOPATHY is also a good book. It is the same price as the last mentioned.

DR. HERING'S DOMESTIC PHYSICIAN is one of the best and most comprehensive books. There are two editions of it; one at 8s., the other at 10s.; the latter is the best.

DR. LAURIE'S DOMESTIC HOMŒOPATHY, price 16s., is perhaps the most complete book of the kind in the English language.

The above books may be had from any homœopathic chemist, or from a bo

seller, by ordering them. To persons who live at a distance, they will be sent, post paid, on the receipt of the price of the book in postage stamps, by MR. TURNER, 41, Piccadilly, Manchester.

HOMŒOPATHIC DISPENSARIES.

THIS little book would not be complete if we did not mention these useful institutions ; as it may sometimes happen that, through sickness or want of work, the British workman might find it necessary to avail himself of their advantages. We shall give a list of a few in the chief towns. They are all of them accessible on easy terms, and very poor persons may obtain admission free, if their circumstances will not allow them to pay a small sum.

LONDON.—52, Great Ormond Street, Bloomsbury. Open daily (except Tuesday) at three in the afternoon. Terms, free.

Commercial Road, King's Road, Chelsea. Open Monday and Thursday at ten in the forenoon. Terms, two shillings and sixpence per month.

7, Manor Street, Clapham. Open Monday and Thursday afternoons at three. Terms, two shillings and sixpence per month.

Welbeck Street, corner of Bulstrode Street,

Manchester Square. Open Tuesday evenings at eight; Wednesday mornings at ten; and Friday evenings at seven.

20, Claremont Place, New Road, near the Angel, Islington. Open Thursday mornings from eight to nine.

Southwark Dispensary, 15, Alfred Place, Newington Causeway. Open Monday, Wednesday, and Friday mornings from eight to half-past ten; and on Tuesday and Friday evenings from seven to eight.

ASHTON.—Stalybridge and Dukensfield Dispensary, 199, Stamford Street, Ashton-under-Lyne. Open daily.

BIRMINGHAM.—13, Old Square. Open daily from two to three. Terms, two shillings and sixpence per month.

BRISTOL.—Upper Berkeley Place, Bristol. Open Monday, Wednesday, and Friday at half-past one.

DONCASTER.—St. James's Hospital. Open every morning.

DUBLIN.—122, Abbey Street. Open Tuesday, Thursday, and Saturday from nine to eleven.

DUNDEE.—14, New Inn Entry. Open Monday, Wednesday, and Friday from two to three. Terms, free.

HALIFAX.—13, Square Road. Open Monday, Wednesday, and Friday mornings from eight to ten.

HULL.—51, Waterworks Street. Open from two to five on Tuesday and Friday. Terms, one shilling and sixpence per month.

LEEDS.—26, Oxford Street.

LEICESTER.—London Road. Open Monday, Wednesday, Thursday, and Saturday from nine to twelve.

LIVERPOOL.—2, Harford Street, Mount Pleasant. Open daily from eight to ten. Terms, free.

MANCHESTER.—29, Lever Street. Open daily, from eight to ten in the morning, and on the evenings of Monday, Wednesday, and Saturday, from eight to nine. Terms: mornings, one shilling per month; evenings, one shilling and sixpence.

1, 2, and 3, Medlock Street, Hulme. Open on Monday, Wednesday, and Friday mornings from ten to twelve, and on Saturday evenings from seven to ten. Terms: mornings, one shilling per month; evenings, one shilling and sixpence per month.

21, St. Stephen's Street, Salford. Open Monday, Wednesday, and Friday from nine to eleven; and on Wednesday and Saturday evenings from seven to eight. Terms same as preceding.

NORTHAMPTON.—Parade. Open on Monday, Tuesday, Thursday, and Friday from nine to eleven; Wednesday and Saturday from twelve to three. Terms, two shillings and sixpence per mont

NEWCASTLE-ON-TYNE.—4, Hood Street. Open Monday, Tuesday, Thursday, and Saturday from nine to one. Terms, one shilling per month.

SUNDERLAND.—60, Fawcett Street. Open Wednesday, ten to twelve; Friday, two to four; Saturday, ten to twelve. Terms, one shilling per month.

WOLVERHAMPTON.—Worcester Street. Open Monday and Wednesday, from two to four.

YORK.—22, Bootham. Terms, two shillings and sixpence per month.

APPENDIX.



THE OLD SYSTEM OF MEDICINE—ITS DANGERS AND ITS DEFECTS.

It is a wonder the old system of physicking has stood so long. It may in some cases have done good, but it is certain it has done an immensity of harm. In fact, it has killed thousands and tens of thousands. As we might be suspected of partiality in describing its dangers and defects, we shall do so in the very words of its own practitioners.

BOERHAAVE, one of the most celebrated physicians of the last century, affirms that "it would have been infinitely better if medical men had never existed."

DR. JAMES JOHNSON said, "I declare it to be my most conscientious opinion that if there

were not a single physician, surgeon, apothecary, or man-midwife, or chemist, or druggist, or drug in the world, there would be less mortality amongst mankind than there is now." This quotation shows that it was Dr. Johnson's belief that the old system of medicine is *worse than useless*.

The late SIR ASTLEY COOPER is reported to have said, "The science of medicine is founded in conjecture (guessing) and improved by murder!"

DR. REID says, "More infantile subjects are perhaps destroyed daily by the pestle and mortar than in the ancient Bethlehem fell victims in one Herodian massacre!"

The late President of the Royal College of Physicians, DR. PARIS, quotes the following from a foreign writer as descriptive of the old system:—"Physic is the art of amusing the patient, whilst nature cures the disease." If this be so, it is a very expensive amusement to the patient, who often pays for it with his life.

"So far as my experience goes," remarks DR. DICKSON, "few people in these times are permitted to die of disease—the orthodox fashion is to die of the doctor."

FRANKS says, "Thousands are slaughtered in the quiet sick-room."

KEISER says, "In most cases the proverb is true, that the remedy is worse than the disease, and the doctor more dangerous than the disorder."

DR. LEESON says, "nearly all the waters, confections, decoctions, extracts, infusions, liquors, mixtures, essential oils, spirits, tinctures have no influence over any form of disease."

Such is the old system according to the description given of it by its own practitioners; and, as Sir John Forbes, Physician to the Queen's household, has said of it, "Things have arrived at such a pitch that they cannot be worse; they must either mend or end." So we say, *let* them end. The sooner the better, and let the people have the blessings of Homœopathy, which, as every one knows who has tried it, cures SAFELY, QUICKLY, and PLEASANTLY.

QUACK MEDICINES AND QUACK ADVERTISEMENTS.

Our newspapers and walls swarm with advertisements of quack remedies for this and that, and everything, and the number of purchasers of them shows the number of dupes there are. If the medicines were as efficacious as the advertisements say, there would be no disease but what might be soon cured. But although immense fortunes have been made by these reckless and lying advertisers, very few, if any, have been cured by their wretched rubbish.

Some think, that because the advertisements appear in what are called respectable and even in religious papers and magazines, therefore the medicines must be right and good. But this is not the case. The editor has often nothing at all to do with the advertisements. They are paid for as advertisements. It is true some newspapers now refuse a few of the worst kinds; but, as a rule, anything can be got in by paying for. It is a shame for some papers to sell themselves as they do to help these shameless

quacks to spread their nets, and obtain dupes from amongst their readers. And the working man may depend upon it, that whatever professions the papers may make about seeking the public welfare, it is all cant if they continue, week after week, to insert the same beastly and lying announcements. Some think the testimonials prove the efficacy of the remedies. No such thing. They can be had by the thousand, if necessary, at so much apiece. Indeed, there are persons in London who get their living by writing these and other testimonials, at a shilling or eighteenpence each. Of course, addresses are given; but they are imaginary, or so vague, or at such a distance that nothing can be found out by them.

There is another trick adopted by vendors of so-called patent medicines, by which many are deceived. "Protected by Her Majesty's Royal Letters Patent," means nothing more, really, than that they have paid for a few stamps, which may be bought by anybody. And so far from being a recommendation of the medicine, it was intended to act as a check on the sale of these pernicious nostrums. Then, another

dodge is, the getting a label printed in some fanciful way, with the words, "none are genuine unless signed John Coffin, or Frederick Fleeceum," or something else, "to imitate which is forgery." From this many are led to suppose that the medicine sold must be something genuine, whereas it may be dish-water or rank poison for that matter.

Those who are sensible will keep themselves out of the hands of the whole tribe of advertising quacks, who, when they once get hold of a victim, generally fleece him to the uttermost, and then leave him worse than they found him.

There is another form of quackery against which we would caution mothers especially, and we do advise her never to give her babe any of those injurious compounds known by the names of "soothing syrup," "quietness," "sleeping stuff," etc., etc. They are all disguised preparations of laudanum or some other stupefying drug, and are downright poison. Hundreds of children are murdered every year by these things.

AMOUNT OF DISEASE.

The disease, ill health, and number of deaths among human beings are so great that most people would hardly believe their amount. For instance :—

1st. One-fourth of the children born in Great Britain die before they are five years of age.

2nd. Taking the young and the old together, it is found that twenty-six years is the average age at which people die in London, and seventeen in Liverpool.

3rd. The number of medical men in London is greater than the butchers, and nearly as great as the bakers.

4th. In England and Wales only, 120,000 persons are always slowly dying of consumption.

5th. The number of hospitals, infirmaries, and dispensaries in London, is 150; one of these only, viz., St. Bartholomew's, admitted 40,000 patients in the year 1844.

6th. The number of orphan children, in the year 1840, on account of whose destitution relief was given was, 112,000.

7th. Among the working population living in cellars, one person in every 95 is annually attacked by fever.

8th. In Bethnal Green, the average age at death of the gentlemen residents is forty-five years; that of the working population only sixteen.

9th. Of 125 people who die every day in London, only nine die of old age.—*Manual of Public Health.*

THE CAUSES OF DISEASE.

Why is there so much disease among us? Because in numbers of things we do just what by our nature we were never meant to do. For example:—

1st. Man is intended to draw in *fresh* air every time he breathes. *Almost all people when in their houses, and the working people in their shops, breathe the same air over and over again.* To show the necessity of allowing fresh air continually to enter rooms and the bad air to escape, it may be stated that every person during each minute of his life

vitiates or poisons a quantity of air twice as large as himself.

2nd. Man ought to breathe *pure* air at every breath. *Our sewers and drains are so bad that the vapours and foul gases rise, and we breathe them.*

3rd. Man was intended to take exercise in the open air every day. Neither his heart, his stomach and bowels, his liver, his skin, his lungs, his kidneys, nor his brain will act rightly without walking exercise every day. *Most of us do not get a daily walk, or only a very short one, which is scarcely of any use.*

4th. Man is formed to take simple, plain, wholesome food. *He eats all sorts of things which not only do him no good but do him harm; and he drinks large quantities of beer, spirits, and wine, which hurt his stomach and take away the proper use of his brain.*

5th. Pure water is provided by nature for man's beverage, or the means of purifying it are within his reach. *He is apt to use, for the basis of every kind of drink, water teeming with all manner of impurities.*

6th. Man ought to wash himself all over with water every day, so as to cleanse the

pores of the skin ; else they get stopped up, he cannot perspire rightly, and his skin cannot breathe. *The majority of the people only wash their hands and face every day.*

7th. Man should wear clean clothes next to his skin, because the body gives off bad fluids. *At present many people wear the same things day after day for weeks together.*

8th. Man was intended to live in the light. *Many, very many, have scarcely any light in their rooms.*

9th. Man in this climate must wear warm clothing. *Many have no flannel, and are clad with heavy useless things.—Ibid.*

HOW DISEASE MAY BE LESSENERD.

The intelligent British workman can do a great deal to lessen the amount of disease in his family.

1st. He can see that the rooms of his house and workshop are ventilated ; by letting in fresh air at proper times. Morning is generally the best time to throw the doors and windows open.

2nd. He can choose his own landlord and house, so as to get a proper house to live in, taking care to have good drainage and sewerage provided, and plenty of good water and light.

3rd. He can see that both himself and his family take walking exercise in the open air, and avail himself of the public grounds and spaces provided for this purpose by his richer neighbours.

4th. Working men can select wholesome food, and avoid bad drink.

5th. Working men can be more cleanly than many are, or care to be. They can bathe and wash themselves. They can also make use of the baths and washhouses prepared for them, instead of having the washing done at home, which causes everything to be damp and mouldy, and to make them decay.

6th. They can see that their clothing is warm, light, and suitable for their habits and employments.

7th. They can cultivate a contented mind and cheerful disposition, both in themselves and their families and workshops.

8th. They can avoid the dram and beer

shops, and cultivate habits of sobriety, and at the same time possess all lawful enjoyments within their reach.

9th. They can adopt and use Homœopathy, so as to relieve an immense amount of suffering in themselves and their families.

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