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**HOMŒOPATHIC
MANUAL
CONTAINING HINTS
FOR
DOMESTIC PRACTICE
1/-**



HOMŒOPATHIC MANUAL.

THE
HOMŒOPATHIC MANUAL,

CONTAINING HINTS FOR

DOMESTIC PRACTICE.

With an Appendix,

ON

ENGLISH AND ASIATIC CHOLERA.

New Edition: Twenty-fourth Thousand.

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The Medicines should be kept in a cool and dry place, free from odours, and from which daylight is excluded.

Table of Medicines & Antidotes.

<i>Medicines.</i>	<i>Antidotes.</i>
Aconite	Camphor, two or three drops in water; Nux Vomica.
Arsenicum	China; Veratrum.
Belladonna	Hep. Sulph.; Puls.; Nux Vom.; Coffee.
Bryonia	Acon.; Cham.; Nux Vom.; Rhus Tox.
Calcarea Carbonica ..	Camphor.
Chamomilla.....	Acon.; Nux Vom.; Puls.; Coffee.
China Officinalis.....	Arn.; Ars.; Verat.
Cina	Ipec.
Cocculus	Camphor; Nux. Vom.
Coffea Cruda	Acon.; Cham.; Nux Vom.
Drosera Rotundifolia..	Camphor.
Dulcamara	Camphor; Ipec.
Hepar Sulphuris Calcareae.....	Belladonna; Vinegar.
Ignatia Amara	Camphor; Puls.; Coffee.
Ipecacuanha	Arnica; Ars.

<i>Medicines.</i>	<i>Antidotes.</i>
Lachesis	Ars.; Bell.; Veratrum.
Mercurius Solubilis ..	Bell.; Camphor; Chin. Dulc.
Nux Vomica	Acon.: Camphor; Coffee; Wine.
Opium	Camphor; Coffee.
Pulsatilla Pratensis ..	Cham.; Ign.; Nux Vom.; Coffee.
Rhus Toxicodendron..	Bry.; Camphor; Coffee.
Spongia Marina tosta..	Camphor.
Sulphur	Acon.; Camphor.
Veratrum Album	Acon.; Camphor; Arsenic.

SUPPLEMENTARY MEDICINES.

Arnica montana.....	Anica, mother tincture.
Cuprum Aceticum	Calendula, ditto.
Graphites	Rhus Tox., ditto.
Rheum.....	Camphor, strong solution.
Sepiæ Succus	Tamus Communis, mother tincture.

INDEX OF DISEASES.

	PAGE
Acidity	68, 76
Aconite, uses of	40
Aliments allowed	27
———— forbidden	29
Appetite, loss of	77
Arsenicum, uses of	41
Asthma	59, 60
Asthmatic Attacks	77
Bad breath	78
Belladonna, uses of	45
Bilious Affections.. .. .	51
Bleeding at the Nose	51, 78
Boils	46, 74, 80
Bowel Complaint, 43, 47, 50, 56, 59, 63, 68, 75, 81	

	PAGE
Bowel complaints of Infants	51, 82
Breathing, difficulty of	44, 49
Bronchitis	85
Bruises and Wounds	86
Bryonia, uses of	48
Burns or Scalds	88
Calcareo, uses of	49
Catarrh (see cold)	44, 61, 91
Chamomilla, uses of	50
Chilblains	89
China, uses of	51
Cholera	75, 187
—— its prevention	187
—— its curative treatment	188
Cina, uses of	52
Cocculus, uses of	53
Coffea, uses of	54
Cold	55, 99
—— common	94
—— in the Head	41, 61, 91

	PAGE
Colic	171
Colicky Pains	92
Constipation	67, 74, 96, 173
Convulsions	173
Corns	98
Coryza (see cold in the head) ..	44, 61, 91
Costiveness	67, 74
Cough	49, 59, 60, 63, 66, 99
Cramp	190
—— in Stomach	53, 103
Critical Period (females)	48, 53, 69
Croup	71, 103
Crying of Infants	46, 51, 175
Dentition	49, 176
Diarrhoea	50, 177
Directions for Diet	26
—— for taking the Medicines	32
Disease of the Head	105
Disordered Stomach	50, 68
Drosera, uses of	55

	PAGE
Drowsiness	65
Dulcamara, uses of	55
Dyspepsia	125
Dysentery	106
Earache and Deafness.. .. .	73, 106
Eruptions of Skin	70, 74
Erysipelas	108
Excoriation of Infants	178
Face-ache	50, 62, 110
Fatigue	110
Feverish Attacks	40, 50
Flatulence	64, 68, 111
Fright	112
Gout	112
Gum, the	179
Gumboil	114
Hæmorrhage.. .. .	51
Headache	115, 116
Heart, Palpitation of	58

	PAGE
Heartburn (see Indigestion) ..	64, 68, 125
Hepar, uses of	56
Hiccough	121, 179
Hoarseness	49, 121
Hooping-cough	55, 57, 123
Ignatia, uses of	57
Incipient Cold	124
Indigestion	64, 68, 125
Inflammation	40, 126
Inflammation of the Eye, 45, 47, 56, 61, 128, 179	
————— from something having got	
into the Eye	129
————— from cold	130
Influenza	131
Ipecacuanha, uses of	59
Jaundice	132, 180
Lachesis, uses of	60
Liver complaints	133
Lumbago, or pains in the loins.. .. .	134

	PAGE
Mammary Affections, or diseases affecting the breasts of females nursing	136
Measles	70, 138
Medicines, table of	7
Mercurius, uses of	61
Milk Crust	181
Mumps	140
Nervous Asthma	59
——— Depression	141
Nettle-rash	142
Neuralgia	144
Nightmare	145
Nose, bleeding of.. .. .	
Nux, uses of	64
Opium, uses of	66
Palpitation	58, 146
Piles	65, 147
Pimples	147
Pulsatilla, uses of.. .. .	67

	PAGE
Relaxation of the Bowels	153
Restlessness and Wakefulness	181
Retention of the Urine	182
Rheumatism	48, 63, 69, 70, 148
Rhus, uses of	70
Running from the Ears	182
Rupture of the Navel.. .. .	183
Scald-head and Ringworm.. .. .	149
Scalds	88
Scarlet Fever	46, 151
Sea-sickness	53, 153
Sickness.. .. .	153
Sleeplessness (see restlessness)	181
Sniffles	183
Sore Throat	47, 61, 62, 154
Spasms	192
Spongia, uses of	71
Sprains	155
Stings of Insects and Nettles	156
Stomach Complaint	43, 64, 157

	PAGE
Stye	69, 159
Sulphur, uses of	73
Surfeit	153
Swelling of the Face and of the Glands of the Ears and Neck	56, 160
Teething Spots	184
Thrush	184
Toothache	62, 163
Vaccination	186
Veratrum, uses of	75
Voice, loss of (see Hoarseness)	49, 121
Vomiting	165
Wakefulness	181
Weaning	186
Weight at the Stomach	68, 167
Wetting of the Bed	187
Whitlow	169
Worms	52

PREFACE.



HOMŒOPATHY is the system of *direct* and *radical* cure. In Allopathy, the cure was tried to be wrought by indirect methods, either by attempting to withdraw the disease from its original seat by the application of an agent which acted powerfully upon some other part of the body—a blister, for example—or the internal administration of some drug—such as mercury—which affected the whole system, in the hope that, in the general commotion, the disease would

be unseated and got rid of; or palliation alone was aimed at, and medicines given to blunt the sense of suffering; while diet, change of air, or some happy accident, was reckoned on, from a vague trust in the restorative powers of Nature, to effect an improvement in the seat of the disease. Whatever appliances were used, were of so energetic a character as to be capable of acting upon the robust and healthy frame, and always did act, in the first place, upon a healthy part. The blister, cupping-glass, and hot iron were applied to healthy skin. In this rough way of handling patients, it

would have been quite out of place to insist upon any very refined rules for avoiding the disturbance of the action of the medicine. It is not such an easy matter to divert a strong dose of salts from its effects, as to require any peculiar precaution in order to obtain the operation of the drug. Nor does it require any probationary treatment to secure a running sore from the application of a red-hot iron.

With Homœopathy, however, it is altogether different. Here the medicine always acts directly upon the diseased part, and is, therefore, given in very small quantities. To enable

it to take effect at all, certain precautions must be taken. There must be silence in the system—that is, all substances which tend to produce excitement of any organ, must be abstained from. Hence highly spiced food, and whatever is required to stimulate an exhausted and pampered appetite, is forbidden. How can a globule act upon a stomach irritated by a fiery curry? Then, let all highly seasoned soups and puddings, and dressed dishes, be given up when Homœopathic medicine is taken. If this general rule be borne in mind, it will supersede the necessity of minute directions—

that whatever is plain, nutritious, unstimulating, and easy of digestion, is allowed; and whatever is the reverse is forbidden. Besides the danger of its deranging the system so as to blunt its sensibility to the action of the delicate dose of a Homœopathic medicine, there is also the risk of taking some direct antidote to the medicine. Coffee, for example, is such an antidote to very many of the medicines, and so is Tea, though in a less degree. The best substitute for these is *Cocoa*, which is at once nutritious, unstimulating, and easy of digestion. For the most part, it is advisable to

avoid all drink, except what nature supplies; and after a little perseverance the simple luxury of a glass of cold water will come to be prized as the best beverage to quench thirst, and secure a return of a healthy appetite. Not only is it necessary to prevent the disturbance of the medicine when in the system, but certain precautions must be taken to secure it from adulteration before it is taken. The medicines should not be exposed to light, which tends to decompose them. As a general rule, it is better that they should be freshly dissolved, for if they stand long the water becomes impure. It

is also well, unless the water be very good, to boil it and let it cool, and decant it, after it has cooled, before dissolving the medicine in it. It is a good precaution to use a porcelain or a horn spoon, rather than a metal one, for taking the medicine, as metal acts on several of the medicines. The utmost attention must be paid to cleanliness; the glass into which the medicine is put must be well washed, and then dried with a clean towel; and, after the medicine is mixed, it must be covered with a piece of paper.

As a system of *radical* cure, Homœopathy requires from those who would benefit by it, for getting rid

of any long-continued disease, both patience and self-denial. No reformation, mental or physical, can be wrought in a day. If we wish to get rid of the root of our disorder, we must steadily act upon the soil of the constitution; and we must often submit to many little aches and ills which a palliative system would have alleviated at once. But for the most part, all such means strengthen the hold of the disease, and, if resorted to frequently, make a cure impossible. In conclusion, let it be remembered, that the practice of Homœopathy is attended with much greater difficulty than

that of the ordinary system; and the scientific skill and knowledge, as well as patience, of the physician is much more severely taxed; and, therefore, let it not be supposed that although, by the assistance of this or any other domestic guide, our lay brethren may accomplish many wonderful cures, and can hardly do any positive harm, that on that account it would be safe and proper for any one not practically acquainted with the natural course of diseases, and all the resources of the art of medicine, to undertake the hazardous and responsible duties of a general practice of the Medical Profession.

DIRECTIONS FOR DIET, &c.,

UNDER HOMŒOPATHIC TREATMENT.

A GREAT part of the success of the Homœopathic system in the treatment of disease has been ascribed to its rules of regimen, which have been represented as extremely difficult to practise. The best mode of meeting this objection will be by a note of the articles allowed and those objected to, by which it will be perceived that the whole hinges upon the principle of avoiding everything which may interfere with the treatment of the patient, either from its possessing medicinal properties, or from being difficult of digestion. Individuality of character should also

be taken into consideration : for example, articles of food that agree with some persons disagree with others ; and if an individual has been several years accustomed to wine or malt liquors, they should not be at once discontinued, but taken in greater moderation.

ALIMENTS ALLOWED.

Soup or Broth made from the lean of Beef, Veal, or Mutton: to which may be added, well boiled, Sago, Tapioca, Vermicelli, Rice, Semolina, or Macaroni.

Meats.—Beef, Mutton, Poultry, Pigeons, Larks, Rabbits, Pheasant, plainly

cooked, and roasted, broiled, or stewed, in preference to boiled.

Fish.—Almost all kinds except those named.

Vegetables.—Potatoes, Brocoli, Green Peas, Cauliflowers, Spinach, Turnips, French Beans, well cooked.

Eggs, lightly dressed.

Fruit.—Baked, stewed, or preserved Apples, Pears, Cherries, Strawberries, or any other, not of an acid quality.

Beverage.—Water, Milk, Cocoa, Chocolate, Arrow-root, Gruel, Toast-and-water, Gum - water, Barley-water, Milk-and-water, Sugar-and-water.

Salt, in moderation.

ALIMENTS FORBIDDEN.

Soups.—(*Some only allowed under certain restrictions.*) Turtle, Mock - Turtle, Ox-tail, Giblet, Mulligatawny, and all rich and Seasoned Soups or Sauces.

Meats. — Pork, Bacon, Ham, Veal, Duck, Goose, Sausages, Kidney, Liver, Tripe, and every kind of Fat and Salted Meats.

Fish.—Crab, Lobster, Oysters, Shellfish, and those of an oleaginous nature, such as Eels, Salmon, etc.

Vegetables.—Cucumber, Celery, Onions, Radishes, Parsley, Horseradish, Leeks, Thyme, Garlic, and every description of Pickles, Salads, and raw Vegetables.

Rich Pastry, Cheese, Mustard, Vinegar, Peppers, Spices of all kinds, and Aromatics.

Beverage.—Tea, Coffee, Wine, Spirits, Porter, Ales, Ginger - beer, Soda-water, and all Stimulating and Acid Drinks.

Some articles not enumerated are only forbidden in some particular cases. Regularity in the hours of taking meals should be observed ; and too long fasting, as well as too great a quantity of food at any one time, should be avoided.

Every description of patent and domestic medicine is expressly forbidden, as are also bleedings, purgatives, emetics (except warm water in case

of overloaded stomach), blisters, or medicated fomentations, perfumery, medicated tooth-powder, and everything containing camphor.

Finally, everything should be done to keep the mind cheerful; over-exertion, either mental or physical, should be avoided; moderate exercise should be taken in the open air, and the apartments be well lighted and ventilated.



DIRECTIONS FOR TAKING THE MEDICINES, &c.

THE most convenient mode of administration is to dissolve the medicine in water, and give it in divided doses; being guided by the nature of the complaint, whether acute or chronic, or merely a temporary derangement, the age and sex of the patient, and the susceptibility to medicinal influence.

For very young infants, one globule may be dissolved in six tea-spoonfuls of water, and one tea-spoonful given for a dose. In many of the slight disorders of that period of life, this will generally be sufficient; if any unpleasant symptoms remain, we may give another tea-

spoonful in two or three days. In acute cases, particularly when *Aconite* or *Belladonna* is required, one globule may be at once given, and then dissolve two globules in double the quantity of water, a tea-spoonful every three to six hours, according to the severity of the complaint. More than three administrations of any one medicine will rarely be required; for if a case becomes serious, a medical practitioner should be consulted.

For females, we may dissolve two globules in four dessert-spoonfuls of water, and let her take one, morning and evening, until finished; in more acute cases, three globules, in double the above quantity of water, a dose

every six hours. For females who are extremely susceptible, a single dose is often sufficient; but if not, it may be repeated in three or four days.

For individuals of the male sex, three or four globules may be dissolved in four dessert-spoonfuls of water, and one taken morning and evening.

In general cases of derangement, these directions are sufficient guidance, though occasional exceptions will be met with. There are many instances in which a single dose will do all that is required; for example, in derangement of the stomach, from excess in eating or the use of stimulants, *Nux Vomica* or *Pulsatilla* will remove all unpleasant symptoms, and one dose of *Opium* will

often restore the natural action of the bowels ; here, when the object for which the medicine was given has been effected, there is evidently no necessity for any further administration of it.

There are also one or two points connected with the medicines themselves worthy of attention.

Aconitum is often given to lower general fever when present ; when this has been accomplished, we may, in most cases, allow six, or, still better, twelve hours to elapse, in order to give the medicine time to exert its salutary action to the utmost, and then meet the remaining symptoms with the appropriate remedy. When, however, the symptoms are urgent we may shorten the period,

as in croup, and follow it up in from two to three hours, with some other.

The same holds good of *Opium*, *Ipecacuanha*, *Chamomilla*, and *Coffea cruda*, they being medicines of short but proportionably brief action in acute or sub-acute diseases.

Nux Vomica displays its best action when given at night, and therefore it is generally better to administer it at that time. *Bryonia* and *Rhus* are better in the morning, and repeated in twenty-four hours. *Pulsatilla* in the afternoon, in the same manner. When a patient is improving under any remedy, it should not be repeated too frequently; three or four days should be allowed to elapse, and then only a single dose given,

lengthening the intervals as improvement goes on. By this course all the the good the medicine is capable of effecting will be secured, without causing unnecessary aggravation.

Sulphur, *Calcarea*, and *Sepia* should be allowed an action of ten days or more, and only repeated if the affection remains stationary, or any circumstance has occurred to interfere with the treatment.

The time at which any remedy should be administered, must vary according to the urgency of the symptoms; half an hour before, and an hour and a half after eating may be considered a sufficient space of time to allow it every opportunity to ~~produce its effects~~. The

repetition of the dose, in acute cases, depends on the urgency of the symptoms. In croup or cholera, it may be necessary to give the medicine every fifteen minutes, or every hour. In fevers or inflammatory affections, every three, six, or twelve hours, according to circumstances.

The medicines should be kept in a cool place, free from any odours liable to affect them; the bottles must on no account be exposed to the rays of the sun, and the cork should be replaced, and the box closed immediately after using them, to prevent any risk of deterioration from atmospheric influence, or from light.

N.B.—These general directions for

taking the medicines apply, when the dose and repetition are not stated in the "Manual."

The Homœopathic Medicines are prepared in the form of globules, pilules, and tinctures, of which the globules are the most frequently used in domestic practice. When the pilules or tincture are preferred, the proportion is one pilule to three globules, and one drop of the tincture to six globules. The pilules or tinctures may be easily divided by dissolving in water, and taking the proportion ordered for a dose.

HINTS, &c.

ACONITE.

THIS may be termed the Homœopathic lancet, as it is the great remedy for inflammation; a fact admitted even by doctors of the Old School, some of whom have adopted its employment, though in doses that have sometimes endangered the lives of their patients.

When there is heat of skin, quick, feverish pulse, thirst, trembling of the limbs, chilly feeling in the back, with great uneasiness of the body and restlessness of mind, let four globules be dissolved in six table-spoonfuls of water, and a table-spoonful given every two

hours. When the symptoms are attended with severe pain in any one place, an attack of inflammation, in that part, may be recognised, and not a moment should be lost in giving a globule of *Aconite*, dissolved in a dessert-spoonful of water, every hour, or even every half hour, alternately with the medicine that may be specially suited to the local affection. For toothache, attended with swelling of the cheek, and the irritation produced by artificial teeth, dissolve six globules in six tea-spoonfuls of water, and take a spoonful every half hour.

ARSENICUM.

The action of *Arsenicum* is much more enduring than that of *Aconite*.

There are two general characteristics for its employment.

The one is, that the symptoms of diseases for which it is best suited occur periodically.

The other is, that the pain is of a burning kind. The pains are felt chiefly during repose; the diseases in which it is most useful are attended with great weakness. It is useful in Influenza. Let four globules be dissolved in six table-spoonfuls of water, and a table-spoonful given three times a day. When there is great weakness, aching of the limbs and back, headache, running at the nose, wateriness, and heat of eyes, headache, especially when throbbing, on one side, and worse at

night ; a dull and stunning pain, worse in the morning, on getting out of bed, or felt constantly ; let three globules be dissolved in six table-spoonfuls of water, and a table-spoonful be taken night and morning.

Stomach Complaints.—When there is a sense of burning or pressure at the pit of stomach, vomiting of all food, and likewise of blood and slime, especially if attended with dryness of the mouth and bitter taste, followed by bowel complaint.

Dissolve three globules in six table-spoonfuls of water, and take a table-spoonful night and morning.

Arsenicum resembles *Nux Vomica* ; but is distinguished from it by being

adapted to burning pains in the bowels, loose, slimy, greenish evacuations, attended with much pain, burning at the fundament, and also great weakness.

When these symptoms are present, dissolve four globules in six table-spoonfuls of water, and take one table-spoonful every three hours.

Colds, attended with sneezing and hoarseness, running at the nose; and cough, when dry, worse in the morning and at night, brought on by drinking or by sudden movements, is relieved by it.

Dissolve three globules in six table-spoonfuls of water, and take one table-spoonful three times a day.

When there is difficulty of breathing

on slight exertion, and beating of the heart, dissolve three globules in six table-spoonfuls of water, and take one table-spoonful night and morning.

In the weakness which follows Influenza, take one globule in a tea-spoonful of water for several nights.

It is good in inflammation of the outer part of the eyeball, known by a red network of vessels in the white of the eye; dissolve eight globules in four table-spoonfuls of water, and take one table-spoonful every two hours.

BELLADONNA.

This is suitable in acute cases, and is generally administered after *Aconite*. Dissolve four globules in six table-

spoonfuls of water, and take one table-spoonful every two hours.

It is especially useful in diseases attended by flushing of the surface, and what goes by the name of heat in the blood. Also in swelling of the different glands, especially of those of the throat.

It is a specific in scarlet fever, and should be given as a preventive against the disease whenever it prevails in the neighbourhood; the mixture should then be six globules, dissolved in four table-spoonfuls of water; one table-spoonful to be taken night and morning.

It is invaluable in diseases of the head, especially in children. When a child is suddenly attacked with severe pain in the head, when it starts in its

sleep, screams, and tries to bury its head in the pillow, has a flushed face and large-looking eye, no time should be lost in giving *Aconite*, four globules in six table-spoonfuls of water, of which one table-spoonful is to be taken every hour, alternately with *Belladonna*, in the same way as *Aconite*.

It is useful in inflammation of the eye, when the eye is bloodshot, watery, and feels as if sand were in it.

Also in sore-throat, when there is redness, swelling, and pain in swallowing. When there is severe pain in the bowels, worse on pressure, attended with much distension and griping, and vomiting of greenish matter; first, let *Aconite*, six globules, be dissolved in six

table-spoonfuls of water, then *Belladonna*, six globules, in the same way, and take a table-spoonful of each, time about, every hour.

When the monthly period is too abundant, use *Belladonna*. Dissolve four globules in six table-spoonfuls of water, and take one table-spoonful every four hours.

BRYONIA.

Is useful in rheumatism, when there is general pain over the body, which is worse on movement, redness, with heat, pain, and swelling of any part. Let four globules be dissolved in six table-spoonfuls of water, and one table-spoonful to be taken every three hours.

For Cough, when short and dry, attended with stitch in the side, and sense of tightness of the breast-bone, the dose is the same as for the last.

Hoarseness when not attended with pain, is relieved by the same dose.

For frequent desire to make water, the dose is the same.

For relaxed throat and roughness in chest, let four globules be dissolved in two table-spoonfuls of water, and a dessert-spoonful be taken at intervals of from five to six hours.

CALCAREA.

In *teething*, give three globules, in a dessert-spoonful of water every third night ; perhaps every fourth night may

be sufficient. This assists the development of the teeth.

CHAMOMILLA.

Disordered stomach, with sourness, if attended with looseness of bowels. Take four globules in a table-spoonful of water.

For swelling and pain in the face from cold; dissolve four globules in four table-spoonfuls of water, and take one table-spoonful every two hours.

In looseness of bowels in infants, and other teething complaints, *ad libitum*.

It is often useful in feverish affections of children that do not yield to *Aconite*. Dissolve six globules in four table-spoonfuls of water, and give one table-spoonful every two hours.

In pains in the bowels of infants, which are known by their crying and drawing up their legs, dissolve six globules in four table-spoonfuls of water, and give one table-spoonful every half or quarter of an hour. Sometimes the administration of *Belladonna* may be had recourse to after this.

CHINA, OR CINCHONA OFFICINALIS.

This medicine is very useful in a great variety of cases. It is useful after *hæmorrhages* of any kind, to prevent the ill effects of the great losses of the vital fluid; also for the debility resulting after acute diseases. It is very useful in bilious affections; for

diarrhoea and flatulence. It has been used with benefit in the treatment of intermittent fevers of a certain type ; and is applied with a far greater therapeutical certainty and with a much larger range by the Homœopathists, than has ever been done by the Old School.

CINA.

When a child shows symptoms of being affected with worms, by picking its nose, often starting in sleep, grinding the teeth, being fretful, and of dull, earthy complexion, with a dark colour under the eyes, then dissolve four globules of *Cina*, in two tea-spoonfuls of water, and give a spoonful

night and morning for several days in succession. It is often well to follow this up with a dose of *Sulphur*, two globules at night.

COCULUS.

In *Sea Sickness*, let six globules be dissolved in ten table-spoonfuls of water, and a table-spoonful to be taken every time the least inclination to sickness is felt.

When cramp in the stomach comes on, dissolve four globules in six table-spoonfuls of water, and take one table-spoonful every half hour.

In cramp and violent pains, during the monthly period, let four globules be dissolved in six table-spoonfuls of

water, and one table-spoonful taken every half hour.

COFFEA

Is useful in allaying excitability, peevishness, pain in the bowels, and slight feverishness in teething. Give a child, first three globules, then two, every two hours, in a tea-spoonful of water: as the symptoms improve, prolong the intervals between the doses. If the fever be moderate, *Coffea* will be sufficient. If, however, there is much fever, give *Aconite*, two globules; then one globule, every two hours, alternately with the *Coffea*. If *Coffea* fail, try *Chamomilla*, in the same doses. The hot bath may also be used.

DROSERA

Is a remedy in hooping-cough, when completely formed. The dose is four globules, dissolved in six table-spoonfuls of water: a table-spoonful to be taken every four hours.

Before that, *Belladonna* may be advantageously given.

DULCAMARA

Is useful in incipient colds. As soon as a cold is felt coming on after exposure to wet—that is, when there is chilliness, stupid headache, and the other well-known symptoms—dissolve four globules in six table-spoonfuls of water, and take one table-spoonful

every two hours. This will save many a day's confinement to the house.

In bowel complaint, produced by exposure to wet and cold, the dose is the same as the last.

HEPAR SULPHURIS

Is good for swelled glands, especially for those under the jaw, when they look as if they were gathering and going to break. Dissolve three globules in six table-spoonfuls of water, and take one table-spoonful every four hours.

It is also useful in inflammation of the eyes and eyelids, of old standing. Dissolve three globules in six table-spoonfuls of water, and take one table-spoonful twice a day.

For croup, dissolve six globules in six table-spoonfuls of water, and take one table-spoonful every hour, alternately with *Aconite* and *Spongia*. (See *Spongia*.)

It is also good for a festered scald. Two globules to be taken three times a day.

It is a good remedy in the latter stages of hooping-cough.

IGNATIA.

This is a great remedy in nervous affections and some kinds of headache. Dissolve three globules in three table-spoonfuls of water, and take a table-spoonful every two hours, or every hour and a half, if the headache is severe. In ordinary cases of nervous-

ness, particularly produced by mental emotions—such as grief—three globules, taken at once, will be sufficient.

When there are headaches during the monthly period, two globules may be taken at night, and two the next morning. Then, if the headache becomes severe, dissolve four globules in four table-spoonfuls of water, and take one dessert-spoonful every two hours: as the headache abates prolong the interval between the doses. If *Ignatia* fail, try *Cocculus* in the same way.

For palpitation of the heart and difficulty of breathing, let six globules be dissolved in six table-spoonfuls of water, and let one table-spoonful be taken every two hours.

IPECACUANHA.

When the tongue is foul, and there is constant squeamishness, along with inclination to vomit, frequent loose stools, and a general feeling of indigestion, and derangement of bowels, dissolve six globules of *Ipecacuanha* in six dessert-spoonfuls of water, and take a spoonful every two hours.

It very often cuts short an attack of nervous asthma. The dose in this case is a globule dissolved in a tea-spoonful of water, every half hour.

It is also a good remedy for cough, attended with much thin, frothy expectoration. A globule may be taken every two hours in a tea-spoonful of water.

It has been of great service in some kinds of cholera. In this disease, it requires to be given very frequently.

LACHESIS

Is well suited for females at a certain time of life. A globule may be taken every two hours, in a tea-spoonful of water.

It is useful in costiveness from sedentary habits, alternately with *Nux Vomica*. Dissolve six globules in six table-spoonfuls of water, and take one table-spoonful three times a day.

Cough, from tickling in the throat, it frequently cures. For persons with asthmatic attacks, dissolve six globules in eight table-spoonfuls of water, and

take one table-spoonful every second hour.

For sore throat, when the throat is of a dark red hue, after the use of *Belladonna*, let six globules be dissolved in eight table-spoonfuls of water, and a table-spoonful be taken every two hours.

MERCURIUS SOLUBILIS.

For cold in the head, stuffing of the nose, sleepiness, and stupid feeling, dissolve six globules in six table-spoonfuls of water, and take a spoonful every three hours.

In inflammation of the eye; when the eye is much bloodshot and there is intolerance of light, also if the inflam

mation seem to be deep seated in the eye ; if the eyelid is forcibly contracted over it, so that the person himself cannot open it, or bear that another should touch it, dissolve six globules in six table-spoonfuls of water, and take one every three hours.

In toothache, if worse at night, with soreness of gums and looseness of teeth, dissolve six globules in six tea-spoonfuls of water, and take one tea-spoonful every half hour.

For face-ache from cold, and ear-ache, dissolve six globules in six table-spoonfuls of water, and take one table-spoonful every hour.

For sore throat, when there are little white spots on the throat, also when

there seems to be a gathering in the throat, dissolve six globules in six table-spoonfuls of water. Take one table-spoonful every hour.

For hard cough, with pain at the top of the windpipe, dissolve four globules in six table-spoonfuls of water, and take one table-spoonful every four hours.

In bowel-complaint, when there is much griping pain in the bowels, very frequent call to stool, particularly if these stools are bloody and slimy, dissolve six globules in six table-spoonfuls of water, and take a table-spoonful every two hours.

For rheumatism, when worse at night and attended with perspiration, take a

globule dry on the tongue every four hours.

NUX VOMICA.

For a simply disordered stomach, no appetite, white or dark tongue, dryness of mouth, thirst, headache in the morning, after a party, take, at one dose, four globules in a wine glassful of water, before breakfast.

For habitual stomach complaints, when there is a bitter or sour taste in the mouth, water-brash, pain and sickness after eating, followed sometimes by vomiting, dissolve four globules in six table-spoonfuls of water, and take one table-spoonful night and morning.

For severe headache, worse every

morning, often confined to one side of the head, dissolve four globules in six table-spoonfuls of water, and take a table-spoonful every two hours, alternating it every second day with *Arsenicum*.

When there is bitter taste in the mouth, no appetite, yellowness of face and eyes, headache, drowsiness, dissolve four globules in six table-spoonfuls of water, and take one table-spoonful three times a day.

For piles, when recent, severe, painful, bleeding, dissolve four globules in six table-spoonfuls of water, and take a table-spoonful every three hours. When habitual, dissolve three globules in four table-spoonfuls of water, and

take a dose every other night; also *Sulphur*, four globules, in four table-spoonfuls of water, to be taken between the doses of the former, with the same intervals.

For costiveness, dissolve four globules in six table-spoonfuls of water, and take a table-spoonful night and morning; when finished, take *Sulphur* in the same way.

For dry cough, brought on by movement, attended with headache, a globule in a tea-spoonful of water, every hour, for a dose.

OPIUM

Is useful in cases of fright. It is a valuable remedy for constipation,

and is of use as an intercurrent medicine, when it is otherwise suitable. When persons have taken much medicine, of whatever kind, *Opium* is very useful as a sort of general antidote to what has gone before, and preparation for a better treatment; and especially if it is indicated in the case to be treated.

PULSATILLA

Is very like *Nux Vomica* in many of its characters. It answers best for light-haired, mild, quiet, relaxed, languid persons, females particularly. *Nux Vomica*, on the other hand, for dark-haired, hot-tempered, keen, and irritable persons, both men and women.

When there is disordered stomach, sickness, loaded tongue, with neither thirst nor hunger, water-brash, and when the food feels like a heavy weight on the stomach, which is apt to be disordered, take two globules in half a wine-glassful of water, and repeat the dose in two hours, if necessary. For a bowel complaint occurring chiefly through the night, more particularly if brought on by indulgence in pastry or rich food, dissolve four globules in six table-spoonfuls of water, and take one table-spoonful every four hours.

When there is frequent desire to make water, especially in children, dissolve three globules in six table-spoon-

fuls of water, and take one spoonful three times a day.

When obstructions at the monthly period occur, either accidentally or habitually, dissolve four globules in six table-spoonfuls of water, and take a table spoonful night and morning, alternately with *Sulphur* in the same way.

For rheumatism, when not fixed to any one spot, but when it flies about, now affecting the knee, now the elbow, dissolve four globules in six table-spoonfuls of water, and take one table-spoonful three times a day.

For a stye, dissolve four globules in six table-spoonfuls of water, and take one table-spoonful three times a day.

For measles, dissolve four globules in six table-spoonfuls of water, and take a table-spoonful three times a day.

It is useful in a great variety of complaints besides, especially in those of young females.

RHUS

Is very useful in rheumatism, when the pain is greatest during rest, and better when moving. Also useful in lumbago.

Dissolve six globules in eight table-spoonfuls of water, and take one table-spoonful every two hours.

It is useful in running eruptions generally, particularly in those that appear on the hands and faces of children.

Dissolve six globules in six table-
spoonfuls of water, and take one table-
spoonful three times a day.

In Nettle-rash, the dose is the same.

SPONGIA.

Croup.—This being a most dangerous and rapidly fatal disease, a Homœopathic practitioner should instantly be sent for, if possible. The child is generally affected in the night, or early in the morning. It awakes crying; the voice is observed to have a hoarse, unnatural sound. It is hot, restless, and uneasy; soon the breathing becomes hurried. It pants for breath and coughs very frequently; but the cough is hard and unsatisfac-

tory, and gives no relief. When these symptoms are observed, if no physician can be procured, let *Aconite*, six globules, be dissolved in six table-spoonfuls of water, and a tea spoonful be given every half hour; after having given this for two doses, give *Spongia*. Dissolve six globules in six table-spoonfuls of water, and give one tea-spoonful every two hours. Continue to give the *Spongia* and *Aconite* alternately for six hours.

If there seem some abatement of the symptoms then give *Hepar Sulphuris*, four globules, dissolved in six table-spoonfuls of water, and let a tea-spoonful be given, alternately with *Aconite*, every hour for the next six hours.

When these measures are adopted at once, croup is cured with almost perfect certainty. If Allopathic treatment be also employed (and it consist in hot baths, mustard poultices, and leeches), it need not prevent the Homœopathic treatment.

SULPHUR.

The operation of this is so manifold, so effectual, yet so harmless, that it may be given in almost all cases which do not yield to the remedies which were at first given.

For headache of long standing, when attended with throbbing in the head and noise in the ears, dissolve four globules in six table-spoonfuls of water,

and take one table-spoonful morning and evening.

For indigestion and costiveness, especially in children, the dose is the same.

For constipation, dissolve twelve globules in eight table-spoonfuls of water, and take one table-spoonful every night and morning; then wait one day and take *Nux Vomica*, six globules, dissolved in four table-spoonfuls of water, one table-spoonful morning and night, in the same way as the *Sulphur*, thus alternating the medicines.

For *Teething-spots* and other cutaneous affections of the skin, dissolve four globules in six table-spoonfuls of water, and take one table-spoonful morning and evening.

VERATRUM.

For bowel complaint, attended with vomiting and griping pain in the bowels, and very frequent watery stools, along with thirst and dryness of the mouth, which are the symptoms known as British Cholera, dissolve six globules in six tea-spoonfuls of water, and take a spoonful after every motion of the bowels.

TABLE OF DISEASES

ARRANGED

IN ALPHABETICAL ORDER.

ACIDITY.

When the suffering arises from the effect of eating pork or pastry, *Pulsatilla*.

Bryonia, when there is headache, acidity and flatulence, or bitter rising after every meal, nausea, vomiting of food, or bile, sensation of burning in the pit of the stomach.

For oppressive heaviness of the head, giddiness and sensation of a bruise, sour rising, nausea, vomiting of food, phlegm, and bile, give *Chamomilla*.

APPETITE.

When the loss of appetite is caused by confined bowels or deranged stomach, *Nux Vomica*, three globules to be taken night and morning. When with great debility, or when there is sinking or burning at the pit of the stomach, take *Arsenicum*.

ASTHMATIC ATTACKS.

COUGH, WITH MUCH EXPECTORATION.

Dissolve six globules of *Ipecacuanha* in ten table-spoonfuls of water, and let one table-spoonful be taken every three hours. In cough, from tickling of the throat, or in asthmatic attacks, *Lachesis* is also useful; six globules to eight table-spoonfuls of water. Let one table-spoonful be taken every second hour.

BAD BREATH.

Putrid odour of the breath arising from decayed teeth or bad condition of the gums, give *Carbo Veg* three times a day.

BLEEDING AT THE NOSE.

Aconitum must be given when it arises from increase of blood in the head, accompanied by a quickened pulse and a full habit of the system. When the bleeding is caused by a blow, or attended with a tingling sensation in the forehead and nose, like the crawling of insects, the nose hot, and the blood of a bright red colour, particularly in men, *Arnica* is the remedy. If it occurs to females during the period of menstruation,

Pulsatilla may be employed; but if from a sudden suppression of the menses, *Bryonia*. If the bleeding arises from stooping, lifting, or using any great exertion, or if it disturbs the sleep at night, *Rhus* will be found useful. *Belladonna*, if blowing the nose causes bleeding. If the blood coagulate quickly in children and persons liable to inflammation, *Mercurius* is an excellent remedy. When the discharge produces weakness, or is so profuse as to cause paleness of the face, coldness of the limbs, or sometimes even convulsions, *China* should be given. It is also useful in preventing a recurrence of the affection. *Arsenicum* and *Veratrum* will also be of great service in restoring the

strength of the patient, if the bleeding has been profuse, or of long continuance.

BOILS.

These are inflammatory swellings, about the size of a nut, but occasionally as large as a pigeon's egg. They are hard, red, very painful, and generally terminate by suppuration. *Arnica* is generally specific; but if they are attended with inflammation, and are very hot and painful, *Belladonna* is called for, particularly if they appear in the spring. When they show a tendency to suppurate, *Mercurius* should be given, and a dose of *Hepar Sulphuris* after, to forward the cure. When they are attended with considerable feverishness

and restlessness, *Aconitum* may precede any of the above remedies; but if they have a torpid, bluish appearance, *Nux Vomica* should be given. Two or three doses of *Sulphur*, at intervals of ten days each, will be found of great benefit in constitutions subject to these troublesome tumours.

BOWEL COMPLAINT.

When there is severe pain in the bowels, increased by pressure, attended with distension, and griping, grinding pain, especially if it be attended with vomiting of greenish matter, take six globules of *Aconite*, dissolve them in six table-spoonfuls of water; also six globules of *Belladonna*, mixed in the

same quantity of water; of these take a table-spoonful alternately every hour.

When the evacuations are bloody and slimy, dissolve six globules of *Mercurius Solubilis* in six table-spoonfuls of water, and take a table-spoonful every two hours.

When infants suffer from pain and looseness of bowels *Chamomilla* should be given; let six globules be dissolved in four table-spoonfuls of water, and one tea-spoonful to be given every half or quarter of an hour. For burning pains in the bowels, relaxed, slimy and greenish evacuations, attended with much pain and great weakness, give *Arsenicum*, four globules, dissolved in six table-spoonfuls of water, one table-spoonful every three hours.

Chamomilla is indicated when there is no desire for food, great thirst, eyes surrounded by a blue mark, the motions liquid, of white slimy matter, or greenish and very frequent, and the legs are drawn towards the body by pain. When the evacuations consist of watery, slimy matter, sometimes tinged with blood, vomiting and purging at the same time, great pain and tenesmus, and the sufferer feels exhaustion and weakness at each motion, *Mercurius* is the remedy. When there is paleness of the face, shivering and uneasiness, frequent desire for an evacuation, without the power, and that which is evacuated is of a yellow colour, accompanied with violent pains in the bowels, *Ipecacuanha*

is the medicine which must be tried ; it should be repeated every three hours, for three times, and *Sulphur*, when the symptoms are relieved, to perfect the cure. In adults, when there is diarrhoea caused by cold, the motions are frequent, accompanied with pain and noise in the bowels, and great weakness, *China* is the remedy ; or if the strength is greatly reduced, *Arsenicum* ; or if with cold sweat on the forehead, *Veratrum*. Sometimes, from the same cause, a diarrhoea exists without pain, and is only known by frequent watery evacuations ; then *Dulcamara* may be employed. Again, when there is great pain, a continual movement in the bowels, nausea and vomiting, the eyes

surrounded by a blue mark, and the evacuations are slimy and frequent, the use of *Chamomilla* is required. *Mercurius* is indicated when the symptoms are accompanied with shivering and weakness; *Pulsatilla*, when it is caused by improper food.

BRONCHITIS.

When there is a rapid and dry pulse, hot skin, and other febrile symptoms, *Aconite*. If the respiration is difficult, short, and anxious; dryness of the throat; pressure on the chest as if from a weight; cough with burning pricking pains in the region of the chest, take *Bryonia*.

Hepar Sulph to be taken if the voice

has a wheezing sound, and the seat of the irritation is in the throat, with violent spasmodic cough.

BRUISES AND WOUNDS.

When the surface of the skin is broken by a wound, or cut, or torn bruise, mix ten drops of the *Tincture of Arnica* in a table-spoonful of water, and bathe the part with the mixture. When the skin is unbroken, the strength may be somewhat increased.

In some rare cases, *Arnica* produces a slight eruption, which is best treated by *Camphorated Oil*; ten drops of *Spirit of Camphor* to a table-spoonful of *Olive Oil*.

In wounds it is necessary to wash the

part, and bring the edges of the wound together, keeping them in that position by binding them with a piece of thin linen; a dose of *Arnica* may then be given. If any febrile symptoms are present, *Aconite* will remove them, and we may then return again to the *Arnica*. But if the wound exhibits a yellowish appearance, or shows a disposition to suppurate, we may give a dose of *Mercurius*, followed by *Hepar Sulphuris*, to forward a cure. If great excitement is present, *Coffea* will allay it; and if inflammation attend, *Pulsatilla*. *China* is particularly useful when there is weakness or debility from loss of blood.

What has been said respecting wounds applies also to bruises; the

Arnica must, however, be used externally as a lotion, in proportion of one part of the tincture to twenty of water. But, during the administration of any of the above-mentioned remedies, the application of *Arnica* should be discontinued.*

BURNS OR SCALDS.

Cotton is the best domestic remedy in the treatment of these very painful accidents; it must be laid on in successive layers. If wadding be used, it ought to be split, and the woolly side put next the burn. When it is applied immediately it allays the pain, and pre-

* See "*Arnica Montana*, *Rhus Tox.*, and *Calendula* as External Remedies," etc. London: W. Headland.

vents blistering, and in five or six days generally completes a cure. In the absence of cotton, spirit of wine or turpentine must be applied to the parts, and rags dipped in either of the liquids laid on them, and covered up with cloths to prevent evaporation; they must not be allowed to get dry, but must be kept moistened with one of the liquids previously warmed. *Aconitum* should be given to allay the feverish symptoms present.

CHILBLAINS.

The pain from chilblains is relieved by the use of the following remedies:—*Arnica*, when the swelling is red, hard, shining, and attended with excessive

itching. An *arnicated* lotion, applied externally, will generally afford relief. When the inflamed parts are of a bright red colour, with great itching, increased by heat, and the chilblains show a tendency to burst, *Nux Vomica* is indicated. *Chamomilla* will relieve when the inflammation is excessive, and attended with a burning sensation. If the chilblains are of a bluish colour, and there is great itching and throbbing of the affected parts, *Pulsatilla* should be given. *Belladonna* may follow, if the inflammation and pain are very severe, and of a livid hue. If they burst, *Arsenicum* is indicated, followed by *Sulphur* to complete a cure. The mother tincture of *Tamus Communis* is very useful as a local

application to unbroken chilblains. It is simply smeared over the affected parts with a camel-hair brush.

COLD IN THE HEAD.

The most common symptoms, such as running at the nose, sneezing, burning heat of the face, head painful and hot, and the whole body depressed, are most easily relieved by *Nux Vomica*. But when there is great irritation of the nose, thick fetid discharge, or discharge mixed with clots of blood, loss of the sense of smelling, and the eyes are painfully affected by light, use *Pulsatilla*. *Mercurius* is a valuable remedy where there is dryness of the nose; profuse discharge causing excoriation; swelling,

or redness of the nose. If there is obstruction of the nose, and at the same time discharge of thin acrid mucus, which causes excoriation under the nostrils, *Arsenicum* is indicated. Another kind, to which *Chamomilla* may be most advantageously applied, is when the mucus from the nose is abundant, the nostrils are ulcerated, there is great heaviness of the head, as well as shivering and continued thirst. This last is very common to children, and occurs at all times of the year.

COLICKY PAINS,

Caused by cold, wet feet, or suppressed perspiration, present the following symptoms: great pain in the bowels,

which seem in continual motion ; great restlessness ; the eyes surrounded by a blue circle ; pain in the loins ; nausea ; diarrhoea, with liquid green motions.

Chamomilla or *Pulsatilla* are the remedies. Windy colic is accompanied by a feeling of weight in the bowels, which are painful to the touch, and make a rumbling noise, the hands and feet becoming cold ; when the pain is great, *Nux Vomica* is the remedy. Colic arising from worms, which is known by nausea, causing a flow of saliva to the mouth, tingling sensation in the throat, sometimes great hunger, general lassitude, diarrhoea, pains in the bowels returning by fits, particularly towards midnight, finds relief from *Mercurius*. *Arsenicum*

is indicated when there are violent griping pains, thirst, vomiting of liquids which have been just swallowed, fainting, coldness of the body, general prostration of strength, anxiety, and restlessness. *Cocculus* is useful in flatulent or windy colic, especially when it comes on at night. The colic produced by the stomach being overloaded with food, and attended with the usual symptoms of diarrhoea, etc., is relieved frequently by a strong cup of coffee; and if that fails, *Pulsatilla* should be given in a few hours.

COMMON COLD.

When the affection arises from a wetting, or occurs in damp weather, and

there are pains in the limbs, attended with a feeling of coldness, stiffness, and numbness in them, *Dulcamara* is specific. *Nux Vomica*, when there is dry cough, violent sneezing, secretion from the nose during the day, and obstruction at night, heat in the face and head, sore throat, with a dry scraping in it, and a general feeling of languor. If at night the cough is more violent, *Chamomilla* is indicated; if it is equally violent day and night, *Ignatia*. *Bryonia* is called for in cold arising from exposure to easterly or north-easterly winds; and *Belladonna*, when there is spasmodic cough, with violent sore throat, dry and burning skin, redness of the face, and severe headache, attended with deter-

mination of blood to the head, and increase of the pain from movement or exposure to cold air.

CONSTIPATION.

The most simple form of this complaint is when it is not habitual, or is the consequence of other diseases. A weight at the stomach is felt, pulsation in the bowels, loss of appetite, with thirst and dryness of the mouth. *Opium* relieves this form of constipation. When it arises from derangement of the stomach, from improper food, or from a diarrhoea having been inconsiderately stopped, the following symptoms occur : loss of appetite, unpleasant taste in the mouth, feeling of weight at the bowels,

with shooting pains and general fever ; the head is heavy and unfit for exertion ; sleep disturbed and respiration uneasy.

Nux Vomica relieves all these symptoms.

Pulsatilla is indicated when the patient is of mild disposition, has a pale countenance, and suffers from shivering and great lassitude. *Bryonia* should be given when there is loss of appetite on the first morsel that one eats, burning and shooting pains in the liver, pressure on the chest, as if from a weight, attended with oppression and constricting pains ; and when the constipation occurs in consequence of a disordered stomach, and the person is of an irritable, passionate character. *Mercurius*, when there is no loss of appetite, but

bad unpleasant taste in the mouth and soreness of the gums. *Sulphur* is called for in most cases of habitual constipation, particularly after the use of *Nux Vomica*, and if there is frequent and ineffectual desire to evacuate, with distension of the abdomen, uneasiness, and unfitness for intellectual labour.

CORNS.

The feet should be bathed every night in warm water, with a few drops of tincture of *Arnica* in it; and having carefully pared the corn, a piece of *Arnica* plaster should be applied: an occasional dose of *Sulphur* will often be found beneficial.

COUGH AND COLD.

When the cough is hard, with pain at the top of the windpipe, dissolve four globules of *Mercurius* in six table-spoonfuls of water, and take one table-spoonful every four hours. For cold in the head, accompanied by stuffing of the nose, and sleepiness, dissolve six globules in six table-spoonfuls of water, and take one every three hours.

For cough accompanied by much expectoration, take *Ipecacuanha*; dissolve six globules in ten table-spoonfuls of water, and take one table-spoonful every three hours. If the cough proceeds from tickling in the throat, dissolve six globules of *Lachesis* in eight table-spoonfuls of water, and take one

table-spoonful every second hour. When the cough is dry, brought on by movement, and attended by headache, when it is accompanied by difficulty and tightness of the chest, dissolve four globules of *Nux Vomica* in six table-spoonfuls of water, and take one table-spoonful three times a day.

When the cough is short and dry, accompanied with stitch in the side, and sense of tightness in the breast-bone, dissolve four globules of *Bryonia* in six table-spoonfuls of water, and let one table-spoonful be taken every three hours.

When there is hoarseness, unaccompanied by pain, it is relieved by the same dose.

The commonest form of this complaint is, when the cough is dry, and is provoked by a tickling in the throat. It is most troublesome early in the morning; at night respiration is uneasy, and the head is stopped up; *Nux Vomica* generally relieves. When the cough is very hard and dry, sleep is disturbed, there is continual irritation in the windpipe, and in coughing something appears to rise in the throat threatening suffocation, *Chamomilla* is the remedy, particularly for children. Another kind is, when there is considerable expectoration of mucus in the morning, occasionally mixed with blood, the chest is oppressed, and the bowels feel sore from the exertion of coughing;

Pulsatilla is then the remedy which must be had recourse to. When a cough, from its constant irritation, produces vomiting, it finds a remedy in *Ipecacuanha* repeated two or three times in three hours. *Belladonna* is used when the cough has some resemblance to hooping cough, and there is an insupportable irritation in the throat, which scarcely allows breathing. But when this resemblance is very marked, and considerable hoarseness is present, attended with pain in the chest and under the ribs, we may follow with *Drosera*. *Arsenicum* is indicated in dry spasmodic cough, excited by drinking. *Dulcamara*, when it arises from taking cold, and is of a loose moist character ;

Aconitum, when the chest feels as if torn by the cough, which leaves a burning sensation there. These symptoms threaten inflammation, particularly in persons of sanguine and irritable temperaments. In obstinate cases of dry hoarse cough, generally worse at night, *Hepar Sulphuris* is useful.

CRAMP IN THE STOMACH.

When cramp or violent internal pain in the region of the womb is felt, let four globules of *Cocculus* be dissolved in six table-spoonfuls of water, and one table-spoonful taken every half hour.

CROUP.

When symptoms of this disease

appears dissolve six globules of *Aconite* in six table-spoonfuls of water, and let a tea-spoonful be given every half hour. After having given this twice, dissolve six globules of *Spongia* in six table-spoonfuls of water, and give one tea-spoonful every two hours. Continue to give *Spongia* and *Aconite* alternately for six hours. When there is an abatement of the symptoms, dissolve four globules of *Hepar Sulphuris* in six table-spoonfuls of water, and let a tea-spoonful be given, alternately with *Aconite*, every hour for six hours.

But this being a most fatal disease, a physician should be sent for as soon as the symptoms appear. The child is generally affected in the night: its voice

is hoarse and unnatural; it is hot, restless, and uneasy; the breathing becomes hurried, and it pants for breath, and coughs, but the cough is hard, and gives no relief.

DISEASE OF THE HEAD.

Should a child be suddenly attacked with severe pain in the head, start in its sleep, scream, and try to bury its head in the pillow, if the face be flushed, and the eyes large-looking, let no time be lost in administering *Aconite*: four globules, in six table-spoonfuls of water, of which one table-spoonful should be taken every hour, alternately with *Belladonna*, given in the same way.

DYSENTRY.

China for looseness in consequence of indigestion, evacuations brownish with flatulence, want of appetite, and great weakness.

Arsenicum in cases of looseness of the bowels from errors in diet, watery, slimy, greenish burning evacuations.

Veratrum when *Arsenicum* does not answer the expectation looked for, and when the disease appears to have arisen from atmospheric causes.

EARACHE AND DEAFNESS.

When there are shooting or tensive pains in the ear, extending to the cheeks and teeth, with a sensation of coldness

in the ears, *Mercurius* is indicated. If there are burning pains, with discharge of blood and matter, attended with deafness, *Belladonna* is called for. When the pains are lancinating, and accompanied by noise in the ear, and deafness, *Pulsatilla* is the remedy; but if they are of a tugging nature, *Ignatia*. *Nux Vomica* should be given when the pains are of a darting character, increased by swallowing or speaking, as if the ear was pressed on the outside; it is also indicated when words sound loudly in the ears of the person who utters them. *Dulcamara*, when the affection arises from a chill or wetting, and when the pains increase at night. When deafness is caused by obstruction

and frequent closing up of the ears,
Calcarea or *Sulphur* may be given.

ERYSIPELAS.

By erysipelas is understood a superficial inflammation of the skin, accompanied with swelling of the part affected. The redness which characterises erysipelas is never very livid, and degenerates in a few hours to a yellowish paleness. It is not circumscribed, but spreads gradually into the natural colour of the skin. The part affected is tense, burning and painful. When the inflammation is great, and the fever violent, a dose of *Aconitum* calms both symptoms, which should be followed up, in sixteen or eighteen hours after, by *Belladonna*.

This remedy is indispensable when there is severe pain, which is increased by motion. Erysipelas which attacks the joints is best treated by *Bryonia*. *Pulsatilla* is indicated when the disease attacks the feet, or shifts quickly from one part to another. *Hepar Sulphuris* after *Belladonna*, where there is erysipelatous inflammation of the nose, and bilious diarrhoea; but that which affects the face will often require the aid of a physician, as, from its proximity to the brain, there is danger of the latter participating in the inflammation. When there are small vesicles or blisters formed, or what is commonly called Vesicular Erysipelas, *Rhus Toxicodendron* is the remedy which may be used to

allay the symptoms, in the absence of a physician.

FACEACHE.

Belladonna is indicated by darting pains in the cheek bones, nose, jaws, or temples, with stiffness in the nape of the neck, heat and redness of the face.

When the pains partake of a burning, pricking, and rending character, and are experienced around the eyes and occasionally in the temples, *Arsenicum* should be given

FATIGUE.

Arnica will generally be found to afford relief when a feeling of lassitude and contusion is experienced in all the limbs.

FLATULENCE.

This generally arises from some food which has been taken improperly; as vegetables in too great a quantity, or having drunk newly-made beer. *China* quickly dispels these unpleasant feelings, as well as *Nux Vomica* and *Pulsatilla*. In giving the two latter, regard must be had to the disposition of the patient; if he is violent and passionate, the first; if of a mild and peaceful character, the second must be used. When there is flatulent cramp-like colic, particularly at night, aggravated by coughing or stooping forward, *Cocculus* is indicated.

FRIGHT.

Opium is specific. If, in consequence of an accident, other remedies are called for, a dose of *Opium* must be given previously.

GOUT.

This will generally require the assistance of a physician ; but the following remedies may be frequently used with success. When the inflammation of the part affected is very great, and there is general fever, *Aconitum* must be given ; after this has reduced the inflammation in some degree, and there remains numbness of the part, and a feeling as if it were out of joint, with a necessity of changing its position frequently, give

Arnica, and alternate it with *Nux Vomica*. *Pulsatilla* may follow, when there remains wrenching pains in the knee, ankle, and toes, and a feeling as if a knife were sticking in them when walking. When the pains reach from the ankle to the hip, and are of a tearing dragging character, mitigated by motion, *Arsenicum* will relieve. *Bryonia* is indicated if there are lancinating pains in the limbs and joints, with slight swelling and stiffness. *Belladonna* after *Aconitum*, if the swelling is very great and has a red shining appearance. If the affection proceeds from taking cold, sitting in damp shoes, or getting a chill, *Dulcamara* may be given after *Aconitum*. In many cases where the other medi-

cines are inefficacious, *Sulphur* will do good ; it may with great advantage follow any of the above-named remedies.

GUMBOIL.

This painful affection is generally relieved by *Arnica*, particularly if the swelling is of a hard obstinate character. But if the gum presents an inflamed appearance, attended with severe pain and profuse salivation, *Mercurius* is called for. Where there is a tendency to suppuration, a dose of *Hepar Sulphuris* will bring it to a head, and promote its bursting. *Nux Vomica* should be given when the affection is attended with a fetid or putrid smell from the mouth.

Where gumboils appear frequently, or there is a constitutional tendency to them, a couple of doses of *Sulphur*, at an interval of a fortnight, will prove most beneficial.

HEADACHE AND NERVOUS AFFECTIONS.

Ignatia is a valuable remedy for some kinds of headache, and in various nervous affections; dissolve three globules in three table-spoonfuls of water, and take a table-spoonful every two hours, or hour and a half, if the headache be severe.

In ordinary nervous excitement, three globules, taken at once, will be sufficient.

For palpitation of the heart and difficulty of breathing, dissolve six globules in six table-spoonfuls of water, and take one table-spoonful every two hours.

Ignatia is useful in nervous complaints generally, after any grief or agitation, and in nervous headaches, not depending on the stomach.

HEADACHES.

If these have been of long standing, and are attended with throbbings in the head and noise in the ears, dissolve four globules of *Sulphur* in six table-spoonfuls of water, and take one table-spoonful morning and evening. If the headache be severe, worse every

morning, and often confined to one side of the head, dissolve four globules of *Nux Vomica* in six table-spoonfuls of water, and take one table-spoonful every two hours, alternating it every second day with *Arsenicum*.

When headache occurs accompanied with shooting pains in the forehead, a burning sensation in the head, with coldness in the rest of the body, an upright position is painful, but lying down affords some relief, although it is impossible to sleep, the best remedy is *Aconitum*. But if these symptoms are accompanied with tenderness of the skin under the hair, the veins of the head and hands distended, a noise in the ears, and dimness of sight, *Bella-*

donna should be given. *Bryonia* is called for when there is great fulness and heaviness of the head, with searching pressure towards the forehead, and when stooping, a sensation as if everything were going to fall out through the brain, the eyes appear glassy, dull, and contracted, the face becomes pale, and the disposition irritable and querulous. Lastly, if the feeling is like intoxication, accompanied with a pale countenance, palpitation of the heart, want of appetite, and great sensibility of the eyes to light, when sitting down increases the pain, and walking relieves it, *Pulsatilla* is recommended.

FROM EXCESS OF FOOD OR DRINK AND
WANT OF SLEEP.

If the headache arises from debauchery, or the abuse of wine and spirituous drinks, which has for its characteristics pain, as if portions of the skull were being snapped in two, heaviness, disposition to vomit, heaving of the stomach, feeling of cold, pale face, general lassitude, and depression of spirits, *Nux Vomica* is the remedy. If the pain comes on immediately after a meal, or if it is so violent as to prevent one sleeping, *Arsenicum* should be taken. If it is caused by eating too freely of fat things, such as pork, pastry, etc., *Pulsatilla*.

FROM CONSTIPATION.

Nux Vomica, when there is constricting and pressing pain in the stomach, extending to the back, a sensation of expansion in the head, as if the forehead were about to burst. If there is a feeling as if the brain were being torn, with great heaviness of the head and pulsative pains, *Opium* is the remedy. But when bleeding at the nose attends the pain from this cause *Bryonia* is best. *Pulsatilla* is a good remedy for aged females, when the pain is felt only on one side, and there is depression of spirits and desire to weep.

HICCOUGH.

Taking a small piece of pure white sugar will generally remove this unpleasant spasm. When this is insufficient, and the hiccough becomes very violent, a dose of *Belladonna* must be given; if it is attended with pain in the neck or throat, *Pulsatilla* is called for.

HOARSENESS.

When there is complete loss of voice, great soreness of the throat, short, dry, and spasmodic cough, increased by the least movement, and attended with expectoration of thick pus-like

mucus, *Belladonna* is indicated. If it is accompanied by short difficult respiration, and a feeling of oppression and weight on the chest, with a rattling of mucus, *Bryonia* is called for. *Chamomilla*, when there is an accumulation of mucus in the throat, cold in the head, thirst, and feverishness in the evening, particularly in children. When the voice is very low, and there is dry, barking, spasmodic cough, attended with a sensation of crawling or scraping in the throat, and difficult breathing, *Drosera* should be given. *Dulcamara*, if taking cold has been the exciting cause. In cases of chronic hoarseness *Sulphur* and *Hepar Sulphuris* are our best remedies.

HOOPING-COUGH.

The characteristic symptoms of this complaint are so generally known that they need not be described ; they will often yield in their first stage to the remedies mentioned in the preceding section on Cough. But when it has attained the character of a convulsive cough, and is attended with the characteristic whoop during inspiration, and vomiting of food or mucus after each fit of coughing, *Drosera* should be administered immediately, and repeated every or every other day, followed by *Veratrum*, if cold clammy sweats are present, particularly on the forehead, and the child appears much weakened

by the violence of the attack. *Arnica* is indicated if the child cries after and before each fit of coughing.

Belladonna may be given with advantage before it is formed.

Hepar Sulphuris is also a good remedy in the latter stages.

INCIPIENT COLD.

After exposure to wet, or as soon as the well-known symptoms of cold are felt, dissolve four globules of *Dulcamara* in six table-spoonfuls of water, and take one table-spoonful every two hours.

When exposure to cold and wet produce bowel complaint, the remedy is the same.

INDIGESTION.

Slow mastication and attention to diet are the best modes of preventing indigestion. Drinking a little pure water on rising in the morning and on going to bed is a very useful practice for dyspeptics.

Nux Vomica is suitable for heart-burn—want of taste, collection of water in the mouth (*water-brash*); when there is distention of the bowels, especially if there is giddiness, or weight at the back of the head.

Chamomilla, when there is a bitter taste in the mouth, or bilious vomiting; want of sleep, with restlessness; face red and hot; eyes red or burning.

Pulsatilla, for indigestion after fat and greasy food; and is suitable after *Chamomilla*, if that medicine has not given relief.

China, for indigestion during the prevalence of a miasmatic condition of the atmosphere; for indifference to food and drink; morbid cravings for strong or acid beverages.

Bryonia, *Ipecacuanha*, *Hepar*, and *Lachesis* are often very useful in dyspepsia.

INFLAMMATION.

The first symptoms of this complaint are generally heat of the skin, rapid, feverish pulse, thirst, trembling of the limbs, chilly feeling in the back, with uneasiness of body and restlessness of mind.

Aconite is the remedy suited for this complaint. It is regarded as such even by the doctors of the Old School, some of whom have adopted its use, though in doses of dangerous magnitude. When the symptoms first appear let four globules of *Aconite* be dissolved in six table-spoonfuls of water, and a table-spoonful be given every two hours. When the symptoms are attended with severe pain in any one place, an attack of inflammation in that part may be recognised, and not a moment should be lost in administering the *Aconite* every hour, or even half-hour, with the remedies suited to the local affection.

INFLAMMATION OF THE EYE.

When the eye is bloodshot, and cannot bear the light, also if the inflammation appears to be deep-seated in the eye, and if the eyelid is strongly contracted, so that the patient cannot open it, nor suffer another to touch it, dissolve six globules of *Aconite*, and six globules of *Mercurius*, in six table-spoonfuls of water, and take one table-spoonful of each alternately every three hours.

When the inflammation is in the outer part of the eye, and a red network of vessels appears in the white of the eye, dissolve eight globules of *Arsenicum* in four table-spoonfuls of

water, and take one table-spoonful every two hours. When the inflammation of the eyes and eyelids is of old standing, dissolve three globules of *Hepar Sulphuris* in six table-spoonfuls of water, and take one table-spoonful twice a day.

FROM SOMETHING HAVING GOT INTO
THE EYE.

After the substance has been carefully extracted, a dose of *Aconitum* should be given, and one of *Arnica* six hours after. Should any irritation remain, a dose of *Sulphur* may be given the following day.

FROM COLD.

There is a feeling as if a grain of sand were in the eye, and light is painful. A dose of *Aconitum* should be given to allay the inflammation; about thirty-six hours after, if there are violent pressive pains in the eyes on every effort to open them, the white tinged with blood, the eyelids red, swollen, and glued together with mucus, *Nux Vomica* is indicated; *Belladonna* if there are flashes of light before the eyes, spots, or darkness, with general dimness of vision, or loss of sight, and copious discharge. Should any trace of the complaint remain, *Sulphur*, given after any of these medicines, will complete the cure.

INFLUENZA.

This complaint generally affects the patient with great weakness and languor, aching pains in the limbs and back, headache, running at the nose, and watering of the eyes. When these symptoms appear, let six globules of *Arsenicum* be dissolved in six table-spoonfuls of water, and a table-spoonful be taken three times a day.

The general characteristics of the nature of disease in which *Arsenicum* ought to be used are—1st, that the symptoms recur periodically; 2nd, that the pain is of a burning kind, felt chiefly during repose, and attended chiefly with great weakness. In a

cough or cold, if the cold be attended with sneezing and hoarseness, and running at the nose, the dry cough, and worse in the morning and night, brought on by drinking or sudden movements, dissolve three globules in six table-spoonfuls of water, and take one table-spoonful three times a day. One globule of *Arsenicum* in a tea-spoonful of water, taken for several nights in succession, is a useful remedy for the weakness which generally lingers for some time after an attack of Influenza.

JAUNDICE.

In ordinary cases, *Mercurius* is the best remedy, if not already taken to

excess, and should be followed by *China*. When it arises from passion, which it frequently does, particularly in children, it yields to *Chamomilla*. Loss of appetite, bitter taste in the mouth, and constipation, which attend it, require the assistance of *Nux Vomica* or *Bryonia*; the latter, if brought on by a fit of rage in adults. *Sulphur* should be given to complete a cure.

LIVER COMPLAINT.

For feverish symptoms, anguish, and inflamed and yellow-coloured tongue, and acute pains, *Aconite* should be given every six hours.

Bryonia is especially useful after *Aconite*, when severe pains of a shoot-

ing and stinging character, pains aggravated by respiration, coughing, and movement.

Nux, if intoxicating drinks or too little out-door exercise has caused the disorder. When the fever symptoms are not so acute, when the tongue has a yellowish coating and there is a foul taste in the mouth, *Mercurius* is a valuable remedy.

LUMBAGO, OR PAINS IN THE LOINS.

When this complaint is not complicated with other diseases, but arises from wet or damp, *Dulcamara* is the best remedy, followed by *Bryonia* in two or three days, if it continues. *Bry-*

onia should also be given, if it is of a rheumatic character, and the pains are increased by motion; or *Nux Vomica* if from excess of any kind, or from a sedentary life, particularly if the pain resembles that caused by a bruise, followed in four or five days by *Cocculus*, should paralytic tearings in the loins exist; but if the pain is the consequence of a fall, a blow, or from having lifted too great a weight, *Arnica* must be used; and in case of its insufficiency, *Rhus Toxicodendron*; and if it continues obstinate, *Bryonia*.

Rhus Toxicodendron is also the remedy when the pains in the loins are of a rheumatic nature, are eased by movement, and are worse in a state of repose.

MAMMARY AFFECTIONS, OR
DISEASES AFFECTING THE BREASTS
OF FEMALES NURSING.

It occurs sometimes that the milk ceases to be secreted, which is not only attended with the inconvenience of not affording the necessary nutriment to the infant, but with dangerous consequences to the mother. *Pulsatilla* has been found to bring back the milk to its source in an admirable manner. The ulcerated breasts, which are so painful, and so frequently occur in the first periods of nursing, are relieved by *Arnica*; a dose of which is to be taken internally, and an application of one part of the tincture to fifty parts of

water, is to be used as a lotion to the nipples as soon as the child has quitted them. Before the child is allowed to suck again they must be washed with a sponge and lukewarm water; this must be frequently repeated, as the child irritates the nipples every time it is presented to them. *Sulphur* and *Calcareæ* may be had recourse to in case of the inefficacy of the *Arnica*. *Graphites* has been found successful when the inflammation has been great round the nipple, in persons of a scrofulous habit. The general swelling and inflammation of the breasts, accompanied with shooting pains, are relieved by *Bryonia* or *Belladonna*; the latter when redness is the principal symptom.

MEASLES.

This disease, which is so well known, and so frequently of a mild character, is characterised by the following symptoms: dry cough, hoarseness, wheezing at the chest, pain in the throat which is increased by swallowing, cold in the head, frequent sneezing, flow of acrid matter from the nose, redness, heat, and pain in the eyes, which are painfully affected by light, swelling of the eyelids, and headache. These are succeeded in a few days by increased fever, in which the eruption makes its appearance, consisting of red spots of unequal size, which soon join together. The greatest eruption is also when the

fever is at the highest, which decreases gradually for seven days, when the skin peels off. Generally the disease goes through these stages so lightly, that no medicine is required; and it is only when the fever is violent that it is advisable to give a dose of *Aconitum*. Sometimes also the symptoms of cold require treating with *Pulsatilla*. This remedy, if administered before the eruption, will often prevent it entirely, as it is a preservative against this disease, in the same manner as *Belladonna* in scarlatina. It should therefore be given during an epidemic of measles every four days, to those children who are not already attacked with it. *Bryonia* is called for in cases where the

eruption has been driven in, where the disease attacks the respiratory organs; *Belladonna*, where there is dry spasmodic cough, continual thirst, and a disposition to determination of blood to the head; if the throat is inflamed and ulcerated, and the tonsils swollen, *Mercurius* is indicated; and *China* will be found of great service in restoring the strength of the patient, particularly when the diarrhoea, which generally follows this disease, is present.

MUMPS.

Mercurius is our best remedy in the treatment of this disease, particularly when the submaxillary glands are much swollen, and there is every ap-

pearance of suppuration. A dose of *Aconite* may be given a few hours previously, to allay the febrile symptoms and general restlessness and uneasiness present. If the swelling has an erysipelatous character, and is attended with excessive pain, *Belladonna* should be administered; and when the pain is removed a dose of *Hepar Sulphuris* is called for. *Dulcamara* will be of great service if the affection proceeds from taking cold, or is the consequence of a chill or wetting.

NERVOUS DEPRESSION.

Lachesis is a useful remedy for this physical depression of spirits. Dissolve six globules in four table-spoonfuls of

water, and, night and morning, take one table-spoonful.

NETTLE RASH.

This eruptive fever has its origin in various causes. It may be owing to suppressed perspiration, derangement of the digestive organs, abuse of spirituous liquors, as well as to the use of some kinds of food, as mussels, crawfish, and even oysters; at other times it makes its appearance without any known cause. The usual method of cure has been to give sudorifics, from having observed the disease terminate by perspiration. It is necessary only to avoid cold, and take one of the remedies mentioned below. The eruption is

often preceded by alarming symptoms, as oppression at the chest, difficulty of respiration, headache, nausea, diarrhoea, and general agitation. These yield generally to *Ipecacuanha*, which may be repeated every three hours, for three times. In children, the eruption shows itself in the form of small, round spots, of the size of a pin's head, always visible, whether exposed to heat or cold, producing a constant irritation, particularly at night. *Chamomilla* and *Sulphur* are the specifics, which may be preceded by *Aconitum*, if the fever is very great; then suffering eight or twelve hours to elapse before recurring to the two former remedies. *Nux Vomica* is called for when the disease is

owing to the derangement of the stomach, and the spots have the appearance of stings from nettles, forming small swellings, which produce excessive irritation. When diarrhoea, and loss of appetite, and fulness of stomach attend these symptoms, *Pulsatilla* will not fail to dispel them. *Dulcamara* is specific when taking cold is the exciting cause, or the affection appears in wet or damp weather; and *Rhus Toxicodendron*, when it arises from partaking of some particular article of food, particularly crabs, crawfish, mussels, etc.

NEURALGIA.

Against cutting pains, particularly on moving the limbs, give *Ignatia*.

When the pain is attended by a sensation of stiffness or contraction of the limbs, *Nux Vomica* should be taken. *Arsenicum* in cases where the pains are acute and dragging, with a sensation of coldness in the part affected.

NIGHTMARE.

This arises generally from having taken improper food, which must be first voided, and then a dose of *Nux Vomica* administered as the most appropriate remedy. When it has been preceded some days by heat in the face, palpitation of the heart, and difficulty of breathing, it may be prevented by *Aconitum*. *Opium* is also efficacious when the following symptoms are ob-

served: snoring, mouth wide open in sleep, the eyes imperfectly closed, the countenance moist with perspiration and expressive of anxiety, and the limbs affected by convulsive motions. In cases where these medicines are not sufficient, recourse may be had to *Sulphur*.

PALPITATION OF THE HEART.

When the palpitation results from the least excitement, the breathing short and hurried, and the face hot and flushed, *Aconite* should be given every six hours.

Palpitation caused by a violent passion, *Chamomilla*.

When caused by long-continued silent grief, *Ignatia*.

PILES.

The causes of these are, generally, stimulating food or drink, or a sedentary life. In such cases, *Nux Vomica* will mostly relieve them; and if that fail, *Arsenicum*, particularly if attended with continual burning pains. The above remedies must be considered as only proper to relieve for the time; recourse must be had to *Sulphur* for a permanent cure.

PIMPLES.

When the pimples are in the inflammatory stage, and very sensitive to the touch, give *Aconite*. *Arnica* should follow *Aconite* twenty-four hours after the second dose of the latter remedy.

If the eruption assumes a very red hue, and has not yielded to the foregoing course, administer *Belladonna*.

RHEUMATISM.

When the pain is worse in moving the part, *Bryonia* is the best remedy; dissolve six globules in six dessert-spoonfuls of water, and take a spoonful every three hours.

When not fixed to any particular spot, but flying about, dissolve four globules of *Pulsatilla* in six table-spoonfuls of water, and take one table-spoonful three times a day.

When the pain is greatest during rest, and better when moving, *Rhus* is a useful remedy. Dissolve six glob-

ules in eight table-spoonfuls of water, and take one table-spoonful every two hours. When worse at night, and attended with perspiration, let *Mercurius Solubilis*, six globules, be dissolved in six table-spoonfuls of water; and take one table-spoonful every two hours.

SCALD-HEAD AND RINGWORM.

In dry scabs upon the hairy scalp or scald-head, with thick scabs which destroy the hair, with matter and violent itching at night; or in periodical scald-head, reappearing every year, *Rhus Toxicodendron* has often succeeded. *Sepia* may be preferred when the circle of the ringworm is well marked.

If the scabs spread to the head, face,

and neck, and are very painful to the touch, and itchy, and there is fetid discharge, accompanied by deafness, *Hepar Sulphuris* is called for. When there are thick yellowish scabs in the hairy scalp, with secretion of a thick and fetid pus, attended with great itching, and painful sensation of the roots and of the hairy scalp when touched, *Sulphur* should be given. *Dulcamara* is indicated when the disease is accompanied with swellings of the glands of the neck, paleness of face, and great relaxation of the bowels. *Calcareo* is also a good remedy in obstinate cases of scald-head or ringworm, whether of a dry or moist description.

SCARLET FEVER.

When this disease prevails in a neighbourhood, *Belladonna*, which is a specific for it, should immediately be administered as a preventive. Dissolve six globules in four table-spoonfuls of water, and take one table-spoonful night and morning.

This fever is known by a scarlet colour of the skin, which is effaced by the pressure of a finger; this colour extends over the whole of the body, beginning at those parts which are not covered, as the face, neck, hands, etc. Fever accompanies it throughout, and the intensity of it is in proportion to the colour of the skin, which remains

dry as long as it preserves its redness ; when it begins to grow pale, the skin peels off and becomes moist. The throat suffers inflammation in a greater or less degree, through the whole course of the disease. *Belladonna* is the specific, and acts as well for a preventive as a cure. While the disease, which is epidemic, is raging, those children who are not attacked with it should have a dose every five days.

When the inflammation is very great, a dose of *Aconitum* may be administered to allay it. If the throat seems much affected, or there is any appearance of ulceration, we must have recourse to *Mercurius*. Where the disease assumes a malignant character, and great weak-

ness is present, *Arsenicum* is called for; *Opium* if there is drowsiness, stupor or convulsions; and if gastric derangements are present, *Pulsatilla* must be given.

Belladonna may be repeated with advantage after any of the above remedies.

SEA-SICKNESS.

When the least inclination to sickness is felt at sea, dissolve six globules of *Cocculus* in ten table-spoonfuls of water, and take a table-spoonful as often as sickness is felt.

SICKNESS—SURFEIT—RELAXATION OF THE BOWELS.

For these complaints dissolve six globules of *Ipecacuanha* in eight table-

spoonfuls of water, and let one table-spoonful be given every three hours.

SORE THROAT.

When there is much redness in the throat, swelling, and pain in swallowing, dissolve six globules of *Aconite* in six table-spoonfuls of water, and take a table-spoonful every hour, alternately with *Belladonna*, mixed in the same proportion. For relaxed throat and roughness in the chest, use *Bryonia*; dissolve four globules in two table-spoonfuls of water, and take a dessert-spoonful at intervals of from five to six hours. When the throat is of a dark red hue, after the use of *Belladonna*, dissolve six globules of *Lachesis* in eight table-spoon-

fuls of water, and take a table-spoonful every two hours. When there are little white spots on the throat, and any appearance of a gathering, dissolve six globules of *Mercurius Solubilis* in six table-spoonfuls of water, and take one table-spoonful every hour.

SPRAINS.

No bandage need be applied, but a dose of *Arnica* or *Rhus Toxicodendron* should be given internally, and an application made externally of one part of the mother tincture of *Arnica* and twenty parts of water, placed on lint or linen rag, and laid over the part. If a headache remains after the use of *Arnica*, a dose of *Belladonna* will relieve

it. When the sprain is the consequence of taking a false step, *Bryonia* or *Pulsatilla* will be more suitable than *Rhus Toxicodendron*. If it is attended with excessive fright, a dose of *Opium* should precede any other remedy. A perfect state of rest is of course absolutely necessary.

STINGS OF INSECTS AND NETTLES.

A dose of *Arnica* must be given immediately, and the wounded part bathed with an *arnicated* lotion. If there is considerable inflammation and redness present, *Belladonna* must be administered; and if that is insufficient, which will rarely be the case, we must have recourse to *Mercurius*.

STOMACH COMPLAINT.

When the patient is affected with a sense of burning or pressure at the pit of the stomach, vomiting of all food, and likewise of blood and slime, and especially if attended with dryness of the mouth and bitter taste, followed by bowel complaint, dissolve three globules of *Arsenicum* in six table-spoonfuls of water, and take one table-spoonful night and morning.

If the stomach be disordered and sour, attended by relaxation of the bowels, take four globules of *Chamomilla* in one table-spoonful of water.

For a constant squeamishness, dissolve six globules of *Ipecacuanha* in eight

table-spoonfuls of water, and take one table-spoonful every three hours.

For a simple disordered stomach, accompanied by loss of appetite, white or dark tongue, thirst, dryness of the mouth, and headache in the morning after a party, take at one dose four globules of *Nux Vomica* in a wine-glassful of water, in the morning, before breakfast.

For habitual stomach complaint, when there is a bitter or sour taste in the mouth, water-brash, pain and sickness after eating, sometimes followed by vomiting, dissolve four globules of *Nux Vomica* in six table-spoonfuls of water, and take one table-spoonful night and morning.

For disordered stomach, evinced by sickness, loading of the tongue, absence of thirst and hunger, water-brash ; when the food feels like a heavy weight on the stomach, and it is apt to be disordered ; or for bowel complaint occurring chiefly during the night, more particularly if any of these symptoms have been brought on by taking pastry or rich food, dissolve four globules of *Pulsatilla* in six table-spoonfuls of water, and take one table-spoonful three times a day.

STYE.

Pulsatilla will generally suffice to remove the stye, if given immediately on its first appearance ; but if there is great inflammation and pain, we must

give a dose of *Aconite*. If the eyelids are red and swollen, and attended with burning, itching, and constant agglutination, *Belladonna* is indicated; *Arsenicum*, if there is inflammatory redness and excessive dryness of the eyelids, or scalding tears; if it shows a disposition to suppuration, *Mercurius* should be given to forward it, followed by *Hepar Sulphuris*, when it proves insufficient. A dose of Sulphur may be given after any of the above remedies, if there is a constant recurrence of this affection.

SWELLINGS OF THE FACE AND THE GLANDS OF THE EARS AND NECK.

Swellings of the face often proceed

from toothache, and are easily relieved by the remedies mentioned in the remarks on that complaint, namely, *Chamomilla*, *Mercurius*, *Pulsatilla*, and *Arnica*. But if the remedy used should only remove the pain, and leave the swelling behind, the antidote for the last remedy used should then be administered; for example: *Pulsatilla*, if *Mercurius* was last used, and *vice versa*. *Mercurius* is very appropriate when the pain is great, and the skin of a red colour, as from erysipelas. When the swelling is hard and elastic, and chiefly below the eyelids, or when it is accompanied by fainting fits and vertigo, *Arsenicum* is called for. *Dulcamara* should be given if the affection proceeds

from the patient taking cold or being exposed to damp air. If the pains are of a shooting character, like those experienced in a tumour, and the face has an inflammatory appearance, *Belladonna* is indicated. *Arnica* will reduce the swelling after the pain is removed. *Mercurius*, *Sulphur*, *Hepar Sulphuris*, and *Calcarea* are the most efficacious in swellings of the glands of the ear or neck. *Mercurius* when the glands are hot, and the affection puts on an inflammatory character. *Sulphur*, when there are sharp lancinating and drawing pains, especially on being touched. *Hepar Sulphuris*, when the pains have subsided, or when they have so altered their character as to leave throbbings

in the place of lancinations and distensions; and *Calcarea*, when the swelling is without heat, but very painful. If the first of these medicines should require to be repeated, a dose of *Dulcamara*, given before the second dose of *Mercurius*, is attended with the best results.

TOOTHACHE.

When there is gnawing and shooting pain at the roots of the teeth, more violent in the evening or morning, the gums swollen, red or hot, and the teeth feel as though they were lengthened, *Belladonna* is efficacious. When the pain seems to extend from a carious tooth to the neighbouring ones, and the gums

become swollen and red at the edges, with a profuse flow of saliva from the mouth, and swelling of the face, *Mercurius* is the remedy. Pains in the teeth which proceed from cold, and when it is difficult to tell which tooth suffers, with the cheeks red, and the gums swollen, are generally relieved by *Chamomilla*. *Rhus* should be given, if the pain resembles a bruise; and *Dulcamara*, if it arises from taking cold, or appears in wet or damp weather. When there is violent toothache, without swelling of the face, of a digging or lancinating character, increased by eating or going into the cold air, with shooting pain extending over the whole side of the face, *Nux Vomica* is indicated. If there

is feverishness and restlessness, a dose of *Aconitum* may be given.

For faceache from cold, and earache, dissolve four globules in six table-spoonfuls of water, and take one table-spoonful every hour.

VOMITING.

If it is owing to the disagreement of food, as pork, etc., *Pulsatilla* is the remedy, taking care, at the same time, to observe great moderation in eating and drinking. If there still remains nausea after the stomach is emptied, and the first remedy has not succeeded, *Nux Vomica* or *Bryonia* may be tried with advantage. *Chamomilla* is the specific, if anger or a similar affection

of the mind has been the cause, producing a kind of bilious fever. Constant grief will also sometimes produce this derangement of the stomach; in which case *Ignatia* is the remedy. The dose may be repeated in twenty-four hours, if the first has not relieved.

Children are very subject to sickness caused by improper feeding, either by excess or with indigestible food. When accompanied by constipation, give *Nux Vomica*; when, on the contrary, by diarrhoea, *Pulsatilla* or *Chamomilla*. When the food is vomited after a meal, from weakness of the stomach, *Arsenicum* is the remedy; if the matter is black, *Ipecacuanha*; but when mixed

with blood, and the least drop of anything on the slightest movement excites it, *Veratrum* should be given. There are some persons whose extreme irritability of stomach suffers from the slightest excess in diet; *Pulsatilla* and *Cocculus* are the remedies applicable to such cases.

WEIGHT AT THE STOMACH.

This is a very common complaint. The symptoms are, a feeling of pressure at the stomach, as when the clothes are too tight, and is increased after eating. This tightness extends to the chest, and often to the shoulders and back. It occurs mostly at night, or in the morning on rising, and is accompanied with

nausea, and rising of a burning liquid in the throat, palpitation of the heart, restlessness, constipation, and pain in the head on one side. *Nux Vomica* is the specific in this case. Another kind, affecting persons of an irritable constitution, where there is a feeling of weight in the stomach, which is distended by wind, pain, and oppression at the chest, and beating pain at the top of the head, finds relief from *Chamomilla*. When there is a feeling of pressure at the stomach, as from a stool, or as if the heart would burst, accompanied by frequent and excessive nausea, and flow of water from the stomach, like phlegm, *Arsenicum* is indicated. If there are acid, bilious, or mucous vomitings, with a

sensation of pressure at the stomach, even after eating very little, as if there were something weighing heavily on it, *Hepar Sulphuris* is called for. Lastly, *Ipecacuanha* is efficacious in spasm of the stomach, attended by nausea and vomiting, and a dull pain at the pit of the stomach. It should be mentioned that *Cocculus* may be given with great benefit after *Nux Vomica*, when the latter has not entirely removed the symptoms of the stomach for which it is given.

WHITLOW.

This is a painful affection, which attacks the extremities of the fingers with an inflammatory swelling. A dose of *Mercurius* is sometimes sufficient to

remove it; but if the abscess should come to maturity, *Hepar Sulphuris* will render the process of suppuration less painful and troublesome. Where there is considerable inflammation of an erysipelatous character, *Rhus Toxicodendron* is indicated. If the affection returns frequently, a dose or two of *Sulphur* will often prove extremely beneficial.

DISEASES OF CHILDREN.

COLIC.

NOTHING can be more barbarous than giving castor oil, opiates, and carminatives to infants. If they are not dosed, and the milk of the mother or wet nurse is healthy, the poor little things would escape much suffering. Wherever it is practicable, infants should have their natural aliment—the milk of the human breast. The mother or wet-nurse should be very careful to avoid all irregularities of diet, and to keep an even and cheerful temper. When the infant has colic, administer—*Cha-*

momilla, if the child draws up its legs, cries, turns in the thumbs, has a hot face, and cold feet. *Ipecacuanha*, when there is vomiting or diarrhoea, the evacuations being yeasty and of a putrid smell. *China*, for colic with flatulent distension of the bowels. *Nux Vomica*, when there is constipation. *Pulsatilla*, for flatulence, with rumbling, if *China* has not given relief.

N.B.—The best mode of administering the homœopathic remedies to infants is to give a single globule, dry on the tongue, for the first dose; then to dissolve six globules in twelve teaspoonfuls of water, and give a teaspoonful in severe cases, every hour, otherwise every six hours, till relieved,

then night and morning. Before administering the medicine in solution, a little tepid water should be added, to make the temperature the same as that of the mother's milk.

CONSTIPATION.

Bryonia, *Nux Vomica*, and *Opium* will generally relieve the constipation of infants. It will be advisable that the mother or wet nurse should take the same remedies at the same time. In obstinate cases, injections of tepid water, or of equal parts of tepid water and milk, would be beneficial.

CONVULSIONS.

These are due to teething, irritation

of the brain, or mechanical injuries. The homœopathic treatment is undoubtedly the best for this affection, so alarming to the mother, and so painful to witness. A warm bath, as hot as the child can well bear it, up to the middle, and cold applied to the head, is always a thing well done, in the absence of a medical practitioner. The three chief remedies for convulsions of infants are *Aconite*, *Belladonna*, and *Chamomilla*. *Aconite*, if there is a hot skin and very quick pulse, and dry heat. *Belladonna*, if the head seems affected, the cheeks flushed, screams, uneasy sleep, or starting out of it with fright; boring the head in the pillow. *Chamomilla*, if the bowels are disordered; evacuations

green or mottled ; jerking of the limbs, twitching of the face ; one cheek red, the other pale ; craving for drink ; the thumbs turned in. *Ignatia* is indicated when the fits return periodically at the same time of the day. *Ipecacuanha*, when there is nausea or sickness, diarrhoea ; stretching of the limbs. *Coffea*, when there is nervous excitement and wakefulness.

CRYING OF INFANTS.

Belladonna, when the child starts in its sleep, and cries violently ; and if it bores the head in the pillow. *Aconite*, if there is feverish heat. *Coffea*, for restlessness and nervous excitement, which tends to keep the child awake. *Chamomilla*, if

there is redness of one cheek, with gripings, or starts and jerks of the limbs.

DENTITION.

Lancing of the gums should be had recourse to, when they are hot and swollen. This is seldom necessary; but still it should be done when it is necessary. *Aconite*, when there is fever, with restlessness. *Belladonna*, when the pupils of the eyes are enlarged; startings in sleep and signs of fright; burning heat of the hands and head. *Chamomilla*, is one of the best medicines for the sufferings from dentition; jerks and twitches of the limbs; redness of one cheek; bowels disturbed; evacuations slimy or greenish. *Mercurius*, when

there is much swelling of the gums. *Sulphur*, when there is redness or heat about the *nates* (the seat). *Coffea* is useful if there is much excitement, and nervous restlessness. *Calcarea* assists the coming forward of the teeth, when the child is backward in cutting them.

DIARRHŒA.

Infants, while suckling, should have three or four evacuations daily. *Ipecacuanha*, when the child vomits its food; pale face; frequent crying; the evacuations smelling putrid. *Chamomilla*, flatulence; the evacuations mottled, like beaten-up eggs. *Rheum* (rhubarb) is useful when the evacuations smell sour; and there is also a sour smell

from the body of the child. *Belladonna*, when the child is drowsy, and starts as from fright.

N.B.—If the infant is at the breast, the mother or wet nurse should pay the greatest attention to diet, and be calm and cheerful.

EXCORIATION OF THE SKIN.

The extreme delicacy of the skin in infants subjects them to this inconvenience. The use of starch powder will relieve it in its mild form ; but when it is severe, the internal use of *Chamomilla* will remove it, unless the nurse has been using chamomile tea, when *Ignatia* should be substituted, followed by *Pulsatilla*, if the complaint continues. In

very bad cases *Mercurius* may be given, and if the child is of an unhealthy, sickly constitution, *Sulphur*.

THE "GUM."

An eruption of red pimples about the face, neck, and arms. Cleanliness is the chief preventive. *Rhus* and *Sulphur* are the remedies. *Aconite*, if the eruption is accompanied with feverish heat.

HICCOUGH.

A little sugar and water frequently relieves it; if this does not relieve it, give a few doses of *Nux Vomica*.

INFLAMMATION OF THE EYES.

Aconite, if there is redness of the

eyes, with fever. *Belladonna*, after *Aconite*, when the whites of the eyes are very red. *Mercury*, after *Belladonna*, and especially if there is a discharge of yellowish matter. *Sulphur*, for some days, followed by *Calcarea*, would be useful, if the case is obstinate. *Chamomilla* is indicated when there is great intolerance of light, with redness, swelling, and gluing together of the eyelids.

JAUNDICE.

Chamomilla may be given in the first instance. *Mercury*, after *Chamomilla*, *China*, if the evacuations are white. *Nux Vomica* if there is constipation.

MILK CRUST.

This impetiginous affection is so named from its generally occurring while the child is at the breast. Attention to diet on the part of the mother or wet nurse is very important. *Rhus*, followed by *Sulphur*, is among the chief remedies. *Calcarea* and *Dulcamara* are often very useful. *Viola tricolor*, if there is at the same time an affection of the urinary organs; if the urine smells like that of cats. *Terebinth*, if it smells like violets.

RESTLESSNESS AND WAKEFULNESS.

Coffea should be given when there is

nervous excitement. *Opium*, if there is much redness of the face. *Chamomilla*, if there is flatulence or griping. *Belladonna*, if there is starting in sleep, or any sign of fright.

RETENTION OF URINE.

Aconite, if there is feverish excitement. If this fails to give relief, administer *Pulsatilla*; give a dose every three or four hours, till the relief is obtained. An injection might also be of use.

RUNNING FROM THE EARS.

Belladonna, *Hepar*, *Mercury*, and *Pulsatilla* are the best remedies for this affection.

RUPTURE OF THE NAVEL.

Mechanical contrivance is necessary for this affection, which should be shown to a medical man. *Nux Vomica* is very useful for its cure.

SNIFFLES.

The nostrils of infants are often obstructed. *Nux Vomica*, a dose given every night, will generally relieve this affection. *Chamomilla* if there is much running from the nose.

SUMMER COMPLAINT— CHOLERA.

The *cholera* of infants is often very fatal. *Arsenicum*, if the child is very

feeble, with great depression of the vital powers. *Ipecacuanha*, *Mercury*, and *Veratrum* are often indicated. A medical man should be at once consulted.

TEETHING SPOTS AND OTHER AFFECTIONS OF THE SKIN.

Four globules of *Sulphur*, dissolved in six tea-spoonfuls of water, and one tea-spoonful taken morning and evening.

THRUSH.

The round white ulcers which cover the interior of the mouth of infants are so called. The mouth should be frequently washed with a very weak solution of *Borax* in water. In children

of a gross habit, where there is much salivation, bad smell of the mouth, swelling and paleness of the face, irregularity of the bowels, frequent bleeding of the ulcers, difficulty of swallowing, and dry cough, a few doses of *Mercurius* should be given. If the ulcers assume a malignant character, and are attended with diarrhoea and great weakness, *Arsenicum* is called for. *Sulphur* is indicated in all cases where there is a tendency to scrofula, or where the disease often reappears; it is especially useful when the inside of the mouth is covered with thick scabs, which extend over the tongue and lips, and where the entire body is covered with a rash.

VACCINATION.

This is a purely homœopathic method of preventing small pox. Jenner was a homœopathist by anticipation. From the fourth to the sixth month is the best time for vaccination. A week after vaccination, give a dose of *Sulphur*, and repeat it for several weeks, with a weekly interval between the dose.

WEANING.

From twelve to eighteen months is the proper time for weaning a child. Spring and autumn are the best seasons for weaning. Both mother and child should take *Pulsatilla* at the time of weaning.

WETTING THE BED.

Arsenicum, *Cina*, and *Pulsatilla* may be used with benefit for this affection. Great attention to cleanliness and to diet are the best means of preventing it.

APPENDIX.

ASIATIC CHOLERA.

Its Prevention and Curative Treatment.

PREVENTIVE TREATMENT.

The prophylactic (preventive) medicines recommended by experience are—
Cuprum of the fifth potency, and *Veratrum* of the third potency.

Dose—six globules dissolved in a tea-spoonful of water every third morning, using the medicines alternately. No coffee, acids, spices, or aromatics of any kind to be taken while under the action of these remedies.

WHAT TO DO IF ATTACKED BY CHOLERA.

The premonitory symptoms are—feeling of general uneasiness, headache, giddiness, pain in the abdomen, oppression of the chest, diarrhoea, whitish evacuations, rumblings, &c. Should these present themselves, seek medical aid at once. Meanwhile

Let the patient be put to bed and kept warm and quiet.

Apply hot bricks, hot salt, or bottles

of hot water to the legs and stomach.

Give two drops of strong solution of *Camphor*, on a small piece of lump sugar, every five minutes.

Under whatever form the disease presents itself, this medicine (*Camphor*) may be given during the first hour with every probability of success. It is most efficacious where there is stiffness of the muscles.

For a more detailed account of the treatment of cholera, the various medical pamphlets published on the subject may be consulted; it will suffice here to add the following summary:—

The medicines given generally in ordinary cases of Cholera, are—

1. During the period of invasion—
Camphor.

2. When there is vomiting and watery evacuations, with slight cramps—*Ipecacuanha*.

3. If to these symptoms are added permanent cramps, great thirst, and excessive coldness—*Veratrum*.

4. In case of convulsions, bloody stools, or watery diarrhoea, and vomiting—*Cuprum*.

• *Ipecacuanha* is only useful in slight attacks. It is indicated when vomiting is the predominating symptom, and comes on alternately with yellowish diarrhoea accompanied by colic. It is never suitable when the disease is at its height, and if improvement does

not soon follow its administration, recourse must be had to *Veratrum*. The dose is from two to three globules of the first dilution, repeated in about ten minutes to two hours, according to the urgency of the case.

Veratrum is the principal remedy in almost all cases of Cholera, with sudden and frequent evacuations upwards and downwards, coldness of the body, great weakness, cramps in the calves of the legs, etc. The dose is a few globules of the third or sixth dilution, to be given in a spoonful of iced water, and if after ten minutes or half an hour there is no change for the better, the dose to be repeated. If the symptoms increase after several doses, and

the cramps change to spasms and convulsions, recourse must be had to *Cuprum*, and in many cases this latter remedy is beneficially alternated with *Veratrum*.

Arsenicum may likewise be alternated with *Veratrum*, when the disease is attended with a sensation as of burning coals in the stomach and bowels, occasional scalding evacuations, accompanied by violent colic and extraordinary prostration of strength, coldness of the skin, clammy perspirations, and insupportable fear of death.

Chamomilla is useful in choleric diarrhoea when it is attributed to great dread of being attacked with cholera, and when the evacuations are bilious.

The patient ought to be kept warm, and if necessary, bottles of hot water applied to the feet; a little cold water is to be given from time to time, to allay the thirst, and if possible, occasionally, small pieces of ice. Lavements of iced water are often beneficial in cases of colic and cramps of the intestines.

During convalescence, care should be taken to prevent relapses. It is frequently observed that at the commencement of convalescence the patient is tormented with a great craving for food; this should be restrained, and but little food, and that of a light digestible kind only, allowed to be taken.

Care should be taken also to protect the surface of the body, and particularly the extremities, from cold.

THE END.

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