













# FAMILY PHYSICIAN

BY

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## PREFACE TO SECOND EDITION

More than 2000 copies of the first edition of this work being exhausted within two years the necessity for bringing out another edition was long due. Although the first edition was a much popular one, I always felt it could be improved upon by incorporating some new chapters in it. I have, therefore, added a few chapters in this edition to make it more complete and interesting to my readers. The chapters on Vitamins, Vitamin contents of foods, Caloric values of various food-stuffs etc. are added at the request of my several students. I think they will be of immense help both to the practitioners and laymen. I am sure the readers will much appreciate the pictures given in the book and also various tables relating to Pulse rate, Respirations per minute, Pulse and Temperature, Dentition, Relation of height and weight, Infectious and contagious diseases, Obstetric etc. I am thankful to Mr. H. Ganguly the reputed artist of Calcutta for the time and labour he has spent in working out these pictures.

Lastly I must thank all the lovers of Homoeopathy for the reception they have accorded to my first edition and I only hope the second edition with its many valuable additions will be much more popular.

April 1936  
3/2 College Street,  
Calcutta.

}

D. N. C.

## PREFACE TO FIRST EDITION

This humble work which takes its stand upon my notes and gleanings from periodicals and notable books attempts in brief to render the practice of Homoeopathy easy and accessible to all and is the outcome of pressing requests and encouragements from many of my friends both laymen and physicians. When using this book the readers are reminded that it mainly serves as an indicator in as much as it deals with the characteristic symptoms of the medicines and they must take the help of *Materia Medica* as a referendom in case of necessity.

I intended to put this book before the public long ago but could not do so ere long owing to many difficulties standing on my way. It is quite possible that some mistakes have crept in especially due to the printers devil and partly due to an inclination on my part to see the book finished in all haste in order to cope with the previous delatoriness. These shortcomings will be rectified in the next edition.

I will consider my labour crowned with success if this little work can help to pave the way even to a small extent for the further progress and popularity of Homoeopathy.

*D. N. C.*

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## **SIMPLE METHOD OF LOCATING AILMENTS BY PAIN SYMPTOMS**

Pain is nature's means of indicating that natural laws are disturbed. The study and location of pain is therefore the study of diseases.

The presence of pain indicates an abnormal condition in some part of the body. The location of the pain may be quite remote from the condition producing it because of the close relation of the cerebro-spinal and sympathetic nerve systems in the brain.

Therefore pain should be carefully studied. The following diagrams will aid in the diagnosis when the location of the pain is taken into consideration with other symptoms.

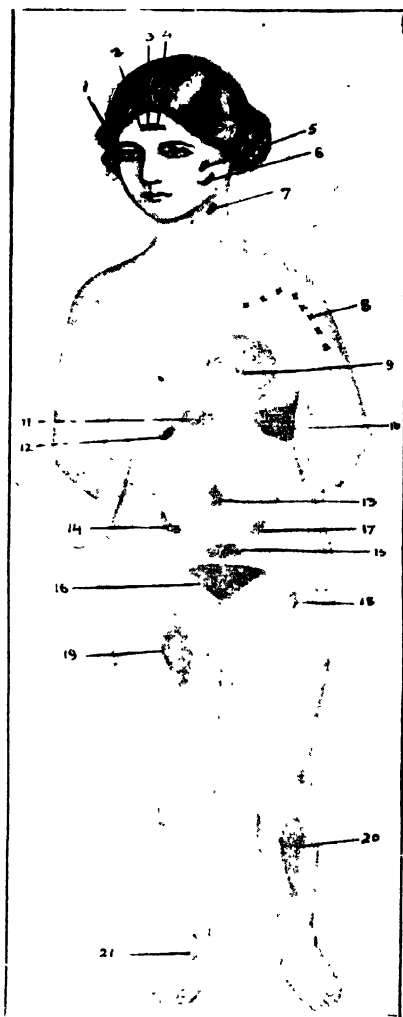
## LOCATION OF THE PAIN

### Chart .

1. Inflamed Eyes or Neuralgia.
- 2, 3, 4. May be due to Constipation, Dyspepsia, or Nasal Disease (Frontal Headaches).
5. Diseased Teeth, Neuralgia.
6. Diseased Teeth, Neuralgia, Mumps.
7. Tonsillitis, Inflamed Glands,
8. Angina Pectoris.
9. Pregnancy, Ovarian disease, Hysteria, Neuralgia, Abscess, Cyst or Cancer of the breast.
10. Impacted Splenic Colon, Colitis, Stomach Ulcer or Cancer, Enlarged Spleen, Acute Rheumatism.
11. Stomach.
12. Kidney and Gall Bladder.
13. Stomach, Ulcer, Cancer of Omentum.
14. Seat of pain reflected from the Appendix (Appendicitis).
15. Uterus or Womb.
16. Cystitis, Neuralgia, Ulcer, Uterine or Ovarian disease, Inflammation, Menstrual Pains.
17. Ovary, Inflammation or Neuralgia.
18. Ovarian disease.
19. Ovarian or Uterine disease, Displaced Uterus, Psoas Abscess.
20. Rheumatism, Periostitis, Bone Tuberculosis, Locomotor Ataxia.
21. Rheumatism, sprain at Ankle.

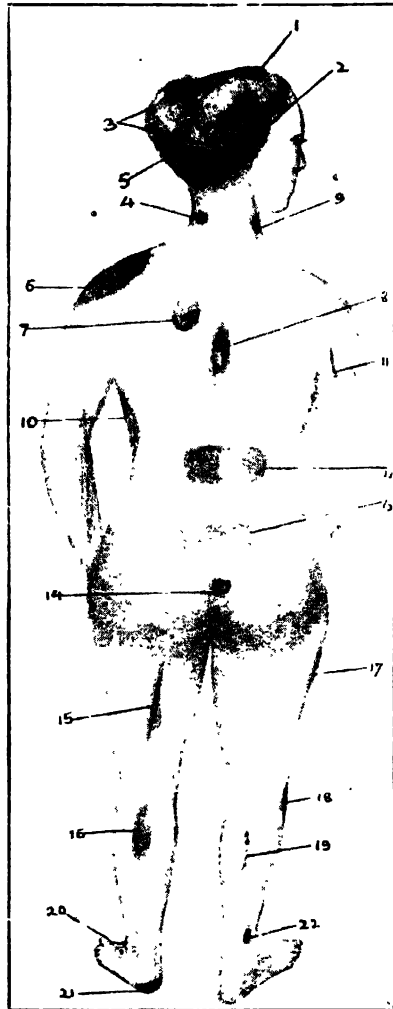
**CHART 1.**  
Location of Pain.

This is not an Anatomical chart, and does not show the location of the organs.



The shaded portions in this chart indicate the location of the pain and the numbers refer, in the text, to the source of trouble.

**CHART 2.**  
**Location of Pain.**



This is not an Anatomical chart, and does not show the location of the organs.

The shaded portions in this chart indicate the location of the pain and the numbers refer in the text to the source of trouble

## LOCATION OF THE PAIN.

### Chart II.

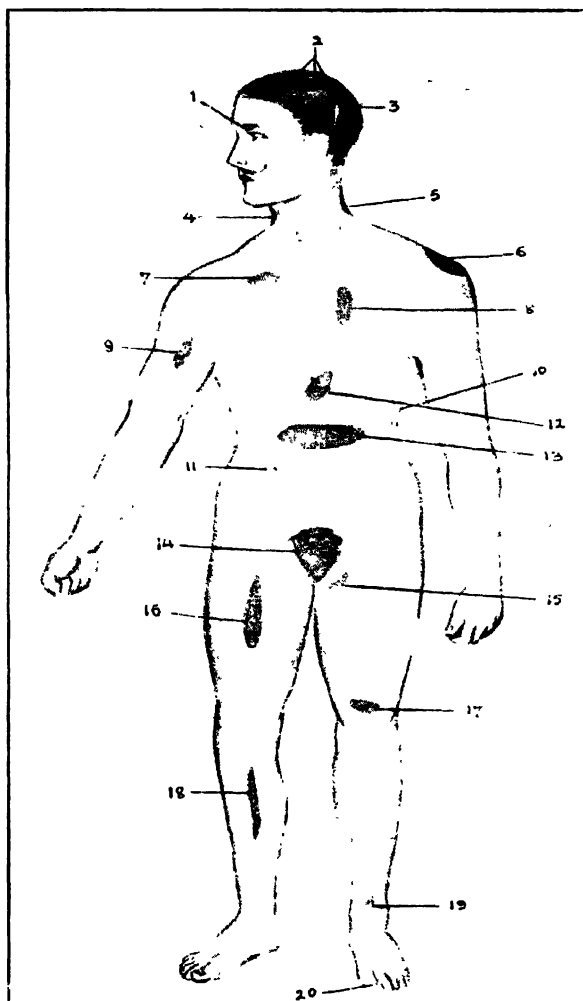
1. Anaemia, Hysteria, Neurasthenia, Uterine and Ovarian.
2. May originate in the eye or teeth.
3. Earache, Neuralgia, disease of the Tongue or Bone.
4. Rheumatism, Cerebro-Spinal Meningitis.
5. Neurasthenia, Irritation of the Spine, Epilepsy, disease of the Vertebrae, Uterine, Brain Tumor.
6. Muscular Rheumatism.
7. Flatulence (gas), Rheumatism, Gastritis, Gastric Ulcer.
8. Diseases of the Stomach.
9. Laryngitis, Sore throat.
10. Pleurisy, Pleuro-Pneumonia, Neuralgia.
11. Rheumatism.
12. Lumbago, Fatigue, Flatulence, Hernia, Cystitis, Uterine or Ovarian disease, Acute Inflammation of the Kidneys, Spinal Irritation.
13. Ovarian and Uterine disease, Inflammation of the Pelvis, Rectal Ulcer, Cancer, Haemorrhoids, Hip Joint disease.
14. Haemorrhoids, Coccygodynia, Fistula, Abscess, Uterine disease.
15. Sciatica, Rheumatism.
16. Cramps, Fatigue, Fallen Arch.
17. Rheumatism, Fatigue.
18. Inflammation of Joint, Varicose Veins.
19. Sciatica, Varicose Veins.
20. Gout, Ingrown Nail.
21. Gout, Rheumatism.
22. Sprained Ligaments.

## **LOCATION OF THE PAIN.**

### **Chart III.**

1. Diseases of the Eye or Lids, inflammation or Neuralgia.
2. Headaches due to Constipation, Indigestion and Neuralgia.
3. Temporal Neuralgia.
4. Goitre, Laryngitis and various Throat diseases.
5. Diseases of the Spine and Brain, Rheumatism.
6. Muscular Rheumatism.
7. Pneumonia, Tuberculosis, etc.
8. Heart and Pericardium.
9. Rheumatism, Neuralgia, Fatigue.
10. Pleurisy, Pleuro-Pneumonia.
11. Appendicitis and Inflammation of the Bowels.
12. Stomach Indigestion, Flatulence, Cancer and Ulcer.
13. Inflammation of the Bowels, Colitis.
14. Inflammation of the Bladder.
15. Abscess in Groin
16. Rheumatism, Fatigue.
17. Inflammation of the Joint.
18. Varicose Veins, Rheumatism.
19. Inflamed Joint or Torn Ligaments.
20. Gout.

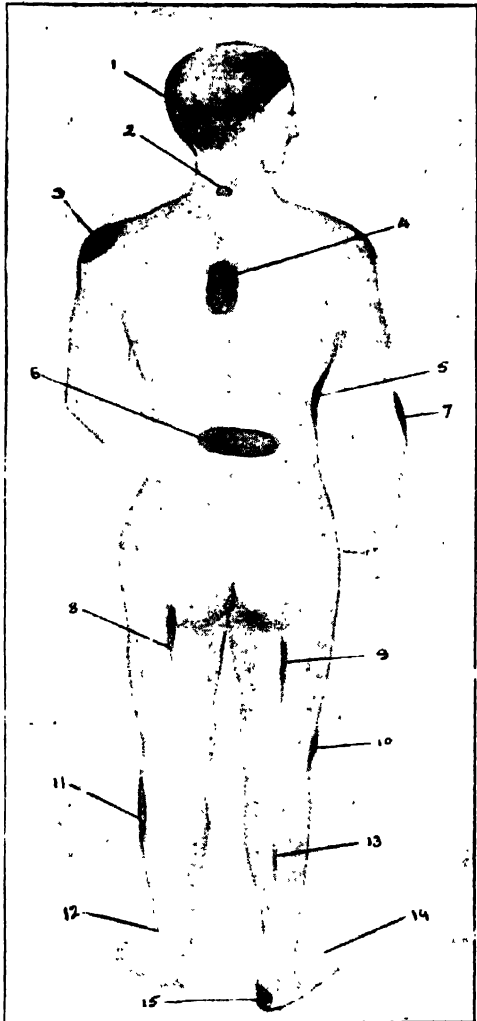
**CHART 3.**  
**Location of Pain**



The shaded portions in this chart indicate the location of the pain and the numbers refer in the text to the source of trouble.



**CHART 4**  
**Location of Pain.**



This is not an Anatomical chart, and does not show the location of the organs.

The shaded portions in this chart indicate the location of the pain.

## **LOCATION OF THE PAIN.**

### **Chart IV.**

- 1. Headache or Neuralgia of the Scalp.**
- 2. Stiff Neck or injury to Spine.**
- 3. Rheumatism.**
- 4. Reflected from the Stomach.**
- 5. Pleurisy may be either side.**
- 6. Lumbago or Kidney Disease.**
- 7. Neuritis along either side of arm.**
- 8. Sciatica running down back of leg.**
- 9. Sciatica.**
- 10. Rheumatism or Inflamed Joint.**
- 11. Enlarged Veins or Rheumatism.**
- 12. Inflamed joint or Sprained Ankle.**
- 13. Sciatica.**
- 14. Gout.**
- 15. Rheumatism.**

## LIST OF AUTHORS & JOURNALS

*Consulted in the preparation of this work*

Hahnemann	Hering	Clarke	Kent
Lippe	Hale	Verdi	Lilienthal
J. H. Allen	Teste	Salzar	Adam
H. C. Allen,	Ruddocks	Nash	Cowperthwaite
Dudgeon	D. N. Roy	Custis	J. M' Gregor-
			Robertson, etc., etc.
M. L. Sirkar	P.C.Mazumdar	P. C. Biswas	
Farrington	Goodno	Schuessler	
Boericke	Laurie	Boenninghausen	
Dunham	Carey	Hughes	
Gibson Miller	Jahr	Bell,	
Jhonson	Raue	Osler	

Homoeopathic Recorder, Pacific Coast Journal of Homoeopathy, Journal of the A. I. H., Mid-West Homoeopathic News Journal, Heal Thyself, Burma Medical Times, Indian Medical Gazette, Indian Medical Record, Indian Medical Journal, Hahnemann, Homoeopathic World, Homoeopathic Bulletin, Daktari Shiksha, Circulars of the Bengal Public Health Department, Homoeopathic Darshak, L' Homoeopathic Moderne, L' Homoeopathic Francaise, Hippokrates, etc., etc.

# FAMILY PHYSICIAN

## HOMŒOPATHY

**What is Homœopathy ?**—"*Similia Similibus Curantur*" or 'Let likes be treated by likes' is the fundamental law, upon which rests the basis of Homœopathy. It simply means that drugs have the power of causing in the healthy, diseased states similiar to those they have the power of removing in the sick. Such as Ipecac cures nausea and vomiting, has the power of causing attacks or such discomforts. This is the only simple law of our treatment by which all cures are performed.

**History of Homœopathy.**—A thousand years ago, Hippocrates advanced the theory of 'Similars' as a parallel to 'Opposites.' The similars seem to have been dormant for centuries untill Hahnemann an old school physician—in translating into German, Cullen's proving of Cinchona, was struck by the similarity of the symptoms of this proving to those it cured in malaria. He began to prove other remedies and thus unwittingly—if not inspirationally—stumbled across the rock which turned the stream of medicine into pure and curative channels, and made possible the application of similia.

The proving of the remedy is the fundamental difference between the two schools: the dominant, or old schools, confine themselves to the principle, *ab usu in morbus*. We, as homœopaths, insist upon the proving

of the remedies, singly on healthy individuals, the questions of the similarity of the remedy, the size of the dose, its potency and its repetition being secondary conditions.

**Administration of the medicine.**—The preparation of Homœopathic medicines are of four kinds—Dilutions, Globules, Pills, and triturations. Dilutions may be used with pure filtered water, distilled water, sugar of milk, or with unmedicated globules etc. The quantity of medicine we generally use according to age.

Medicated Sugar of milk, Dilution, Pills, Globules  
or triturations.

Adult	1 grain	1 drop	2 pills	4 globules
Child (3—12)	$\frac{1}{2}$ grain	$\frac{1}{2}$ drop	1 pill	2 globules
Infant				
up to 2 yrs.	$\frac{1}{4}$ grain	$\frac{1}{4}$ drop	$\frac{1}{2}$ pills	1 globule

**Selection of Medicine.**—Here should be remembered the fundamental law of our science "Let likes be treated by likes". Note down carefully the general symptoms of the diseased person and then compare it with the totality of the characteristic effects and indications of the remedies. According to symptoms found in the patient prescribe one medicine whose symptoms are nearly similar to those of the patient. This is the safest way to select a remedy; and the continuance, aggravation, palliation, or change of the features of the ailment, serve to regulate repetition, suspension or change. Our grand rule to observe in all cases, acute or chronic, is this—No symptoms, no medicine.

**Selection of potency.**—There is no hard and

fast rules about the strength of the potency. But We generally use the lower potencies such as the 1x, 3, 6, 12, 30, in acute cases and from 100 to 200 and upwards in chronic cases. But at this time it should be remembered that some medicines such as Lycopodium, Sulphur, Nux Vom, Natrum mur, Calcarea carb., Silicea are very effective in higher ones. •

**Small Doses.**—Here we have but few words about our small doses. Every one should admit that the law of cure takes no cognizance of the size of the dose. At time when the great physician Hahnemann discovered the principle of our science "Let likes be treated by likes" employed doses of large quantity. But after further investigation he found that it must be given in minute doses, otherwise dangerous aggravations occur, which embarrassed curative action and retarded rather than facilitated recovery.

**Repetition of the Doses.**—In acute cases such as fevers, colds, coughs, diarrhoea, dysentery, the remedy may be repeated every 2, 3 or 4 hours. But in dangerous diseases such as cholera etc., it may be repeated every 5, 10 or 15 minutes. In chronic cases once a day, week or month even. But it should be noted by the beginners that after the administration of the medicine when the improvement begins the remedy must not be as long as it continues, but should it cease, repeat the dose, or, if the symptoms change select another remedy according to the indications.

Don't take any other medicine during treatment. Home remedies, herbs, teas and nostrums of all kinds

often interfere with the progress of the case and cause trouble. The use of quinine for any purpose, camphor, morphin, opium, or any anodyne for pain, or any kind of patent medicine, whether labelled 'homoeopathic' or not, are all strictly prohibited.

**Diet.**—Ordinarily use light, nourishing, digestible food to satisfy hunger. Avoid anything that you know to be hurtful, or of which you are in doubt. Abstain from all rich food, spices, appetizers, cake, pies and the like. Use just enough salt to make your food palatable. When not strictly forbidden tea and coffee may be used sparingly, and not too strong. when agreeing pure chocolate or milk make the best drink except pure water. Use common sense judgement in eating and drinking and in your general diet. Hunger is the voice of nature calling for food ; generally if there is no hunger you need but very little, if any, food.

To select a proper medicine the following diagnostic symptoms must not be over looked.

#### **Pulse Rate (*Average*)**

Foetus	150 to 130 per minute.
At birth	130 to 150 per minute.
First month	120 to 140 per minute,
1 to 6 months	about 130 per minute.
6 months to 1 year	about 120 per minute.
1 to 2 years	110 to 120 per minute
2 years to 4 years	90 to 110 per minute.
6 to 10 years	90 to 100 per minute.
10 to 14 years	80 to 90 per minute.
Adult life	72 per minute,

In girls the rate is about five beats higher.

**Respirations per minute.**

At birth 2-3 weeks	30-50, average 40
Rest of first year	25-35, average 30
1 to 2 years	about 28.
2 to 4 years	about 25.
4 to 15 years	20 to 25.
Adult life	16 to 18.

**Amount of Urine Passed Daily.**

Birth to 2 years	2 to 16 ounces.
2 to 5 years	16 to 25 ounces
5 to 10 years	20 to 35 ounces.
10 to 15 years	27 to 47 ounces.
Adult	52 ounces.

**Sleep required each Day.**

4 months	18 to 20 hours.
6 months	18 hours
1 year	14 to 16 hours
2 to 3 years	12 to 13 hours
4 to 5 years	11 to 12 hours
7 years	11 hours
9 years	10½ hours
14 years	10 hours
Adult	7 hours

**Table of pulse and Temperature.**

In all illness where fever is present there not only is a rise of temperature, but quickened circulation, a change of tissue and disordered secretion. Rise of temperature is a predominant feature. The height of fever may always be determined by the clinical thermometer. When temperature is in excess of normal (98. 6) degrees, but is under hundred degrees, the patient is spoken of as being feverish ; from 100 degrees to 101 degrees, as having



slight fever ; 102 degrees to 103 degrees, moderate ; 104 degrees to 105 degrees, high ; in excess of 105 degrees, intense.

As a general rule, circulations quickened much in the same ratio as is the temperature, one degree Fahr. usually showing an increase of from eight to ten beats of the pulse per minute. A fairly accurate comparison between temperature and pulse may be made from the following table.

A temperature of 98 degrees F. corresponds to a pulse of	60
A temperature of 99 degrees F. corresponds to a pulse of	70
A temperature of 100 degrees F. corresponds to a pulse of	80
A temperature of 101 degrees F. corresponds to a pulse of	90
A temperature of 102 degrees F. corresponds to a pulse of	100
A temperature of 103 degrees F. corresponds to a pulse of	110
A temperature of 104 degrees F. corresponds to a pulse of	120
A temperature of 105 degrees F. corresponds to a pulse of	130
A temperature of 106 degrees F. corresponds to a pulse of	140

Tissue waste is usually proportionate with the severity and duration of the fevered condition, being almost absent in slight fevers, but excessive in prolonged fevers, such as Typhoid. Disordered secretions are indicated by salivary, gastric, intestinal and urinal deficiency, causing furred tongue, clammy mouth, excessive thirst, constipation and scanty, high-colored, and commonly acid urine.

#### **Dentition Table** (*Average*).

**Milk Teeth.**—Dentition usually begins at the sixth or seventh month and should be completed by the second year.

Central incisors, lower, 6th month ; upper, 7th month.

Lateral incisors, upper, 9th month ; lower 10th month.

First molars, 12 month.

Second molars, 2nd year (may be later).

#### Permanent Teeth.—

First Molars	6½ years.
Lower central incisors	7 years.
Upper Central incisors	8 years.
Lateral incisors	9 years.
First bicuspid	10 years.
Second bicuspid	11 years.
Canines	12 years.
Second molars	13 years.
Third molars (wisdom)	17-25 years (or later)

The full permanent dentition is 32 teeth 16 in each jaw.

#### Average weight of Healthy Infants.

At birth	6 to 7 lbs.
At 3 months	10 to 11 „
At 6 months	12 to 14 „
At 9 months	16½ to 17½ „
At 12 months	20 to 21 „

#### Average weight of Children.

Aged	Boys	Girls
1 year	21 lbs.	20 lbs.
2 years	29 „	28 „
3 years	34 „	32 „
4 years	38 „	36 „
5 years	42 „	40 „
6 years	45 „	43½ „
7 years	48 „	46½ „

Aged	Boys	Girls
8 years	53 "	50½ "
9 years	58 "	54 "
10 years	64 "	60 "
11 years	67 "	67 "
12 years	72 "	74 "
13 years	76 "	85 "
14 years	91 "	100 "
15 years	102 "	105 "

### Relation of height and weight.

	Standard weight.	minimum weight	Maximum weight
5 ft. 1 inch	125 lbs.	95 lbs.	155 lbs.
5 ft. 2 inch	128 lbs.	97 lbs.	158 lbs.
5 ft. 3 inch	131 lbs.	100 lbs.	161 lbs.
5 ft. 4 inch	134 lbs.	102 lbs.	164 lbs.
5 ft. 5 inch	137 lbs.	105 lbs.	167 lbs.
5 ft. 6 inch	141 lbs.	108 lbs.	171 lbs.
5 ft. 7 inch	146 lbs.	111 lbs.	176 lbs.
5 ft. 8 inch	151 lbs.	115 lbs.	181 lbs.
5 ft. 9 inch	156 lbs.	119 lbs.	186 lbs.
5 ft. 10 inch.	161 lbs.	123 lbs.	191 lbs.
5 ft. 11 inch.	167 lbs.	126 lbs.	197 lbs.
6 ft. 0 inch.	171 lbs.	137 lbs.	203 lbs.

The minimum figures for Europeans are 5% higher.

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**TABLE OF INFECTIOUS AND CONTAGIOUS DISEASES.**

Disease	Period of Incubation.	Symptoms Appear After Infection.	Disease Disappears.	Infection Ceases
Chicken-pox.	10 to 16 days.	1st day and 3 following days.	About 4th day.	When every scab has fallen of.
Cholera, Asiatic.	1 to 7 days.	1st to 3rd day.	1st to 4th day.	When disease disappears.
Diphtheria.	2 to 10 days.	1st to 3rd day.	From 12th to 16th day.	In four weeks, if no discharges or albumen, and if bacteriological examination of nose and throat be negative.
Erysipelas.	2 to 8 days.	1st to 2nd day.	3rd to 14th day or longer.	In not less than 7 days and ranging to 14 days.
Influenza.	1 to 6 days	1st day.	2nd to 21st day.	When disease disappears.
Measles	10 to 14 days.	4th day, highly infectious for 2 days before rash appears.	9th or 10th day.	In not less than 2 weeks from appearance of rash.
Measles, (German)	7 to 18 days or longer.		4th to 7th day.	In not less than 10 days from appearance of rash.
Mumps.	10 to 22 days.	2nd to 4th day.	5th to 7th day.	In not less than 3 weeks, and only when 1 week has elapsed since subsidence of all swelling.
Ringworm.				When examination reveals no broken off, diseased hairs.

**Table of Infectious and Contagious Diseases (Continued)**

Diseases	Period of Incubation	Symptoms Appear After Infection	Disease Disappears	Infection Ceases
Scarlet Fever.	1 to 8 days, usually 3 to 5.	5th day.	5th day	When scaling skin, sore throat and albuminous condition of urine disappear but never in less than 6 weeks. When every scab has disappears.
Small-pox.	12 to 14 days.	3rd or 4th day	14th day.	. When disease disappears.
Typhoid Fever.	7 to 21 days, usually 10 to 14 days ;	8th or 9th day.	21 days	After 4 weeks.
Typhus Fever.	5 to 14 days very variable.	5th day.		In 5 weeks from commencement, provided all spasmodic cough and whooping have ceased for at least 2 weeks.
Whooping Cough.	7 to 14 days.	The whooping may not appear for 3 weeks, although infectious before then.		When disease disappear. (Yellow Fever is indirectly contagious, the germ being transmitted by the Yellow Fever mosquito.
Yellow Fever.	1 day.	1st to 2nd day.	1st to 4th day.	

## OBSTETRIC TABLE

The calculation is made from the first day of the last menstrual period.

January October	February November	March December	April January	May February	June March	July April	August May	September June	October July	November August	December September
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 1 2 3 4 5 6 7	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 1 2 3 4 5	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 1 2 3 4 5	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	6 7 8 9 18 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 1 2 3 4	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 1 2 3 4 5 6 7

## CALORIC VALUE OF VARIOUS FOODSTUFFS.

Grams Per oz. foodstuffs.

	Protein.	Fat.	Carbo- hydrate. per oz	Calories
<b>FRUITS.</b>				
Apples ...	... 0.1	0.2	4.0	18
" (dried)	... 0.5	0.6	19.0	84
Apricots ...	... 0.3	...	4.0	17
" (dried)	... 1.3	0.3	13.0	80
Bananas	... 0.4	0.2	6.0	29
Blackberries	... 0.4	0.3	3.3	17
Cherries ...	... 0.3	0.2	4.5	23
Currants ...	... 0.4	...	3.6	17
" (dried)	... 0.7	0.4	21.0	93
Dates (dried)	... 0.6	0.8	22.3	191
Figs (dried)	... 1.2	0.1	21.2	92
Grapes	... 0.3	0.4	5.4	28
Melon	... 0.1	...	2.0	9
Oranges	... 0.2	...	3.0	15
Pears	... 0.2	0.1	4.0	18
Pineapple	... 0.1	0.1	3.0	13
Plump	... 0.3	...	6.0	25
" (Prunes)	... 0.6	...	21.0	86
Raisins	... 0.8	0.9	22.0	100
Raspberries	... 0.5	0.3	3.6	18
Strawberries	... 0.3	0.2	2.1	12
<b>VEGETABLES.</b>				
<b>LEAVES.</b>				
Cabbage	... 0.4	0.1	1.3	9
Cauliflower	... 0.5	0.2	1.4	9
Lettuce	... 0.3	0.1	0.8	6
Mushrooms	... 1.0	0.1	2.0	13
Spinach	... 0.6	0.1	1.0	7
Tomatoes	... 0.3	0.1	1.1	6
<b>ROOTS.</b>				
Artichokes	... 0.6	...	4.5	23
Beetroot	... 0.4	...	3.0	14
Carrots	... 0.3	...	3.0	13
Onions	... 0.4	...	3.0	14
Parsnips	... 0.4	...	4.0	18
Potatoes	... 0.6	...	5.0	24
" (boiled)	... 0.7	...	6.0	27
Radishes	... 0.3	...	1.7	9
Turnips	... 0.3	...	2.3	12

## Caloric Value of Various Foodstuffs—(Contd)

Vegetables—(Contd.)	Protein.	Grams Per oz. foodstuffs		
		Fat.	hydrate.	per oz
<b>STEMS.</b>				
Asparagus	... 0·5	...	0·9	7
Celery	... 0·3	...	0·9	5
Leeks	... 0·3	...	1·4	8
Rhubarb	... 0·2	...	1·0	7
<b>GRAINS AND FLOURS.</b>				
Barley (meal) *	... 3·0	0·6	20·7	102.
Barley (pearl)	... 2·4	0·3	24·0	103
Beans (haricot)	... 7·0	0·7	16·0	97.
Cornflour	... 1·8	1·2	20·0	104
Lentils (dried)	... 7·0	0·3	17·0	99.
Oatmeal	... 4·5	2·0	20·0	116.
Peas (dried)	... 7·0	0·3	17·4	103
Rice	... 2·3	0·1	21·0	102
Rolled Oats	... 4·8	2·1	19·0	116
Sago	... 0·2	...	24·0	96.
Tapioca	... 0·1	...	25·0	100
Wheatflour	... 4·0	1·0	20·0	105
<b>MISCELLANEOUS.</b>				
Bacon	... 4·0	18·5	1·4	181
Beef Juice (bought)	... 1·4	0·2	0·4	8
Bread (brown)	... 2·5	0·5	14	75
Bread (white)	... 2·6	0·3	15	76.
Butter	... 0·3	24·0	...	220
Cheddar cheese	... 8·0	10·0	1·0	134
Cooked beef	... 6·3	8·0	0·3	101
Cooked mutton	... 7·0	6·4	0·3	90.
Cream (thick)	... 1·0	20·0	1·0	190.
Cream (thin)	... 1·0	6·0	1·0	65
Dutch cheese	... 10·0	5·0	...	90
Eggs	... 4·0	3·0	0·2	45
Fowls	... 5·5	4·5	0·3	65
French rolls	... 2·4	0·7	16	81
Ham	... 4·0	9·4	1·4	104.
Macaroni	... 4·0	0·3	21	104
Milk	... 1·0	1·0	1·5	20
Oil or Lard	... ..	18·6	...	170.
Sponge bake	... 1·8	3·0	19	112
Sugar (brown)	... ..	...	27·0	110.
Sugar (granulated)	... ..	...	29·0	116.



## VITAMINS.

**Their Nature.**—The complete growth and development of the human organism cannot be accomplished and maintained by proteins, carbohydrates and fats alone. The assimilation of these food elements seems to depend upon the presence of certain other active forces, varying in their action and contained more generally in some food than in others. They are found only in minute quantities; their chemical nature is unknown and their action upon the food or upon the organs of the human system as yet uncertain. These accessory bodies, as they have been called, perhaps act as a stimulative influence. In their absence the young do not grow and the mature fail to maintain their condition.

**Vitamin A.**—This is a fat soluble vitamin and is found in cream, butter, milk, egg yolk and cod liver oil; but is not in vegetable oils. It is in animal fat, except lard, and in the leaves and embryos of plants, in carrots, sweet potatoes and yellow corn; but sugars, starches, yeast, white corn and white potatoes lack it. This vitamin can be stored up by the system for future use; it is believed by some to be a cure or prevention of rickets, but others hold that the vitamin in cod liver oil, which if the active agent for this effect, is vitamin D, about which very little is known, and not Vitamin A. It is not especially affected by heat, unless it is a long boiling and in an alkaline solution.

**Vitamin B.**—This is a water soluble vitamin and occurs in yeast, milk, eggs, brains and in animal tissues in small quantity; it is found in nuts and fruits, in roots like potatoes, beets and the like; in beans, cabbage and in the same manner as vitamin A, in spinach, clover and alfalfa. But it is most abundant in the embryos of grain and in yeast. It has preventive and curative value in polyneuritis or beriberi, another nerve complaint. It withstands drying and cooking unless the temperature is more than ordinary and too prolonged.

**Vitamin C.**—This vitamin is water soluble and is found in fruit and vegetables, especially the juices of oranges, lemons, raspberries, tomatoes and in potatoes. It is sometimes found in milk, depending somewhat on the food of the animal giving it. Liver and the leafy parts of plants and all vegetable roots contain it in varying quantities. It is a cure and prevention of scurvy, both infantile and adult scurvy, which are now considered milder and severer forms of the same disease. Its absence for a long time from the diet is apt to occasion scurvy, as used to occur on long voyages before lemons and canned tomatoes were made a necessary part of the provisions. It is the most susceptible of the vitamins to heat, as drying and heating generally destroy it. Therefore when milk is pasteurized, orange or tomato juice should be given to replace it. The juice of canned tomatoes will answer the purpose.

**Vitamin D.**—It is believed that this is the vitamin in cod liver oil which is effective against rickets, rather than vitamin A, as stated above. This is dis-

tinguished from other vitamins by depositing calcium in the bones. It is an elusive substance and is not easy to ascertain or estimate. That there is something in cod liver oil, different from vitamin A, and in small quantity in butter fat and in cocoanut oil, experiments indicate. This accessory body has been called vitamin D. How much heat it can endure and its other qualities as yet are undetermined.

**Vitamin E.**—This is known to exist in certain foods, but its exact nature is still undetermined; it is supposed to be related to the vital forces of the system.

**Tomato Juice.**—The interest recently aroused in the use of tomato juice as a beneficial article of diet for old and young makes it necessary to say a word here upon this subject. Great improvements in gardening have reduced the acidity of the fruit, for it is a fruit and not a vegetable, so that it is more easily digested and assimilated than was once the case. Many persons now who have a system characterized by acidity must use tomatoes with care. The juice cannot be given to very young children without good judgment. It must not be administered immediately after milk has been given, or any other food which its acid might coagulate. Tomato juice or orange juice should be given fifteen or twenty minutes before or after the nursing, a few drops for a small infant and a spoonful or so for children a year or more old. In all cases its effect must be watched, especially with older children who are fond of the fruit. It is especially valuable, since it is an easily available source of vitamin C, which is described above.

## VITAMIN CONTENT OF FOODS.

FOODSTUFFS.	A	B	C	D
1. Alfalfa	+ + + + +	+ + + + +	+ + + + +	
2. Almond	+	+ + +	X	
3. Apple	+	+ +	+ +	
4. Asparagus		+. + + +		
5. Banana	+	+	+ +	
6. Barley, whole	+	+ + +	—	
7. Beetroot	—	+	—	
8. Brain	+ +	+ + +	?	+
9. Bread (white)	—	+	—	—
10. Butter	+ + + + +	—	—	
11. Butter-milk	+	+ +	+ V	
12. Cabbage (raw)	+ + + + +	+ + + + +	+ + + + +	
13. Cabbage cooked for a short time	+ +	+ +	+	
14. Carolina bean	+	+ + +	X	
15. Carrot, cooked	+ + +	+	+ V	
16. Carrot, raw	+ + + + +	+ + + + +	+ +	
17. Cauliflower	+	+ +	+	
18. Celery		+ +		
19. Cheese	+ + +	+	—	
20. Clover	(+ + + + +)	(+ + + + +)	(+ + + + +)	
21. Cocoanut	+ +	+ + +	—	+
22. Cocoanut oil	—	—	—	
23. Cod liver oil	(5 +)	—	—	3 +
24. Cream	(+ + +)	+ +	+ V	
25. Cucumber		+		
26. Dried Milk(whole) (3 +)		(3 +)	+ ?	

Foodstuffs,	A	B	C	D
27. Egg	(4 +)	++	+	
28. Egg Plant (Brinjal)		++		
29. Egg Yolk	(5 +)	+++	—	
30. Fish (fat)	(+ +)	++	?	+
31. Fish roe	(4 +)	++	?	—
32. Grape juice	?	++	+	
33. Grape fruit	?	(3 +)	(5 +)	—
34. Green bean	++	++	X	
35. Green Grass	(5 +)	(5 +)	(5 +)	
36. Heart	++++	++++	+	+
37. Honey	—	+?	—	
38. Kidney	(+ + +)	(+ + +)	+	+
39. Lemon Juice	—	++	(5 +)	—
40. Lentil	+++	+++		
41. Liver	(5 +)	(5 +)	+++?	—
42. Maize	+	++	—	
43. Milk, condensed	(3 +)	(3 +)	+	+
44. Milk, evaporated	(3 +)	(3 +)	?	
45. Milk, fresh (not pasteurised)	(3 +)	(3 +)	+	++
46. Mustard Oil	—	—	—	
47. Mutton fat	++	—	—	
48. Oat	+	+++	—	—
49. Onion	?	+	+++	
50. Orange	++	+++	(5 +)	
51. Parsnip	++	+++ ?		
52. Peach (raw or tinned)	—	—	(3 +)	
53. Peanut	+	+++	X	

Foodstuffs.	A	B	C	D
54. Peas, fresh	++	+++	+++	+
55. Pickled cabbage	X	X	+++	
56. Pineapple (raw or tinped)	++	++	+++	
57. Potato, white	+	+++	+++	
58. Pumpkin	++	?	?	
59. Radish leaf	—	—	+++	
60. Radish skin	+	+++		
61. Raspberry (raw or tinned)	X	X	(4+)	
62. Rice bran	—	(5+)	—	
63. Rice, Polished	—	—	—	
64. Rice, whole	+	+++		
65. Rye (ground)	+	++	?	
66. Skimmed Milk	+	+++	+	
67. Soy bean	+++	+++	—	
68. Spinach, fresh	(5+)	+++	(4+)	
69. Strawberry			(3+)	
70. String been	++	++	++	
71. Swedish turnip	—	++	+++	
72. Sweet potato	(4+)	++	++	
73. Tomato (raw or preserved)	(5+)	+++	(4+)	
74. Turnip rooted cabbage	—	++	+++	
75. Walnut	X	+	X	
76. Wheat bran	++	+++		
77. Wheat germ	++	(5+)		
78. Wheat, whole	+	(4+)		

## EXPLANATION OF THE ABOVE TABLE :

Vitamin A—The antixerophthalmic vitamin.

„ B—The antiberi-beri vitamin.

„ C—The antiscorbutic vitamin.

„ D—The antirachitic vitamin  
(previously included in A).

„ E—The reproductive vitamin  
(antisterility factor).

According to their solubility, the five vitamins can be divided into two groups :

1. Water soluble B and C.
2. Fat soluble A, D and E.

INDICATION REGARDING SIGNS  
IN ABOVE TABLE :

- + Contain the vitamins in small quantity.
- + + Vitamin content fair.
- + + + Vitamin content relatively high.
- + + + + Vitamin content abundant.
- + + + + + Vitamin content exceptionally large.
- Vitamin content, no essential value.
- ? Presence of vitamin doubtful.
- X Unknown. V Variable.

**ABSCESS.**

**Belladonna 3x**—*Parts swell rapidly*, becomes bright red, throbbing pain, pus develops speedily, the redness radiates. It is a beginning remedy. Merc. sol follows Bell in most cases.

**Hepar sulph** 2x, 30, 200—*Excessive sensitiveness of the parts.* Sharp, sticking pains, worse at night and from cold. The suppurative process will be aborted by Hepar sulph 200th potency. If given low (2x potency) in threatening suppuration it will favour the formation of pus. Felon or whitlow do well under Hepar.

**Merc. sol** 30, 200—After Bell when pus has formed. The pus is greenish in tint, and quite thin and fluid. Suppurative process is slower than Hepar. *In abscesses at the root of teeth*, it is one of our best remedies. For hardness remaining after the abscess healed. It will often abort suppuration when used in highest potencies (200—1000) as in tonsillitis, where it is a most valuable remedy.

**Apis** 6—Much swelling with or without redness, burning, throbbing, *stinging pain*. Should never be used before or after Rhustox.

**Arnica** 3x—If there be a bruised pain. Abscesses and boils do not mature, they shrivel up, then another crop comes. *Very sore boils coming in crops.*

**Calcarea sulph** 3x—Suppuration seems to continue indefinitely. Painful abscess about the anus; good in gum boils; follows silicea well.

**Silicea** 30-200—Suppuration continues, wound refuses to heal. Thin, watery pus; Usually after an abscess has been lanced or opened by means of a poultice. Warmth relieves Silicea patient. *Fistulous burrowings.* Scrofulous and tubercular abscesses.

**Fluoric Acid** 6—30—Ulcers; red edges and vesicles; fistulous openings, worse warmth. Fluoric Acid



has *relief by cold*. This remedy antidotes the overuse of Silicea.

**Lachesis** 200—In low condition of abscess, when pus is thin, dark, ichorous and offensive in character. Abscess with bluish purplish appearance. Pyaemia; Cellulitis, *Pain worse after sleep*.

**Carbo veg** 30—Longlasting, unhealthy suppurative processes which produce a hectic fever.

**Arsenic alb** 30—Intolerable *burning pains* relieves from heat and if covered up. Watery ichorous pus.

**Rhustox** 30—Abscesses of parotid or axillary glands. Discharge of a bloody, serous pus. Useful in suppurative conditions of the eye.

**Sulphur** 30—200—Chronic cases; profuse discharges with emaciation and hectic fever. Tendency to boils. If the indicated remedies fail.

**Nitric acid** 30—200—Suppurations about the glands; syphilitic subjects; fistula.

**Pyrogen** 30—Most malignant type of septic conditions. Septic fever.

**Syphylinum** 200—Pains increasing gradually, then suddenly ceasing. Useful after **Sulph**. Afraid to go to sleep because of fear of terrible weakness on waking. Succession of abscesses, foul green pus.

Other important remedies are Calc. carb., Calc. flour. Calc. iod., Asafoetida, Kali iod., Phos., Aurum met., Graphites, Lycopodium., *Echinacea*., etc.

### Local Treatment.

Repeated fomentation with hot water is of much

service. Tepid compresses covered with oiled silk, linseed or bread poultices are frequently of service. The opening of chronic abscesses should always be performed by a medical man. The dressing of chronic abscesses with *Calendula* lotion (one part of the tincture to ten) and *Calendula* ointment is of the greatest service.

### ACIDITY.

*Robinia* 3—Sour eructations ; vomiting of intensely sour fluid. *Calc. carb* 200—Rises acid ; chronic cases. *Sulph* 200—Sinking sensation at epigastrium. *Carbo veg* 30—With much stomach flatulence. *Acid sulph* 3 ; *Arg. nit* 3 ; *Lyco* 30 etc. are good medicines.

### ACNE.

*Sulph* 200 in chronic cases. *Bell* 30 or *Puls* 30 in simple cases. *Ars iod* 6x or *Sulph iod* 6 in *Acne rosacea*. *Sanguinaria* 30 in women with scanty menses and irregular circulation of blood. *Calcarea carb* 30 or *Aurum mur. natronatrum* 30 for acne dependent on sexual-disturbances of women. *Kali brom* 30 for acne on the face, neck and shoulders. Acne in epileptics. Due to sexual excess. *Thuja* 30 or 200 for *acne facialis*. *Calcarea sulph* 30 where the pimples suppurate. *Antim crud* 30 in cases of drunkards with thirst, white coated tongue and gastric derangements. *Antim tart* 30 tendency to pustulation. *Berberis aqu* 1x where the skin is rough and the acne persistent. *Natrum mur* 30 especially on the sebaceous glands. *Carbo veg* 30, *Rad. bro.* 30, *Bellis* 3x *Calc. picrata* 30 etc., are good medicines.

**ADENOIDS.**

*Calcarea carb* 200 often proves excellent in chronic cases. *Bacillinum* 1000 one dose when consumptive family history. *Calcarea phos* 3x in repeated doses in thin children with large, pale tonsils. *Calcarea iodide* 3x in cases which are febrile in nature. *Baryta carb* 6x in children who have recurring attacks of tonsilitis. *Sulph* 200 in children with irritable skins, averse to be washed and who are always hungry. *Psorinum* 200 in psoric subjects with offensive catarrh. *Baryta iod* 3x in mentally weak children. *Iodium* 30 ravenous hunger. Tincture locally to swollen glands. *Cistus canadensis* 3x when patient is extremely sensitive to cold. Sensation of heat and dryness in the throat so intense that the patient must drink to relieve. Cold air inhaled causes distress in the throat. *Agraphis nutans* 3 obstruction of the nostrils from adenoids. Throat deafness. Deafness and deaf-mutism, breaths with mouth open. It is essentially a catarrhal remedy and acts specially on the glands connected with the nasal cavity, and its use generally avoids adenoid surgery. *Hydrastis* 3x is another excellent medicine.

**ALCOHOLISM.**

*Nux* 30 is the great anti-alcoholic remedy. *Hyos* mother tincture in 5 to 10 drops for the production of sleep. *Cannabis indica*, *Opium*, *Stramonium*, *Arsenic*, *Bell*, *Aconite* are good medicines. *Avena sativa* 0 in 30 drops with warm water a valuable remedy. Also useful

in Opium and Cocaine habits. *Sulphuric acid* for chronic cases. Craving for brandy reminds us of Sulphur, Arsenicum and Nux vomica, all of which have craving for spirituous liquors. *Capsicum*  $\theta$  in 10 drop doses will stop the morning vomiting. *Spiritus glandium quercus*  $\theta$ . Burnett recommended this remedy as an antidote to the effects of alcohol. It will frequently cause a disgust for alcoholic beverages. Ten drops to a teaspoonful of the distilled spirit to three to four times a day. A passing diarrhoea often appears for a time when using it.

### ANAEMIA.

*Ferrum met* in 3x potency when the patient has an appearance of fullbloodedness or plethora followed by a paleness or earthiness of the face and puffiness of the extremities. *Cinchona* 3x in anaemia resulting from loss of fluids or try *Natrum mur* 30. Schuessler recommended *Calcarea phos* first then *Ferrum phos* both in 3x potency. Hughes recommends *Ferrum redactum 1x* or 2x Ludlam praises *Ferrum et strychnia citrate 3x*. Dr. Gousset, *Ferrum aceticum* or the *Ferrum prototoxalate*, and Dr. Holcombe used *Ferrum phos*. *Pulsatilla* 30 should be remembered first if your patient comes after allopathic treatment. Because it is the great antidote of iron. Puls patient feels better in the open air. Other drugs should be consulted such as *Calcarea carb*, *Ars.*, *Picric acid*, *Helonias*, *Aletris*, *Secale*. etc.

### APOPLEXY.

Sudden loss of consciousness, sensation and mental manifestation like sunstroke. Apoplexy is caused by

haemorrhage into the substance of the brain, or congestion, associated with fatty or calcareous degeneration of the arteries, or heart affection. An apoplectic seizure often takes place in spare individuals. *Local Treatment:* Lay patient down, head shoulders slightly raised, loosen clothing about neck and body; wrap cracked ice in a towel and place it on the head, or wrap head in wet clothes and keep them cold until arrival of the doctor. If without medical advice for long period, empty bowels by giving an injection of soap and warm water. Keep the patient quiet. Do not give any stimulant.

*Treatment.* *Nux vom* 30 In threatened cases; giddiness, fullness in the head, headache or *Acon* 3x & *Ast. r.* 12. *Bell* 3x.—early symptoms; full, throbbing head with flushed face. Hot fomentations to the head. *Opium* 30.—undoubtedly most similar to the general symptoms of apoplexy. Apoplexy in drunkards suggests this remedy and *Nux vom* or *Sepia*. *Ferrum phos* 3x in hot water will usually restore the patient to consciousness in a short time and also control the haemorrhage. (Dr. Jones) Here Aconite may be a good remedy if the mental anxiety is very prominent. *Arnica* 30 where there is soreness and aching all over the body, paralysis especially of left side, full, strong pulse and stertorous breathing. Prevents threatened apoplexy (*acon.* *bell.* *glonnin*); if there is much constipation *opium* 30 should be remembered. *Hyo*s 30:—patients fall suddenly with a shriek and pass into a condition of sopor, with involuntary faeces. *Glonine* 30 is indicated by high arterial tension and co-existing kidney

disease. Severe and sudden congestion. *Laurocerasus* 3x.—Dr. Hartmann claims that this is one of the most important remedies in treating apoplexy when it occurs suddenly without prodroma; the patient falls suddenly into a comatose state out of which he cannot be aroused. *Baryta carb* 30 in paralysis due to cerebral hæmorrhage. *Ignatia* 30 when depressions and emotions or severe and protracted grief is the exciting cause, and when the patient is of nervous temperament.

## APPENDICITIS

Appendicitis is inflammation of the appendix vermiformis. It occurs at all ages, but is most common between the ages of ten and thirtyfive. It is rare after sixty years of age. It is more common with the males than with females. Generally the first indications are weight, soreness in the abdomen with sharp pains in the lower right side between the naval and the upper corner of the public bone or ilium. It may run down to the right thigh. At first the muscles here are tense and in two or three days a swelling like an egg appears, and has dull sound when slightly struck. There may be nausea and vomiting with coated tongue and loss of appetite. Fever is generally present (100-103 F.) with higher pulse. There is ordinarily severe constipation and distention of the bowels since it is often a consequence of prolonged constipation.

*Accessory Treatment*; Early in the case to allay

the pain and prevent the formation of pus an icebag should be applied, or if not convenient, use a flannel cloth, wrung out in hot water and put ten or fifteen-drops of turpentine or kerosene on the cloth and apply to the afflicted parts. No solid food should be given. One oz. of pure olive oil should be taken daily at night to move the bowels. *Treatment : Bell.*

3.—Throbbing pain and tenderness in region of appendix, high fever, headache, nausea and vomiting. *Ferrum phos 3x* and *Kali mur 6x* alternately highly praised by the Biochemists. Dr. Eric Graf von Goltz, M. D., suggests that the preliminary beginnings of appendicitis could be surmised and aborted by single doses of *Nat. sulph 200th* or if persistent by *plumbum, phos. 200th*. (In nine cases out of ten when acute appendicitis comes on with a rush I have found it calls for Bell.—F. Gladwin.) *Mag phos 1x-6x*. Existing tympanities, pains, rigidity of the abdominal muscles. (If with high fever in the first onset *Ferr. Pho<sup>s</sup>.* & *Kali Mur* alternately. In cases coming out of the hands of other physicians *Kali mur.* & *Mag. phos*) *Bryonia 30*.—Sharp and stitching pains confined to a limited spot and the patient is constipated. Any movement is painful and the patient lies perfectly still and on the painful side. Fever and excessive thirst. *Mercurious 30* when hard swellings fever, flushed face, red, dry tongue etc. *Arsenicum 30* when the condition points to sepsis. There are chills, hectic symptoms, diarrhoea & restlessness, and sudden sinking of strength. Dr. Mitchell finds it more often indicated;

than *Merc. cor* which may also be a useful remedy. *Arnica* is a remedy suiting septic cases and it should be employed after operations. *Rhus tox* 30 is indicated when there is extensive swelling over the ileo-caecal region and great pain, causing an incessant restlessness. Dr. Cartier of Paris recommends *Rhus rad* 6 in appendicitis of influenzal origin at the onset. *Hepar sulph* 30-200 has a deep seated induration and *Dioscorea* 1x has proved a valuable remedy when the pain is constant, the patient never being entirely free from pain. Its indications are bowels filled with gas and griping, twisting pains. It may be given in hot water. *Lachesis* 30-200 is indicated when its great characteristics of sensitiveness all over the abdomen, and stitching from the seat of the inflammation backward and downward to the thighs, will indicate it in this disease. The patient lies on the back with knees drawn up. *Plumbum* 30 when there are eructations of gas and vomiting and both have a faecal odor. *Ignatia* 30-200 in extremely nervous cases after the operation when no relief has resulted. *Iris*, *Colocynth*, *Sulph*, *Lyco* etc. should also be consulted.

### ASTHMA.

*A household medicine* : Make strong solution of Saltpeter and saturate pieces of blotting paper and dry. When a paroxysm is felt, ignite a piece of the paper & inhale the smoke. This acts most quickly, alleviating distressing symptoms and shortens the paroxysms.

*Ipecac* 3.—especially to spasmodic variety, when



the expiration is difficult ; vomiting when it occurs is apt to relieve the attack ; great weight and anxiety about the chest ; sudden wheezing, dyspnoea, threatening suffocation, aggravated by motion ; the cough is constant, the chest seems full of phlegm, yet none is expectorated, and the extremities are covered with cold perspiration. *Arsenic 30* is quite similar to Ipecac in asthma, and attacks coming on after midnight lead to the use of this remedy, The patient has a great deal of anguish and restlessness ; he cannot lie down for fear of suffocation. It is especially the remedy if the disease be chronic and the dyspnoea habitual and dry and the patient aged. The asthma of Arsenicum is accompanied by great debility and burning in the chest, and it follows Ipecac well, and is especially useful in anaemic persons. *Apis 30* has a suffocative feeling, and the patient does not see how he can get another breath, and the *Bromine 6x* patient breathes very deeply as it seems as if he could not get air enough into his lungs, while under *Grindelia robusta*  $\theta$  the patient on falling asleep ceases to breathe and awakes with a start. In 5 or 10 drops of the tincture every hour during the paroxysmal state will greatly palliate. *Lobelia*  $\theta$  is most useful in bronchial and septic asthmas. The breathing is exceedingly difficult, and is relieved by moving about. *Nux vom 30* is useful when the asthmatic attacks are brought on by gastric disturbances ; the patient must loosen the clothing ; there is some relief by belching. In those who drink much coffee or liquor ; Irritable bilious temperaments ;

constricted feeling at the lower part of the chest. *Lycy* 30 and *Carbo veg* 30 should be thought of where there is much abdominal irritation with much flatulence and *Carbo veg* especially to the asthma of the aged who are much debilitated; they are greatly oppressed for breath and are relieved by belching wind. *Kali bich* 30 attacks coming on about 3 or 4 A. M. in the morning, compelling the patient to sit up to breathe; he sits up and bends forward which relieves somewhat; expectoration of stringy yellow mucus. *Kali carb* 30 also in morning asthma with a feeling as if there is no air in the chest. *Kali phos* 6x in asthma of nervous variety. *Nat sulph* 6x symptoms are worse on change to damp weather with a great deal of rattling in the chest. Looseness of the bowels after each attack; the patient must sit up and hold the chest with the hands during the attack. *Antim tart* 30 the presence of fine mucous rales throughout the chest; chest seems full of phlegm with inability to expectorate. A sensation that the patient cannot get air enough; especially adapted to the extremes of life, suiting the asthmatic attacks of the aged and dyspnoea of the young children when due to pulmonary affections. *Silphium lancinatum* 2x in moist asthma with expectoration of large quantities of stringy mucous; rapidly exhausting. *Sambucus* especially in children, attack beginning in the night; sweat on throat and neck. *Sulphur* 200 after suppressed eruptions, patients, who suffer from skin disease. Worse in the forenoon. Dry asthma or accompanied with

profuse yellow expectoration. *Blatta orient*  $\theta$ , known as the specific of asthma. Spasmodic nervous asthma. *Justica* A. *Basaka*  $\theta$  tightness across the chest. Asthmatic attacks, cannot endure a close, warm room. *Saussurea lappa*  $\theta$ , In bronchial asthma especially those of the vagotonic type. the respiratory passages are cleaned by this drug and the attack is subdued.

### BACKACHE

*Rhus tox* 30.—A violent pain in the back, as if broken; aching on attempting to rise or, aggravation on commencing motion. Better from pressure. If *Rhus* fails try *Calcarea flour* 6x. (Some remedies have a backache worse from sitting, notably Kali phos, Cobalt, Zincum, Sepia and Cannabis Indica. Worse when first beginning to move may call for Anacardium or Conium and *Rhus tox*.) *Nux vom* 30 in backache if referable to spinal affections. Backache due to sexual excess. (*Staphisagria* 30 when with sexual excess the pains compel the patient to get up early and move about; it comes on about 3 a. m. pains shooting down the buttocks.) *Ledum* 30 has a stiffness in the back, similar to that experienced when one sits still for a long time. *Hypericum* 30 has aching in small of back and stitches, and is especially useful in women who are forced to lift and strain and go up and down stairs frequently. *Bryonia* 30 suits a lumbago of quiet type, with great aggravation on moving. *Gnaphalium*  $\theta$  in chronic backache. *Phosphorus* 30 has intense burning pains in the spine between the scapulae, with

sensitive dorsal spines, and *Secale* 3x has a sudden catch or kink in the back. *Lycopodium* 30 burning as from coals between the scapulae; stiffness and pain in the small of the back corresponds to this remedy. *Oxalic acid* 3x An acute pain in the back relieved by change of posture. *Picric acid* 30 pain with heaviness. *Sepia* 30 backache due to uterine disorders. Sudden pain in the back, as if struck by a hammer, relieved by pressing back upon something hard. *Aesculus* 3x Backache during pregnancy, especially worse from walking or stooping. *Cimicifuga* 3x violent aching in the back in women, dependent on uterine complaints, especially in rheumatic subjects. *Natrum mur* 30 backache relieved by lying on something hard, (See Lumbago).

## BARBER'S ITCH

Excellent results have been received with the following treatment: Remove the crusts with olive oil applied with cotton or any soft fabric; wash with soap and water and follow with a wash consisting of one dram of hyposulphite of Soda to an ounce of water. Then wash again with warm water and dry skin thoroughly, and apply the following ointment.

Sulphur 1 dram Vaseline 1 ounce.

Bacillinum 200 once a week. Hepar sulph 30, Calcarea carb 30; Radium brom 30 once a week are good medicines.

**BITES & STINGS**

Of wasps, Bees and other insects:—The severe pain and febrile irritation which sometimes ensues from the stings of insects, such as wasps or bees, are often speedily alleviated by smelling Camphor. Ledum externally as lotion and internally (3x) may be applied if there is great tenderness, soreness and smarting remains. Apis externally and internally 6 dilution relieves the pain if Aconite is not usually sufficient. Aconite 3x should be tried first. Touch a bee-sting with ice, anon the pain is gone.

**SCORPION BITE**

*Drone Ө.*—Apply on the part and you will get relief within 5 or 10 minutes. "The best of all I have found a dry slacked lime and powder Tamarind (Haldi), mixed together and put over burning charcoal and apply the fumes directly over the affected part till the pain is relieved. Take a part of permanganate and two parts of Acid citric, add together both the powders and put over the affected part add a drop or two of water an effervesence will follow. Try this medicine two or three times, the poison would be oxidised, nay at times the medicines fail.—( D. C. Bose )".

**HYDROPHOBIA**

Hydrophobia is a disease which arises in consequence of the bite of a rabid animal. The disease

may be communicated to the human body from the bites of dogs, cats, and other animals, previously inoculated with the poison. The general run of cases occur in from one to two months after the bite.

### Local Treatment

As soon as the person is ascertained to have been bitten by an animal the application of heat should be effected by the readiest means at hand—a red-hot skewer poker, a live coal, or a lighted cigar, must be placed as near the wound as possible, without, however, burning the skin, or causing too sharp pain; but care must be taken to have another instrument ready in the fire, so as never to allow the heat to lose its intensity. Immediate sucking is also good if the person who is sucking has no sore about his mouth at the time. Apply slaked lime, paste as thick as mush. Anon it will turn green, then apply fresh, do this as often as it becomes green; when it remains white the poison is all out. I would strongly recommend this for the bite of a mad dog.

*Medicines*:—*Belladonna* ʒ may be allowed as a preventive measure one drop three times a day, for three months.

The medicines which have proved most useful are *Belladonna*, *Gelsemium*, *Hyoscyamus*, *Lachesis*, *Stramonium*, *Hydrophobinum*, and *Cantharis*.

### BITE OF SNAKE

Cut the wound open at once and suck it. Pour

on, directly after, undiluted carbolic acid, or strong-spirits of ammonia. Heat may also be applied in the manner prescribed under the head of "Hydrophobia"; tie also quickly, in several places, ligatures on the limb, between the bite and the heart.

*Drone*  $\theta$ :—I have received informations about several cases cured by this Indian drug from most obstinate stages. It may be taken internally in 5 drops dose every 5, 10 or 15 minutes until the patient is better. If the patient is senseless, smelling of the medicine or a hypodermic injection will act with much benefit. Also apply the same in and around the wound externally. The chief remedies are Arsenicum, Belladonna, Acid Phos, Mercurius.

## BURNS.

Burns are generally caused through carelessness. If one's clothes takes fire, the best thing to do is to throw himself down on the floor, and roll over and over. The best help is to take an overcoat, a piece of carpet, a hearth-rug or a table cloth, and quickly to envelop, as tightly as possible, the burning person in it. As soon as the flame is extinguished, lay the patient down on a bed, administer a dose of *Arnica* or *Opium*, and then carefully examine as to the extent of the injury. To get out of a burning house, crawl along the floor. Or, in any case, envelop the head and face in a thick woolen shawl.

## Local Treatment

The thing in all cases should be avoid of is the application of cold water, Tincture for the external application of the *Cantharis* is the most efficacious and will, very few exceptions, be found successful in case of burns or scalds if applied immediately after the accident has occurred, and before cold water or any other improper appliance has been restored to. *Saturate a piece of linen with the tincture for external use of the Cantharis and lay the bandage thus moistened completely over the part affected so as to exclude the atmospheric air; cover the whole with a layer of cotton wool. Keep the linen constantly wetted from the outside without removing it, for some twenty-four hours, if the case is at all severe.* Other things are tincture of Arnica, Urtica Dioca, Spirits of Wine, Tincture of Causticum, Carron Oil, Carbolic Oil. Flour, may also be found very efficacious. The medicine for internal use are:—*Cantharis, Antim tart, Aconite, Gelsemium, Arsenic, Rhustox, Opium, Camphor, etc.,* Crude petroleum poured surface and covered loosely with cotton will subdue the pain almost at once.

## CARBUNCLE

(See Abscess)

There is a large hard swelling. extremely painful, and this is often accompanied by a low fever of the typhoid type. *Lachesis* 30-200:—Pain aggravates after sleep. Bluish, purplish appearance. Great prostration, burning in and around, a livid appearance.



*Arnica 30* :—At the beginning. Due to some injury. Black and Blue appearance. *Arsenic 30* :—Pain aggravates at night. Great prostration with quick small pulse, most efficacious in carbuncle arises from contagion. Intense burning in the affected part and around the tumour. Fear, fright and worry. *Anthracinum 30* :—Terrible burning. When *Ars.* fails it will give you marvellous result. Carbuncle with excessive sensitiveness. *Carbo veg 30* :—Dark appearance of carbuncle, general low state. *Rhus tox 30* :—Looks dark red. At the beginning with intense pain and excessive restlessness. *Tarentula cub 30* :—Worse at night, burning stinging pain, septic conditions. Burning fever, great thirst, anxiety, delirium and profuse perspiration. Red spots and pimples. Feels puffed all over, *Silica 30-200* :—After it has began to discharge.

*Kali mur 6x* and *Ferrum Phos 6x* :—May be given in alteration to prevent suppuration.

### Local Treatment

Linseed poultice should be applied until suppuration has taken place, and the Calendula lotion (thirty drops to the ounce) kept applied and frequently changed. When healing is commencing Calendula ointment should be used instead. Diet should be simple and easy of digestion.

### DISEASES OF THE CHILDREN- NEWLY-BORN CHILD.

As soon as the child is born, it should be wrapped

in fine flannel ; the skin should be well washed with warm water, applied with a very soft small cup-sponge ; but care must be taken not to continue the first washing too long for fear of irritation.

## APPARENT DEATH

The first thing to remember regarding the child is that it is often apparently dead when born, but not really so. If the umbilical cord is round the child's neck, unbind it. If the cord pulsates, leave it uncut. Gently insert the finger in the child's mouth, and clear out any fluid or membrane that may be there. On withdrawing the finger, there will generally be an effort to breathe. If there is none cut the cord and allow it to bleed a little before tying ; then place the child in a hot bath and pour a little cold water on the back of the neck. If there is still no effort to breathe, make slow and gentle pressure on the chest, taking it between the two hands and allowing it to expand again. These measures must be preserved with, as patience has been rewarded with a living child after two or three hours. (Clarke)

### Treatment

*Antim tart 6* :—Pale face, relaxed limbs, little signs of vitality ; swollen and purple face, air-passages appear to be clogged or obstructed with mucus. *Opium 30* :—When the child is blue. *Aconite nap 6* :—When the child is reviving and beginning to breathe, if the face

has been previously flushed, or bluish. *China* 30 :— Small, emaciated or delicate children ; pale face.

### SWELLING OF THE HEAD

Immediately after birth, the head of the infants appears more or less swollen ; this is in most cases but a trifling affection, and generally goes off of itself.

#### Treatment

*Arnica* 3 :—This medicine will materially hasten the subsidence of the swelling. *Rhus tox* 6 :—Fontanel swelling. *Calcarea carb* 80 :—When the fontanel is slow in closing. (a dose every four days). After *Calcarea* if necessary use a dose of *Silecia* ; then pause eight days, after which administer *Sulphur* 30 one dose if necessary.

### COLIC AND CRYING

( See *Colic* )

The commonest cause are errors of diet on the part of the nurse or the mother, or injudicious feeding of the infants. Some times it is constitutional, and these cases are generally the most violent. A towel in boiling water, quickly wrung out, folded to a corresponding size, laid on the abdomen and covered with a dry flannel, acts like a magic.

#### Treatment

*Chamomilla* 12 :—Colic from derangement of digestion ; drawing up the legs towards the abdomen,

irritable, crying. writhing and twisting, with diarrhoea. *Colocynth* 6 :—When much crying better by carrying the children in stomach. Other important remedies are *Bell*, *Coffea*, *Ipec*, *Nux vom*, *China*, *Puls*, *Rheum*.

## CONSTIPATION

(See Constipation)

The leading remedies are *Opium*, *Bryonia*, *Nux vom*, *Sulphur*, *Plumbum*, *Antim crude*. *Podophyllum* 30 with obstinate constipation followed by diarrhoea. Stools hard and clay coloured.

## TETANUS

*Acon nap* 3x :—When the face and neck are rigid. *Arnica mont* 6 :—When due to cutting of the umbilical cord. *Cicuta* 30 :—When the body is rigid.

## UMBILICAL HERNIA

*Nux* 30 and *Opium* 30 alternately once a day.

## JAUNDICE

( See Jaundice )

A few doses of *Acon nap* 30 will remove it. *Chamemilla* 12 will often suffice to cure of itself. *Mere* 6.—after Cham. When the latter fails to complete the cure. *China* 6.—after the above if necessary. *Nux vom* 6.—When there is constipation and irritability.

## DIARRHOEA

( see diarrhoea )

Three to six motions a day are natural to healthy infants. When there are more and the character of them is altered, and when they become watery, green, brown, pasty, offensive, or mixed with blood and mucus, and when the child shows signs of suffering, then the condition is unnatural and requires treatment.

*Acon* 30 :—Diarrhoea attended with fever, after a fright. ( every hour until better ). *Chamomilla* 12.—Diarrhoea with colic, fretfulness, crying, drawing up the legs, redness of the face or of one cheek. *Aethusa* 6x,—with sudden forcible vomiting of the milk. *Argent n.* 30—Stools as soon as child drinks, child looks dried up. *China* 30.—Painless copious and undigested food. *Podophyllum* 12.—Diarrhoea during dentition with green stools. *Puls* 6 Diarrhoea from indigestion or from a chill. *Rheum* 3.—Straining before and after the evacuations; flatulent distension, colic, crying restlessness, sour smell in stool and from the body of the infant. *Ipecac* 6—Nausea and vomiting; from overloading the stomach; frequent crying, pale face, slimy stools, greenish-yellow, blackish, and blood-streaked, putrid. *Antim crude* 6 :—After *Ipecac*, if the vomiting should not subside, excessive irritable. *Magn carb* 6.—White lumps like tallow; sour smell of whole body. *Bryonia* 6 :—Diarrhoea when weather becomes warm, *Carbo veg* 30.—efficacious after *Bryonia*; when looseness of the bowels occurs in

summer. *Antim tart* 6.—Diarrhoea during cholera or pox epidemic. *Dulcamara* 6—Diarrhoea in rainy season due to damp, cold air, or sudden change from heat to cold. *Calcarea phos* 30.—Diarrhoea during dentition, sweat on head; light coloured stools, sour-smelling, or like bad eggs vomiting, body enlarged.

### WETTING THE BED

*Sepia* 30 :—When it occurs during the first sleep. *Amomn carb* 30.—due to general debility and habitual derangement of digestion, *Bell* 30—when the weakness is dependent upon irritation of the brain. *Sulphur* 30.—In almost all chronic cases in delicate children, but particularly to those subject to skin diseases. *Cina* 30—is also useful when worms appear to be the cause. Other important remedies are,—*Ferr met. Causticum, Silica*.

### RETENTION OF URINE

*Aconite* 3.—When there is great restlessness, with some degree of fever and urging. *Pulsatilla* 30.—should be given after Aconite when there is considerable heat in the lower part of the bowels. *Cantharis* 6x.—is also very useful.

### STOPPAGE OF THE NOSE

*Nux* 30.—In nearly all cases except when the child is syphilitic then give *Nitric acid* 30 or *Aur. met* 30.

## DENTITION

About the fifth or sixth month the teeth generally begin to make their appearance. During teething, the child is more restless than usual, and are in a more or less precarious state of health. There is often fever and sometimes convulsions, diarrhoea is also frequently met with.

## Treatment.

*Coffea* 6 :—The child is excited, and unable to sleep, irritable and liable to start.

*Acon nap* 6 —Should follow *Coffea* if little or no amelioration result from that medicine. Heat, redness, pain, swollen gums and restlessness.

*Chamomilla* 12 :—The most useful remedy for many of the ailments of dentition. Extreme excitability, cries at the slightest noise, great thirst, spasmodic twitches or convulsions of the limbs during sleep, short quick and loud respiration, dry hacking cough, loose, green or frothy stools ; redness of one cheek, or of the eyes ; Heat, redness, pain, swollen gums, and restlessness. Worse at night.

*Belladonna* 6 :—Congestion to the head, with redness of the face and eyes ; convulsions. Convulsion is followed by sound sleep which continues for a time, or until another fit comes on. The child cries out suddenly from sleep as if frightened, is hot and sweaty.

*Mercurious* 6 :—Is required after *Chamomilla* when

it does not produce a decidedly good effect on the bowels.

*Ignatia* 30 :—When the tendency to convulsion is associated with constipation.

*Calcarea Phos* 3x or 30 :—Slow or late dentition especially in scrofulous children subject to looseness of the bowels with loss of flesh or strength,

*Calcarea carb* 30 :—Teeth slow in appearing ; especially suited to fair children inclined to be fat.

*Magnatia phos* 3x :—Colic, loose bowels, spasmodic symptoms, useful after *Bell* and *Cham*.

*Ipecac* 3 :—Nausea and vomiting, with diarrhoea ; stools are mixed of different colours.

*Cina* 30 :—Rubbing the nose ; wetting the bed at night ; grinding the teeth, hard distended abdomen.

*Zinc* 30 :—Useful in apparently hopeless cases, with symptoms of incipient paralysis of the brain, as profound sleep, half-closed or motionless eyes, with insensible pupil loss of consciousness, moaning, icy coldness of the whole body, and bluish colour of the skin ; pulse nearly imperceptible, respiration interrupted.

*Bryonia* 6 :—The child is chilly, feels cold to the touch, and is very fretful.

*Nux vom* 30 :—For flatulency, foul tongue, hardness of the bowels, feverishness, sleeplessness or drowsiness, debility, dry cough, knotty, hard, dark-brown stools, languor.

*Sulphur* 30 :—Stools whitish, or hot and sour-smelling, excoriating the part. Generally useful after *Bryonia* or *Nux*.



*Silicea 6x* :—Valuable for rickety children ; when dentition is tardy, though the teeth are on the point of coming through.

## CONVULSION

(See Dentition)

The commonest causes are disorders of the stomach and bowels, and the irritation of dentition.

### Treatment

*Belladonna 6* :—Inflammation of the brain, hot or flushed face. Child starts suddenly when asleep, or stares about wildly ; pupils dilated ; stiffness of one or more of the limbs or of the whole body. Involuntary discharge of urine after the return of consciousness. Belladonna is specially useful for the stout children and should be given early, and repeated every five or ten minutes for several times. Slightest touch sometimes provokes a new fit ; sometimes preceded by smiles and laughter. It is generally useful after Chamomilla.

*Magnasea phos 6x* :—It is useful after a few doses of Belladonna and generally suffices for all ordinary convulsive attacks. This is a great anti-spasmodic remedy.

*Chamomilla 12* :—Convulsion during teething of the children and as well as for those who have passed that period. Spasmodic twitchings of the eyelids and muscles of the face, one cheek red and the other pale ; clenched thumbs. Most suited to the irritable children. Restless-

ness, fretfulness, and disposition to drowsiness when awoke. Eyes half closed, great thirst ; quick and loud breathing ; rattling in the throat ; unconsciousness ; twitches of the eyelids and muscles of the face. Constant rolling of the head from side to side.

*Camphor*  $\theta$  :—By inhalation, or rubbing on the gums, when there is lock-jaw, or rigidity of the entire body and coldness of the surface. In lock-jaw apply a weak solution of the tincture to the gums.

*Ignatia*  $\delta$  :—It is frequently useful after Belladonna and Chamomilla, especially in melancholy children, or in pale, delicate, peevish infants. Sudden and violent starting from a light sleep with loud screaming and trembling of the whole body ; when the muscles of single limbs are convulsed. The fit returns every day at the same hour, or every other day about the same hour, and is followed by fever and perspiration.

*Cina*  $\delta$  :—Delicate children troubled with worms, or in the habit of wetting the bed. Useful during the second teething. Spasms, commencing with constriction of the chest, followed by stiffness of limbs. paleness and rigidity of the body.

*Opium*  $30$  :—Convulsions from fright, followed by stupor, labored breathing confined bowels.

*Aconite nap*  $6$ .—At the commencement. Fever, restlessness, flushed face, and when convulsion are threatened. It may be given in alteration with other indicated medicine until the rapidity of circulation is subdued.

*Hyoscyamns*  $30$  :—Convulsions from sudden fright :

twitching of muscles of face and foaming at the mouth. Diarrhoea and involuntary emission of urine.

*Stramonium 6* :—Child becomes suddenly and violently convulsed and senseless from fright ; or, when occurring in fevers from repelled eruptions, with tossing of the limbs, and involuntary evacuations of faeces and urine. Fits are renewed by the sight of any bright or luminous object, as a candle or mirror.

*Mercurious 6* :—The limbs are tossed and convulsed ; there is fever and moist skin ; and after the paroxysm the child lies for a long time exhausted, and apparently dying. Worm symptoms ; the stomach is swollen and hard ; there are painful eructations, and a profuse flow of saliva.

*Cicuta Virosa 6* :—The child is attacked with severe griping and colic, terminating in convulsions ; tremor of the limbs ; jerks like electric shocks, and insensibility. Worm symptoms.

*Sulphur 30-200* :—Convulsions from repelled chronic eruptions.

*Arnica 30* :—Convulsion due to an injury.

*Acid hydro 6* :—The body assumes a bent position ; violent convulsions of the face ; the back and jaws are rigid with spasmodic action.

*Gelsemium 6* :—The child's head seems heavy ; semi-stupid condition ; after the paroxysms ; during the convulsions the face is flushed, of a dark or dusky hue, and the arteries of the neck pulsate violently.

*Nux vom 30* :—Cases which arise from indigestion, with vomiting of food, constipation, jerking of the

limbs, and tossing backward of the head; and when the attacks are liable to be renewed by contradiction, or fits of anger.

*Arsenicum* 30 :—Very valuable during dentition. The paroxysms recur frequently. The patient is irritable, restless, and perverse; evinces insatiable thirst, but drinks little at a time; vomits just after taking water or any food.

*Bufo* 30 :—Convulsion at the time of sexual intercourse. *Agaricus* 6 :—Convulsion after sexual intercourse. *Plumbum* 30 :—Convulsion while eating. *Opium* 30 :—Convulsion of the infants from the fright of the mother. *Cocculus ind* 30 :—Convulsion caused by sleeplessness. *Lyssin* 30 :—Convulsion from strong odors. *Stramonium* 3 :—When violent rage alternates with convulsion. *Zinc. sulph* 3 :—Excitement without signs of congestion. *ethusa* 3 :—With gastro-intestinal disorder and great pain and anguish, intolerance of milk. *Cupram met* 6 :—Convulsion with whooping cough.

### Local Treatment

If no doctor is at hand, put the child's legs up to the knees in water, as hot as can be borne with, for five or ten minutes until the paroxysms seem subdued. If the first immersion be not followed by relief, repeat it; and pour a stream of cold water upon the crown of the head, until reanimation ensues, then cover the child warmly up. This may be repeated several times. Enemas of equal parts of sweet oil and warm milk are sometimes beneficial.

Convulsions may be frequently cut short like magic by turning the patient on his left side.

The mother or nurse should abstain from all indigestible food.

## RICKETS

Generally this disease makes its first appearance when the child begins to walk, about the eighteenth month after birth. It may come on in any of the earlier years of childhood, but it never occurs after twelve years of age. It is particularly the children of old or feeble parents, or the later children of the poor, ill-fed, and living in small, badly-aired and ill-lighted house, that are most liable to the disease.

Its causes are feeble or scrofulous constitution and insufficient or artificial food, wanting in the necessary foodstuff, and want of fresh air and light.

### Treatment

*Silecia* 30 :—For thin children with large bodies, head perspiring the perspiration being offensive. Imperfect assimilation and consequent defective nutrition. Scrofulous, rachitic children, with large head, open fontanelles and sutures, distended abdomen, slow in walking.

*Calcareo carb* 30 :—Fat children of soft fibre, head perspiring at night, but not offensive odour. Fontanelle remain open too long, and teething is protracted, or the

teeth have a tendency to premature decay; or when there is curvature of the spine and of the limbs, with enlargement of the joints and head. Loss of flesh, voracious appetite, dry and flaccid skin, the child seems much older than its age, the bowels are constipated, affected with excessive and protracted relaxation.

*Baryta carb* 30 :—Adapted particularly to dwarfish children when there is general arrest of development, and glandular enlargement.

*Nux vom* 30 :—For passionate, high-spirited, dark, bilious children, discomfort after food; restless nights; constipation.

*Mercurious* 30 :—Pains in the bones, as if sore or bruised, tenderness of the shin-bone and knee-joints, with or without curvature of the limbs; dandruff, and other affections of the scalp and face, susceptibility to take cold, tendency to excessive perspiration, often offensive; eruptions; frequently slimy or clay coloured diarrhoea.

*Phosphorus* 30 :—Thin, ill-nourished children, especially if of consumptive family.

*Belladonna* 6 :—The child is in the habit of wetting the bed, or subject to sore throat with swelling of the tonsils; or whilst the body wastes, the intellect is precocious; the glands under the jaw are swollen, the eyes and eyelids are inflamed.

*Cod Liver Oil*.—May be given in 5 to 10 drops with milk or in water according to the ages of the child.

Other important medicines are *Acid Nitric* 30 (After allopathic treatment of mercury), *Pulsatilla* (curvature of the spine and retarded closing of the head), *Chama*

*milla* (Great fretfulness, large abdomen ; offensive relief from the bowels ; sometimes diarrhoea) ; *Gelsemium* 30 (Irritative fever, with flushed face ; loss of strength ; spasm of the windpipe, with crowing noise) ; *Acid Phos* 18 (General debility ; irritability ; perspiration very easily excited ; yellow, painless diarrhoea ; milky urine) ; and *Sulphur* 30, *Nyctanthes* 3x (Bilious fever, vomiting.)

## WORMS

(See *Worms*)

It is specially thread-worms that affect children. They may be often prevented by the careful avoidance of improper kinds of food, and by proper seasoning of the food with salt.

## Treatment

*Santonine* 1x :—May be given with milk or dry in mouth in empty stomach in morning. *Cina* 6 :—Boring of the nose, calling out suddenly during sleep ; itching at the anus ; white and thick urine, sometimes passed involuntarily. *Embelia Ribes* 1x :—When *Cina* fails.

*Artista Radix* 6 :—Worm symptoms with severe griping pain in the naval region.

An injection of tepid water, in every half pint of which a tablespoonful of salt has been dissolved, always help to serve to bring them away.

## CHOREA

*Chorea*, or *St. Vitus' Dance* is a disease attended by irregular spasmodic movements of the voluntary muscles.

It occurs chiefly among children from the beginning of the second teething to the age of fifteen, and is more frequent among girls than among boys. It may occur, though it is uncommon, in adult. Fright is frequently alleged cause. The symptoms in the fully developed case are remarkable. The patient has no proper control of muscular movements. He cannot keep himself still. All sorts of grimaces and contortions are produced by spasmodic movements of the muscles of the face. The movements cease during sleep.

#### Treatment

*Mygale* 6 :—Twitching of facial muscles. Mouth and eyes in rapid succession Head jerked to one side. Constant motion of whole body. Twitching of limbs. Restless hands. Convulsive, uncontrollable movements of arms and legs. Limbs drag while walking. *Cupram* 6 :—Chorea brought on by fright. Affects principally one side, generally left side. Quick rolling of the eyeballs, with closed eyes. Constant protrusion and retraction of the tongue, like a snake. Stammering speech. Jerking, twitching of muscles. Clonic spasms, beginning in fingers and toes. *Stramonium* 30 :—Graceful, rhythmic motions ; Partial spasms, constantly changing. Violent pain in left hip. Trembling, twitching of tendons, staggering gait. Loss of vision, complaints that it is dark, and calls for light. *Agaricus* 30 :—Symptoms appear diagonally as right arm and left leg. Twitching of cervical muscles. Stiff all over. Heading difficult as type seems to move, to swim. Twitching of lids and eyeballs, ears, face and mouth.



The symptoms entirely disappear during sleep. *Nuxvomica* 30 :—Movement of all or single muscle, wandering from one extremity to another, affecting even the muscles of chest and abdomen, generally depending on spinal irritation ; there is a halting or unsteady movement of one of the legs ; the patient drags it when walking. *Caulophyllum* . 3x :—In young girls from menstrual difficulties. *Veratrum viride* 30 :—Convulsive twitching of facial muscles. The head continually jerking ; the body writhing ; tongue and jaws equally affected with the other parts, so that it is almost impossible to speak distinctly. *Zincum* 30 :—Trembling and twitching of various muscles of the body. Feet in continued motion ; cannot keep still. Soles of feet sensitive. Jerks through the whole body, which continue during the night's sleep, which is restless, and often screaming. *Aconite* 6 : Attack from fright. *Ignatia* 30 : In recent cases, with spasmodic, movements of the muscles of the cheeks, forehead, eyelids, and eyeballs ; jerking of the arms ; involuntary emission of urine. The patient is melancholic, sad, tearful. *Opium* 30 :—Eyes half-closed, dilated ; pupils insensible, contracted Spasmodic facial twitching, especially corners of mouth. Hanging down of lower jaw. Convulsions ; worse from glare of light ; coldness of limbs.

#### Chorea Caused by Worm.

If the chorea is caused by intestinal worms, or other substances, causing irritation of the bowels, expel the parasites by suitable medicines, and you cure the disease.  
(Dr. Laurie.)

## CANCER

The causes of Cancer are not easy definitely to state. Undoubtedly hereditary influence is great in many cases. Age has something to do with liability to the disease. The greater proportion of cases in men occur between fifty-five and sixty years of age, and in women between forty-five and fifty-five. It is twice as common as in women as in men; and the liability seems to be greater in women who have borne children. The treatment of Cancer should always be undertaken by a skilful and experienced physician. Allopathic Physicians say "No drug will cure Cancer." The principal Homoeopathic medicines are *Arsenic*, *Hydrastis*, *Conium*, *Lachesis*, *Condurngo*, *Silica*, *Sulphur*, *Kali Cyn*, *Semp. viv*; *Phytolacca*. *Galium*, *Ant. chlor*; *Radium* etc. Try *Phytolacca Folia* ointment externally.

## CROUP

To relieve the spasm springling of a little cold water in the face, or tickling the fauces with the finger or with a feather, so as to vomiting, frequently answers the purpose. Should it fail the child should be immediately placed in a warm bath. Cubebs powdered (6 ounces in a vessel) Place over a fire, and have the patient inhale the fumes, and live.

The leading remedies are *Spongia* 3; *Antim tart* 6; *Hepar sulph* 30; *Phosphorus* 30; *Cuprum met* 6; *Bell* 30 (consult cough etc.)

## WHOOPING COUGH

This is specially a disease of children : though grown-up people may also be affected with it. Girls suffer more than boys. It is an infectious disease.

### Treatment

*Pertussin* 30 :—It is said to be a preventive of the disease. At the commencement. *Drosera* 6 :—When whooping-cough breaks out in family, all those members who have not had it should take this medicine for prevention night and morning. Spasmodic, dry irritative cough : the paroxysms following each other very rapidly. *Aconite* 3 :—May be tried at the beginning. *Belladonna* 3x :—For dry, spasmodic cough, worse at night ; head hot, throat sore and dry ; much thirst. *Magnesea phos* 3x ;—Sometimes it acts like a specific. Give repeated dose. *Veratrum alb* 30 :—Great exhaustion, cold perspiration, sweat in the forehead ; involuntary escape of urine during the cough. *Arnica* 30 :—After each fit of coughing there is spitting of blood, or bleeding from the nose. *Ipecac* 3 :—Spasmodic fits of coughing ; with gastric symptoms, hæmorrhage blueness and strangling with cough ; nausea, or vomiting of mucus. *Ambagrisea* 6 :—Hollow, spasmodic, barking cough, coming from deep in chest. *Mephites* 3x :—Spasmodic and whooping cough ; few paroxysms in a day-time, but many at night ; with vomiting after eating. *Coralium* 30 :—Cough with great sensitiveness of air passages ; feel cold on deep inspiration.

*Sanguinaria* 6x.—For patient who seem never to

have gotten over the whooping cough. The cough returns with each cold. If this remedy works slowly give a dose of *Calc. carb.* 200.

*Cupram 6.* :—Where rigidity is prominent: three successive attacks of cough; no crowing inspiration, aversion to being touched. Follows *Drosera* well.

*Coccus cact 6.* :—For racking, suffocating cough, expectoration of clear ropy mucus. *Ant. tart 30* :—whooping cough after vaccination with asthma; crying before cough. *Bacillinum 200* :—For babies who do not respond to the indicated remedy and catch cold easily.

### Prevention of whooping cough.

The child should be isolated and kept away from school. Rooms occupied by a case should always be subjected to a prolonged airing and preferably to fumigation. The quarantine should continue until the paroxysmal stage is past.

Patient should breathe pure air. As much time as possible should be spent out of doors. cold draughts, strong winds, and sudden atmospheric changes are to be avoided. Change of climate chiefly to a warm sea-shore location is chiefly beneficial. Coughing spells are shortened by stretching the neck and lifting the chin.

( Consult the chapters of *Cough* etc. )

## COUGH

A cough is usually a symptom of other diseases such as *Consumption, Bronchitis, Pneumonia, Pleurisy* etc. But often a cough is the whole of the disease, and is due

to irritation or irritability of the air passages, which does not amount to inflammation.

The raw lemon juice eaten with sugar often stops a cough from a cold promptly.

### Treatment

*Aconite* 6 :—Cough after exposure to dry, cold air.  
*Rhus tox* 30 :—Cough in rainy weather due to cold or getting wet in rain. *Phosphorus* 30 :—Cough from tickling in throat ; worse. cold air, reading, laughing, talking. *Bryonia* 30 :—Cough worse after eating, or drinking, with vomiting of ingesta. During cough stitches in the chest. *Belladonna* 30 :—Tickling short, dry cough ; worse at night. Great children's remedy. *Nux vom* 30—Tight, dry hacking cough ; cough brings on bursting headache and bruised pain in epigastric region. *Pulsatilla* 30 :—Cough better in open air and worse in warm room. *Ipecac* 30 :—Like a specific in the cough of children. Cough causing nausea and vomiting of mucus. Suffocative constriction in throat and chest ; phlegm rattling in the chest. *Sanguinaria* 30 :—Cough with circumscribed redness of cheeks, and pain in the chest ; offensive expectoration. *Hyoscinamus* 30 :—Deep spasmodic cough at night, aggravated on lying down, at night and better from sitting up. *Arsenicum alb* 30 :—Consoling words displease and excite cough ; loose cough with little expectoration. *Ignatia* 30 :—Melancholic patient ; every time he stands still during a walk he coughs. *Mercurius* 30 :—Stitching pain through the right lower lung to back when coughing, sweats

without relief. *Squilla* 6 :—Cough excited by drinking cold water, with involuntary urination. *Digitalis* 30 :—Palpitation of the heart; cough after eating, with vomiting of food. *rnicia* 30 :—Sensation as of a bruise or soreness of the chest when coughing; expectoration blood streaked. *Actea rac* 30 :—Cough excited by every attempt to speak. *Cina* 30 :—Short, hacking or gagging cough (worms). *Antim crude* 30 :—Cough worse from the heat of sun, looking at the fire and coming from cold into warm room. *Basaka* 0 :—Known as a specific for all sorts of cough. *Naja* 30 :—Cardiac cough with sweat in the palms. *Spongia* 3x :—Cough lessened by eating or drinking, especially warm things. Hoarse, hollow, wheezing cough; worse before midnight. *Drosera* 3x :—Spasmodic, dry irritative cough; paroxysms following each other so rapidly and violently that he is scarcely able to get his breath; worse after midnight. *Kali carb* 50 :—Dry hard cough about 3 a. m. with stitching pains and dryness of pharynx. *Capsicum* 6 :—The cough expels an offensive breath from the lungs. *Cupram met* 6 :—Spasmodic violent cough; patient gets stiff, breathing ceases; spasmodic twitchings; after a while consciousness returns, he vomits and slowly recovers. *Manganum* 3 :—Cough ceasing on lying down. *Kali iod* 30 :—Cough with copious expectoration of greenish matter, and tearing out pain in sternum, exhausting night sweats. *Sepia* 30 :—Paroxysms of spasmodic Cough, ending in gagging or vomiting. *Hepar sulph* 30—100 :—Cough increased every time a breath of cold

air strikes him. *Antim tart* 30 :—Coughing and gaping consecutively ; great rattling of mucus, but very little expectorates. *Causticum* 30 :—Cough with pain in the hip and involuntary passage of urine ; worse when bending forward, better by a swallow of cold water. *Theridion* 30 :—Cough frequent, convulsive, head spasmodically jerked forward, knees jerked up to abdomen. *Chamomila* 12 :—Tickling in the pit of the throat causes scraping dry cough, worse at night, even in sleep, especially with children taking cold in winter. *Apis* 30 :—Gaping after coughing. *Senega* 3 :—In old people ; *Badiaga* 3 :—Cough with expectoration of thick viscid mucus flying out of the mouth. *Laurocerasus* 12 :—Short titillating cough from cardiac affection. *Conium* 30 :—Hacking, almost continual cough, worse when lying. *Lachesis* 30—200 :—Cough during sleep, patient seems to sleep into the cough or worse also after a nap. *Staphysagria* 30 :—Cough only in the day time, or only after dinner, particularly after eating meat. *Eup. perf* 3x :—Cough with soreness, hold chest with his hands. *Kali sulph* 6x :—Coarse rales much mucus which cannot be coughed up. *Stanium* 30 :—Cough with profuse expectoration of greenish, sweetish, or salty mucus, and great sensation of weakness in chest. *Silicea* 30—200 :—Chronic cases ; cough with expectoration thick, yellow, lumpy, purulent, profuse and greenish. *Sulphur* 30—200 :—Chronic cough ; loose cough ; much rattling of mucus wants doors and window open. *Zincum* 30 :—Troublesome cough ; as soon as he brings up something he

feels much relieved (suppressed expectoration). *Dulcamara* 6 :—Loose cough from getting wet. *Kalmur* 6x :—Loud, noisy stomach-cough ; (Consult treatment of *Consumption, Bronchitis, pneumonia, cold in the head et.*).

## INFLUENZA

The early symptoms of influenza are usually those of a severe feverish cold. The disease is rapid in onset ; is most infectious in its early stages ; is spread by discharges from the mouth and nose ; and kills mainly by its complications. The symptoms are fever, pains all over the body, specially the head and eyes ; foul tongue, disordered stomach and bowels.

*Influenzinum* 30 :—May be used as a preventive. *Rhus tox* 30 :—In Rainy season, history of getting wet ; or from cold ; from exertion ; aching in all bones ; a great remedy. *Eupatorium perf* 3x :—Severe pain in limbs and muscles ; bone pains ; chronic loose cough, chest sore ; worse at night. Fever, nausea, vomiting of bile at close of chill or hot stage ; throbbing headache. *Nyctanthes-arbor-tristis* 1x .—Bilious fever ; insatiable thirst ; bitter vomiting at close of chill. *Merc iod* 3x ;—Early stages of cold ; swallowing painful. *Bryonia* 30 :—Rheumatic pain ; patient cannot bear to move. *Phytolacca* 3 :—Sore throat, headache, backache. *Baptisia* 3x :—Fever, soreness all over, coated tongue, dull heavy, drowsy appearance. *Gelsemium* 3x :—Dizziness, drowsiness, dullness and trembling. *Ferrum phos* 6x :—Pain in joints, fever, cough, sore throat, muscular pains. *Eucalyptus*



3x :—Rheumatic pains. Pricking sensation, followed by painful aching.

*Aconite 3x* :—Seldom indicated. Due to dry cold winds. In the beginning chilled while perspiring. High fever with dry skin. great thirst, violent cough with stitches in the chest and an anxious restlessness.

*Bry 30* :—Completes the action of acon. *Gels* :—The fever is not apt to run so high, No desire for water; aches all over and wants to lie down and keep perfectly still. Irritation may begin in the nasal passages or in the throat, which soon becomes very painful; stitching pains shoot up into the ear of the affected side when swallowing and the nose is burning like a stream of hot air flowing through the nasal passage of the same side, the opposite side being obstructed with mucus. *Eupat. erf 3x* :—Sneezing, Fluent coryza, hoarseness and rough voice; racking cough worse in the evening. with tearing in the chest so that he involuntarily supports it with his hands; chills run up or down the neck; restlessness, constantly changing position but not relieved thereby.

## INSOMNIA

Going to bed take some sound. as a clock-tick or the breathing of some one within hearing and breathe long full breaths, keeping time to the sound. In a very short time you will fall asleep, without any of the painful anxieties attending insomnia. Endeavor to relax the body. *Asafoetida*  $\theta$  in 5 to 10 drops taken at bed-time will often bring relief in nervous cases.

## DIPHTHERIA

Children—especially very young children—are a great deal more liable to contract diphtheria than are adults. Eighty per cent. of the hundreds of children who annually, and needlessly, die from this disease are less than five years old.

Diphtheria is caused by a germ. During its life on the surface of the throat, the germ manufactures an overwhelmingly strong poison. This poison enters the patient's blood stream and is responsible for the alarming character of the disease. Diphtheria germs make their way directly from one person to another.

The disease begins to show itself within a few days after the poison has been received into the body. The symptoms at the commencement are chills and feverishness, loss of appetite, general weakness and dullness, and marked paleness of the skin. Sometimes the first thing that attracts attention is a complaint of soreness of throat. The tonsils are swollen, upon which will be found the membrane. The glands of the neck are swollen and tender. The breath is very offensive. This is a very serious disease and should always be treated by an experienced physician.

## Some Common Medicines

*Diphtherinum* 30 :—Malignancy from the start. Gland swollen, tongue red, swollen; breathe and discharge very offensive. *Apis* 30 :—The patient cannot bear heat. Constricted, stinging pains. *Arum tri* 6:—

Whole throat raw and sore. Pricks his lips until they bleed. *Belladonna* 30 :—At the commencement ; dry, sore throat ; with cerebral symptoms. *Lachesis* 30—200 :—Worse after sleep ; patches on tonsils ; worse the left side. The throat is very sensitive to touch. *Lac-can* 30 :—Membranes diffused like the lid of a pepper-box, and dry. Exudate begins on the left side and goes to the right. *Lycopodium* 30 :—Exudate begins on the right and goes to left. Aggravation of all symptoms from 4 to 8 p.m. *Mercurious cyan* 3x :—Salivation, this is the routine remedy for diphtheria ; and it has cured many desperate cases. (*Custis*). *Mercurious proto* 3x :—Great swelling of the salivary glands, with dirty yellow coating on the tongue, *Phytollacca* 3x :—Feeling as if a ball of red-hot iron had lodged in the throat. *Rhus tox* 30 :—Should a typhoid condition set in. Bloody saliva runs out of the mouth during sleep. *Ignatia* 30 :—Sensation of lump or marble in the throat. *Bryonia* 30 :—Thirst for large quantities of water ; complains of pains everywhere when moved. *Kali bich* 30 :—The membrane is dirty-yellow, tough and stringy. Pains shoot into the ear. yellow exudation with a clean tongue. *Lachnanthes* 30 :—Neck very stiff and painful, drawn to one side. *Carbolic acid* 30 :—Diphtheria, fetid breath, regurgitation on swallowing liquids, but little pain. *Nitric acid* 30 :—Hawks mucus constantly. White patches and sharp pains, as from splinters, on swallowing. *Vino*a 3 ; *Ammon caust* 6 ; *Echinacea* 3x are also very efficacious.

## COLD IN THE HEAD

( See Influenza )

It is characterized at first by chilliness with sneezing and later by an abundant discharge of fluid from the nose. When severe it is attended with slight fever, pain and sense of weight in the head, pain in the limbs, prostration of strength, irritability of temper and inactivity of mind.

## Treatment

**Nux vom** 30 :—Constipation ; running cold by-day, stopped at night. **Puls** 30 :—Running colds, greenish discharge, sore eyes, in blonde mild-tempered subjects, chilly but cannot bear a fire or warm room. **Arsenic alb** 6 :—Coryza with, copious, watery, acrid discharge and soreness of the surrounding parts, with great lassitude ; anxiety ; thirst. **Mercurious** 6 :—Sneezing, soreness of the nose, thick discharge, profuse perspiration ; sensitiveness to cold and also to heat. **Aconite nap** 3 :—In the early stage of cold. **Natrum mur** 6x—30-200 :—Chronic or recurring cold. Cold in chilly persons, constipated, subject to palpitation. **Calcarea carb** 30-200 :—Chronic colds. In chilly subjects, who have cold clammy feet tendency to perspire in the night or early morning. **Camphor**  $\theta$  :—Immediately the chill has taken and while it is still on. In repeated two drop doses it will often terminate the disease in the first stage. It must be selected before **Acon.** **Hepar**

**sulph 30—200** :—nose inflamed and swollen ; bones of the nose sore to touch. Also useful in chronic cases **Calcarea phos 3x** :—An excellent remedy for chronic catarrh. Give a dose morning and evening. **Kali bich 30—200** :—Pressure and pain at root of nose, and sticking pain in nose. Discharge thick, ropy, greenish-yellow. Tough, elastic plugs from nose ; leave a raw surface. Loss of smell. Violent sneezing. A good medicine for chronic catarrh. **Kali hydro 30** :—Tip of nose red ; profuse, acrid, hot, watery. thin discharge. Chronic catarrh. Patient with syphilitic history. **Sulphur 30-200** :—Chronic colds in persons subject to skin eruptions ; constipation ; sinking sensation in the forenoon ; free discharge, **Allium cepa 8** :—Sneezing especially when entering into a warm room. Soreness in the nose. Copious watery, and extremely acrid discharge. Fluent coryza with headache, cough and hoarseness. **Euphrasia 6** :—Profuse, fluent coryza with water and soreness in the eye.

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## COLIC

Severe spasmodic pain in the bowels, usually about the navel, compelling the patient to bend double, due to indigestible articles of food ; drinking cold water ; chills ; or lead poisoning. The last is especially found in painters.

Locally, apply fomentations of spirits of chloroform, two or five drops over the abdomen, or apply flaxseed

poultice, or turpentine and sweet oil, equal parts, on flannel cloth. The applications of warm fomentations to the abdomen is recommended. Soaking the feet in hot water is also of benefit.

### Treatment

**Colocynth** ʒ :—The pain relieved by pressure or bending double. Pain most violent near navel; cramps in calves; drawing pain in the stomach. **Dioscorea** ʒ :—Pains ameliorated by lying or standing erect and by pressure, or walking about. Pains radiate from abdomen to back, chest, arms; worse by bending forwards. **Magnesia phos** ʒx :—Flatulent colic; must bend double or draw the leg up. Pains relieved by rubbing, warmth, pressure. **Nux vom** ʒ0 :—Colic due to constipation and indigestible food. **Chamomilla** ʒ12 :—Colic with flatulence; intolerance of pain; aggravated at night and by warmth. After violent indignation. Specially suited to the colic of children. **Cina** ʒ5 :—Colic from thread worms. **Opium** ʒ0 :—For lead colic. **Carbo veg** ʒ0 :—Colic from riding in a carriage. Flatulent colic; cannot bear tight clothing around waist and abdomen. Eructations, heaviness, fullness and sleepiness. Temporary relief from belching, **Lycopodium** ʒ0-200 :—Colic begins daily at 3 or 4 p. m. **Arsenic** ʒ0 :—Colic with burning sensation in the abdomen, **Mercurious** ʒ6 :—Colic with profuse flow of saliva. **Ignatia** ʒ0 :—For colic in ladies of delicate constitution. **Puls** ʒ0 :—Colic from damp cold weather. **Arnica** ʒ6 :—Colic due to blow or any injury. **Alumina** ʒ0 :—Colic, like painter's

colic. Pressing in both groins toward sexual organs. **Platina 6** :—Painter's colic. Pain in umbilical region; extending through to back. **Plumbum met 30** :—Excessive colic, radiating to all parts of body. Pain causes desire to stretch. Colic relieved by arching backward. **Belladonna 6** :—The pains are sometimes so violent as almost to deprive the patient of reasons. **Cocculus 30** :—Colic with a sensation of emptiness in the intestines. **Cupram met 6** :—Colic after taking "lichees". **Natrum mur 30** :—Colic relieved by tight bandaging. **Staphysagira 30** :—Colic after laparotomy. **Calcarea phos 30** :—Colic each time after taking something. **Bovista 6** :—Colic relieved after eating **Croton tig 6** :—Colic relieved by drinking hot water. **Aesculus 3** :—Colic alternates with pain in the chest. **Euphrasia 6** :—Colic alternates with eye diseases.

### Local Treatment

Applications of heat to the abdomen, or a warm bath are useful measures.

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## CONSTIPATION

Constipation, or costiveness, is that condition in which the ordinary passage of matters from the bowels is less frequent than is usual, or the quantities passed less in amount than is usual,

If the trouble be occasional and accidental, any of the milder laxatives, such as a tablespoonful of epsom or castor oil—which is the safest purgative, as a rule—ten

or fifteen grains of rhubarb, senna, or the various purgative mineral waters may be employed. For some patients, injections of warm water, or soap and water ( water and glycerine ), answer a very good purpose, and if administered with care are perfectly harmless.

**Habitual forms** :—Habitual constipation is best treated by the regulation of the diet, partaking of fresh or stewed fruits, bran bread and vegetables in season, in proportions sufficient to antagonize the torpor of the bowels ; at the same time restoring to active exercise in the open air, and endeavouring to correct any faulty habit of life, which may be the primary cause of the trouble.

### Treatment

**Nux vom** 30-200 :—In sedentary people and those accustomed to drink spirits. Ineffectual urging, incomplete and unsatisfactory ; feeling as if part remained unexpelled. Alternate constipation and diarrhoea after abuse of purgatives. One dose of the 200th potency during the retirement at night is frequently of excellent service.

**Sulphur** 30-200 ;—In persons who are subjected to skin eruptions. Frequent dispositions to go to stool with ineffectual efforts. Sinking sensation at stomach, hot flushes and fainty spells. Acts with much benefit after

*Nux vom*. **Opium** 30 :—No desire to go to stool. Round hard, black balls. Spasmodic retention of faeces in small intestines.

**Pulsatilla** 30 :—Constipation due to over drugging with iron and after drinking well water containing much iron or after taking rich or fat food ; with moroseness and taciturnity. **Platinum** 30 :—Constipa-



tion due to train journey or sea voyage. Frequent urging, with expulsion of only a small portion of feces. **Bryonia** 30 :—If castor oil fails to move the bowels give it. Constipation in hot weather or in person subject to rheumatism. The stools are large, hard and very dry, as if burnt; passed after much straining. **Alumina** 30 :—If there is much straining and difficulty in passing soft stool. **Alumen** 30 :—No desire for stool for days. Very good for longstanding obstinate constipation. **Plumbum** 6 :—Stools hard, lumpy, black, with urging and spasm of anus. Constipation of children with large bellies in mesenteric disease. **Aesculus hip** 3 :—Constipation of hard round balls, backache aggravated by walking. **Natrum mur** 30 :—Constipation in chilly subjects; feeling of contraction at the anus; and as if something were lodged in the rectum. Stool dry, crumbling. **Ammon mur** 6 :—Green mucous stools alternate with constipation. During & after stools, burning and smarting in rectum. **Anacardium** 30 :—Ineffectual desire; rectum seems powerless, as if plugged up; even soft stools passes with difficulty. Frequent desire for stool but with the effort the desire passes away without an evacuation. **Arnica** 30 :—Constipation from blows on the epigastrium. **Causticum** 30 :—Stool knotty, like sheep's dung; pass better while standing. The first part is hard and pieces, while the last part is soft. **Magnesia mur** 3 :—Constipation of infants during dentition; only passing small quantity; stool knotty, like sheep's dung, crumbling at verge of anus. **Graphites** 30 :—Large difficult, knotty stool united by mucus threads. There

## CONSTIPATION.

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is much mucus after stool, In women who have delay in their menses. **Sepia 6** :—Large hard stools ; feeling of a ball in rectum ; cannot strain ; constipation during pregnancy. **Lycopodium 6** :—With distension of the abdomen, flatulence passing downwards, water high coloured, hard, difficult stool. **Hydrastis 2x** :—Stool difficult to pass on account of hardness and size ; person subject to take much laxatives. Longstanding pain during and after stool. **Phosphorus 30** :—Stools are long, slender, like a dog's. **Nitric Acid 6** :—Stools dry, or alternately dry and liquid ; passed without pain. **Silecia 30** :—Stool comes down with difficulty ; when partly expelled, recedes again. Constipation always before and during menses. **Hepar sulph 30** :—Claycoloured and soft stool. Loss of power to expel even a soft stool. **Calcarea carb 30** :—Stools at first hard, then pasty, then liquid. **Psorinum 30** :—Constipation in infants, especially in pale, sickly scrofulous children. **Collinsonia 6** :—Sensation of sharp sticks in rectum. Dry fæces. Most obstinate constipation, with protruding hæmorrhoids. Constipation during pregnancy ; with membranous dysmenorrhœa, following labor. **Carbolic acid 30** :—Constipation with very offensive breath. **Chelidonium maj 3x** :—Jaundice. Stools hard, round balls, like sheep's dung, bright yellow, pasty ; claycoloured, stools float in water ; alteration of diarrhœa and constipation. Burning and itching of anus. **China 6** :—Weakening constipation with much flatus.

### ACCESSORY MEASURES

No medicine can be of permanent benefit if the bad habits which led to the constipation are persisted in.

Moderate walking exercise is useful, particularly in the morning in the country. (*Ruddock*) A glass of cold water if taken just after rising from the bed in morning, will always help to ensure a good evacuation. Or, a glass of cold water may be taken during bed time; or, if cold water is not tolerated, hot water instead. Sufficient vegetables and fruits should be taken regularly. Tea, coffee, spirits etc., hard eggs, Meats, highly seasoned food and late suppers should be avoided.

### LAXATIVE MEDICINES

Many substances, not necessarily drugs, act in a mild way in aiding movement of the bowels.

CASTOR OIL is the chief of laxative medicines, When taken by a nursing mother it acts also upon the child through the milk. For constipation it is best given in the morning an our before breakfast; given thus early, a small dose often suffices. From 15 drops to half tea-spoonful may be tried.

SENNA is also a much-used laxative medicine. The preparations of senna are as follows :—

**Infusion of Senna**,.....Dose, 2 to 4 table-spoonful (Senna leaves 1 oz., sliced ginger 30 grs., boiling water 10 ozs., infuse one hour and strain.)

**SYRUP OF SENNA**..... $\frac{1}{2}$  to 4 tea-spoonfuls.

(Confection of Senna contains besides Senna in powder, coriander, figs, tamarind, cassia pulp prunes, extract of liquorice) 60 to 120 grains.

TINCTURE OF SENNA .....1 to 4  
tea-spoonfuls.

BLACK DRAUGHT, or compound mixture of Senna .....2 to 3 table-spoonfuls. (Epsom salt 4 ozs, extract of liquorice  $\frac{1}{2}$  oz., tincture of Senna,  $2\frac{1}{2}$  ozs., compound tincture of cardamoms  $1\frac{1}{2}$  ozs., infusion of Senna enough to make up a pint.)

COMPOUND LIQUORICE POWDER, made of 1 oz. powdered liquorice root, 1 oz. of Senna, and 3 ozs. of sugar.....30 to 60 grains.

BUCKTHORN is another mild opening medicine in common use as a syrup. The commonly used preparations of these varieties of the buckthorn species are as follows :—

SYRUP OF, Buckthorn,..... $\frac{1}{2}$  to 4 tea-spoonfuls.

Fluid extract of Frangula Bark.....1 tea-spoonfuls.

Extract of Frangula Bark.....15 to 60 grains.

LIQUID EXTRACT OF CASCARA SAGRADA .....10 to 60 drops.

Glycerine—in a dose of 1 to 2 tea-spoonfuls.

OLIVE OIL,..... " "

ALMOND OIL,..... " "

TINCTURE OF RHUBARB,.....1 to 8  
tea-spoonfuls.

POWDERED RHUBARB ROOT.....10 to  
30 grains.

**GREGORY'S POWDER**.....30 to 60 grains.

(Powdered Rhubarb root 2 oz., light magnesea, 6 ozs. ginger 1 oz.)

**Tincture of Aloes**,.....1 to 2 tea-spoonfuls.

**ALOIN**,..... $\frac{1}{2}$  to 2 grains.

(The action of Aloin is slow, so that it produces no effect for ten, fifteen, or even twenty-four hours after its administration, when it produces a large soft stool, with little griping, unless a large dose has been given, when pain and severe straining and even bleeding from the bowel may result. It should not be given to the patients who are afflicted with piles or other irritable condition of the rectum. It is improper to give it to women during pregnancy, from the risk of the irritation leading to abortion).

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## CORNS

**Ferrum picric 3** :—Recent or painful. **Nitric acid 3** :—Inflamed or ulcerated, A solution of *Salicyl. ac.* 1 in 5 painted on the corn at bedtime is very useful. *Hydrastis ointment* is also very useful if externally applied, (Clarke.) Apply kerosene oil or turpentine to the part each night.

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**CORYZA**

*(See cold in the Head)*

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**CONSUMPTION OF THE LUNGS  
OR  
TUBERCULOSIS**

Tuberculosis has been prevalent in all big cities from ancient times, owing to over-crowding, ill-ventilation, smoke-nuisance, mal-nutrition, overwork, repeated child-bearing in females and other causes. It has been increasing at a rapid rate recently owing to deterioration of the physique of the people due to various causes and to the increase of transport facilities between village and town.

Tuberculosis is not an hereditary disease. It is always acquired by a healthy person from patients discharging the germs of the disease. The germs are contained in the matter coughed out (sputum), in the pus of tuberculous ulcers and abscesses, in the urine or fæces of phthisis cases. After they come out of the body, the germs live and are able to transmit disease from 3 weeks to 6 months in rooms protected from sun-light. The disease is chiefly spread to a healthy person by his inhaling directly either the minute droplets coughed out by a phthisis patient or the germ-laden dust of infected rooms or vehicles. They may also be transmitted by the use of common eating and drinking vessels. Infection by contaminated milk is not yet an important factor in India, owing to the rarity of tuberculosis among the cattle here. The actual

production of diseases depends on two main factors:—  
(1) Living and active germs must enter the body repeatedly and in large numbers, and (2) the resistance of the body must be low enough to enable the germs to grow and multiply. The hygienic habits regarding cleanliness of person and care regarding spitting, drinking and eating remove a great part of the risk of heavy infections

### IMPORTANT EARLY SIGNS AND SYMPTOMS

1. *Children*—Persistent enlarged glands in neck not ascribable to other causes, flat thin chest, stooping posture, chronic loss of appetite, frequent colds, mouth breathing, stunted growth and wasting and slight afternoon fever.

2. *Adults*—Chronic dyspepsia and diarrhoea frequent colds, chronic lack of appetite, persistent first (dry) cough, (every cough that lasts for more than three weeks should be considered as suspicious), continued weakness or persistent rise of temperature after attacks of influenza or catarrh, unaccountable fatigue, steady and uncountable loss of weight, slight evening rise of fever, persistent hoarseness of voice, night sweats appetite with dyspepsia, persistent pain in the chest, prolonged low fever and ill-health after child-birth,

3. To discover the early cases, to trace cases and contacts in the family, to educate the members of the family and the patients in domicile, to arrange for their isolation in hospitals or sanatoria, to treat them in their homes, to educate the public in matters of early recognition and prophylaxis.

## HOW CAN YOU KEEP YOUR FAMILY AND YOURSELF FREE FROM THE DISEASE

(1) Take wholesome food in sufficient quantities and care particularly for the diet of growing children, because wholesome food keeps the body resistance high. A good dietary comprises *atta*, rice, dal, fish, eggs, milk, ghee, potatoes, green vegetables and fruits. Avoid hot curries.

(2) Enjoy enough sun-shine and fresh air.

(3) Keep clean your person, clothes, apartments and working places.

(4) Avoid intimate personal contact with consumptives.

(5) Avoid eating and drinking from common vessels and the crowding of many persons in the same sleeping rooms.

(6) Do not spit at random anywhere especially inside habitations or public vehicles.

(7) Inculcate a "*sneez and cough discipline*" by putting a piece of paper or handkerchief in front of the mouth. Do not wipe the mouth with the chaddar, Dhuti or other clothes, as this most dangerous habit accounts for a rapid spread of the disease in Ind a.

(8) Avoid overwork, dissipation and drunkenness.

(9) Prevent early marriage and early motherhood.

(10) Do not suffocate the womenfolk behind the *pardah* in towns but admit more sunlight and fresh air into all homes.



## FAMILY PHYSICIAN

(11) Always sprinkle water on the floors before they are swept. Dry sweeping lifts germs-laden dust into the air.

(12) Try to discover early physical defects in your children or the members of your family and at once consult your doctor, for tuberculosis is curable if recognized early. If any person suffers from cough for more than 3 weeks, take him to your doctor for diagnosis. Therefore, let your doctor decide.

(13) Have a thorough health examination made all the members of your family once a year to discover early defects.

(14) Before you occupy a room or a house, make sure that no person with chronic cough or tuberculosis had been living in it. If you are in doubt, scrub with soap and hot water the floor and walls up to a height of 6 feet; then admit fresh air and sunlight for three days and finally whitewash the walls.

(15) In case you have a tuberculous patient in your family, give him a separate room with a separate bed and separate set of utensils and clothes. Ask him to cough or sneeze with a barrier in front of his face. Give him rest and fresh air and nourishing food. Encourage cheerfulness and hope. Sprinkle water on the floor before the room is dusted. Do not allow children to come into the room or to be kissed by the patient. Collect his sputum in a special vessel containing carbolic lotion and either burn it or sterilize it by boiling. Avoid flies. (P. H. D)

## HYDROTHERAPY IN CONSUMPTION

To give a consumptive patient full benefit of the water treatment it should be begun and carried out systematically. If the body is already well cared for the treatment can be begun at once, if not a good warm water and soap bath must be given on the first day, and then the following day proceed thus: Strip the patient entirely naked wrap him in a blanket, cover him with other blankets and give small drinks of water at short intervals, say every ten minutes. During this dry pack the windows may be wide open even in winter. After an hour has passed wash the face with quite cold water and dry. Have a basin ready with water at 75 degrees, remove one arm from the covers and wash it briskly with the wet hand or with the hands covered by a bath glove. Rub well and then dry and replace. Do the same with the other arm, then the different parts of the body successively. At the end rub the entire body with a rough towel. Repeat this treatment daily until, by reducing the temperature 2 degrees daily, the water is used at 60 degrees.

## HOMŒOPATHIC MEDICINES

*(Consult cough & hæmoptysis)*

**Calcarea carb 30—200** :—Dyspeptic patient, intolerance of milk in subjects inclined to be fat. Shortness of breath on going up the slightest ascent. Chest painfully sensitive to touch, and sore pain in chest on inspiration; acts more on middle or upper portion of right lung.

**Calcarea iod** 30 :—Chronic cough ; hectic fever ; green purulent expectoration. Easy perspiration, **Arsenic alb** 30—200 :—Burning thirst for cold water ; drink often but little at a time. Lying down greatly aggravates cough or breathing or both. Cough with bloody sputa, aggravates at night. When Ars. is repeated it is always advisable to change the potency. **Ars iod** 3.—Slight hacking cough with dry and stopped—up nostrils. Drenching night-sweats. **Phosphorus** 30 :—Constant irritable cough, bloody expectoration, in commencing phthisis. It should not be given in too high potency. **Iodum** 6 :—Cough is worse indoors, in warm, wet weather, and lying on back. Rapid wasting is the most prominent symptom.

**Bacillinum** 30, 100 or 200 :—Three or four globules once every one, two, or three weeks, according to Dr. Burnett's directions (the value of which I have amply confirmed). This given alone, or with indicated remedies in the intervals, will prove marvellously efficacious in all states of "consumptiveness" threatened consumption, or illness other than consumption in patients whose family is consumptive. A convenient way of dispensing. **Bacillinum** is to order four globules to be put into five grains of Sach. Lact and made into a powder. (Clarke).

### FOR ADVANCE CASES

Except the above mentioned medicines the following will also prove very efficacious.

**Hepar Sulph** 30—200 :—Great sensitiveness to cold and all impressions ; hectic, night-sweat, spasmodic cough, purulent expectoration. **Calcarea ars** 30—200 :—In

advance cases with tendency to bleeding. **Calcarea phos** 6x—30 :—For incipient cases. Debility, cough, hoarseness, night-sweat and diarrhoea are all benefitted by it. The 3x potency may be given alternately with other indicated medicines three or four times a day in warm milk. **Ferrum phos** 6x :—Breathing short, oppressed and hurried, accompanied by heat and feverishness. **Jaborandi** 3x :—Excessive perspiration from all parts of the body. **Hydrastis**  $\theta$  :—For loss of appetite. **Kreosote** 6 :—Hoarse, with pain in larynx. Heavy pressure on sternum. After every cough, copious, purulent expectoration, or vomiting. **Kali carb** 30 :—Cough and pains in the chest aggravate 2 and 3 a.m. **Justicia A. Basaka**  $\theta$ —3x :—It is said to be a specific of the disease. **Abrotanum** 1x. Marasmus of lower extremities only, yet with good appetite, Tuberculous peritonitis. **Belladonna** 3x :—Cough suddenly begins, aggravates at evening. **Bryonia** 6—30 :—Dry sticking cough, worse in the morning. Patient feels as though he must take a long breath, but cannot as the chest will not expand sufficiently, or there is pain in the attempt. **Drosera** 3x—6 :—Paroxysmal cough follows each other very rapidly. Vomiting of food from coughing. Cough worse after midnight with yellow expectoration, bleeding from nose and mouth. **Stannum** 30 :—Violent dry cough in evening until midnight, excited by laughing, singing or talking. Hectic fever, with copious green, sweetish expectoration. **Natrum mur** 30 :—Salty expectoration. **Pulsatilla** 30 :—Cannot digest oily substances. Dry cough in evening and loose cough in the morning.

**Lycopodium** 30—200 :—Affects right lung first and then left. Cough aggravates from 4 to 8 p.m., difficult-breathing, tickling from tracheal irritation as from *fumes of Sulphur*. **Ipecac** 3x :—Difficult breathing like Asthma. **Natrum ars** 6x :—Greenish expectoration. **Silicea** 30x—200 :—Hot drinks and food relieve cough. Efficacious in the last stages. **Sulphur** 30—200 :—When the skin is eruptive sinking sensation at 11 a.m. hot fainty spells. **Tuberculinum** 1000—2000 :—This is also an invaluable remedy but in my opinion should not be used by a layman. Lower potencies of this medicine are very dangerous.

In this chapter I have only tried with some common medicines as Phthisis is in itself is an exhaustive subject, which should always be treated by an expert physician.

### ACCESSORY MEASURES

Olive oil with little salt may be taken daily from  $\frac{1}{2}$  oz. to 1 oz. according to the digesting capacity. It will help to increase the weight. Cod liver oil may also be used for the same purpose.

### HÆMOPTYSIS

Bleeding from the lungs may be the result of many varied diseases, such as congestion, inflammation, or ulceratoin. It may be apparently the first occurence in an attack of consumption. A person who has suddenly coughed up a considerable quantity of blood should be put to bed, the shoulders being raised. The room should be cool and perfectly quiet. Ice in small pieces given

## HÆMOPTYSIS

for sucking aids in checking the bleeding. Food should be given Cold for some time after the bleeding has ceased. If the attack comes as a surprise to the patient, who has seemed a moderately healthy person, it should reduce him or her to have a careful examination made of the lungs and heart specially, and its warning should not be disregarded.

### Treatment

**Acalypha ind**  $\theta$  :—Hæmoptysis of pure, bright red blood in the morning ; dark clotted lumps in the evening.  
**Acetic acid** 6 :—Coughs pure blood and bloody mucus.  
**Aconite** 3 :—Slightest attempt to clear the throat brings up blood. **Arsenic alb** 6 :—Patient is fearful, restless, anxious, full of anguish. Fear to be alone. Hæmoptysis with pain between shoulders. **Ferrum phos** 6x :—Short, painful tickling cough. Expectoration of bright-red blood. **Ferrum acet** 1x :—Where there is great deal of bleeding and very little to be made on examining the chest. (Clarke) ; **Ficus Religiosa**  $\theta$  :—Difficult breathing cough with vomiting of blood. **Justicia A. Basaka**  $\theta$  :—Known as a specific. **Cynodon Dactylon**  $\theta$ —3x :—(Doorba) :—It checks all sorts of bleeding and is a wonderful medicine for hæmoptysis. **Millefolium** 1x :—Florid frothy blood without much cough. **Hamamelis** 1x :—Dark or clotted blood with tickling cough. **Ipecac** 3 :—Bleeding from lungs, with nausea ; feeling of constriction ; rattling cough. Hæmoptysis from slightest exertion. **Phosphorus** 30 :—Repeated hæmoptysis. **Ferrum met** 6 :—Hæmoptysis from the

Lungs. **Arnica 30** :—Bleeding from any mechanical injury. **Rhustox 30** :—Bleeding of an athlete. Other important medicines are Ergot, China ; Erigeron ; Geranium ; Hydr. mur ; Allium sat ; Lachesis ; Trilium ; **Thlaspi** ; Sulphur ; Calcareo.

## PLEURISY

(Consult *Pneumonia*)

Pleurisy is the name given to inflammation of the serous membrane that incloses each lung as by a sac, the membrane, is formed of a double layer, one fold being closely applied over the lung, and the other over the chest wall, a slight space, in which a small quantity of serous fluid is usually present, being between the two. Usually the first thing of which a person affected with pleurisy complains of a pain or stitch in the side. A short, dry cough is also common. The fever does not run very high, 102° or 103°. The conclusive signs are obtained by examining the chest. In the early stage, before fluid has been poured out, the friction sound may be heard. When effusion has taken place in any quantity, tapping the chest gives out a dull sound, and the breath sounds can no longer be heard. By tapping, the level of the fluid can be ascertained, the person sitting up, for as soon as one taps higher than the level of the fluid, a clear sound is produced.

The person should from the outset have perfect rest in bed, little talking being allowed, and light nourishing diet being administered without stimulants. Large hot

Linseed-meal poultices should be frequently applied to the affected side to which mustard may be added now and again. A large flannel bandage round the chest should secure the poultices, and a dry one should be applied when the poultices are off.

When recovery has begun, moderate nourishing diet is to be given. To aid the absorption of the fluid, occasional mustard poultices may be applied to the side, or, fly-blisters may be used on one part of the side one day, and a day or two after on another part. Rubbing the side is useful if the condition of the skin permits. It must be remembered that, even in favourable cases, the absorption of the fluid poured out takes sometime weeks, and even months. Further, freedom from breathlessness is no sign of absence of fluid, for there may be a considerable accumulation of fluid and little breathlessness. For months after the attack great care must, therefore, be exercised.

### Treatment.

**Aconite 3** :—For the initial chill, and fever. In simple, acute pleurisy, the sufficient remedy. **Arnica 30** —Pleurisy due to an injury. **Apis 30** :—In pleurisy with exudation. Apis is one of the best remedies we have to bring about absorption of this fluid. **Arsenic 30** :—Great dyspnoea ; comparatively little pain ; and great prostration of the strength ; a large accumulation of effusion in the pleural cavity. **Bryonia 30** :—After the more severe fever has been reduced by *Aconite*, and effusion has commenced. The patient is now quiet ; lies on the affected side, or, on the back ; and does not want



to move. Stitching pain on the affected side, aggravated by motion. **Belladonna** 6 :—High, piping voice. Moaning at every breath. High fever, pain aggravated lying on painful side. **Carbo veg** 30 :—When pleurisy complicates chronic bronchitis. Great prostration ; and emaciation ; the exudation threatens to undergo purulent degeneration, with hectic. **Hepar sulph** 30—200 :—If the effusion is rather, of a plastic nature, and if the disease has lasted for some time. **Cantharis** 3x :—Fluid effusion, not much fever. **Mercurious** 30 :—The pain and dyspnoea keep up after the fever has been reduced, Where the exudation changes into pus. **Nitric acid** 6 :—If the pulse should increase with stoppage of the nose. **Ranunculus** 6 :—Violent pains from adhesions ; or, from thickening of the pleural membranes. **Sabadila** 6 :—Pleurisy with great paralytic debility. Stitches in the side of chest, especially when inspiring or coughing. Complains of coldness, with hot flushes intervening. Follows well *Bryonia* in pleurisy. **Sulphur** 30 :—When the pleurisy fails to respond to the well chosen remedies. It is the remedy for the removal of the exudation. **Kali Carb** 30 :—Coldness of chest ; wheezing ; tendency to tuberculosis ; constant cold taking ; better in warm climate. **Squilla m.** 3 :—Dyspnoea and stitches in chest. **Asclepias tuberosa** ʒ :—Respiration painful, especially at base of left lung. Dry cough ; pain in chest ; shooting downward from left nipple.

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## BRONCHITIS

(Consult *Cold in the Head, Cough, Consumption, Pleurisy, Pneumonia etc.*)

Bronchitis is a catarrhal inflammation of the bronchial tubes. There is fever, preceded probably by chills. The pulse is quick, the breathing hurried, and the tongue furred. Appetite is lost; the bowels are confined; there are thirst, headache, and weariness. The special symptoms are due to the condition of the bronchial tubes. There are pain, a sense of tightness in the chest, difficulty of breathing, and a dry irritable cough. These are due to the congestion and swelling of the mucous membrane of the tubes. The cough is occasioned by the air passing over an irritable surface; and sometimes the patient has a feeling as if a tract within the chest and down the line of the breast-bone were raw. At this time, if one listens with the ear to the chest, whistling, cooing, or piping sounds are heard with the movements of breathing, caused by the air rushing along narrow tubes. By and by the cough is accompanied by spit of clear mucus, the secretion from the inflamed membrane. The spit soon grows more abundant, and becomes yellowish. The sounds heard in the chest are now not so musical, but more of a bubbling character, called *crepitation*, occasioned by the air passing through the fluid in the tubes.

Large warm poultices should be applied to the chest. The bronchitis may be confined to one side, or may affect both. This is determined by listening to the

breath sounds. If it is limited to one side the hot applications should be placed on that side only.

A threatened attack of Bronchitis may sometimes apparently be cut short by a hot foot-bath to create a perspiration and the indicated medicine will perhaps aid the good work of this treatment.

### Treatment

**Aconite 3** :—At the commencement, if caused from dry, cold winds. **Arsenic 30** :—When the patient has been reduced to extreme debility and exhaustion; particularly in the aged. **Antim tart 6** :—Much rattling of phlegm; patient inclined to slumber with eyes half open; cries from being touched, but will be carried out. Face bluish, pale and puffy. **Belladonna 6** :—Oppression and constriction of chest with dry, fatiguing cough, worse at night; child cries before coughing. **Bryonia 30** :—After the fever has been allayed; the cough is hard, dry, with sensation as if the chest would split and the head would fly off; the patient desires to hold his chest when coughing. There is constipation and great dryness of the mouth and lips. **Chamomilla 12** :—One cheek red, while the other is pale. Particularly in children. When the child must be carried about to be pacified. **Phosphorus 30** :—When the disease threatens to involve the lung tissue. There is great oppression and tightness of the chest; anxiety; burning and rawness of the chest. The cough is dry, tickling, with trembling of the whole body. **Mercurius 6** :—Tendency to perspire without relief. Tongue coated thick yellow;

## CHRONIC BRONCHITIS LARYNGITIS 105

violent, racking cough, worse at night, as if the head and chest would burst. **Ipecac 30** :—Nausea, cough with great rattling of mucus in the tubes; the chest seems full of mucus, but does not yield to coughing. Coughing in fits; suffocating; perspiration on forehead. Ipecac and Antimtart alternately very efficacious in Broncho-Pneumonia. **Ferrum phos 6x** :—Generally dry cough; breathing is short, oppressed and hurried. Generally in the chest affection of children. **Gelsemium 3** :—In bronchitis occurring in the spring of the year, or in cases occurring when the weather is warm, damp and relaxing. Dullness and drowsiness of the patient. **Hepar sulph 30** :—Dry, spasmodic cough, usually coming in paroxysms, with wheezing over the whole chest. The cough is excited by any attempt to draw a long breath, or the uncovering of any portion of the body, even the hands. **Nux vom 30** :—The patient is very irritable; cough with pain in the stomach, and soreness in the abdominal walls. **Pulsatilla 30** :—Great soreness of the epigastric region. The cough is loose during the day and dry, titillating at night.

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## CHRONIC BRONCHITIS

**Sulphur 30-200** :—Profuse secretion of mucus. Tendency to headache, liver sluggish, asthmatic, constipation. The best medicine for the chronic cases. **Kali bich 30** :—Expectoration of tough, stringy mucus. **Lycopodium 30-200** :—Cough with excessive accumulation of mucus. Cough worse from 4 to 8 p.m., on

alternate days, from exertion, stretching the arms out, stooping and lying down, when lying on the (left) side, from eating and drinking cold things, in the wind or in the warm room. **Calcarea carb** 30—200 :—Cough caused by sensation of plug, which moved up and down in the throat. **Carbo veg** 30 :—Fetid variety Tendency of the chest to perspire. Profuse expectoration of fetid matter. **Antim crude** 30 :—Milky-white tongue, nausea; stomach trouble; cough loose, excited from sun or fire. **Argentum nit** 30 :—Dry form, particularly when due to syphilis. **Arnica** 30 :—If due to mechanical injury. **Senega** 30 :—Tendency to diarrhoea; chest is painful and sore. **Sepia** 30 :—In women; from some uterine or stomach disease.

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## LARYNGITIS

The inflammation of the larynx is the result of a cold is frequently evident by a previous "cold in the head"—hoarseness, perhaps loss of voice, soreness to the larynx and irritable cough. In a more severe form, attended by fever and quick pulse, there is aching or actual pain, and perhaps even pain on pressure on the larynx from without. A chronic form of laryngitis ends in ulceration, attends tubercular consumption and syphilis, and are the cause of hoarseness and loss of voice in these affections.

Hot cloths and poultices should be applied directly over the front of the neck. If these fail to give relief, or if the case be urgent, mustard poultices or blisters

may be applied. These, however, should not be placed directly over the larynx, but over the upper part of the breast-bone. The reason, is that if the blisters or mustard were placed directly over the larynx, the swelling they produce would extend to the larynx, because of its nearness to the surface. The person should be in bed in a room kept warm and free from cold draughts.

### Treatment

**Causticum 30** :—Larynx sore ; cough, with raw soreness of chest. Involuntary urine when coughing. **Phosphorus 30** :—A good medicine. **Spongia 8x** :—Larynx dry, burns, constricted ; hoarseness ; sensitive to touch ; barking croupy cough. **Iodium 3** :—Pain in larynx ; roughness ; worse during cough. Child grasps throat when coughing. **Kali bich 3x** :—Thick ; glutinous, stringy, yellowish expectoration ; hard to get away. **Hepar sulph 30** :—When the cough has become loose, but hoarseness remains. **Drosera 3x** :—Deep, hoarse voice ; sensation as if crumbs were in the throat, or feather in larynx. **Aconite 3** :—In the beginning. **Kali iod 30** :—Larynx feels raw. Expectoration like soap-suds, greenish. History of syphilis. **Belladonna 3** :—Larynx very painful ; feels as if a foreign body were in it, with cough. High piping voice. Moaning at every breath. **Sulphur 30** :—Psoric patient. May also be used as an intercurrent, **Argent met 30** .—Of singers, **Arnica 30** :—For those who speaks much.

## PNEUMONIA

( *Consult Pleurisy* )

Pneumonia or inflammation of the lungs is a serious and dangerous disorder of the substance of the lungs. The attack usually commences with fever, preceded in adults by severe shiverings, and sometimes in children by an attack of convulsions. The fever is sometimes very high, running to 104° and 106°. Within a short time, 24 hours or so, the nature of the disease is indicated by pain in the chest, rapid, shallow breathing, and cough, at first dry, but afterwards attended by a characteristic spit. The pulse is rapid, but not so much quickened as the breathing. At the onset of the disease a fine crackling sound is heard, which soon disappears, the usual sound of air entering and leaving the air-cells being no longer heard, and a dull sound being produced by tapping the chest over the affected part, because that part is solid. When the matter begins to be expelled, the return of air is signified by the return of the crackling sound, and progress to recovery is indicated by the gradual restoration of the healthy sounds. Gangrene is indicated by the spit being fetid.

The persons must be strictly confined to bed in a room kept moderately warm, but having a due supply of fresh air. Occasional large poultices to the affected side, or flannel cloths sprinkled with turpentine, and covered with thick folds of warm flannel, will help to relieve the pain and difficulty of breathing. The disease, however

is so serious a one, and the details of treatment depend so much upon the individual affected, that no delay should be permitted in summoning a physician.

### Treatment

**Aconite 6** :—In the beginning. **Bryonia 80** :—Difficulty of breathing. Stitching pain in the side or chest, aggravates by the least movement. Great thirst ; constipation ; bitter taste. Cough, dry ; at night ; must sit up, worse after eating or drinking. **Phosphorus 30** :—Painful short coughs ; breath cracking, heart-beats frequent, rusty expectoration, **Ferrum phos 6x** :—Fever. dry cough, hurried respiration. Especially in children. Often advantageously alternated with *Bryonia* Expectoration of pure blood in Pneumonia. **Rhustox 30** :—Due to cold. Excessive restlessness ; feels better from a change of position. **Antim tart 6-30** :—Cough with rattling of mucus ; expectoration of frothy mucus ; great weakness, nausea, tendency to vomit ; violent throbbings of the heart and a feeling of suffocation. This medicine is specially suitable for old people and infants. **Arsenic 30** :—Burning thirst, the patient drinking only small quantities at a time ; delirium ; stupor, prostration ; anxious, restlessness ; painfully oppressed breathing ; fever is of low type. **Sulphur 30** :—Useful in the first stage ; before the formation of pus, **Lycopodium 30** :—When suppuration has taken place, with hectic symptoms. The expectoration is mucopurulent ; raises whole mouth-



fuls of mucus at a time. Also useful for clearing away the remains of the pneumonia when all the acute symptoms have gone. **Kali sulph 30** :—Third stage. Expectoration is yellow. Great wheezing in the chest. **Hepar sulph 30** :—Purulent expectoration ; abscess threatens. Preferable to other remedies after the third stage has set in. **Cupram 6** :—Sudden attacks of dyspnoea, followed by great exhaustion. **Carbo veg 30** :—In the third, or suppurative stage. If collapse threatens. Cold sweat. Cough with rattling of mucus in the chest, expectoration greenish, fetid and bloody. Hands, feet and even the breath becomes cold. Bad smelling diarrhoea. **Chelidonium 3x** :—When the liver is implicated, and the right lung is affected, it will prove useful, if a yellow, slimy diarrhoea is found. (*Dr. Hale*). **Mercurius 30** :—Bilious pneumonia. When pneumonia is complicated with bronchitis, Sharp, shooting pains through the lower portion of the right lung to the back. **Sanguinaria 30** :—When suppuration and hectic take place. **Veratrum vir 6** :—In the first, or congestive stage, with great arterial excitement. Faint feeling in the stomach. **Ammon carb 6** :—When there is great debility, together with symptoms pointing to the formation of heart clots. **Belladonna 6** :—If with cerebral symptoms. Threatened convulsions. Face bloated and flushed ; pupils dilated ; and throbbing of the carotids. **Hypericum 1x** :—Pneumonia in person who suffer from bleeding haemorrhoids, **Hyos 3** :—Cough worse at night, disturbing sleep.

(Also consult *Consumption, cough, bronchitis* etc.)

## DROPSY

( *Consult Beri-Beri* )

**Apocynum Cann. Decoction** :—This is a great specific for Dropsy. Take 15 to 20 drops twice daily.

**Apocynum carin**  $\theta$  :—Great thirst and gastric irritability. Respiration short and unsatisfactory. Oppression about epigastrium and chest. Relief from the application of heat. **Apis** 30 :—Scanty urine. Thirstlessness in acute stage. Dropsy after fever ; legs are affected during pregnancy ; Relief from application of cold. **Arsenic alb** 30 :—Dropsy after scarlatina, with albumen in the urine, thirst. **Scilla** 2x :—Acute dropsical swellings with suppression of urine. **Terebinthina** 3 :—Dropsy with haemorrhage from the kidneys. **Stropanthus**  $\theta$ —3 :—From degenerated heart muscle with or without valvular disease ; small, frequent irregular pulse, dyspnoea ; burning in the stomach, nausea, vomiting. **Helleborus** 30 :—Cerebral dropsy. **Bryonia** 30 :—Dropsy associated with liver disease and constipation. **Puls** 30 :—Dropsy due to menstrual complaints. **Sulphur** 30 :—Dropsy after the suppression of skin diseases. **Calcarea carb** 30 :—Dropsy of leucocythaemia, aggravated by bathing. **Ferrum met** 20 :—Oversensitiveness ; nausea and vomiting after eating. Dropsy after loss of vital fluids. **Digitalis** 30 :—Swelling of the feet. Pain in joints ; pulse weak, and quickened by least movement. White, chalk-like ashy, pasty stools. **Punarnava**  $\theta$  :—An excellent medicine for dropsy of all kinds and suppression of urine.

## DIARRHŒA

( See Page 58 )

**Aconite 3x** :—At the commencement of acute attacks; following a chill. **Pulsatilla 6** :—Slimy diarrhœa, each stool of a different colour, much pain. No thirst; diarrhœa after taking oily or rich fat food. **Podophyllum 3x** :—Painless morning diarrhœa; green, watery, fetid, profuse, gushing. Constipation alternating with diarrhœa (30 dilution). **China 6** :—In acute diarrhœa with griping pains in the naval region and frequent watery stools. In chronic diarrhœa, painless; undigested, frothy, yellow stools, worse at night, after meals, during hot weather, from fruit, milk, beer. Very weakning with much flatus. **Verat alb 3** :—Summer diarrhœa; painful, watery, great coldness; cold sweat on forehead; nausea and vomiting. **Camphor  $\theta$**  :—In sudden and recent cases; shivering, cold creeping of the skin, severe pain in stomach and bowels, cold face and hands, and cramps in the legs or stomach. Two drops on a small piece of loaf-sugar, every twenty or thirty minutes, for three or four times, if ineffectual it should then be discontinued. (*Ruddock*). **Croton tig 6** :—Copious watery stools, with much urging, always forcibly shot out, with gurgling in intestines. **Ipecac 3** :—Stools yeast-like, foamy, or as if fermented; as green as grass, with nausea and vomiting. **Bryonia 30** :—Diarrhœa putrid, smelling like old cheese, aggravated (or only) in the morning, on motion and in hot weather. **Arg. nit 30** :—Diarrhœa after eating sugar, of which the child is very fond; thin, fluid stool immediately after drinking. **Gratiola 30** :—

**Diarrhœa** of yellow, or greenish-yellow watery stools, forcibly evacuated, and followed by burning in the anus.

**Acid phos 30** :—Diarrhœa white, watery, involuntary, painless, with much flatus ; not specially exhausting.

**Phosphorus 30** :—Frequent diarrhœa during cholera time. Chronic, painless diarrhœa of undigested food, with much thirst for water during night.

**Nux vom 30-200** :—After previous drugging. Alternative constipation and diarrhœa after abuse of purgatives. Diarrhœa after a debauch ; worse morning. Frequent small evacuations. Diarrhœa, with jaundice.

**Mercurious sol 6** :—Violent tenesmus and continued urging, never get done feeling. Tenesmus during and after stool. Region of liver painful and sensitive to contact. Stools dark green, bilious.

**Aloes 30** :—Colic before and during stool. Burning, copious flatus ; gurgling and rumbling in the abdomen. The stools are thin yellow and copious. Before stool there is feeling of insecurity in the rectum. After stool feels prostrated. Aggravated in morning.

**Colocynth 6** :—Yellow or brown pappy or watery stools, after catarrh, much colic.

**Dulcamara 6** :—When the attack has been induced by wet and cold.

**Bovista 3** :—Diarrhœa before and after menses.

**Iris vers 3** :—Watery stools ; anus feels on fire ; wants to strain.

Burning from mouth to anus.

**Hyoscyamus 30** :—The stools are yellow, watery, painless ; with jerking of the muscles.

**Arsenic alb 6** :—Burning pain in the abdomen. Frequent watery stools. Unquenchable thirst ;

wants small amount of water frequently.

**Oleandur 6** :—Involuntary stool when emitting flatus ; undigested food

of the previous day. **Psorinum** 200 :—Stools dark brown, thin, fluid, very offensive, like rotten eggs. **Natrum sulph** 6x-30 :—Diarrhœa worse in the morning and in damp weather. Flatulence generally present. Chronic diarrhœa. **Antim crude** 6 :—Diarrhœa milky-white tongue. **Gelsemium** 30 ;—Diarrhœa from sudden depressing emotions, fright, grief, bad news, excitement. **Graphites** 30-200 :—Stools brown fluid, mixed with undigested substances and of an intolerable odor. **Gambogia** 1x :—Thin yellow, fœcal stools, coming out all at once, with a single somewhat prolonged effort. **Jatropha** 3x :—Watery profuse stools, gushing out like a torrent, with vomiting of watery albuminous substance. **Zingiber** 3x :—Diarrhœa after drinking impure water. **Thuja** 30-200 :—Stools forcibly expelled ; copious, gurgling like water from bung-hole. **Apis mel** 30 :—Involuntary stools with every motion, as though the anus stood open ; constant oozing of which the patient is unconscious. **Hepar sulph** 30-200 :—Green, slimy diarrhœa of a sour smell, gray stools. **Chamomilla** 12 :—Green, watery, corroding, with colic, thirst, bitter taste, or bitter eructations. **Carbo veg** 30 :—Frequent involuntary, putrid, cadaverous smelling stools, followed by burning in the anus. **Phos** 30 :—Discharge of mucus from the wide open anus, with tenesmus. **Antim crude** 6 :—Alternate diarrhœa and constipation in old people. **Sulphur** 30-200 :—Diarrhœa some hours after midnight, driving out of bed early in the morning, 5 a.m. **Kali nit** 30 :—Diarrhœa from eating veal. **Nux mosch** 6 :—Diarrhœa undigested or like chopped eggs, with loss of

appetite, and great sleepiness, in summer, with children. (*Nash*). **Calcarea phos 6x** :—Diarrhoea ; the flatulence with the stool make a loud spluttering noise when the stools pass. **Lyssin 30** :—Diarrhoea aggravated by seeing or hearing running water. **Arnica 30** :—Stools involuntary during fever, putrid or dark bloody, or acrid and foul. **Chelidonium 6** :—Stool thin; fecal, bright yellow, yellow as gold. **Calcarea carb 30-200** :—Chronic diarrhoea. Voracious appetite ; whitish, watery and sour stool. Children's diarrhoea. **Colchicum 30** :—Painful diarrhoea with much mucus. **Rhus tox 30** :—Stools bloody water, like washing of beef. **Benzoic acid 6** :—White, stinkling, liquid, in children ; copious, watery, clear-coloured, very fetid ; urine high-coloured and strong-smelling. **Antim crude 6** :—Solid hard lumps in watery diarrhoea. **Petroleum 30** :—Diarrhoea only in the day time. **Trychosanthes Dioica 3x** :—Profuse diarrhoea frequent, gushing, yellowish, watery. Pain in the umbilicus during and before stool. Pain in liver ; jaundice

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## DYSENTERY

**Aconite ̄** :—At the very commencement, with fever. **Mercurious sol 6** :—Greenish looking matter mixed with blood ; more straining after each motion than before. **Nux vom 30-200** :—Much straining before and during stool ; great relief for a short time after. **Merc cor 6** :—Continuous urging for stool ; severe colicky pains ; more

blood than mucus ; or, only blood. Pain before, during and after stool ; much salivation. (also consult *Merc. vivus* 6x ; *Merc dul* 6x ;). **Kurchi**  $\theta$ -3x :—The great Hindu specific for all sorts of dysentery. Can be safely administered. **Aegle marmelos**  $\theta$ -3x :—Another Hindu specific for dysentery. Most valuable in the cases of children. **Artista radix** 1x.—Severe pain in the umbilical region with discharge of bright red blood. Most efficacious in the cases which occurred during the period of Autumn to winter. (*Bhuttacharj*) **Ipecac** 3x :—Constant sense of nausea. Stools bloody ; dark, almost black, looking like frothy molasses. (*Custis*). An invaluable remedy for the children. **Baptisia** 6 :—Fever the stools are pure blood, very offensive, and often painless. **Belladonna** 6 :—The abdomen is very sensitive to touch. The passages are bloody, and frequent. **Colocynth** 6 :—Intense cutting, griping, or squeezing of the intestines : aggravated from eating or drinking, relieved by bending double. Stools mucous or bloody. **Aloes** 30 :—The stool consists of lump of mucus, or bloody mucus. Sense of weakness in the rectum, as if the stool would escape involuntarily. Heat, rawness, soreness in rectum with prolapse. (*Clarke*). **Rhus tox** 30 :—Dysentery in rainy season with fever, restlessness. **Cantharis** 3x :—Pains and burning in the abdomen. Stools white or pale reddish mucous, like scrapings of the intestines. Frequent painful ineffectual desire to urinate. **Capsicum** 6 :—Stools mucous ; streaked with blood ; expelled with force. Thirst, drinking causes shuddering. Tenesmus after stool. **Trombidium** 6-30 :—Stool after all food or drink, much abdominal pain and

straining. **Magnesia phos 3x** :—Unbearable pain in the abdomen. **Alstonia  $\theta$ -3x** :—Dysentery in malaria patient. **Pulsatilla 3-30** :—Dysentery after taking oily or rich fat food. **Ars. alb 30-200** :—Burning ; unquenchable thirst ; drinks little at a time ; fear of death. **Phosphorus 30** :—Painless dysentery. Stools white mucus or blood streaked. **Nitric acid 30** :—In chronic dysentery. Patient with a history of syphilis. **Sulphur 30-200** :—In all chronic cases which resist other medicines ; painless dysentery ; or, much urging and ineffectual straining. Tendency to relapse. **Hydrocotyle asiatica  $\theta$**  :—Efficacious in all sorts of dysentery. Other important remedies are *China 6* ; *Apis 3* ; *Alumen 30* ; *Bryonia 30* ; *Hydrastis 3x* ; *Lachesis 200* ; *Plumbum 30* ; *Verat alb 6* ; *Zincum 30* ; etc.

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### ACCESSORY MEANS

Place the patient in a large well ventilated room. Insist upon absolute rest in the recumbent position ; use bed pans ; and disinfect all discharges as soon as passed. Warm applications over the abdomen, or intestinal irrigation with warm water with the white of an egg beaten in it, often proves very soothing to the patient. The diet must be very liquid and highly nutritious ; going back to solid food very cautiously after the patient is fully convalescent. (*Custis*).

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**CHOLERA**

( *Consult Diarrhœa* )

The chief factor in the spread of cholera is the germination of the Comma Bacilli. The following are the predisposing causes of the disease, through which they get their entrance into the system.

1. Water 2. Milk 3. Food stuffs 4. Vegetable washed in infected water 5. Butter 6. Meat 7. Dirty and muddy water of wells and tanks 8. Bad hygienic condition and diarrhœa.

There is always some premonitory diarrhœa to start with, soon after there is vomiting and purging of a material closely resembling rice water in appearance. The vomiting varying greatly in intensity in different cases, but the purging always set in and continued with great intensity. Shortly afterwards occur coldness of limbs, cramps of muscles, feeble pulse, coldness and lividity of lips, cold tongue and breath. The eyes sink, the breathing gets difficult and oppressed, restlessness is intense and thirst unquenchable. No urine is secreted. A cold clammy perspiration covers the body, the whole appearance is appalling, the voice is lost altogether and the pulse ceases to be perceptible at the wrist.

This is such a serious and fatal disease that immediate attention of a good physician is necessary. If, however, such a doctor cannot immediately called in the following homœopathic medicines may be tried.

### Treatment

#### At the Commencement :—

**Camphor**  $\theta$  :—Should be tried first of all. Five to ten drop doses, with a lump of sugar every 10 or 15 minutes will check the vomiting and purging. The main symptoms are pressive pain in the pit of stomach. Coldness followed by burning; cramps in calves, anguish, great weakness, collapse, tongue and mouth cold. **Aconite nap** 1x-3x :—Fear of death; at the commencement; vomiting, thirst, profuse sweat; watery diarrhoea; bitter taste of every thing except water. Abdomen sensitive to touch; colic. **Arsenic alb** 6 :—Burning in the abdomen and unquenchable thirst (but drinks little at a time) are the most characteristic symptoms of the drug. Restlessness; painless diarrhoea, fear of death, excessive weakness. Ill effects of vegetable diet, melons, and watery fruits generally. **Veratrum alb** 6 :—Severe pinching colic before the stool; rumbling in the abdomen. Nausea and vomiting; stools greenish, watery, with flakes; or blackish; frequent, profuse; Great sinking and empty feeling in the abdomen after stool. Violent thirst for large quantities of very cold water and acid drinks. Vomiting aggravated by drinking, or by the least motion. Violent cramps of the extremities. Wrinkling of the skin of the hands and fingers. **Podophyllum** 6 :—Profuse, frequent, gushing, painless, watery stools. Cholera infantum. Begins early in the morning or at the end of night. Colic, or absence of pain. **Croton tig** 3 :—Profuse (yellow, watery) stools coming out like a shot. Purging

and vomiting after eating or drinking. **Iris 3** :—Cholera begins at 2 or 3 a.m. Generally in Spring or Autumn. Nausea and vomiting of sour, bloody, biliary. Burning from the mouth to anus. **China 6** :—Cholera from fruit; in hot weather; after severe acute disease; after loss of fluids. Profuse; frequent; frothy; involuntary; putrid; cadaverous; corrosive painless (undigested and watery stools). Distension of the abdomen, temporarily relieved by belching. Rapid exhaustion and emaciation. **Acid phos 6** :—Whitish watery; yellow, watery, with meal-like sediment; involuntary (while passing flatus); painless; very offensive. **Elaterium 3** :—Very frequent and copious watery stools with nausea and vomiting of watery, greenish, bilious matter. Cutting pain in the abdomen. **Belladonna 3** :—Cutting pain across the abdomen; aversion to water; dread of drinking. Abdomen sensitive to touch. Thin, green, dysenteric stools in lumps like chalk. Shuddering during stools; stinging pain in the rectum. **Ipecac 3** :—Nausea or vomiting predominate without, or, at least, precedent to each diarrhoea of fæces. **Bryonia 30** :—Diarrhoea of fæces only in the morning, preceded by colic. **Secale 3** :—Diarrhoea of fæces with formication anagging to sleep of the limbs. **Colocynth 6** :—Diarrhoea of fæces mixed with blood, with violent colic, drawing down the thighs. **Mercurious 6** :—Diarrhoea of bloody water (or mucus) with tenesmus. **Antim tart 6** :—Nausea; spasmodic colic with much flatus; thirst. Cholera during the epidemic of pox. **Ricinus 3x** :—Profuse vomiting and purging; Rice water stools with cramps and chilliness in muscles of

extremities. Loose, incessant, painless stools. **Baptisia 3x** :—Cholera with fever. **Chamomilla 12** :—Hot, green, watery, fetid, slimy diarrhoea with colic ; during dentition. Cholera due to anger or vexation. **Pulsatilla 6** :—Cholera after taking oily, rich fat food. Changeable stools rumbling, cutting colic and pains in the small of the back before stool. During and after stool ; Chilliness. Irresistible desire for fresh air. Constant spitting of frothy, cotton like mucus ; bitter taste in the mouth. Thirstlessness. **Natrum mur 6x** :—To regulate the distribution of water in system. **Nux vom 30-200** :—Cholera of the drunkards. After a debauch.

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### FULLY DEVELOPED STAGE

If with the above medicines you cannot resist the disease consult minutely the difference of the following medicines.

**Kali phos 12x-6x** :—Stools have the appearance of rice water ; very offensive. Collapse, with livid, bluish countenance and low pulse.

**Magnes phos 3x** :—Cramps of the bowels and limbs in Cholera. Vomiting. Severe colic.

**Arsenicum alb 6-30-200**      **Verat alb 3-6-30 200.**

1. Frequent vomiting and 1. Frequent profuse vomiting but less in quantity and purging.

1. Violent, unquenchable, burning thirst, with frequent drinking of small quantities of water.
2. Violent thirst for large quantities of very cold water and acid drinks.
3. Vomiting, immediately after drinking or eating.
3. Vomiting aggravated by drinking or by the least motion.
4. Constantly changing place, without any relief.
4. Cannot move on fear of vomiting or purging.
5. Great restlessness, anguish; fear of death, or of being left alone. Blue ring around the eyes.
5. Melancholy; sullen indifference; delusions of impending misfortunes. Cursing and howling all night. Sunken eyes; contracted pupils.
6. Stupor with dry, hot skin, twitching of limbs and tonic spasms of the fingers and toes. The skin is at first hot and dry, later it is icy cold and covered with clammy sweat, although the patient complains of intense burning heat internally; or cold, dry skin may alternate with cold, sticky perspiration.
6. Skin blue, cold, clammy, inelastic; cold as death. Cold sweat. Violent cramps of the extremities. Wrinkling of the skin of the hands and fingers.

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| <p>7. The patient wishes to be covered always. Desire for heat.</p>  | <p>7. Throws away clothes from his body. Desire for cold.</p>   |
| <p>8. Rapid emaciation, with œdema of face and legs.</p>   | <p>8. Excessive weakness; fainting; cold sweat on the forehead.</p>   |
| <p>9. Before stool; burning in umbilical region; cutting pain in abdomen ameliorated by external heat; chilliness; thirst.</p>   | <p>9. Before stool; severe pinching colic; rumbling in the abdomen.</p>   |
| <p>10. During and after stool tenesmus; burning in anus and rectum; perspiration; exhaustion; eructations. Nausea; vomiting.</p> | <p>10. During and after stool; paleness. cold sweat on the forehead; pinching colic; great sinking and empty feeling in the abdomen. Nausea; vomiting; weakness; faintness.</p> |
| <p>11. Stools; scanty; corrosive; offensive, smelling like carrion or the discharge from putrid ulcers.</p>                      | <p>11. Greenish, watery, flakes; frequent; profuse with rice water like: offensive; involuntary while passing flatus.</p>   |

**Cuprum met 6** :—Violent cramps in the legs and feet, spasms, with blue face and thumbs clenched across the palms of the hands. General convulsions, with

continued vomiting and violent colic. Uræmic eclampsia with loquacious delirium, followed by apathy, cold tongue breath, and collapse. Hiccough; nausea; vomiting, relieved by drinking cold water; colic when drinking, the fluid descends with gurgling sound. Urine scanty and seldom, or suppressed.

**Cuprum acet** 6x :—Acts similarly to **Cuprum met** but is more violent in action. **Cuprum ars** 6 :—Rumbling and sharp cutting pain in the abdomen. Dark liquid stools. Uræmic convulsions, headache, vertigo and unconscious conditions resulting from brain œdema. Cramps in calves of legs.

**Aconite radix** 1x :—Vomiting and purging is followed by collapse; dyspnœa; spasmodic pain in the abdomen. Suppression of urine; sinking pulse.

**Secale cor** 3-6-30 :—If **Cuprum** fails to check the cramps and spasms give it. Stools: colorless; watery; gushing; involuntary. Sudden attack. Vomiting immediately after eating. Severe anxiety and burning at the pit of the stomach. Suppression of urine. Cramps in the chest, hands and toes. Finger and toes spread apart or bent backward. Icy coldness of the extremities. Aversion to heat, or being covered. (*Arsenic alb*—desire for heat and covering. *Camphor*—Coldness occurs at night, passing off in the morning).

**Antim tart** 6-30 :—Cholera during the epidemic of pox. Continuous, anxious nausea, straining to vomit, with perspiration on the forehead. worse lying on left

side ; relieved lying right side. Vomiting is accompanied by trembling of the hands and fainting and is followed by great languor, drowsiness, loathing, desire for cooling things ; pale, sunken face ; dim, swimming eyes. Violent and painful urging to urinate, with scanty or bloody discharge. Much yawning and stretching. Drowsiness Somnolency. ( Before giving it please compare it with *Verat. alb.* ; *Antim tart* has more drowsiness and itching of the muscles than *Verat*). Palpitation of the heart.

**Apis mel 6** :—Stools ; involuntary, with every motion, as though the anus stood open ( yellow fecal and slimy ) ; constant oozing from anus, of which the patient is unconscious. Little or no thirst. Bruised, sore feeling of abdominal walls, with excessive tenderness, felt when sneezing or upon the least pressure. Urine suppressed. Stupor interrupted by occasional piercing shrieks.

**Iris vers 3** :—It will be found applicable mostly to cholera morbus, occurring in the hottest of the season. It is said to have been used successfully in cholera, with icy-cold tongue and general coldness of the surface. Nausea. Violent vomiting of an extremely sour fluid, which excoriates the throat with burning in mouth, fauces and œsophagus. Severe cramps like pains during stool. Burning of the anus as though on fire. Prolapse the rectum. Burning from the mouth to the anus. Tympanitis. Burning in the urethra after micturition. Much exhaustion and debility from the first. **Ricinus 3** :—Profuse watery stools ; bilious vomiting ; cramps ; burning in the abdomen but there is no pain. Suppression of urine. ( also valuable in cholera with fever ).



**Rhus tox 6** :—Stools ; bloody water, like washings of beef ; profuse ( yellow watery stools ) ; involuntary ( at night while sleeping ) ; very offensive ; odorless. Constant urging for stool with nausea and tearing, cutting colic. Tearing pains down the thigh. Remission of the pains and urging after stool. Restlessness, must keep legs in motion, which relieves. Tongue dry and rough, with red edges and triangular red tip. Fever turns like typhoid. (*Rhus tox* and *Apis* do not follow each other well).

**Cantharis 3x** :—White or pale-reddish mucous stools, like scrapings of the intestines. Violent colic. Burning, biting and stinging in anus. Death like appearance during the pains. Frequent ineffectual desire to urinate, painful. Burning after urination. Hæmaturia. Retention or suppression of urine, with uræmic coma, delirium and convulsions. Collapse with feeble pulse and cold hands and feet. Burning pains while the surface of the body feels cold.

**Elaterium 3** :—Frothy, watery, very frequent and copious stools. Bitter taste. Nausea. Vomiting of watery, greenish, bilious matter with great weakness. Cutting pain in the abdomen ; oppression, difficult breathing. Chilliness, with continued yawning. Great prostration. Violent flatulent colic following an obstinate diarrhoea.

**Tabacum 6** :—Cholera, without stools, vomiting or thirst. Colic during stool. Collapse, coldness, fainting, cold perspiration, deathly nausea with vomiting, or vomiting of water when moving. Body cold, abdomen

cold. Child wants the abdomen uncovered, which relieves the nausea and vomiting. Hiccough. Oppression of the heart. Icy coldness of the legs from the knees to the toes. Warmth of the body, with icy-cold hands. Feeble irregular pulse. Spasm or paralysis. Grinding of the teeth at night. ?

**Phosphorus 30** :—After the bad effects of saline injections give it first. Stools ; green mucus ; or white watery ; or green watery ; watery, with lumps of white-mucous, or little grains like tallow ; undigested ; bloody and purulent ; oozing from the constantly open anus. Stool passing out with force ; pouring out as from a hydrant. Thirst with desire for very cold drinks. Vomiting of what has been drunk as soon as it has become warm in the stomach. Vomiting relieved for a time by icy or very cold food or drink. The symptoms of *phos* are most frequently met with in chronic cases. It is often well to give a single dose of a high potency of *Nux vom* a few hours before beginning with *Phos.*, particularly in cases coming from allopathic treatment.

**Ipecac 3** :—Stools ; green mucous ; as green as grass ; bloody ; bilious ; dark, almost black, looking like frothy molasses. The continuous *Nausea* is the most constant distinctive symptom of Ipec. In cholera infantum it may be used to be followed by *Arsenicum*.

**Jatropha 3** :—Stools ; profuse, watery, gushing out like a torrent. Vomiting of large quantities of watery, albuminous substances. General cold, clammy perspiration. Coldness of the body. Violent cramps in the

legs and feet. In the abdomen rumbling and noise as of a bottle of water being emptied in the abdomen. In some respects it resembles *Ipec.*, but may be distinguished from the latter remedy by the burning thirst and violent cramps.

### COLLAPSE STAGE

Previous to according a treatment of collapsed stage reference must be made of medicines mentioned before in connection with the stage at the commencement and at the full developed stages. The names of the medicines already mentioned in the previous chapters which are also efficacious in this stage are, *Arsenic alb* ; *Verat alb* ; *Cuprum.*, *Secale cor.*, *Aconite radix*, etc.

**Camphor  $\theta$**  :—In collapse stage this medicine according to the merit of each case should be given a trial first of all. It will antidote the effects of Homœopathic or Allopathic drug. ( In *Camphor* collapse is most prominent ; In *Verat alb* the evacuations and vomiting, in *Cuprum* the cramps). **Cobra or Naja 6** :—If *Ars.* fails to cure dyspnoea. Gasping ; damaged heart. Organs seem to be drawn together. **Carbo veg 30** :—Attack often begins with hæmorrhage from the bowels. Collapse without stool. Nose, cheeks and fingertips icy cold ; lips bluish ; cold breath and tongue. Respiration weak and labored. Desire to be fanned. Cramps in legs and thighs. Hiccough at every motion. Vomiting. Voice hoarse or lost. Pulse thready, intermittent, scarcely perceptible. Consciousness retained or coma. Sopor without vomiting, stool or cramps. **Acid hydro 6** :—

The only remedy when, along with pulselessness, the respiration is slow, deep, gasping or difficult and spasmodic, taking place at long intervals, the patient appearing dead in the intermediate time. **Nicotin 30** :—Alternate tonic and clonic spasms, followed by general relaxation and trembling ; nausea, cold sweat, and speedy collapse ; head drawn back, contraction of eyelids and masseter muscles ; muscles of neck and back rigid ; hissing respiration from spasm of laryngeal and bronchial muscles. **Kali cyan 3x** :—If *Acid Hydro* fails to relieve dyspnoea give it. **Lachesis 200** :—Sensation of suffocation and strangulation lying down ; feels he must take deep breath. Breathing almost stops on falling asleep ; general condition worse after sleep. **Cicuta v. 30** :—Chest feels tight ; can hardly breathe. Tonic spasm in pectoral muscles. Heat in chest. Back bent backward like an arch. Hiccough. **Musk or kasturi** :—Give about  $\frac{1}{4}$  of a grain. It is very valuable in collapse stage.

### FOR EXTERNAL USE

Camphor and olive oil boiled together should be rubbed over the extremities and of the abdomen during Collapse stage.

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### SUPPRESSION OF URINE

**Cantharis 3x** :—Intolerable urging but with no effect. Burning in the whole region. **Terebenthina 6** :—If *Canth.* fails give it. Inflamed kidneys. **Tabacum 6** :—Violent pain along ureter. **Apis 30** :—Stupor

with sudden shrieks. **Hyos 30** :—Has no will to urinate. Delirium, with attempt to run away, **Stramonium 30** :—Suppressed, bladder empty. Hands constantly kept on genitals. Raises head frequently from the pillow. **Opium 30** :—Loss of power of sensibility of bladder. Skin hot with perspiration, except lower limbs. Complete loss of consciousness. Half-closed eyes. Bed feels too hot. Other important remedies are, *Arg nit.*, *Ars*, *Bell.*, *Carbo veg.*, *Crotal.*, *Cupr.*, *Laur.*, *Lyc.*, *Merc c.*, *Podo.*, *Secale.*, *Sil.*, *Sulph.*, *Verat.*

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### ACCESSORY MEANS

1. The most important thing is to look after the suppression of urine, if the urine can not be passed, the condition of the patient goes from bad to worse, and after all if proper care is not taken they pass away. And hence the most important treatment in this connection is to make the patient sit in a tub of water ( cold and warm as the patient likes ), but I have tried only cold water till the patient like sitting in the water or can micturate.

2. Foment the kidney with nitre or Kalmi-shora.

3. Apply the mustard plaster over the kidney ; in this interval patient feels very thirsty as if he is dying for want of water. Native quacks often stop water ; and the patient becomes more restless. In my opinion he must be given green coconut water, or ice or boiled water. *The advantages of hip bath or tub bath* :—(1)

Removes all the dirtiness and cleans patient. (2) The patient feels much comfort and ease. (3) The thirst is reduced to a minimum. (4) It helps a great deal in checking the diarrhoea and vomiting. (5) Owing to the cold fomentation to the kidney it helps the urine passing very early and thus the symptoms of the patient are relieved just by halves. (Dr. B. L. Bhatnagar, The Indian Medical Journal ).

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## HICCOUGH

Burn a piece of cloth and keep it near the nose of the patient. The smoke will instantly check the hiccough. The important Homœopathic medicines are *Verat. alb.*, *Ars.*, *Bell.*, *Cicuta*, *Hyos.*, *Carbo veg.*, *Puls.*, *Phos.*, *Ignat.*, *Staphy.*, *Cuprum.*, *Secale.*, *Nux vom.*, etc., ( Consult hiccough ).

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## NAUSEA AND VOMITING

**Ipec 3** :—Persistent nausea and vomiting. **Antim tart 6** :—Vomiting of liquids as soon as taken. Relieve after vomiting. **Ars alb , 6** :—Irritable burning state of stomach. Thirst for small quantities of water. Vomiting as soon as he drinks or eats. **Phos 30** :—Cold water is vomited as soon as it becomes warm in the stomach. **Iris 6** :—Acid or bilious vomiting, which excoriates the throat. **Cocculus ind 6** :—Vomiting from motion, as from sea-sickness. ( Consult vomiting ).

When cure has begun the following symptoms may come again.

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### DIARRHŒA

China 6., Acid phos 30., ( Consult Diarrhœa. )

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### WEAKNESS

China 6., Acid phos 30.,

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### INSOMNIA

Coffea 30., Nux vom. 30., Opium 30.

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### DIET IN CHOLERA

For the first 2 or 3 days i.e. during the acute and reaction stage, so long there is diarrhœa present barley water, lime water, green coconut water.

Too early administration of milk, soup etc. Containing albumin is particularly likely to be followed by a relapse and in severe cases farinaceous diet such as thin arrowroot or corn flour should only be given.

Whey may subsequently be given to avoid irritant action of the curds. When the acute diarrhœa stops for 2 or 3 days more curds and other light food may be given. Gradually from the 7th day soft rice, fish soup etc. may be given.

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**TYMPANITIS**

Carbo veg 30., Lycopodium 30., (Consult Dyspepsia.)

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**BOILS**

Hepar sulph<sup>30.</sup> Silica 30., Belladonna 6., Lachesis 200., Iodum 30., Arnica 30., (Consult Abscess)

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**PNEUMONIA**

( Consult Pneumonia )

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**FEVER**

( Consult Fever )

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**PROPHYLAXIS**

1. Wear next the skin a plate of copper (a piece is sufficient).
2. Keep a few grains of Sulphur in your shoe.
3. Keep *Camphor* in your pocket and smell it at intervals. If possible one or two leaves should be swallowed every morning in the epidemic.
4. *Sulphur 30* ; *Cuprum acet 3x* ; *Antim tart 30* ; etc. may be taken at intervals for prevention purpose.
5. As indigestion and constipation are the chief causes ; we should always take such food as can be digested very easily.
6. Always bowels should be kept regular and vitality increased as healthy man whose vital power is strong rarely suffers from this disease.



7. We should never go out of the house without taking something.

8. We should take such solid food as we are capable of digesting easily.

9. In the epidemic boiled water should be used for drinking purposes. Avoid Bazar foods. Never take anything exposed to dust and fly.

10. Keep the house and surroundings as clean as possible ; burn sulphur and resin daily at morning and evening.

11. Disinfect your privies, drains and floors with phynile which will keep away flies.

12. Isolate the patient.

13. Avoid "melas" and large gatherings where you may come in contact with Cholera carriers.

14. Never wash infected clothes in a tank or bathing platform. Burn them or after boiling them in water or carbolic lotion for at least  $\frac{1}{2}$  an hour, send them to the "Dhobi" ( washerman ) and not before disinfection.

15. Never be panic-stricken. A system fortified by Hygiene and cheerfulness is invulnerable. With these precautions and proper disinfection of your hands you may come into contact with a patient. Cholera is not in the air.

## A HOUSEHOLD MEDICINE

*Dr. Bhatnagar* recommends the mixture of the following articles as highly efficacious during the attack of cholera.

"As soon as you get the effect of this disease take at once (1) Tulsi leaves 4 or 5. Cloves 3 or 4. Onion

osii. Grind all these things together and mix with one or two ounces of water and give this mixture to the patient at one or two hours interval according to the condition of the patient, until the patient is recovered."

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## **DYSPEPSIA**

The patients suffering from dyspepsia should remain under the care of a qualified physician for a some considerable length of time, and that a favourable termination of the case depends largely upon the patience and willingness of the invalid to implicitly follow directions given. The subject of the patient's diet is of the greatest importance, Over-work and indolence must be avoided. He must sleep in a cool room with an abundance of fresh air in it. Exercise in the open air or, if possible, easy travel, and in desirable companionship, should be recommended. After exercising, he must rest until thoroughly refreshed, when a light meal may be taken. Daily bathing should be recommended, but must not be carried to excess. Dyspeptics who possess the necessary means may be sent to the sea-shore or to mineral baths.

The successful prescription of a famous English Physician to a rich and indolent patient who came to him complaining of the tortures of dyspepsia was, "Go and live on a shilling a day and earn it."

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## **DIET**

The treatment of dyspepsia must be chiefly dietetic, although medicines are not powerless in this complaint. In the first place all indigestible food, such as pork veal

and salt meats, and richly made dishes, such as pastry of every description, ought to be avoided. In the acid forms of dyspepsia, which are connected with deficient muscular movement, pastry and saccharine substances are particularly harmful, and vegetables and fruit should be partaken of sparingly. In some instances an exclusive milk diet, persevered in for some weeks, has appeared to produce marvellously good results; but, except under such a regimen, water ought to be the habitual drink. Cocoa is better than tea and coffee may be taken weak, cool and well diluted with milk, malted milk or extract of milk is often useful in atonic dyspepsia. Abundant exercise in the fresh air, tepid or cool bathing, and warm clothing should be pressed into service.

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## HOMCEOPATHIC MEDICINES

**Nux vom** 200-1000 :—It is best indicated in persons who suffer from loss of muscular power, close confinement, over work, and indulgence of the appetite. The patient is cross, easily irritated, suffers from dull frontal headache in the morning, and becomes incapable of making a prolonged mental exertion; Taste, especially in the morning is insipid, bitter or sour. Appetite is wanting. He cannot eat bread, milk or acids. Symptoms worse after eating. Constipation with useless urging for stool, and feeling of constriction about the anus.

**Sulphur** 200-1000 :—Drinks much, eats little. Weak, empty, gone, faint feeling at pit of stomach at 11 a.m.; must eat something. Abdomen feels full and

tight. Milk disagrees. Great acidity, sour eructation. Burning. Painless morning diarrhoea, drives the patient out of bed.

**Calcareo carb** 200-1000 :—A very valuable remedy, particularly useful in chronic cases when it should be used after Sulphur. Loss of appetite. The patient has a positive dislike to meat and warm food, what he eats he wants cold. Bloating in the region of the stomach; must loosen her clothing. Frequent sour eructations, sour vomiting. The stomach symptoms are often relieved for the time being by a profuse accumulation of saliva in the mouth.

**Lycopodium** 30-200 :—Dyspepsia with intestinal flatulence; desire for food from sensation of weakness in the stomach; can eat but little on account of the enormous distension from flatulence; brick-dust sediment in the urine; nervous exhaustion. Food tastes sour; eating ever so little creates fullness. Incomplete burning eructations rise only to pharynx, there burn for hours.

**Carbo veg** 30-200 :—Flatulent dyspepsia, great belching of wind, cutting pain in the chest, acidity, loose bowels. Eructations, heaviness, fullness and sleepiness. Worse from eating or drinking. Temporary relief from belching. The simplest food distresses. Nausea in morning. Gas moves upwards.

**Phosphorus** 30:—A great remedy in persons who have masturbated or indulged in sexual excesses. Regurgitation of food after taking it. Constant, loud annoying rumbling of gas in the bowels; not ameliorated by the frequent emissions of gas. Heat and congestion of the

head ; soft watery, painless diarrhoea. Wants cold food and drinks ; is relieved by them. Hungry at night ; must get up and eat which ameliorates the symptoms.

**Pulsatilla** 30-200 :—Changeable symptoms ; weeps when talking ; feels better in open air ; thirstless, peevish, and chilly. Averse to fat food, warm food and drink. Bitter taste ; or taste of food remains a long time. Heartburn. Great tightness after a meal ; must loosen clothing. Vomiting of food eaten long before. All-gone sensation, especially in tea drinkers.

**Arsenicum alb** 30 :—In cases occurring in drunkards ; or, from eating ices. The stomach is exceedingly irritable and refuses to retain food. Heartburn gulping up of acid fluids ; excoriating the throat ; nausea and vomiting ; relieved by hot drinks ; great thirst ; drinks often and little at a time ; symptoms worse from drinking cold water.

**Argentum nitricum** 30 :—Excessive flatulence ; the stomach seems ready to burst ; copious eructations, accomplished only after persistent effort and are very violent ; marked depression of the mind ; great anxiety and worry, with an impulse towards selfdestruction, the result of excesses. **China** 30 :—Patients suffering from anæmia or malarial poisoning. Fullness in stomach and bowels ; flatulence ; belching does not relieve. Slow digestion ; food remains a long time in stomach. Continued feeling of acidity ; sinking at the epigastrium, relieved for a time by eating, but returning soon. **Anacardium** 30 :—Useful in cases as the result of long-continued and excessive mental labour, resulting in

exhaustion of the nervous force. Constant desire to eat at any time, day and night, without receiving relief. Tendency to curse and swear. **Nux mosch** 30 :—Great flatulence, which seems brought on not only from eating but by any excitement ; vertigo ; brain feels loose in the skull ; fair appetite, but a few mouthful satisfy. **Abies nig.** 30 :—Sensation of an undigested hard-boiled egg, or some such uncomfortable substance, in the stomach. Pain in the stomach always comes after eating. **Antim crude** 30 :—Thickly coated white tongue. **Arnica** 30 :—Eructations smelling like rotten eggs. **Ipecac** 30 :—Nausea intense, persistent, nothing ameliorates. **Asafoetida** 30 :—Flatus all passing upward, none downwards. **Causticum** 30–200 :—Sensation as if lime were being slaked in stomach. **Bismuth** 30 :—Sweetish metallic taste in the mouth ; vomits all fluids as soon as taken. **Aurum met** 200 :—Palpitation of the heart, and pain in the chest, with great mental depression, burning and pressure in the stomach, with hot rising. Palpitation relieved by eructations of Gas. **Iris vers** 3 :—Great burning distress in the stomach ; vomiting of water and very sour fluid ; belching of wind, and yellow watery discharges from the bowels, the passages of which causes extreme burning in the anus and rectum. **Berberis** 6 :—Bilious dyspepsia ; mental depression ; perspiration from slightest exertion ; offensive, metallic odour from the mouth, which is dry and sticky. **Lachesis** 200 :—The patient can endure nothing tight about the throat or elsewhere ; feels as if a foreign body were in the throat, which he must swallow but cannot move. **Leptandra**

**30** :—Complication of the liver. **Mercurious 80** :—Liver complications ; foul, sweet, brassy, saltish, bitter taste in the mouth, especially in the morning ; wants spicy food, cold drinks, wine, brandy ; salivary secretions from the mouth. **Podophyllum 6** :—Bilious complications ; morning diarrhoea, followed by weakness. **Sepia 30** :—To be consulted whenever women suffer from menstrual or uterine difficulties ; sour, putrid taste. **Kali carb 30** :—Constant chilliness ; never perspire pallor of the face oedema of the upper eyelids ; bloatedness ; of the abdomen ; great dryness ; hard stool, turbid urine. **Natrum mur 30-200** :—Great longing for salts. Heartburn after eating. **Robina 30** :—Excessive acidity of the stomach. Eructations or vomiting of excessively sour fluids, setting the teeth on edge. Pain in the stomach after eating. **Natrum phos 6x** :—Great acidity ; sour eructations ; vomiting of sour fluids. There is a creamy or golden yellow coating at the back part of the tongue. Pain in the stomach, coming on after eating and lasts until the next meal. **Capsicum 30** :—Fetid odour from mouth. Much thirst ; but drinking causes shuddering. **Hepar sulph 30** :—From abuse of mercury. Plainest kind of food disagrees. Want sour food and condiments. Constant sensation of water rising in the oesophagus, as if he had eaten sour things. Frequent but momentary, attacks of nausea ; with flow of saliva in the mouth. **Kali phos 6x** :—Stomach ache from fright or excitement. Great nervous depression ; the patient is weak and exhausted, Hunger immediately after eating. Flatulence, with weary pain in the left side, gas gathers

about heart, causing distress, pain and weakness of heart.

**Ferrum phos 6x** :—Dyspepsia, with hot, flushed face; stomach is tender to the touch. **Kali mur 6x-12x** :—Tongue has a white or grayish-white coating, especially noticeable in the morning. Indigestion, with pain or heavy feeling in region of liver, or under right shoulder-blade. **Calcarea phos 6x** :—Pain after eating even the smallest quantity of food or drinking cold water. Excessive accumulation of gas in the stomach. **Kali sulph 6x** :—Pain in the stomach, fixed in the abdomen, just above the angle of the crest of the ileum, in a line toward umbilicus, deep within, beside the right hip. **Magnes phos 3x** :—Pains, with crampy, tight, drawing, lacing sensation. Spasms and cramping of the stomach with clean tongue; belching of gas gives no relief. **Natrum sulph 6x** :—Tongue is generally covered with a greenish-brown or greenish-gray coating; mouth full of sialae, tenacious and thick, greenish white; dark bilious stools. Bitter taste in the mouth, excess of bile, vomiting of bitter fluid. **Hydrastis 3x-30-200** :—Will relieve when there is sinking sensation, palpitation of the heart and mucus coated stools. Symptoms worse from eating. **Ignatia 30-200** :—The symptoms of Ignatia are somewhat like *Nux*. Weariness and great nervous prostration, with general depression. Bloating after meals with hiccough from eating or drinking. The patient has no appetite and suffers from musty eructations. Much flatulence. Sinking in stomach, relieved by taking a deep breath. **Bryonia 30** :—Nausea and faintness after rising up. Stomach sensitive to touch, Pressure



in stomach after eating, as of a stone, Dyspeptics ailments during summer heat. Sensitiveness of epigastium to touch thirst for large draughts. Vomiting of bile and water immediately after eating. Worse, warm drinks, which are vomited. **Kalmegh 6** :—Low fever ; jaundice; yellowish urine. **Makardhwaja 30** :—Vertigo ; excessive weakness, with nausea, or occasional vomiting. Loss of sexual power. Loss of appetite. Burning of the palms and feet, with flatulence, sour eructations, irritating temperament. **Nat. mur. bit. 6** :—A good medicine.

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## DIABETES

It is sometimes hereditary and may be present at any age and in both sexes, being most common in adults from 25 to 60 years of age. The symptoms are the passing of constantly excessive quantity of urine, which gradually becomes more and more abundant, thirst excessive appetite, dry harsh skin, and gradual loss of flesh and strength. These symptoms usually increase slowly. The disease is essentially a chronic one, though death occurs, in some cases, with great rapidity. The younger the patient the more grave is the disorder.

The chief treatment consists in regulation of the diet. All articles containing sugar or starch ( which is converted into sugar in the body ) should be rigidly excluded. Glycerine is a good substitute for sugar.

## Treatment

**Syzigium  $\theta$**  :—A most useful remedy. No other remedy causes in so marked degree the diminution and disappearance of sugar in the urine. Prickly heat in upper part of the body. **Acid phos 30** :—Frequent urination at night. Excessive weakness. **Abroma aug.  $\theta$**  :—When acid phos fails. A good medicine. **Nat mur 30** :—Great thirst, wasting, constipation. Increased, involuntary when walking, coughing etc. **Ars brom  $\theta$**  :—Specially useful in patients with a history of syphilis. Three drops three times a day in a glass of water. **Coca.  $\theta$**  :—Diabetes, with impotency. **Codein 3x** :—Great thirst, with desire for bitter substances. **Helleborous 3** :—Sensorial depression ; general muscular weakness. Bladder overdistended. **Uran nit 2x** :—Copious urination. Emaciation and tympanites. Unable to retain urine without pain. **Scilla 1** :—Profuse flow of colourless urine, night and day. **Arg met 30** :—Diabetes accompanied with swollen ankles. **Arnica 30** :—Diabetes from a fall. **Opium 30** :—Loss of power or sensibility of bladder. **Natrum sulph 3x-6x** :—The chief remedy. **Kali phos 6x** :—Nervous weakness voracious hunger, sleeplessness etc **Ferr phos 6x** :—As an intercurrent or alternate remedy. When there is quickened pulse or when there exist pain heat or congestion in any part of the system. **Calc phos 3x** :—Weakness, thirst. **Kali mur 6x** :—Excessive and sugary urine. Great weakness and somnolence. **Natr sulph** may be given with all the other Biochemic medicines as an alternate remedy. **Phos 30** :—Turbid, brown. urine with red sediment. Involuntary

emission, with lascivious dreams. **Lact acid** :—Diabetes, especially if accompanied with rheumatic pain and swelling of joints. **Ignatia 30** :—Frequent and abundant discharge of watery urine (hysterical women). **Lycopodium 30** :—Red sand in the clear, colourless urine. **Sulphur 30-200** :—Great quantities of colourless urine. Sudden call to urinate, must hurry.

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### EAR DISEASES

In earache Belladonna ointment may be applied behind the ear and also upon the nape of the neck. Hot applications to the ear in the shape of bags of hops, a stove lid wrapped in flannel, or the hot water bottle may be sufficient to give relief.

In young children a hot foot bath will relieve by dilating the small blood vessels of the lower extremities and so drawing some of the blood from the inflamed area. As hot water as can be borne (or hot mustard oil) may be dropped into the ear.

#### Inflammation of the Ears :

**Aconite 3x** :—Due to cold ; at the commencement. **Belladonna 3x** :—Tearing pain in the head, with tendency to delirium. **Puls 3x** :—External ear swollen and red. Sensation as if something were being forced outward. **Chamomilla 12** :—Earache from cold or suppressed perspiration ; stabbing, tearing pains in the ears ; extreme sensitiveness and irritability **Mercurious 6** :—Boils in external canals of the ears. Sticking pains ;

worsth warmth of bed. **Ferr phos 6x** :—Earache, with stitching pains. On swallowing pain runs from throat to ears. Should be administered in acute stages. **Kali mur 6x** :—The pain is better from warmth and worse from eating, cold and generally in early morning. **Kali sulph 6x** :—Earache with thin, yellow, watery matter. **Calcarea phos 6x** :—Cold feeling of outer eyes. Earache, tearing, shooting, jerking pain in alternation or with rheumatic complaints. **Kali bich 30** :—Violent stitches in the left ear, extending into roof of mouth, side of head and neck. **Lycopodium 30** :—Redness and swelling of right ear extends to left. **Lachesis 200** :—Stitching pain, swelling of bluish colour, extends from left to right. **Apis 30** :—Redness and swelling of both ears, stinging pains. **Hepar 30** :—Ears sensitive to touch. **Magnesia phos 3x** :—Earache purely nervous in character. Severe pain in and around the ears; worse behind right ear. **Natrum mur 30** :—Stitches in the ear, pulsation and beating in the ear, hardness of hearing painful cracking in the ears when masticating. **Natrum sulph 6x** :—Sticking pains, earache, lightning—like stitches in damp weather. **Natrum phos 6x** :—One ear red, hot, frequently itchy, accompanied by gastric derangements and acidity. **Silica 30** :—Swelling of the external ear with discharge of pus from the ear. **Capsicum 30** :—Severe sharp stitching pains; chronic, deeprooted. **Phytolacca 30** :—With every attempt to swallow shooting pains through both ears.

### **Otorrhoea (Discharge from the ears) :**

Suppurating or running ears need, above all things,

that cleanliness should be maintained as much as possible. Cleanliness may be maintained usually by washing out the ear with a hot solution of calendula  $\theta$  two or three times daily. A five per cent strength is sufficient.

**Tellurium 30** :—Discharge of watery fluid, smelling like fish pickle, which causes vesicles whenever it touches

**Pulsatila 30** :—Bland, nearly inoffensive, discharge of mucous and pus from the ears. **Hepar sulph 30–200** :—

Discharge of fetid pus from the ears ; sensitive to touch.

**Lycopodium 30** :—Purulent, ichorous otorrhœa. **Aur.**

**met 30–200** :—Caries of mastoid process, obstinate fetid otorrhœa. **Graphites 30–200** :—Discharge from the ear

bloody thin, watery, offensive, gluey, sticky pus. **Merc.**

**sol 30** :—Bloody offensive discharge. **Psorinum 200** :—

Discharge of fetid pus from the ears ; psoric people.

**Kali mur 6x** :—White thick mucous discharges and glandular enlargements. **Kali sulph** :—Earache with

thin, yellow, watery matter. **Calcarea sulph 6x** :—

Discharge of lumpy matter from the middle ear ; some times mixed with blood. Pimples around the ears.

**Silica 30–200** :—Deep-rooted suppurations. Fetid discharge, caries of mastoid ; foul purulent discharges from the ear.

### Deafness :

**Kali mur 6x** :—Catarrhal deafness or inflammation of middle ear. **Causticum 30** :—Roaring, buzzing,

words and steps reecho in the ears. **Petroleum 30** :—

Cracking sound in the ears, with hardness of hearing.

**Graphites 30** :—Hears better in a noise, as if cars or machinery. **Tellurium 30** :—Vesicular eruption on

tympanum followed by suppuration and permanent injury to hearing. **China 6** :—Ringing in the ears from debility or loss of fluids. **Calcareo carb 30-200** :—Hard of hearing after the abuse of quinine. **Lachesis 200** :—Hardness of hearing, with want of wax, dryness of ears. **Arg nit 30** :—Complete deafness in typhus. **Ledum 6** :—Hardness of hearing after cutting the hair, chilling head. **Carbo veg 30** :—Deafness after abuse of mercury: **Hyos 30** :—Hardness of hearing after apoplexy. **Staphy 30** :—Hardness of hearing with swelling of tonsils especially after abuse of mercury. **Kali sulph. 6x** :—Deafness from the swelling of tympanic cavity with violent itching. **Puls 30** :—Deafness after measles. **Magnasea phos 3x** :—Hardness of hearing with violent pain. **Natrum mur 30** :—Hardness of hearing from the abuse of quinine. Noises, roaring and ringing. **Silica 30x** :—Stoppage of the ears, which open at times with a loud report; difficult of hearing of human voice. **Mezerium 30** :—Sensation as if the ears were too open and air were pouring into them. **Calcareo flour 6x** :—Ringing and roaring in the ears.

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### NOSE BLEED OR EPISTAXIS

In cases of slight bleeding, pressure or the snuffing of ice-water may suffice. If these fail, cotton dipped in a one to ten thousand solution of adrenalin, should be packed into nostril and kept there for ten of fifteen minutes. *Cynodon D. θ* in 5 drop doses. *Millef. 3x*, *Hamamelis 3x* etc. are good Medicines.

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## DISEASES OF THE KIDNEYS

### CONGESTION

Terebenthina 3x most effective in its treatment. Camphor and Cantharis are also good medicines.

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### BRIGHT'S DISEASE

(Inflammation of the kidney)

In acute stages the commonest causes are exposure to cold and damp. It occurs frequently in the progress of scarlet fever, also during diphtheria, measles, typhus, and erysipelas and other diseases. It may follow excessive drinking. Chronic cases exists in a variety of forms. The patient should be kept strictly to bed, clothed in flannel, and his room should be kept warm. Hot applications, poultices containing mustard if the attack is acute, are useful over the loins. On recovery great precautions must be exercised, as the least exposure might produce a relapse. Flannels should be worn.

**Terebinthina** 3x :—Violent burning, drawing pain in region of kidneys; urine scanty and bloody, smokey, albuminous. **Cantharis** 3x :—Inflammation of the kidneys with suppression of urine, as after scarlatina. **Arsenic alb** 6 :—Prostration, restlessness anxiety, thirst, cool skin, internal heat, dropsy. In Chronic cases of malarial origin it is an excellent medicine. **Aconite** 3 :—For acute attack; due to cold. **Apis** 6 :—Is another first rate medicine which help to promote a free flow of urine in congested state of kidneys, and thus removing

œdema. **Aurum mur 6** :—It should be used where **Arsenic** was indicated but had failed. **Chelidonium 3x** :—Urine dark yellow, turbid on passing, dark brownish-red, staining linen or diaper dark yellow. **Merc.cor 6** :—It has been our main stay in this condition when occurring in pregnancy. Other important medicines are **Ferr met.**, **Ferr phos.**, **Plumbum.**, **Phos.**, **Sabina.**, **Scilla.**, etc.

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## BLOOD IN THE URINE

### (Hæmaturia)

Treatment for bloody urine depends on its cause. When it is coming in any quantity the person should be kept quite in bed. Cold compresses may be applied over the loins if it is supposed to come from the kidneys or over the lower part of the belly if it is supposed to come from the bladder. During the paroxysmal attacks the patient should be kept warm in bed. The prevention of attacks is more easily accomplished than the treatment. Exposure to cold and wet should be avoided; the person should be clothed in flannel.

The following homœopathic medicines are efficacious. *Terebinthina 3.*, *Arnica 6.*, *Hamamelis 2x*, *Aconite 3.*, *Cantharis 1x.*, *Thlaspi. b. θ.*, *Senecio θ.*, *Millefolium 1x.*, *Ars. hydrogenisetum 3.*

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## RETENTION AND SUPPRESSION OF URINE

Suppression of urine is the term applied when no urine is passed from the kidneys. It is to be distinguished from retention of urine in which the kidneys form



urine which accumulates in the bladder. It is a very serious condition, occurring in the course of cholera, certain infectious diseases, and inflammations of the kidneys and if continued lead to uræmic poisoning—In cases of hysteria suppression of urine may last for some time without any symptoms of uræmia. For retention of urine :—**Sp. camphor**  $\theta$  :—Sudden retention of urine with burning. Retention of urine of the new-born children. Other important medicines are **Nux vom** 3., **Causticum** 6., **Ignatia** 6., **Nux moschata** 6., **Gels** 3., **Cantharis** 3., etc. For suppression of urine :—**Aconite** 3., **Terb** 6., **Opium** 6 , **Kali bich** 6., etc.

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### CYSTITIS

The symptoms are frequent passing of water or constant desire to pass it, not much being expelled at a time, the act being accompanied by tenderness or burning pain. Fever may be present. Hot fomentation should be applied to the lower part of the belly or between the legs. Warm baths are useful. Plenty of water drinks should be allowed. The patient should be kept at rest. and only mild diet without stimulants allowed.

**Cantharis** 3 is the great remedy. **Dulcamara** 5 for the cases due to cold and damp. **Pareria brava**  $\theta$  in 10 to 15 drops will help you to cure many cases. Other important medicines are **Chimaphilla**  $\theta$ -IX., **Pulsatilla** 6., **Benz acid** 3x., **Nitric acid** 6., **Bell** 3., **Cannabis sat** 6., **Kali iod** 30., **Apis** 6., etc.

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## GRAVEL

**Lycopodium 6** :—Red [sandy sediment with flatulence in the abdomen and constipation. **Acid phos 18** :—White phosphatic sediment. **Ocimum sanc 3x** —Turbid urine, white sediment; red urine, with brick-dust-sediment, **Berberis v.  $\theta$ -1x** :—Pain in the ureters. **Nitr mur acid 1x** :—One of the most satisfactory bits of ordinary practice. **Oxalic acid 12** is also a good medicine. **Sarsaparilla 6** :—Turbid immediately after passing, like clay water. Other important medicines which should be consulted are, **Chin sulph 1.**, **Sepia 6.**, **Graph 30.** **Urtica urens  $\theta$** , **Cocc cact  $\theta$ .**, etc. **Hemidesmus indicus  $\theta$ -1x** :—I have used it in many cases with good result **Hygrophila Spinosa  $\theta$**  in ten to 20 drop doses.

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 ENURESIS

**Plantago  $\theta$**  :—Dr. Allen recommends it. Whenever you can trace it to worms, you may give **Cina 30-200** or **Santonine 1x**. **Benzoic acid 3** :—Highcoloured and strong-smelling urine. **Causticum 6** :—Enuresis during the first part of sleep. **Sulphur 30** :—Begin your treatment with this medicine. (If it fails to cure, try **Sepia**, *Bell.*, or *Puls* in young girls, **Causticum** for little boys, **Calcarea** if the children are small and fat). **Conium 30** :—Enuresis of the old peoples. **Verbascum  $\theta$**  :—Five drops doses night and morning will cure many cases. **Equisetum 1x-30** is a good medicine. **Opium 6** for the cases connected with too heavy sleep **Thuja**, **Rhus arom.**, **Gels.**, **Lycopodium**, **Aconite**, **Dulcamara** are also good medicines.

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## WORMS

There are various kinds of worms known to find a lodgement in the human body. The chief of them belong to two great classes : (1) the tape-worm, and (2) the round or thread worms.

## TAPE-WORM

**Filix. mas  $\theta$**  :—The great medicine for tape-worm. Worm colic, with itching of nose, pale face, blue rings arounds eyes. (For the expulsion of tape-worm, a full dose of  $\frac{1}{2}$  to I dram of the *Oleoris. n.*, fasting). It acts best when taken early in the morning, only liquid nourishment having been taken the previous day.) The allopathic physicians are using **Filix mas  $\theta$**  in half a teaspoonful to one spoonful and a half (according to age) of the liquid extract made up with a little syrup of *ginger* and *water*. Four hours after the medicine a strong dose of *castor-oil* will aid in bringing away the worm. The powders of *Koussou* and *Kamala* are also admirable for destroying tape-worms. Of either of them 60 to 180 grains are given, made up with honey or syrup, early in the morning, and are followed after some hours, by a purgative dose of *castor-oil*. In the absence of any these medicine *oil of turpentine* may be employed, 1 to 3 spoonfuls being given with 4 spoonfuls of *castor-oil*, also early in the morning). Another prescription :

R —Santonin.....5 grains  
 Calomel.....5 „  
 Sugar.....20 „

Divide into ten powders, and take one powder morning and evening.

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THREAD OR ROUND-WORMS

**Santonin** 1X :—It is of unquestioned value in the treatment of worm diseases. (The allopathic physicians are using *Santonine* in doses from 1 to 3 grains of the crude drug for a child and twice as much for an adult. It should be given in the morning in cream, and followed an hour or two afterwards by a dose of castor oil. *Santonin* 1 to 3 grains along with 1/4th grain of *podophyllin*, is given to drive the worms down as far as possible. After that, repeated injections of warm water to which salt is added bring them away). **Clerodendron** 6-3x :—The great Hindu specific for worms. I used it from mother tincture to 6th potency with excellent result. Try it first in your worm patient and publish the result in the current periodicals. **Cina** 6-30-200 ;—Child very cross ; itching of nose all the time. Urine turns milky while standing. Twisting pain about the naval. Itching of anus. **Teucrium** 3x :—Itching of anus and constant irritation in the evening in bed. *Ascarides*, with nightly restlessness. **Spigelia** 30 :—A remedy for symptoms due to the worms. Injections of water with *infusion of Quassia* may also be used. But to get a permanent cure a course of constitutional treatment must not be overlooked. For which the following Homœopathic medicines should be consulted—**Sulphur Calcarea, Lyco., etc.**

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## SYPHILIS

Accessory treatment before all other things the food for the patient should not be spicy, nor should he eat meat; further he should enjoy the fresh air as much as possible and should sleep at open windows. On case the scrotum is inflamed, a suspensory is necessary. Points which discharge matter must be covered with wet linen, and above that a woolen patch is placed. The moist hot compresses are to be repeated, when necessary day and night. The sick portions of the body must be carefully washed and kept clean; cleanliness is of the utmost importance.

**Mercurious vivus 30** :—Aching in the bones especially in the long bones. **Merc sol 1x** :—6-30 :—When the constitutional symptoms are mild but many prominent skin and catarrhal symptoms exist. **Merc cor 2-3x** :—The constitutional symptoms are usually very severe. The other mercurial preparations such as **Merc. dul 6**, **Merc proto-iod 1x** :—Generally used for Pustular eruptions both large and small; lesions are not very deep. **Merc iod rub 3x-30** :—The left side is usually most affected, the skin lesions are more active and go deeper than the *bin-iodid*. **Cinnabaris 30** :—Condylomata of the fan-shaped variety around the anus. **Afasetida 6** :—Easily bleeding ulcerations sensitive to touch; thin offensive discharge; nocturnal pains, caries, and necrosis. Syphilis affecting the bones of the ear and tibia. Useful in patients who have taken much mercury. **Aurum met 200** :—Suicidal melancholia, pains at night, caries of

the nasal, mastoid process of the temporal or cheek bones. **Hepar sulph** 2x-30-200 :—Often useful when salvarsan does not produce improvement. Ulcers very sensitive to touch, Ulcers are usually present with a spongy base and thickened borders on mucus membranes. Night aggravations, patients are very sensitive to cold dry air. Frequently after the overuse of mercury. **Kali iod** 30 :—In all stages of syphilis. **Ac nit 6-30** :—Ulcers bleed easily when touched with splinter-like pains, condylomata. **Phos** 30 :—It is indicated in secondary or tertiary syphilis especially in tall, slender, weak individuals. **Phytolacca** 3x-30 :—Syphilitic headaches or rheumatism with shifting pains, aggravates at night or damp weather. **Silica** 200 :—Old syphilitic ulcers with caries of bones. Other important remedies are **Stillingia** 1x., **Sulphur** 200., **Syphilinum** 200., **Jacaranda**  $\theta$ ., **Condurango**  $\theta$ ., **Iodine** 30., **Calotropis**  $\theta$ ., **Hemidesmus ind**  $\theta$ ., etc The following external applications are recommended by Dr. Kippax.

### FOR EXTERNAL USE

1. The white precipitate ointment, ten (.6) to twenty grains (1.3) to the ounce (32), may be used externally in the secondary stage.
2. The five per cent. oleate of mercury is the best local application for papular syphilide.
3. Red iodide of mercury ointment—red iodide of mercury two drachms (8.) vaseline two drachms (8.)—will be serviceable as a superficial destructive for pigmentary syphilide.

## TOOTHACHE

**Chamomilla** 30 removed the toothache of a number of persons, (Jahr). But my favourite medicine is **Merc sol 6** :—The most faithful medicine for the treatment of toothache. **Bell 30** :—Burning and throbbing pain. **Puls 30** :—Rheumatic toothache produced by cold. **Plantago 1x** :—In repeated doses will help you in many cases. (App'y externally the mother tincture) **Kreosote 3** :—Very rapid decay of teeth, with spongy, bleeding gums. (For the arrest of the caries of teeth use mother tincture externally). **Magn carb 6** :—Toothache especially during pregnancy; worse at night. Ailments from cutting wisdom teeth.

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## MEASLES

This is an infectious disease occurring most commonly among children. It is a contagious disease. The early symptoms are those of a catarrhal cold a watery discharge from the eyes and nose, together with some hoarseness and cough. When measles is prevalent all persons who show the symptoms mentioned, should be isolated until it is certain that they have not got the disease.

**Accessory means** :—Plenty of water should be given and a liquid diet. When the fever is high sponging with tepid water is very soothing and will often quiet a restless patient and produce sleep.

Care should be taken to protect the patient from danger of taking fresh cold during at least two weeks

after all the fever is gone. If case is not exercised in this regard chronic nasal catarrh may result. See that the clothing is sufficiently warm and that the feet are kept dry.

Whenever the eruption is delayed a cold water bath will usually bring it out.

The important medicines are, **Momordica charantia (Uchchay)**  $\theta$ -1x :—With this Indian medicine alone you will be able to cure most of the cases. I have tried it in number of cases with excellent results. **Puls 30** :—Another first-grade medicine for the cases of measles. When there is much digestive catarrh and diarrhoea, patients cannot bear to be covered. Harsh and troublesome cough. **Rhus tox 30** :—Rheumatic pains and soreness all over; great restlessness. **Aconite 3** :—At the beginning. **Kali bich 30** :—If the cough is very troublesome, and the larynx much affected. **Viola odorata 6** is also useful in this stages. **Bryonia 30** :—Much thirst, painful cough, moving aggravates, constipation. **Camphor 1x** :—If the eruption fail to appear and oppression of the brain follow. Other important medicines are, **Ocimum sanc 1x**, **Merc sol 6**, **Euphrasia 3x**, **Antim tart 30**, **Sulphur 200**.

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## CHICKEN-POX

The disease show itself by some degree of feverishness, restlessness, loss of appetite, and within twenty-four hours rosy-red pimples appear on the face, head, chest and other parts of the body. These speedily become



blebs, filled with clear fluid and surrounded by a ring of inflammation, enlarging till they may be equal to the size of a split pea. Within a week the blebs pass through the stage of pustule, that is, the clear fluids become changed into yellow matter, and dries up into dark-colored scabs. By another week the scabs have fallen, leaving red marks, which last for a time. The rash does not come out all at once, but in crops, so that for three or four days one set follows another, in ten days or fortnight the disease has run its course. *For treatment see Small-pox.*

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### SMALL-POX

The chief symptoms at the beginning of this form are fever and headache, vomiting and costiveness of the bowels, and severe pain in the small of the back. The attack is usually sudden. The patient is seized with shivering-fits (rigors) followed by great heat of the skin. The sweating is marked for several days in grown-up persons, not in children. In children also diarrhoea is usual and not costiveness, but in adults diarrhoea is rather the indication of a very severe attack. Instead of severe pain in the small of the back, there may be dull pains throughout the body like those of rheumatism. During this time the fever runs high.

**2nd Stage :—**The fever falls and the other symptoms disappear. This continues till about the eighth day, when the fever returns with the supuration of the pocks. On the eighth day the fluid they contain has become yellowish,

and consists of matter or pus. Hence the eruption consists now of pustules, or small abscesses. The pustules are painful and the fever returns.

**3rd Stage :—**The return of fever marks the arrival of the stage of suppuration. The pustule still increase in size, and the yellowness of their contents become more visible. The swelling around the pustules increases up to the ninth day and then diminishes, disappearing about the eleventh day. The fever of this stage may not be so high as the early fever. It lasts for three days, and then, if the case progresses favourably, rapidly disappears, not to return, and the other symptoms with it.

**Final Stage :—**In this stage the pustules dry and form scabs. The scabs being to fall from the face between the fiftieth and twentieth days, and a little later from the body. A red prominence is left, after the fall of the scab, on which scales form, and from which they fall for, it may be several weeks. Finally after some months the redness disappears, and a white scar is left, below the level of the rest of the skin

## PREVENTIVE

**Malandrinum** 200, **Vaccininum** 30., **Variolinum** 30 are the preventive medicines if taken once a week. **Hydrastis** 3x is a specific antidote. (Wilkinson), **Thuja** 30 a good preventive medicine (Boeninghausen).

## ACCESSORY TREATMENT.

Keep the body warm take good care of the skin by taking a hot sponge bath; the inflamed portions of the skin may be powdered now and then with rice flour. Avoid stimulating food, go much into the fresh air, and if necessary use a syringe when bowels are constipated.

## Treatment

**Momordica charantia**  $\theta$ -1x:—I have used the mother tincture in ten to twenty drop doses with good results. Don't give this drug if there is diarrhæa. It will help you to simplify the disease. **Bell** 6:—Violent fever and restlessness. **Antim tart** 30:—Coated tongue, depression, prostration, back pain, nausea and vomiting. **Variolinum** 30 may be used alternately with **Antim tart**. **Mercurius** 30:—When maturation has commenced. **Apis** 30:—When swelling is great, or when itching is troublesome. **Hydrastis** 3x.—Capable of arresting the disease at its onset. For local application use mother tincture (1 in 10).

## AN INDIAN DRUG

A paste of the leaves of **Azadirachta Indica** (nim) is used externally in cases of small-pox. Leaves are spread on the bed of the small-pox patient and fans made of them are used for fanning him. Pills of 5 grains made of the fresh tender young leaves with liquorice powder and a few drops of water given thrice daily were found marvellously successful in small-pox cases.

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**ECZEMA**

In it's beginning consists of an eruption of simple vesicles or pustules on inflamed and swollen skin. The vesicles burst, or are torn by scratching, and a red weeping surface is produced. The gummy fluid from the torn surface may dry on the inflamed part and crusts be produced. If the crusts be removed, the dull red surface becomes dry and covered with white scales. There is usually intense itching, and the scratching that is occasioned leads to an extension of the disease. The chronic forms of eczema are the most common, but acute attacks are also frequent. They may last not more than a fortnight, or may return in successive attacks, and finally pass into the chronic type.

**For External Use**

In the stage of swelling and heat, cold water dressing will afford relief. After the eruption has appeared; dusting with finely-powdered starch, white oxide of zinc powder or chalk, may be tried. Scabs should be removed after softening with oil, or bread and water poultice, or, perhaps best of all poultices of mashed turnips. These latter is specially valuable in eczema of scalp. A piece of absorbent wool, soaked in the dilute solution of lysol, and applied as recommended for ulcer, will quickly soften and remove the scabs and crusts. When the scabs have all been removed, simple ointments like vaseline may

be applied. An ointment made of the *yellow oxide of mercury* (yellow precipitate) 1 drachm, *oil of sweet almonds* 1 rachm *lard* 6 drachms is frequently used by the allopathic physicians. All irritating applications are to be avoided. Without the help of the internal medicines Eczema cannot be cured completely. Therefore the sympto atology of the following Homœopathic drugs should be consulted carefully.

### Treatment

*Arsenic alb* 30-200 :—Better from external heat ; worse from cold or from scratching. Dry, scaly eruption with parchment like skin. Intense burning of the surface. Falling out of hair in patches. *Rhus tox* 30-200 :—Generally in acute eczema. Small yellow vesicles with red areolae. Humid eruption forming thick crusts with offensive smell. Hardness and thickness of scrotum. Nightly itching and burning. Aggravated from the change of weather and in rainy season. *Rhus van* 30 :—Fine vesicular eruption on the upper extremities. Groups of watery vesicles on the fingers. Upper lip swollen and covered with vesicles. Itching relieved by hot water. *Anacardium* 30 :—Redness of the skin with eruption of small vesicles. Sensitiveness to draught. *Psorinum* 30-200—Eczema behind ears. Crusty eruption all over. Eczema disappearing in summer. but reappearing in winter ( 1 dose 1000 only ). Violent itching aggravated by

warmth, Dirty skin ; foul-smelling profuse perspiration. *Sarsaparilla* 6 :—Scabby eruption on the nose and face, like milk crust. *Sepia* 30-200 :—Humid eruption in the flexures of the joints and behind the ears. Dry, offensive eruption on the vertex and back of the head. Itching of the skin changing to burning when scratched. Eruption in rings during pregnancy and nursing. *Oleandar* 30 :—Eczema of scalp. Oozing behind the ears, and on the back of head. Smooth shining surface covered with drops of serum. Gnawing itching while undressing. Extreme sensitiveness of the skin. *Petroleum* 30-200 ;—Moist eczema on the genitals, and inside of the thighs with rawness and great itching. Profuse oozing after itching. The parts burn like fire. Skin of hands cracked and rough. Eruption between the toes. *Croton tig* 30 :—Eczema on the face, genitals and scrotum. Excessive itching better from slight scratching. Two storey pustules. *Dulcamara* 30 :—Thick brown or yellow crusts on the temples, forehead and chin. Itching eruption aggravated by cold weather, better in warm air. Glandular swellings in neighbourhood of the eruption. Face-ache and asthma follow the disappearance of the eruption. Eruption precedes the menses. *Graphites* 30—200-1000 :—Moist eruption worse on the chin, behind the ears, on the palms of the hands and on the left side. Itching worse in the evening and at night. Increased sticky discharge after scratching. Skin dry, never perspires, and is inclined to crack. In blondes inclined to obesity. especially females with disposition

to delayed menstruation. *Alumina* 30 :—Eczema aggravated on alternate days and from eating new potatoes. *Ammon carb* 30 :—Eczema in children. Excoriates between the leg, and about the anus and genitals. Violent itching relieved by scratching. *Antim crude* 6-30 :—Painful cracks in the corners of the mouth. Pustular eczema about the face and joints. *Apis mel* 30 :—Red and oedematous skin, with burning and stinging. *Baryta carb* 30 :—Moist crusts on the scalp. Aggravated after washing. Falling off hair. Extreme sensitiveness of scalp. *Bryonia* 30 :—Eczema all over the body, especially on the back. Eruption slow in making its appearance. *Argentum nsi* 30 :—Eczema on the genitals. *Aurum mur* 30 :—Smarting, itching papular eruption on the lips or above the pubis. After abuse of mercury. *Caladium* 30 :—Attacks alternating with asthma. *Cantharis* 6 :—When complicated with urinary troubles. *Causticum* 30-200 :—in rheumatic and gouty subjects. *Chelidonium* 30 :—Eczema associated with jaundice. *Cicuta* 30 :—eczema on the face with yellow scurf on the skin like dried honey. *Clematis* 6 :—Moist eczema on the neck and occiput with terrible itching. *Conium* 30 :—In aged people or in children who are prematurely old. *Hellebours* 30 :—Small vesicles on the fingers of the right hand, humid for a long time and then covered with scurf. *Hydrastis* 30 :—Eczema along the border of the hair in front. Oozing after washing. *Juglans cin* 6 :—Vesicular eruption on the upper and front part of the chest with burning and itching. *Kali carb*

30 :—Eczema all over the body, especially on the abdomen and around the nipples. *Ledum* 30 :—Eczema only on covered parts. Adapted to rheumatic individuals and drunkards. *Lycopodium* 30—200 :—Eczema beginning on the back of the head and extending to the face. *Mercurius* 30 :—Patients perspire easily. Eczema all over the body, especially on the scalp, chin and extremities. Bleeding and smarting of the surface after scratching. *Merc. iodat* 30 :—When other remedies fail and there is a decided syphilitic taint. Swelling, and induration of the glands. All symptoms are worse at night. *Merc. P. rub* 30 :—Eczema of the hairy parts, and of the anus with fissures. Eczema of the umbilicus. *Mezerium* 30 :—Honey like scabs around the mouth. Discharges profuse, excoriates the surrounding parts. Constant chilliness over the whole body. *Natrum mur* 30 :—200 :—Eczema raw and inflamed, discharging a corrosive gluey fluid. *Nitric acid* 30 :—Vesicles on the inner side of the left hand. Syphilitic ulcers after abuse of mercury. *Nux. Jug.* 30 :—Large blood boils on the shoulders and in hepatic region. *Silica* 30x—200 :—Eczema on the arms and scalp. Offensive perspiration on the feet and genitals. *Staphysagria* 30 :—Cross words injure feelings. *Sulphur* 200—1000 :—Eczema around the margin of the hairy scalp from ear to ear posteriorly. Easily bleeding, burning and painful surface. Psoric patient, takes cold easily. *Thuja* 30—200—1000 :—Dryness of covered parts; perspiration on uncovered parts smelling like honey



Dry scaly eruption on the head extending to the temples, eyebrows, ears and neck, with itching tingling and biting. Itching vesicles with shooting pains. Skin extremely sensitive to touch, burning violently after scratching. *Viola tri* 6<sub>g</sub>:—Eczema on the face. Urine smells like cat's urine. *Vinca minor* 6:—Matting of the hair. Offensive moist verminous eruption with biting itching. Other important remedies are *Calcarea carb* 200, *Terebenth* 30., *Sumbnl* 30. *Piper meth.* 6., *Piper nig* 6., *Sulph. ac.* 6., *Lachesis* 200., *Lappa maj* 30., *Iris vers* 30., *Crotalus* 30., *Fluoric ac.* 6., *Hypericum* 30., *Borax* 30., *Chamomila* 12. *Carbolis acid* 30. etc.

## ERYTHEMA

This is in the form of patches of a dusky-red colour<sup>r</sup> caused by increased flow of blood through the vessels of the part. This is most often due to some digestive disorder. All that is chiefly required is attention to the diet and to the condition of the digestive organs. *Bell* 3:—Simple erythema. *Mezerium* 30:—In old people form obstructed circulation. *Acon* 3:—At the commencement. *Apis* 30:—If accompanied with fever. *Rhus tox* 30:—Rheumatic pain throughout the body. *Natrum mur* 6x:—A good medicine. *Chloral Hydrate* 30:—Aggravated by alcoholic drinks, with palpitation, causes and extensors. *Urtica urens*:—A good medicine.

## URTICARIA

In this disease the eruption is characterized by wheals, which are at first red and spread, becoming then white in the centre. The developement of the wheals is accompanied by itchy stinging sensations such as the sting of the nettle occasions. Fresh crops sometimes break out at intervals on different parts of the body, though each wheal quickly fades. *Acon* 3 :—At the commencement; due to cold; with fever. *Apis* 30 :—Swellings; sore, sensitive eruptions with stinging pain. Acts like a specific in almost all cases. *Chloral hydrate* 30 :—Urticaria worse, spirituous liquors, hot drinks. Intense itching. Wheals come on from a chill. *Antim crude* 6 :—Measle like eruption. Itching when warm in bed, Milky-white tongue. *Dulcamara* 30 :—From chill and wetting. *Astacus Fluvialilis* 30 :—Nettle-rush over the whole body. Itching with enlarged lymphatic glands associated with liver affections. Efficacious in chronic cases too. *Urtica uren* 30 :—Rheumatism alternates with nettle-rush. Itching blotches. Burning heat with formication, violent itching. *Sulphur* 30 :—Irritation aggravates at night when warm in bed. *Arsenic alb* 30 :—In weakly subjects, red tongue, thirst, much burning. *Natrum mur* 30x :—Inveterate cases, with constipation; earthy complexion. *Skookum Chuck* 3x :—A good medicine. Other important medicines are *Antipyrine* 2x :—Urticaria, appearing and disappearing suddenly with internal

coldness. *Bombyx* 6 :—Itching of the whole body. *Copaive* 3x :—Chronic urticaria in children. *Fragaria* 3x :—Swelling of the whole body. etc.

### Treatment

The diet should be carefully scrutinized. All external sources of irritation of the skin should be removed, linen or cotton being worn next the skin. The person should be kept cool and be lightly clad. Cold sponging relieve the irritation for a time.

### ERYSIPELAS

This is an inflammation of the skin. The affected parts of skin is red, shiny, swollen, tense and tender burning or itching. The disease is frequently ushered in by chilliness, which rapidly gives place to high fever, with prostration, headache, sleeplessness, and some wandering, or actual delirium. Moderately severe cases last about a week, but it may go on for 2 or 3 weeks. The case must be recognized as infectious from the beginning, and the precautions proper to all infectious disease followed. The progress of the inflammation may often be arrested by painting the skin with a saturated solution in water of picric acid. The affected skin should be thoroughly cleansed of dirt and grease. Tepid water should be used. For a long time after the attack the patient should protect the part that has been affected from cold and damp and wind.

### Treatment

*Rhus tox* 30 :—Erysipelas commencing left side of face and spreading to right. Vesicular, suppurative forms. *Rhus van* 3 :—Skin dark red. *Bell* 3 :—Dry and hot; swollen, sensitive; burns, scarlet, smooth; eruptions suddenly spreading. No thirst, with fever. *China* lx :—Extreme sensitiveness to touch, but hard pressure relieves. *Verat v.* 3x :—Erysipelas, with cerebral symptoms. Hot sweating. The mother tinct. may be painted externally on the part. *Hepar sulph* 3x :—Great sensitiveness to slightest touch. When suppuration has occurred. *Apis* 30 :—Much swelling with stinging pain. *Arsenic alb* 6 :—Low fever thirst, red tongue, anxiety, prostration. *Crotalus* 3 :—Should gangrene occur. *Cupram acet* 6 :—Leprous-like eruption, without itching, over whole body, in spots of various sizes. *Graphites* 30 :—Wandering erysipelas spreading from right to left. *Ferrum phos* 6x :—In chronic cases. *Natrum mur* 12x :—With much oedema. *Sulphur* 30 :—In chronic cases. *Lachesis* 200 :—Left side affections.

### BOILS

One may be successful in checking the development of a boil in its early stage, when it is felt as a hard painful spot in the skin, by the application of some soothing substance. such as a paint made of equal parts of glycerine and extracts of *Belladonna* or *Opium*, *Arnica* etc. When the boil is hard and stinging, hot applications with a few drops of *Apis* are most soothing.

### Treatment

*Belladonna* 3x :—Before suppurating ; much redness, swelling, throbbing, aggravated from hot applications. *Mercurious sol* 6 :—When suppuration has taken place ; but there is not so pain. *Hepar sulph* 3x :—Suppurative boils with extreme sensitiveness. *Arnica* 30 :—Crops of small boils with intense pain. *Arsenic alb* 30 :—Septic condition ; burning ; offensive discharge ; thirst. *Silica* 30x—200 :—In chronic cases ; thick purulent discharge. *Echinacea* ̸ :—Recurring boils, ( 5 drops, twice daily ). *Hemidesmus Indica* 3x :—Chronic cases ; boils and eczema appears at the same time. *Azadiracta Ind.* 6 :—Efficacious both in external and internal use. *Calendula* ̸ :—For external use ( as a lotion and ointment ). *Sulph* 200 :—In obstinate cases ; when crops of boils are constantly appearing. *Anthrax* 30 :—Succession of boils.

### ULCERS

Ulcers of the skin are common. An ulcer implies that the skin is broken, and that there is loss of substance. Owing to softening and breaking down of the skin an open sore exists. Ulceration may find its starting point in a cut, bruise, or wound of any kind.

### Treatment

*Belladonna* 3 :—Before suppuration ; hard, erysipelatous looking, red skin ; throbbing pain. *Phos* 30 :—Little ulcers outside the large one. Ulcers that bleed easily. *Hepar sulph* 30—200 :—Great sensitive-

ness to touch ; stinging, burning edges of ulcers, small of old cheese, little pimples or smooth ulcers surround the principal ulceration. *Causticum* 30 :—Old ulcers originating in a blister with burning or itching. *Mercurious sol* 30 :—Flat or round painless ulcers. Ulcers of an impure, lardaceous surface, with inflamed elevated and turned up edges, with pricking pains. *Lachesis* 200 :—Sore spots become fungoid, dark red, brownish, ulcers, rash, carbuncles and turn black or bluish. *Asafoetida* 3x ;—Ulcers with high hard edges, sensitive to touch, easily bleeding, pus profuse, greenish, thin, offensive, even ichorous. *Nitric acid* 30 :—Ulcers with stinging and pricking as of splinters ; exuberant granulation. *Meserium* 30 :—Ulcers easily bleeding, sensitive painful at night ; thick, whitish, yellow scabs, under which thick yellow pus collects ; burning, itching vesicles around the ulcers. *Kali bich* 30 :—Ulceration deep as if cut out with a punch ; edges regular. *Anthracinum* 30 :—Malignant ulcers ; sloughing and intolerable burning. black or blue blisters. *Arsenic alb* 30—200 :—Ulcers with offensive discharge ; burning and stinging ; better from heat. Poisoned wounds. *Paeonia* 3 :—Ulcers below coccyx, around sacrum ; varicose veins, Ulcers in general, from pressure, bed-sore etc. *Comocladia Dentata* 3x :—Deep ulcers, with hard edges. *Carbo veg* 30 :—When there is much prostration. with coldness and vital depression. *Ast. rub.* 6 ;—Chronic ulcers on the left side ; ulcers with sensitive edges and fetid discharges. *Silica* 30x—200 :—Old ulcers. Ulcers secreting thin,

foul, yellow matter. Fistulous ulcers. (give 3x in large doses). *Kali mur* 'x :—Ulcerations, when there is a thick, white fibrinous discharge. *Calcarea sulph* 6x :—After Silica when ulcers, which continue to discharge after Infiltration has ceased. Suppuration resulting from wounds. Other important tissue remedies are *Calcarea flour* 6x ; *Calcarea phos* 6x ; *Natrum phos* 6x. *Sulphur* 30—200 :—In chronic cases associated with much itching or as intercurrent when no definite results are obtained with the selected medicine. *Hydrastis* 3 :—Ulcers, cancerous formations. (ø for external use). Calendula Ointment or lotion may be used externally with other indicated medicines. *Achyranthes Aspera* (*Apang*) ø externally ointment or lotion. *Bambusa* A :—The young shoots of the Bamboo made into a poultice is a most efficacious application for dislodgement of worm from ulcers.

## HERPES & HERPES ZOSTER

These are the names given to an eruption characterized by groups of small sacs (vesicles) filled with a clear fluid. An itching or burning sensation announces the approach of the eruption, and the same sensation accompanies it. The part of the skin attacked is swollen and inflamed before the vesicles formed two or three days after the eruption is fully formed the clear fluid becomes turbid, and finally dries up into a crust. It lasts not more than 7 or 8 days.

### Treatment

Paint the part when the tingling sensation begins, with *tincture of Camphor* but when it is formed it should be left alone. The most important medicine is *Rhus tox* 6. Other medicines are *Merc sol* 6 ; *Sarsaparilla* 6 ; *Nit. ac* 12 ; *Tellurium* 6 ; *Variolinum* 30 ; *Arsenic* 3—chronic cases—*Prul. spi* 30 intractable pain: Locally in all cases, a *lotion* of *Cantharis* ̄ or an *ointment* is of excellent service.

### PSORIASIS VULGARIS

This is a chronic disease of the skin, in which thick layers of shining pearly scales are formed on a reddened and thickened skin. The scales are easily separated by the nails. There is little or no itching, and thus, in one chief point psoriasis differ from Eczema.

### Treatment

Allopathic physicians are frequently using an ointment prepared with *15 grains of Chrysophanic acid* with *1 ounce of lard or vaseline*. The chief medicine for internal use is *Arsenic alb* 6:—In general, acute or chronic cases. *Thuja* 30—200:—When due to bad effects of vaccination. *Graphites* 30:—Behind the ears, palms or back of the hands. *Sulphur* 200:—When there is much itching. *Radium Brom* 30:—When there is irritation. *Thyrodinum* 3x—30—A good medicine. *Petroleum* 30:—Worse from cold and in winter. *Cicuta v* 6:—Spots having a burning pain when touched; much irritation; eruption on the ears. (*Consult Eczema*).



## DANDRUFF

This is a chronic disease of the skin in which a quantity of fine scales is continually being produced and shed. The skin is sometimes slightly red, and there is some amount of itching present. Any part of the skin may be affected but the scalp is specially apt to be the seat of the disease, chiefly in children and old persons.

### Treatment

A free use of soap is advised, or the use of alkaline solution, such as the carbonate of potash (salt of tartar), of the strength of 60 gr ; to the half pint of water. An ointment consisting of one part of red precipitate ointment and three of lard is useful for the scalp. Mild Sulphur ointment is also efficacious *Arsenic* 3 :—Dry scurf. *Sepia* 30 :—Moist. *Sulphur* 30—200 :—Thick. *Arnica Hair Oil* may also be used for affection of scalp.

## IMPETIGO

This is an inflammation of the skin in which a flattened eruption containing matter is formed. The matter soon dries up and leaves yellow crusts or scabs. When the scabs are removed a raw surface is left. Heat and itching are severe. It occurs on the face and head and sometimes on the hands. It is accompanied by feverishness and sensations of chilliness.

### Treatment

*Carbolic* 6 with vaseline may be applied on the affected parts. The important Homoeopathic medicines are—

*Viola tri.* 3 :—Eruptions, particularly over face and head, with burning, itching ; worse at night. *Cicuta v.* 3 :—Where there are burning pains. *Croton tig* 6 :—Pustules on inflamed base, itching, stinging. *Mezerium* 30 :—Deep, inflammatory redness ; moist eruption ; discharge excoriates other parts. *Antim tart* 30 :—General impetigo ; in chronic cases.

### ELEPHANTIASIS ARABUM

It consists of an overgrowth of the skin and connective tissues, attended by Inflammation, and involving blood-vessels and lymphatics. The parts usually affected are the legs or the genital organs. The skin is so greatly thickened and thrown into folds and the feet and toes are so masked, when the leg is affected, by the enormous growths, that the appearance of an elephant's leg is produced, hence the term elephantiasis.

#### Treatment

A change of place is always advised. The tumour may be removed by surgical operation. and this should always be done where it occurs on the genitals. *Hydrocotile Asiatica* ʒ :—Acts as a specific in this disease. To be taken in 5 drops doses two or three times daily. Great thickening of epidermoid layer and exfoliation of scales. *Elaeis* ʒ :—Skin thickened, itching and hardened. *Arsenic alb* 30 :—Wishes to cover the affected parts, better from heat ; worse from cold. *Lycopodium* 30 :—200 :—Affection of the right side ; symptoms characteristically run from right to left, worse from 4 to 8 P. M. The patient is thin, withered, full of gas

and dry. *Anacardium* 1x :—Eating temporarily relieves all discomfort, Neurasthenic patient. *Hubbai Sahfa* is an Indian special preparation, prepared thus—Saturate *white pepper* (the white portion of the black pepper i. e. gol-marich. divested of the dark outer skin. which is removed by soaking in water the berries being subsequently dried and bleached in the sun;) and *baohnag* (*Aconitum ferox*) in milk for three days, changing the milk every day with fresh milk. Grind the drugs in ginger juice and make pills. Dose :—1 pill thrice a day. It is indicated for checking the constant attacks of filarial fever accompanying elephantoid swelling.—(*Indigenous Drugs Report, Madras*).

### LEPROSY.

Leprosy is a constitutional disease and is probably contagious, though that is not certain. At any rate it is transmitted from parents to children, more frequently by the mother than the father. It usually commences in early adult life.

#### Treatment

Remove the person from the district where the disease prevails. Strict cleanliness and attention to diet is necessary. Plenty of fresh air and out-door exercise is of vital importance.

*Codliver oil*; or what is better, *Chaulmoogra oil* may be taken in such quantities and as often as the stomach will permit. Local warm baths with *Gurjan oil* are highly recommended, The *Nim oil* is also efficacious for external use. The Hindoo Physicians often prescribe. *The Paneh Nimba Gutca* a medicine which contains the

flowers, fruit, leaves bark and root of the *Melia Azadirachta* (The Neem or Margosa tree) 12 parts each to 1 part each of *Loha Bhasma* (Powdered iron oxide). *Balharda* (*Chebulis myrobalans*) seeds of *Cassia Tora*, *Triphala*, fruit of *Semecarpus anacardium*, *Vavadinga* (*Embelia ribes*), sugar, *Emblis seed*, *Curcuma longa* long *Pepper*, black pepper, dry ginger, *Bayanchi* (seeds of *Psoralea corylifolia*) *gara Male* (pods of *cassia fistula*) and *gokhru* (*Tribulus terrestris*) all powdered, mixed together and made into a paste in the juice of *Bhringraj* (*Eclipta erecta*) and then mixed with the decoction (1 in 8) of the bark of *Acacia catechu*. This is given in doses of 4 drachms in Leprosy and white patches. [*Chakradatta*].

*Argemone Mexicana* :—One tola of the juice taken early morning on empty stomach is said to cure leprosy in 40 days. The principal Homoeopathic remedies are :—

*Hydrocotyle asiatica*  $\theta$  :—Acts like a specific in leprosy. Itching of any part of the body. *Hoang Nan*  $\theta$  :—A good medicine. *Piper methysticum*  $\theta$  :—Amelioration of pains for time by diverting attention. *Arsenicum alb* 30 :—Burning like fire in parts to the body. Loss of hair and eyebrows. Wishes to cover the affected part always. *Arsenicum iod* 30 :—Pricking sensation in the skin. Hoarse cough. Loss of the voice. *Aurum met* 200 :—Absorption of the bones of the nose. Melancholy ; Discharge from the nares very offensive. Other important remedies are *Crotalus* ; *Calotropis gig* *Cupram* ; *Graphites* :—Skin cracks and discharges a sticky fluid ; *Iodium* ; *Kali bich* ; *Kreosote* 6 :—Numbness in different parts of the body ; *Lashesis* ;

*Mercurious* ; *Petroleum* 30 :—Falling out of hair ;  
*Phosphorus* 30 :—In later stages ; *Rhus tox* ; *Secale* ;  
*Sepia* ; *Silica* ; *Woorari* 6 :—Blood oozes through the  
 skin. Itching.

## LEUCODERMA

Leucoderma is a rare affection, and seldom appears before adult life. The face, hand genitals are usually the parts first invaded, The patches are either round or oval, and are of a milk white colour. On the treatment nothing encouraging can be said. Locally, the pigmentation around the patch may be lessened by the use of strong *Acetic acid*. Galvanism may prove serviceable. Internally :—The *Pancha Nimba Gutias* as described in Leprosy may be tried. The Shafa-ul-imraz recommends the following local application for Leucoderma :—Take of Alum, potassium Nitras, Armenian Bole (*Boios*), *Fumaria officinalis*, Reduced iron, and *Wasma* ; equal parts. Mix with vinegar and apply. *Arsenicum Sulfuratum Flavum* 3x :—It is often used with much benefit. Other important Homoeopathic remedies are *Natrum*, Nitric acid., *Sumbul*. Phosphide of Zinc.

For leucoderma a favourable prescription is :—

Babchi seeds... .. 1 dram

Harital red... .. 1 dram

( Arsenic sulphide )

Made into fine powder and then rubbed into a paste with cow's urine. The paste is applied on the patch. In a few days colour begins to change and spots with normal

colour begins to appear and soon the entire patch is healed. But in a few cases we have received excellent results by applying the oil alone on the patches. The skin become red on the application of the oil, stimulated leading to pigment formation. The oil should be applied to the affected parts and allow to dry. After application exposure to the rays of sun must be avoided.—( Drugs of India )

## THE ITCH

The disease usually attacks the webs between the fingers, the front of the wrists and elbows and the lower part of the belly, the nipple in the female, the buttocks, and the genitals. The feet and legs are attacked in children. There is intense itching, worse at night, or whenever the person becomes warm.

### Treatment

The affected person should take a hot bath, and should thoroughly scrub the whole body, except the head, with soap and water, Persons with thick and not very sensitive skin may use soft soap. After the bath the whole body, and especially the parts where the eruption is, must be well anointed with *Sulphur ointment*, either the simple or compound sulphur ointment of druggists. The ointment should be well rubbed in. If it is properly done one application is sufficient. An ointment may be made of *Subcarbonate of potash* (1 drachm). *Sulphur* (2 drachms) and *lard* (12 drachms). In the morning after the use of the ointment a warm bath should be taken.

To destroy insects on the person's clothes they should be steeped in boiling water, *Sulphur* 30-200 :—Should be taken internally to have a permanent cure. Other important homoeopathic remedies are *Psorinum*. *Arnica*, *Rhus*, *Graphites*, *Calcarea carb*, *Dulcamara*, *Antimonium*, *Staphysagria*, *Lycopodium*, *Arsenic*. *Sepia*.

### WARTS

The use of the knife for the removal of the warts is very reprehensible, and is often attended with the result of perpetuating and multiplying the annoyance. *Causticum* 30 is perhaps the most serviceable medicine for warts on the face or elsewhere. Externally the *Causticum lotion* is also efficacious. *Thuja* 30-200 :—In crops ; warts on the genitals(♂) ; bad effects of gonorrhoea. Externally it should be applied night and morning. *Acid Nit.* 30 :—Easily bleeding warts. Cauliflower-like ; on upper lip ; bad effects of mercury. *Nat carb* 6 :—Ulcerating, sensitive to touch. *Antim tart* 12 :—Warts on the back of glans penis. *Kali mur* 3 :—Warts on the hands. *Natrum mur* 30 :—Warts on the palm. *Sepia* 6 :—Warts on margin of prepuce ; on the body ; large hard warts. Other important medicines are *Sulphur*, *Arsenic*, *Rhustox*, *Calcarea*, *Lycopodium* etc.

### WHITLOW

*Merc sol* 6 :—At the beginning. *Hepar Sulph* 2x-30-200 :—Pain intense and throbbing ; sensitive to touch. *Silica* 30x-200 :—When the matter is deeply seated the

swelling very considerable, hot tense, and attended with excruciating pain ; or, more especially, when there is reason to apprehend that the bone is affected. *Sulphur* 200.—To intensify the action of other medicines. *Lachesis* 200.—Pricking, tingling ; blue colour extending far around ; felons with proud flesh. *Dioscorea* 3x-30 :—Pricking sharp, agonising pain. • Locally  $\theta$  will abort many cases. *Acid Fluoric* 6 :—Thumbs and fingers inflamed, acute throbbing pains, sensation as of a splinter under the nail. *Phos*  $\theta$  :—If applied locally will give good results. *Arsenic alb* 30 :—If the whitlow is angry, black, and painfully burning. *Carbo Veg* 30 :—A good medicine. *Rhus tox* 30 :—Intense local inflammation predominates without constitutional fever. *Acid nit* 30 :—When there is fungoid granulation or sprouting of proud flesh should be employed both internally and externally. *Calendula lotion* :—After the incision should be used.

## RINGWORM

Ringworm occurs in three varieties, according as it attacks the scalp, the beard, or some other part of the body. *Chrysophonic acid with vaseline* should be used externally. It is of excellent service in all sorts of ringworm. *Sepia* 30 :—Will cure the majority of cases. Other important homœopathic remedies are, *Rhus tox*, *Sulphur*, *Calcarea*, *Staphysagria*, *Arsenic*, *Hepar sulph*, *Baryta Carb*, *Dulcamara*, *Graphites*, *Phos*, *Bryonia*, *Tellurium* etc.



## GOUT

Gout is closely related to rheumatism, but still quite distinct from it. True gout affects always the large joint of the great toe, is accompanied by pain peculiar to itself, and is most usually met with in patients of a certain class who live well. It is undoubtedly, in many cases, though by no means always, hereditary; it principally prevails in spring and autumn. Among the exciting causes of gout may be numbered the following:—A luxurious mode of life; stimulating diet, on drinks, especially beer & port wine; a sudden check of perspiration; mental emotions; sedulous application to studious pursuits; neglect of proper exercise in the open air; and the use of aperient medicines and tonics. Symptoms:—Pain in the joint, with inflammatory swelling, and symptoms of deranged digestion.

### Treatment

During an acute attack the joint may be wrapped in cotton; hot fomentations may be applied. A person subject to gout should wear flannel underwear; take regular exercise: live out of doors as much as possible; see that the skin is kept active; Turkish baths are beneficial; regulate the diet; the diet should consist mainly of fruits, vegetables, and farinaceous articles; avoiding starches and saccharine articles positively no liquors. Fish, eggs and oysters are allowable.

*Aconite* 30:—At the beginning. *Puls* 30:—The pains are of a shifting nature; aggravation of the

symptoms towards the evening or in bed; stomach derangements. *Ledum* 30.—When the inflammatory symptoms have much subsided; the joint is still painful to the touch, and on the slightest pressure, it is stiff and swollen. (Local application—20 drops  $\theta$  to a tea cupful of warm water; cover with cotton wadding). *Nux Vom* 30.—Pains are worse towards the morning; when indulgence in wine or fermented liquors has been the inducing cause. *Bryonia* 30.—Pains increased by slightest motion; aggravation at night; Gout with headache; *Ferrum* 30.—Pains are worse at night; restlessness, constant necessity to change the position. *Rhus tox* 30.—may be used alternately with *Ferrum*. Tearing pains and stiffness. *China* 30.—Extreme sensibility to touch. *Arsenic alb* 30.—Pains relieved by warmth. *Colchicum* 30.—Efficacious both in acute and chronic gout, Lancinating, jerking or tearing pains, worse at night. and aggravated by motion or anxiety; or there may be only stiffness in the joints when attempting to walk, with swelling of the parts in the vicinity of the inflammation. *Sabina* 3:—When the gout is connected with uterine disorder. *Ammon Benz.* 2x.—Gout, with fluid in large toe joint. *Formica Rufa* 6:—Chronic gout and stiffness in joints. Acute outbursts of gouty poisons. Pains, worse, motion; better, pressure. Right side most affected. *Lithium* 3x.—Ankles pain when walking. *Fraxinus excelsior*; *Rosmarin*, *Sulphur*, *Urtica urens* etc.

### ACUTE RHEUMATISM

Acute rheumatism is accompanied by fever; heat

alternating with chills ; thirst ; profuse acid perspiration, inflammation and pain of the limbs and joints ; tenderness of the parts affected ; usually following a severe chill or thorough wetting ; often the result of not changing wet things, or sleeping in a damp bed.

*Aconite* 30 :—At the beginning. *Belladonna* 3x :—Shooting or burning pains, principally in the joints, aggravated by movement, worse at night. *Bryonia* 30 :—Pains aggravated by moving or by cold draught of air. *Gelsemium* 3x :—Dizziness, dullness, and drowsiness. Chilliness. Perspiration. *Mercurius* V. 6 :—Pain and swelling of joints. aggravates at night, profuse sweat which gives no relief, sometimes oily or offensive, pericardial complications. *Rhus tox* 30 :—Hot, painful swelling of joints. Rheumatic pains spread over a large surface at nape of neck, loins and extremities. Feels better for a time from a change of position. *Dulcamara* 6 :—The rheumatic troubles induced by damp cold air, are aggravated by every cold change and somewhat relieved by moving about. Rheumatism alternates with diarrhoea. Rheumatic symptoms after acute skin eruptions. *Colchicum* 30 :—Sharp pain down left arm. Tearing in limbs during warm weather, stinging during cold. Shifting rheumatism. *Cimicifuga* 6 :—Burning and cramping, or sharp, shooting pains, or chilliness ; cold perspiration, and quick, irregular pulse. Other important medicines are. Sulphur Arsenic, Veratrum vir, Chamomila, Nux vom, Cocculus. Kali bich., Caulophylyum., Puls. China. Arnica., Calcareo phos., Propyl., Hemidesmus Ind  $\theta$ ., Ignatia etc.

## GONORRHOEAL RHEUMATISM

*Medorrhinum* 200 :—The first dose of this drug will keep the field ready for other suitable medicines.

*Merc sol 6* :—Swelling of joints, perspiration, discharge.

*Puls* 30-200 :—Suppressed gonorrhoea; pains fly from joint to joint. *Thuja* 30-200 :—Give it as an intercurrent

*Sulphur* 200 :—Will intensify the action of other selected medicines. Other important drugs are. Sarsaparilla., Argent nit., etc.

## SYPHILITIC RHEUMATISM

*Kali iod 3* :—Syphilitic or mercurial rheumatism. Rheumatism of knees with effusion. Severe bone pains.

*Merc sol 6* :—Patient very sensitive to cold. Oily perspiration. Lacerating pain in joints, *Aurum met* 30-200 :—Paralytic, tearing pains in joints. Disgust of life. Other important drugs, Kali bich., Phytolacca.

## CHRONIC RHEUMATISM

*Arsenicum 30* :—Rheumatism with burning pains; great prostration, anxiety. *Bryonia 30* :—Pains aggravated by the slightest chill or motion. *Rhus tox 30* :—Swollen around the ankles after sitting too long, particularly in travelling. Powerlessness of lower limbs; cannot draw them up. Rheumatic tension, drawing in limbs during rest. Lameness, stiffness and pain on first moving after rest or getting up in the morning; relieved by constant motion. *Ledum 30* :—Rheumatism begins below and travels upward. *China 30* :—Pains in limbs worse from slightest touch, and then increasing gradually.

*Aconite* 30 :—Numbness in left arms ; can scarcely move the hand. *Verat alb* 30 :—During wet weather pains in the limbs, and getting worse in the warmth of the bed ; better walking up and down. Difficult walking, first the right then the left hip feels paralyzed (or first left and then right) *Sulphur* 30-200 :—Pain excited by slightest chill ; every change of weather causes a relapse. Cramps in the calves and soles. particularly at night, also looseness of bowels. *Lachesis* 200 :—Much pain of an aching kind in shin bones only. *Ruta* 30 :—Spine and limbs feel bruised. Small of back and loins pain. Tendons sore. Thighs pain when stretching the limbs. Pain in bones of feet and ankles. *Puls* 30 :—Drawing tearing pains in limbs ; shifting rapidly from place to place ; worse at night from warmth ; better from uncovering. *Cocculus* 30 :—Much paralytic pain in the small of the back. *Rhodo-*  
*dendron* 30 :—Drawing and tearing in limbs, especially in the periosteum, and forearms and legs ; worse in wet weather or before a storm, and at rest. *Actea rac* 6 :—Rheumatism of the limbs affecting the muscles of the belly. *Meserium* 30 :—Pains in the Periosteum of the long bones, especially the tibia, least touch intolerable ; worse in wet weather, at night and in bed. *Kalmia* 30 :—Rheumatic pains in limbs from hips to feet. *Ferrum* 30 :—pain in shoulder-joints of deltoid muscle or upper arm ; better walking ; slowly about. *Coulophyllum* 6—Severe pains in joints of wrist and fingers ; shutting the hands produces severe pains ; swelling. *Hamamelis* 6 :—Rheumatism with great soreness of the muscles. *Phytolacca* 6 :—Rheumatic

pains in arms, especially about the attachment of the deltoid muscles. *Sanguinaria* 30 :—Rheumatic pains in the right arm and shoulder ; worse at night and on motion. *Colocynth* 30 :—Crampy pain in hip as though the part were screwed in a vise. *Calcareo Phos* 30x :—From slight draft of air, rheumatic stiffness of neck. Other important remedies are *Calcareo carb.*, *Kali iod.*, *Iodium.*, *Dulcamara*, *Kali bich.*, *Benzoic acid* :—When the right-knee is most affected. *Berberis V.* 3 :—Chronic joint affections connected with urinary difficulties (especially of the knees). *Lycopodium.*, *Colchicum.*, *Merc. V.*, etc.

## LUMBAGO

Violent pains, of a rheumatic character, in the loins, either periodical or permanent, frequently accompanied by considerable degree of fever. The medicines should be consulted are, *Aconite*, *Bryonia*, *Cimicifuga.*, *Nux Vom.*, *Rhus tox.*, *Belladonna.*, *Puls.*, *Mercurious.*, etc., Consult *Rheumatism*.

## SCIATICA

Pain in the region of the hip-joint, most frequently extending down the back of the thigh to the knee and feet, following the course of the sciatic nerve, It often increases with the motion of the limb, causing stiffness and contraction, and, occasionally, wasting of the limb. The disease is almost invariably connected with derangement of digestion.

*Aconite* 30 :—Burning pain, dragging sensation of cold in the part affected ; pains periodical ; in weak and emaciated persons. *Chamomilla* 12 :—The

pains are frequent at night, attended by excessive sensibility and irritability; sensation of torpor in the affected parts. *Ignatia* 30 :—Cutting pains, especially on moving the limb; in individuals of a mild, melancholy temperament, or exposed to alternations of extremely high and low spirits. *Nux vom* 30-200 :—Labor-like pains in back with urging to stool. Pain is attended by a sensation of stiffness or contraction of the limb; torpor, with chilliness in the affected parts. *Puls* 30 :—Pain aggravates towards evening, relieved in the open air. *Colocynth* 30 :—When the right leg is affected. *Rhus tox* 30 .—Pains aggravated by rest and relieved by motion and warmth. *Cimicifuga* 6 ;—Weakness, creeping chill; great restlessness; pulse quick, weak, and sometimes irregular; nervous irritation, with sleeplessness; pain come on in paroxysms, or returns periodically. *Gelsemium* 6 :—Pain deep-seated; is of a pawing, sharp, shooting-character, with restlessness and chilliness. *Kali i a* :—The pains are always worse and sometimes felt only at night. *Guaicum* 1x .—Suited to gout and rheumatic patients, subject to heart-burn, constipation. *Sulphur* 200 :—As an intercurrent or *Kali iod* 30 will help you to hasten the result. A liniment of Aconite, Rhus, Bryonia or Cimicifuga applied warm at night and morning, will be found of great service when any of these medicines are being taken internally. Fomentations with hot flannels, hot sitz and vapour baths may often be resorted to with advantage. Massage by a skilled masseur or nurse will often help greatly.

## GOITRE

This disfigurement arises from a permanent enlargement of one or both lobes of the thyroid gland, in the front of the throat. As the enlargement increases, it is inspiration, from the pressure which it exerts against the windpipe. Women are more prone to it than men and particularly those who have suffered from severe labours.

## Treatment

A change of residence should be obtained. Generous diet, including abundance of fresh milk and red meat and warm clothing are necessary. *Spongia* 30 :—In exophthalmic cases when there is much palpitation of the heart. It has generally been found a very serviceable remedy. *Calcarea carb* 30-200 :—Scrofulous patients, chilly, cold, damp feet. *Thyroidinum* 3x :—A very useful remedy. In simple and soft cases. *Iodium* 30 :—When *Spongia* fails. *Merc iod rub* 6x :—When there is marked cachexia of constitution. *Kali Hydro* 30 :—When *Iodin* fails reducing simple hypertrophy in rheumatic patients. *Spigelia* 6 ; *Ac. Fluoric* 6x., *Amyl nit.*, *Bell.*, *Lycopus.*, *Natrum mur.*, *Carbo animalis.*, *Sepia.*, *Lycopodium.*, *Sulphur.*, *Silicea* etc. should be tried according to the characteristic effects, *Fucus vesiculosus* ̄ ;—10 to 15 drops of this medicine if taken internally will act as a specific.

## HIP-DISEASE

Chronic inflammation of the bones, cartilage, and tissues composing the hip-joint, frequently commencing with pain or uneasiness in the knee of the limb attacked, or a slight weakness, attended with limping ;



afterwards emaciation, and elongation of the limb takes place, and, as the complaint progresses a severe pain, often intense, is felt in the neighbourhood of the joint, extending down to the knee, ankle, and foot, accompanied by feverishness.

### Treatment <sup>c</sup>

Professional aid, should be secured. The most important remedies are. *Bell 3* :—In the inflammatory stage, when the patient suffers with great pain. *Bryonia 3* :—Pain on movement, *Puls 30* :—In chronic cases, the swelling remains stationary and is glazed or shining white, soft or doughy ; the patient is very pale and unhealthy looking. *Bacillinum 200* :—Should be given once a week. *Cham 12* :—The distress is excessive ; all the symptoms aggravates at night. *Mercurious sol 6* :—In early stage of the disease. When no pain is complained of, but the disease is insidiously advancing. *Merc iod 6x* :—When the swelling and puffiness of the joint resist all other measures. *Conium 3* :—Aching pains around and above the hips, and across loins ; extreme languor, with general apathy or dread of any exertion, mental or bodily. *Rhus tox 30* :—First stage ; growing pains ; most painful during rest. *Sulphur 200* :—When other medicines fail. *Calcarea carb 200* :—Second stage ; after *Sulphur*. The other most important remedies are, *Lachesis 200* :—symptoms aggravates after sleep. *Silicea 3x—200* :—3rd stage. *Hepar sulph 30—200* :—Intense sensitiveness ; fears to be touched. *Lycopodium 200* ; *Phosphorus 30* ; *Sanguinaria 30* ; *Arsenic 30* ; *Acid phos 30* ; *China 30* ;

*Acid Fluorid* 30; *Anthrax* 30 etc., should not be overlooked during treatment.

**BERI-BERI**

An important fact in the etiology of Beri-Beri is that among those whose chief or only diet is rice the consumption of white or polished rice, that is rice from which the pericarp and aleurone layer have been removed in the process of milling has given rise to Beri-Beri, whereas those whose rice has not been so prepared, escape. The general symptoms of this disease are, uneasiness in the abdomen and gurgling followed by diarrhoea which continue for a few days though constipation is present in many cases. Throbbing or burning sensation in the rectum; oedema of feet; much diminished on rest but reappears when at work and settles down to permanency if precautions are not taken in due time. The skin on the legs in many instances has a red flush which disappears on pressure only to reappear again. There is intense pain in lower extremities in many cases so much so that the patient cannot stand up and screams out on the slightest attempt to move the legs. Some times even the touch of the skin is unbearable. All painful cases are heart cases with palpitation, breathlessness and difficulty of making any exertion. Loss of appetite and distaste of food are found in many cases. Progressive emaciation and rapid anaemia. Fever of remittent type, though in some cases there is no attack of fever. In some cases acute dilation

of heart with dropsical effusion of legs, palpitation of the heart, dyspnoea etc. are observed. In all the cases the myocardium becomes weak and in some cases rapid and irregularity of heart's action was observed. Almost in all instances death occurs from heart failure, and in case of recovery the heart takes a very long time to recover but those cases become unfit for hard work as before due to permanent weakness of myocardium.

### PROPHYLACTIC

**Treatment**—Remove from the affected area immediately if possible. Never visit a patient with an empty stomach. Neatness, cleanliness, should also be observed. *Makaradhvaj* gr. ii in juice of betel leaves is to be taken every morning. (Dr. Sarkhel). Great precautions should be taken regarding selection of the diet. During Attack :—*Punarnava*  $\theta$ —3x :—Dropsical symptoms ; oedema of the legs ; palpitation of the heart ; urine scanty or suppressed. *Ocimum sanctum* 1x :—Fever of remittent type, pain in the chest. *Arjun*  $\theta$ —3x—Excessive palpitation of the heart, urine suppressed or burning (slight) during urination. *Elaterium* 30 :—Beri-Beri from exposure on damp ground, vomiting and purging ; the evacuations are copious and watery. *Rhus tox* 30 :—He feels better from a change of position. Generally the cases which occur in rainy season. *Gelsemium* 3x :—Paralysis of lower extremities. *Arsenic- alb* 30 :—Numbness, pain, oedema, anaemia. *Aegle folia* 3x :—Beri-Beri with sexual weakness. Other important medicines are *Crataegus*  $\theta$  ; *Adonis ver*  $\theta$  ; *Caclus* 3x etc.

## DISEASES OF THE LIVER

## Inflammation of the liver

*Aconite* 3 :—At the commencement. *Bell* 30 :—pain extending from the liver to the chest and shoulders. *Merc sol* 30 :—offensive perspiration ; salivation ; liver sore to touch, indurated. *Bryonia* 30 :—oppression at the chest ; shooting or dull pain in the liver ; aggravated by coughing, touch or moving. *Lachesis* 200 :—symptoms aggravate after sleep. *China* 0 :—Aggravation every other day. *Nux Vom* 30—200 :—Bruised soreness of the abdominal walls. Liver engorged, with stitches and soreness. *Leptandra* 3x :—Aching in region of liver extending to spine, which feels chilly. *Arsenic* 30 :—Gnawing, burning pains like coals of fire ; relieved by heat. *Lycopodium* 30—200—pain shooting across lower abdomen from right to left. *Hepar sulph* 30 :—Extreme sensitiveness of the liver abscess. *Berberis v.* 3x :—Pressure or sticking pain in region of liver. *Ferrum phos* 6x :—In the first stage. *Kali mur* 6x :—Pain in the region of liver and under right shoulder-blade. *Natrum sulph* 12x :—Congestion of the liver with soreness and sharp, sticking pains. *Kali sulph* 30x :—As an alternate remedy, when symptoms indicating this remedy. *Carduas Mar* 0 :—Pain in liver, left lobe very sensitive. *Kalmegh* 1x :—A good medicine for the cases of children.

## JAUNDICE

*Mercurius sol* 6 :—Pain in the liver and inability to lie on right side ; acts like a specific in almost all cases. *China* 3 :—Jaundice recurs periodically ; after abuse of mercury ; with congested liver, white stool. *Kalmegh* 0 —1x :—An excellent medicine for the jaundice of the children. *Podo* 6—Scanty, deep-yellow urine ; evacuations clay coloured, nausea and giddiness. *Leptandra* 3 :—Pain extends to the spine. *Aarsenic* 30 :—When jaundice occurs as a complication in a acute disease. *Hydrastis* 3x :—Skin and eyes of a dark-greenish yellow ; urine very dark ; stools quite light-coloured ; sinking feeling. *Chelidonium* 3x :—Yellowness of the eyes and skin ; jaundice due to hepatic and gall-bladder obstruction. The palms of the hands are remarkably yellow, urine deep yellow or brown, red and sour stool, white or greenish-yellow. *Phos* 30 :—In malignant cases ; red patches here and there in the skin. *Digitalis* 30 :—Most important when there is nausea, retching, or vomiting and purging of greenish fluid. *Hepar sulph* 30 :—Specially for cases where mercury has been continuously given ( After allopathic treatment ) *Iodium* 30 :—After abuse of mercury ; diarrhoea alternating with constipation. *Ac. Nit* 6 :—Chronic jaundice depending upon enlargement and induration of the liver, with obstinate constipation ulcerative pain at the pit of the stomach. *Cham* 12 :—Like a specific in jaundice, more especially in cases where a fit of passion, or violent emotion,

is the exciting cause. (greatest medicine for infants and children.) *Nux vom* 30—200 :—It is preferable when the bowels are confined. or alternately confined and relaxed; also when sedentary habits, over-study, indulgence in spirituous liquors, tobacco, opium are the predisposing causes. *Gelsemium* 3x :—Languor, dullness, drowsiness, depression of spirits. *Crotalus* 3 :—Yellow, faint, sunken eyes; burning pain in the region of the liver; difficulty of breathing; unquenchable thirst. *Natrum mur* 6x :—Jaundice arising from gastric catarrh.; coating of the tongue. *Kali mur* 6x :—Jaundice caused by a chill. *Punarnava* ̄ :—Jaundice; scanty or suppression of urine. *Gulanha* 1x :—Jaundice with malaria.

Avoid any irritative food; the best is that patient should live for some time on a strictly vegetarian diet, vegetables, fruits and bread; no meat, fat or eggs. Much fresh air, the windows of the sleeping room being kept open. In case that gall-stones are present the patient must drink plenty of water. Further, when there are symptoms of inflammations, compresses should be placed near the liver. These compresses are to be replaced or removed according to the wishes of the patient.

### GALL-STONES

*Calcarea carb* 30 :—A marvellous medicine. *Berberis v.* ̄—1x :—When *Calcarea* fails. *Hydrastis* ̄ :—Give 10 drops with water every half an hour. (*Burnett.*) *China* 6x :—Give it at an increasing interval and it will never despair you. Other important medicines are Cham., Podo., Lyco., Chel., Sepia., Merc., *Nux vom.*

## INFLAMMATION OF THE SPLEEN

*Ceanothus am.* ʘ :—Pain and enlargement. (Apply externally ʘ 1 dram in Olive oil 1 ounce). *Agarie* 8 :—Pricking in spleen region, stitch in side. *Nat mur* 30 :—After abuse of quinine. *Urtica urens* ʘ :—Spleen pain in gouty subjects; after intermittent fevers. *Arsenic* 30 :—Chronic cases. *Arnica* 3 :—After mechanical injuries. *Quercus* ʘ :—Chronic spleen affections; old malarial cases with flatulence. Give 10 drops to a teaspoonful to three or four times a day. Other important medicines are, China, Rhus tox, Nux vom., Bryonia., Sulphur., Cal. c. Baryta; Rohitaka; Khetpapa; Kalmegh Gulancha; Quinea Ind; etc.

## EYE DISEASES

### Simple Ophthalmia

This is the common form of inflammation of the eyes resulting from cold.

#### Treatment

First of all, one must look to see that there is nothing present under the eyelids keeping up irritation and so causing redness. If such causes be removed, in simple cases a mild lotion with which to bathe the eye is sufficient. *Sulphate of Zinc* eye-wash is best suited for this purpose. (Or lotion of Boracic acid 8 gr; 1 oz.) The important medicines are, *Merc cor* 6 :—going on to ulceration of cornea. *Ferrum phos 6m* :—In the first stage. *Sulphur* 30 :—

Usually suffices to effect a rapid cure. . *Belladonna* 6x :—Frontal headache ; congestion of the head. *Aconite* 3 :—Before *Bell.* *Euphrasia* 3x :—Excessive flow of tears with watery discharge from the nose. *Arsenic* 6:—Along with the copious flow of tears there is much burning and smarting pain, the tears being particularly acrid and corrosive. or there is chemosis or oedematous condition of the lids. *Argentum nit*, 30:—Where the mucous secretion is excessive, the injection considerable, and the caruncula particularly inflamed and enlarged. *Puls* 30 :—Evening aggravation of all the symptoms. *Merc sol* 6 :—A good medicine. *Hepar sulph* 30, *Cham* 12, *Gels* 3x etc. should also be consulted.

### PURULENT CONJUNCTIVITIS

*Argentum nit* 30 :—The best medicine. The most intense chemosis with strangulated vessels, most profuse purulent discharge and commencing haziness of the cornea with a tendency to slough, subside rapidly under this remedy. A weak lotion of the drug is applied externally aided in the cure. (Use 3 or 6th potency for internal use.—*E.L. Hughes*) *Hepar sulph* 30 night and morning and *Rhustox* 6 every two to eight hours according to the severity of the symptoms should be used (*Hughes*). A solution of 20 drops of the first attenuation of *Mercurious cor* in a 100 gramms (about two ounces) of water : instill it into the eyes every two hours. it will give you very encouraging result (*Jousset*).

### GONORRHOEAL OPHTHALMIA

It is very important to distinguish between two forms of this disease. In the one it is a constitutional



effect of the virus analogous to gonorrhoeal rheumatism, with which it is frequently associated: both eyes are here affected simultaneously. In the other, it is the result of accidental contact with the discharge; and attack at least at the outset, one eye only. "In all such cases," writes *Jahr*, "I first give *Aconit*<sup>d</sup>, with a view of moderating the inflammation; after which if the discharge still continues, Nitric acid completes the cure, or perhaps *Pulsatilla* if the discharge had suddenly stopped" *Argentum nit*, 3:—should be given internally & a strong lotion (one to 10 grain to the ounce) for external use. Or *Merc cor* internally and externally after this *Hepar sulph* 30-200 will complete the cure. *Clematis* 3x is also a good medicine.

### SCROFULOUS INFLAMMATION OF THE EYE

You must first take into account the constitution of your patient, and give him accordingly a course of Sulphur or *Calcarea* (Hughes). *Sulphur* 200:—The most suitable medicine when the ophthalmia is the only sign of scrofulous taint; unhealthiness of the skin. Pricking pains in the eyes, and an intolerance of the parts for water. *Calcarea carb* 30-200:—When the diathesis is strongly marked, especially by enlargement of the lymphatic glands; general aggravation of the symptoms from wet weather, or from the least chill, to which the patient is very susceptible. Other constitutional medicines which should be considered are. *Graphites*, *Iodine*, *Phosphorus*, *Arsenie*. *Cinnabaris* 30:—Should be used if the symptoms agree. *Hepar sulph* 30-200 with its sensitiveness should be consulted. *Rhus tox* 30:—When the

ophthalmia appears with a part of general eczema of the face. *Graphites* 30-200 :—if *Rhus* fails. *Arsenicum* 30 :—The inflammation seem too fugacious to be real, and the nervous element in the case is predominant. *Conium*, *Bell*, *Euphrasia*, *Antim t*, should be consulted.

### CHRONIC INFLAMMATION OF EYELIDS

*Arsenic* 30 :—The chief medicine for the chronic inflammation of the eye lids. Ulceration of the internal surface of the eye-lids; burning sensation; acrid and corrosive discharge. *Sulphur* and *Calcareo* should be prescribed according to the constitution. *Sepia* and *Causticum* are also very efficacious if administered according to the symptoms.

### PHLYCTENULAR CONJUNCTIVITIS

The local application of *Calomel* is specific here (Hughes). *Rhus tox* 30 will help you in many cases.

### CONJUNCTIVITIS MEMBRANOSA

It appears in two forms,—the diphtheritic, and the croupous, the former presenting an interstitial infiltration, the latter having a superficial pellicle. Here too, local measures are obviously indicated. Internally *Apis* 30 perhaps *Guaroea*  $\theta$  should control diphtheritic conjunctivitis when forming, *Mercurious cynatus* later for the croupous form *Kali bich* is without a rival.

### GRANULAR OPTHALMIA

It appears due to much hot wind and dust; it is a contagious disease. In its acute form generally check it

with the help of *Aconite* 3 or *Bell* 6. For local application *burnt alum* is highly recommended. Or *Calendula lotion* (5 to 10 drops to 1 oz.) may be used. For chronic conditions Sulphur, Calcareo, Alumina, Arsenicum, Aurum, Natrum mur, Thuja, Pulsatilla, Hepar sulph. Kali bich, should be consulted.

### PTERYGIUM

Generally supposed to be amenable to surgical treatment alone, homoeopathy has found internal medicines capable of curing it. The most efficacious medicines are *Zincum*, 30 when the pterygium extends from the inner canthus. *Ratanhia* 3 helped me in many cases. *Sulphur* 200 may be tried for the unhealthy skin and chronic cases.

### RHEUMATIC OPHTHALMIA

*Aconite* 30 and *Spigelia* 30 are two excellent medicines for this ailments. Dr. Norton recommends *Thuja* highly. *Terebinthina* 6 when the scanty urine is present. *Kalmia* 6 has sometime proved useful.

### KERATITIS

Inflammation of the Cornea may be simple, scrofulous, or syphilitic and again, indolent or suppurative. *Apis* 30 :—is like a specific in simple diffuse keratitis. *Arsenicum* 30 :—when ulceration threatens ; the patient is feeble and cachectic. *Sulphur* 30-200 and *Calcareo carb* 30—200 should not be forgotten and must be administered if the constitutional symptoms agree. *Merc cor* 6 :—In syphilitic subjects ; cloudiness of centre of

cornea. *Hepar sulph* 3x :—Suppurative early stage. *Aurum met or mur* 30 :— 200 :—Holds the highest place in the treatment of the severe affection. *Conium* 30 :—when there is much photophobia. The other medicines should be consulted are *Cannabis ind.*, *Ipec.*, *Kali bich.*, *Zincum*.

### CORNEAL OPACITIES

*Calcarea carb* 30—200., *Calcarea flour* 6x an excellent medicine., *Cannabis sat* 6. *Causticum*. 30.

### IRITIS

It may be of simple, rheumatic or syphilitic forms. *Belladonna* 1x :—For the traumatic form. The traumatic iritis which is apt to supervene after the extraction of cataract is said to yield nicely to *Aconite* 3 or *Arnica* 6. *Gelsemium* 3 :—In which the pupil instead of being contracted is dilated ; in which the tension of the globe is increased, and hypopyon may be present. *Mercurions* 6 :—For syphilitic or rheumatic iritis. Other important remedies are, *Clematis*, *Euphrasia*, *Kali bich.*

### LACHRYMATION

*Guaroea* 9 will cure most of the cases.

### GLAUCOMA

*Bell* 3 :—At the commencement ; instillation of atropine fail. *Pios* 30 :—A good medicine. *Digitalis* 3 :—When tension and chromatopsia are more marked than neuralgic pain. *Colocynth* 6 :—Aching in upper portion of right eye-ball with hard feeling. If Atropine

has been the causes, drop in *Eserine* (two grains to the ounce), and give if the pains are burning, sticking, tearing pressing, *Aconite* 3. (Clarke). *Spigelia* 3:—The pains are intolerably pressing and sticking.

### CATARACT

To get the rapid cure an intercúrent dose of *Sulphur*, *Calcarea*, or *Silicea* is required. *Silicea* 30:—When suppressed perspiration of the feet seems to have been the exciting cause. *Sulphur* 30—200:—When the trouble dates from repercussion of a cutaneous eruption. *Cannabis* 6:—When the cataract was capsular the result of a inflammatory action. *Bell* 30:—Cataract in the act of formation. i.e., in the inflammatory stage. *Puls* 30:—Due to the suppression of menses. *Conium* 3:—Traumatic. *Euphrasia* 3x:—Capsular opacity. Externally; lotion of *Euphrasia*  $\theta$  (10 drops to the ounce) three times a day. *Calcarea carb* 30:—Scrofulous patient. Early stage, *Linaria m*  $\theta$ :—Instill two or three drops in the eyes four or five times a day for a long time.

### RETINITIS

*Bell* 6:—Simple and recent. *Merc sol* 6:—Chronic; sensitiveness to the glare of a fire. *Kali iod* 30:—Syphilitic. *Duboisine* 3:—Hyperaemia of retina with weakness of accomodation, fundus red, blood vessels full and tortuous; pupils dilated, with dim vision. *Merc cor* 6 and *Picric acid* 30 should also be consulted.

### STYE

*Puls* 30:—A few dose will arrest the progress. *Staphisagria* 30:—After *Puls* if there be a disposition

to frequent recurrence. *Hepar sulph* 30 :—Chronic cases  
Other important remedies are. *Calcarea carb*, *Graphites*  
*Alumina*, *Mercurious iod*, *Petroleum* etc.

## DISEASES OF THE HEART

### Palpitation

*Arjuna* 6 :—The great Hindu Specific. I have cured many obstinate cases with this medicine alone. *Moschus* 1x :—Acute attack of the heart : also the best remedy for the palpitations of hysteria. *Coffea* 6 :—Palpitation resulting from psychical causes, unless the patient has been accustomed to drink much of it, in which case *Nux vom* 30—200 would be preferable. From indigestion, aggravates after eating, flatulence after eating, constipation. *Iodine* 30 :—may be given in similar cases, where the whole nervous system is much depressed, and there is a tendency to melancholia. *Nux mosch* 30 :—Cardiac disturbances of hysteria. *Acid Phos* 30 :—Disorder of the heart's action resulting from sexual excess. *Digitalis* 30 :—When the muscular tissue of the heart is itself enfeebled. *Tabacum* 6 ( *In non-smokers* ) is also useful here. Such Palpitation often alternate with fainting attacks. *China* 6 :—Palpitation brought on by excessive tea-drinking. *Cactus* 3 :—Violent palpitation ; worse lying on left side, at approach of menses. *Spigelia* 30 :—Frequent attacks of palpitation especially with foul odor from mouth. *Acid Hydro* 6 :—Dyspeptic palpitation. *Lilium tig* 30 :—Palpitation with cold feeling about heart. *Staph* 30 :—The least motion makes the heart

palpitate. *Spongia* 6 :—Violent palpitation of the heart with dry cough, pain and gasping respiration. *Punarnava* 6—3x :—palpitation of the heart with jaundice and dropsy. *Kali phos* 6x :—Palpitation of the heart after rheumatic fever; weak action of the heart. *Natrum mur* 30x :—Palpitation in weak and anaemic persons.

### PERICARDITIS

There are pain and tenderness in the region of the heart, and extending from that part to the left shoulder and down the left arm. Fever is also present, with loss of appetite and dry tongue. The pulse is first full and strong, but later quick and weak.

*Aconite* 6 at the commencement. *Bryonia* 30 :—Condition of the patient is worse from motion. *Spigelia* 6 :—Will give you good result if tried in alteration with *Bryonia*. Sticking pains, palpitation, dyspnoea. *Arsenicum alb* 6 :—When serous effusion into the pericardial sac is considerable. *Merc sol* 6 :—Little fever, much effusion. Other important remedies are *Digitalis* 6, *Sulphur* 30, *Arjuna* 6, etc.

### ENDOCARDITIS

*Aconite* 1 and *Spigelia* 3 are the great remedies for inflammation of the lining as of the covering membrane of the heart, as might indeed be expected. *Naja* 6 :—Acute and chronic endocarditis. Acts like a specific. May be used alternately with *Aconite* or *Rhus* from the very commencement, Damaged heart after infectious diseases, Other useful remedies are *Lachesis* 200; *Arjuna* 6.

**HYPERTROPHY**

Arjuna 0 :—A good medicine. *Arnica* 30 :—Due to prolonged over-exertion, as in athletes. *Rhus tox* 30 :—generally for the athletes. *Aconite* 3 :—In acute attacks, *Naja* 6x :—Gives a great service. *Cactus* 3x :—Violent palpitation, vertigo, worse lying on the back. Other useful drugs are, *Moschus* 1x, *Bell* 3.

**FATTY HEART**

The symptoms of the Phos 30 Baryta carb 3x etc. should be consulted.

**VALVULAR DISEASE OF THE HEART**

*Aconite* 3 :—In the cases of children *Spongia* 3x :—Starting from sleep at night with fear of suffocation. *Cactus*, *Spigelia*, *Plumbum*, *Arsenicum alb*, *Arjuna* 0 etc. should also be consulted.

**ANGINA PECTORIS**

It is characterized by sudden attacks of severe pain, extending from the heart along the left arm, with a sense of stricture in the chest, prostration and alarm. The pain is rarely confined to its primary and principal site in the cardiac region, but increases, in different instances, very variously both in direction & extent. It shoots upward and downward or to the right



side and almost always through the left side of the chest toward the shoulder and axilla and very frequently into the left arm.

The inhalation of one or two drops of Amyl nitrate sometimes relaxes the spasms and affords prompt relief.

Arsenic alb 6 :—The chief medicine. *Acid hydro* 6—In spasmodic cases with difficulty of breathing. *Cupram* 6 :—In spasmodic cases with much cramps. *Spigelia* :—Is the principal medicine for angina pectoris. The irregularity of the pulse, the tendency to syncope, the palpitations, the aggravations by the least movement, fix the choice of *Spigelia*. I am accustomed to begin with the 3rd dilution, three or four doses a day ; I descend to three drops, of the mother tincture, or mount to the 6th, 12th and 30th, according to the susceptibility of the subject. (*Jousset*). *Digitalis*, *Nux vom*, *Naja*, *Tobacum* are also good medicines.

## ANEURISM

*Lycopodium* 30 :—Should be tried first. *Kali iod* 3x My only hope (*Hughes*). Other important medicines are, *Baryta carb* 3x., *Carbo animalis* 30, *Crataeg* 6, *Arsenic* 3, *Graphites* 3x., *Calcarea flour* 3x., *Kalmia* 1x etc

## HEADACHE

*Bovista* 3 :—Headache on the right side in the morning and on the left side in the afternoon. Head

seems bruised inside. Headache worse from cold air, at night, from rising the head up. *Argentum nit* 30 :— Cannot keep the eyes open ; rapid increase and decrease of the headache pains ; sensation as if the head were enormously large. *Dulcamara* 6 :—with indolence, icy coldness of the body. Catarrhal and rheumatic headaches. *Glonoin* 30 :—pain increase and decrease with the ascending & descending sun ; headache begin with the warm weather and last all summer. *Lachnanthes* 3 :— Head feels as if it were split open with a wedge from outside to within ; scalp sore as if here was standing on end. *Merc. Iod. rub.* 6 :—Intense headaches above the eyes in the forehead, in the turbinated bones and in the bones of the face, so that he holds his face in his hand and groans ; usually accompanied by catarrhal troubles, *Natrum mur* 30 :—Hammering or bursting headaches. soreness of the eyes ; pains especially severe about the eyeballs or in the occiput ; usually accompanied by malarial basis, blinding headaches ; in the morning on awaking, after menstruation, from sunrise to sunset, with heat in the head ; anaemic headache of school-girls. *Platina* 6 .—headaches especially in the sensitive or hysterical persons pains which gradually increase and gradually decrease. Trembling or flickering before the eyes. *Aconite nap* 30 .—Burning headaches, worse on rising ; pain particularly violent over right eye. Better in open air. *Puls* 30 :—After fat food ; pains only on one side ; no thirst ; bursting, semilateral headaches. Better in open air, by external pressure, tying up tightly. *Theridion* 30 .—Headache at the every motion, cannot

bear the least noise. Feeling as if the vertex did not belong to her as if it were separated from the rest of the body and could be lifted off. *Belladonna* 3 ;—Great sensitiveness to the light ; pain extending to eye and nose on one side of head. Throbbing in the temporal and carotid arteries. *Rhus tox* 30 :—When it comes on after meals. *Nux vom* 30—200 :—Headache in the sunshine. Headache in occiput or over eyes, with vertigo ; brain feels turning in a circle. *Nux mosch* 3x :—Headaches from eating a little too much. Pulsating in the head. Cracking sensation in head. *Bryonia* 30 :—Pain in forehead as if contents of skull would be forced out ; bursting splitting headache. Headache becomes seated in occiput. Headache from washing himself in cold water, when the face was sweating ; in such cases opening the eyelids increases the headache. *Kali bich* 30 :—Blindness before the headache comes on ; sight returning as the pain sets in. Pain over one eye. Bones and scalp feel sore. From suppressed catarrh. *Ipecac* 30 ;—Headache relieved by heat and vomiting. Pain extend to teeth and root of tongue. *Opium* 30 :—Pain back of head ; great weight there. Tearing, burning feeling on forehead, visible throbbing on temples, restless look of eyes, thirst, dry mouth, sour eructation, inclination to vomit, foul and offensive vomiting. *Lycopodium* 30 :—Headache worse 4 to 8 P. M. better by the uncovering the head. With headache there is flatulence in the lower bowel, and passing thick gravelly urina. Throbbing headache after every paroxysm of coughing. Headache over eyes in severe colds. *Sanguinaria* 3 :—Sick headache begins in

the occiput, spreads upwards and settle over the right eye aggravated by light and noise, ameliorated by lying quite, and sleep, or pressing head against something hard. *Calcareo carb* 30—200 :—Headache from overlifting, from mental exertion, with nausea. Headache with icy cold hands and feet. *Sulphur* 30—200 :—Beating headache ; worse stooping, and with vertigo. Other medicines are, *Lachesis* 200, *Melilotus* 3, *Gelsemium* 6 :—Dizziness & drowsiness. *Iris* 30., *Chionanth* 3x., *Cimicifuga* 3., *Ignatia* 30., *Coffea* 6., *Zincum* 30., *China* 6., *Ferrum phos* 6x., etc.

Sometimes there appears a chronic form of headache originating, perhaps, in some severe spell of sickness and persisting inspite of all remedies. The treatment consists of laxative medicines to keep the bowels always free, but without violent purging. Keep the feet warm and the circulation equalized. Diet must be plain and nourishing. As a good general rule keep the feet warm, the head cool, the skin clean, and the bowels open.

## LOUSINESS

Three kinds of lice may be harboured on the human body, the head louse, the body louse and the louse found on hairy parts except the head, and specially on the pubis the crab-louse. A mixture of 3 ounce common petroleum, 1½ ounce olive-oil, and 2½ drachms of balsam of peru is made, and the hair treated with it down to the very roots every hour for a considerable number of hours. The head is covered with a funnel cap. After 24 or 48 hours when the lice and their eggs will all be destroyed

by the petroleum, the head is to be thoroughly washed with soap and water. Or locally  $\frac{1}{4}$  of the tincture of *Staphisagria* is also useful. *Psorinum* 200 one dose is the remedy internally. For crab-lice *staphisagria* and *coco*, is very useful. Lilienthal suggests to use externally the lotions of pure alcohol. The following medicines are also very useful. *Ars.*, *Iod.*, *Lach.*, *Mag. m.*, *Mezerium.*, *Sabadilla.*, *Sulph.*

### BRAIN, AFFECTIONS OF

*Aconite* 30:—Suits active cerebral congestion from heat of the sun or due to sudden emotional excitement. *Belladonna* 6:—Has congestion and cerebral irritation with hot head, cold feet, throbbing carotids and headache. There are sharp shooting pains in the head, which make the patient cringe. These pains are stabbing, come suddenly last indefinitely and cease suddenly, and they may be accompanied with vomiting. It is the prime remedy in the cerebral congestions of childhood. The child will bore the head into the pillow, have strabismus and convulsions. *Glonoine* 30:—Is very similar; it has a great rush of blood to the head and a sensation as if the head were enormously large and crowded with blood. It is aggravated by bending backward, relieved by motion and uncovering the head, while *Belladonna* is relieved by bending backward and by covering the head and is aggravated by motion. *Hyo*s 30:—Is suitable for cerebral inflammations with pulsating waves through the head, relieved by shaking the head or sitting with the head bent forward, which is the opposite of *Bell.* *Kali brom*

30 has numb sensations in the head brought on by overwork. *Stramonium* 30 :—Suits inflammatory conditions of the brain with violent delirium or epileptiform seizures. *Veratrum viride* 6 :—When there is a full bounding pulse and symptoms of mania and convulsions. *Ferrum met* 30 :—For cerebral anaemia ; disposition to faint, anaemic murmurs in the vessels in the neck ; the patients are really very weak and anaemic. *Arsenicum* 30 :—In cerebral anaemia due to malaria or as a result of excessive use of quinine. *China* 6 :—In anaemia due to long continued drains on the system. *Nux vomica* 30 :—Suits anaemia of the brain brought on by a long continued over—stimulation caused by spirituous liquors mental overwork and dissipation in general. In persons of sedentary habits and intemperence. The memory is weakened, the patient is sleepless with gastric symptoms, the unsteady gait, and the vertigo. *Anacardium* 30 :—In loss of memory. *Opium* 30 :—A continual sopor, even insensibility, with dark redness of the face and coolness and paleness of the rest of the body. *Phosphorus* 30 :—Result of mental work or incident to the development of tuberculosis. Persistent headache, vertigo, formication and numbness in the limbs; the patients are weak, tired and have a great difficulty in walking. *Baryta carb* 30 :—Premature loss of memory and childishness in old people. Tumors in the brain may cause symptoms corresponding to *Baryta*. *Zincum met* 30 :—In old chronic cases, especially if brought about by the excessive use of the bromide of potassium. For brain affections in the course of scarlet fever or summer complaints. Paralytic conditions

from cerebral softening. *Rhus tox* 30 :—Senile changes in the brain. A swashing sensation in the brain when moving the head. Paralytic troubles from brain diseases.

### DEBILITY

*Asvagandha*  $\theta$  :—In 20 drop doses it an excellent medicine for debility due to sexual excess and a general tonic. *Avena sativa*  $\theta$  in 30 Drop doses should be tried in debility with insomnia. *Acid phos*  $\theta$  :—Suits debility of nervous or functional origin, with burning in spine or limbs. Due to losses of semen. *Carbo veg* 30 :—In weak and delicate old people who are old dyspeptics. *Cinchona* 3x :—Functional debility from loss of fluids, sexual excesses, etc., or debility when convalescing from acute diseases with much sinking at epigastrium. *Arsenicum alb.* 30 :—Debility from chronic malaria or abuse of quinine. *Selinium* 30 :—Sexual debility. The strength suddenly leaves. *Anacardium* 30 :—Patient trembles from every motion, wants to lie or sit continually, can scarcely move a hand. Sexual or nervous debility. *Picric acid* 30 :—There is a lame and tired sensation all over the body; the slightest exertion brings on speedy exhaustion. Mind dwells too much upon sexual affairs. *Aletis*  $\theta$  ;—Debility, especially of females, from protracted illness or defective nutrition. Other important drugs are *Acetic acid* 3x ; *Cocculus* 30 ; *Phos* 30 ; *Colchicum* 30 ; *Veratrum alb* 30 ; *Sulphuric acid* 30 ; *Ambra* 6 ; *Psorinum* 200 ; *Laurocerasus* 6 ; *Lycopodium* 30, 200, (C. M.); etc.

### DELIRIUM

The drugs which should be consulted are Bell, Hyos,

Stram ; Lach, Cimicifuga, Verat. alb., Phos, Baptisia, Thuja, Absinthium, Agaricus.

### EPILEPSY

The important drugs are ;—Calcarea carb ; Sulphur, Causticum ; *Bufo rana* ; ( from fright or self—abuse, or sexual excess ) ; Indigo 6 from the irritation of worms ; Cimicifuga, Nux vom ; Silicea ; Stannum ; Cupram met ; ( in old and obstinate cases with cramps and convulsions ) *Argent nit 30* :—Dilated pupils four or five days before the attack. *Oenanthe Crocata 3x* :—Sudden and complete loss of consciousness ; swollen livid face ; frothing at the mouth ; dilated or irregular pupils ; convulsions with locked jaws and cold extremities. This is an excellent medicine. *Artemisia vulg* ; *Artemisia obsinth* ; *Solanum carol* ; *Verbana hastata* ; *Kali brom* ; Camphor  $\theta$  inhaling. *Cicuta virosa 30* :—Sudden rigidity followed by jerks and violent distortions followed by utter prostrations *Chin. ars.*, *Strychnia.*, *Hyos.*, *psorinum.*, *Agaricus 30*. Great flow of ideas and loquacity after the attack. *Bell.*, *Acid. Hydro.*, *Kali mur* etc.

### FISSURE OF ANUS

*Graphites 30—200* :—In eczematous subjects where the anus is extremely sore and the stools are covered with mucus, with no tenesmus or constriction ; Fissures are usually caused by large faeces. The parts are sore and smart. *Nitric Acid 30* :—When there is a sensation as if splinters or sticks were in the anus. There is much tenesmus and constriction, and a constant oozing of the foetid matter from the parts, with burning, rawness



and smarting. *Ratanhia* 6 :—Has much constriction about the anus, which aches and burns for hours after stool, there are cutting and lancinating pains in the rectum, and dryness of the anus with sudden stitches in it. *Sanguinaria nitrate* 3x :—Has an irritable itching and burning in the rectum. *Paeonia* 3x has fissures with much oozing. The anus is offensively moist and sore smarts all the time. Burning and biting, lasting several hours after stool ; must walk the floor all night. *Silicea* 30 :—Here the irritable sphincter comes to mind and the slipping back of the partially expelled stool. It has great pain, coming on half an hour after stool and lasting several hours. *Platina* 30 has fissure of the anus, with crawling and itching every evening. *Ratanhia* 3 :—Severe pain after each stool with burning and tenesmus lasting a long time.

### GANGRENE

*Arsenicum alb.* 30 :—Dry gangrene in old people, soreness and burning relieved by warmth, restlessness. *Lachesis* 200 :—Traumatic gangrene ; in gangrene following wounds. *Crotalus* 30 :—Has hot, bluish, moist gangrene, the limb being covered with black blisters and much swollen, emitting a foul odor. *Secale* 30 :—Corresponds to senile gangrene with tingling and formication. Dry gangrene of toes ; the skin is wrinkled and dry, shrivelled and cold, no sensibility, black and free from foetor. The symptoms are aggravated from warmth. *Carbo veg* 30 :—Carbuncles and boils, becoming gangrenous. There is no restlessness, as in arsenicum, but the parts have a living purple look, and they are icycold.

Moist gangrene in cachectic persons whose vitality is weak. The secretions are foul and there is great prostration. *Arnica* 30 :—May be useful in gangrene following contusions. *Nitric acid* 30 :—In syphilitic subjects.

### GLANDULAR AFFECTIONS

*Belladonna* 6 :—In all glandular swellings of an inflammatory character with rapid swelling threatening suppuration. Swollen glands in the axillary region, especially at the climaxis or swellings of the mammae, which are heavy, red and sensitive. Swelling, suppuration and induration of the inguinal or cervical glands are well met by the remedy when the attack is acute and very painful. *Iodine* 30 :—indolent swellings, those that are torpid and sluggish, which are large, hard and usually painless, and especially about the neck, or they may be anywhere. *Calcarea iodide* 3x :—Have many times removed glandular enlargements, engorgements, and hypertrophies. *Spongia* 30 :—goitre hard and large with suffocative attacks. *Graphites* 30 the swelling is painful and sensitive and is usually associated with some skin affection. *Silicea* 200 suppurating glands. Fistulous openings leading down to the glands is a specially useful indications. *Calcarea fluorica* 6x :—long lasting and indolent glandular enlargements of the cervical lymphatic glands where the hardness is pronounced. Solidified indurations. Worse in damp weather better from hot fomentations and rubbing. *Carbo animalis* 30 :—Indurated buboes or axillary glands hard as a stone. *Conium* 30 :—Glandular tumors, growths that can be outlined and felt. Enlargements

of glands with little or no pain in injuries to glands, where stony hardness is present. *Carbo veg* 30 :—Induration (*Badiaga* 3x, *Alumina* 6) burning pains also suppurations. *Bromine* 6x Enlargements of glands scrofulous in nature, parotids swollen, in children who suffer from enlarged tonsils. *Cistus* 3x :—Glandular enlargements especially of submaxillary glands with caries of the jaw. The glands become inflamed, indurated and ulcerated. *Sulphur* 30-200 the great remedy for scrofulous glandular enlargements; the inguinal, axillary, sub-maxillary and subcutaneous glands are affected and the patient is one of the typical sulphur temperament. *Calcarea carb* 200 generally completes the action of sulphur. *Baryta mur* and *iodide* have a special power over the absorbents; the muriate is especially for stony hardness. *Mercurious* 6x-30-200 where the swellings in parotid and sub-maxillary glands develops rapidly with great pain. Induration of the glands of the throat and neck. The glandular swellings of *Mercurious* are not especially sensitive and are apt to appear whenever the patient takes cold.

### GONORRHOEA

*Aconite* 3x :—at the acute stage where the urine is hot and burning, scanty and passed with difficulty. *Aconitine* 3x :—In the inflammatory stage. *Gels* 3 or 30 in the beginning of inflammatory stage there is great urethral soreness burning along the urethra and slight discharge. A useful remedy in epididymitis and gonorrhoeal rheumatism. *Atropine* 6x :—For the acute symptoms of gonorrhoeal urethritis. *Cannabis sativa* 3-6-C.M. It comes in after aconite when the disease

has localized itself as is shown in the purulent discharge, the great burning and tenderness on urinating. The glans penis is dark red and swollen, chordee is most likely present and what is still more painful, a spasmodic sphincter vesicae on urinating. Walks with legs apart. Phimosis. Stoppage of urethra by mucus and pus. (Dr. Nash recommends a single dose of C. M. potency). This remedy have less profuse discharge than those requiring *Argentum nitricum*. *Petroselinum* 3x:—where there is sudden desire to urinate and the pain is referable to the root of the penis. There is intense itching in the urethra as if it must be rubbed. *Canabis indica* 3x:—Is a most useful remedy where the chordee is marked and there are painful erections and priapism. *Pulsatilla* 30-200. Ripe gonorrhoeas without much pain, but with a thick mucopurulent discharge which is yellowish green. There is some pains in the loins going from side to side. It is a valuable remedy when the discharge become suppressed and orchitis results; here it will often establish the flow and reduce the swelling of the testicle. *Argentum nitricum* 30:—Has a thick yellow purulent discharges, soreness and swelling of the urethra and sexual dreams with emissions. It is also useful for chordee when the urethra seems drawn up into knots, worse at night. *Mercurius* 6x-30-200 for the first stage of an uncomplicated gonorrhoea there is no better remedy than *Merc. sol.* It is a most valuable remedy for inflammatory symptoms such as chordee, and especially paraphymosis, phimosis and inflamed prepuce. The discharge is greenish. *Merc. cor* is similar here; the

discharge is green and purulent, worse at night, the meatus is red and there is violent tenesmus of the bladder.

*Cantharis* 3x :—Intense sexual excitement marks this remedy ; an intense irritation with persistent erections which prevent urination ; the pains are burning and excoriating, the discharge is purulent and especially bloody. It is our best remedy when the disease has been sent to the bladder by injections. Violent and persistent tenesmus is a keynote.

*Capsicum* 6 :—Gonorrhoea in fat persons who are indolent and lax in fibre, with fine stinging pains in the meatus urinarius.

*Copaiba* 3x :—Burning in the neck of the bladder and urethra, great dysuria, constant desire to urinate, and the urine smells of violets.

*Cubeba* 3x :—Cutting and constricting after urination ; the patient urinates every ten or fifteen minutes.

*Thuja* 1x-30-200-C. M.—This, is a most valuable remedy in lingering cases with prostrate complications ; and in cases of continued or oft repeated attacks of gonorrhoea, or in cases of gonorrhoea suppressed by injections. Trouble complicated with orchitis or rheumatism, and there are apt to be fig-warts or condylomata showing the syctic dyscrasia. Constant desire to urinate and the urine scalds.

*Natrum sulph* 6x :—Sycosis, condylomata etc.

*Sepia* 30 :—Gonorrhoea in women after the acute symptoms have subsided.

*Agnus castus* 6 :—After the acute symptoms have subsided ; it is marked, in contra-distinction to cantharis, by absence of sexual desire and a yellow purulent discharge.

*Sulphur* 200 :—In psoric patients when the disease never reaches a high degree of violence.

*Oleum lig. Santal* ʒ :—in acute stage ; 5 drop dose.

## HYDROCEPHALUS

*Calcarea phos* 3x :—In children with a pale or sallow face; retarded dentition. *Calcarea carb* 30-200 :—Acute hydrocephalus when Bell does not act; the abdomen is distended, the limbs wasted; there is sweating in the head during sleep; weak memory. *Bell* 30 :—This is the chief remedy in acute form, with the fever and symptoms which will be found detailed under meningitis. *Helleborus* 6 :—This remedy suits apathetic cases when torpor predominates, unconscious, with the cephalic cry; the urine is suppressed and the eyes do not react to light. There is an automatic motion of one-half of the body; the forehead muscles are corrugated and there is a constant chewing motion of the mouth. *Helleborus* corresponds to the stage of serous effusion; the sleep is soporous and interrupted by screaming spells. Sensorial apathy or the period beginning paralysis marks the remedy. *Digitalis* 30 :—Has scanty albuminous urine, slow pulse and cold sweat. *Apis mel* 30 :—In the tubercular form of meningitis, when the child bores the head into the pillow rolls it from side to side. Every little while he arouses with a shrill, piercing cry; this is due to the pain; one-half of the body is convulsed the other half paralyzed; there is strabismus, rapid and weak pulse and scanty urine. It is a slow acting remedy and its favorable action is shown by an increase of urine. The child is very drowsy and the accumulation of fluid in the brain is very rapid. *Zincum* 30 :—The patient rolls head and wakes from sleep as if frightened; the occiput is hot, the forehead cool; grinding of teeth, eyes sensitive to

light, fixed and staring ; jerking of muscles during the sleep, and a fidgety motion of the feet ; the head is enlarged. *Sulphur* 200 :—The scrofulous child. If from retrocessed eruptions it becomes all the more indicated. The eyes are half open and the head falls backwards. *Tuberculinum* 1000 :—Burnett recommends it highly. In tuberculine type. Other important remedies are *Apocynum* 3x ; *Iodine* 30 ; *Kali iod* 30 ; *Silicea* 30x-200 :—Head large, sweat on whole head rather than on scalp alone, sudden startings in sleep, sour eructations, redness of face, cold hands and feet will well indicate it. *Baryta carb* 30 :—Large head, thin, scrawny neck, scrofulous diathesis, child does not want to play, tendency to glandular enlargements, hacking cough, emaciations are the special indicating symptoms of this remedy.

### HYSTERIA

*Ignatia* 30-200 :—Fear and grief are prominent symptoms ; the return to consciousness is always accompanied by a sigh and a deep inspiration. *Asafoetida* 6 :—Sensation of a ball in the throat ; accumulation of flatus in abdomen ; it passes upwards and causes oppressed breathing. *Magnesia mur* 6x :—Flatus collects and rises like a ball in the throat, almost preventing breathing ; relieved by eructations. (With asaf, the patient swallows continually to keep the lump down, and this gulping adds to the difficulty in breathing). *Moschus* 0 :—Fainting is the great keynote of Moschus. The simulation of tetanic spasms, the unconsciousness or frequent swooning will point to moschus. *Tarentula his* 30 :—The paroxysms are apt to be feigned, and the

patient has immoderate attacks of uncontrollable laughter restlessness and trembling of the limbs. *Theridion* 30 :—The great predominating sensitiveness to noise. *Mygale* 30 :—Hysteria with chorea like twitchings. *Zinc valer* 30 :—For great fidgetiness of the feet. *Platinum* 30 :—Haughty mental condition. Self-esteem is prominent, and she looks down on every one. When caused by nervous excitement ; there is present constriction of the oesophagus and a suffocative feeling. Nymphomania. *Valeriana* 6 :—The patient must keep continually on the move. But exertion causes headache, and slightest pain causes fainting. There is a sensation as if something warm were rising from the stomach ; this causes a difficulty of breathing ; there is also present fear, tremulousness, and palpitation. Alternations of mood. *Nux moschata* 30 :—Nervous hysterical people who change rapidly from grave to gay, but its great distinguishing features are its sleepiness, its bloating, and, its dryness of the mouth. *Camphor* ̸ :—In violent hysteric attacks a drop of Rubini's *Camphor* on a little lump of sugar every five or ten minutes is invaluable. *Gelsemium* 30-200 :—In hysterical convulsions with spasm of the glottis ; excessive irritability of mind and body with vascular excitement, semi-stupor with languor and prostration, Adapted to both male and female onanists, and corresponds especially to the hysteria of the latter class. Vesical irritability with constant desire to urinate. *Puls* 30 :—Constant change in the feelings and symptoms of the patient and here have we again the profuse watery urine. Melancholia, sadness and weeping seeks sympathy and



consolation and seems to be made better by it. Open air relieves; scanty menses; chilliness. *Belladonna* 3x—30:—Mush boisterous excitement, red flushed face dilated pupils; rush of blood to the head, spasmodic attacks and a wild look. *Hyos* 30:—Has the desire to uncover and go naked, the silly laughter and muscular jerkings. *Stram* 30:—May have its turn when the patient is full of absurd fancies, loquacity, etc. *Kali Phos* 6x:—In attacks from sudden or intense emotions, or passion in highly nervous and excitable patients; there are fits of crying and laughter and yawning. Abdomen tympanitic and sensitive to slightest pressure. Nervous dread without any cause, looks on the dark side of everything, sighs and is dependent; fidgetiness and trembling. Other remedies are *Agnus castus* 6:—Lasciviousness; *Anacardium* 30:—Where two wills, one contradicting the other, are present. *Cactus* 3x:—Sadness crying without reason, consolation aggravates, love of solitude, fear of death, whole body feels caged in wires. *Cocculus* 30; *Arsenicum* 30 hysterical asthma. *Caulophyllum*; hysteria and dysmenorrhoea. *Sticta* 6; *Cannabis Indica* 30.

### LOCOMOTOR ATAXIA

*Argentum nit* 30:—Unable to stand in the dark or with the eyes closed; legs weak and calves feel bruised; there is loss of the pupillary reflexes, and perhaps incontinence of urine. Sexual desire is destroyed, sensation is disordered. *Alumina* 30:—Soles of feet feel swollen and too soft, numbness of heels. Heaviness of limbs—can scarcely lift them. Inability to walk, except

with eyes open and in the day time. Pain in the back, as if a hot iron were thrust through the vertebrae. Sensation as if a cob-web were on the face, or as if the white of egg had dried on it. Paralytic phenomena are marked and even extend to the genito-urinary organs and rectum. Sensation as if ants were crawling on his legs; extremities go to sleep. *Secale cor* 30 :—Difficult, staggering gait, even complete inability to walk, not from want of power, but on account of a peculiar unfitness to perform light movement with the hands and limbs. Fomication of hands and feet. Numbness of extremities. Excessive sensation of heat with aversion to being covered. *Silicea* 3x :—Great nervous debility and irritability. *Plumbum* 30 :—Paralytic with atrophy loss of co-ordination, anaesthesia and impotence. Pains worse at night. Lillenthal suggested the use of *Plumbum phos.* *Belladonna* 30 :—When walking he raises his legs as if he had to pass over an obstacle; fulgurating pains which are lightning-like. *Pilocarpine* 2x :—Has been found to be of use, also *Angustura* and when confined to the feet, *Sadabilla*. *Zincum* 30 :—Twitchings and the whole body jerks during sleep. *Digitalis* 30 :—The lightning like pains with palpitation of heart. *Kalmia* 6 :—Pains about the waist and in the back and kidneys of a fulgurating type are speedily bettered by its use. *Picric acid* 30 :—With much painful sexual excitement. Easy exhaustion from slight exertion. *Phosphorus* 30 :—Atrophy of the optic nerve, with flashes of light trembling of the hands while writing. *Nux vom* 30 ; *Nitric acid* 30 ; *Kali hydro* 30 etc. are good medicines.

## MARASMUS

*Calcarea phos* 3x :—Thin, emaciated children who are predisposed to glandular and osseous diseases, who have large heads and defective body development, as shown in the open fontanelles and tardy development of the teeth, the spine is so weak that it cannot support the body, and it becomes curved, the neck is very thin, the complexion is sallow, vomits persistently and has a diarrhoea of green, slimy and undigested stools, accompanied with much offensive flatus. *Calcarea iod* 3x :—Where there are engorged glands, enlarged tonsils and decided scrofulous tendencies. *Calcarea carb* 30-200 defective nutrition and where the acidity predominates; there are sour stools and vomiting of milk, sweat on scalp, head and face, the feet are damp and cold, enlargement of the glands and voracious appetite. *Iodium* 30 :—Extreme hunger yet, the patient emaciates rapidly. *Baryta carb* 30 :—Dwarfish sluggish children who are weak in memory, whose cervical glands are swollen, who are lazy, pot-bellied, and who suffer from great physical and mental debility. Other important remedies are *Natrum mur* 30; *Arsenicum* 30; *Phos* 30; *mag. carb* 30; *Mercurious* 30; *Sulphur* 30, 200; *Psorinum* 200; *Hepar sulph* 200; *Artemisia Abrotanum* 6.

## MENINGITIS

*Belladonna* 3x :—Where there is intense heat of body, strong pulse, bright red face and delirium, where the cerebral irritation is marked by intense pain in the head, starting out of sleep crying out, grinding teeth.

For simple meningitis, not the tubercular form, when everything is acute and intense; when effusion commences. *Aconite* 3x :—meningitis from the heat of the sun's rays after long exposure thereto, or cerebral congestions from anger. Fear is a marked symptom. *Verat. vir* 30 :—Intense cerebral congestion, rapid pulse, tendency to convulsions, followed by prostration. Coldness of the surface, loss of consciousness, dilated pupils, labored, slow, irregular pulse. *Gelsemium* 1x Dr. Spalding has used the remedy as a basic one in the cerebro-spinal variety with uniform success, loosing but one case. *Zincum met* 6x :—sub-acute form, especially if tubercular and due to suppressed eruptions. Febrile disturbance is absent or slight, there are marked twitchings, jerkings and hyperaesthesia of all senses and skin, and tremulousness of the feet, At the beginning there are sharp lancinating pains and great exhaustion of nerve force. Dr. O'Conner highly recommended *Iodoform* 6x. Dr *Martin* used 2x with success. Inunctions of Iodoform Cerate into the scalp is useful. Other important remedies are Sulphur, Tuberculinum, Calcareo carb, Cupram, Bryonia, Helleborus, Camphor etc.

### MUMPS

*Belladonna* 6 :—Vascular engorgement, fever and nervous irritability so common in this disease. The glands are swollen, hot and red and sensitive to pressure, worse on the right side. The pains are flying and lancinating and extend to the ear. It is also useful when swelling suddenly subside, and is followed by throbbing headache and delirium. *Rhus tox* 30 :—

Dark red swellings with tendency to erysipelatous inflammation and typhoid conditions. There is much aching in the limbs, the patient is restless and the symptoms are worse at night. The left side is more apt to be affected. *Lachesis* 200 :—Left-sided mumps, with purplish swellings and aggravation after sleep. *Mercurious* 30 :—There is slight fever and it is useful in the later stages. The special symptoms are tenderness, salivation, offensive breath and threatening suppuration. *Pilocarpine muriate* 3x :—Is a "big shot in mumps"—Burnett. *Pulsatilla* 30 :—In orchitic and mammary complications. The tongue is thickly-coated, the mouth is dry and the pain is worse evenings and after lying down. *Conium* 30 :—Is indicated by excessive hardness of the swelling. *Clematis* and *Aurum* may be useful in orchitic complications.

### NEURAESTHENIA

Consult the symptoms of the following drugs.—*Aconite* 30 ; *Cimicifuga* 30 ; Phosphoric acid 30 ; Gelsemium 30 ; *Ignatia* 30—200 ; *Kali phos* 6x ; *Silicea* 200 ; Picric acid 30 ; *Ferrum picric* 30 ; *Oxalic acid* 30 ; *Physostigma* 6 ; *Zincum met* 30 ; *Zincum picratum* 30 ; *Zincum phos* 30 ; *Lycopodium* 30 ; *Phos* 30 ; *Coca*  $\theta$  ; *Avena sativa*  $\theta$  ; *Asvagandha*  $\theta$  ; *Nux vom* 30 ; *Anacardium* 30 ; *Arg. nit.* 30 ; *Puls* 30 ; *Natrum mur* 30 ; *Selenium* 30 ; *Helonius* 30.

### NEURALGIA

*Aconite* 30 ; *Plantago* 30 ; *Cham* 30 ; *Colocynth* 30 ; *Nux vom* 30 ; *Stannum* 30 ; *Spigelia* 30 ; *Colchicum* 30 ; *Cimicifuga* 30 ; *Belladonna* 30 ; *Atropine sulph* 3 ; *China*

6 ; Arsenicum 30 ; Opium 30 ; Natrum mur 30 ; Cedron 30 ; Sulphur 30 ; Chininum sulph 30 ; Capsicum 30 ; Platinum 30 ; Mercurius 30 ; Mezerium 30 ; Lyco 30 ; Syphilinum 200 ; Verbascum 30 ; Kalmia 30 ; Magnesia phos 6x ; Puls 30 ; Prunus 0 ; Calcareæ carb 30.

### ORCHITIS

*uls* 30—200 :—Orchitis from suppressed gonorrhoea the testicle is retracted, enlarged, sensitive and dark red, there are dragging pains along the spermatic cord, and shooting down into the thigh. *Hamamelis* 3x :—Excessive soreness. There is a dull aching pain in the testes and spermatic cords. *Oxalic acid* 30 :—Neuralgic pains in the spermatic cords. *Belladonna* 30 :—Great sensitiveness, intolerance of pain and reflex neuralgias. *Clematis* 3x :—Gonorrhoeal orchitis, or that brought on from cold, the testicle is as hard as stone and very painful. The testicles are retracted, drawn up and sensitiveness and pressive pains in the spermatic cords, especially the right. *Gelsemium* 3x :—Is a superior remedy when the disease arises from a suppressed gonorrhoeal discharge or from exposure to sudden cold and wet. *Rhododendron* 3x—6 :—Chronic orchitis, indurated testicles which tend to atrophy ; a characteristic sensation is a feeling in the testicle as if crushed. *Aurum* 200 :—Chronic orchitis, worse on right side with neuralgia of the cord. Staphysagria has burning and stinging pain in the right spermatic cord, with drawing in the right testicle. *Spongia* 3x :—Produces a hardness and swelling of the testicle, and it is suitable for mal-treated orchitis when there is a squeezing pain in the testicles. It suits

chronic orchitis and epididymitis. The spermatic cords are swollen and painful, shooting pains course up the spermatic cord. In orchitis it follows Puls and Hamamelis.

### PARALYSIS

*Rhus tox* 30—200 :—Paralysis of the lower extremities of rheumatic origin or brought by getting water or exposure to dampness. *Causticum* 30—200 :—Facial paralysis from exposure to dry cold weather ; from the cold of winter. Paralysis of single parts, tongue, pharynx etc. *Gelsemium* 30—200 :—Complete motor paralysis, rather functional than organic in origin. Infantile ; paralysis ; paralysis of the ocular muscles, ptosis ; the speech is thick from parietic conditions of the tongue. Paralysis from emotions. Aphonia, paralysis of the larynx. *Plumbum* 30—200 :—Paralysis with atrophy. Other important homoeopathic medicines are Sulphur, Dulcamara, Cocculus, Kalmia, Baryta carb, Conium, Argentum nit ; Nux vom ; Aconite ; Cannabis Sativa ; Staphysagria ; Mercurius, Atropine sulphate, Zincum ; Hyos ; Cupram ; Phos ; Alumina.

### SCROFULA

Calcarea carb 30—200 ; Phos 30 ; Causticum 30 ; Calcarea phos 3x—6x ; Alnus rubra 6 ; Sulphur 200 ; Baryta carb 30 ; Silicea 200 ; Magnesea mur 30 ; Bromine 30 ; Iodine 30 ; Iodoform 3x ; Graphites 200 ; Ferrum 30. Mercurius 30 ; Hepar sulph 200, etc. should be consulted.

### SEASICKNESS

*Petroleum* 3 :—The special symptoms are nausea, which is accompanied by vertigo, the vertigo coming on

especially when the patient raises his eyes. These symptoms are worse from motion or riding. For prevention may be taken night and morning for a week or two before sailing. *Cocculus 3x* :—Great nausea ; provoked by motion, change of posture. This nausea is accompanied by vertigo, with a tendency to faint. *Apomorphia 6x* :—Has gained quite a reputation for the cure of seasickness. *Theridion 6* seasickness in nervous women ; they shut their eyes to get rid of the motion of the vessel and grow deathly sick. *Glonoine, Tabacum, Staphy.*, etc. are good medicines.

## MALARIAL FEVERS

The best remedy for malaria is QUININE. It should be taken in the following manner :—In the morning, two pills, at noon one and one in the evening. Then for another four days (even if the fever has stopped) they should take daily one tablet in the morning and one tablet in the evening. In this way they should take at least 20 tablets in seven days.

Children from 8 to 12 years of age and weak pregnant women should take three tablets a day :—one in the morning, one in the noon and one in the evening.

Children from 2 to 5 years of age should take twice or thrice daily half a tablet each time.

Children under two years of age should take one quarter of a tablet three times a day.

In the case of children, after the fever has stopped, quinine should be continued for a week in half the above dosage.



If the bowels are not clear, a purgative should be given before taking quinine. After taking quinine, the patient should not be allowed to remain without food for a long time. Give him sago or barley with lemon juice or milk. After the fever is off he may take rice.

Here is one prescription introduced by Sir Ronald Ross for the anti-relapse system of treatment of malaria.

"R. Quinine sulphatis.	...	...	gr. 80.
Ac. sulp. dil.	...	...	qs.
Aquam	...	...	zviii.

*Solve.* Half a sherryglassful (two table-spoonfuls or one-eighth of the bottleful) every days just before breakfast without fail. The bottle to be refilled once a week for.....weeks.

Now I shall mention a few names of the Indian drugs recently introduced to homœopathy by the practitioners of Bengal.

*Azadirachta Ind*  $\theta$ -3x-6 :—Afternoon fevers ; burning in hands and feet, copious sweat on upper part of body. Chronic fevers. Enlarged spleen with pain. *Gulantha*  $\theta$ -3x :—Old malarial fevers. Jaundice. Especially useful after much abuse of quinine. *Quinea Indica*  $\theta$ -3x-6 :—One of the greatest medicine I have ever seen for malaria. Enlargement of spleen and liver. *Rohitaka*  $\theta$ -3x-6 :—Old malarial fevers. Constipation. Jaundice. Enormous enlargement of the spleen. Slow fever with sweat. *Kalmegh*  $\theta$ -3x-6 :—Malaria associated with jaundice. Pain in liver. Urine and stool yellow. *Chirata*  $\theta$ -3x :—Chronic cases associated with dyspepsia. Slow fever. High temperature with burning of soles,

palms etc. Dyspnoea. *Artista Indica* 6-3x-6 :—Fever comes on every alternate day. Worm symptoms. *Natrum mur-bil* 6x :—The symptoms are generally like *Natrum mur* but is more efficacious than it in our country in cases of malaria, spleen affections, etc. *Khetpapa* 6-3x-6 :—Malarial fevers occur during autumn. Fever aggravates on alternate days. *Luffa. Bindal* 1x :—Malaria, splenic affections. Stitching pain in the spleen; Dropsy. Enlargement of liver. *Luffa-amara* 1x :—The characteristic symptom is nausea. Vomiting may also be present. Chilliness; bitter taste in the mouth; diarrhoea; Enlargement of liver and spleen. Fever with constipation; headache; thirst etc. *Punarnava* :—In chronic cases of malaria when the symptoms of dropsy is present. *Nyctanthes arbor-tristis* 3x :—Intermittent fever with bilious vomiting.

### HOMCEOPATHIC MEDICINES

*Prophylactic* :—Persons going in to malarious districts should take for a short time before, *Chin. Sulph* 1x gr. v. night and morning, and continue the same at increasing intervals during their stay. If *Quinine* is not tolerated *Ars* 3x should be given in the same way. In persons sensitive to the action of *Arsenic* the third centesimal trituration may be given in place of the third decimal. (*Clarke*).

The remedies for internal use should be given at the end of a paroxysm when it is quite over.

*Chin ars* 1x :—Continuous fever with weakness Coldness of hands and feet, knees and limbs. *Chin sulph* 1x :—Painful swelling of various veins during a chill.

Shivering even in a warm room. Sweat with general shivering. *Sulphur* 30-200 :—When indications are not clear. Frequent flushes of heat. Violent ebullitions of heat through out entire body. Dry skin and great thirst. *Eupatorium perf* 3 :—Perspiration relieves all symptoms except headache. Chill between 7 and 9 a. m., preceded by thirst with great soreness and aching of bones. Nausea, vomiting of bile at close of chill or hot stage ; throbbing headache. *Arsenic alb* 6-30-200 :—Paroxysms incomplete with marked exhaustion. Great restlessness. Better from heat, wants to be covered and warm drinks. Much thirst but wants to drink little at a time. *Capsicum* 6 :—Chill begins in back ; thirst before chill Shivering after drinking. *Cinex* 30 :—Fever with weariness and inclination to stretch. Chilliness of whole body. Pains in all joints, as if tendons were too short, especially knee-joints. Thirst during apyrexia, but little during chilly stage, and none during sweating. Musty, offensive sweat. *Ipeca* 30 :—Persistent nausea and vomiting. Irregular cases after quinine. Slightest chill with much heat. Relapses from improper diet. *Cedron* 3 :—Periodicity is the most marked symptom of this drug. Chilliness towards evening ; then frontal headache extending into parietal region ; little or no sweat ; agues of damp, warm and low marshy climates. *Eupat. purp* 6-200 :—No thirst during chill, but much frontal ache. Chill commences in back. Violent shaking with comparative little coldness. Bone-pains. *Natrum mur* 30 :—Chill between 9 and 11 A. M. Heat ; violent thirst, increases with fever. Fever-blisters. Coldness of the

body and continued chilliness very marked. *Hydraemia* in chronic malarial states with weakness, constipation and loss of appetite etc. (here use 200th potency). Hammering headache. After abuse of quinine. *Puls* 30-200 ;—Chilliness even in warm room, without thirst. Chill begins about 4 p. m. External heat is intolerable, veins are distended. During apyremia, headache, diarrhoea, loss of appetite, nausea. Intolerable burning heat at night, with distended veins. *Lycopodium* 30 :—Fever comes at 4 P. M. and goes at 8 P. M. Brick-dust sediment in the urine ; constipation, chilliness, indigestion, etc. *Ferrum met* 30-200 :—Anaemic and chlorotic patients. General coldness of extremities ; head and face hot. Chill at 4 A. M. Heat in palms and soles. Profuse debilitating sweat. *Ferrum ars* 30 :—Enlarged spleen with fever. Undigested stool. *China* 3x-30-200 :—Paroxysms anticipate ; return every week. All stages well marked. Every little exertion causes free perspiration. Don't give it after quinine. *Alstonia* 6-3x :—Chronic malaria with dysentery. Anaemia. *Calcarea carb* 30-200 :—Chill at 2 P. M. begins internally in stomach region. Fever with sweat. Pulse full and frequent. Chilliness and heat. Chronic cases with constipation or diarrhoea. *Rhus tox* 30 ;—Restless, trembling intermittent chill with dry cough, urticaria during heat, chill followed by heat with inclination to stretch the limbs, restless, dry tongue in heat, the patient tosses about in bed. *Apis mel* 30 :—Inflammatory or intermittent fever, when patient is alternately dry and hot or perspiring, fever comes on with chill at 3 P. M.

*Nux vom* 30-200 :—When in fever chill is not relieved by external heat, fire or covering, patient wants to be covered, least uncovering brings back chill, chillness even in the high fever, great heat, whole body burning, face especially red hot, but still the patient wants to be covered. *Ignatia* 30-200 :—Chill ; with thirst ; not relieved by external heat, heat aggravated by external covering, and red face during chill best for malaria, has itching during fever all over the body. *Podophyllum* 6 :—Great talkativeness during fever, especially with jaundiced skin, intermittent fever with violent chill. *Sepia* 30 :—Frequent flushes of heat, sweating from the least motion, there is general lack of warmth of the body, feet is cold and wet, there is shivering with thirst, worse towards the evening. *Antim tart* 30x :—Great sleepiness during heat and sweating with pale face. *Urtica Urens* ̄ :—In 10 drop dose in the morning and evening for obstinate cases of malaria fevers with severe ague. *Ammon picratum* 3x :—A remedy for malarial fevers and neuralgias and so-called bilious headaches. *Cornus cir* ̄-6 :—Chronic malaria, hepatitis, jaundice. Ulceration of tongue, gums and mouth. *Cornus florida* ̄-3x :—Chronic malaria ; fever with drowsiness ; feels cold but is warm to touch ; great exhaustion in intervals ; general clammy sweat. Chill is preceded by drowsiness, heat is associated with drowsiness. Other important remedies are :—*Bryonia*, *Cobra*, *Carduus marianus*, *Veratrum alb*, *Opium*, *Baptisia*, *China*, *Arnica*, *Carbo veg*, *Stram*, *Merc. bin.*, etc., etc.

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**TYPHOID FEVER**

The disease usually begins by the person feeling unwell and losing appetite. The loss of strength and general feebleness are marked. He complains of feeling chilly, and then of feverish turns, of being drowsy, troubled with headaches, and of restless sleep at night. There are also disorders of the stomach and bowels, vomiting and looseness, and bleeding at the nose is not uncommon.

The temperature of the person should be taken. Its peculiarity is that it is always a degree or two lower in the morning than in the evening. During the first week the temperature, as taken by the thermometer, is each day higher than the preceding and falls less each morning; during the second week it keeps each about the same level, though showing the morning fall and evening rise, and during the third week it shows a daily descent. If the temperatures be marked on a chart, the first week shows a series of ascending steps, the second week shows a series of daily rise and fall at the same general level, and the third week shows a series of descending steps. This behaviour of the temperature in typhoid fever is the most characteristic feature of the disease, and serves to mark it off from other diseases though every other symptom fails. The rash comes out in the second week of the disease.

In a typical case the chief symptoms are (1) a fever of peculiar character, (2) looseness of the bowels, and (3) a rash of rose-colored spots on the skin. In such a typical case the fever begins to abate in the third week

of the disease, and is disappeared about the twenty-eighth day.

### Diet

Water in, water out, should be the first principle. Plenty of water should be given. No solid food should be given at any time during the illness. Liquid food should be given every two or three hours, according to the needs of each case. At times it is necessary to awake the patient during the night to give nourishment.

### Disinfection

All urine and bowel discharges should be disinfected before being thrown out. Probably the best thing to use for this purpose is a saturated solution of *chlorinated lime* or bleaching powder. Use a table spoonful to each pint of the discharges, mix it well and allow the mixture to stand for five minutes before emptying.

### Treatment

*Baptisia 6-ix* :—Great muscular soreness and putrid phenomena always are present. All the secretions are offensive—breath, stool, urine, sweat, etc. Thinks he is broken or double, and tosses about the bed trying to get pieces together. *Bryonia 30* :—Low fever, shooting or jerking tearing pains in head, throat, chest and abdomen, and limbs, pain aggravates by motion. *Rhus tox 30* :—Very useful when a remittent fever turns into a case of typhoid, or in the second or third week of the disease when diarrhoea sets in, loss of appetite, abdomen is distended, tongue dry and there is red triangular patches at the tip, sordes on the lips and teeth and there is great thirst. *Arsenic alb 6* :—Follows Rhus

tox well. For extreme restlessness, prostration, burning heat all over, lips, teeth and gum, all covered with black sordes. *Muriatic Acid* 6x :—Cold extremities ; heat without thirst. Haemorrhages. Restlessness. Involuntary discharges. Excessive prostration. *Acid phos* 30 :—Chilliness ; profuse sweat during night and morning. Low types of fever, with dull comprehension and stupor. Haemorrhages. Diarrhoea. *Phos* 30 :—High fever with profuse perspiration ; complications of the lungs. Very fetid stools and flatus. Head colder than the body ; tendency towards haemorrhage from various parts and organs. *Gels* 1x :—Dizziness, drowsiness, dullness and trembling are the characteristic symptoms of this drug. *Veratrum alb* 6 :—Cold sweat on the forehead, face pale and shrunken, melancholy with stupor and mania, sits in a stupid manner. *Pyrogen* 30 :—Great heat with profuse hot sweat, but sweating does not cause in fall in temperature. All discharges are horribly offensive. *Apis* 30 :—Muttering delirium, trembling tongue, skin burning hot in some places and unusually cool at other places, pricking sensation at the tongue and on the face, tenacious mucus in the throat. *Crotalus* 30 ; *Stramonium* 30 ; *Terebinth* 3 :—Haemorrhage from the bowels ; red and scanty urine ; foetid stools mixed with blood. *Alumina* 30 ; *Hamamelis* 3x ; *Digitalis* 30 ; *Opium* 30 ; *Lachesis* 200-30 ; *Echinacea* 6 ; *Indigo* etc. are good medicines. *Typhoidinum* 30 :—A preventive and may be tried in the beginning. *Typho-febrinum* 30 :—An Indian drug said to be very efficacious in typhoid cases. (Proved by Dr. K.



Bhattacharji of Assam) The Biochemic remedies are;—*Ferrum phos* 6x :—at the commencement. *Kali mur* 6x :—The Principal remedy. *Kali phos* 6x-30x :—When brain is affected. *Calcarea phos* 6x :—During the decline of then disease it is very good for the building of the wasted tissues.

### FEVER (Simple)

*Aconite* 3 :—At the beginning ; due to dry cold wind  
*Baptisia* 3x :—Simple continued fever with bilious or gastric symptoms. *Arsenic* 3 :—Continued fever of low type. *Rhus tox* 6 :—Fever with pain and stiffness of body. *Dulcamara* 6 :—Fever after wetting in the rain. *Gels* 3x :—Fever with dizziness, drowsiness and trembling, passing off without perspiration. *Bryonia* 6 :—The patient does not like to move. Easy, profuse perspiration Excessive thirst. The other important remedies are, *Natrum sulph* 6x ; *Ferrum phos* 3x ; *Sulphur* 6 ; etc. etc.

### SPERMATORRHOEA

*Asvagandha* 6 :—I have found it very efficacious in cases of speamatorrhoea. Give it in 5 to ten drops doses twice daily (Before meal and during bed time). *Cantharis* 30 :—Urine scalds him and is passed drop by drop. Constant desire to urinate. Intolerable tenesmus. *Staphysagria* 30 :—Spermatorrhoea with sunken features ; guilty look ; emissions, with backache and weakness and sexual neurasthenia. Dyspnoea after coition. *China* 6 :—The frequent and morbid excitement of the sexual organs, resulting in an involuntary emissions of semen, and caused even by slight abdominal

irritations, is permanently relieved by this medicine. (*Hahnemann*). *Phosphorus* 30 and *Phosphoric acid* 18 :—are most suitable medicines, the former (as before) when irritable weakness, the latter when simple debility is present ; and, in alternate use and varying dilutions, will be found very serviceable. (*Hughes*). *Selenium* 30 :—Passive losses during sleep, vertigo on rising in the morning. Increases desire, decreases ability. *Conium* 3 :—Effects of suppressed sexual appetite. Sexual nervousness, with feeble erection. Testicles hard and enlarged. *Acid picric* 30 :—Emission profuse, followed by great exhaustion, without sexual dreams. *Sali Nigra* 0 :—Thirty drops of this tincture is said to be very efficacious in cases of spermatorrhoea. The other important medicines are, *Nux vom*, *Sulphur*, *Calcarea*, *Lycopodium* etc.

### IMPOTENCE

Consult the therapeutical indications of the following drugs :—*Asvagandha* 0 ; *Damiana* 0 ; *Alfalfa* 0 ; *Agnus castus* 6 ; *Caladium* 30 ; *Onosmodium* 30 ; *Conium* 30 ; *Lycop* 30 ; Dr. Nash Recommended a single dose of C. M. potency. *Selen* 30 ; *Yohimbium* 3 ; *Arnica* 30 ; *Hypericum* 1x :—From an injury to the spine ; *Nux vom* 30 ; *Sulphur* 30 ; *Calcarea* 30 ; *Makardhwaja* 3x ; *Lecithin* :—1 to 2 grs dose. Thrice daily. etc.

### DISEASES OF WOMEN

#### Suppressed Menstruation

*Jonosia Asoka* 0 :—My most favourite medicine in all sorts of menstrual disorders. *Acon* 3 :—Suppressed menses due to cold, grief or fright. *Arsenic alb* 30 :—In

the victims of malaria. Pale, anaemic patient with excessive weakness, fainting or diarrhoea. *Apis* 30 :—Menses suppressed with cerebral and head symptoms, especially in young girls. Membrane of mouth and throat glossy, as if varnished. *Belladonna* 6 :—Suppressed menses with throbbing headache ; Sensitive forcing downwards, as if all the viscera would protrude at genitals. *Calcarea carb* 80-200 :—The great constitutional medicine. *Puls* 30-200 :—I generally use this drug to complete the action of *Jonosia Asoka*. The general symptoms are, suppressed menses from wet feet, nervous debility, or chlorosis. In many cases I used *Pulsatilla* and *Ferrum* alternately with good result. *Bryonia* 30 :—Suppressed menses with vicarious discharges ; splitting headache. The other important medicines are, *Dulcamara* 30 ; *Ferrum* 30 ; *Kali carb* 6x ; *Natrum mur* 30 ; *Graphites* 30-200 ; *Sepia* 30 ; *Sabadila* 6 ; *Secale* 3 ; *Platina* 30 ; *Opium* 30 ; *Sulphur* 30-200 ; *Cyclamen* 30 ; *Nux vom* 30 ; etc.

### EXCESSIVE MENSTRUATION

*Jonosia Asoka* ̸ :—An excellent medicine. *Crocus* :—When the discharge is blackish, and lumpy or tenacious like pitch. Sensation as if something alive in the abdomen. *Sabina* 30 :—Where the blood is bright red and profuse. Discharge of blood between periods, with sexual excitement. Uterine pains extend into thighs. *Ipecac* .3 :—When there is much nausea. *Cham* 6 :—Extreme irritability of temper occurring at every period ; black and clotted discharge with pain in the back. *China* 6 :—It helps to restore the periodicity in

cases of irregularity. Relieves debility incident to excessive menstruation. *Ferrum 30* :—In young subjects of sanguine temperament, and liable to nose-bleeding. *Platina 30* :—Best suited for cases due to premature or excessive development of the sexual instincts, and where in older women it is associated with melancholia. Its catamenia are too early and long continued, as well as profuse. *Secale 3* :—When the flow is sanious, dark, and fluid, especially in thin, cachectic subjects. *Magnesia carb 6* :—Excessive flow at night, *Borax 6* :—Too early and too profuse; with colic and nausea. *Calcarea carb 30* :—Too early and excessive, especially in pale subject, inclined to stoutness, troubled with cold, damp feet. *Hamamelis 3x* :—Menses dark, profuse, with soreness in abdomen. *Trillium ix* :—Gushing bright blood on least movement. *Thlaspi 6* :—Too frequent and copious menses; Haemorrhage, with violent uterine colic. Every alternate period very profuse. The other important medicines are, *Erigeron*, *Nux vom*, *Sulphur*, *Ficus Rel*, *Abroma aug 6* *Nit. acid*, *Sepia*, *Puls. Caulo*, etc. etc.

### IRREGULAR MENSES

*Jonosia Asoka 6* :—Continue this drug in 5 drop doses twice daily for at least one month. This is an excellent regulator. *Puls 6* :—If with *Asoka* you do not get sufficient result use this medicine as an intercurrent. *China 6* :—After *Puls*. *Contum 6* :—Long before or after the usual time. *Calcarea 30-200* :—As a constitutional medicine. *Sulphur 200* :—Menses delayed always after the proper time; constipation; tendency to

skin eruption. Other important medicines are, *Natrum mur* 30, *Senecio* 0 ; *Graphites* 30-200 ; *Magnesea carb* 6 ; *Abroma Rad* 0 ; *Arjuna* 0 ; Irregularity of menses with excessive palpitation of the heart.

## DYSMENORRHOEA

### ( Painful Menstruation )

*Jonosia Asoka* 0 :—This is like a specific in this trouble. Give it in 5 to 10 drop doses every two to three hours as the case may be, and you will find most amazing results. *Puls* 6 :—Before I was acquainted with *Jonosia Asoka* this was my chief remedy for this trouble. Menstrual colic with great restlessness, tossing in every possible direction. Chilliness, nausea, downward pressure painful, flow intermits ; the blood is dark clotted. *Gels* 1x :—For the spasmodic form. Give it in warm water. ( Dr. Ludlam ). *Caulophyllum* 3x ;—Spasmodic, severe abdominal pains, which fly in all directions. *Viburnum opulus* 3x ;—Spasmodic and membranous dysmenorrhoea. Menses too late, scanty, lasting a few hours, offensive in odour, with crampy pains, cramps extend down to thighs. *Cimicifuga* 3x ;—Pain in ovarian region ; shoot upward and down anterior surface of thighs, pain immediately before menses. *Arjuna* 0 ;—In 5 drop doses if associated with heart troubles. *Magnesea phos* 3x ;—Pain in paroxysm, relived by hot application. Should be repeated every 10 to 15 minutes. Other important drugs are, *Cactus* 6 ; *Cham* 12 ; *Borax* 6 ; *Cocculus* 3 ; *Xanthox* 3x ; *Hamamelis* 1x ; *Bell* 3x ; *Borax* 6 ; *Abroma Rad* 0 ; *Asvagandha* 0 ; *Cynodon Dactylon* 1x ; *Arjuna* 0.

For constitutional treatment the therapeutics of the

following drugs should also be consulted. *Sulphur* 200 ; *Calcarea* 200 ; *Lyc* 200 ; *Graphites* 200 ; *Sepia* 30 etc.

### VICARIOUS MENSTRUATION

*Bryonia* 30 ;—Frequent bleeding from the nose or mouth from suppressed or retarded menses. *Hamamelis* 3x ;—Bleeding from nose, mouth and anus. *Ferrum phos* 6x ;—Bleeding from nose only. *Phos* 30 ;—Bleeding from the month only. *Collinsonia* 3x ;—Bleeding from the anus only. *Ipec* 3 ;—Bleeding of bright red colour. Nausea. *Senecio* ̸ ;—Weakness ; bleeding after cough. *Jonosia Asoka* ̸ ;—In repeated doses will stop the bleeding immediately.

### MENOPAUSE

*Lachesis* 30-200 ;—Flushings, symptoms worse on waking from sleep, external pressure ( even of clothing ) intolerable, melancholic, irritable. *Amyl nit* 30 ;—After *Lachesis*. *Sulphur* 30-200 ;—Such burning in the vagina she is scarcely able to keep still. *Puls* 30 ;—The patient feels better in open air. *Ignatia* 30 ;—Complaints due to suppressed grief. *Jaborandi* 2x ;—Hot flashes, nausea, salivation and profuse perspiration. *Gimicifuga* 3 ;—Faintness at the epigastrium ; restlessness, sleeplessness, sinking, unhappy state of mind. *Sepia* 30 ;—Leucorrhoea, sacral pain, persons of dark complexions and fine delicate skin. Other important remedies are, *Asoka* ̸ ; *Glonoin* 30 ; *China* 6 ; *Ferrum* 30 ; *Cactus* 3x *Aconite* 6 ; *Acid hydro* 6 ; *Kali carb* 30 ; *Valeriana* 3 *Arjuna* ̸ ; etc.

### LEUCORRHOEA

*Abroma Rad* ̸ ;—This is an excellent medicine for this disorder. Give it in 10 drop doses twice daily.

*Jonosia Asoka* ̄ :—If the discharges are red. *Syphilinum* 200 :—Leucorrhoea, profuse, soaking through the napkins and running down to the heels. *Merc. sol* ̄ 6 :—Leucorrhoea always worse at night, greenish discharge smarting, itching, burning after scratching. *Antim tart* ̄ 6 :—Leucorrhoea of watery blood, liable to occur in paroxysms, worse while sitting. *Sepia* 30 :—Yellowish leucorrhoea, with bearing down in pelvic region. Or, greenish and thick, profuse, watery, offensive. *Hydrastis* 3x :—Leucorrhoea, tenacious, viscid, thick, yellow, sometimes hangs from the os in long strings. *Kali bich* 30 :—Leucorrhoea, ropy, though discharge, which may drawn out in long strings. *Graphites* 30-200 :—White mucus leucorrhoea, with great weakness in the small of the back, when walking or sitting. *Iodium* 30 :—Thick yellow leucorrhoea, so corroding that it eats holes in the linen. *Phosphorus* 30 :—Acrid, corrosive, smarting leucorrhoea, drawing blisters. *Alumina* 30 :—Transparent mucous leucorrhoea in large quantities running down to the feet, unless napkin is warm. *Cocculus* 6 :—Leucorrhoea in place of the menses, or between the periods, or during pregnancy. *Stannum* 30 :—Leucorrhoea with marked loss of strength, which seems to centre in the chest, aggravated by reading or talking about. *Kreosote* 6 :—Leucorrhoea putrid, acrid, corrosive, with great debility. *Causticum* 30 :—Leucorrhoea flows at night, not during the day (Menses cease at night and flow during the day.). *Puls* 6 :—The patient is chilly but averse to warmth. *Bovista* 6 :—Like white of egg; yellow-green, leaving green spots on clothes; thick, slimy tough. *Borax* 6 :—

clear, copious, albuminous, unnaturally hot. *Sabina* 6 :—Thick, corrosive, offensive ; leucorrhoea after menses. *Carbo veg* 30-200 :—Greenish-yellow, aggravated in morning, excoriating. *Magn. mur* 6 :—Leucorrhoea, preceded by hysterical uterine or abdominal pains extending into the thighs. *Natrum mur* 30 :—Leucorrhoea with constipation, earthy complexion. *Sulphur* 30-200 :—After suppressed eruptions or discharges, sinking at the pit of the stomach in the forenoon. *Calcarea carb* 30-200 :—Leucorrhoea before menses with headache, colic and chilliness. Milky leucorrhoea in little girls. *Cina* 6-30 :—Leucorrhoea in children due to worms. *Ova tosta* 3x :—Leucorrhoea with backache. *Acid nit* 30 :—If the patient is syphilitic. *China* 6 :—Leucorrhoea with much debility. *Natrum carb* 30 :—Leucorrhoea after coition. *Calcarea phos* 3x :—Cream like leucorrhoea. *Ambra grisea* 30 :—Profuse, bluish leucorrhoea. *Hepar sulph* 30 :—Sour-smelling leucorrhoea. *Sanicula* 30 :—Leucorrhoea with odor of fish-bring or old cheese. *Saaguinaria* 30 :—Leucorrhoea during menopause. Other important remedies are, *Nux vom* ; *Ammon carb* ; etc.

### SIGNS OF PREGNANCY

It may at the very outset be observed that up to the fourth month it is not possible to obtain any certain sign of pregnancy. Indeed, it may be said that the eighteenth week is about the earliest time when any really reliable evidence can be procured. The early signs are : (1) stoppage of the monthly illness, (2) morning sickness and (3) changes in the breast. Among the later signs of



pregnancy are : (1) enlargement of the abdomen, (2) movements of the child—quickenings, and (3) detection of the sounds of the child's heart.

### THE MANAGEMENT OF PREGNANCY

The woman, who is looking forward with some quite-natural anxiety to the birth of her child should turn a deaf ear to the tales of woe, which friends too often delight to communicate, and should endeavour to preserve a cheerful and equable frame of mind. A regular method of living should be observed, to make the months pass in comparative ease and comfort. **FOOD** ;—The rule is plain nourishing food at appropriate and regular intervals. Very rich and highly-seasoned dishes are undesirable. Stimulants are neither necessary nor desirable in ordinary circumstances. **CLOTHING** :—This should be carefully adapted to the varying condition of the person, and should never be at any part tight-fitting. **EXERCISE** :—Gentle, regular, and moderate exercise, obtained by walking, however, be persisted in throughout the whole period, never, however, so as to cause pain. To average Indians, indoor works are generally sufficient for the purpose. **BATHING** :—Baths should be taken in moderation, extremes of heat and cold being carefully avoided. **THE BREASTS** :—They require some attention. Pain, swelling and tenderness of the breasts are among the early signs of pregnancy, as we have seen, and require no special attention. Should the nipples be tender, the best means of toughening them is by the use of the *tannin* and *glycerine* of the chemists. The use of alum and whisky

is too apt to make them hard with a tendency to crack. The Homeopathic medicines are ; *Bell* 6 :—Red, hard, throbbing pain. Generally affects right side. *Bry* 30 :—As soon as the first symptoms of pain or hardness come on. *Cimicifuga* 6 :—Pains worse, left side. *Phytolacca* 3  $\frac{2}{3}$ —After *Bry*. *Secale* 30 :—Sticking pain. *Sepia* 30 :—Inflammation with heaviness. *Nux vom* 30 :—With constipation ; cracks on the nipples. *Kali phos* 6x :—For easy delivery.

### PROBABLE DATE OF CONFINEMENT

(See Obstretic Table Page No 27)

Conception is believed usually to occur about a week after the end of the last illness ; the duration of pregnancy is counted as nine calendar months, so that the time of confinement is likely to occur nine months and one week from the last day of the last illness, that is, about 280 days. This supplies a ready method of counting. From the last day of the last illness reckon nine months forwards, and add seven days. Thus, a woman ceased to be ill on the 7th January ; nine months forwards gives the 7th October, and adding seven days we have the 14th October as the probable date of delivery. A shorter method is to count three months back instead of nine months forwards, and then add the seven days. Thus three months back from the 7th January is, of course, 7th October, and seven days gives 14th October as before. As another example, suppose the 10th February to be the last day of the last illness, three months backwards gives the 10th November, and adding seven days we get November 17th as the probable date of confinement.

Conception may be occurred either within a few days after the last illness, or immediately before the succeeding illness was due. This gives a difference of three weeks. If, then one has accurately known the last day of the last monthly illness, and has properly counted 280 days (or nine months and seven days) from that time, and if the confinement does not occur within a week after the estimated date, it may be expected not to take place for an additional fortnight, that is, altogether, three weeks after the originally fixed date.

### PREPARATIONS FOR CONFINEMENT

(1) Choose a clean skillful attendant for the time of labour, preferably a trained midwife.

(2) Insist that she removes all rings and bangles from her hands and uses carbolic soap and water and an antiseptic lotion to cleanse them frequently; forbid the use of household oil.

(3) Permit as little internal examination and interference as possible with the course of nature during labour.

(4) Give a good room where is plenty of fresh air and light. There is no need of charcoal fire as warm bedding will keep both mother and child from harm even on a cold winter night, and the fumes from the charcoal are injurious to both.

(5) Give a clean new *charpai* and plenty of clean pieces of old white saris for use during labour and after.

(6) As labour is a natural process and should give rise to no sign of illness beyond some physical exhaustion for a day or two, the mothers should be kept up light digestive food, such as milk, kanji and soup from the

time of delivery; after two days she can return to ordinary simple diet. In this way strength is obtained to resist disease.

(7) No good nurse will ever talk about her experiences to her patient or relate tales of distress and difficulty.

### THE MOTHER'S PREPARATIONS

The mother, looking forward to her confinement within a week or two, should be particularly scrupulous about the cleanliness of her person, by frequent bathing or sponging of the whole body. Very hot baths are to be avoided; they should be just before going to bed. It is well also to cut short the hair around the parts concerned in labour. A daily dose of *Kali phos 6x* will help to make the labour easy.

### THE MANAGEMENT OF LABOUR

(Consult Probable date of Confinement)

That the time is near is usually indicated by the fact that the enlargement of the abdomen is not carried so high. The patient one day becomes aware that it is much lower down; she walks, also with less ease, her joints seem slacker, as indeed they are. As a matter of fact the enlarged womb, with the little child, does settle down, and this often happens three weeks before the confinement occurs. As a result of the weight pressing down more on to the pelvis there may be some discomfort about the bladder, more frequent need to pass water; and the bowel also may suffer from the pressure. In some cases piles form and cause a good deal of annoyance.

### FALSE PAINS

The weight of the womb resting on the pelvic organs is also likely to occasion irregular pains, which may be mistaken for the commencement of labour, and are called False Pains, and they may indeed lead on to this. As a rule they pass off if the bowels be unloaded, and if the patient takes a good deal of rest. *Caulophyllum* 3x :—Pains appear during a fixed time every night. Pains fly to the extremities of the body. *Bell* 30 :—Pains appear and disappear suddenly. *Cimicifuga* 6 ; *Puls* 30 ; *Sepia* 30 ; *Nux vom* 30 ; *Gels* 3x ; *Viburnum* 3x : *Cham* 12 : etc. are good medicines and should be consulted before administering other medicine.

### TRUE PAINS

The real process sets in, as a rule, quite suddenly with the true pains. These are distinguished by their regularity in character and in recurrence. A woman in her first labour may think, at first, the pains are those of colic, but she will soon notice that they come at regular intervals, perhaps every half-hour, and as time goes on the intervals gradually lessen. Each pain is also of a definite character : it has its period of gradual increase to a height, it lasts a certain time and then it rapidly diminishes. The duration is from half a minute to a minute and a half, during the interval it completely disappears, so that even when the interval is only a few minutes the patient may have snatches of sleep.

### Treatment

*Actea rac* 3x :—Severe pain in the back, down the thighs, and through the hips, with heavy pressing down.

*Secale 3x* :—The pain is much prolonged, as if pressing and forcing the uterus, especially in thin, scrawny, cachectic women. *Kali carb 30* :—The pains begin in the back, and instead of coming around in front like a regular labor pain pass off down the buttocks or gluteal muscles. *Gels 3x* :—Cutting pains in abdomen from before, backward and upward, rendering labour pains useless. *Cham 12* :—Labour pains pass upward ; she is hot and thirsty, cross and inclined to scold. *Secale 200* :—Labour pains are weak, suppressed, or distressing in weak cachectic women. (*Nash*). *Nux vom 30-200* :—Labour pains attend with ineffectual desire to stool or urine. *Puls 30-200* :—Excessive restlessness ; desire for fresh air ; thirstless, peevish and chilly ; most suitable when the pains are from the first irregular and unsatisfactory. *Caulophyllum 3x* :—False pains ; Spasmodic and severe pains, which fly in all directions ; shivering, without progress. *Bell 6* :—Labor pains come and go suddenly. Pains forcing downwards as if everything will come out but nothing occurs. *Hyos 30* :—Spasms ; delirium. *Carbo veg 30* :—Extremities cold (lower) ; drowsiness ; want of energy ; feet numb and sweaty. *Ignatia 30* :—Nervousness of the patient ; want of pain ; Hysteria. *China 6* :—Excessive discharge of blood ; faintness and weakness. *Viburnum 3x* :—Real pains begin after false pains. Other important remedies are, Sulphur 30 ; Coffea 6 ; Arnica 6 ; Opium 6 ; Camphor 6 ; Asoka 3x etc etc.

### ACCESSORY MEANS

What-ever nourishment the patient has during the labour should be of simple character : hot milk, hot

tea, hot soup in small quantities—a tea-cupful—at the patient's own pleasure. Cold water, drink, &c., is not to be refused, but, of course, ought to be partaken of only in moderate quantities.

In anticipation of the child, its clothing should be hanging before the fire, a bath, warm<sup>o</sup> water, a clean sponge, and some good soap should be in readiness, also a pair of scissors, and two pieces of linen, thread, each piece about a yard long, and twice doubled, with a good knot at each end, for the purpose of tying the cord. Some olive-oil should also be at hand.

As soon as the head is born, the attendant should pass the fingers up to feel whether the cord is round the neck. If it be, the finger should be able easily to slip it over the shoulder. One hand is then placed over the outside of the belly, and, grasping the womb as it were. Gentle pressure is to be made, following it downwards as it descends. The body of the child will usually be born within a few seconds of the head without any further aid, though gentle pulling may be made with one hand on each side of the head, if aid seems needed from threatened suffocation of the child or other cause. Rarely the membranes are not ruptured during labour, and the child is born still inclosed in them. They must in such a case be quickly torn, else the child will be suffocated. *(For treatment of the newly-born child see page 54).*

### AFTER BIRTH (Placenta)

The first thing requiring attention after the removal of the child is the removal of the Placenta. The first homoeopathic medicine which should be tried in this

stage is *Arnica 1x*. Give one drop dose every five or ten minutes, and wait not more than half an hour. The after birth usually comes away in from 20 to 30 minutes after the birth of the child, but it may immediately follow the child, or it may be delayed for two hours. If it does come out within an hour or two give *Puls 3* or *Secale 3* in repeated doses with an occasional dose of *Arnica 1x*. After fully half an hour's delay the nurse may gently insinuate the whole hand into the passage, and finding the placenta there, sweep it wholly out, but it must not be torn. Before doing this, the nurse must thoroughly wash and scrub her hand, and soak it in *lysol solution*. If it is not found lying in the passage, the cord must on no account be pulled on. Medical aid must be summoned and meantime the nurse must sit, maintaining the pressure over the womb and the gentle kneading to keep it firmly contracted. If she does not do so, serious bleeding may occur. This is called

### POST-PARTUM HAEMORRHAGE

*Secale 3x* :—General relaxed habit of the body, weakness of the abdominal muscles, and umbilical hernia. The uterus often flaps when labour has been long delayed from any cause, whether the womb be simply inert, or worn out by prolonged action. *Puls 30* would be called for by inertia, *Arnica 6* by fatigue of the organ. *Ignatia 3x* :—After a very rapid labour, or after the extraction of the body, immediately after the birth of the head, the uterus may suddenly fail. *China 6* :—A good medicine. Other important medicines are, *Sabina 6* ; *Crocus 6* ; *Cham 12* ; *Bell 3* ; *Ipecac 3* ; *Hyos 30* and *Ferrum 30* etc



## AFTER-PAINS

After-pains are of the nature of labour pains on a small scale, and are due to irregular contraction of the womb, owing to the presence of blood clots and the effort to expel them. They may be relieved by the application, close up between the legs, of a thick flannel wrung tightly out of hot water. A single dose of ten drops of Laudanum may be given. This is to be repeated in two or three hours, only if really necessary. *Arnica* ʒx; *Cham* 6; *Gels* 3; *Secale* ʒo; *Coffea* 6 & *Puls* ʒo etc. are good medicines and should be used as indicated. Dr. Verdi recommended *Nux vom* ʒo and *Cantharis* ʒx as efficacious.

## THE LOCHIA DISCHARGE

The discharge from the womb for the first twenty-four hours after labour is of blood, and contains sometimes small clots. It gradually becomes less red, and by the third or fifth day assumes a greenish or yellowish hue. It has a peculiar odour. It gradually becomes colourless, and finally ceases by the end of two or three weeks. For the first few days the discharge is to be promoted by occasional gentle bathing of the external parts with warm water mixed with *Calendula* ʒ (1 in 20). Strict cleanliness must be observed, and clean napkin freely employed. *Secale* ʒx :—Long continued discharge of deep red blood. *Acon* ʒx ;—Suppressed. *Kreosote* ʒ. :—Offensive lochia. Or *Carbo veg* ʒ.

## DISEASES OF PREGNANCY

## Nausea &amp; Vomiting

Vomiting is one of the commonest of these disorders, and because of this is counted as one of the earliest and most usual signs of pregnancy. *Amygdal. persica*  $\theta$  :—A most valuable remedy in vomiting of various kinds. *Symphoricarpus Racemosa*  $3x$  :—Persistent vomiting of pregnancy, Nausea, worse, any motion. Averse to all food. Better, lying on back. *Apomorphia*  $6$  :—Vomiting without previous nausea. *Valeriana*  $1x$  :—Nausea as if a thread were hanging in the throat. Other important medicines are, *Nux vom*  $30$  ; *Cucurbita pepo*  $\theta$  :—Intense nausea immediately after eating. Vomiting of pregnancy. *Aletris farinosa*  $\theta$  ; *Petroleum*  $30$  ; *Ipecac*  $3$  ; *Puls*  $3$  ; *Kreosote*  $6$  ; *Tabacum*  $o$  ; *Cocculus*  $6$  ; etc. In vomiting and nausea of pregnancy, 20 per cent Solution of menthol in sweet oil ; use 10 drops on sugar when nausea appears. Marked relief is frequently obtained by taking a cup of warm tea before rising, or by breakfasting in bed, and not rising for some little time afterwards. The careful attention should be paid to the diet, as the vomiting may be largely controlled by finding the food that agrees best. The patient should take small quantities of food often, and among the kinds of food milk, and milk with soda, are to be preferred, or milk and lime water. Used in this way barley-water is highly spoken of. Frequent sips of iced milk may be found to allay the irritability.

## ABORTION

*Viburnum*  $3x$  :—Often prevents miscarriage. Frequent

and very early (within first one or two months) miscarriage. *Kali carb* 6 :—Miscarriage on the second or third month. *Sabina* 3 :—Pains from below upwards. Uterine pains extend into thighs. Threatened miscarriage on the 3rd month. Profuse bright hæmorrhage. *Secale* 3 :—Threatned abortion on the 3rd month. Dark, offensive, profuse discharges of blood. *Sepia* 30 :—Threatned miscarriage from 5th to 7th month. Bearing down sensation as if everything would escape through the vulva. Constipation. *Opium* 6 :—Abortion due to fright. Abortion during the 8th or 9th month. *Arnica* 3 :—Threatened abortion from any injury. Consult also *Apis* 6 ; *Puls* 30 ; *China* 6 ; *Luet* 30 ; *Cham* 12 ; *Merc. cor* 6 ; *Calcarea carb* 200 ; *Sulphur* 200 ; *Graphites* 200 ; etc.

*Caulophyllum* 3x :—Habitual abortion or miscarriage. *Cimicifuga* 6 :—Jerking, trembling or cramping of muscles, symptoms aggravated by cold and pressure. Irritable and sad rheumatic pains and aches especially of the lower abdomen and pelvic regions. Threatned abortion. *Cupram ars* 30 :—For diarrhoea, to prevent abortion and especially in the failing kidney and impending uremia.

### MILK FEVER

*Bryonia* 30 :—Undue engorgement of the breasts. *Asaf* 3 :—Milk late in appearing, or afterwards diminishing in quantity. *Calcarea carb* 30 :—When the milk is poor in quality, in pale lymphatic subject. *Silica* 30 :—In thin rickety subjects. *Phos* 30 :—In tuberculous subjects. *Puls* 30 :—To diminish the flow of milk (Clarke). *Lac can* 30 :—Helps to dry up milk.

## PUERPERAL FEVER

This is one of the most appalling diseases that may follow child-birth. In most cases it is fatal within a very short period, ten days or so after delivery. It begins usually within three or four days after delivery, perhaps with a shivering fit (rigor); headache and depression. The fever soon runs up to a considerable height, 103 or more by the thermometer. The pulse is rapid and feeble, the skin dry as well as hot; some times there is much sweating, and the sweat has a peculiar odour. The discharge from the genitals may cease; some times it does not, and the discharge is foul-smelling. The formation of milk is usually arrested. The bowels are loose, and the motion very offensive. The tongue becomes brown and dry, and little brown masses (*sordes*) form on the lips. Vomiting is frequent, the vomit being offensive. There is usually some amount of pain in the belly, which may become swollen, adding to the distress. If muttering delirium sets in, and the patient's hands wander about picking at the bed clothes, the case is as grave as can be. A very hurried feeble pulse, and rapid panting breathing, indicate sinking from exhaustion. In other cases, instead of looseness the bowels may be obstinately costive. Later on severe looseness of bowels sets in.

## Treatment

*Veratrum vir* 3x :—The first and best medicine. Hot sweating. Great variation of temperature. *Merc* cor 6 :—Excessive tenderness, distension, bloody and

slimy evacuations. *Kali carb* 30 :—Sudden stitching pains, compelling patient to cry out ; aggravation from 2 to 4 a. m. *Lachesis* 200 :—Excessive sensitiveness of abdomen, symptoms worse after sleep. *Pyrogen* 30 :—Pyæmic conditions. It is a great homœopathic dynamic antiseptic. Other important medicines are, *Rhus tox* 30 ; *Nux vom* 200. ; *Bella-lonna* 30 ; *Acid hydro* 6 ; *Hyos* 30 ; *Sulphur* 200 etc.

### STERILITY

Use *Asoka* ̄ : in 5 drop doses for a long time. Constitutional treatment should be made.

### PILES

In painful hæmorrhoids pæonia ointment is very useful. Hamamelis ointment is useful for external piles.

*Causticum* 30 :—Hæmorrhoids ; worse when preaching, or straining the voice ; standing. *Muriatic acid* 30 :—Largely protruding piles which look bluish, and are exceedingly painful to contact ; even the sheet is insupportable. *Carbo veg* 30 :—Large, protruding blue hæmorrhoids, sometimes suppurating, burning and emitting a terrible smell. *Acid nit* 30 :—Fissures of the rectum ; pain in the rectum which lasts for hours after a stool. *Ignatia* 30 :—Contractive sore pain in the rectum as from blind piles, lasting two hours after a stool. *Aesculus hip* 3x :—Sensation as if a foreign body was in the rectum, or as if it was full of small sticks, with fruitless efforts at evacuation and pains through hips and sacrum. Hæmorrhoids, with sharp shooting pains

up the back ; blind and bleeding. *Kali carb* 30 :—Hæmorrhoids after parturition, sticking pains. *Negandium Americana* 0 :—Engorgements of rectum and piles with great pain, ten drop doses of tincture every two hours. *Collinsonia* 3x :—Painful bleeding piles. Itching of anus. Sensation of sharp sticks in rectum. *Aloes* 30 :—Hæmorrhoids protrude like grapes ; very sore and tender ; better cold water application. Burning in anus and rectum. *Hamamelis* 3x :—Piles bleed profusely, with soreness. *Scrophularia nod* 0 :—Painful, bleeding, protruding piles. Consult, *Podophyllum* 6 ; *Hepar sulph* 30-200 ; *Sulphur* 200 ; *Nux vom* 30-200 ; *Calcarea carb* 200 ; *Verbascum* 0 ; *Thuja* 30-200 ; *Merc. siv* 0 ; *Phos* 30 ; *Fluoric acid* 6x ; *Ammon mur* 6 ; *Capaicum* 3 ; *Carbo ani* 30 ; *Carbo veg* 30 ; *Hypericum* 3x ; *Puls* 30 ; *Asoka* 0 ; etc. *Sulph* 30 morning and *Nux* 30 evening proved efficacious in some cases.

### Auxiliary Treatment.

Avoid all liquors, tea, coffee and highly spiced foods. Take exercise. Bathe the parts frequently with cold water. Injections for the purpose of securing easy stool are of benefit.

### FISTULA

*Silicea* 200 :—In chronic cases. *Nitric acid* 200 :—In cases with history of syphilis. *Bacillinum* 200 :—In tuberculous subjects. *Fluoricum acidum* 6-30 :—Itching of the affected parts ; relief from application of cold water ; aggravation from warmth. Other important drugs are *Calc phos* 6x ; *Causticum* 30 ; *Calcarea flour* 6x ;

*Bismuth trisnit* 3x highly praised by Dr. Clarke of London.

## GLEET

*Sulphur* 30-200 :—Gleet in catarrhal subjects will scarcely get well without this remedy. It is especially useful in maltreated cases, where there is much irritation softness and burning of the parts. There is always a general depressed state of the health when this remedy is well indicated. The nosode *Medorrhinum* 200 is of important here. *Sepia* 30-200 :—This remedy is useful in intractable cases where the discharge is milky and greenish and especially scanty, perhaps appearing only in the morning. *Sepia* is highly recommended by Jahr in this affection. *Mercurious* 30-200 :—Has greenish yellow discharges, worse at night. *Pulsatilla* 30-200 :—This remedy suits gleet in phlegmatic and scrofulous constituents, with a thick yellow or yellowish green and bland discharge. *Hydrastis* 3x :—This remedy is required when there is a want of tone or debility of the mucous membrane with persistent discharge and no pain. The discharge is thick and somewhat tenacious. *Natrum muriaticum* 200 Chronic gonorrhoea or gleet, brought on by the abuse of nitrate of silver injections ; the discharge is clear ; this is a common condition and the remedy is most useful. One last persisting drop and cutting pain on urination are good symptoms. *Kali iodatum* 30 Franklin recommends this remedy in gleet, advising the 3x potency. *Thuja* 200 :—Corresponds especially to

lingering cases of prostatic gleet with a thin yellow or greenish discharge. *Nitric acid* 200 :—Follows *Thuja* in these cases, especially where there are darting pains and condylomata. *Nux-vomica* 200 :—Gleet in the characteristic constitution, or where the complaint has been aggravated by excess in diet and drink.

### INSANITY

*Ranwolfia serpentina* ̄ :—In one dram dose twice daily. This is known as a specific for this disorder from a long time. It is known as *Pagla-ki-dawai* (drug for insanity). Very useful for mild and violent insanity. In one dram dose it will produce sleep and reduce blood pressure. *Bell* 3x :—Is the remedy for delirious state, when there is wildness, restlessness and a desire to cut or tear the clothing. The patient springs out of bed and strikes those around him. A valuable remedy in acute mania; violence is characteristic, great noisiness, the patient sings, screams and curses. *Hyos* 3x :—Paints the mental town of its victim a brilliant and luminous red and stimulates him to sing in merriest and most vociferous tones the songs of Venus and Bacchus combined. The mania is rather an acute non-inflammatory. The patient is silly and idiotic; is lascivious and lewd; throws the bed clothes off and makes lewd and ridiculous gestures. Persists in stripping herself and uncovering the genitals. Nymphomania. Bad effects of extreme jealousy, fright, disappointed love, etc. *Stramonium* 30-200 :—Wild and most terrifying mania, filled with hallucinations; sees rats, mice, snakes and other animals approaching him and he



retires in terror. The keynote of its symptomatology is terror. The symptoms are changeable, full of joy, and and then full of rage. Proud and then dull. He becomes religious, prays, laughs, talks foolishly and tries to escape ; again he becomes satanic, and has outbursts of violence with ideas of persecution. Other important medicines are Opium 30 ; Cocaine 30 ; Aconitum nap, Aconitum ferox, Camphor, Lachesis, Nux moschata 30, Kali phos 6x, Cantharis, Veratrum alb, Aurum metallicum 200, Sulphur 200 ; Anacardium orient ; Nitric acid ; Cimicifuga ; Calcarea carb ; Alumina ; Iodine ; Natrum ; mur ; Puls ; Sepia ; Ignatia 200 in cases with melancholia. It suits women better, while Arsenic and Nux vom are more suitable to men. It is a remedy full of disappointments, and jealousy, and is most suitable to complaints arising from fear, grief, shock, or prolonged brooding over real or imaginary troubles, Acid phos ; Picric acid ; Nux vom ; cannabis Indica ; Platinum ; Baptisia ; Cham ; Arsenicum. The following is a practical resume: *Aconite*—Fear. *Stramonium*—Terror. *Belladonna*—Violence. *Cantharides*—Madness. To this also add *Veratrum*—Frenzy.

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DRUG RELATIONSHIP

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Remedy & Duration.	Complements.	Remedies that Follow well.	Inimicals.	Antidotes.
Acon. One hour to Several Weeks.	Arn. Coff. Sulph.	Abrot. Arn. Ars. Bell. Bry. Cact. Calc. Cocc. Canth. Coff. Hep. Ipec. Kali-bro. Merc. Puls. Rhus. Sep. Spig. Spong. Sulph. Sil.	—	Acet-ac. Bell. Barb. Coff. Nux. Paris. Sulph. Vinum.
Æsc-H. 30 d.	—	—	—	Nux.
Æth. 20-30 d.	Calc.	—	—	Veget. acids.
Agar. 4C d.	—	Bell. Calc. Cupr. Merc. Op. Puls. Rhus. Sil. Tuberc.	—	Absinthium, Calc. Coffea. Camph. puls. Rhus. Vinum.
Agnus. 8-14 d.	—	Ars. Bry. Calad. Ign. Lyc. Puls. Selen. Sulph. Asvagandha.	—	Camph. Nux.
Allium Cepa 1 d.	Phos. Pul, Sars, Thuja.	Calcarea, Sil.	All-S., Aloe. Scilla.	Arni, Cham, Nux. Thuja, Verat.
All-S. —	Ars.	—	Aloe. All-c. Scilla.	Lyc.
Aloe. 30-40 d.	Sulph.	Kali-B. Sep. Sulph. Sul-ac.	All-s.	Camph. Lyc. Nux. Sulph.
Alum. 40-60 d.	Bry. Ferr.	Arg-m, Bry.	—	Bry. Camph. Cham. Ipe.
Alumen Long acting.	—	—	—	Cham. Nux. Ipec. Sulph.

Remedy & Duration	Complements	Remedies that Follow well.	Inimicals.	Antidotes.
Ambra. 40 d.	—	Lyc. Puls. Sep. Sulph.	—	Camph. Coff. Nux. Puls. Staph.
Amm. Carb. 40 d.	—	Bell. Bry. Lyc. Puls. Phos. Rhus. Sep. Sulph. Verat.	Lach.	Arn. Camph. Hep.
Am-mor. 20-30 d.	—	Ant-c. Coff. Merc. Nux, Phos. Puls. Rhus. Sanic.	—	Coff. Hep. Nux.
Anac. 30-40 d.	—	Lyc. Puls. Plat.	—	Clem. Crot-t. Coff. Juglans. Ran-b. Rhus.
Ant-Crud. 40 d.	Scilla, Sulph	Calc. Lach. Merc. Puls. Sep. Sulph.	—	Calc. Hep. Merc.
Ant-Tart. 20-30 d.	Ipec.	Bar-c. Cina, Camph. Ipec. Puls. Sep. Sulph. Tereb. Carbo V.	—	Asaf. Chin. Cocc. Ipec. Laur. Op. Puls. Rhus. Sep.
Apis	Natr-m. Baryta C.	Arn. Ars. Graph. Iod. Lyc. Puls. Nat-m. Stram. Sulph.	Rhus.	Carbol-ac. Canth. Ipec. Lach. Lact-ac. Led. Natr-m. Plant.
Arg-met. 30 d.	—	Calc. Puls. Sep	—	Merc. Puls.
Arg-nit. 30 d.	—	Bry. Calc. Kail-c. Lyc Merc. Puls Sep. Spig. Spong, Sil. Verat.	Coffea. Vsp. —	Ars. Calc. Iod. Lyc. Natr-m. Merc. Sil. Phos. Pul. Rhus. Sep. Sil. Sulph Milk.

# DRUG RELATIONSHIP

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Remedy & Duration.	Complements.	Remedies that Follow well.	Inimicals.	Antidotes.
Arnica. 6-10 d.	Acon. Hyper. Ipec. Rhus. Verat.	Acon. Ars. Bell. Bry. Bar.-m. Berb. Cact. Calc. Chin. Cham. Calend. Con. Curare. Hep. Ipec. Nux. Phos. Led Puls. Psor. Rhus. Ruta. Sulph. Sul-ac. Verat.	—	Acon. Ars. Camph. Chin. Ign. Ipec.
Arsen alb. 60-80 d.	All-s. Carb-v. Natr-s. Phos. Pyrog. Rhus. Thuja.	Aran. Arn. Apis. Bell. Bar-c. Cact. Calc. Ph. Cham. Chel. Chin. Cic. Ferr. Fl-ac. Hep. Iod. Ipec. Kali-b. Lach. Lyc. Merc. Ntr-s. Nux. Phos. Ran-sc. Rhus. Sulph. Thuja. Verat.	—	Chin. Sul. Camph. Carb-v. Euph. Ferr. Graph. Hep. Iod. Ipec. Kali-b. Lach. Merc. Nux. Nux-m. Op. Samb. Sulph. Tabac. Verat.
Asaf. 20-40 d.	—	Chin. Merc. Puls.	—	Caust. Camph. Chin. merc. Puls. Valer.
Aurum. 50-60 d.	—	Acon. Bell. Calc. Chin. Lyc. Merc. Nitric-ac Puls. Rhus. Sep. Sulph. Syph,	—	Bell. Chin. Cocc. Coff. Cupr. Merc. Puls. Spig. Sol-n.
Badiaga.	Iod. Merc. Sulph.	Lach.	—	—
Baptisia. 6-8 d.	—	Nitric-ac. Tereb. Crotal. Ham. Pyrog.	—	Phyt. Sang.
Bar-c. 40 d.	Dulc. Silica. Psorin.	Ant-t. Con. Chin- Lyc. Merc. Nitic-ac Psor. Puls. Rhus. Sep. Sulph. Tuberc.	after Calc.	Ant-t. Bell. Camph. Dulc. Zinc. Merc. Epsom Salts.

Remedy & Duration	Complements.	Remedies that Follow well.	Inimicals.	Antidotes.
Bellad. 1-7 d.	Calc.	Acon. Ars. Cact. Calc. Cham. Carb-v. Chin. Con. Curare. Hep. Hyos. Lach. Merc. Mosch. Mur-ac. Merc-i-r. Nux. Puls. Rhus. Sep. Sil. Stram. Sulph. Seneg. Valer. Verat.	Acet-ac. Dulc,	Acon. Camph. Coff. Hep. Hyo. Merc. Op. Puls. Sabad. Vinum.
Berb. 20-50 d.	Lycô.	—	—	Cham. Camph. Bell,
Biam. 80-90 d.	—	Bell. Calc. Puls. Sep.	—	Coff. Calc. Caps. Nux
Borax. 30d.	—	Ars. Bry. Calc. Lyc. Nux. Phos. Sil.	Acet-ac. Vinum.	Cham. Coff,
Bryonia. 7-10 d.	Alum. Rhus. Upas. Kali-c. Nat-m.	Alum. Ars. Abrot. Ant-t, Bell. Berb. Cact. Carb-v. Dulc. Hyos. Kali-c. Mur-ac. Nux. Phos. Puls. Rhus. Sil. Sabad. Squill. Sulph.	Calcarea.	Acon. Alum. Camph. Cham. Chel. Clem. Coff. Ign. Mur-ac. Nux. Puls. Rhus. Seneg. Antim-t. Ferr-m.
Cactus. 7-10 d.	—	Dig. Eupat. Lach. Nux. Sulph.	—	Acon. Camph. Chin.
Calc. Ars. 80-90 d.	—	Con. Glon. Op Puls.	—	carb-veg. Glon. Puls.
Calc-C 60 d.	Bell. Rhus. Lycô. Silica.	Aran. Agar. Bell. Borax. Bism. Dros. Dulc. Graph. Ipec. Kali-b. Lyc. Ntr c. Nitric-ac. Nux Phos. Puls. Plat. Pod. Rhus. Sil. Sep. Sars. Therid. Tuberculin.	Bry. Bar c. and Sulph. do not follow. After Kali-b. and Nitric, ac.	Bry. Camph. Chin. Ipec. Hep. Nitric-ac. Iod. Nit-sp-d. Nux. Sep. Sulph.

## DRUG RELATIONSHIP

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Remedy & Duration.	Complements.	Remedies that Follow well.	Inimicals.	Antidotes.
Calc-Phos. 60-d.	Ruta, Hepar Sulph. Zinc.	Rhus, Sulp. Iod, Psor. Sanic.	—	—
Camphor. 1 day.	Canth.	Ars, Ant-t. Bell. Cocc, Nux, Rhus. Verat.	After Coff. Kali-n.	Canth Dulc. Nit-s-d. Op. Phos.
Cann-sat. 1-10 d..	—	Bell. Hyos. Lyc. Nux. Op. Puls. Rhus, Verat.	—	Camph. Merc. Lemon. Juice.
Canth. 30-40 d.	Camph.	Bell, Kali-iod. Kali-b. Merc, Phos. Puls, Sep, Sulph.	Coff.	Acon. Apis. Camph. Kali-n. Laur. Puls. Rheum, Symp.
Carb-an. 60 d.	Calc-ph.	Ars, Bell, Bry. (Carb-v) Nitric-ac. Phos, Puls. Sep, Sil, Sulph. Verat.	Carb-v. ?	Ars. Camph. Nux. Vinum.
Carb-Veg. 60 d.	Dros. Kali-c. Phos.	Ars. Acon, Chin. Dros, Kali-c. Lyc, Nux, Ph-ac. Puls, Sep, Sulph. Verat.	Carb-an. ? Kreos. does not follow.	Ars. Camph. Coff. Lach. Nit-s-d.
Caust. 60 d.	Petros. Coloc. Carb-v. Merc-c.	Ant-t. Arum-t. Coloc. Calc, Guaia, Kali-i. Lyc. Nux, Puls. Rhus, Ruta. Sep. Sil. Stann. Sulph.	Acet-ac. Coff, Cocc-i Phos. Acids	Antim-t Asaf, Coloc. Coff Dulc. Guaia. Nux. Kali-n.
Cham. 20-30 d.	Bell. Mgn-c. Puls	Acon Arn, Bell. Bry, Cact, Calc. Cocc, Form, Merc. Nux, Puls. Rhus. Sep, Sil, Sulph.	Zinc. Nux.	Acon. Alum. Borax. Camph Chin. Cocc. Coff. Coloc. Con. Ign. Nux. Puls. Valer.
Chelid. 7-14 d.	Lycop. Bry. Sulph.	Acon, Ars, Bry. Cor-r. Ipec. Led. Lyc, Nux, Sep, Spig. Sulph.	—	Acon. Cham. Coff. Acids. Camp. Vinum. Wine.

Remedy & Duration.	Complements.	Remedies that Follow well.	Inimicals.	Antidotes.
China. 14-21 d.	Ferr. Calc. Phos.	Acet-ac. Ars. Arn. Asaf. Bell. Calc. Carb-v. Calc-ph. Ferr. Lach. Merc. Puls. Phos. Ph-ac. Sulph. Verat.	After. Kreo. Dig and Selen.	Aranea, Arn. Apis. Ars. Asaf. Bell. Bry. Carb-v. & an Calc. Caps. Caust Codr. Cina. Eu Pat. Ferr. Ipec. Lach. Led. Lyc. Meny. Merc. Ntr-c. Ntr-m. Nux. Puls. Rhus. Sep. Sulph. Verat. Arn. Coff. Op. Tabac.
Cicuta, 35-40 d.	—	Bell. Hep. Puls. Rhus. Op. Sep.	—	Arn. Camph. Chin. Caps. Pip-n.
Cina. 14-20 d.	—	Calc. Chin. Ign. Nux. Plat. Puls. Rhus. Sil. Stann.	—	Arn. Camph. Chin. Caps. Pip-n.
Coccul. 30 d	—	Ars. Bell. Hep. Ign. Lyc. Nux. Rhus. Opium. Puls. Sulph.	—	Coff. Camph. Cham. CuPr. Ign. Nux.
Coffea. 1-7 d.	Acon.	Acon. Aur. Bell. Flour-ac. Lyc. Nux. Op. Sulph.	Camph. Canth. Caust. Cocc. Ign.	Acon. Acet-a. Cham. Chin. Grat. Merc. Nux. Puls. Sulph. Tabac.
Colch. 14-20 d.	—	Carb-v. Merc. Rhus. Nux. Puls. Sep.	—	Bell. Camp. Cocc. Led. Nux. Puls. Spig, Thuja.
Coloc. 1-7 d.	Merc.	Bell. Bry. Caust. Cham. Merc. Nux. Puls. Spig. Staph.	—	Camph. Caust. Cham. Coff. Op. Staph.
Conium. 30-50 d.	Bar-m.  —	Arn. Ars. Bell. Calc. Calc-ars. Cic, Dros, Lyc, Nux, Psor, Phos, Puls, Rhus, Stram. Sulph.	—	Coff, Dulc, Nitric-ac. Nit-s-d.

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Remedy & Duration.	Complements.	Remedies that Follow well.	Inimicals.	Antidotes.
Crocus. 8 d.	—	Chin, Nux, Puls. Sulph.	—	Acon, Bell, Op.
Crot-Tig. 30 d.	—	Rhus; Kali-br.	—	Anac, Ant-t. Clem, Rhus. Ran-b.
Cupram. 40-50 d.	Calc.	Ars, Apis, Bell. Calc, Caust, Cic. Hyo, Kali-n, Puls, Stram, Verat, Zinc.	—	Bell, Camph. Cic, Chin. Cocc, Con. Dulc. Hep, Ipec. Merc, Nux. Puls, Verat.
Digit. 40-50 d.	—	Acet-ac, Bell, Bry. Cham, Lyc, Nux. Op, Phos, Puls, Sep, Sulph, Verat.	Nit-s-d. Chin.	Apis, camph. Calc, (Colch) Nux. Nitric-ac. Op.
Dros. 20-30 d.	Nux	Calc, Cina, Con Puls, Sulph, Verat.	—	Camph.
Dulc 30 d.	Bar-c. Calc. Kali-s. Sulph.	Calc, Lyc, Rhus Sep, Bell.	Bell. Lach. Acet-ac.	Camph, Cupr. Ip, Kali-c. Merc.
Eupat. Perf 1-7 d.	Nyct-a-t. Ocimum. Sanc. Kalmegh.	Natr-m, Sep. Tubercul	—	—
Euphras 7 d.	Merc. Sulph.	Acon. Alum, Calc. Con, Lyc, Merc. Nux, Phos, Puls. Rhus, Sil, Sulph	—	Caust. Camph. Puls.
Ferr 50 d.	Alum. Chin. Ham.	Acon, Arn, Bell, Chin, Con, Lyc, Merc, Phos, Puls Verat, Graph. Nitric-ac.	Acet-ac.	Ars, Arn. Bell, Chin, Hep, Ipec. Puls. Sulph, Verat. Sil.
Fluor-ac. 30 d.	Sil, Coca.	Graph. Nitric-ac.	—	Sil.
Gelsem. 30 d.	—	Bapt, Cact, Ipec, Bry Nyct-a-t Merc. Ocim, Sanc.	—	Atrop, Chin. Coff. Dig.



Remedy & Duration.	Complements.	Remedies that Follow well.	Inimicals.	Antidotes.
Graph. 40-50 d.	Arg-n. ArsenCaust. Ferr, Hep, LycTuber-c	Euphm, Ntr-s, Sil,	—	Acon,Ars, China, Nux, Wine.
Hamam. 1-7 d.	FerrAsoka.	Arn, Asoka.	—	Arnica,Puls, Camph,Chin.
Hepar. 40-50 d.	Calend,	Abort,Acon,Arum-t, Bell, Bry, Calend, Iod, Lach, Merc, Nitric ac, Nux. Rhus, Sep, Spong Sil, Sulph.	—	Acet-ac. Ars, Bell, Cham. Sil.
Hyose. 6-14 d.	—	Bell, Puls, Stram, Phos, Verat,	—	Acet-ac. Bell. Citric-ac. Chin,Stram.
Ignatia 9 d.	Ntr m	Al-ph, Ars, Bell, Calc, Chin,Cocc. Lyc, Puls, Rhus Sep, Sil,Sulph.	Coff, Nux, Tabac.	Acet-ac. Arn. Cocc. Cham. Puls.
Iod. 30-40 d.	Bad. Lyc	Acon, Arg-n. Calc, Calc-ph,Kali-b. Lyc, Merc,Phos. Puls.	--	Ant-t. Apis, Ars, Acon, Bell,Camph, Chin,Chin-s. Coff,Ferr. Graph,Grat, Hep,Op,Phos. Spong,Sulph, Thuja, Arn. Ars, Chin, Nux. Tabac.
Ipec. 7-10 d.	Ant t. Cupr. Arn.	Aranea. Ant-cr, Ant-t, Apis. Arn,Ars,Bell,Bry, Cact, Cadm,Calc, Cham, Chin, Cupr, Ign,Nux,Pod, Phos, Puls.Rheum, Sep, Sulph.Tabac,Verat.	—	
Kali-Bi. 30 d.	Ars,	Ant-t, Berb. Puls.	Does not followCal	Ars,Lach. Puls.

Remedy & Duration.	Complements.	Remedies that Follow well.	Inimicals.	Antidotes.
Kali-Carb 40-50 d.	Carb-v. Nux.Nat-m.	Ars, Carb-v. Basak. Fluor-ac. Lyc. Nitric-ac. Phos. Puls. Sep. Sulph.	—	Camph. Coff. Nit-s-d. Dulc. Acon.Bell. Spig.
Kalmia. 7-14 d.	Benz-ac.	Calc, Lith. Lyc, Ntr-m. Puls, Spig.	—	Acon. Nux.
Kreos. 15-20 d.	Ars, Phos. Sulph.	Ars, Bell, Calc. Kali-c. Lyc.Nitric-ac. Nux,Rhus. Sep. Sulph.	After Carb-v. China.	Acon. Nux.
Lach. 30.40 d.	Hep, Iod. Lyc, Kali-Iod., Nitric-ac.	Acon, Ars, Alum. Bell, Brom.Carb-v. Caust, Con. Cact. Calc. Cic. Chin. Euphm, Hep. Hyo. Kali-b. Lac-c. Lyc. Merc-i-fl. Nux. Ntr-m. Olend.Phos Puls. Rhus. Sil, Sulph. Tarant.	Acet-ac. Carbol-ac Dulc. Am-c. Nitric-ac. Psor. Sepia ?	Alum, Ars. Bell. Calc. Cham. Cocc. Carb-v. Coff. Hep. Led. Merc. Nitric-ac. Nux.Op.Ph-ac.
Ledum. 30 d.	—	Acon. Bell. Bry. Chel. Nux. Pul. Rhus. Sulph. Sul-ac.	Chin.	Camph.
Lycop. 40-50 d.	Iod, Hydras Lach. Puls. Acts with Special benefit after Calc., Sul- i., Graph. Lach.Chel.	Anac. Bell. Bry. Carb v. Colch.Dulc. Graph. Hyos.Kali-c. Lach. Led. Nux. Phos. Puls. Stram' Sep. Sil Therid Verat.	After Sulph except in cycle of Sulph Calc. Lyc. Sulph. etc. Coff.	Acon.Camph. Caust,Cham. Graph,Puls.
Magn-carb. 40 50 d.	Cham.	Caust. Phos. Puls. Sep. Sulph.	—	Ars.Cham. Merc. Nux. Puls.Rhusm.
Magn-mur. 40-50 d.	—	Bell. Lyc. Ntr-m. Nux. Puls. Sep.	—	Ars.Camph. Cham. Nux.

Remedy & Duration	Complements.	Remedies that Follow well.	Minimicals.	Antidotes
Medorrh.	SulphThuja Tuber.	Sulph, Thuja.	—	Ipec,
Merc. 30-60 d.	Bad.	Anantamul. Ars. Asaf, Bell. Calc, Calc-ph. Carb-v. Chin. Dulç, Guaiac, Hep. Iod, Lach. Lyc. Mur-ac. Nitric-ac Phos, Puls. Rhus. Sep. Sulph. Thuja.	Acet-ac, Sil, dis- agrees before or after potentise Mercury but anti- dotes the crude substance	Ars,Aur, Aranca,Asf, Bell,Bry.Calad Carb-v, Calc, Chin,Cupr. Con. Cor-r. Clem. Dphn. Dulc, Ferr, Guaia,HepIod. Kali-jKali-chl. Kali-b. Lach, Mez.Nitric-ac. Nux-m, Op,Pod,Phyt, Ruta, Sars, Staph.Sep.Still Spig. Sulph. Stram, Valer, Ars, Phos, Camph.Nit-s-d. Sepia. Nux. Acon. Calc. Hep. Con. Merc. Mez, Sulph.
Ntr-mur. 40-50 d.	Asoka, Apis,Caps. Ign, Sep.	Apis,Bry,Calc,Hep. Kali-c. Puls, Rhus. Sep, Sulph Thuja.	—	Ars, Phos, Camph.Nit-s-d. Sepia. Nux.
Nitric-ac. 40-60 d.	Ars. Calad, Lac. can.	Arn,Arum-t. Bell, Calc. Carb-v.Kali-c, Kreos, Merc. Phos, Puls, Sil. Sulph, Sep,Thuja.	Lach. After. Calc.	Acon. Calc. Hep. Con. Merc. Mez, Sulph.
Nux Vom. 1-7 d.	Asoka. Calc. Sulph. Kali.c Sepia.	Aranea,Æsc, Ars. Act-sp. Bell ,Bry. Cact. Carb-v.Calc. Cocc,Colch,Cobalt. Hyo,Lyc,Phos,Puls Ph-ac Rhus. Sep, Sulph.	Acet-ac. Ign. Zinc.	Acon, Ars. Bell, Camph. Cham,Cocc. Coff,Euphm, Op,Puls. Thuja.Ign.
Opium. 7 d.	—	Acon. An-t, Bell. Bry, Hyo, Nux-m. Nux. Samb.	—	Acet-ac. Bell. Cham.Cic,Coff. Cupr.Gels,Ipec. Merc, Mur-ac. Nux Puls. Verat. Zinc.

Remedy & Duration.	Complements.	Remedies that Follow well.	Inimicals.	Antidotes.
Petrol. 40-50 d.	Sepia.	Bry, Calc, Lyc. Nitric-ac. Nux. Puls, Sep, Sil, Sulph.	—	Cocc, Nux.
Phos-ac. 40 d.	Sulph. Abroma. augusta.	Ars, Bell, Chin, Caust Ferr, Fluor-ac, Lyc. Nux, Puls, Rhus, Sep. Selen. Sulph, Verat,	—	Camph, Coff. Staph, Sulph.
Phosph. 40-d.	Ars. All-c. Carb-Veg. Lyc. Ipec.	Ars, Bell, Bry. Carb-v, Chin, Calc. Kali-c. Lyc. Nux. Puls, Rhus, Sep. Sil, Sulph.	Caust.	Coff, Calc. Mez, Nux. Sep, Tereb.
Plat. 30-40 d.	Pal.	Anac, Arg-m, Bell. Ign, Lyc, Puls. Rhus, Sep, Verat.	—	Bell. Nit-s.d. Puls.
Plumb. 20-30 d.	—	Ars, Bell, Lyc. Merc, Phos, Puls. Sil, Sulph.	—	Alum. Alumen. Ant-cr, Ars. Bell, Cocc. Caust, Hep. Hyo, Kali-bro. Kreos, Nux. Nux-m, Op. Petr, Plat. Sul-ac. Stram, Zinc. Coloc, Lept. Lact-ac, Nux.
Pod. 30 d.	(Sulph)	—	Salt.	Stram, Zinc. Coloc, Lept. Lact-ac, Nux.
Psor. 30-40 d.	Sulph. Tubercul.	Alum, Borax, Bar-c. Carb-v, Chin, Sulph.	Sep.	Coff.
Pulast. 40 d.	All-c. Coff, Cham. Lyc, Nux. Sul-ac, Sil. Kali-s. Stann. Kali-m (Tubercul) Asoka	Anac, Ant-c, Ant-t. Asaf, Ars, Bell. Bry, Calc, Euphm. Graph, Ign, Kali-s. Kali-m Lyc, Nitric- ac. Nux, Pho, Rhus. Sep, Sil, Sulph.	—	Asaf Coff, Cham. Ign, Nux. Stann.

Remedy & Duration.	Complements.	Remedies that Follow well.	Inimicals	Antidotes.
Rheum. 2-3 d.	Magn-c.	Bell, Puls. Rhus, Sulph.	—	Camph. Cham. Coloc, Merc. Nux, Puls.
Rhus. 1-7 d.	Bry. Calc. Bovista. Nyct.-a-t.	Ars, Aran, Arn, Bell, Bry; Berb. Cact, Calc, Calc-ph. Cham, Con, Graph, Hyo, Lach. Merc, Mur-ac. Nux, Puls, Phos. Ph-ac, Sep. Sulph.	Apis, disagrees but Phos, follows well, (Kent)	Anac, Acon. Am-c, Bell. Bry, Camph. Coff, Clem, Crot-t, Graph. Guaiac Grindel, Lach Rann-b, Sulph. Sep.
Ruta. 30 d.	Calc-ph.	Calc, Caust, Lyc. Ph-ac, Puls Sep, Sulph, Sul-ac,	—	Camph,
Sabina. 20-30 d.	Asoka. Thuja.	Ars, Bell, Puls, Rhus, Spong, Sulph	—	Puls,
Sarsap. 35-d.	Anantamul. All-c. Merc. Sepia.	All c, Bell, Hep. Merc, Phos, Rhus, Sep, Sulph,	Acet ac.	Bell. Merc. Sepia.
Secale 20-30 d.	Asoka.	Acon, Ars, Bell, Chin, Merc, Puls,	—	Camph. Op.
Selen. 40 d.	Asvagandha	Merc, Calc, Nux, Sepia,	Chin, Vinum.	Ign, Puls.
Sepia. 40.50 d.	Asoka. Nux. Natr.-m. Sabad.	Bell, Calc, Con, Carb-v, Dulc, Euphm, Graph, Lyc, Ntr-c, Nux, Petr, Puls, Sars, Sil, Sulph, Rhus, Tarent.	Bry. Lach.	Acon. Ant-cr. Ant-t, Sulph. Nit-s-d. Veget, Acids.
Silicea. 40-60 d.	Calc. Puls. Thuja. Fluor-ac. Sanic.	Aran, Ars, Asaf, Bell, Calc, Clem. Fluor-ac, Graph, Hep, Lach, Lyc. Nux, Phos, Puls Rhus, Sep, Sulph, Tubercul, Thuja,	Merc.	Camph. Fluor-ac. Hep.

DRUG RELATIONSHIP

Remedy & Duration.	Complements.	Remedies that Follow well.	Inimicals.	Antidotes
Spigel. 20-30 d.	—	Arn, Ars, Bell. Calc, Cimic, Dig. Iris, Kali-c. Kalm, Nux, Puls. Rhus, Sepia, Sulph. Zinc.	—	Aur, Camph Cocc, Puls,
Spongia. 20-30 d.	Momordica.	Brom, Bry, Con, Carb-v, Fluor-ac, Hep, Kali-bro, Nux, Phos. Puls.	—	Camph,
Stahn, 35 d.	Puls.	Calc, Kali c, Nux. Phos. Puls, Rhus. Sulph.	—	Puls,
Staph 20-30 d.	Caust. Coloc.	Calc, Caust, Coloc, Floufr-ac, Kali-c, Ign, Lyc, Nux, Puls, Rhus, Sulph. Selen.	Ran-b,	Ambra, Camph,
Stram. — Sulph. 40-60 d.	— Asok. Aco., Nux. Pul. (Sul. is the "chronic" of these three. If a patient is sleepless, Sul. may be given at night; if the patient sleep s well, it is best given in the morn- ing, as it may disturb sleep if given at night ; Nux may be given at	Acon, Bell, Bry, Cupr, Hyo, Nux, Æsc-h. Acon, Alum, Apis, Ars, Bell, Bry, Bar-c, Berb. Borax, Calc, Carb-v, Euphm, Graph, Guai, Kali-c, Merc, Nitric-ac, Nux, Phos, Puls, Pod, Rhus, Sars, Sep, Samb, Calc.-p. Lyc, Pul, Sars, Sep, (Sul, Calc, Lyc, and Sul, Sars, Sep, frequently follow in this order It is generally said that Calc, should not be used before Sulp),	Coff, Sulphur springs are in- compa- tiblewith Au-m, Hahne- mann Said Sul, should not be given afterCalc, Sulph, follows Lyc, but Lyc, does not follow Sulph, (Kent) Ran-b,	Acet-ac, Bell, Hyos, Nux, Op, Puls, Tabac, Aco, Aln, Alo, Calc, Chin, Cub Coff, Con. Cop. Guac. (sometimes) Hdr. (some- times), Iod. Ln. c. (Head- ache) Merc. Nt. x., Oln. (Chro- nic effects), Opi. (maras- mus). Phyt. (eyes), Pul. (?) Rhs. Sep. Sul. 30 in globules dry on the tongue broght about a rapid and almost

Remedy & Duration	Complements.	Remedies that Follow well.	Inimicals,	Antidotes.
Sulph.	<p>night and Sul. in the morning when their complementary action is desired). Alo. (Sul. is generally the remedy when Alo. has been abused as a purgative) Sul. follows and complements Ant. t. and Ipec. in lung affections, esp. l. and atelectasis, Ars. Bad. ; Pso. complements Sul. Pso. loves heat, Sul. hates it, Sul. complements Rhus. in paralysis. An interpolated dose of Sul helps Sil.</p>	—	—	complete relief of all the rectal symptoms of Robinson's male prover of Sty., Thu., Vac., ailments from abuse of metals generally.
Teucrium. 14-21 d.	Clerodendron	Chin, Puls, Sil,	—	Camph.
Thuja. 60 d.	Ars. Ntr-s. Sabina. Sil. Medor,	Asaf, Calc, Ign, Kali.c, Lyc, Merc, Nitric-ac. Puls, Sabin, Sil, Sulph,	—	Camph. Cham. Cocc. Merc. Puls. Sulph. Staph. Sabina (warts)

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Remedy & Duration.	Complements.	Remedies that Follow well.	Inimicalt.	Antidotes.
Tubercul. —	Asvagandha Psor. Hydra. Sulph. Bell. Calc. China, Bry.*	Calc-ph. Calc. Sil, Bar-c.	Ars.	Sulph.
Verat. 20-30 d.	Arn.	Acon, Ars, Arn, Arg-n, Bell, Carb-v, Chin. Cupr, Cham, Dulc, Ipec, Puls. Rhus, Sep, Samb. Sulph,	—	Acon, Ars. Camph, Chin, Coff.
Zinc. 30-40 d.	Calcarea phos.	Hep, Ign, Moschus, Puls, Stan, Sep, Sulph, Lach,	Cham. Nux. Vinum.	Camph. Hep. Ign.



**A FEW OPINIONS ON THE FIRST EDITION OF**  
*Dr. D. N. CHATTERJEE'S*  
**FAMILY PHYSICIAN**

This book will be of much help for the laity in the English speaking countries who wishes to have a guide in the treatment of most frequently occurring diseases of the daily life. Principally it is written for people that adhere to the homoeopathy a method of healing diseases, inaugurated by that grand old physician Hahnemann more than 100 years ago, which still is living in his works and required more and more by the prominent men of the medical science

Homoeopathy spreads along over the whole world. Its practical use in plenty of diseases is without doubt.

Thousands of physicians practice its rules, millions of adherents amongst the laity praise its use in the treatment and prevention of diseases.

Dr. Chatterji has done a good work to bring the advantages of homoeopathic treatment quite near to the perception of his readers. I hope he will have many of them. They will not be disappointed. Besides the treatment of a good number of diseases, with homoeopathic medicines, there are to be found in this book very useful hints and hygienic advises for the prevention of diseases, so for instance the Golden Rules on pages 57 to 59 to keep free from tuberculosi--the scourage of humanity to whom  $\frac{1}{4}$  to  $\frac{1}{5}$  of all deaths are due. A recommendation of the book is also the mention of tropic diseases such as Cholera and malaria so frequent in India. The

chapters dealing with the diseases of the females are quite satisfactory and will be of immense help to the physicians.

Dr. Voorhoeve  
Author of "Homoeopathy in Practice"  
Dillenburg, Germany.

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We are grateful to Dr. Chatterji for bringing out this work. In India where there is such a dearth of qualified Medical men, such books are really welcome. Many a family man will be able to treat his children and family members with the help of this book. In a country like ours where English has become the common language a book of this kind will be really welcome. We thank Dr. Chatterji for bringing out this book. Dr. Chatterji as Editor of the Homoeopathic Bulletin has acquired an International reputation and his recent work in connection with the All-India Homoeopathic Conference has made him very popular among the members of our profession.

Dr. J. N. Mazumder, M. D.

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"I have carefully gone through Dr. Chatterji's Family Physician and find it to be equally interesting and instructive.

He has dealt with his subject with such consummate skill and in such a lucid manner as to make the most intricate matters thoroughly comprehensible not only to the physicians but even to the ordinary people who want to practice Homoeopathy for domestic purposes.

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**Dr. D. N. DE, L. M. S.**  
**PRINCIPAL, Dunham College of Homoeopathy.**

.....No one can read this book without grasping the matter with ease. The hand of the teacher and the ripe experience of the practitioner are in evidence on the every page. It is one of the few domestic works published in India in which are incorporated the up-to-date clinically proved indigenous remedies. The book is closed by a very useful chapter on Drug Relationship. Every person interested in Homoeopathy should have a copy of this excellent hand book.

**Dr. J. M. Mitter, M.D.**

In writing a successful practice, we think, the chief thing is the writer's actual experience. Any fluent writer can fill pages with perfunctory matter concerning each disease, but men generally turn to a guide for help, and that is what Dr. Chatterjee endeavours to give them. This work is a marvel of condensation and rich in material gathered from the author's experience. The subjects are considered in short paragraphs, and the whole work is especially readable and refreshing. This book is full of useful and practical comments on the general treatment of various diseases and is rounded out with an excellent chapter on the relationship of drugs. We welcome this book.

**"Amrita Bazar Patrika"**

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"In this disease-stricken country of ours there is always need of some handy medical treatises to help treatment. Homoeopathy as a system of treatment is very much popular today in our country and the author

a reputed Homoeopathic Physician himself, has written this book in order that it may serve as a ready guide to the ailing families. The symptoms of various diseases have been clearly pointed and appropriate medicines too have been prescribed therewith. This useful treatise should find a place in every household". "Advance"

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There are differences of opinion as to the value or desirability of works on "domestic medicines" but in the case of homoeopathic medicine they are distinctly of service: With their aid many a case can be tackled successfully in the initial stage by an intelligent father, and so prevent the malady developing into a more serious condition. The doctor, when called in, finds that much valuable time has been saved, and his task has made easier. This is true of illnesses even in large cities where there is ample choice of doctors, but still more in country places where there is, unfortunately, no homoeopathic practitioner. Here especially the simple book on "Domestic Medicine" is a real boon. And in the case of young children, simple complaints, not serious enough to require a doctor's visit, can be thus relieved or removed.

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treated of are arranged alphabetically. The Indian drugs which are included in this work will be of immense service. Lastly, the most interesting and valuable chapter "Drug Relationship" is added. In it the reader who wants to know something more in detail as to the general relationship of medicines will find what is required.

Tribune, Lahore

Dated the 25th September, 1933.

"The author's endeavour to present to the public in a hurry ~~for a~~ short and concise description of common diseases and their Homoeopathic treatment deserves credit. Unlike other Homoeopathic authors, who supply generally indications of foreign and imported drugs, Dr. Chatterji has sought to introduce here a number of indigenous drugs taken from Ayurvedic and other sources....."

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"The object of this book, as stated by the author in his preface, is to render the practice of homoeopathy easy and accessible to all" and in this attempt he has completely succeeded. Every characteristic symptom of a disease has been referred to and its remedy indicated and this has considerably enhanced the utility of the book to the lay reader.

A few books that have ever been published in English in this country are either for the students or for the practitioners but there is scarcely any concise treatment of the subject that is easily understood by the average educated men. Introductory notes on the administration and selection of medicines and their potency, and the index, will be of especial value."

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**TESTIMONIALS**

It will be a great help to Homoeopathy—J. E. Juste,  
Arequipa, PERU ; S. America.

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—R. F. Rabe, M. D. AMERICA.

\*We will add it to our Medical Library.

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This excellent book of 185 pages of the drugs of India fills a big gap in the armentum of Homoeopathic literature and we are certain that it fills a great demand in your own country as well as of other countries.

We have had calls for some of these remedies, but not knowing their origin, were at a loss to know where to look. Some of the remedies mentioned we have and are familiar with.

x      x      x      x      x      x      x

The other remedies are all new and unfamiliar to us. The clinical cases are of much value giving great support to the unproved remedies. You to be congratulated in so ably getting this material together. It is a gift which only a chosen few are capable of accomplishing. May your health and strength keep up so that in future years you may enlarge upon this.

We shall place this gem in our library where it will be accessible to our numerous physicians. We will recommend this book most highly.

*Respectfully,*

Ehrhart & Karl, Inc.  
CHICAGO, U. S. A.

This book is bound to be of great interest to Indian practitioners and laymen, and also to those practitioners outside India who are not satisfied with the wonderful materia medica generally known on this side. There are a few remedies mentioned which are to be found in Clarke's Dictionary, such as *Blatta Orientalis* and various others. The producers of this drugs should introduce them to the English & American markets without delay.

HEAL THYSELF, FEBRUARY 1935  
LONDON.

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× × × × × We have examined the publication thoroughly and are, indeed, pleased with the arrangement of the book and the quality of materials used in its construction.

It is a valuable *Materia Medica* and gives considerable information with reference to the drugs indigenous to your country, and in many instances, it supplements facts already mentioned in Dr. Boricke's *Materia Medica*. We appreciate it very much as a reference book and it will, therefore, find a conspicuous place in our library, we of course, will always be glad to recommend your publication to any one who is particularly interested in your drugs. × × × × ×

BOERICKE & RUNYON.  
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When one comes to think of it, India, from the very nature of its climate, size and other features, must possess many plants not found in other parts of the world.

This little book aims at presenting some of the medicines of the country that are new to Homoeopathy. Most of them are unproved, and the chief indications for their use are clinical and pathological often derived from Ayurvedic medicine. A few, *e. g.* *acalypha indica*, *sena sativa*, *blatta orientalis*, are already in our *materia medica* but the majority bear names quite unfamiliar to us. *Jonosia asoka* has a great local reputation for menstrual troubles: *punarnava* is famed for ascites of nephritic origin, *abroma angusta* has given good results in diabetes.

The indications given are supported by reports of clinical cases.

The author suggests provings of these obviously valuable drugs, and certainly if these were carefully and scientifically carried out our armoury would receive a considerable access of new power.

BRITISH HOMŒOPATHIC JOURNAL, LONDON.

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