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EVERY ONE'S
OWN PHYSICIAN.

A POPULAR HANDBOOK OF SOUND MEDICAL
ADVICE FOR THE HOME TREATMENT OF NERVOUS
AND CHRONIC DISEASES.

BY

L. ERNST,

M.D. (Vienna), M.B. (Budapest), etc.,
Consulting Homœopath.

SECOND (REVISED AND ENLARGED) EDITION.

THE HOMŒOPATHIC CONSULTING ROOMS,
15, PALL MALL EAST,
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P R E F A C E .

IN the course of a long career as a specialist in nervous and chronic diseases, I have come in contact with sufferers of all classes, and it has been borne in on me that nowhere is instruction and enlightenment more necessary, and nowhere is ignorance more fatally harmful than in matters medical. "Light, more light" is sadly wanted here.

Even those who can afford to have the best medical advice at any time should possess some knowledge of medicine. As a rule, a busy doctor can only spare little time to each patient, and when the latter or his relatives are able to supply an intelligent account of the malady, the physician will find such of the greatest assistance in making a correct diagnosis and in ordering suitable treatment.

Such knowledge is particularly indispensable in the case of people who live in small, out-of-the-way localities, far from competent medical assistance; further, to the great majority of persons who do not care to trouble a doctor for every petty complaint; and, lastly, to the many who, suffering from some chronic ailment, wish to treat themselves in their own homes, under a specialist's guidance, but without the inconvenience and expense of his frequent visits.

After reading this book, one or two consultations with a trusted medical adviser, or an inquiry by letter, will often be found to be all that is necessary for carrying out a simple course of home treatment.

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INTRODUCTORY.

WHY I BECAME A HOMŒOPATH.

I.—After having taken my final degree in medicine I first started in practice as a doctor of the old school. But soon the conviction grew on me that the results obtained by the usual (the *Allopathic*) treatment were more apparent than real, in so far as it was the vital forces of the patient which in most cases got the better of the disease, not because of the many mixtures taken, but, to speak plainly, in spite of them.

What the vital forces, when left alone, are capable of can be seen amongst some uncivilised races, where the people lead natural lives, and when ill, cannot choke their systems with lowering or poisonous drugs. They reap the benefit of this in later years, and are spared the *medicinal diseases* so often artificially engendered by the taking of large quantities of *allopathic* (and patent) mixtures, pills and powders.

In addition, I found the methods and medicines of the old school, though occasionally successful in acute maladies, of no use whatever in chronic diseases. *Allopathic science has admittedly no medicines for chronic complaints*, and allopaths, when consulted, can only either shrug their shoulders and pronounce them incurable, or pack the patient off to some health resort if it happens to be summer.*

* Take as an illustration the complaint known as *Constipation of the Bowels*. Allopaths have no means for *curing* this trouble, and can only recommend *Aperients* and *Purgatives*, which, far from removing the evil, in the long run mostly aggravate it; whereas, by a little perseverance in the use of her medicines, Homœopathy cures the complaint, even in the most obstinate instances

It cannot be denied that patients can and do benefit from residing in a health resort appropriately chosen. It is, however, decidedly a mistake to believe that visiting a health resort will alone cure a chronic complaint. Health may, by a happy coincidence, return just then, but as soon as the effects of the change, of the bracing mountain air, or of the sea breezes, has worn off, the patient is usually as unwell as ever. He then drags through the winter ailing, and is asked again to wait for the summer, which brings respite anew, but seldom complete recovery.

And this is only for the wealthy. The poorer members of society have to bear their misery with all the patience they can muster until Nature takes pity on them and in one way or another puts a term to it.

II.—As these facts made themselves more and more evident, in the early part of my career, I began to see the “marvellous progress” with which medicine has been credited this last century reduced to its proper proportions. It is true that surgery owes to modern study many ingenious clinical instruments and such invaluable aids as anæsthetics and antiseptics, but *in the medicinal treatment of internal complaints all the boasted knowledge of the faculty still remains no more than a mass of hypotheses and vague theories, which are of no use at the sick bed, and sufferers who rely on allopathic methods are no nearer to certain cure nowadays than they were a century ago, when superstition, ignorance and inexperience reigned in the medical world.*

In this frame of mind I looked about and found what proved to be veritable light in the darkness. It was brought to my knowledge that a number of persons in a neighbouring village, who had long suffered hopelessly from various chronic and

obstinate complaints, such as *insomnia, vertigo, nervous exhaustion, cardiac weakness, dyspepsia, biliousness, headache, running sores, ulcers, syphilis, paralysis, etc.*, and who had consulted many doctors and famous professors in vain, had been actually cured.

III.—I made inquiries, with extraordinary results. A clergyman in the village, who had made a hobby of homœopathy, had treated them case by case as they came under his notice, and with this result.

I was at first incredulous. For, as a practitioner of the old school, I had always heard homœopathy denounced by my professors as nonsense, if not worse. And what made the cures still more incredible was the fact that the clergyman had no medical degree.

Yet the country people flocked to him in ever-increasing numbers, and were cured. I might be as sceptical as I chose, but I could not shut my eyes to the fact that I saw men well again, some of whom I had known as suffering for years.

So there I stood, faced by results which could not be brushed away, and, greatly impressed, I sought to conquer the prejudices of many years. I devoted myself to an earnest study of homœopathy, and in this had the assistance of the famous homœopath, Professor Hausmann. I studied, weighed, compared, and when I had made up my mind on all the points at issue, I began to treat patients according to homœopathic methods. The first successes surprised even myself, but that they were no accident of chance was proved by ever-increasing good results.

HOMŒOPATHY EXPLAINED.

IV.—Derived in name from the Greek *homojos*, "similar," and *pathos*, "suffering," homœopathy is a method of medicinal thera-

peutics according to which "like is cured by like" (*similia similibus curantur*). The founder of the system was the great German physician, Samuel Hahnemann.

Hahnemann evolved his system of medicinal treatment in the early part of the nineteenth century. His efforts met with cruel persecution from the medical men and chemists of his time, and he was finally driven in exile from his native Saxony; yet now many thousands of highly educated medical men are to be found practising homœopathy in every part of the world, and the very city of Leipzig, from which Hahnemann was banished, has raised a striking statue in bronze to his memory.

Hahnemann taught that most diseases are the result of a disturbance of the vital forces too great to be overcome by the same forces unaided.

Now as it is evident that only one disturbance is conceivable within the body at one time—Hahnemann continues—the disturbance caused by disease may be suppressed if a second and stronger disturbance can be aroused within the sick body.

This second disturbance is called into existence by means of a tiny dose of homœopathic medicine, and obviously only lasts as long as the drug acts.

Therefore, as soon as the disturbance due to the disease has been displaced, the homœopath stops giving the medicine which caused the secondary disturbance, the latter (and artificial) disturbance disappears in due course, and the patient recovers.*

V.—Working on this theory, Hahnemann devoted many years to experiments, the object of which was to find the most suitable medicine for every complaint, and as a result of his investigations, he discovered the Law of Nature, whereby *the drug*

* It is owing to this peculiar working of homœopathic medicines that patients in the early stages of homœopathic treatment almost invariably experience temporarily a slight aggravation of their symptoms.

which tends to produce the symptoms of any one disease in the healthy body will displace the symptoms of that same disease in the sick. Hence the homœopathic maxim: "Like cures like."

For instance, assuming that a person is suffering from some fever, such as an attack of ague, it has been proved by experiment that *quinine* introduced into a healthy body will cause feverish symptoms very similar to those of ague. The homœopath therefore, gives tiny doses of *quinine* to the patient until the fever itself has been displaced by the action of the medicine. The effects of the infinitesimal quantity of *quinine* are then easily thrown off, and the patient is well again.

Similarly, *bryonia*, if taken by a healthy person, creates symptoms of inflammation of the lungs (pneumonia), and *bryonia* is one of the most successful remedies known to homœopathic science for curing the same.

Again, *belladonna*, which produces, in the healthy, sore throat, fever, and a rash very like the symptoms of scarlet fever, is a tried specific in its treatment.

Acute diseases with a number of well-defined symptoms require as a rule only one sort of homœopathic medicine for their cure: in the case of chronic complaints, with more complicated symptoms, several kinds of medicines have to be given, either alternately or consecutively.

THE SMALLNESS OF DOSE IN HOMŒOPATHY.

VI.—What has been said so far provides incidentally one of the reasons why homœopathic medicines are given in such small doses; for in larger quantities, the fresh disturbance set up in the body by the drug might become lasting, and cause one of the many chronic complaints referred to above as *medicinal diseases*. As a single illustration of the latter, let me mention

the awful diseases and consequent misery which the indiscriminate use of mercury in the treatment of skin diseases, etc., has caused, and is, unfortunately, still causing yearly to thousands of sufferers.

At the same time I can thoroughly understand the question being raised by the stranger to homœopathy: How can medicines in such small quantities cure? But it is only due to certain ingrained prejudices that we are baffled at first by the strong curative powers contained in minute homœopathic doses, as the savage is baffled by the astonishing forces that impalpable steam or invisible electricity can be made to yield.

From our earliest childhood, when a doctor of the old school was called in, we have been accustomed to have him prescribe medicines in large quantities. We are so used to seeing bottles full of mixtures, and boxes of all sizes and colours full of pills and powders, mostly associated with unpleasant odours and tastes, that it is not easy to dissociate our ideas of medicine from its paraphernalia.

VII.—The reply of homœopathy to the question: How can medicines in such small quantities cure? is: The conception of "smallness" is imaginary, and merely a question of comparison. In Nature there is no "small" or "great." For what is small?

Is not a seed small? Among rocks it will die, but planted in good soil it will grow into a tree, and furnish millions of fresh seeds, which, in their turn, may produce vast forests. Is a grain of sand small? It is, but, compared with certain bacteria, it is immeasurably great.

Take the bacteria of tuberculosis or of syphilis. They are so minute that they are hardly visible, even under the most powerful microscope. Nevertheless, the destruction which these infinitely small organisms occasion under suitable conditions is terrible,

and man, who can cope with the fiercest animals, is powerless to withstand their ravages.

One more example—the most convincing of all. Is not the germ from which man springs infinitely small? Nevertheless, it contains within its small compass, and transmits to the progeny, not only life, but the mental and physical qualities of the parents, and often their infirmities and diseases.

It is, therefore, not the size of an object which determines its efficacy, but its properties and the conditions and circumstances under which it is called upon to act. Experience, indeed, confirms not only that the minutest particles of a drug, suitably chosen and properly used, bring about the most astounding curative results, but that the same medicine given in larger quantities frequently does harm instead of good by paralysing the organism in its functions.

VIII.—These and a few other advantages of the homœopathic treatment may be summarised as follows:—

1.—Homœopathic medicines are not disagreeable, and homœopathic treatment causes no pain. Harsh appliances or stupefying drugs are unknown to homœopathy, and blistering, purging, salivating, vomiting, and other drastic measures which exhaust the patient's strength, are discarded.

2.—All homœopathic drugs have been most carefully tried on healthy persons, to ascertain their properties, and the patient suffering from disease is not tormented by cruel and dangerous experiments.

3.—Homœopathy thereby answers the first and foremost rule of every medical treatment: *it can never, under any circumstances, hurt the patient, no matter how feeble or debilitated the latter may be.*

4.—There is *no medicinal disease* from which to recover after the illness has been overcome by homœopathic remedies, and

5.—*Homœopathic treatment is curative, and not palliative. Its aim is to cure the diseased organs, and to restore them again entirely to their normal functions, while palliative (allopathic) treatment, particularly in chronic cases attempts no more than to give temporary relief.*

THE HOMŒOPATHIC MEDICINES.

IX.—The homœopath prepares his own medicines, for everything depends on the genuineness of their preparation. Homœopathic medicines are made up in various strengths suited to the age, sex and constitution of the patient, and the virulence and obstinacy of his (or her) complaint. They are administered in three different forms, viz., as tinctures, as pilules, and as triturations.

(1) The tinctures contain the drug dissolved in spirit of wine.

(2) The pilules are made of sugar of milk saturated with the liquid drug. This is the most general and convenient form of taking homœopathic medicine.

(3) The powders consist of those homœopathic drugs that are insoluble in spirit of wine or in water, well mixed with sugar of milk.

THE ORGANIC FUNCTIONS.

IN coming now to our main subject, we will begin with a short and simple description of the principal functions of the body.

1.—CHANGE OF MATTER.

The term "Change of Matter" comprises all the chemical and physical phenomena within the body which are necessary to Life.

It includes Digestion—a process for reducing foods to a state of solution; Absorption—a process for conveying it when so dissolved into the blood; Circulation—by which the blood is conveyed all over the body to nourish it; Respiration—for introducing oxygen to combine with the elements of the food and tissues, and at the same time to carry off the chief and most poisonous product of that process, carbonic acid; and there are also the processes of Secretion and Excretion.

The body requires constant Change of Matter for its maintenance, for every movement, every action, including thinking—in short every function within the body—is accompanied by proportionate waste of tissue, while a continual renewing and perishing of its atoms goes on within it, and waste matter is constantly being replaced from the food taken in.

The quantity of waste matter daily thrown off by the body: perspiration, carbonic acid, water in different forms, and the solid excrements, amounts to nearly one-twentieth part of a person's entire weight!

A man weighing 160 lb. will therefore throw off daily, if in health, about 8 lb. of waste matter, and in order to balance this loss he must take in about 8 lb. of food.

Our foods, whether solid or liquid, undergo a very complicated process before assimilation. The digestive organs break them

up and dissolve them, where possible, with the help of various ferments and juices, before they are fit to pass through hundreds of small ducts and pipes to the most distant parts of the body.

All nutritive substances are ultimately transformed into blood, and in this form nourish the body.

Of equal importance with food for the renewal of the body is the oxygen in the air. Oxygen is inhaled with the air into the lungs, and thence conducted through the blood into the body.

The purer the air the more oxygen it contains. Plants give off oxygen, and do so more actively in the day-time, under the influence of the sun, than at night. That is why a day in the country, breathing in healthy and pure air, is so good for one.

If this process of continuous breathing is interrupted, even for a short period, say for a minute, death by suffocation ensues.

We have mentioned that the blood is instrumental in supplying the system with fresh materials, at the same time carrying away the waste matter. This latter, together with what has not been used up in the digestive process, is passed out of the body again through the bowels, kidneys, lungs, and pores of the skin. The kidneys secrete the urine and the bowels the solid matter.

Nature has regulated this secretory process in an ingenious way. While persons engaged in active pursuits, or living in hot countries, give off large quantities of water through the pores as perspiration, persons of sedentary habit and living in temperate climates collect more in the bladder.

So this Change of Matter goes on in healthy subjects continuously, and by it the body is constantly rejuvenated and maintained. If, however, the process should be permanently interrupted, then the end is near; the body rapidly collapses, and death is inevitable.

Just as Nature renews herself from day to day and from hour to hour, so does the body of man need perpetually renovating, and every person in whom the Change of Matter takes place with regularity may look forward to a long and sound life.

What each individual should do to promote this all-important regularity will be dealt with in detail in the following chapters.

2.—THE HEART AND THE CIRCULATION.

The heart is the great agent in the circulation of the blood, and if its action is interrupted circulation must cease at once.

The heart is a round, slightly elongated, sack-shaped organ which lies within the chest cavity, on the left-hand side, between the second and fourth rib.

While man breathes, the cavities of his heart—four in all—are filled with blood. The cavities are divided by partitions and have strong muscular walls, by the energetic contraction of which the blood is propelled. One half of the heart, the left, drives the blood through the system, the other half, the right, drives the blood through the lungs.

The course of the blood through the heart and the plan of its circulation may now be understood. Starting from the left side it is driven over the body through the arteries into the capillaries (the network of the smallest blood-vessels) and is collected again in the veins.

Through the veins the blood is then carried again to the right side of the heart, from which it passes through the lungs, and after having been returned to the heart it starts afresh through the system.

The rapidity of this circulation depends upon age, sex and state of health. The number of times the pulse beats tells us the number of times the heart contracts, because the one is caused by the other. Thus, if we feel the pulse at the wrist, and it beats, say, seventy-five times a minute, we know that the heart beats or contracts likewise seventy-five times a minute.

As a rule, a diseased condition of the body acts as a disturbing factor upon this important vital function, by either accelerating or retarding the circulation. It is for this reason that the doctor first feels the pulse, which is a sure guide for determining some of the processes going on within the body.

The circulation is most rapid in the newly-born, whose pulse-frequency amounts to 120 to 140 beats a minute. In the course of years this speed diminishes by degrees. A boy of five has about 100 pulse-beats a minute, middle-aged persons 80 to 90, and people of 40 to 60 years only 60 to 80 beats.

With advancing old age, when the heart's action gradually weakens, the blood circulates more and more slowly, until at

some stage of life only fifty pulse-beats and even less may be counted.

Whilst age influences the circulation of the blood, disease also affects the frequency of the heart-beats. All those illnesses which are generally accompanied by fever accelerate the pulse-frequency, and if a quicker pulse is found in a person than is warranted by his age, the conclusion may be drawn that something is wrong.

The speed of the pulse is also increased by exercise or exertion of any kind, but this acceleration of the circulation does not outlast its cause very long, and the concurrent rise of temperature is comparatively slight.

A diminished pulse-frequency is equally a sign of a diseased condition, and may be met with in persons who suffer from Anæmia, Hysteria and General Debility, or whose system has been weakened either by illness, by unsuitable, or by entire want of food.

Disturbances of the circulation also occur: (*a*) in people suffering from Heart Disease. Such people often experience an uneasy feeling in the region of the heart, and their breathing is occasionally seriously impeded after slight bodily exertions; (*b*) even in healthy persons following on a mental shock, whereby the regular beating of the heart is violently stopped, and the circulation interrupted for an instant. If this stoppage of the heart's action is prolonged beyond an infinitesimally short space of time, the whole machinery of life comes to an abrupt end, and death ensues; (*c*) in the case of young girls suffering from Chlorosis or Green Sickness; and (*d*) of women in a state of pregnancy.

3.—THE BLOOD AND RESPIRATORY PROCESS.

The blood permeates the body by means of a complex and, in parts, very fine network of pipes. These pipes, through which the blood flows, are spoken of generally as blood-vessels.

We distinguish in the body three different kinds of blood-vessels, viz.: (1) the arteries; (2) the veins; and (3) the hair-like capillaries.

The arteries are situated in the interior of the various organs, while the veins are mostly situated beneath the surface of the skin.

The blood which circulates in the blood-vessels differs in colour, according to whether it flows away from or towards the heart. The blood which leaves the heart is bright scarlet, it having previously been aerated with oxygen in the lungs.

But the further the blood flows from the heart, and the more it is diffused in the capillaries, the darker and duller does it become, until it appears dark purple, and returns to the heart as such.

The quantity of blood varies in individuals. It depends mainly on the size of the body, but varies according to the state of health. It has been ascertained by the experiments of Welker that the blood in a person weighs, generally speaking, about one-thirteenth of his body. Welker made his experiments on the bodies of several persons who had been guillotined.

The blood contains all the substances which the body needs for its maintenance. Bones and cartilage, muscles and nerves have been ascertained to consist of various salts, fat, iron, phosphor, etc., and all these ingredients are to be found in the blood.

If we place a drop of blood under the microscope we notice in the liquid blood-serum a mass of tiny solid bodies, which are known as blood-corpuscles. To gain an idea of their size it will be sufficient to point out that no less than 5,000,000 of them are contained in every drop of healthy blood.

The number of blood-corpuscles is greatly reduced in those who suffer from Anæmia, a disease particularly prevalent nowadays among women. The quantity of blood in their system remains the same as in the normal state, only the quality suffers, and occasionally no more than 200,000 corpuscles are present in a drop of their blood.

The blood, as it flows under the skin, causes the pink colouring of the latter in healthy persons, whilst anæmic people appear pale. Occasionally the blood is greenish or yellow. This happens when bile, as in some diseases, gets into the blood.

The complexion, whether clear or dull, with blue circles about the eyes, warts, pimples, pale lips and gums, and discoloured white of the eyes, gives therefore clear signs if abnormal processes are going on in the body which require immediate attention.

The blood is in a fluid state only, while it circulates through

the veins and arteries. If the circulation is interrupted or stopped entirely, or if blood exudes from the body, it coagulates after a short while to a viscid mass.

In close connection with the preparation of the blood stands the process of respiration, for it conveys the oxygen, indispensable to the blood, and frees it from its superfluous carbonic acid.

Our breathing is twofold—through the lungs, by way of mouth and nose, and through the pores, of which innumerable thousands pervade all our organs and assist in elimination of the carbonic acid.

The air which we exhale contains less oxygen than that which we take in, but a greatly increased quantity of carbonic acid and water. If the temperature of the outer atmosphere has fallen below 44° Fahr., the exhaled water condenses to slight vapour, and if a looking-glass is breathed on even at a higher temperature, we see the glass become misty. The exhaled air is, of course, of the same temperature as the body, and therefore warmer than the inhaled air.

The breath may also serve as a guide to the state of health, for the healthy breath is odourless, while that of an unhealthy person is very unpleasant. This is particularly noticeable in constitutional diseases, fevers, and in affections of the mouth, the digestive, respiratory and urinary organs.

Unpleasant breath is very rarely found in children, and is more common in women than in men. If the seat of this affliction is in the mouth, cleanliness in that quarter will put it right. But if it is caused by some internal disease, then only radical treatment will avail.

The odour pertaining to certain substances, spirits, etc., may also affect the breath temporarily, for the passage of gases through the lungs goes on very rapidly. The following observation will be found interesting in this connection. If we have spent some time in a pine wood the resinous smell inhaled is so quickly absorbed that even the urine is impregnated by it.

4.—THE DIGESTIVE FUNCTIONS.

Digestion comprises all those functions which render the food fit for assimilation into the system. The food is thereby trans-

formed into the fluid state, and becomes of service for nourishing the blood, the muscles and other tissues.

The organs employed in this task are called the digestive organs, and in their entirety they are spoken of as the digestive apparatus. They are: the mouth, the gums, and the teeth, the salivary glands, the pharynx, the œsophagus, the stomach and the intestines, the liver and the sweetbread (pancreas).

Digestion commences when food or drink enters the mouth. The food is chewed by the teeth, mixed with the saliva, and swallowed, when it passes through the œsophagus into the stomach.

Here it remains for a shorter or longer period, according to its consistency, and is broken up. During this process the portions already dissolved (called chyle) are absorbed into the system through the walls of the stomach.

The most important functions of digestion are performed in the stomach, for while its walls are absorbing the fluid parts of food a number of tiny glands are pouring juices on the remaining food, which help to reduce the latter to a viscid condition.

The juices just mentioned are of a clear watery consistency, and have an acid and saline taste and a flat odour. If digestion is sluggish, minute quantities of this liquid rise into the mouth and give an acid taste, very unpleasant to those who experience it.

Everyone is aware that various diseases, as well as bad and indigestible food-substances, impair the action of the stomach; it may be less known that great mental stress, fright, anxiety and trouble also affect the digestion.

We have seen so far that the liquefied foods are absorbed within the stomach. The process of digestion is, however, by no means finished at this stage, but is continued in the small and large intestines; for the food does not remain sufficiently long in the stomach for it to be completed there. In due course the broken-up food passes on into the small and thence into the large intestine, through the walls of which the process of absorption is continued, and the further the food progresses within the intestines the more its liquid portions are drawn off, till what is left is only an indigestible remainder, which is ultimately excreted.

The food-stuffs are very diverse as regards their digestibility. They are easily digestible if they can be readily reduced to a viscid condition. Some foods may be so digested within half an hour, whilst others may need as long as seven or eight hours before they can be reduced to pulp.

We may conclude, therefore, that much depends in the first place on the proper selection of diet, though age, habits, general state of health, and climate all greatly influence digestion.

Amongst the most digestible articles of diet may be reckoned : yolk of egg (soft), brains, roasted game and cooked apples, which pass through the stomach in one to two hours. Milk takes two hours to digest, while hard-boiled eggs, cheese, butter, beef, potatoes, bread and pastries are digested in from three to three and a-half hours. Veal takes four hours, and salted pork no less than five or six hours to digest.

After the digestive process has been completed a few more hours will elapse before the excrements are passed off. On the whole, it may be from twelve to eighteen hours until the solid food which we have eaten has gone through all the stages of digestion.

Of all the juices which mix with the food the most important is the bile, secreted from the liver, for it prevents decomposition of the food-stuffs in the intestines, and assists in turning the food to the best possible account for the body.

This latter fact was successfully proved during some valuable experiments on live dogs in France. An incision was made through to the gall-bladder, and a tube inserted, through which the gall was drawn off out of the body, and so prevented from entering the intestinal canal. Thereupon the dogs began to lose weight steadily, though otherwise well, and receiving the same quantity of food as before. But on the gall being allowed to resume its proper course, the animals quickly recovered their former state of health.

As far as is possible to lay down rules for proper digestion we have done so in the following :—

1. All food must be well chewed. The more it is chewed the better it gets mixed with saliva.
2. Eat slowly, so that the juices of the stomach may have time to break up the food as it arrives there.
3. Do not eat hot and cold foods too rapidly after each other.

4. Do not eat bad food which is in a state of decomposition. This is most important in the case of meat; for the flesh of old or diseased animals contains parasites which may prove very dangerous. Regarding pork and pork sausages, they must always be very well cooked or smoked, for pork is frequently infected with trichines, and these are only killed after much cooking.

5. Lastly, it is advisable to have supper some time before going to bed, for digestion goes on much quicker when we are awake; but a little rest is to be recommended after every meal.

5.—THE NORMAL EXCRETIONS.

In the same way as food and oxygen are taken in by the body the latter excretes all substances of which it is no more in need.

The most important function in this process of excretion falls to the Kidneys (*Reines*). Both kidneys are of round, somewhat elongated shape, red-brown in colour, and about the size of a small fist. They are placed in the abdominal cavity on both sides of the spine, and are so firmly imbedded in tissue that they can only be dislodged by force.

This sometimes happens when an abscess forms in their neighbourhood and presses on them, and the pressure of stays may occasionally cause the kidneys to shrink. This shrinkage or displacement will be dealt with later.

The work of the kidneys is to secrete urine from the blood, and the vessels of the former are well adapted for this purpose. By their means the kidneys cleanse the blood of all impurities which collect in the latter, and which must constantly be got rid of.

Of these impurities the principal ones are Uric Acid and Urea, and if these are not continuously separated from the blood, the latter becomes poisoned, and Uræmia may supervene, an illness which is accompanied by fits, unconsciousness, insomnia, delirium and sickness, and often ends fatally.

The substances contained in uric acid and urea are excreted by the kidneys, together with the superfluous water. This fluid is called Urine.

Within the kidneys may be found innumerable tiny pipes—the Urinary Canals, while the Urinary Duct proper, through which the urine flows off from the kidneys, is about half an inch wide and fifteen inches long. This duct reaches into the lumbar cavity and leads to the Bladder, where the urine is collected. At the time of passing water the muscles of the bladder contract and the liquid escapes.

The bladder is larger in women than in men, which necessitates the latter more frequently passing water. During pregnancy the bladder suffers increasing pressure as the child gradually grows.

The bladder empties itself through a small canal (Urethra) which is broad and short in women, and long and narrow in men. An unfortunately too common disease in this part is Gonorrhœa or Clap, which, in spite of its apparent insignificance, needs careful and conscientious treatment, as it may cause inflammation of the testicles (*Orcheitis*), stricture of the urethra, loss of power and other distressing complaints.

The appearance of the urine constitutes a most significant factor in determining what is happening within the system. In a healthy person the freshly passed water is clear, transparent, amber-coloured, and without sediment. But if the person, for instance, should be feverish, the water is sluggish, of reddish tinge, and after a short time sediment will be observed similar in appearance to brick-dust.

Again, the urine may be more brown, similar to dark beer, and if shaken ever so slightly froth will form on top. This is a sure sign that the liver is disordered.

If Catarrh of the Bladder is present the urine is muddy and ill-smelling, and if closely examined one will observe thread-like filaments floating about in it. Should the sediment prove to be gravel it points to Stone in the bladder and kidneys.

Since the bladder is liable to such diverse diseases we must be particularly careful not wilfully to upset its action. If, for instance, the bladder is not emptied when necessary it may lose the power of contraction by which it empties itself. This condition is known as Paralysis of the Bladder. Impossibility of obtaining relief, which sometimes is the case on a long railway journey, or when one is in company, may give rise to it.

The quantity of water passed daily in fully-grown and healthy

people is about 1,600 to 1,800 grammes ; but atmospheric conditions, season, age, and the quantity of liquid drunk, all have their influence in augmenting or diminishing this amount.

The more we drink, the more water there is to secrete, and we make less urine in summer, when the skin gives off so much fluid in the form of perspiration, than in winter. But taking all these things into consideration, if either too much or too little water is made, medical attention should be drawn to it.

The other waste substance which we secrete is Perspiration, which is given off through the pores of the skin, and is a colourless, rather thick and salty fluid, possessing a peculiar odour due to the presence of volatile sebatic acid. Apart from the latter we get rid, in perspiration, of carbonic acid gas, and also of water.

The daily quantity of perspiration in grown-up persons is about 500 to 800 grammes, but this amount may be even doubled by great muscular activity, intense heat, or much hot drink.

In addition to urine and perspiration, which we secrete in fluid form, we exhale, as already stated, carbonic acid and a small quantity of water, and the solid food-waste leaves the body through the rectum.

6—THE REPRODUCTION OF MAN.

Of all the functions which regulate the human mechanism the most intricate are those which govern the reproductive process. Society and the State depend on a healthy and unbroken continuation of the species, and Degeneration entails ruin to a nation, as instanced in the Roman Empire.

For the Reproduction of the human species two separate germs are necessary. These are the Ovum in woman and the microscopic Spermatozoid in man. These germs are developed in the generative organs of each, the ova being present in the ovaries, the spermatozoids in the testicles. As soon as the two meet, the Embryo (as the child is called during the first three months) begins to develop in the womb.

The ovum separates itself regularly once every four weeks from the ovaries, a process attended by the loss of more or less

blood, and known as the "Monthly Courses" (Menstruation). From a spermatozoid the ovum receives an impetus towards development, and this is the beginning of pregnancy.

At the end of three months the embryo begins to give the mother proof of its existence. We say then that the embryo has developed into the Fœtus. But the fœtus still widely differs from a child at birth, for in this stage of development its circulation is peculiarly arranged.

The lungs do not yet breathe, and the fœtus draws the blood and the oxygen it needs from the Placenta, a structure of tissues which develops in the womb at the same time as the fœtus and connects the circulation of mother and child.

As soon as the latter is born it begins to breathe, and at this moment the blood ceases to flow through the umbilical cord which connected mother and child, and, what is more remarkable, the circulation of the blood through the baby's lungs starts simultaneously.

The human offspring is liable to various diseases even before birth, some of which are due to infection through the maternal blood, while others again develop quite independently. Those which are caused by infection from the parent are principally Tuberculosis, Syphilis and Scrofula.

Among the affections developed by the fœtus itself are Dropsy and Valvular Disease of the Heart. As long as the child is unborn these diseases do not usually take a fatal course, but death frequently ensues after the infant has lived a little while.

One of the most certain indications of pregnancy having begun is the stopping of the monthly courses. Yet by itself this is not to be absolutely relied on. There are plenty of cases where, in spite of pregnancy, the courses still go on, particularly in weak and anæmic women; on the other hand, the same may have ceased, in consequence of a chill or some other illness, without the woman being enceinte.

We must take note therefore of other symptoms besides the above. Amongst these perhaps the most usual is Morning Sickness; further the distension of the uterus and consequent enlargement of the abdomen. But even here self-deception is possible, for diseases of the abdominal organs, as, for instance, Dropsy, may cause the latter.

A further symptom of pregnancy is the swelling of the breasts, which is noticeable often very early, whereupon they become extremely sensitive to pressure.

At the end of the fifth month the mother notices the stirring of the child quite distinctly, and after the sixth month can often feel its body and a little later on its head through the walls of the abdomen. In the ninth month the uterus reaches its highest position near to the pit of the stomach, and in the tenth the child is born.

It is not always possible to determine the period of pregnancy with precision, but usually we reckon 280 days counting from the date of conception. Birth takes place occasionally a few weeks sooner, when the child may live, but if it occurs before the seventh month it is termed a miscarriage, and the infant is born dead.

THE MATERIALS NECESSARY TO LIFE.

1.--AIR.

The gases which surround the earth are known collectively as Atmosphere, or Air, and consist of about 76 parts by weight of nitrogen, and 21 parts by weight of oxygen, besides small quantities of carbonic acid, vapour, ammonia, and traces of various organic and inorganic substances.

If the air is rich in oxygen, it is beneficial to health, while it is the reverse if it contains an inordinate proportion of carbonic acid.

The composition of the air is greatly influenced by geographical and climatic conditions, by vegetation, swamps, etc.

Plants and trees continually give out oxygen under the influence of the sun, but at night the reverse is the case, for, deprived of the action of the sun, trees and bushes exhale carbonic acid.

The air on *terra firma* is often deteriorated by dust, which is most dangerous, particularly in populous towns, where it carries all sorts of refuse and animal droppings ground into powder, and other substances capable of transmitting infectious diseases.

Wholesome air—this much is certain—is a necessity of life. But seeing that we cannot always live at sea, on mountains, or in the country, we must consider how to keep the air about us as pure as possible. The following hints will be useful:—

In closed rooms occupied by many people the air is impure and unhealthy. They should therefore be avoided as much as possible, but if this cannot be managed, plenty of exercise should be indulged in after leaving them, and the lungs ventilated by deep inhalations. Bedrooms and dormitories, where

several people sleep together, should always get plenty of airing in order that the carbonic acid may find an outlet and oxygen enter in its place, and the sun should receive every encouragement to enter all living rooms.

The most dangerous of all the impurities in the air are the tiny organisms called Bacteria, which carry a variety of diseases, such as consumption, enteric fever, cholera, etc. Whenever any of these illnesses break out we should continually disinfect the living-rooms.

Constant ventilation is most particularly needed in sick-rooms, though at the same time due precautions must be taken against the patient catching chills.

Breathing damp air should also be avoided, for the moisture in it interferes with the proper exchange of gases in the lungs.

It need hardly be said that smoke and other noxious fumes are not favourable to health, and the same applies to a variety of poisonous gases, which have a marked effect on our organism if inhaled.

But while most of these are of slow action, the destructive effect of carbonic acid gas manifests itself very rapidly. Deaths are frequently due to it, and great care must be exercised when coke is allowed to burn in open fireplaces.

It is at all times important that the respiratory functions should not be interfered with. The lungs must always be allowed to breathe freely. For this reason a sedentary mode of life is harmful, as persons who take little exercise do not breathe properly. Neither can closely-fitting clothes be recommended, and corsets and belts which press on the lungs impede proper breathing.

2.—LIGHT.

All light and heat spring from the Sun, which promotes the growth and development of all vegetable and animal life. Light stands for life, while darkness is synonymous with death.

Deprive a plant of light and it will fade away, while animals kept in darkness develop a diseased, fatty condition. Light promotes change of matter, and influences all our being. We feel its beneficial effects on sunny days, and our spirits sink when it is dull.

Well-lighted homes and workrooms are, therefore, of supreme importance. People who have been brought up in gloomy back streets and slums, or have been long in dark prisons, look pale for want of fresh air and light.

On the other hand, the rays of the sun, when very powerful, may be a source of danger, and the eyes in particular cannot face direct sunlight without harm. Another danger to be avoided is sunstroke.

With regard to artificial light, the whiter it is the less injurious it is to the eyes, and lamp and gas globes in the common white opal glass are to be recommended. The light should be powerful and the flame steady, and workers should not sit too close to it, particularly if it is gas, for the heat is as bad for the head as the light for the eyes.

Of all artificial methods of lighting I personally still prefer a good oil lamp, though incandescent gas and soft electric light have many advantages. Open, flickering gas-jets are very unhealthy owing to their great consumption of oxygen.

Where the nerves of vision are exceptionally sensitive, green or bluish lamp-shades will be found to give considerable relief.

All work in which the eyes are used a great deal, as reading, writing, and the work of compositors, engravers and jewellers, is doubly injurious if done at night, and whoever can work in day-time should avoid all such night strain. The habit of reading at night in bed is very bad, as the entire structure of the eyes is opposed to this practice.

After lengthy reading the eyes should always be sponged with cold water to revive nerves and blood-vessels.

3.—DRINKING WATER.

All those who know something of Hygiene realise how much the health of a township depends on the quality of its drinking water. Wholesome drinking water is as indispensable to life as light and air, while bad water will speedily send up the death-rate.

Water drunk in reasonable quantities promotes digestion and the action of the bowels, for it assists in dissolving the food and passing it through the alimentary canal. Taken on an empty

stomach or directly after meals, good drinking water is particularly valuable.

All drinking water should contain Carbonate of Lime. The latter is to be found in the water derived from mountain sources, from which most towns nowadays draw their supply. River water cannot be recommended for drinking purposes, but if there is no alternative it should at least be boiled first, when its indigestible solid constituents will settle as sediment, and the remainder becomes drinkable.

Water from stagnant pools and surface wells may cause the most deadly epidemics, as they are frequently infected by germs. There are instances of whole villages and entire streets of large towns falling victims to epidemics of enteric fever and cholera owing to a well being polluted in this way, and everybody knows of the terrible mortality among soldiers in war time, due to the stagnant water which they often have to drink when on the march.

The admixture of certain harmful organic matters with surface-well water will often charge it with gases which give it a bright, sparkling appearance, without producing an unpleasant flavour by which the pollution might be detected; hence the absence of a disagreeable taste is no criterion that the water may be drunk with safety.

The history of the Pump in Broad Street, Golden Square, London, in 1845 is a case in point. There the well-water had, through the brilliancy of its appearance, obtained a great reputation. But an outbreak of cholera occurred in that year, causing nearly 500 deaths in one week amongst people living in the houses immediately surrounding it, who drew their entire supply from it.

It was found that the excreta of an early case of this disease must have found their way through a defective drain into the well, and the removal of the pump-handle was immediately followed by the termination of the outbreak.

The waters from deep wells are to be trusted as having a greater degree of purity from dangerous organic matter than those we have just described, and the following table will show the relative wholesomeness and palatability of the various waters:—

1. Spring water	Wholesome.	Very palatable.
2. Deep Well water	Wholesome.	Very palatable.
3. Upland Surface water	Wholesome.	Moderately palatable.
4. Stored Rain-water	Suspicious.	Moderately palatable.
5. Surface water from cultivated land	Suspicious.	Moderately palatable.
6. River water to which Sewage has access	Dangerous.	Palatable.
7. Shallow well water	Dangerous.	Palatable.

Before leaving the question of water supply, a few words on the subject of filtration may be useful. Filters serve in the first instance to strain off solid impurities which are floating in the water, and they also serve to oxidise any organic matter in the water by exposing it to the air, which the porous filtering material contains.

To this extent the filter is capable of acting beneficially, but if kept constantly in use it becomes so choked with organic matter that it imparts it to the water flowing through it. It is therefore necessary that the filter should occasionally be allowed to complete the oxidation of the organic matter it contains by being left to rest unused for a time. Filters made of charcoal are cleansed by burning, or by a change of the filtering material.

4.—OUR FOOD.

Under the name Food are included all the substances which we take into our bodies for their maintenance and development.

The more activity is expected from our systems, the greater must the amount of substance be that is taken in, and more food is necessary in youth, in the period of growth, than in later years.

The principal constituents of the body are albuminous compounds, fats, carbo-hydrates, certain mineral principles, and water. These are principally found in the Vegetable Kingdom, and vegetables are, therefore, most nutritious, particularly when combined with a moderate amount of flesh foods.

For more than a hundred years scientific men have been devoting their labours to ascertaining the exact amount of food necessary to maintain the body in its highest state of efficiency; and their work has all gone to prove that no hard-and-fast rule can be laid down, in that it depends greatly on each individual's constitution and his mode of life.

A labourer requires, scientifically speaking, a different class of food to that needed by the brain-worker.

Even bad food allays hunger; but it is not so satisfactory in its results as proper food, which promotes not only physical health, but mental well-being. Perfect feeding supplies us with strength, endurance, courage, cheerfulness, and enables us to face and overcome difficulties.

On the other hand, continued want, as well as poor sustenance, renders us weak, depressed and discouraged, deteriorates our will-power, and impoverishes the intellect.

After these introductory remarks, we shall now pass on to the various classes of food substances.

MEAT AND POULTRY.

Our bodies require in the first instance albuminous foods for their maintenance, and it was thought at one time that these albuminous substances were nutritious to the body in flesh form alone, but this idea has long since been exploded. It is now known that the albumen in vegetable matter is every bit as valuable.

Many kinds of cereals contain the same proportion of albumen, fat, iron and phosphates as most of the animal foods, and we can deduce from this that a consistent vegetarian may attain a healthy and advanced old age. Wheat in itself possesses all the alimentary principles of meat, and rice and maize are nearly as nutritious.

Extract of meat or beef tea is not considered any longer a food, though as a stimulant it has few equals, for experience shows that it does both invalids and healthy people good. Where these stimulating properties lie is not absolutely known, but it is probable that the organic salts, particularly potash salts, extracted from the meat, are accountable for them. Alone beef-tea will not sustain life, for some dogs fed entirely on it by Voigt died rapidly.

It is imperative that all meat served as food should be fresh and sound. Cheap and bad meat is dangerous, for it brings about an unhealthy condition, and often leads to ptomaine poisoning, which may end fatally.

Too generous a meat diet is to be discouraged, for it engenders a variety of diseases unknown amongst herbivorous animals and among people who confine themselves mainly to vegetable foods. Vegetarians never develop tapeworms and other meat parasites, and practically enjoy immunity from gout, cancer and Bright's disease.

The Russian and Irish peasantry, who rarely taste meat, are celebrated for their longevity and splendid health.

It is a very wise course to reduce the quantity of meat, especially in summer, and to take instead more vegetables and fruit. Fats should also be avoided in hot weather.

Young pullets and most poultry and wild fowl are the most easily digestible form of flesh. Young hare and venison are also light to digest, and tender meat from young animals follows next on the list. Mutton, though rather tougher, is very wholesome, and so is veal; while pork and goose are very indigestible.

Of course, here again all depends on circumstances, sex, age and state of health, as to what is best for any individual person.

Children should be fed on tender, juicy meat, cut up very fine, and the same is good for persons suffering from chronic gastric catarrh and diarrhoea, and whose digestive powers are weak.

Full-blooded, excitable persons with an apoplectic tendency, and men employed in sedentary occupations, should eat meat only in moderation.

Smoked and cured meats, especially sausages, are the hardest to digest, and should, therefore, only be eaten by people who have thoroughly healthy stomachs and are used to plenty of physical exercise.

Old people mostly digest with difficulty, and should eat chicken, brains, kidneys and similar light flesh foods.

FISH.

Fish contains, bulk for bulk, less nourishment than meat and vegetables. The same applies to oysters and all shell-fish, which are, in addition, very difficult to digest.

Fresh-water fishes are, as a rule, more delicate than salt-water fishes, though whiting, flounders, haddock, soles and plaice, and also herrings, when quite fresh, are wholesome.

Fish with tender flesh are more digestible than fish of firm or oily texture; salmon and eels, for instance, should only be served to people blessed with good digestions. Stale fish should be avoided.

MILK.

Milk is the most popular food next to meat, and as a nutritious article of diet ranks with animal and vegetable food, and has the advantage over both that it can be taken in the natural state.

Blue milk is milk rendered deleterious from the presence of a peculiar fungus. Such milk is liable to give rise to severe gastric disturbances.

Milk is invaluable for children and delicate people. It is less to be recommended to those who suffer from chronic acidity of the stomach, and who are not much in the fresh air.

Condensed milk is milk from which much of the water has been evaporated by heat, and which has then been enclosed in hermetically sealed tins.

BUTTER.

Butter is the fatty constituent of milk separated from the rest by churning. It very readily undergoes chemical change, and becomes rancid and unwholesome. Cold is an excellent preservative, and salt is also frequently added to make it keep.

All further manipulation to improve either the colour or taste of butter is distinctly injurious. Its flavour depends, as in the case of milk, on the cow's pasture.

CHEESE.

Cheese, which is another product of milk, retains its nourishing properties unimpaired only while fresh. Taken in small quantities at the end of a repast, it aids the digestion, but when old it is difficult to digest, and also loses some of its qualities as a food.

The richer the cheese the more subject to decomposition it is, and in this state it affords peculiar facilities for the development of various minute organisms, both animal and vegetable, which appear in the shape of mould, mites and maggots, which render it objectionable as an article of food.

Toasted as "Welsh Rabbit," cheese is reduced almost to the consistency of leather, and becomes a fertile source of indigestion and nightmare.

EGGS.

Eggs constitute one of our most sustaining foods. The white of egg consists almost entirely of albumen, and the yolk contains a large percentage of fat. An egg is equal in nourishing property to nearly half a pound of roast meat. Eggs are most easily digested when eaten raw or lightly boiled, but when hard boiled induce constipation.

Omelettes, pancakes and fritters are less digestible, owing to the butter in which they are fried. Great care should be exercised against the use of stale eggs, and children and delicate persons should eat them only when new laid.

FRUIT.

Fruit, at one time was not regarded as a food, but this is not the present view, and certain kinds of fruit are particularly valuable as additions to diet tables.

Apples, for instance, contain phosphorus, and as they admit of being dried and compressed they can be kept for a long while without undergoing any change.

All fruit, when eaten in moderation, acts more or less as a laxative. Ripe grapes are very useful in this respect, and they can safely be given to invalids and children.

Dried dates, plums and raisins are of great nutritious value.

FLOUR AND BREAD.

Bread is the staple food of man, and Flour its chief constituent. The flour mostly used in this country is obtained from wheat, and is thoroughly mixed with water, to form a tenacious mass called dough. If yeast is added fermentation is caused, and when put into a hot oven in this condition the whole hardens into bread.

With some stomachs even the best fermented bread disagrees, and for such people bread without fermentation is produced by various methods.

New bread is much less digestible than stale, on account of its clogging together during mastication and in the stomach, when it is less readily acted on by the gastric juices, and causes severe indigestion in delicate persons.

Toasted bread is more easily penetrated by the gastric juice, and so more easily digestible. It should, however, be thin and crisp on the outside, and eaten soon after it is made, or else the whole object of toasting is lost. Persons with weak stomachs should eschew hot buttered toast.

LEGUMINOUS SEEDS.

Beans, Peas and Lentils are extensively used as food. They contain a large percentage of albumen, and rank high in nutritive value, but are liable to occasion flatulent disturbance.

The garden pea, when young and fresh, is wholesome and easily digested, but when old becomes exceedingly indigestible, and no amount of boiling will make them soft and tender.

The French haricot bean, when thoroughly cooked, is a good substitute for potatoes, and will often agree when the latter cannot be taken.

THE POTATO.

Starch is the chief food element in the Potato, but the large amount of it which it contains makes it also objectionable to many persons with weak stomachs.

There was at one time considerable difference of opinion as to how far life and vigour could be sustained from any length of time on potatoes alone. But experiments made in Glasgow Prison in 1840 showed that young men and boys engaged in light work maintained their health and strength, and for the most part gained in weight, on a diet consisting only of boiled potatoes.

GREEN VEGETABLES, ETC.

Cabbage, Spinach, Cauliflower, Sprouts and Seakale form a very agreeable variety in our food, and are therefore useful additions to the common diet, though containing very little nutriment, and with many people of feeble digestive powers, disagree on account of their tendency to produce acidity and flatulence.

Globe Artichokes and Asparagus are amongst the most delicate and esteemed of our culinary vegetables. Asparagus has a certain diuretic action, and gives a disagreeable odour to the urine.

Many vegetables are eaten raw as salads. The most useful and wholesome of these is the garden lettuce.

FUNGI.

Of these only the common Mushroom, Morels and Truffles can be accepted as safe eating. But whatever their nutritive value they are very apt to disagree in various ways with many persons. Fungi have a peculiarly stimulating effect on the nervous system.

COMMON SALT.

Of all additions to our food common Salt holds the most important place. It not only renders it more palatable, but

promotes digestion. Salt increases the nourishing properties of vegetables, and is generally stimulating.

A notion is somewhat prevalent that salt is harmful to the system. This is not the case. On the contrary, salt has a certain cleansing effect, lessens to some extent corpulent tendencies in fat people, and at the same time assists flesh-forming in thin people.

SUGAR.

Sugar is distinctly nourishing when added to other food. It helps to form fat, and contributes in other ways to the maintenance of the human frame. Being very soluble, it requires no preliminary digestion to fit it for absorption. In some cases, however, it appears to pass very readily into the acid fermentation and to cause indigestion, characterised by acidity and flatulence.

To eat sugar by itself, as children frequently do, is injurious not only for the stomach, but particularly for the teeth, for sugar, when decomposed, affects the enamel of the teeth and destroys it.

CONDIMENTS.

Vinegar, Pepper, and a variety of pungent articles and aromatics are used for rendering food more palatable, and if added in moderation stimulate appetite and digestion. Foods spiced too much should, however, be avoided, for they unduly heat and excite the blood.

ON COOKING.

A few words on Kitchen Hygiene may not be out of place here. The kitchen should be separated as much as possible from the dwelling-rooms, and provided with thorough ventilation. The floor ought to be covered with linoleum or matting, which should be cleaned daily.

It is important that pots and pans should not be lined with copper or lead, for these may poison the food. This is particularly the case with copper, which produces verdigris. Earthenware used for cooking should be well glazed and not scratched, but glazed iron pots are the best.

HOW MUCH TO EAT.

It is impossible to lay down a rule as to how much people should eat, for so much depends on the individual, his age, occupations, and the conditions, climatic and otherwise, under which he is living.

Hahnemann, the founder of Homœopathy, who devoted great and thorough study to Dietetics, believed that one should only eat when hungry, and stop eating when satisfied, and whoever adopts this rule will not trouble his doctor or chemist much.

5.—BEVERAGES AND STIMULANTS.

Most drinks may be classed as stimulants rather than as food. As such they tell more or less on the nervous system, and the necessity for great moderation in their consumption is the first thing to be remembered. In small quantities they are, if not beneficial, at least harmless to the body, while continued intemperance in their use is certain to be followed by regrettable results.

ALCOHOLIC DRINKS.

The most pernicious consequences are brought about by drinking Spirits and Intoxicating Liquors of every description. The Alcohol they contain is ruinous to the mind no less than to the body.

Wine contains a smaller percentage of alcohol, and is therefore less harmful. If unadulterated (which, unfortunately, is very rare nowadays) and very moderately partaken of during and after meals, it may be recommended to invalids on account of its stimulating effect. This refers in particular to Claret, light Hungarian Wine, Moselle and Hock.

I have found a glass of light Beer to act as a sedative if made of hops and malt alone, as it ought to be. No working man ought to be cut off from his glass of beer, which is far less harmful to him than whiskey. Intemperance in this respect, as in all things, must, however, be discouraged. Much beer tends to increase adiposity. Dark and heavy beer should be left severely alone.

TEA.

Tea, if taken in moderation, has a stimulating and sustaining effect on the system, but if partaken of too strong or in excess it excites and thereby weakens the nerves.

I think that too much tea is the cause of many complaints, particularly in women, for its effect on the alimentary canal, and on the nervous and vascular systems, becomes in time positively hurtful.

Tannin or Tannic Acid, of which some kinds of tea contain a large percentage, is a powerful astringent, and to it the symptoms of indigestion must be attributed which often follow the drinking of strong tea.

Strong tea taken at night is, further, antagonistic to sleep.

COFFEE.

Like tea, Coffee has unquestionably an invigorating and restorative power. It induces heat and dryness of the skin, and increases the force of the circulation.

Coffee excites feverish action in many people. It has a decidedly laxative effect on some, and brings about a most uncomfortable tremulousness and nervous excitement and inability to sleep in others. These latter should entirely abstain from coffee unless mixed with a large proportion of milk.

COCOA AND CHOCOLATE.

Cocoa is prepared from the seeds or beans of the *Theobroma Cacao*, a native of the West Indies and the central regions of America. From the time of its introduction into Europe by the Spaniards in the sixteenth century, it has been increasingly consumed by all civilised nations.

Cocoa contains a large proportion of starch and of a fatty matter known as Cocoa Butter. From this it is manifest that it is a rich and highly nutritious vegetable food, having a close resemblance to milk, though its fatty properties render it too rich for many stomachs.

This objection is, however, easily met by mixing it with flour or starch and sugar, as is done in the manufacture of Chocolate, which generally agrees with delicate stomachs better than pure cocoa.

As a beverage Cocoa and chocolate are almost invariably combined with milk, and thus constitute an admirable breakfast drink.

TOBACCO.

Tobaccó, whether smoked or taken as snuff, is undoubtedly injurious to the system, owing to the Nicotine contained in its composition.

Pure nicotine is a most intense poison. After a drop or two of it has been taken the person becomes unconscious almost immediately, and dies in less than five minutes. A certain immunity from its injurious effect is enjoyed by habitual smokers.

Pipe-smoking is less harmful than Cigars, and these again than Cigarettes. Tobacco itself when swallowed will often cause death. The cigarette smoker inhales the smoke into his lungs, and it thereupon affects the nervous system with great rapidity.

It has been found that the heart is the organ chiefly affected by excessive tobacco smoking. The effect is a peculiar one, and the beats of the heart, instead of being regular, have a rhythm of their own, which at once indicates "Smokers' Heart" to the doctor. It disappears when the use of tobacco is left off entirely, but if again resumed it is apt to return.

Besides these alarming effects of excessive tobacco-smoking there are others which cause more or less inconvenience. One is an irritable condition of the throat, leading to coughing and spitting. Another is a state of persistent Dyspepsia, and frequently the eyesight of inveterate smokers becomes suddenly enfeebled and a sort of white haze seems to envelop every object of vision.

Smoking is particularly injurious to growing boys owing to its effect upon the nervous system, and the consequences, often not noticeable for many years, are much worse than easy-going parents may think.

Excessive smoking interferes with a boy's appetite, and his bodily development is retarded. He becomes anæmic and delicate; his eyes and memory suffer, and pulmonary consumption may set in and carry him off before his time.

THE HOMŒOPATHIC TREATMENT OF CHRONIC DISEASES.

Before going further I should like to say a few words on the attitude of homœopaths towards the representatives of the old school of medicine, the allopaths.

Homœopaths readily admit the earnest desire of the latter to do their very best for all the cases which come under their care, while their reputation for unselfishness is indisputable and well deserved. If they fail to give permanent relief, as not unfrequently happens in internal diseases of a chronic nature, the blame must rest entirely with the antiquated and entirely inadequate system of Therapeutics which they have been taught.

For it is a fact that the main principles upon which the Allopathic Treatment of Chronic Diseases is based date as far back as the 16th century, and many of these diseases are still looked upon by allopaths as being incurable, though Homœopathy has long ago disproved this assertion.

Statistics which have been collected in different countries fully demonstrate that not only is the duration of and the mortality from acute diseases lessened by homœopathic treatment, but that many chronic ailments which have been pro-

nounced incurable by the old school, yield to the mild measures which homœopathy makes use of, and the longevity which homœopathsists attain is proverbial.

Even insurance offices, which are hardly likely to base their business on vague theories, have recognised the truth and importance of these statistics. A life insurance company in New York holds out preferential terms to homœopathsists, and persons who pledge themselves, when ill, to be treated homœopathically are insured at 10 per cent. lower rates than those who will not do so.

During the first ten years of its existence 8,832 policies were issued to homœopathsists, of which 112, or only 1 in 74, terminated by death, whereas 2,360 were non-homœopathic, and of these 75, or fully 1 in 31, terminated through death.

* * * * *

On more than one occasion since I became a Homœopath I have had visits and letters from sufferers who seemed to have lost all faith in doctors and medicine generally, and who told me more or less plainly that they had turned to homœopathy in despair as a last resort.

I shall never forget the day when a patient entered my consulting-room in great agitation and addressed me as follows:—"I am Count J——, and a Russian. For years I have wandered about from doctor to doctor in vain, and I should think I have swallowed half the contents of a chemist's shop amongst them. I have undergone the 'cure' at any number of health resorts, and obediently followed whatever I was advised to do. I have now come to you because you are a homœopath, and I have heard people speak of your treatment. But I confess

that I am at my wits' end, and I am determined to put an end to myself, if you, Sir, cannot cure me!"

In response to a question, he continued rapidly:—"My last medical attendant, a famous specialist, recommended me to a hydro, where for weeks past I have been undergoing what I can only describe as torture, and my nerves have now become so terribly overstrained that I can sometimes scarcely control myself, and am living in constant terror of being shut up in an asylum."

I elicited that in his youth—he was then 51—the Count had been an officer in the Russian army, and had led a wild life. He had contracted a highly infectious disease, and undergone mercurial treatment at the hands of his first physician.

He apparently got well, but after some time his state of health grew visibly worse and his life unendurable with nervous prostration, severe palpitations of the heart, rushing noises of the ears, and sleeplessness. He also suffered from pains in his back and frequently was haunted by fears of being followed.

He had taken every conceivable allopathic nostrum, but still felt terribly ill and wretched. True, sometimes he was a shade better, but the improvement was only transient. His last medical man sent him to a hydropathic establishment, where he had to take such quantities of bromide that he lost his appetite completely, and his digestive faculties were seriously impaired.

There was no difficulty in arriving at a correct diagnosis of my patient's condition. He was evidently suffering from obstinate Syphilis, complicated by "medicinal diseases," which were the main cause of his extreme nervous excitability, and of the sleeplessness, noises, palpitation, etc.

Having made him promise to do nothing rash, but conscientiously to follow my advice for a certain time, the treatment began.

After a fortnight or so my patient reported that he was sleeping well, and felt accordingly refreshed. The rushing noises were lessened, his appetite was returning, and his excitability was somewhat allayed.

After five months' treatment, during which he did all he was ordered, he went home well and happy.

Three years later he wrote to me saying that he was going to be married, though hardly a young man any more, and he asked me whether he might do so without fear. Seeing that there had been no recurrence of any symptoms since he had seen me last, I wrote and told him that there was no danger, and added my congratulations.

Let me add the treatment I prescribed him. His diet was first most carefully regulated, and the mercury which had entered his system eradicated. I gave him *Natrium muriat.* 3 for the noises in his ears, and *Calcareo carbonica*, in turn with *Graphites* 6, for sleeplessness.

As soon as the latter took effect the patient lost his strained, hunted look; his nervous excitability was successfully cured by *Belladonna* 6 and *Rhus tox.* 3. His acute depression disappeared after a few doses of *Ignatia amara* 6.

These medicines were not, of course, prescribed all at one time, but were spread over several months, and always in such minute doses that they could not possibly be harmful. A course of gentle massage cured the pains he occasionally complained of in the back and limbs.

* * * * *

Chronic disease is now so common as to be a subject of the highest moment, and one in which every individual may well feel greatly interested; for there is scarcely a person, and

certainly no family in this country, where chronic affection has not been felt, at some time, either as a general or local malady, and in its slighter or severer forms.

By chronic disease is here understood every malady to which the human body is subject, except those of an acute character. The term embraces (1) Disorders of Functions, or complaints which are due to some irregularity in the natural and healthy functions of the organ affected, and (2) Organic Maladies, in which there is also an alteration in the organisation or structure of the diseased part.

In their nature or essence almost all chronic diseases are diseases of Debility, that is to say: Nervous Weakness, either general or local, accompanied by impoverished blood, is present as the principal foundation of the existing chronic malady, whatever may be its name, character or seat.

Constitutions which are naturally weak and delicate fall the most easy victims to chronic disorders. Strong and robust bodies are not so frequently found under their influence, but after repeated attacks of an acute affection, or from debility being induced in some other way, such constitutions may also become affected by some chronic disease; and we always find, that whatever impairs the strength of the patient infallibly increases his disorder, and, on the other hand, every general plan which mildly and gradually augments the strength is frequently of great service in altogether removing the trouble.

The symptoms that accompany and characterise chronic disorders or diseases are: a feeble pulse, weariness, impaired digestion, an appetite either deficient, voracious or capricious, great costiveness, or irregularity of the bowels, furred tongue, a clammy, or dry, hard skin, disturbed sleep, and pain, irritation or uneasiness in some part of the body.

All these are symptoms of debility affecting the arterial and nervous systems the digestive organs and the skin, and thus involving all the most important functions in the frame.

The reader must not suppose that *all* the symptoms just enumerated are present in every chronic ailment. In some cases, mild or severe, there may not be so many symptoms; in others they may be far more numerous. In some the signs of ill-health will be steadily the same till the patient recovers; in others they will be liable to much and occasionally to extraordinary variation.

Some patients are not at first very sensible of the weakness from which they really suffer, because their strength has not been tried, and generally it is only a trial of strength which discovers to us how much we have lost.

The commencement of severe chronic disorder is often unperceived by the patient, and that for a long period, notwithstanding that its premonitory signs may often be visible months sooner to an experienced eye.

In numerous cases these early symptoms assume the form of a cold in the head, soreness or relaxation in the throat, general languor, hysterical feelings in females or frequent headaches, lowness of spirits and cutaneous eruptions. Whenever such symptoms exist for any length of time, however slight they may be, the patient should, without further delay, seek the best medical advice and patiently follow the use of the means prescribed.

The young or experienced practitioner of medicine almost invariably proceeds, on being called to a case of chronic disorder, to consider its *name*. He indeed notes the prominent symptoms, looks to the probable cause, and asks many questions, but all this is designed chiefly to help him to see under what class the

case is arranged by systematic writers, and what name is to be attached to it.

In this sort of inquiry he is certain to be much assisted by the patients and their friends, whose first inquiry invariably is, "What is it?" and a good deal of their anxiety centres in having a suitable name given to it.

The malady being designated Consumption, Heart Disease, Liver Complaint, Indigestion, or something, as it is supposed, equally intelligible and significant, the practitioner immediately commences to prescribe the remedies recommended for those particular affections, and especially such as happen to be most popular at the time.

That the mark thus aimed at should sometimes be hit, and the patient cured, might reasonably be expected, but it commonly fails, and for the reasons previously pointed out, viz., that we have to consider not only the name of the disorder and the organ now most evidently affected, but the real nature of the disorder, the external surroundings of the patient, his or her sex, age, physical and temperamental peculiarities, weakness or strength. *The organ now most sensibly affected, is not always that which is most deeply implicated; very often the former is merely sympathetic or symptomatic of other mischief detected by a discerning eye.*

* * * * *

A wide experience extending over forty years has indeed convinced the author of this work that by far the greatest number of chronic disturbances are to be traced to disturbances of the Urinary-Genital System. *This relates not only to all Chronic Diseases of the Brain, the Spinal Cord and the Nervous System generally, but also to many Affections of the Heart, the Lungs and the Digestive Apparatus.*

I now propose in the following chapters to summarise the causes and features (symptoms) of the principal chronic disorders, illustrated by one or two typical cases from my practice.

These latter mostly refer to patients who had consulted many doctors in vain before seeking the aid of homœopathy. Their condition seemed at first almost hopeless, either through neglect on the sufferer's own part, or because it had been aggravated by persistent overdosing with physic. I am stating in each case the homœopathic remedies and the treatment which I ordered.

DISEASES OF THE RESPIRATORY ORGANS.

THE two Lungs occupy the greater portion of the cavity of the Chest. They are highly elastic, sponge-like structures, in which the blood and air are brought together.

The Windpipe commences above in a special organ, called Larynx, in which the voice is produced, and which opens at the base of the tongue. The windpipe is continued downwards into the upper part of the chest, where it divides into two branches or Bronchial Tubes, one of which passes to each lung.

Here the bronchial tubes divide and subdivide throughout the substance of the lung after the fashion of the branches of a tree, and at length end in irregular cavities, around which millions of minute sacs or air-cells cluster. In these the air entering by the windpipe comes into close relation with the blood.

The windpipe and bronchial tubes have firm, stout walls, which are further strengthened by rings of cartilage, and they also contain muscular fibres, which enables them to assist powerfully in the expulsion of matter such as phlegm that may from time to time have to be dislodged.

CHRONIC BRONCHITIS.—WINTER COUGH.

This distressing complaint is mostly the result of repeated and neglected attacks of acute bronchitis. Elderly people are the

chief sufferers, and it generally troubles them every winter until the warmer weather comes, but in some cases it continues all the year round.

These symptoms are very similar to those of acute bronchitis. By constant coughing, the elasticity of the lungs is increasingly impaired, and coughing and expectoration become more and more painful. The phlegm may be very unpleasant, and streaked with blood.

Allopathic science, while seeking to relieve the sufferer temporarily, declares that a cure of this malady is impossible.

CASE of E— J—, 58 years old. This man had been troubled with a persistent cough, accompanied by much expectoration.

The latter was occasionally of a dirty greyish or greenish hue, while at other times it was colourless, transparent, frothy on the surface, and underneath like white of egg diluted with water. Difficulty of breathing always accompanied the attack, and was sometimes so excessive that the patient became blue in the face.

As age advanced these attacks became more and more frequent till, when he came to me, they were happening two or three times daily. He slept badly, his nights being often disturbed, and his body grew very emaciated.

When I was examining him the poor man groaned from sheer weakness, while in a scarcely audible whisper he told me of the innumerable kinds of physic and patent medicines he had taken, and of the bath-cures and the pungent and distressing inhalation-cures which he had endured.

Further questioning elicited from him that his bowels acted unsatisfactorily, that he suffered from palpitation, and was easily excited over trifles. His feet were always cold below the ankles, and his hands likewise from the wrists downwards.

Treatment.—Appropriate diet consisting of simple food, with lean meat, plenty of green vegetables and fruit was ordered. Condiments, pickles, and alcohol in any form were prohibited.

The patient was earnestly advised to sleep in an airy, well-ventilated room, and to take as much exercise as possible in the open.

A regular application of luke-warm water compresses to different parts of his body were ordered for the purpose of stimulating the circulation of the blood, and the action of the digestive organs.

I also advised him to inhale *Oleum Juniperi* steeped in boiling water daily, in order to ease his chest, and gave him *Tart. stibiat.* 6 to increase the discharge

of mucus, and facilitate its expulsion from the lungs. The patient was, of course, not permitted to smoke.

After about eight weeks the cough and difficulty of breathing had nearly disappeared, while his appetite and sleep left nothing to be desired, and the patient was well enough to attend to his business and take long walks without suffering any ill-effects therefrom.

It may be added that E—— J—— had suffered from this disease for a long time, and that his father had also been troubled with weak lungs. There was, therefore, a hereditary tendency to be reckoned with, and, knowing this, I kept him under observation for some time longer.

As I foresaw, some of the symptoms reappeared from time to time, generally due to change of weathcr. But in each case a short course of the inhalations and treatment with *Tart. stibiat.* soon restored him again.

CHRONIC LUNG COMPLAINT.

CASE of K—— T——, a married woman of 27. This patient had been in a hospital, where her case had been pronounced incurable, and her people had been given to understand that she would not survive the following spring.

She complained of a hard, dry cough, which exhausted her completely for the time being, and further, of an intermittent sharp pain in the chest accompanied by sensations of suffocation.

Further symptoms: Cold in the lower extremities; occasional shuddering sensations in the back, followed by a sudden rush of heat and outbreak of perspiration all over the body; hands cold and bloodless. The patient was worst at night, but the feeling hot and cold by turns was an afternoon occurrence.

Treatment.—Apart from the *régime* appropriate to cases of this kind, which she strictly adhered to, I treated her first medicinally with *Pulsatilla*, which I gave her for several weeks in succession.

After allowing an interval of a fortnight to elapse in order not to interfere with the effects of the first medicine, I changed this for a course of *Calcarca Carb.*

During the treatment the dreaded springtime came and passed without my patient dying, as she feared, and, in fact, far from feeling worse, she was already stronger, the feverishness having disappeared entirely and the paroxysms of coughing at ever-lengthening intervals.

A few years have gone by since then, and Mrs. K—— T—— is alive and

good health, and though the cough occasionally recurs, chiefly when there is a change in the weather, she has, I trust, still a long life in front of her.

CHRONIC CATARRH OF ONE LUNG.

CASE of C—— R——, a man of 39 years of age. The patient suffered from Chronic Catarrh of the Right Lung, which was particularly painful in the upper region of the same.

Though not exactly an invalid, he was very pale in the face, his appetite was diminished, his bowels acted very irregularly, and at night he perspired freely.

In consequence, he was fast becoming a wreck of his former strong and healthy self. Frequent paroxysms of coughing were followed by pains in the left side, in the region of the heart.

These same paroxysms further caused rushes of blood to the head; the forehead was flushed and he became giddy.

After meals he suffered from stomachache and heartburn, which latter left a very unpleasant taste in the mouth. At the same time the patient felt very irritable and was easily upset.

Treatment.—I ordered spongings with tepid water in the early morning to cleanse the skin from perspiration. A carefully regulated diet facilitated his digestion and improved the action of the bowels.

To clear the lungs of phlegm *Tart. stibiat.* 3, and to lessen the irritation which caused the coughing *Rhus toxicod.* 6, were given. These remedies were taken on alternate days, and from time to time they were stopped in order to note the effect they had had.

The diet consisted of milk, cocoa, light meat food, and green vegetables.

The patient improved surprisingly during the course of three months' homœopathic treatment, and, under gentle care, put on flesh rapidly. The painful cough ceased and all symptoms of delicacy disappeared.

A few months afterwards C—— R—— called on me, and I hardly recognised him, so well did he look. Examination proved that he had entirely lost his lung affection.

SPITTING OF BLOOD FROM THE LUNGS (HÆMOPTISIS).

CASE of a clergyman, 61 years old. This gentleman had for many years been troubled with a bad cough, which only

ceased for a short period each year, and always recurred with unfailing regularity at the same season, sometimes assuming such a character as to cause anxiety.

My patient was blessed with a good constitution, but this cough made his life a misery to him. It was a dry and painful cough from the lungs, which tried him intensely. It increased generally after midnight, till it reached its worst in the early morning hours, when a little blood of a bright colour was brought up.

Frequently the cough was accompanied by a sense of nausea. He complained that he had tried all sorts of remedies, but was beginning to despair of ever getting better.

Treatment.—The patient was examined and found to be free from any consumptive taint. I then gave him *Nux vomica* in suitable, small doses, and later on ordered *Ipecacuanha* to be taken on alternate days with this.

As the clergyman lived in a distant village, from which he preferred to communicate with me in writing, I could not watch the progress of the case in person, but after the treatment had been pursued for some months I received a letter in which he warmly thanked me for my assistance, telling me that he was, against all expectations, well again, much stronger, and free from all attacks.

CHRONIC INFLAMMATION OF THE UPPER PART OF THE WINDPIPE, RELAXED THROAT (LARYNGITIS).

CASE of J— P—, an actor, 29 years old. He was in danger of losing his occupation entirely on account of inflammation in the larynx, as this affection had become chronic, when I first saw him.

It need hardly be said that he had tried everything to be cured, as otherwise it meant the ruin of his professional career. He had taken boxfuls of potash lozenges, used various lotions for gargling, and various tonics, all without obtaining more than temporary relief.

Before he came to me he had been advised to have his throat cauterised with an electric needle, which he rightly refused.

He described his symptoms as follows:—A violent irritation in the larynx, frequently accompanied by a sense of constriction in the same part, further, a constant desire to cough, which was made worse by talking.

The once sympathetic and pleasing voice of this young and promising actor sounded inarticulate and hoarse. The hoarseness was aggravated in the morning and evening, when his voice become almost inaudible.

He ascribed his malady to over-indulgence in tobacco and alcohol, and sexual excess, which had terribly lowered his system.

Treatment.—I ordered him *Hepar*, and later on, alternately with this, *Calcarea Carb.*, a week of this course being followed by an interval of a few days without medicine.

The first symptoms of his complaint to disappear were the irritation in the throat and the irresistible impulse to cough, and next the hoarseness began to show signs of lessening.

This improvement steadily continued, and a few months afterwards the patient again took up his profession, in which he has since become very successful.*

ASTHMA.

This disease consists in a difficulty of breathing, for the most part temporary and occurring at uncertain periods, accompanied by a wheezing sound and a sense of constriction in the chest, with coughing and expectoration.

Very corpulent or weakly-constituted people are chiefly liable to develop asthma. Emotional disturbances, inhalation of dust or humid air, stopping in damp houses, and last, but not least, excesses in *Venere* are sometimes exciting causes.

Asthmatic attacks are hardly less frequent in summer than in winter, and the worst ones usually occur in the night time. The person may go to bed feeling fairly well, and wake up in the early morning in great distress, gripping the nearest object to steady himself against the unbearable strain.

* To many singers, actors and actresses who have suffered from throat troubles, affecting the voice homœopathy has proved a great blessing; and from a great number of letters confirming this I select the following, which I received from Madame Patti, the famous singer, as late as August, 1907, as being of universal interest:—

CRAIG-Y-NOS CASTLE,
YSTRADGYNLAIS, R.S.O.,
BRECONSHIRE, SOUTH WALES.
August 12th, 1907.

DEAR SIR, I have a great belief in Homœopathy, especially in treatment of the throat. On many occasions when I have been suffering from hoarseness, I have derived great benefit from Homœopathic treatment, I beg to remain,

Yours faithfully,

ADELINA PATTI-CEDERSTROM,

All the patient's energies are concentrated in a superhuman effort to breathe, and he is bathed in cold perspiration, showing the intensity of the struggle. The face is sometimes turgid and livid, and at others it is morbidly pale and shrunken.

These symptoms continue for a longer or shorter period, when they gradually decline, the fit being generally terminated by expectoration of mucus.

Asthma seems at first sight to be a disease of the lungs, which organs no doubt are principally affected, but in examining the lungs of asthmatic persons after death no anatomical change is apparent which can account for the difficulty with which they had performed their office during life. Asthma is therefore generally recognised as a disease of nervous origin.

Treatment.—Asthma, though painful, is not so dangerous as it is generally held to be. With proper medicinal treatment and dieting it is decidedly curable.

When the fit is either on or felt to be coming on, the patient should be placed near a large fire, and the feet and legs be immersed in hot water. He should frequently drink some mild, softening liquor, made warm, such as barley-water, and if there be much pain about the chest, the part may be fomented with hot flannels.

The curative treatment is carried out in the intervals between the attacks, and its object should be to repair the diseased condition of the lungs which causes the malady, and to free the patient altogether from subsequent repetition of the attacks.

The most valuable medicines are:—

Aconitum—where the patient is corpulent, red in the face during the attacks, and where the latter occur most frequently after a change in the weather;

Opium—if the patient is dazed;

Bryonia—if spasmodic constriction of the chest and symptoms of suffocation are present during the attack; and,

Lachesis—if the patient has fainting fits or excessive palpitations, without any actual heart affection being their cause. If, however, the patient's heart is constitutionally weak, *Digitalis* is given alternately with *Lachesis*.

The diet for an asthmatic subject should be simple and digestible, and taken regularly. The evening meal should be as light as possible, and overloading of the stomach should be

avoided. Chills and excitement of any kind, physical or mental, should be guarded against, and warm and dry air is best suited to the patient.

CONSUMPTION OF THE LUNGS (PHTHISIS PULMONALIS.)

Consumption of the lungs is pre-eminently a disease of crowded cities. It occurs in people of all ages, but is more dangerous to the young than to those of riper years.

Consumption generally makes its first appearance on the upper part of either lung. If Tuberculosis has, however, been stopped from spreading further by means of a properly regulated *régime* and medicinal treatment, the people may live to old age without further inconvenience.

The promonitory symptom of this dreaded disease is a slight cough accompanied by expectoration sometimes charged with blood or yellowish matter (pus), which is brought on suddenly after quick walking, loud talking, or other violent exertion.

Gradually these symptoms are followed by hoarseness, dry coughing, feverishness, increased pulse and respiration, pallor of the face and loss of flesh.

Gallopung consumption is a form of tuberculosis which is accompanied by particularly distressing symptoms. The patient generally feels better in warm and sunny weather and dry air, but gets worse again as autumn chilliness approaches.

The Treatment of Tuberculosis aims at arresting the progress of the disease, and the surest signs of success in this direction are an improvement in the patient's appearance, increased weight and a diminished pulse.

The patient should, if possible, be sent into the country without delay, where a gentle exercise is advisable, always avoiding fatigue. Hill-climbing is strictly prohibited.

If the patient's digestion is weak, soup, milk, eggs and light farinaceous foods are the best for him; meat and light alcoholic drinks may be taken if the patient can stand them.

The most appropriate medicines in doses varied to suit the individuals are:—
Natr. murial.—If the disease is accompanied by a chronic bronchial catarrh;
Silicea—if the glands feel hard to the touch, if tuberculous growths appear on the outer skin, and when coughing occurs at night;

Ipecacuanha—has been successfully administered where the invalid suffered from obstinate hoarseness and also a large quantity of viscid mucus had collected in the throat.

Bicycling and motoring have of late years much contributed to the spread of tuberculosis, the clouds of road dust which choke the air rendering the lungs more sensitive to attack from the disease germs.

A consumptive patient should sleep by himself, to avoid the risk of giving infection to others, and spittoons or other vessels, and handkerchiefs used, should be thoroughly disinfected.

Lastly, we would urgently warn all persons who have a tendency to consumption—hereditary or otherwise—not to marry until they have sought medical advice.

* * * * *

CASE of Mrs. S—— B——, age 28, a dressmaker. When this poor woman first came to see me she was in a pitiful state. She had been consumptive for some time, and was so weak that she was obliged to rest for some minutes; the few stairs had so tried her that she could scarcely speak.

The patient was a complete wreck physically, and in a very depressed state of mind. A friend of mine, a physician of the old school, who was very much interested in her case, had advised her to come to me.

In a hoarse whisper she detailed her sufferings. She coughed almost without intermission, and in each of her fits of coughing, which had become frequent within the last few days, brought up a bitter, yellow mucus.

She was in a constant state of fever, often felt palpitations of the heart, and a distressing sensation of suffocation in breathing, and added that she felt on the verge of crying continually.

Her courses, about which I inquired, had been irregular for some time, and now had stopped entirely for the last two months. At night she was often in a bath of perspiration, and the result of my examination proved that she was becoming alarmingly worse.

I began my treatment by giving her *China* 6 and *Pulsatilla* 3, diluted in water, ordering her to take both medicines on alternate days. After taking these for five days a five days' pause was made in order to give the quantity taken an opportunity to take effect.

After ten days the woman called again. The cough was better; the expectoration had nearly ceased; perspiration was much less and her voice sounded clearer.

I ordered her to rest as much as her circumstances would permit, and kept her under treatment for some months, during which she had to take the above medicines with ever-lengthening intervals.

Her *régime* was carefully regulated, and she grew gradually better; the fever and perspiration, cough and phlegm ceased entirely, and her courses became normal. Ultimately all her strength returned and she is now well.

CHRONIC DRY COUGH.

One very cold January day a young girl of 18 was brought to me by her mother, who told me that her daughter had taken a chill the previous winter when skating, and with the thoughtlessness of youth, had neglected to take proper care of herself.

She had never been well since, and had now been so hoarse for the past fortnight or so that she could hardly speak, and the mother had practically to act as interpreter.

The patient complained of heat and dryness in the throat, and said she felt as if something was lodged there. She accordingly kept on coughing in a perpetual effort to get rid of the obstruction, but without success, and she was afraid it would suffocate her. Movement of the neck also caused great pain.

I was further informed that her courses had appeared every three weeks for the last year, but that the flow had been very poor.

I ordered the patient *Sepia* and *Chanom.*, to be taken on alternate days before going to bed. Five days after I heard that she had passed two very good nights, and was much relieved. The hoarseness was lessened and the pains in the neck were scarcely noticeable.

I prescribed a continuance of the same treatment, and after another four weeks her throat was quite well again.

She continued taking *Sepia* only a little longer, and this soon restored her courses to a normal condition.

THE PRINCIPAL CAUSES OF LUNG-DISEASES.

Diseases of the lungs are either hereditary or contracted, and, as everybody knows, generally start with a simple cough or catarrh; no person should therefore neglect a cough, particu-

larly so if the lungs are known to be delicate, for the bacillus of consumption (tubercle), once it has entered the lungs, makes rapid progress in those whose constitutions cannot offer effectual resistance.

Where diseased lungs are due to hereditary tendencies, the parents of the sufferers generally suffer from the same affliction; not infrequently, however, the parents' constitutions have been undermined through excesses *in Venere*, or affections of a syphilitic nature, when the weakness transmitted to their descendants often takes the form of consumption.

Constitutional weakness is in many cases due to improper feeding; the bringing-up of children by hand on patent foods, instead of being nursed by their mothers, as well as persistent over-feeding of them, is a fruitful source of weakness, of which the outward signs are thin and tender skins, bloodless complexions and fragile frames.

The constitution may further be weakened by physical exertions, as well as by excessive brain-work or worry in early years; by abnormally rapid growth; by overcrowding and insufficiency of air and light in the living-rooms; exposure to wet and cold; and, last but not least, by the iniquitous habit of self-abuse and by sexual and alcoholic excesses.

DISEASES OF THE HEART AND THE BLOOD-VESSELS.

To understand the diseases of the heart and circulation, it is necessary to briefly repeat what has been said about the structure of this organ.

The human heart is a hollow muscle which lies rather to the left in the front portion of the chest cavity. It is held in suspension by the great blood-vessels which conduct the blood to and from it, and rests on the Diaphragm—a great muscular partition arching across the body.

The heart is therefore not fixed, but changes its position slightly, following the movements of the diaphragm and the body generally.

The size of the heart varies according to the amount of blood in it, and normally it is about as large as a closed fist. Its interior is divided by a muscular wall into two halves, right and left, and each half is again divided horizontally into cavities called respectively auricles and ventricles. The heart, therefore, consists of 4 cavities, viz., 2 auricles and 2 ventricles.

The circulation of the blood is maintained by the action of the heart, which goes on incessantly while life lasts. If the heartbeat ceases, death occurs immediately. In adults the heart beats normally about 65 to 80 times every minute, and the pulse-frequency is, of course, the same.

The most important symptoms of the heart being out of order are: pain in the left side of the chest, palpitation, shortness of breath, swelling of the feet, blue lips, etc.

Over-strenuous physical exertion, athletics carried too far, rheumatic fever, gout, syphilis, a neglected gonorrhœa, alcoholic and sexual excess, self-abuse may all cause functional disorders or disease of the heart.

It is hardly necessary to remark that disorders or diseases affecting this vital organ should not be neglected, and that particular attention should be bestowed to its functions. Many sudden deaths of people afflicted with heart disease might certainly have been avoided if they had recognised timely warnings.

ENLARGEMENT OF THE HEART.

CASE of Mrs. T——, wife of a county landowner. This lady had been suffering for some time from occasional pains in the chest and shortness of breath, which frequently nearly led to fainting fits.

The heart-beats were found to be accelerated, on examination, the pulse irregular and intermittent, and at times she had a sensation as if the heart would stop altogether and she might suddenly die. She further complained of melancholy.

A close investigation of the parts affected, by means of percussion and auscultation, indicated disease of the mitral valve, and that the heart had become enlarged. The characteristic symptoms of this state were all present.

On examining the urine it was found to contain sugar. It had a clear, pale appearance, but after standing a little, a cloudy sediment appeared.

The Treatment consisted in cold spongings and massage externally and gentle walking exercise, with plenty of rest afterwards. She was further given *Pulsatilla* and *Ignatia amara* internally, and after a few weeks a distinct improvement was noticeable.

She slept better and did not wake up with sensations of suffocation; the pulse-beat became regular, and after ten weeks the patient reported herself free from disturbing symptoms.

But to prevent their recurrence the patient was put under a careful *régime*, the principal feature of which was abstention from practically all flesh food and prohibition of stimulants of any kind, including wine, beer and strong coffee.

Her relations were warned to spare her worry, and as a further precautionary measure I requested the lady to come and be examined at least once in every three or four months. She did so for two years, and as no suspicious symptoms recurred all this time, further visits were found unnecessary.

BREAST-PANG (ANGINA PECTORIS).

Mrs. B.— suffered from severe palpitations of the heart, which she had totally neglected for some years. The attacks occurred chiefly when she was walking, rarely when she was resting. She was troubled also with a sudden sharp constriction in the neighbourhood of the breast-bone, so painful as to force her to stand still, or if in bed, to jump up.

These latter symptoms gradually increased in violence, so much so that at times she feared it might be the death-agony. The pains spread from the breast-bone towards the shoulders and downwards towards the extremities. All colour left her face. Her hands were ice-cold, and her forehead wet with perspiration.

The attacks mostly came on suddenly, without previous warning, but occasionally the patient was conscious beforehand of an ever-increasing pressure on the breast-bone, accompanied by insuppressible yawning.

At first the attacks were rare, but later they recurred with greater frequency. The patient was very exhausted afterwards, and experienced a dull pain and a numb feeling in the left arm, which passed off only gradually.

The Treatment was as follows: When an attack occurred the efforts had to be directed to removing all obstruction to a free circulation of the blood. All tight clothing, particularly round the chest and waist, was loosened, and she was immediately given *Stramonium* 6, to counteract the radical cause of the disease.

This, however, did not seem to have the desired effect, and was replaced by *Camphora* 3. This, too, only brought about a passing improvement, and it was *Dulcamara* 6 which, in this case, finally cured the breast pangs.

The medicinal treatment was assisted by an appropriate *régime*. She was given light, easily digestible food and cooling spongings in the regions of her heart. This was regularly continued for some weeks, when Mrs. B—, who, in the critical stage of her illness, had been seriously contemplating suicide, owned herself happy in the prospect of enjoying a lease of new life.

I should like to mention here that at the beginning of the treatment, when attacks were still frequent, cold compresses over the heart, and small pieces of ice placed on the tongue gave temporary relief.

NERVOUS PALPITATION OF THE HEART.

CASE of Mrs. L— F—, 40 years of age. This lady had suffered for years from violent palpitations of the heart.

The symptoms were those which are common in all such cases. She could not walk fast, stairs tried her, and even a hearty laugh would bring on an attack. As the disorder progressed she was increasingly subject to nervous terrors.

Before she came to me, the symptoms had been increased by attacks resembling fainting fits and feelings of suffocation. The cause of illness was never satisfactorily revealed, but I understood from the patient that she had been under medical treatment for it before.

The frequent change of medical adviser and the variety of cures they ordered had only aggravated her condition, and a hydropathic course amongst others had greatly added to her nervous excitability. Her menses were irregular and the flow was poor.

Treatment. — I first ordered *Sulphur*, and later *Pulsatilla* 3. These remedies were continued for three weeks, after which I stopped them, although the state of the patient had not till then shown any particular improvement, but a week later, as foreseen, the lady (who had strictly followed my advice) experienced the first good effects of the medicines.

This consisted in a cessation of the fainting fits and the decrease of the choking sensation. The nervous terrors left her, and without having to recommence the medicinal course, she continued to improve. Four months later her condition was thoroughly satisfactory, and I ordered her away for a few weeks' change of air, which completed the cure.

FATTY DEGENERATION OF THE HEART.

An abnormal increase of adipose tissue or fat round the heart is a fairly common complaint, particularly with stout persons; also in those who eat very heartily and take little exercise to counterbalance it; further, in people addicted to alcoholism, and, lastly, in old age.

The increase of fat naturally interferes with the functions of the heart, sometimes so much so, indeed, as to impede the normal circulation.

This disease is seldom discernible through any external symptoms. The patient looks well and is generally of strong physique. What leads one to suspect its presence is, however, the fact that these people, who from their appearance should be perfectly fit, feel, on the contrary, disproportionately weak, tire easily when walking, and lose their breath quickly when climbing stairs or hills.

Sufferers of this class dislike physical exertion, prefer lying down or sitting still, and are often most unjustly put down as lazy. Examination generally reveals a muffled heart-beat, but occasionally even this symptom is absent. The heart-beat is, however, never a strong one, and the pulse feels soft and flabby.

Fatty degeneration of the heart may remain unnoticed for years, and its progress is slow. Slight cases occasionally pass over without appreciable ill-effects, but where the disease has a tendency to spread, particular care is necessary, for very dangerous complications may suddenly set in and lead to a fatal issue.

Treatment.—If corpulent people complain of great weakness, shortness of breath and palpitation of the heart when walking, or of getting quickly tired after comparatively slight physical exertion, the heart should be examined without delay, when it will generally be found to be affected; if this is the case, the curative treatment should be resorted to at once.

The patient should take walking and other physical exercise, and in warm weather cold bathing is recommended.

The patient should not sleep too much or remain too long in bed, and it need hardly be mentioned that regularity in the action of the bowels should be strictly enforced.

The food should be nourishing but easily digestible. Foods which cause

flatulence, such as bread, potatoes, farinaceous preparations and sweets, are all fat-forming, and therefore to be avoided as much as possible. The same applies to beer.

The waters at Marienbad, Homburg, or Kissingen are of great efficacy for this complaint, and a course of sea-bathing is almost equally so.

Massage is also of much value ; but it must be clearly understood that we do not mean by this term a simple rubbing of the skin up and down ; massage to be beneficial should be done by an expert on proper scientific principles.

A medicinal treatment can only be resorted to against the symptoms which occasionally accompany this disorder and disturb the patient. Should the heart, for instance, show signs of great weakness, I generally recommend *Phosphor* 3. I have found this medicine, given in homœopathic doses, act as a most useful cordial which stimulates the heart most satisfactorily.

CALCAREOUS DEGENERATION OF THE ARTERIES (ARTERIOSCLEROSIS).

CASE of C—— S——, a man of 56 years of age, in the Civil Service. This patient of mine had suffered for some time from this complaint.

The heart was slightly enlarged, the heart-beat weak and generally a little accelerated, but at times it became as slow, as if it might be about to cease altogether.

His face was subject to rapid changes of colour, and he was given to fits of melancholy which brought him sometimes to the verge of suicide. Galvanic treatment, sun-baths, and health resorts, such as Marienbad and Nauheim, which had been recommended him, proved ineffectual.

These failures to cure increased his state of depression. The attacks of deep melancholy and of nervous terror grew more frequent and were accompanied by loss of appetite and insomnia.

He became in consequence very weak and frail. Acting on the advice of a friend he then resolved to try homœopathy, and came to me.

My treatment consisted in ordering the patient nourishing diet, but all excess in eating or drinking was prohibited. His depression I cured entirely by giving him

Ignatia amara 3, while for his sluggish circulation *Pulsatilla* 6 had the desired reviving effect ; *Asajetida* 3 worked efficaciously against his want of appetite and the flatulence due to feeble digestion.

His depression once conquered, his appetite returned, he again slept well and regained his former cheerfulness.

After I had treated him three or four months, he confessed in the course of a consultation that he had started with very little faith in the treatment, but that he could never be thankful enough now for the inspiration which led him to undertake it ; it was many years since he had felt anything like so well, and he could never have believed, had he not himself experienced it, that such minute doses of medicine could bring about such beneficial results, and "I shall do my best," he continued, "to convert all my friends to the principles of Hahnemann!"

DISEASES OF THE DIGESTIVE ORGANS.

THE stomach is situated in the upper part of the abdominal cavity, below the liver and diaphragm. When empty it forms a small elongated bag, the mucous lining of which is thickly beset with tubular glands of two kinds, the most important being the peptic glands.

The peptic glands elaborate the gastric juice used in the process of digestion. On taking in food the stomach expands, and its size then depends on the amount, solid and liquid, it contains.

Under normal conditions its width rarely exceeds 9 to 12 centimetres. A greater dilation of the stomach is a symptom of disease, and is nearly always to be found in cases of Chronic Gastric Catarrh, when the food is delayed on its passage through the stomach, and gases are formed (flatulence). These gases cause the stomach to expand like an air-cushion, and to feel tender on pressure.

The liver is a large gland that stretches nearly from one side of the abdomen to the other, and reaches above to the diaphragm. It is of great importance in the general economy of the system, for it secretes the bile, elaborates and stores up glycogen, and otherwise changes the blood that passes through it.

Chronic complaints of the digestive organs are brought about by a number of causes, the most important of which are: a weak hereditary tendency of the organs, a neglected chill, over-indulgence in rich foods, the habitual use of violent purgatives, the taking of much poisonous medicine, alcoholic excess, syphilis, sexual abuse.

In each case the treatment is necessarily influenced, not only by the actual symptoms, but also by considerations of the probable cause or causes of the trouble.

CHRONIC GASTRIC CATARRH.

CASE of J— K—, aged 39. Through irregular living this man had developed gastric catarrh, which he neglected, and which consequently became chronic.

The symptoms were a slight inflation of the abdomen; flatulence; heartburn after meals, which left an unpleasant taste in the mouth; a disagreeable sense of fulness in the region of the stomach, which increased after meals; nausea and sickness.

The patient further complained of discomfort and heaviness, a feeling of constriction in the lower part of the chest, of unsatisfactory appetite, irregularity of the bowels, and occasional obstinate constipation.

I found on examination: a sickly yellowish complexion, sunken eyes, a furred white tongue, ill-smelling breath noticeable at a distance, and slightly inflated abdomen; the urine appeared somewhat dark in colour, after some time a sediment was deposited, and close observation also revealed thread-like filaments moving about in it.

The patient had been in the habit of taking strong purgatives, which gave him temporary relief, but soon lost effect, for ever-increasing doses became necessary to aid his bowels to act at all.

Treatment.—I ordered the patient a course of massage by an expert *masseuse*, and in place of the unwholesome living he had been indulging in, I substituted a plain vegetable diet and thick, nourishing soups. I further prescribed *Natrium muriat.* 3 and cold-water compresses at night.

It happened that he was just then obliged to leave home on important family business, and I was compelled to continue the treatment by letter, and three weeks later Mr. K— wrote to me as follows:—

“Although I am not quite well yet, I feel that my complete recovery is now only a question of days. I have received your medicines and the accompanying letter, and beg to thank you most sincerely for the complete instructions in the latter, which will enable me to continue the treatment at home.

“I had—as I informed you—taken other advice about my case before coming to you, but without avail, and had I gone on with the drastic purgatives I was prescribed, I am quite sure that my constitution would have been completely undermined; as it was I had already lost the power of swallowing any food at all without feeling subsequent discomfort, nor would my bowels act without the assistance of strong purgatives.”

NERVOUS IRRITATION OF THE STOMACH.

Mr. P——, a gentleman with ample means, had been accustomed to live well, and to take a large assortment of food and drinks at every meal.

At first he experienced no discomfort from doing so, but with advancing years his powers of digestion broke down. The patient complained of great uneasiness after meals, heaviness, fulness, flatulence, heartburn, as well as chronic costiveness. He was always hungry between meals, and suffered from headaches.

Further symptoms: Furred tongue, unpleasant breath, irregular action of the bowels, and the urine showed sediment. The patient felt very irritable and depressed, and I concluded that a nervous irritation of the stomach was the cause of his troubles.

He ascribed his condition to his luxurious mode of feeding, to excessive drinking, and to self-abuse practised in youth.

Treatment.—Fat meat, sauces and other indigestible articles of food were excluded from his diet, massage and cold-water spongings were prescribed, as well as *Natrium muriat.* 3, *Aconit.* 3, and *Silicea* 3, for internal use; alcoholic beverages were forbidden, and instead he was ordered to drink mineral water with his meals.

After following the above for eight weeks Mr. P—— had lost all symptoms of his nervous disorder, and with restored health looked quite ten years younger.

CHRONIC INDIGESTION (DYSPEPSIA).

Chronic indigestion occurs in consequence of the various juices of the stomach declining in quantity or quality. Intemperance in eating and drinking, and climatic conditions are the principal causes, and it may also follow after a particularly weakening illness. Lengthy privation and an irregular mode of life also often lead to chronic dyspepsia.

The symptoms are: loss of appetite, inflation of the stomach after meals, and distressing heartburn, and hardly ever is the well-known feeling of repletion after food missing. The tongue, however, remains clean, no loss of flesh occurs, and frequently the patient looks quite well, in spite of the little nourishment he obtains from what he eats. Sufferers from this complaint invariably like strong condiments with their food.

Indigestion nearly always becomes chronic, as generally a long time passes before the patient becomes aware of its presence.

Treatment.—The sufferer should not be deprived all at once of his favourite dishes or drinks, as this may bring about an attack of Gastric Catarrh. It should be done gradually and with great care.

Mineral waters, either taken alone or with the addition of a little wine or fruit cordial, are to be recommended; the patient should take plenty of exercise in the fresh air and lead a methodical and regular life.

I further prescribe the following medicines, according to the symptoms prevailing:—

Nux moscata 3. Five drops to be taken four times daily. I have found this remedy to give extremely good results in ordinary cases.

Bryonia 6 and *Cocculus* 3 are to be recommended to hysterical persons, to those who suffer from poorness of the blood.

Another highly efficacious remedy is *Antimon. crudum* 6, in cases of chronic indigestion, when the stomach seems incapable of retaining any animal food.

BILIOUSNESS.

Biliousness is a form of indigestion caused by bile, the secretion from the liver, getting into the stomach, where, being alkaline, it disagrees with the acid gastric juice.

Lassitude, giddiness, sick headache occasionally accompanied by vomiting, distaste from food, flatulence, waterbrash and foul tongue are its symptoms, which, however, accompany a good many other disorders; for Biliousness is, in reality, a far less common complaint than the flaring head-lines of nearly every patent-medicine advertisement in this country would lead one to believe.

The treatment is the same as that prescribed for indigestion.

SPASM OR CRAMP OF THE STOMACH (GASTRODYNIA).

These attacks commence with sharp, stabbing or gnawing pains in the stomach, which increase rapidly in intensity, sometimes becoming so unbearable that the sufferer screams in agony.

The stomach expands, the wall of the abdomen tightens, the patient has a sick headache, and the urine appears almost as pale as water.

This state usually continues until vomiting occurs, which may last from a few minutes to an hour, and ends the attack. The great exhaustion which follows is characterised by a gentle perspiration.

When the attack is over the sufferer usually feels quite well again for the time being, neither loss of appetite nor indigestion being present, and the palate is normal. The attacks generally recur every second or third week and occasionally once a month, but the rarer their occurrence the more obstinate and painful they are.

Treatment.—This depends not only on the cause of the disorder, but also on the varying circumstances which have been found to relieve or aggravate each individual case. Further, anæmic persons would receive a different treatment to full-blooded ones. The diet is the same as that ordered in cases of Gastric Catarrh. Milk and its preparations assist better than any other nourishment the effect of the following medicinal remedies:—

Bismuthum nitricum 9—when a feeling of oppression and discomfort accompanies the cramp.

Lycopodium 12—is chiefly given to women and anæmic persons.

Pulsatilla 6—when the pains are gnawing and increased by bodily movement, and when the excrements are watery.

I had a young man as a patient once who had suffered for years in this way, and I cured him in less than five weeks with *Pulsatilla* given alternately in the 3rd and 6th dilutions.

Arsenicum 12—is a suitable remedy in cases where the pain returns at regular intervals, followed by sickness and colic.

ULCER OF THE STOMACH.

Gastric Ulcer is a peculiar complaint of the stomach, consisting, as the name implies, of one or more ulcers, which form on the mucous lining of the stomach. The malady accompanies anæmia, and also attacks persons who live on rich food. It has been frequently observed in people addicted to alcohol.

The ulcers form in various parts of the stomach, but most rarely in the pit of the same. They vary in size, and may be

quite small or as large as the palm of the hand, and they spread rapidly and may become very deep.

Virchow attributed the growth of gastric ulcers to a disorder of the arteries of the stomach in which the latter become obstructed in some way.

When cured—and the sooner they are medically treated the better—the ulcers leave only a few harmless scars behind.

The presence of ulcers in the stomach is revealed by the patient feeling pains in a certain part of the stomach. These are often so intense as to be almost unbearable.

The attacks recur several times daily, rarely at night, and culminate in vomiting, when a slimy, acid-tasting fluid is brought up. The appetite is not usually affected, nor is the thirst increased; but the bowels are costive and the sufferer soon gets a sickly, yellowish appearance.

With this complaint, diet is of supreme importance. The patient must be well nourished to keep up his strength, which is best accomplished by giving him liquid foods containing in a small compass as much nourishment as possible. Milk, yolk of egg, strong beef-tea with little salt in it, and a little well-minced chicken are the most suitable.

This diet must be assisted by the following medicines:—

Nux Vomica 3.—This excellent remedy is very serviceable in all serious disorders of the stomach, where much pain is felt.

Cocculus 3—should be given where the malady has been neglected for some time, and should this not be adequate to still the pain, only *Morphium* can deaden the intense suffering.

Magisterium 6—is given where excessive anæmia is present, to counteract excessive inclination to vomiting, and against obstinate constipation.

Phosph. 9—is most useful if the stomach and intestines are particularly troubled with acidity and flatulence.

PILES (HÆMORRHOIDS).

CASE of L— K—, a civil engineer, 46 years of age. This patient came to me troubled with severe piles.

He had suffered from the complaint for over ten years, and, as is usually the case, it had steadily grown worse. Flatulence in the intestines, prolonged constipation, pains in the lumbar region, prickling sensation in the lower part of the abdomen

and in the rectum, were the symptoms of this disorder, against which all his previous medical advisers could only recommend bathing, leeches, or a rigorous and exhausting diet.

Lastly, a surgical operation had been suggested, to which he would not consent on account of the painful after stages.

When I undertook to treat him, I first asked him to give up drinking coffee and spirits, and then gave him *Sulphur* 3, which was followed a month or two later with *Nux Vomica*, the results being most beneficial.

I had incidentally to stop the last-named medicine for a few weeks on account of a very painful inflammation in the anus, which, however, was quickly healed with *Aconitum*.

The curative treatment for the piles was then resumed, and the patient is now well.

DISEASES OF THE NERVOUS SYSTEM.

NERVOUS EXHAUSTION AND DEBILITY (NEURASTHENIA).

NERVOUS exhaustion is a serious complaint, frequently met with nowadays, and is brought about by over-work, worry and excitement, keeping late hours, and any form of sexual abuse or excess. No one is proof against it. Men in every walk of life are prey to this distressing malady. Business men, owing to the strain of modern competitive methods, fall frequent victims.

Principal Symptoms.—Want of general tone, lack of energy, sleeplessness, aches mostly in the back of the head and the nape of the neck, chronic indigestion, great depression on rising, morbid shyness and nervousness, irritability over trifles, inability to concentrate the thoughts, and great effort is needed for the smallest amount of work.

Nervous debility makes the sufferer's life a burden to him, and often leads to suicide. The reader need only remember how often he has read the verdict, "Suicide during temporary insanity" in reports of inquests held on unfortunate persons who have killed themselves.

Treatment.—The basis of successful treatment for Neurasthenia is adequate Rest, both physical and mental, in order that the body and the brain should have time to get repaired. This rest does not as a rule entail the giving up of business or profession even temporarily. On the contrary, complete breaking off from work very frequently only causes the patient to fret, and in this way aggravates his complaint.

But rest alone will not cure neurasthenia. The entire régime of the patient must be most carefully regulated while he is under treatment, and no rule as to this and the medicines needed can

be laid down, as every case needs individual attention. This complaint is one which can be treated in the patient's own home, but only under the guidance of an experienced medical adviser.

CASE of M— B—, a landowner, 43 years old. As a result of a strenuous life occupied in managing his large estate, this gentleman came to me suffering from a complete nervous breakdown.

He had vainly endeavoured to stop its progress, first by taking nutrition in excessive quantities, later with all kinds of patent medicines, and lastly by means of a cold-water cure.

As so often happens in such cases, the cold-water treatment only made the patient still more nervous. His actual symptoms were: a feeling of oppression and depression, weariness of life, and uneasiness, which were sometimes so great that the patient was often quite unfit for work.

Vertigo, occasional alarming cardiac attacks and severe headaches were further symptoms, while indecision and lack of energy hampered him incessantly.

Treatment.—I ordered the patient to take as much rest from business as possible for some time, and to give up all forms of nitrogenous food and strong drinks.

For the most disturbing symptoms *Phosphori acidum* 3 and *Ferrum phosph.* 3 were prescribed at the start, and their effect increased later by a series of medicated baths taken quietly at home.

After a few weeks a decided improvement was noticeable, the nervous attacks were less acute, and the patient slept well. The further medicinal treatment included: *Thuja* 3, *Pulsatilla* 3, *Ferr. muriaticum* 6. The depression and weariness ceased, and he took up his work again with fresh vigour.

Some months later I met him in the street. He looked the picture of health, and while thanking me for the trouble I had taken, he spoke with some bitterness of the probable fate from which I had rescued him, telling me that the specialist whom he had previously consulted had intended to send him into a nerve sanatorium, which, as Mr. B— said, was only a polite name for a lunatic asylum, and the dread of this had not a little contributed to his excitable state when he came to me.

* * * * *

CASE of M— M—. The following letter, which was received since the previous edition of this work was published, speaks for itself. The writer, a man of 35, lived in the country, some distance away from London:—

“SIR,—Nearly two and a half years ago I had a bad nervous breakdown;

since then I have been suffering from what the doctors call Neurasthenia, but which they seem incapable of curing. The symptoms are consistent with those of M—— B—— in your book (*vide* case above.—ED.), and I think perhaps more particularly those stated under the heading of ‘Mental Depression.’

“The chief trouble is sleeplessness, which seems to me to be induced by some weakness of the stomach. I am also troubled, and have been for some years, with constipation.

“I have had many doctors and taken much medicine, patent and otherwise. I have just had an attack of influenza, which has left me weak, and with all the old nervous symptoms—sleeplessness the worst.

“If you think your treatment would effect a *cure* in my case, I should be grateful to hear of it. You may rely on my carrying out instructions to the letter, *but after my experience of the last two years you will perhaps understand my doubting the possibility of much relief.*”

“If you would prefer to see me I shall be in London on Tuesday and Wednesday next, and can call upon you, and when replying I should be obliged if you would give me some indication of what your charges will amount to, if you are able to say that you can *really put me right again.*”

Treatment.—Though the patient might have been advised by correspondence in this case, I desired him to come and see me. His diet was regulated, he was given *Acon.* 3, *Hep. Sulph.* 3 internally to begin with, and various other regulations for his daily guidance were laid down. It was only a fortnight later that he wrote me as follows:—

“I am writing to tell you of the progress I have made since I saw you last. During the nights of Wednesday and Thursday I slept badly, and experienced palpitations throughout each night. During the day on Thursday and Friday I felt low-spirited and depressed, but I slept better on Thursday night, and I have done so since, with the result that I have been feeling very well, especially during the week-end.

“I may say that I have carefully followed your instructions in every particular, and have no doubt that I am brighter and fitter than when I first saw you. I can still feel, however, that I am weak, and that I should be physically exhausted if I attempted any exercise of a trying nature. I find that even trying to hold myself erect makes my back ache, though this is getting better.”

“On the other hand, the fits of depression that have hitherto troubled me have been less prevalent; I have been scarcely troubled by indigestion. I have been sleeping much better, and feel more fit for work. . . .”

The treatment was continued with *Thuja* 3, *Pulsatilla* 3, and, later on, with *Coff.* 3, and *Ferrum muriat.* 6, and after a further six weeks the patient was entirely restored to health and strength.

SPINAL COMPLAINT (NEURASTHENIA SPINALIS).

K—— T—— suffered from weakness of the nervous system, brought on by the excessive use of alcohol, keeping late hours, leading an irregular life, and more than all by repeated sexual excess.

This nervous weakness had been aggravated by a lengthy mercurial treatment which he had undergone for syphilis.

His, I may say, was a typical case of Spinal Neurasthenia. His sensory nerves were affected, and he was troubled by a peculiar sensation as of ants running up and down his spine, and numbness in the soles of his feet.

The patient further complained of an unpleasantly oppressive feeling about the heart, and of palpitations. He got easily tired, and experienced a general lassitude, even after slight exertions, and at times trembling in the entire body.

Of late there had also been pronounced sexual-neurasthenic symptoms, frequent nocturnal erections with discharge of semen and a weakening of power.

Treatment.—The patient was given *Phosph. acidum* 6, supported by the use of tonic baths, and after cessation of *Phosph. acidum* 6, *Platina muriat.* 3, alternating with *Aconitum* 3, were prescribed.

The patient soon regained his full strength, and it need hardly be said that he abandoned his former unsteady life, of which he was now heartily ashamed. He married six months after the restoration of his health, and at present is the father of a healthy family.

NEURASTHENIA SEXUALIS.

CASE of L—— D——, captain in the army, 34 years old. This patient had been addicted to pernicious self-abuse in his youth, and subsequently weakened his constitution by fast living.

Gonorrhœa, which he contracted about that time, was treated with strong injections, and certainly appeared cured, but always left behind a constant irritation in the urethra.

The patient further complained of nocturnal emissions, and the escape of a sticky fluid from the urethra when motions were passed. Additional symptoms: sluggish action of bowels, heaviness and great psychic depression.

The patient passed water slowly and with difficulty, and on closer observation the urethra was found inflamed, the prostate gland somewhat enlarged, and the testicles flabby and pendent. The water contained gonorrhœal filaments, and at times small quantities of semen.

Treatment.—As the patient was in garrison a long way off, the treatment had to be conducted by letter. I prescribed *Aconitum* 3, *Phosph.* 12, *Graphites* 3, and *Calc. Carb.* 3 in succession, and at the end of the cure he wrote as follows:—

“I really do not know how to thank you sufficiently for having made a new man of me. When I first addressed myself to you, I was very dubious, and never imagined for a moment that my restoration could be completed within so short a time.

“All the symptoms which made my life such a misery have gone. The water is perfectly clear, and the parts again normal; I sleep well and feel in much better spirits. . . . Yours, etc.”

SPINAL DISEASE.

CASE of G— H—, a Roumanian merchant, 46 years old. The patient had committed many follies in his earlier years when he was travelling about, and had several times contracted gonorrhœa. This had, however, always been speedily cured by injections.

The patient felt no bad after-effects for years, but at the same time always had a vague feeling that something was wrong with him. Ultimately he developed the symptoms of spinal disease.

His principal symptoms were: an undefinable pain in the small of the back, which returned at short intervals; giddiness when walking, which had greatly increased of late, and sensory disturbances in the hands and feet.

The bladder could only be emptied with some difficulty; his bowels were sluggish, and he was subject to fits of intense depression. There was no reflex movement on striking the patella.

Treatment.—The diet was carefully regulated, and massage and carbonic acid baths prescribed. *Aconitum* 3, later on *Hep. Sulph.* 3, were given for the

chronic Gonorrhœa, *Platina* 3 for the pain in the small of the back, and various other remedies followed to suit the different symptoms of his complaint.

The Treatment proved very trying, as temporary improvement was followed continually by relapses, but after ten weeks the patient had so far progressed that the relapses occurred less frequently, and were less serious in character.

I then substituted *Cuprum metal.* 6 in place of the former remedies, and after a short course of this no further relapses occurred.

I next insisted on his taking certain medicated baths for eight weeks before I would pronounce him cured.

He followed all my prescriptions strictly, and at last had the satisfaction of returning home free from his complaint; but as a further precautionary measure I advised him to continue taking the medicines which had done him so much good for a few months longer.

NEURASTHENIA DUE TO URINARY TROUBLES.

CASE of D— E—, 48 years of age. This patient suffered from mental depression, which was at times so great that he contemplated suicide. The trouble was due to chronic gonorrhœa, which, in spite of repeated medical assistance, had never been completely cured.

His case was aggravated from a doctor having introduced a catheter into the urethra, which had greatly irritated not only this part, but also the prostate gland.

Water was passed with considerable difficulty, and was often cloudy, and fatty, flock-like particles could be seen floating in it.

The Treatment consisted in the use of *Natrium murial.* 3 and *Thuja* 6, as well as hip-baths with suitable additions, and a proper régime was ordered. The inflammation disappeared in a few weeks, and the patient, who was then given *Ignatia amara* 6, and subsequently *Coffea* 3, soon regained his wonted good spirits.

Diseases of this kind frequently attack persons who have used strong injections, and we cannot too earnestly warn readers against the use of the latter as well as against the introduction of catheters.

Any attempt to massage the prostate gland by means of a mechanical contrivance, as prescribed by some for prostatitis, is also very dangerous, as, apart from aggravating the disease, it has a highly irritating effect on the nervous system.

MENTAL DEPRESSION (HYPOCHONDRIA).

Cause and Symptoms.—This is a disease more especially found among men, and is caused as a rule by alcoholic or sexual intemperance.

Unsuitable occupation, a sedentary mode of life, want of fresh air and exercise, trouble and great disappointment, all tend to increase it. Some chronic diseases also will induce hypochondria.

The disorder never appears suddenly. It develops in the first place from a state of unrest, and its earliest symptoms are: irregular action of the bowels, indigestion, flatulence and disturbed sleep.

The patient grows worried, dreads the approach of a fancied severe illness, and, being perpetually occupied in trying to find out what ails him, the slightest change in his condition disquiets him.

If the complaint grows worse he suffers from delusions, and is very moody. At the same time he looks quite well.

When hypochondria reaches an advanced stage, the sufferer becomes suspicious, vacant, neglectful of business, absorbed in his broken-down health, and disinclined to leave his bed or get about.

Treatment.—Hypochondria is, generally speaking, curable. The first point to be settled before prescribing treatment is whether the symptoms described by the patient are really present or not; and as the cure of his actual complaint progresses, the hypochondria will grow at any rate less severe.

But in any case it is wise to divert the morbid mental activity into other channels. Bright and cheerful company, for example, will do much good, and so will theatres, concerts, sports, riding, cycling, or travelling, etc.

Daily spongings with cold water, and sea-bathing, are beneficial, and no intercourse with other similarly afflicted or disposed individuals should be permitted.

The patient should also be given:—

Ignatia ʒ—if he suffers from sleeplessness and exaggerated terrors which may be traced to over-anxiety about his condition;

Nux Vomica 6—where the patient feels feverish. A few doses will alleviate it;

Calcar. carbon. 3—where coldness in the head is felt without any outward cause; and

Aconitum 3—where delusions of the sight and hearing are experienced.

SLEEPLESSNESS.

Causes and Symptoms.—Sleeplessness is, unfortunately, a very common complaint, which makes the sufferer's life wretched, troublesome, and sometimes a torture to him.

It is either temporary or permanent, which does not, however, mean that total sleeplessness occurs. Generally, the patient gets at least two or three hours' sleep, though as this is often disturbed with vivid dreams, it is not properly refreshing.

The sufferer scarcely needs an enumeration of the too-familiar symptoms. He goes to bed and tries to sleep, but his thoughts fly from one subject to another; he turns from side to side, and sleep escapes him until, often at an advanced hour of the early morning, he falls, through exhaustion, into a sleep-like, unrefreshing stupor; and it stands to reason that this must have a very harmful influence on his mental and physical condition.

The cause is often worry and trouble; frequently it is a constitutional ailment such as anæmia or nervous debility, and in women various female disorders.

Treatment.—The first step is to remove the cause of the insomnia, and to do this it is advisable to find out if there is anything constitutionally wrong in the patient, which must in that case be first attended to.

I remember, for instance, once treating a lady for insomnia who looked, and apparently was, quite well; and only after close questioning I formed the opinion, afterwards confirmed, that she was suffering from chronic inflammation of the uterus.

I first treated her for this, and its cure was followed by the return of healthy sleep. She was given *Bryonia* and *Sepia* alternately, and underwent a course of the mud-baths at Franzensbad.

In the cases where sleeplessness is a consequence of a weak condition of the nerves, *Coffea* 3 is an invaluable specific, and further:

Camphor 3—is given when insomnia occurs during convalescence after a severe illness;

Digitalis 6—if palpitation is experienced on lying down to sleep; and
Aconitum 3—if sleeplessness is caused by stress of emotion or by a rush of
 blood to the head.

It is noteworthy that a proper diet can greatly assist the medicinal treatment. Persons suffering from insomnia should not touch tea, black coffee, or strong drinks at night; the evening meal should, if possible, be taken at least one hour before bed-time, and great attention should be paid to digestion and the regular action of the bowels.

SCIATICA.

Sciatica is neuralgia* of the sciatic nerve, which runs down the back of the thigh. It is more common in men than women, and occurs after the middle term of life.

The pain may extend to the calf or sole of the foot. In character it is burning and gnawing, and is more or less always present; other sensations may be present, such as tingling and numbness. Walking aggravates the pain, and the patient is easiest when the knee is bent up, and the nerve put off the stretch.

CASE of W— C—. The following letter, received from a patient, a coal-miner, 29 years old, supplies an excellent description of the sufferings accompanying this complaint:—

“I am a sufferer from sciatica and cannot get much relief from doctors round here, whose treatment is mostly poulticing and blistering the affected parts, and telling one to have patience and wait for the fine weather.

“It is a year ago in September since I had the first attack, which laid me out of work for twenty-eight weeks. . . . The second attack came on about a fortnight before Christmas, and I am still unable to fill my employment. I am a coal-miner, and blame working in low and wet places chiefly for bringing me into my present condition.

“The pains are in my right hip and leg. The first attack was from the hip, down the back of the thigh, through the knee, and down to the ankle.

* Neuralgia is a term used to denote pain in a nerve or set of nerves. It may be shooting, burning or throbbing in character, and occurs especially in those who belong to nervous families which have a tendency to insanity, epilepsy, hysteria, or other nervous complaints. Decayed stumps of teeth may give rise to severe neuralgia. A neglected cold, pressure of tumours, gall-stones, gravel, gout, malaria, influenza, diabetes, alcohol, and exhaustion due to sexual excess, may all cause neuralgia.

This time it seems to go from the hip joint, round the top of the haunch bone, down the fore side of the thigh to the knee.

"At the top of the thigh, where you can feel the femoral artery, there is a hard, knotted lump, about the size of an egg, at present. On the right hand I have a swelling which started to grow about two years since, and at Christmas it broke into a sort of running abscess, and has continued to run ever since. Whether there is any connection betwixt this and the pains I don't know.

"I am 29 years old, and am a teetotaler and non-smoker. Am troubled with a weak stomach, but otherwise have never ailed. If you can do anything would be glad to follow your advice."

Treatment.—As usual, and at the risk of incurring temporary unpopularity with the patient, no drastic treatment was attempted, and he was given suitable homœopathic medicines, viz., minute doses of drugs which create symptoms similar to his in a healthy person. The result was, apparently, disappointing at first, for after three weeks the patient wrote as follows:—

"I cannot say that I have improved much. My digestion of food seems to have improved, but the pains in my leg are about the same, only the swelled parts are not so large.

"During the last six or seven days if I happened to turn or twist my leg a bit, a pain has shot down the inside of it, just as if someone had their hand in the inside of my knee and was pulling a string which was fastened to the whole length of the leg. We are having a lot of cold and damp weather here, which affects me as it keeps changing about."

The treatment was continued, and less than eight weeks after having undertaken this case, I had the satisfaction of receiving the following letter:—

". . . My right hip is still a little weak, but I have not had any pain in it for about three weeks now. The lump on the knuckle of my right hand has gone down a lot, and the suppuration has stopped. I feel better in myself altogether."

In this case a complete recovery took place, and the patient has never been troubled with pain since. The following medicines were given at the proper stages of the treatment: *Bryon.* 3, *Hep. Sulph.* 3, *Pulsatilla* 3, *Drosera* 4, *Thuja* 3, *Nux Vomica* 3. The patient was further ordered to take certain medicated baths, in order to improve his circulation, and his usual diet was slightly modified.

CONSTITUTIONAL DISEASES.

CHRONIC RHEUMATISM IN THE JOINTS.

CHRONIC Rheumatism is generally preceded by the acute stage of the same disease, which is brought about by untoward climatic conditions, by living in damp houses or wearing damp clothing.

Though the pain is not so intense in the chronic state as in the acute form, it is nevertheless very troublesome, as it cannot be got rid of sometimes for years.

The pain, which often seems to have ceased entirely, will quickly start afresh if the joints affected are subjected to any external pressure, or after much physical exercise or exertion, and a peculiarity of the complaint is that lying in a warm bed does not relieve, but only increases it.

The pains are most severe on getting out of bed in the early mornings, or on rising after being seated for a long while in one position. Gentle continued exercise of the affected joint causes the sensitiveness to disappear again.

The disease does not greatly interfere with the general condition of the patient, who can transact his business and fulfil his social engagements without experiencing any particular inconvenience. Only now and then, if the proper precautions have been neglected, he may receive an unpleasant reminder of its presence.

In most patients the affected joints slightly swell, and this is followed, if not attended to, and the limbs are allowed to rest too much, by stiffness in the joints.

The so-called lameness from rheumatism is an after-stage of chronic rheumatism which often sets in if the patient has failed to seek timely aid for his disease.

Treatment.—The efficacy of the following medicines is greatly increased if they are supported by a course of medicated baths. Various ingredients are recommended, and though natural springs offer greater convenience, artificial substitutes can be had for all of them.

The sulphur-springs of Baden (near Vienna), and the resinous baths of Ruhlau, Arnstadt, Eisenach, Verka and Ilmenau are all very efficacious. Some sufferers derive great benefit from Turkish baths.

The patient is recommended to wear cotton under-clothing in order to maintain a regular temperature in the body. The house should be dry and well-heated in winter, and clothing suitable to the time of year selected.

In the matter of diet, the patient should not eat too much, and should avoid all exciting and stimulating drinks.

While *Aconitum*, *Bryonia* and *Spigelia* are the principal remedies indicated for acute rheumatism, I give the following in chronic cases:—

Rhododendron 6—if the pains are increased by physical exercise, and tension and feverishness are felt about the affected joint;

Sulphur 12—is a valuable intercurrent remedy in obstinate cases, and for scrofulous patients; while

Natr. muriat. 3—is to be used when the joints are very swollen and tender.

PAINS IN THE LOINS (LUMBAGO.)

Lumbago is rheumatism of the muscles of the back, on one or both sides of the loins, and may likewise become chronic.

The symptoms are: pain and stiffness in the small of the back. Walking is difficult in the upright position, and the sufferer is forced to stoop as he goes along. Frequently the pain is worse at night.

The disorder is nearly always accompanied by restlessness and depression of spirits.

Liniments medicated with *Rhus. Tox.* or *Arnica*, rubbed into the loins, sometimes bring temporary relief during an attack.

Bryonia, *Cimicifuga* and *Aconitum* in alternation with *Rhus. Tox.* are the homœopathic remedies which I value most for curing the malady, and their effect is greatly increased by a carefully regulated diet and certain medicated baths.

GOUT (ARTHRITIS).

Gout is caused by the collection of uric acid in the blood, due to a defect in the vital process called "change of matter."

It is regarded by some scientists as a hereditary disease, but it is more frequently acquired through intemperate eating and drinking, for it is a well-known fact that those who live sparingly very rarely become gouty, and that the disorder is peculiar to the well-to-do.

Children are never attacked by gout and women only seldom. The chief sufferers are men of advanced years.

Gout is accompanied by a disturbance of all the organic functions. Want of appetite, heartburn, and an indifferent digestion, weakness in every limb, palpitation, and sediment in the urine, are the usual premonitory signs, as well as the accompanying symptoms, of gout.

The first attack is heralded by a piercing or burning pain in the joints, and generally occurs at night. The pain increases, the skin appears shiny and swollen, and fever sets in. The pain recurs at certain intervals, chiefly during the night.

This state lasts for several weeks, when it gradually lessens and apparently disappears entirely, only, however, to break out again with renewed violence some weeks or months later.

Owing to repeated inflammation, calcareous matter collects in the joints, causing them to thicken, when they occasionally discharge pus.

The obstinate pains and the enforced idleness of the limbs develop hypochondriacal tendencies in the sufferers, who lose their appetites and all pleasure in their surroundings, and degenerate physically.

Treatment.—The success which has attended my treatment of gouty cases justifies my calling it, generally speaking, a curable disease, and if the patients will only summon up sufficient energy to follow the prescriptions ordered, and to consent to a radical reform of their diet, the use of the medicines given is almost sure to effect a cure.

The sufferers must eat sparingly, and refrain from meat as far as possible, nor should they touch highly seasoned dishes. The more frequent and painful the attacks the more sparing should the dieting be, while water should be the only drink, though it may be flavoured with lemon-juice or fruit-cordials.

The patient should take as much exercise as possible in the fresh air, and both fresh and salt water bathing are very efficacious. The waters of Marienbad, Kissingen, Homburg and Vichy will further be found to greatly assist the medicines, of which I recommend the following:—

Colchicum 6—when the inflammation does not confine itself to the big joints, but attacks the smaller ones, particularly those of the fingers and toes; further, when the patient is feverish and over-sensitive to such a degree that the slightest disturbance of the air, or the bed, or the floor, aggravates his pain; and

Kali hydrojod. 3—is most suitable where gouty affections of the joints are accompanied by chilliness and numbness of the limbs, swelling and tenderness being absent.

CHRONIC DIABETES (DIABETES MELLITUS).

Cause and Symptoms.—The real cause of this very serious disease has not so far been clearly defined, but we know that there is a close connection between it and general nervous debility, particularly when the latter is the outcome of intemperance, whether alcoholic or sexual, and this explains to some extent why male adults are much more inclined to develop this disease than women and children.

Its first symptom is an unusual paleness of the urine. On examination the latter is then found to contain sugar and to have a much greater specific gravity than the normal urine, and if it is left to stand in a warm place it soon becomes cloudy, while the surface appears thinly skimmed over.

Almost simultaneously the patient is troubled with a great and enduring thirst, which is soon followed by a most voracious and abnormal appetite, the latter being as great after as before meals. Nevertheless, the patient grows gradually thinner and weaker, and all his functions are disarranged.

Diabetes is a chronic disease, which may cause the patient years of distressing discomfort, and is accompanied by ever-increasing mental depression.

Treatment.—There is no doubt that homœopathy, which is so successful in all chronic diseases, is particularly so in the case of diabetes, and the cures effected by it are little short of miraculous.

I myself have had many patients under treatment who had dragged on year after year under allopathic advice, and others who had spent season after

season and great sums of money at Karlsbad, the recognised spa for diabetic subjects, without gaining more than temporary alleviation—all of whom a comparatively short course of homœopathy restored to a state of health that they had despaired of ever enjoying again.

The medicines I used are:—

Colocynthis 3—when the patient complained of tiredness in the lower limbs, pains in the back and stomach;

Arsenicum album 9—when a marked collapse of strength, falling away, and symptoms of paralysis occur; this remedy is particularly recommended, as it favourably affects nearly all of the characteristic symptoms, and especially the tormenting thirst, the morbid appetite, and the rapid loss of weight;

Dulcamara 3—if the fæces are found to contain fat, a not uncommon occurrence amongst diabetic subjects. *Dulcamara* further purifies the urine, and counteracts the diseases in other ways;

Natrium citricum 6—is given against thirst and the dryness in the mouth and throat.

A strict diet must be observed during the treatment if the medicines are to have their full effect. Plenty of animal food and no starchy nourishment is to be taken.

DISEASES OF THE URINARY AND GENITAL ORGANS.

GONORRHŒA OR CLAP.

GONORRHŒA is the most common of all the affections of the parts. It is an infectious disease caused by a poisonous micro-organism which attacks the mucous lining of the urethra.

Gonorrhœa, though not a syphilitic affection, must not be neglected, for it is an obstinate disease which often carries many dangerous and painful complications in its train.

The first symptoms of gonorrhœa are, briefly: a sensation of warmth along the urethra, accompanied by itching at its orifice.

These symptoms last for two or three days, and are followed, usually on the fourth day, by a thick yellow discharge and a scalding pain during the passage of urine through the inflamed urethra; the testicles feel sensitive, pains in the back and aching in the groins are felt, and the most distressing symptom of all are painful erections during sleep (Chordee).

Gonorrhœa, even in its early stages, frequently leads to further complications, as the inflammation may spread to the testicles and the glands in the groin, and if the infection be neglected or treated with injections of strong acids it is almost certain to become chronic, when it causes stricture in the urethra and difficulties in passing water.

Treatment.—I need hardly say any more about the danger of the treatment by strong acid injections, with which homœopathy is, happily, able to dispense.

Neither do I recommend the internal use of copaiva balsam in large allopathic doses, as it is not only unavailing, but also upsetting to the digestive powers.

In the course of a wide experience in treating this affection in all its stages, including neglected and obstinate cases—and I have treated several hundreds of these—I have found the following medicines: *Aconitum* 6, *Cantharis* 3, and *Sulphur* 3, of unrivalled value.

With the last-mentioned remedy in particular I cured a man some time ago who had been suffering from chronic gonorrhœa for fifteen years, and who could not get rid of a slight discharge, the signs of which he noticed every morning; he had consulted many allopathic doctors before coming to me.

The observation of a strict *régime* and scrupulous cleanliness about the parts are a *sine qua non* if medicinal treatment is to be a success.

Wine, beer and spirits generally should be given up entirely, and all drinks, including water, reduced to a minimum, to lessen the quantity of water passed by the patient as much as possible. At one time physicians encouraged drinking with the idea that the urine had a healing effect.

The diet need not otherwise deviate much from the habitual one, but the stomach should not be overloaded, and particular attention should be paid to the action of the bowels.

The effect of the medicine is also increased by the use of tepid baths and the application of cool wet cloths to the parts affected.

* * * * *

CASE of T—L—. This patient was unable to visit me as he was living a long way off and could not leave his business. I reproduce, with his permission, the letter in which he gives the history of his case, as it demonstrates *inter alia* the physical depression experienced by sufferers from long-standing gonorrhœa:—

“My friend Mr. J—, whom you successfully treated for gonorrhœa, has begged me to write to you, as I am, unfortunately, suffering similarly, and I trust that you will accede to my request and prescribe for me.

“In about eight weeks’ time I am going to be married, but I am worried at the prospect that the consequences of this disease, which I contracted seven years ago, when in the army, may bring unhappiness in the future to others, and if I can only by some means be radically cured, I am willing to follow your instructions unreservedly, even should they entail a postponement of my marriage.

"I may say that I was 24 years old when I contracted it, and I was only superficially cured in hospital, where they gave me painfully strong injections and copaiva balsam, for I soon noticed signs that it had become chronic.

"Three years afterwards a second acute attack came on, probably through excessive irritation of the urethra, for which I got treated again in the same way and with the same result. To this day I notice the usual symptoms of chronic gonorrhœa, and these, under the circumstances, are a great anxiety to me.

"Kindly send me the medicines you consider suitable and full instructions.—Yours, etc."

Treatment.—As in most cases, gonorrhœa was found to be complicated by minor complaints, accordingly the patient had to be given *Hep. Sulph.* 3 and *Bryon* 3, succeeded by *Coffea* 3, *Ferr. mur.* 6, and *Sabadilla* 3. He followed all directions, and after six weeks was entirely free from the disease. He has never been troubled by it since.

CHRONIC CATARRH OF THE BLADDER.

CASE of Charles F—, 43 years old. This patient had contracted gonorrhœa as a young man, which disappeared after being treated by an army surgeon with strong injections, but the disease, as is only too often the case with such affections, was only suppressed, and not cured; for after a certain amount of exertion, and sometimes even without it, a pain made itself felt in the urethra, attended by slight discharge.

In addition, he had unmistakable signs of catarrh of the bladder, into which the germs of the disease had no doubt penetrated through the injections used. Examination of the urine revealed a cloudy surface, together with the presence of pus-cells. The prostate gland had also been affected, for it was slightly enlarged and sensitive to pressure, and the patient looked remarkably pale.

Treatment.—Vegetarian diet, a great deal of milk, massage of the prostata, *Chlor-Natrium* hip-baths and, internally, *Aconitum* 3, and *Sulphur* 3, given alternately.

Under this treatment the catarrh of the bladder and prostata left him and the chronic gonorrhœa ceased, the threatened stricture being averted by the use of *Clematis* 6; and in nine weeks he was entirely well again.

STRICTURE.

The word Stricture signifies a contraction of some canal in the body causing part of it to become narrower than the rest.

Strictures mostly occur in the urethra of man, and often become very alarming. Whatever gives rise to considerable irritation of the latter organ may prove a cause of stricture there.

Hence the disease very frequently follows gonorrhœa, particularly when the latter has been inefficiently treated or injured through acid injections.

The first symptoms are an inability to retain water as long as usual, a peculiar uneasiness about the seat, and an alteration in the flow of urine, which is smaller than usual, and forked, spiral, or scattered.

The patient is compelled to rise once or twice in the night to pass water, and he also generally finds that a greater force than usual is necessary for its complete expulsion in consequence of the resistance offered by the stricture to the free passage of the water.

Nocturnal emissions are a common symptom of this complaint, and sometimes a mucous discharge from the urethra may be seen adhering to the bottom of the receiving vessel. In aggravated cases there will be still greater difficulty in voiding the urine and likewise much general debility.

Sometimes stricture in the urethra is a spasmodic affection induced by a disorder of the general system.

Treatment.—A stricture must receive immediate attention, for if neglected it may obviously become very dangerous, and possibly even necessitate a surgical operation.

Where the complaint is of recent date I have used the following medicaments with much success:—

Clematis 6—if the stricture is slight. This medicine has an undoubted effect in reducing the thickening of the mucous lining of the urethra which forms the stricture;

Phosphor. 3—if pain attends the passing of urine;

Aconitum 6—if the mucous lining is injured, so that traces of blood appear in the water.

If, as occasionally happens, the stricture cannot be entirely got rid of by the use of the above remedies, the introduction of a *bougie* into the urethra may become necessary.

The great art in using this instrument well consists in passing it down the canal with as much gentleness as possible, so as to occasion the minimum of irritation. This should on no account be attempted by the patient himself.

VARICOSE VEINS IN THE SCROTUM (VARICOCELE).

By Varicocele we understand tumours or swellings formed by varicose veins of the scrotum, sometimes involving the spermatic cord.

This disorder is not dangerous, but is very troublesome, as it occasions aching of the testicles and neuralgic pains in the back and hips.

Its cure requires time, but I should not advise any one to undergo an operation for it, as is sometimes recommended, for gentle internal treatment will get rid of the swelling quite as satisfactorily if persevered in.

The patient must wear a suspensory bandage and avoid all physical exertions and excesses. I have found a two to three months' course of the following medicines of great curative value:—

Conium 6—has a distinct effect in diminishing the swelling, particularly when it occurs in young men; while

Aurum metall. 6—is a better specific in later years.

INFLAMMATION OF THE PROSTATE GLAND (PROSTATITIS).

This is a disease which appears alone only in most exceptional instances. It generally accompanies slight catarrh of the bladder or inflammations of the seminal vesicles.

Amongst its causes are chill, direct injury to the parts in general, injections with strong acids, and other forcible treatments for gonorrhœa. Masturbation and excesses in *Venere* are also frequent causes.

Symptoms.—A frequent desire to pass water, which forces the patient to rise in the night, and which is due to the bladder being irritated and unable to retain its contents; further, an unpleasant sensation at the neck of the bladder, accompanied by a slight prickling; the stool is difficult and even painful

at times, owing to the fæces pressing on the prostata. In severe cases the pain is almost unbearable.

The commencement of the disease is marked by the following signs:—The patient, when passing motions or water, notices a discharge of mucus at the orifice of the urethra. It is a secretion from the prostate gland, though he may attribute it to a seminal emission.

This symptom needs immediate attention if the complaint is not to grow rapidly worse, for while it is easily curable in the early stages, it yields to treatment with proportionately increasing difficulty the longer it is neglected.

Such neglect is followed by the growth of abscesses in the prostata, which may destroy the entire gland and cause unspeakable misery to the patient.

Treatment.—The medicinal treatment must be assisted by the patient living quietly and paying strict attention to diet.

Highly seasoned and peppered food and all alcoholic liquors should be abstained from, and Vichy, Centrexeville, and, in fact, any alkaline water drunk.

The patient should go to stool regularly, and I need scarcely say that all excitement of the parts should be avoided.

Frequent tepid hip-baths, to which salt has been added, will be found beneficial in the early stages.

If the disease has been neglected for years, and if large abscesses or indurations have formed in the prostate gland, the treatment is far more complicated.

From my own experience I can thoroughly recommend:—

Selen. 3—when the sufferers are elderly;

Pulsatilla 3—is of great service when the disease is not far advanced; and

Bryonia 3 and *Thuja* 6 are very good alternative remedies when the effect of *Pulsatilla* fails to give entire satisfaction.

INVOLUNTARY EMISSIONS (SPERMATORRHŒA).

This disease is of great moment, for it exercises a most pernicious influence over both mind and body, while its after-effects are still more serious, as I know from innumerable cases of this kind in which I have been consulted by sufferers in all parts of the world, either personally or by letter.

I am aware that this disorder and the constant loss of semen involved by it is frequently overlooked or under-

rated by general practitioners, who, however, for obvious reasons, have very little opportunity of coming face to face with the sufferers, or of observing and studying the nervous depression and general debility which it produces.

It is true that if the nightly emissions occur in abstemious and at the same time full-blooded persons, and only at wide intervals, as once in one, two or three months, according to constitution, it will usually be found that they can be checked by suitable regulation of the diet and of the bowels, and by plentiful exercise.

But should the discharge exceed this frequency medical advice becomes imperative, and the sooner it is sought the better.

Involuntary nocturnal emissions occur first in the adolescent period, as the direct consequence of voluptuous dreams, when the imagination has been previously excited, either by frivolous literature or by the pernicious habit of self-abuse.

The latter may have been accidentally developed, but is often acquired from associates, especially in schools, and continued in ignorance of its baleful consequences.

Other causes may be: an unhealthy condition of the urethra; a too long or narrow prepuce, causing irritation from the retention of the secretions; worms, piles, and sexual excesses, and excitation of the sexual passions.

Further, these discharges generally accompany disease of the brain or of the spinal marrow, and their frequent occurrence is a premonitory symptom of impending paralysis.

Robust persons at first experience relief after a nocturnal emission has taken place, but this sensation soon gives way to lassitude and fatigue.

Later on this state becomes worse, and even alarming, when quite insignificant causes, such as prolonged walking, jolting in riding, mental excitement, or the slight exertion attendant on urinating or going to stool, are sufficient to bring about a seminal discharge.

The effect of the involuntary emissions is particularly serious when persons are concerned whose constitution is not over-strong.

The symptoms of mental and bodily degeneration which follow in their train are: depression of spirits, often very marked; absent-mindedness or loss of memory and weakness of the

senses; morbid shyness and nervous terror; palpitation; indigestion, with heaviness after meals; costiveness, flatulence and oppressive headaches; an uneasy feeling of tiredness in the back along the spine; paleness of the lips and face, and darkness under the eyes; slight trembling of the hands, and perspiration, especially at night.

When the loss of semen has been long-continued, the patient generally looks much older than his years, and the effects, which need not be detailed here, become more general and serious.

Treatment.—To a practised eye those troubled by involuntary emissions are at once recognisable, and if the vicious habit alluded to is the aggravating cause, the sufferer must be plainly told that the best medical treatment cannot be successful unless it is completely relinquished.

I further order plenty of exercise in the fresh air for my patients, and recommend that they should be left as little as possible alone, and be kept constantly employed.

Strong coffee, tea, spirits and highly seasoned foods must be given up for a time, and the diet should be light and carefully selected.

At night the bed-clothes should not be too heavy, and the habit of lying on the back should be discontinued. Cold sponging and sea-bathing are also useful.

These are, of course, only general hints, for the treatment, both dietetic and medicinal, varies in almost every case, and the same applies to measures for preventing precocious development of the sexual instincts in youthful patients.

Amongst the homœopathic remedies for re-establishing the constitutional strength impaired by loss of semen and for soothing local irritation and excitability, I generally use with great success: *Acid. phosph.* 3, *China* 6, *Digitalinum* 6, *Coffea* 3, *Conium* 6, *etc.*, the remedy and dose being carefully selected according to the cause and prevalent symptoms of the disease, and the age and constitution of the patient in every individual case, and any concurrent affection from which the latter may suffer also requires great attention.

IMPOTENTIA VIRILIS.

For obvious reasons I shall confine myself to the narrowest limits in describing the causes and symptoms of this disorder.

It may be of a temporary or permanent character, and in the former case is most frequently brought on by uncontrolled sexual excess, or by the long-continued, pernicious habit of self-abuse.

It may further be the consequence of badly-treated inflammation of the urethra (gonorrhœa), or of the prostate gland (prostatitis), of varicose veins of the spermatic cord (varicocele), and, lastly, of diabetes or of brain and spinal diseases.

Persons with this complaint are generally highly nervous, and all their thoughts are centred on their condition. In time, general debility sets in and aggravates the same.

Functional impotentia virilis or loss of power is not an incurable affection, but will yield to careful homœopathic measures, and the sooner these are brought into requisition the quicker will the cure be effected.

The Treatment depends to a great extent on the causes which have led to the disorder. If excessive sexual irritation or habitual masturbation has preceded it, the patient must abjure all repetition of such if the medicines given are to be effectual.

If varicocele, neglected gonorrhœa or prostatitis are responsible for the evil, the treatment must be directed against them.

On the whole, the diet in these cases should be the same as the one prescribed for involuntary emissions (spermatorrhœa), and tepid baths, with suitable mineral additions, are useful accessories of the following medicines, which I give amongst others:—

Agnus Cactus 3—if loss of power has set in prematurely in the case of a full-grown man; or if the testicles or spermatic cords are affected;

Acid. phosph. 3—if sexual excess or masturbation have been indulged in;

Ignatia amara 3—if a nervous breakdown or diabetes have preceded the malady.

It is difficult to over-state the mental suffering of patients who are afflicted with impotence. Men in possession otherwise of all that makes life desirable have committed suicide because of it, for comparatively few medical men understand its nature and treatment.

I remember many sufferers coming to me after having previously been told that their complaint was purely imaginary!

I am adding here two letters by the special request of the patient who wrote them. The first one is as follows:—

"SIR,—I am an employé in a large firm and 27 years old. For some time now I have been in a weak and nervous condition, and though I have already consulted several specialists in the matter and have conscientiously followed out their prescriptions, I have been unable to regain my health. Indeed, I am in a worse condition than before. After reading your excellent

book I believe I have at last found a doctor who will free me from my sufferings.

“Like many others, I have sinfully weakened my naturally strong constitution by self-abuse. I must have been about 12 years old when I first learned this habit from a school-fellow, which I continued for many years. I had not the slightest idea till about two years ago that so many terrible spinal diseases are to be attributed to it, but since then I have made determined efforts to break myself of it. Unfortunately, however, this has not been accompanied by a return of health. . . .”

After describing his physical condition, with which I will not trouble the reader, he went on:—

“. . . This, however, is not all. My memory is also considerably impaired. My self-respect has disappeared, and I feel so depressed that I can think of nothing else but my unfortunate condition, and my grief at the idea that the present symptoms may develop into even more serious disease drives me almost to despair. I then lose all energy, lock myself in at home and shun all society. . . .”

“My habits are moderate. I am not a great drinker, nor do I smoke much, a pipe after each meal and at most two during the evening being all that I permit myself. I take as much exercise as I can, though my occupation entails a sedentary life.

“Having thus acquainted you with my whole history, I eagerly await your advice and medicines. If you are successful in curing me you will earn my life-long thanks.—Yours truly, A—— M——.”

This young man was under treatment for not quite three months, during which time there was a considerable interchange of correspondence. He was given *Taxus baccata* 3, *Staphysagria* 3, then again *Taxus baccata* 6, alternating with *Selen.* 3.

At the end of it, thanks to the fact that the patient had exactly followed out our prescriptions, he was not only completely cured of his illness, but also considerably strengthened in mind and body. His last letter runs thus:—

“DEAR SIR,—Please accept my deepest and sincerest thanks for your indescribable care and conscientiousness. I have regained my health and my self-respect, for both of which I have only you to thank. I shall never forget what you have done for me, and may God spare you for many years to come that you may help others like myself. In deepest gratitude, yours very sincerely, A—— M——.”

DISEASES OF THE SKIN.

SYPHILIS (LUES VENEREA).

SYPHILIS is a most troublesome disease attributable to a very poisonous micro-organism which penetrates into the blood through minute cracks in the skin.

This terrible poison not only undermines the health of the sufferer himself, but is transmitted to his offspring.

The disease may be contracted in almost any part of the body, for if only a minute drop of blood from a syphilitic person is transferred to ever such a small cut on a healthy person, the latter will almost invariably contract lues.

The formation of a syphilitic ulcer on the lips may be the outcome of a kiss from an infectious person, and on the tongue from drinking out of a glass or from the smoking of a pipe which has previously been used by such a subject.

The disease is undoubtedly as old as the human race, for it is mentioned in the earliest records. But it first attracted general attention at the end of the fifteenth and the beginning of the sixteenth centuries, for it spread at that time from Italy to France, Germany, Spain, and, eventually, all over Europe, attacking high and low, and laying waste whole countries.

Its virulence was coincident with the universal and excessive use of quicksilver as *the* specific for it, for mercury, in the large doses in which it is still given by most allopathic practitioners, is a greater poison than the original disease.

There can be no question that mercury or quicksilver at first causes syphilitic sores to heal over quickly, and its popularity is due to this apparent success; but it by no means eliminates the poison from the body, for the disease breaks out again sooner or later with increased virulence, and this time the patient may be covered with terrible ulcers, his bones attacked

and eaten away, and madness is also frequently the result of the disastrous combination of syphilis and quicksilver.

The disease, which is certainly curable, takes various forms in its successive stages, and a short description of each, with an outline of the treatment, follows.

HARD CHANCRE (ULCUS DURUM).

The first visible symptom of syphilitic infection is the hard chancre, which develops as follows:—

A short time—often only a few days after infection from the syphilitic person—a pointed yellowish or reddish blister makes its appearance.

This bursts in about twenty-four to thirty-six hours, if not broken previously by being rubbed, and a small, round, pointed, oval or kidney-shaped ulcer, with sharp, raised edges and a hard, fatty base, comes to sight.

This ulcer is surrounded by a narrow, bright-red or copper-coloured border, and discharges a secretion which is generally thick and yellow, and sometimes dries up to form a thin scab.

This persistent ulcer is but slightly sensitive to pressure, seldom bleeds, and if left to itself sometimes lasts for months without healing up.

There are also much less dangerous though highly infectious ulcers known as soft chancre (*Ulcus molle*), which signalise the presence of a more or less superficial disease, in which the poisonous matter is expelled by the organism before it has penetrated deeply into the system. The soft chancre heals rapidly under suitable treatment.

It often happens that soft and hard chancres exist side by side, and the syphilitic infection becomes apparent only after the former has healed. Such a condition is known as a mixed chancre. Cases also occur in which gonorrhœa is present simultaneously with lues.

Consequently it is always necessary with any such infection not to neglect any precautions, for no doctor, by the mere inspection of an ulcer, is able to say in its early stages whether it constitutes a syphilitic or non-syphilitic disease.

These precautions are all the more necessary, since, if a soft chancre is neglected or wrongly treated, it can assume a cancerous nature.

BUBO.

If syphilitic chancre is developing on the parts, the poison which has entered the blood causes the glands situated in the groin, called inguinal glands or buboes, to swell.

The swellings, which may attain the size of a walnut, are generally neither painless nor sensitive, but, if neglected, a painful inflammation and suppuration may develop, possibly necessitating surgical intervention.

CONSTITUTIONAL SYPHILIS.

If the foregoing primary symptoms of lues are not checked by proper treatment, the syphilitic poison gradually infects all the blood, producing further eruptions and ulcers, which are generally known as the constitutional or secondary symptoms of the disease.

The latter appear from four to six weeks after the outbreak of the hard chancre. At the same time the patients are out of sorts and feel generally unwell; of an evening they are often somewhat feverish, without, however, being able definitely to state the seat or nature of their complaint.

The most common secondary syphilitic eruptions consist of small or large dark-red spots (*Roseola Syphilitica*), of the shape of a lentil, on the body, which disappear on pressure, and grow deeper in colour.

They appear all over the body, chiefly, however, on the head, neck, chest, legs, and between the shoulder-blades. Sometimes they appear on the forehead just below the hair-line. The number of spots varies considerably, and as a rule they are painless.

A further characteristic symptom of constitutional syphilis is the presence of the broad condyloma (*Condyloma latum*).

This develops from broad, blister-like formations, and is recognisable by a shallow prominence of the skin, with a grey, often unpleasant, fatty surface, which annoys the patient by itching and burning.

A third and very frequent symptom of constitutional syphilis takes the form of small superficial, ulcerous pimples on the mucous lining of the mouth, gums, throat, and the edges of the tongue. Occasionally they appear only as dull whitish spots about the size of a pin's head (*Syphilis cutanea pustulosa*).

These skin troubles do not by any means exhaust the list of secondary syphilitic symptoms ; but I shall content myself with the mention of the above, as a complete survey of this dreaded disease would go much beyond the requirements of this work.

HEREDITARY SYPHILIS (SYPHILIS CONGENITA).

We now pass on to Hereditary Syphilis, the terrible inheritance of so many unfortunate children. That the sins of the fathers are visited on the children is in this case an only too tragic reality, and the innocent child pays the penalty for his guilty parent, in that it is already tainted with the dread disease in the womb.

Such children are sometimes born seemingly healthy, but before long a change becomes noticeable. In spite of every care the infant looks pale, thin and anæmic, and later on becomes covered with spots similar to measles in appearance, but more lasting.

Frequently the child is also afflicted with a watery discharge from the nose, and breathes with difficulty, particularly when at the breast. Ulcers break out on the nostrils and upper lip, and sometimes spread to the mouth and throat, when the voice becomes husky and nasal, and the infant has difficulty in swallowing.

These symptoms become more distressing as the child grows older. It begins to suffer acutely. Breathing is then more painful and accompanied at times by choking fits.

Occasionally the characteristic spots on the skin are varied in colour and size, at times being freckle-like, and at others wart-like, with a sticky scaly surface, which chiefly disfigures the forehead, cheeks and eyelids.

Frequently the disease attacks the palms of the hands and soles of the feet, causing them to wrinkle and shrivel.

Other unpleasant eruptions may break out, which are accompanied by a discharge of pus. Healthy children may also develop similar affections of the skin, but in their case they heal up quickly if only kept clean, while in syphilitic children they resist such simple treatment and tend to spread.

Hereditary syphilis, however, need not necessarily break out in the stage of infancy. In many cases the children grow up

quite normally, and the disease remains dormant until after puberty, when it takes the form, maybe, of lupus, or of peculiar diseases of the bones.

* * * * *

Treatment.—But in spite of the distressing symptoms by which syphilis is often accompanied, the sufferer need not despair, for the physician experienced in this class of disease has means of cure at his disposal, provided that treatment is undertaken at a sufficiently early stage.

The treatment of children differs according to age, constitution and physical condition, and parents who have good reason to fear that the disease threatens their children should not hesitate to have them examined in good time by an experienced medical man, who will prescribe what precautions should be taken against its outbreak, for comparatively simple measures taken in youth may spare much misery in later days.

The treatment of syphilitic affections is rarely the same in any two cases; for while almost every other malady may be distinguished by certain characteristic symptoms, which in the main follow a regular course, the consequences resulting from syphilitic infection are so manifold that only a thoroughly experienced adviser can decide on the mode of treatment necessary, while unskilful handling is certain to do more harm than good.

For it must be remembered that there is still a great deal of uncertainty about the nature of syphilis, the germ of which causes such widely different results. It may produce ulcers, which will quite unaccountably heal up entirely in some instances, and in others eat into and destroy the tissues.

The poison then spreads, by way of the lymphatics, into the system, causes swelling of the inguinal and other glands, taints the blood, and may leave its mark, not only on such vital organs as the brain, the lungs and the liver, but may even attack the bones, with shocking results.

At other times its effects appear on the mucous lining of the mouth, nose and throat; on the outer skin, which becomes disfigured by unpleasant eruptions of pimples and spots; and, lastly, it is transmitted from parents to children, as described above.

A circumstance which frequently aggravates the disease is that sufferers are extensively treated for it by inexperienced practitioners with large doses of mercury and iodine, and a large percentage of the patent medicines which pretend to cure it are compounds of the former.

These extremely poisonous substances produce fresh maladies (medicinal diseases), which are indeed very often more dangerous than the original trouble which they are supposed to cure.

Syphilis being so complicated, and its forms so varied, it would be impossible to even outline its treatment in this book, apart from the fact that it would be most inadvisable for any sufferer to try to cure himself.

Anyone having the misfortune to contract the disease should put himself at once under skilled medical direction, and his choice of the latter should be very carefully made, as he should only consult someone who has had great experience in dealing with syphilis.

For in all my forty years of practice never have I seen so much ignorance displayed in any one branch of medicine as in this.

In this period I have seen innumerable patients who came to me from all parts of the world thoroughly broken down by the great quantities of mercury and iodine which had been given them for the malady, and if anywhere homœopathy, with its minute doses, has proved a blessing, it was indeed so to these poor people.

I have seen thousands of cases where sufferers, who had almost despaired of ever getting well again, regained their health in body and mind, entirely owing to this gentle and life-restoring method of treatment.*

* It frequently happens that sufferers from nervous complaints, urinary and genital troubles, skin diseases and other chronic maladies, seek my advice by letter. I shall continue to meet such requests, but I must ask all inquirers to supply me with as full a description of their condition as possible.

APPENDIX.

I AM adding a few more cases from my practice, which may be of interest. I should like to say that the letters quoted below were received from patients who for some reason (generally owing to the fact that they lived at some distance, often abroad) were unable to pay personal visits, and had therefore to seek my aid by writing to me.

Some of these letters afford a deep insight into the sufferings experienced by those who, after many fruitless attempts to get cured, grow absolutely despairing of recovery. Such unfortunates are doubly ill—in body and in mind.

In publishing these letters I wish to show all who are interested in the art of healing that a few conventional prescriptions are not enough to cure a sufferer.

Every one who is ill needs a treatment which takes his entire individuality into account, and the sympathetic medical adviser, when determining the course of treatment to be pursued, has to take both the mental and moral, as well as the physical, condition, into consideration. A great physician once said very rightly that to be a good doctor one must be a good man.

EAR TROUBLE, THREATENING ENTIRE LOSS OF HEARING.

The following letter is from a patient who feared that he was about to lose his hearing:—

“Having heard a friend mention your name in conversation some time ago, I am addressing myself to you. He told me that you had freed him from a troublesome chronic headache after it had withstood treatment by various specialists, and the enthusiasm with which he spoke of your methods moves me to write to you. Frankly, I have very little hope that I shall be as fortunate as my friend, but in despair I am grasping at a last chance of recovery.

“My trouble is that I have great difficulty in hearing, and this has become so much worse in the last few years that I fear I may lose my hearing entirely at no distant date. How little do those who enjoy their full faculties imagine what it means to be deprived of the power of hearing, and what misery it is to mix with other people and have only a dim notion of what they are talking about.

“But to proceed to my malady: Until a few years ago I was a perfectly sound man, and my hearing left nothing to be desired. Then, after a while, I noticed that the people about me had to strain their voices when they wished to speak to me, till in time they had practically to shout.

“This troubled me greatly, and I went to see a doctor, who examined me, and told me my hearing was in danger, the drum of the ear having thickened considerably. He began to treat me for it at once, using various instruments and introducing a white powder into my ears; but the more he treated me the worse I grew.

“I changed to another doctor, then to a third; then I consulted ear specialists and tried several ‘cures’ which were recommended to me, but it was all quite unavailing, and at last—only recently—I began to get resigned, and made no further attempts to get cured.

“I think my deafness may possibly result from a syphilitic complaint which I contracted in early manhood, and knowing that homœopathic treatment is particularly successful with this class of infectious disease, I venture to think that it might be helpful in my case; not, perhaps, entirely to cure me, but at least to improve my hearing sufficiently to enable me to take a part again in the lives of my friends.

"If, in your opinion, you can assist me, will you kindly reply by return of post, giving me an appointment, when you could see and examine me. I may add that no sacrifice would be too great if I might hope for success in the end.—Yours, etc.,

"R— K—."

The patient's faint hopes were amply realised. His power of hearing, after a comparatively short space of time, grew stronger, and a few months later left nothing to be desired, except that damp weather sometimes affected it slightly and temporarily.

I must say, however, that the patient conscientiously followed my prescriptions throughout, and showed great perseverance, particularly in the early part of the cure, while the improvement was hardly, as he had expected, noticeable.

The treatment had to be undertaken energetically, for the complaint had made great strides. The first stage was to eliminate the syphilitic poison from the system, which, in my opinion, was causing all the trouble. For this the patient was given, mornings and evenings, *Tinct. Kali Hydrojodici* 6 in half a glass of sweetened water or milk.

I ordered this medicine to be taken in increasing doses—4 drops on the first day, 5 on the second, 6 on the third, and so on until the dose was 25 drops, when the process was reversed, and the daily doses lessened, drop by drop, till he was again taking 4 drops daily.

A strict regulation of his diet further considerably benefited him. *Aconitum* 6 was ordered to reduce the thickening of the drum of the ear, and at a later stage he was given *Thuja occ.* 6 for the same symptom, while the ear was once or twice syringed with a lukewarm preparation of *Camomile*.

This medicinal treatment was supplemented by vapour baths, which induced perspiration.

A SUPPOSED GROWTH IN THE ABDOMEN.

The following case, which was brought to my notice in the appended letter, is well worth recording. The writer was a solicitor:—

"May I ask for your advice in a case of great suffering, where all other help has failed. My poor mother, who is 63 years old, has been a martyr

to obstinate constipation for years, accompanied by frequent severe pains in the abdomen. Some time ago she felt a small lump about a hand's breadth below the waist, somewhat to the left, and this lump has grown gradually as big as a fist.

"My mother consulted several doctors here and tried many home remedies and patent medicines, and a short time ago I took her to Paris to see a specialist in women's diseases. He advised her to go into a hospital, where she would be operated on, but he told her she must decide without delay as the tumour was growing, and delay was dangerous.

"To this my mother would, however, not give her consent, and I am sure she would rather die than undergo it. So we came home again.

"But a day or two ago I suddenly remembered that I had read a work of yours some years ago in which a very similar case was described, and I am taking my courage in both hands and am writing to ask you to come, whatever the cost may be, and try to save my mother's life.—Yours,

"L— W—."

I could not resist this pitiful request, and, in spite of some inconvenience to myself, I went. I examined the old lady at once on my arrival, and after hearing more details of her state, I could comfort her with the assurance that her life was in no danger.

I prescribed a simple course of treatment, together with massage of the abdomen, and after desiring to be kept informed daily, I left.

The following is an extract from a letter from the old lady herself, which I received about a fortnight afterwards:—

". . . . I hardly know how to thank you enough for all the trouble which you have so kindly taken for me. . . . The little homœopathic pilules have worked wonders, and my bowels act with a freedom I have never experienced before, while of late years I have had to use strong purgatives in order to pass a motion at all, and, most wonderful of all, the lump is growing smaller from day to day.—Yours very gratefully,

"A— W—."

* * * * *

It was, as I surmised, merely a case of obstinate constipation, aggravated by the fæces having, in one place, collected and hardened into the lump of which she complained.

The medicines used were: *Aconitum* 3, later on *Opium* 6, and ultimately *Pulsatilla* 6.

MORBID DEPRESSION CAUSED BY NEURASTHENIA.

"SIR,—Your excellent book lately came into my hands by what I can only call a most providential accident. For, having read it I feel that there may still be hope for me! In applying to you for your advice I do so with all the greater confidence owing to the fact that when I was once very ill, as a child, and all hope had been abandoned by my parents and their doctor, I was completely restored to health by a homœopath.

"I am a somewhat heavily built man, 27 years old, and own a fairly large business. I do not look ill, but my gums and the inside of my eyelids are very pale when I examine them in the mornings, and my blood is poor. In complete ignorance till now of its evil consequences I have indulged for years in a certain bad habit, and I am afraid now that my present troubles are due to the same.

"I am so exhausted in the mornings that soon after getting up I nearly lose consciousness of my surroundings; while at night my sleep is broken and unrefreshing. I have disquieting dreams and emissions often occur, after which I feel very depressed.

"For some time now my hair has been falling out badly, which I suppose is due to the same cause. I am very irritable, and suffer further from palpitation, chiefly after movement, but also when standing still or lying down, and these two symptoms attack me most severely when I have to attend to my customers. My mental faculties are weakened; I have lost all energy and desire to work, and this is all the more disastrous as I see a prospect of doing very well in the near future.

"I have reddish and copper-coloured spots scattered over my body, and with the aid of a glass can see the same on my head.

"Such, Sir, is my condition, which you will agree is pitiable; and I implore you most earnestly to take my case in hand and restore me again to health.

"I shall duly carry out your orders which my business will permit of my doing.

"Trusting to hear from you soon and to receive some medicine.—Yours, etc.,
"R—— K——."

As this patient was not able to come and see me, the treatment was carried on by correspondence. This was not difficult after I was put in possession of more explicit data to help me in making the diagnosis.

He was ordered *Ignat. amara* 6, alternating with *Calcareo carbonica* 3; further, baths to which *Natrium Chlor.* had been added; these were taken twice a week for six weeks, and at the conclusion of this treatment cold spongings were ordered every morning.

I also sent him some hair-wash to be used on the scalp at night.

The following letter will give some idea of the results:—

“ I am quite well again, and feel strong and hearty. I take a renewed interest in life, and am altogether a different man to what I was. . . . What gives me, perhaps, more satisfaction than anything else is that, thanks to the hair-wash you gave me, my hair has entirely stopped falling out, which shows, by the way, that it was only caused by the generally debilitated state of my system. I can only express the hope that the Almighty may long spare you to help many other sufferers.”

A CASE OF HEART TROUBLE.

A wealthy German manufacturer, A— K—, wrote to me a few years ago about a heart trouble which had been disquieting him for some time. He gave me a long description of his symptoms, and also forwarded the prescriptions of the medicines which he had been taking.

These latter were chiefly *Strophantus*, *Bromine* and *Digitalis*. I was particularly struck by the great quantities of *Bromine* which he had taken; and at the same time the symptoms he described differed in many respects from those of people with heart disease.

I replied to Mr. K—, and on receipt of his answer to a few pertinent questions which I put to him, I felt more certain than ever that there was no heart disease present. I then informed him that I could not possibly treat him without first making quite sure of his condition in a personal examination, and so he came.

I listened again to his story, to which he added that though he did not feel seriously ill, he was greatly alarmed at the prospect

of a sudden death from heart disease, and that *Bromine*, which at one time used to relieve the heart trouble, had long since ceased to take proper effect.

I then examined the man, and it was as I thought: his heart was quite sound, and so were his lungs.

But I found out that my patient had led a somewhat dissipated life in his youth, which discovery gave me the key to the rest. Those excesses in the past were the cause of his present nervous disorder; and the violent palpitations accompanying it had led to its being wrongly diagnosed as heart disease.

I never saw a happier man than Mr. K—— when I told him this. He willingly took my advice to undergo a homœopathic course (of about two to three months' duration), which would put his nerves in order, especially as this in no way interfered with his occupations.

A few months later I had the satisfaction of receiving a letter from him in which he expressed deep gratitude, and congratulated himself on being entirely free from his complaint.

UNSUSPECTED GONORRHŒA.

This case is worthy of mention. The patient was a woman who contracted gonorrhœa unawares from her husband, and suffered from it for over a year before discovering what was the matter with her. Her letter will speak for itself:—

“Having read your book, ‘EVERYONE’S OWN PHYSICIAN,’ I write to ask you if you will cure me of a distressing complaint which I contracted about a year ago. I married very young, and had the misfortune to have a very bad husband, whom I divorced some time ago.

“I had at the time a discharge which I thought was a weakness of the womb, and as I had no means I did not then take medical advice, but went to a chemist, who told me I was suffering from a complaint called gonorrhœa.

I took his medicines for some time, but as I did not seem to recover I discontinued taking them.

"My symptoms are: A thick, yellowish discharge and great irritation of the parts, this latter especially during the courses, but I have no eruption on my body. My health is not otherwise affected, though I feel very depressed, especially as I expect to get married again, but fear to do so unless I can get absolutely cured.

"M—— J——."

The patient was only able to pay me one visit, during which I fully explained the course of treatment necessary if she was to be cured, and gave her the medicines. A fortnight later I had the pleasure of hearing that she was feeling much brighter in herself, as the chief symptoms of her complaint were much lessened.

She was taking *Acon. Nap.* 6 and *Hep. Sulph.* 3 at the time, which, in conjunction with the régime that I had ordered her, had achieved this satisfactory amelioration of her condition. The further medicinal treatment included: *Thuja occ.* 3, *Pulsatilla* 3, and *Ferrum mur.* 3. Great attention had to be paid to keeping the parts thoroughly cleansed, and at the end of about eight weeks Mrs. M—— J—— had entirely recovered.

Under my advice she continued taking the medicines for a few weeks longer, as a precautionary measure against any possible recurrence of the trouble.

SWELLINGS OF THE GLANDS.

So many people are troubled with swellings and hard lumps in one or another part of their bodies, which they neglect owing to the dread of a painful operation, that the following case may be of interest. The trouble is described in the patient's (S—— H——, 34 years old, active occupation) own words:—

"I have read your book, and there is something in it which interests me greatly. About five years ago I contracted gonorrhœa. I attended a doctor and was supposed to have been cured, but am sorry to say that I was not.

"It has left a slight running, and occasionally, when passing water, I have a terrible sensation of scalding; I also frequently experience a most uncomfortable itching. I have been to four doctors, but cannot get rid of it.

"About three years ago lumps appeared on my neck, which the doctors said were swellings of the glands, but they do not seem able to cure them.

"There are now several hard lumps on the right side of my neck, and a very large one just at the end of my jawbone, all of which seem to be increasing in size, and I am beginning to get rather frightened about them.

"I am quite willing to do anything if only I can get right again. I walk about thinking of my condition, and at times do not know what to do. Can you possibly prescribe or send me the medicines you consider suitable, for it is very difficult for me to get to your Consulting Rooms, as I am at work all day.

"S—— H——."

From further inquiries I elicited that the patient was married, and had three children; that he was a moderate drinker (he drank three or four glasses of beer a day) and smoked about half an ounce of tobacco. His complexion was fairly clear, but his eyes were sunken, with dark circles round them at times, while a number of brown spots and little gatherings were scattered over the skin; his appetite was normal, the bowels acted fairly well. The scrotum was somewhat flabby, and the patient felt constantly impelled to pass water, by night as well as day. His water was straw-coloured and clouded.

I saw the patient twice only, once at the beginning and again, about ten weeks afterwards, at the end of the treatment, when he came to thank me, and to tell me that the lumps had entirely disappeared, and that his condition left nothing to be desired.

The treatment was very simple, and in no way interfered with the patient's occupation. His diet was regulated, and all foods that induce flatulence or indigestion were excluded. Medicated baths, which could be taken at home, were ordered, and the following medicines, in suitable doses, were prescribed during the course: *Bryonia* 3, *Calcarea carbonica* 3, and later, *Carbo. veg.* 3 was substituted for the latter.

The improvement set in very slowly, as frequently happens in the early stages of homœopathic treatment, the symptoms becoming, if anything, slightly worse.* However, the patient, undaunted by this, persevered with the medicines, etc., when, at the end of three weeks, a decided change for the better took place.

The patient was now given *Ferr. mur.* 6, followed by *Phosph. acid.* 3, and when all swellings had disappeared, the treatment was concluded with a few doses of *Coffea* 3.

* * * * *

And now, though I should like to quote many other equally interesting cases and letters from patients in all parts of the world, I must reluctantly yield to considerations of space.

Let me only add a last word of admonition. Do not neglect such ills as prolonged Sleeplessness, Loss of Appetite, Flatulence, Chronic Indigestion, obstinate Constipation, undue Tiredness, Palpitations, Mental Depression, Irritability, and functional or other Disorders of the Urinary and Genital Organs.

For I have no hesitation in saying they are more dangerous in the long run than many acute illnesses: Chronic and Nervous Diseases, the fateful legacy of unhealthy or enfeebled parents, or the outcome of youthful errors and excesses,

* For the scientific explanation of this well-known phenomenon *vide* p. 14.

frequently indulged in without immediate ill-effects, embitter life, undermine the system, and only too often lead to a fatal collapse, as sudden as it is unexpected.

I here close my little work, trusting that my readers may derive both benefit and instruction from its pages.



A WORD TO SUFFERERS.

THERE are, unfortunately, a great many sufferers who know what it is to have consulted numerous doctors, and taken much physic, without finding relief from the troubles which make life a misery to them.

Such sufferers are recommended in their own interest to direct their attention to Homœopathy, the only Scientific System of Medicinal Therapeutics in existence.

They have only to get the medicines mentioned here, take them as prescribed, conform carefully to any other directions given, and they will have the welcome surprise of learning in their own cases what these minute doses of medicine, if rightly used, are capable of achieving.

Should any sufferers, however, feel unequal to acting in this respect on their own responsibility entirely, they are advised to go and see a homœopath, and if they do not know of one practising in their neighbourhood, they should write out a careful and comprehensive description of their complaint, and procure the right medicines by post, together with directions for the home treatment of their cases.*

15, PALL MALL EAST,
LONDON, S.W.

*Since the first issue of this popular treatise on Homœopathy, numerous applications for Homœopathic Medicines and Medical Advice are being received daily by the author from sufferers at home and abroad, and in order to save time and trouble,

correspondents are requested to kindly bear the following simple regulations in mind :—

A.—Sufferers in or within easy distance of London will do best to attend personally, and an appointment should be sought a day or two beforehand.

B.—Persons who are unable to pay a personal visit should forward information on the following points :—

- 1.—Age, Build, Sex ?
- 2.—Whether married or single ?
- 3.—Occupation (whether active or sedentary) ?
- 4.—Nature of complaint ?
- 5.—To what it is attributed ?
- 6.—Previous treatment, if any ?

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