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MALAN  

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POCKET BOOK OF  
HOMŒOPATHY  
2/-







**POCKET BOOK OF HOMŒOPATHY.**



POCKET BOOK  
OF  
HOMŒOPATHY.

BY  
H. V. MALAN, M.D.

LATE PHYSICIAN TO THE HAHNEMANN HOSPITAL, ETC.

FOURTH EDITION.—FIFTH THOUSAND.



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## P R E F A C E .

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IN offering this new Guide of Domestic Medicine to the public, I have no intention of disparaging those already in use; on the contrary, I have frequently referred my own patients to them, and readily acknowledge their merits and utility. But from the great demand, during the prevalence of the epidemic, for my small paper of directions entitled, "*What to do against Cholera,*" calling forth a sixteenth edition of that little work, I was led to the idea of publishing some equally plain and practical directions for cases of more ordinary occurrence; and this I have endeavoured to do in a manner as clear and concise as was possible in writing. At the same time I would expressly be understood to confine

myself in the present instance, to those cases, which alone, I think, can be safely treated without a physician.

On the subject of Diet also, I wish to disabuse the public mind of some erroneous impressions which have gone abroad, respecting the Homœopathic practice in this particular.

In reference to the former of these objects, it is my own belief that, within certain limits, the fewer the medicines the safer will the use of them be, and the more easily that use will be acquired; while a very large variety will only puzzle and distract the unprofessional practitioner. I have, therefore, selected thirty medicines, as amply sufficient for our present purpose. Indeed, to trust ourselves with a larger assortment, before we are well versed in their use, will be to run the risk of aggravating an evil which we hoped to cure, and to expose our doctrine to the deserved censure of our friends. Diseases not mentioned in this manual, or the later stages of those whose premonitory symptoms only are touched upon,

must be put entirely under the care of a medical man, and for that reason, I have omitted them altogether. In acute cases where something *must* be done at once, I have put down general rules how to proceed while waiting for a physician. Examples may be seen under the heads of *Croup, Fever, Inflammation, Measles, Hooping Cough, etc.* In my opinion, it is a mistake to mention in books for domestic use, any diseases which cannot safely be left to the care of non-medical persons. For if all the skill, ability, and experience of professional men be often barely sufficient to cope with a disease, what will become of difficult cases in the hands of the unlearned? All their good will and earnest desire will surely not be enough in the presence of acute disease, and of the more alarming symptoms, when life itself is in danger.

And now, as regards the latter of the objects before mentioned, I shall here set down with all plainness and perspicuity whatever requires to be said on the subject of Diet.

The "Homœopathic Diet" has been a stumbling block to many, and in the hands of others, it has been turned into an argument against Homœopathy itself. The former have shrunk from a system of medicine announced to the world as holding forth the extravagant pretension to deprive us of the use of so many accustomed articles of food; the latter have, in consequence, proclaimed that Homœopathy was entirely a system of diet, which cures by its diet only. Both, it must be confessed, have had cause to think as they have done, and perhaps, the fault has been partly on our own side.

I hope I shall be understood on this subject, and not be thought deviating from Hahnemann's doctrine and principles; my practice and my few writings speak for me, that I cannot be accused of deserting our master.

About Diet, therefore, I may say that a great mistake has been made, and it is the duty of the profession to rectify and remove it. People have fancied, and it has been con-

stantly repeated, that Homœopathy is a system of starvation, when we know that beyond a few aliments which it would have been wiser never to have introduced into our diet, such as *strong spices and aromatics, acids, young and salt meats, crabs and lobsters, raw vegetables, spirits, strong wine, strong beer, coffee, green tea, and all indigestible substances*, there are very few from which we must abstain while taking Homœopathic medicines, and those only because we must, always, change our diet in time of illness. Indeed there are a great many more from which some patients, whether under treatment or not, must abstain at all times. We well know, for example, the strict way of living to which a dyspeptic patient must submit: what has been called Homœopathic diet would be a rich feast for him. Even amongst the substances just mentioned, there are some which on certain occasions may be allowed. To forbid coffee to a German, tea to an old English lady, and wine to an ancient country squire, would, I am afraid, make such

a change in the habits of their existence as to interfere with the right action of the medicines. I remember to have witnessed a curious instance of this, while attending a gentleman, who, having been for many years a public speaker, had acquired the habit of *living* upon coffee; he used to take several large cups of that beverage every day. On his putting himself under Homœopathic treatment, he suddenly abandoned his old custom, and it produced such a change in his constitution, that *Nux* which I prescribed, had no effect upon him until he had resumed his habitual beverage. The consequence of his doing so was the instantaneous action of the medicine and its beneficial effect. I remember also to have heard of the following case while I was studying under Hahnemann. He was attending an old gentleman who had been accustomed to much coffee all his life, and in his first consultation, Hahnemann not only left the invalid to his own habit, but he never mentioned his leaving it off; it was only later that he

advised him to diminish very gradually his daily allowance, and when we expressed our surprise, Hahnemann answered that "it would have injured his patient to have acted in any other way."

I do not mean to say, however, that no attention ought to be paid to diet, but only that the same diet cannot be ordered to all patients; it must vary in various cases, and also, that whatever has become an old and inveterate habit of diet, no longer interferes with the medicinal action of remedies.

I have, as much as possible, mentioned in each case, the appropriate diet, but where it is not given, the patient is to avoid the things enumerated above, and fast rather than the reverse. He must always avoid strong scents, and also, of course, the use of all drugs. If he need the help of his physician, he will receive further directions from him.

I have given a list of the medicines used, and the strength in which I think best to use them. Homœopathic Chemists prepare

a small "*Family Medicine Chest*," according to that list.

The most usual way of making a solution, when a medicine is prescribed to be taken in water, is to dissolve the medicine in a tumbler, which is left covered, kept in a cool place, and the spoon not left in it—when the medicine is dissolved, mix it by stirring it with the spoon. As a general precaution, use always water which has been previously boiled, and of course, a tumbler and a spoon perfectly clean.

If the solution is to be kept several days, get a new bottle with a new cork, and add half a teaspoonful of spirits of wine, or pure brandy to it, it will keep much longer.

The medicine should be taken at the interval of one hour before or two hours after a meal.

As soon as the symptoms diminish, the medicine must be taken at longer intervals and then relinquished.

I cannot impress the reader too much with the importance of carefully observing the case, and of not being in a hurry to change the

remedy; let its action develope itself, and wait patiently.

As to doses, those contained in this book are intended for adults,—to children, give two-thirds, and to infants, one-third of the doses mentioned.

H. V. MALAN.





# FAMILY MEDICINE CHEST

CONTAINING ALL THE MEDICINES MENTIONED IN  
THIS BOOK.

## GLOBULES.

ACONITUM .....	6	HEPAR.....	12
ANTIMONIUM.....	12	IGNATIA .....	12
ARNICA .....	3	IPECACUANHA .....	6
ARSENICUM .....	12	LACHESIS .....	30
BELLADONNA .....	12	MERCURIUS .....	12
BRYONIA .....	12	NUX .....	12
CALCAREA .....	30	OPIUM .....	6
CHAMOMILLA .....	12	PULSATILLA.....	12
CHINA .....	6	RHEUM.....	12
CINA .....	12	RHUS.....	12
COCCULUS .....	12	SILICEA .....	30
COFFEA.....	6	SPONGIA .....	12
COLOCYNTHIS .....	12	SULPHUR .....	30
DROSERA .....	12	TABACUM .....	12
DULCAMARA .....	12	THUJA .....	6

## TINCTURES.

CAMPHORATED SPIRIT, half an ounce.

ARNICA,  $\phi$ ., one ounce.



**DISEASES**  
**IN**  
**ALPHABETICAL ORDER.**



# DISEASES

IN

## ALPHABETICAL ORDER.

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### ACIDITY OF THE STOMACH.

Sour risings after any meal, worse after dinner and breakfast; sour taste in the mouth with a slight degree of Heart-burn.—See Heart-burn, Weak Digestion, Water-brash, Indigestion.

When infants are troubled with what is called acidity, accompanied with vomiting of their food, put two globules of *Chamomilla* in six table spoonfuls of cold water, and give the little patient one teaspoonful of the solution after every attack of sickness. Should three doses not prove sufficient, dissolve two globules of *Ipecacuanha* also in six tablespoonfuls of cold water, and give it in the same manner.—See Teething.

See whether the quantity as well as the quality of the food is not the cause of the complaint.

I cannot impress too much on your mind the danger of overfeeding children. Many children die, and many more are diseased for life, by a want of attention to this important rule. If you desire the present and future well-being of your children, do not cram their stomach.

### APOPLEXY.

Either after a warning pain in the head, or suddenly, the patient loses consciousness, cannot walk, is spellbound; he becomes giddy, drowsy, and cannot be roused from his deep sleep; he looks pale, or is flushed.

At once remove all tight garments, put him in a recumbent posture, put the feet in hot water, and afterwards keep them wrapped up in cotton covered over with oil-silk. Avoid useless noise and confusion around the patient. Carry him into a cool and airy room, while you send for medical aid.

### APPETITE, WANT OF

When accompanied, especially in the morning, with dryness of the mouth, bad taste, heaviness of the head, stupid headache, and when there is constipation, and a disturbed, broken sleep, take two globules of *Nux* at bed-time, two nights following.

If on the contrary, there is much saliva and a sour taste in the mouth, the tongue white and moist, with a decided dislike for meat, and a tendency to shivering, take *Pulsatilla* in the same manner.

The diet mentioned in Weak Digestion is alone often sufficient to remove this symptom ; if however, neither the diet nor the above remedies are sufficient, you will do well to apply to your physician, as a want of appetite is only one of the symptoms of a weak digestion.—See Weak Digestion, Indigestion, Nausea.

### ASTHMA.

I did not intend even to mention this affection, but to prevent any apprehension of its having been forgotten, I wish to state that it would be unadvisable for any one but a medical man to meddle with so complicated an ailment. Put yourself under medical care at once, and adopt a light but generous diet. Regular exercise, the free use of cold water every morning, fresh air in abundance, are in general, indispensable between the attacks.

When the fit is on, draw the patient near a large fire, put his feet and hands into warm water, and

let him inhale the steam of hot water. If he is not taking any other medicine, pour boiling water into a tea-pot, empty it, and dropping rapidly half a teaspoonful of *Camphorated Spirit* into it, close it carefully, and let the patient inhale the steam.—

#### BILIOUSNESS.

When you feel “bilious,” have no appetite, tongue loaded, bitter taste in the mouth, headache in the morning, slow digestion, cross humour,—take two globules of *Nux*, and repeat them next morning, if necessary. If, however, you are no better, feel cold and in low spirits, do the same with *Pulsatilla*. Fast twenty-four hours, taking only beef and dry toast. Drink repeated glasses of cold water, and take gentle exercise in the open air.

See Weak Digestion ; biliousness is only a degree of that complaint.—See Want of Appetite, Nausea.

#### BILIOUS ATTACK.

Sick headache, vomiting and purging of bile, the frequent ailment of a weak stomach. When *from indigestion*, dissolve six globules of *Pulsatilla* in six tablespoonfuls of cold water, take one after every attack of vomiting or purging.

If *from any other cause*, do the same with *Nux*,

but if not relieved, take *Pulsatilla* in the same manner. Keep quiet, lie down, eat little or nothing; chicken broth is the best at first, and a teaspoonful of ice-cold water every half-hour, See Emotions of the Mind, and Weak Digestion, as frequent causes of this complaint.—See Biliousness, Indigestion, Vomiting, Bowel Complaint.

#### BLOOD-SPITTING.

Sensation of warmth in the chest, followed by the expectoration of bright red and frothy blood.

Drink ice-cold water by teaspoonfuls, remain in a reclining position, and keep perfectly quiet. Put six drops of *Tincture of Arnica* in six tablespoonfuls of cold water, take one teaspoonful every half-hour, or more frequently, according to the intensity of the symptoms. Keep the room cool and airy. If the spitting of blood increase, apply cold wet cloths on the chest, and send at all events for medical aid.

#### BOILS.

When *accidental*, and you feel the first sensation of a boil coming on—a sharp pricking pain—foment it at once with *Spirits of Wine*. This alone will frequently disperse it. If not, put half a teaspoonful

of *Tincture of Arnica* in a pint of water with the chill off, and foment the sore place with it. Should this not be sufficient, and the boil be coming to a head, draw it out with a poultice made of common flour mixed in a little cold water, and boiling water poured on it, as for making paste; add to it a fourth of its quantity of honey, beat it well up together, and apply it on the boil, taking a teaspoonful of the *Arnica* solution internally, every two or three hours. Avoid especially salt meat, spices, acids, and spirits.

When *constitutional*, they require a lengthened treatment. Apply to your physician.

#### BOWEL COMPLAINT.

Motions too loose and too frequent, with griping and straining.

Against *common bowel complaint*, such as happens from the slightest cause—a chill, or checked perspiration—take *Mercurius*, four globules in six tablespoonfuls of cold water, one dessertspoonful after every motion. If not relieved after the sixth dose, or if the complaint has already lasted a day or two, or if it has arisen from taking ice or any cold drink when overheated take *Arsenicum* in the same manner. When there are cramps in the

bowels, and when accompanied by straining and burning pain after every motion, take *China* in the same manner.

When *from indigestion*, take *Pulsatilla*, six globules in six tablespoonfuls of water, one dessert-spoonful after every motion. If the third dose does not relieve, take *Nux* in the same manner. If of no avail, send for medical advice.

Against common bowel complaint of *children* give *Chamomilla*, two globules in four tablespoonfuls of water, one teaspoonful after every motion ; and if no improvement follows the sixth dose, give *Ipecacuanha* in the same manner. If the evacuations have a strong sour smell, give *Rheum* in the same manner.

*Chamomilla* is a specific in all cases where the child suffers much, and draws its feet to its stomach in pain—See Teething, Acidity of the Stomach.

In all these cases, alter your diet, take arrow-root made up with beef-tea, light and farinaceous food, rice and rice water (made like barley water). Avoid walking, take no cold beverages, give up wine and all stimulating drinks or food. Apply warm flannel to the stomach.

Against *chronic bowel complaint*, take *Calocrea*,

four globules in six tablespoonfuls of cold water, one after every motion, and if not sufficient, *Sulphur* in the same manner. In this case take nourishment but no stimulating food, no spices, no acids, but plain roast meat, or strong meat jelly, calf's-foot jelly, rice, and a little wine and water at your dinner.—See Weak Digestion, Gripes.

*Chronic Diarrhœa* is often a symptom of a shattered constitution. Apply to your physician.

#### BRAIN, CONCUSSION OF

Characterized by a sense of giddiness, sickness and dull headache, accompanied with loss of sensibility and action, and the result of a severe blow and shaking of the brain.

Remove all light, avoid noise, keep the room cool and airy, raise the head of the patient, and bathe it with a solution of half a teaspoonful of *Tincture of Arnica* in a pint of cold water. Give internally every-half hour, a teaspoonful of a similar solution, and send for medical aid.—See Bruises.

#### BRAIN, INFLAMMATION OF

Continued and great excitement of the brain, exposure to a powerful sun, intense study, and a violent passion, often bring on brain fever—Violent

fixed headache, redness of the face and eyes, intolerance of light and sound, wakefulness and delirium announce its justly feared presence. Follow the same diet as mentioned in Fever, with increased care to remove strong light and noise, and with the precaution of carefully warming the feet, and wrapping them up in cotton, so as to produce great heat and perspiration to the extremities.

Dissolve six globules of *Belladonna* in six table-spoonfuls of cold water, and give one teaspoonful every half-hour till you have medical advice.—See Headache, Inflammation, Fever.

#### BREASTS, INFLAMMATION OF

A painful and not unfrequent affection attending suckling. The breast becomes hard, the skin tense, the colour altered, and feverish symptoms accompanied with restless nights, render all nursing impossible.

As soon as the skin looks bluish-red, shining and tight, and there is burning thirst, with shooting pains, dissolve six globules of *Belladonna* in four table-spoonfuls of cold water, and give one teaspoonful every two hours. Should there be no amelioration after the eighth dose, take *Bryonia* in the same manner.

If the inflammation and tension are great, apply at once a warm water poultice (see Swollen face), and keep it on as long as it affords relief. If not so intense, cover the breast with pure starch powder. Remove all pressure, support it carefully, and give it complete rest. While there is fever alter your diet; see Fever, Inflammation;—and if the breast is painfully distended with milk, draw it off with a sucking-glass (to be had from any chemist), it gives less pain than any other means. Should the above treatment not be sufficient, seek advice.

#### BREATH, OFFENSIVE.

Proceeds often from deranged stomach; if so, three or four globules of *Nux*, one every evening at bed-time, will remove it. If from an inflammation of the mouth, in which the gums get spongy and covered with blisters, take *Mercurius* in the same manner. Keep your teeth perfectly clean, and take a glass of cold water morning and evening.—See Indigestion, Weak Digestion.

If from any other cause, and the above treatment is not sufficient, consult your physician.

#### BRUISES.

Put half a teaspoonful of *Tincture of Arnica* in a pint of cold water, as cold as possible, and foment

with it the part affected, keeping it constantly wet till all pain and swelling have disappeared. Dissolve six globules of *Arnica* in four tablespoonfuls of cold water, and take one teaspoonful every two hours.

As long as pain and swelling last, keep the limb at rest, but afterwards, exercise it without fear.—See Sprains.

For *Scratches, Wounds, and Abrasions of the Skin*, follow the same treatment.—See Cuts.

#### BURNS.

Make a thick lather, as thick as possible, of common *yellow soap*: cover the burnt part with it, and tie it over with a thick layer of cotton; the whole not to be removed for forty-eight hours, and then to be renewed in the same way, as rapidly as possible, and to be left again untouched for three days.

After a severe or extensive burn, keep to a very spare diet for a day or two, and if fever take place, get medical advice.

#### CHAPPED SKIN.

Wash the part with water and afterwards cover it over with honey, the coarser the better, remove

it after a minute or two with a little cold water, and rub the part carefully dry, but do not expose it to the fire.

Take one globule of *Sulphur* for three consecutive mornings, fasting. If there are any cracks, wash them with *Arnica* as mentioned in Chilblains, and after you have wiped them carefully, cover them over with an ointment made of equal parts of bees' wax and olive oil melted over a slow fire; rub it carefully into the skin and afterwards wipe the hands with a dry towel. Should the above not prove sufficient, use the ointment mentioned in Chilblains.—See Chilblains.

#### CHECKED PERSPIRATION.

A daily occurrence in this very changeable climate. It may be occasioned by cold, damp air, or by exposure to a damp or foggy evening, after a bright warm afternoon, or by sleeping in sheets not properly aired. In these cases, dissolve six globules of *Dulcamara* in six tablespoonfuls of cold water, and take one every hour, have your bed warmed, take a large cup of warm gruel, induce perspiration by much covering, and the moment this is re-established, you are safe, having escaped a heavy cold, or perhaps, something worse.

If, after exercise and free perspiration, you have checked it by standing in a cool place or in a draught, go to bed at once, and re-establish the perspiration, as mentioned above, taking at the same time, and in the same way as *Dulcamara*, *Belladonna*, if there is dryness or soreness of the throat, *Bryonia*, if there are pains in the limbs.

But prevention being better than cure, after a long walk or any exercise, if you are hot, button up your coat and draw near a good fire, but by no means stand in a draught or any cool place. The Spaniards, after a hot walk under their burning sun, often lie down round a large fire; and after a warm day, the moment the sun has disappeared, they wrap themselves carefully in their warm mantilla, and thus escape the influence of a sudden checked perspiration.—See Common Cold, Rheumatism.

### CHICKEN-POX.

After slight symptoms of fever, small red pimples appear scattered over the body, which, the second day, contain a bright limpid fluid, the third day dry up, and the fifth disappear.

On the appearance of the first symptoms, at once alter the diet, as in fever, take to your bed;

let the room be kept airy and cool, and partially close the shutters to diminish the light. Dissolve six globules of *Aconitum* in six tablespoonfuls of cold water, and take one teaspoonful every hour. If the symptoms increase, send for medical aid. When the eruption has disappeared, take two globules of *Sulphur* two following mornings, fasting.

The spare diet must be continued as long as there is fever, about three or five days, and gradually resume a better one after that time. In winter be in no hurry to go out.—See Eruptions, Eruptive Fever, Infectious and Epidemic Disorders.

#### CHILBLAINS.

The tendency to chilblains must be cured in summer, and requires a prolonged treatment, with the aid of your physician. But when they first appear in winter, and the parts are red, swollen and hard, rub them at once with snow till warm, and that every morning. If there is no snow on the ground, do the same with ice-cold water. If plain cold water is not sufficient, add to a pint of it half a teaspoonful of *Tincture of Arnica*, and after a few minutes' rubbing, wipe the foot

thoroughly dry, rubbing it till quite hot. If there is much itching and burning, immerse the part affected in hot bran. When broken and ulcerated, they are very troublesome and difficult to cure, but I have sometimes afforded relief with the following ointment, rubbed in, morning and evening: *Tincture of Arnica* twenty drops, and *Spermaceti Ointment* one ounce, to be well triturated together till perfectly mixed. If it does not relieve you, ask the advice of your physician.—See Chapped Skin.

#### CHRONIC DISEASES IN GENERAL

*Chronic* is the opposite of *acute*—the former means slow and of long standing, the latter active and of short duration; these two appellations embrace every variety of complaints.

For *acute* diseases, especially, has this book been written; they comprehend all feverish complaints or inflammatory affections. Several of the acute disorders are slight, superficial, of a transient nature, and can be cured without the aid of a physician; such are most of those met with in this book.

But *chronic* diseases always require the attentive care of an experienced man, however slight the

symptoms may be, and however trifling in appearance they may seem. In every case, the patient should without further delay, put himself under the best medical advice, and carefully and perseveringly follow the means prescribed.

How many persons there are who neglect to attend to such and such symptoms, because they do not prevent them altogether from enjoying life, and when they are at last awakened to the necessity of attending to their health, and consult a physician, they either do not obey his orders, "because they do not like to be thought invalids," or they soon give up the treatment because, say they, "I was under his care for two months, and he did not cure me." They forget that a disease which has been casting roots into their constitution for years past, or the seed of which they brought with them into the world, cannot reasonably be expected to be removed in as many days, as it has taken years to grow at the expense of their constitution and their health. The same remarks are true respecting all chronic affections, let my reader remember them, for however trifling chronic disorders may be in appearance, they never are so in reality.

## COLD IN THE HEAD.

When the cold first appears, and there is much sneezing and running at the nose, begin with *Mercurius*, six globules in six tablespoonfuls of cold water, one dessertspoonful to be taken every two hours till better. If not relieved after the sixth dose, take *Nux* in the same manner.

Starve your cold the first twenty-four hours, take slops only, and drink cold water repeatedly. At night steam your face with the vapour of boiling water, and take a cup of thin gruel when in bed. Afterwards gradually resume meat, but avoid all stimulating, food, malt liquor, and wine for a few days, and continue to drink freely of cold water till well.

While under the action of *Mercurius*, keep to hot water, but when taking *Nux* resort to cold water, splashing and drinking freely.

To remove a disposition to catch cold, sponge yourself all over with cold water every morning on first getting out of bed, and rub yourself dry and warm, with as rough a towel as you can get.

*Chamomilla* is a specific against the same symptoms in children.—See Checked Perspiration, Common Cold, Cold on the Chest.

## COLD ON THE CHEST.

When preceded by a *cold in the head*, attend to this first, as mentioned above. If there is much fever and short breathing, especially at night, dissolve *Aconitum*, six globules in six tablespoonfuls of cold water, and take one teaspoonful every hour till better.

If the cough is very violent, with pain in the chest and head, and shootings in the side, dissolve *Bryonia*, four globules in six tablespoonfuls of cold water, and take a teaspoonful every hour, and whenever the cough is troublesome.

If the cough is loose, worse at night, accompanied with hoarseness, tendency to perspiration, and great stuffiness of the head; dissolve *Mercurius*, four globules in four tablespoonfuls of cold water, and take one teaspoonful every two hours. *Nux* follows *Mercurius* with much success, especially when the cough occurs early in the morning in bed, and with accumulation of mucus in the throat, and also when there is constipation; take it as *Mercurius*. *Pulsatilla* in the same way, when the cough is worse at night, when lying down.

If the cough is dry, incessant, produced by a tickling in the throat, worse at night and accom-

panied with flushed face, and deranged stomach, take *Chamomilla* as the above medicines. If it is a spasmodic cough, returning by fits and accompanied with thirst and paleness of the face, take *Belladonna*. If, on the contrary, there is a great accumulation of phlegm, producing nausea or vomiting, as is frequently the case with children, take *Ipecacuanha*. These three kinds of cough are often very troublesome with children.—See Teething.

At the beginning of a cold follow the same diet as in a cold in the head, but after two or three days, if you are well enough to be up, do not keep within doors should the weather be fine, and resume gradually your usual diet.

The sponging of the chest every morning with cold water, followed by dry rubbing with a coarse towel till quite warm, will strengthen it against any return of similar colds.—See Cold in the Head, Checked Perspiration.

### COMMON COLD.

A combination of both the above in a slight degree, and to be treated in the same manner.

If after having been exposed to a damp, foggy,

D

chilly night, you feel a "cold coming on," take two globules of *Dulcamara*, and a cup of hot gruel when you are in bed.

If you have got thoroughly wet, take *Rhus* instead of *Dulcamara*.—See Cold in the Head, Cold on the Chest, Checked Perspiration.

### CONVULSIONS.

Not unfrequent in excitable children, preceded by a general derangement, and often announced by peevishness, sighing, a fixed or vacant look; a frequent attendant of difficult dentition.

As soon as the look gets fixed, the body stiff, or sudden agitation takes place, get immediately a warm bath, and while it is preparing, put the hands and feet of the child into warm water, holding him in a reclining posture, and gently rubbing him with the hand from head to foot. Keep the head cool and let the child smell *Camphor* repeatedly. Continue the above treatment till you obtain medical aid.

Convulsions during difficult dentition always call for a careful and timely attendance to the general health.—See Teething.

## CORNS.

I know of nothing better than extirpation, but as they are, no doubt, occasioned by a constitutional taint, internal and general treatment can diminish the tendency to them. If you suffer much and cannot have them removed, apply a warm water poultice (a piece of flannel soaked in hot water, and covered over with a large piece of oil-silk), sprinkled with eight or ten drops of *Tincture of Arnica*, and afterwards put over the corn three or four circular pieces of adhesive plaister, with a circular opening in the centre, gradually diminishing in size, the largest being put on the skin itself, so as to form a sort of pad all round the corn, and prevent any external pressure on the centre and most tender part. This will afford great temporary relief.

For *Bunions* apply the same poultice.

## COSTIVENESS.

One of the great stumbling blocks of medicine in England, which, however, will be gradually removed as less drugs and less purgatives are given and taken.

Do not get alarmed the moment the bowels are

not moved daily, or even at the regular and same hour ; it is an old prejudice to believe that a man must die, or that he is on the verge of some awful illness, the moment the action of the bowels is in the slightest degree impeded. As long as you feel well with it, wait patiently ; no mischief can nor will happen from any sluggishness of the bowels without your being made aware of it in good time. But when you feel drowsy, heavy, the head getting full or confused ; a dull weight pressing on the forehead ; when the spirits are upset, and the sleep disturbed ; if you wake early and unrefreshed, with a bad taste in the mouth, the lips parched and dry, a want of appetite, and a sensation of fullness and heaviness all over ; if the skin is hot and dry, or hot and clammy, the feet cold and the head burning ; then the confinement of the bowels is unnatural, and must be attended to. In this case drink half a tumbler of cold water, two or three times a day, partake of meat only once a day, avoid spices of all sorts, take out-door exercise, and sponge the stomach with cold water daily. If this is not sufficient, and, if, with a tendency to headache, there is frequent but ineffectual want, take two globules of *Nux*, three consecutive nights at bed time, and wait a few days ; should this

remain without effect or the constipation be of long standing, take *Sulphur* in the same manner; and if not sufficient, you may again repeat *Nux* about ten days after *Sulphur*.

If there is no want, a sensation of weight in the stomach, no appetite, dryness of the mouth, take *Opium* instead of *Nux*, and in the same manner.

Against constipation when travelling in a carriage, use *Nux* or *Opium*.

Against constipation during pregnancy, take *Sepia*.

If the bowels are very obstinate, make use of an injection with plain water, about one pint, at first nearly tepid, afterwards gradually colder and of less quantity, to be applied one hour before or after breakfast.

Should one injection be insufficient, take a second a quarter of an hour afterwards. Hip-baths of 85° for about 15 minutes, and taken early in the the morning, will often prove of much use.

Should the costiveness resist the above remedies, apply to your physician.

#### CRAMPS.

A sudden contraction of the muscles, especially of those of the calves of the legs.

They are generally caused by a derangement of the general health, deranged stomach or weak digestion; and a careful attention to both will remove them. To abate an attack of *cramp in the legs*, press the foot against any resisting object, iron best, use friction downwards, all along the calf of the leg with *Camphorated Spirit*, and smell *Camphor*.

For general treatment and dietetic rules, see *Weak Digestion*.

#### CROUP.

It begins with a common cold, soon followed (but not always at night) by shrillness of the voice, the cough is hard and ringing, the inspiration crowing, the breathing difficult, and the face turns blue and livid.

As soon as these symptoms appear, put the child's feet in warm water, till they are quite hot, wipe them carefully, and wrap them up to the knees in wadding, covering it over with oil-silk, so as to produce constant perspiration to the feet.

Make the child sit up in bed, hold a basin of hot water on his lap, and cover his head over the basin with a handkerchief, so that he must breathe the steam of the hot water at every inspiration.

Dissolve six globules of *Aconitum* in four table-spoonfuls of cold water, and give a teaspoonful every quarter of an hour at first, gradually increasing the interval as the little patient gets better. If after two or three hours the symptoms do not mend, dissolve and give *Spongia* in the manner. Persevere with it till you have medical advice.

Some children have a constitutional tendency to croup, they should more than others avoid damp, cold, and errors in diet.

There is a *croupy cough*, which resembles the real croup, but is not preceded by symptoms of a cold; it suddenly appears in the night, disappears also suddenly, and re-appears in the same way. It is purely nervous.—See Spasmodic cough in children, in Cold on the Chest.

#### CUTS.

Wash the cut carefully in cold water, clean it from any strange substance that may have got into it. If it is slight, close it carefully with a small bandage of fine linen dipped in a solution of half a teaspoonful of *Tincture of Arnica* in a pint of cold water. If it is a large cut, unite its edges by means

of strips of *Arnica Plaister*, or of common adhesive plaster, leaving a space between each slip, for any blood or secreted matter to escape.

If the bleeding does not stop easily, by the application of cold water and the fomentation with *Arnica*, cover the wound with a little of the beaver of a hat, or with a piece of German tinder, or better still, with cobweb, and bandage it over.

If the bleeding is from an artery—rapid, by jets and the blood bright red—tie the limb tight, *above* the cut, till it stops the bleeding, and send for medical advice. If you can find the artery itself, by feeling its pulsations, hold it compressed with the finger.

Do not be in a hurry to remove the bandage off a cut, when the bleeding is stopped and the pain has ceased ; wait twenty four hours or more before you dress it again, otherwise bleeding would return and be more difficult to stop. The larger the wound, the longer you must wait.—See Bruises.

#### DEAFNESS.

When produced by a chill, or a cold, when there is pain and sensation of cold within the ear, take four globules of *Mercurius*, one every six hours

till well. If the external ear is red, inflamed, and very sensitive to the touch, if the same side of the face is swollen, take *Pulsatilla* in the same manner as *Mercurius*.

Keep the ear from the air, but do not rub or apply anything on it. If produced by indurated wax, syringe it twice a day with warm water. Do not dream of putting cotton into it if there is any discharge. Avoid heating and stimulating food.—See Common Cold, Checked Perspiration.

In a case of *Chronic Deafness*, apply to your physician.

#### DIGESTION, WEAK.

The varieties, causes, and symptoms of this complaint are so numerous, that I have only attempted to mention a few of the most common ones under their different names—*Acidity of the Stomach*, *Want of Appetite*, *Heartburn*, *Spasm of Stomach*, &c. &c.—leaving the more complicated cases, as also those resisting the treatment here mentioned, to the judicious care of an experienced physician, who will tell the patient what line to follow, and what remedies to take, as a palliative at least, if not successful in establishing a cure.

I will, however, mention from my own experience, what general dietetic rules seem to me to be the best against such a state, for your physician will seldom have time to repeat them all in the ordinary course of his visit.

A right regimen, pure air, and regular exercise are of great consequence in the treatment of this distressing affection. If you are engaged in the crowded or dark streets of a city, make a point of not sleeping there, but go to your office or business in the morning, and return home in the afternoon. If you are thus obliged to breathe a close or unwholesome atmosphere in the day, it is of much consequence that you should have a better one for the night; choose your abode in an airy, open, and well situated locality; not too bleak, nor, on the other hand, relaxing, but above all airy, well ventilated, and well drained. Rise early, and when you first awake, do not linger in bed. Retire early to rest, as soon after ten o'clock as you can; never occupy your mind with business late in the evening; if you must dine late, let your dinner be the conclusion of your day's work. After dinner no business. Take exercise before dinner, but, if possible, rest an hour before that meal, and let your

exercise be such as you find by experience, will give you a better appetite, and promote easier digestion.

Some will be all the better for horse exercise, others, for a good four or six miles' walk ; others, on the contrary, would remove all appetite and destroy all digestion by so doing, and must adopt a stroll in the open air, and complete rest before dinner. Do not take exercise immediately after dinner, wait at least one hour, and take a gentle and agreeable walk. To inhale fresh air, a few minutes before breakfast, either by walking out, or by opening the window, is a practice decidedly beneficial in all cases of dyspepsia. The want of fresh air is the main cause of that complaint.

Moral impressions, and consequently cheerful and agreeable company, have great influence on the digestion and general condition of the health ; cultivate a cheerful disposition, forget little grievances, pass over small difficulties, and we may add in reference to many little annoyances, that physically as well as spiritually, " Godliness with contentment is great gain."

As to Diet, have four meals a day : the first (breakfast) *nourishing*, the second (luncheon) *supporting*, the third (dinner) *substantial*, and the

fourth (tea, if we must call it a meal) *reviving* only. Avoid whatever your own experience will have taught you to avoid, and keep only to what you have found agree. Eat nothing between meals; as you get better you will seldom feel a want for anything. Eat animal food once or twice a day. Avoid at all times stewed, or boiled, or salt meat, or salt fish of any kind; all acids, raw vegetables, and spices; fat, heavy pastry, soups, slops; pork, veal, young meat; crabs, lobsters, shell-fish; green tea, coffee, spirits, port wine, heavy or strong beer, stimulating and acid beverages. Avoid animal as well as vegetable food dressed a second time.

Do not take too much liquid at your meals, a breakfast cup full at either breakfast or tea is quite enough. The most substantial meal, if possible, to be in the middle of the day, and on no account the last in the day. The last to be a very light and plain one. Eat cheerfully, chew slowly, masticate wholly. In most cases, a free use of cold water externally, and a moderate one internally, will be found of great advantage; but ask your physician's advice, before you adopt a course which might in your particular case, be prejudicial.

As regards Clothing, in the variable climate of

this country, you should wear something more than linen. Have merino next the skin, only of a finer quality for summer than for winter. Avoid damp air, keep your feet dry. You will find this rule at all times an important one. Be clothed warmly rather than the reverse; in bed have light covering.

In this country especially, artificial living, duties of society, earnest pursuits, close business, and above all a variable climate, render it more necessary for the numerous class of those who suffer from weak digestion, to pay a constant attention to dietetic rules, and for the few who are exempt hitherto, to take great care lest they also become martyrs to it, through imprudence.—See Nervousness, Chronic Disease in general.

#### DYSENTERY.

Frequent watery stools, often bloody, and attended with griping and straining, often accompanied with fever; the urine is scanty and high coloured. This disease is frequently fatal.

As soon as the first symptoms take place, let the patient go to bed; cover him up well, put warm flannels on the stomach; give warm beverages only, such as rice, sago, gruel, and arrow-root.

Dissolve six globules of *Mercurius* in six tablespoonfuls of cold water; give one tablespoonful after every motion of the bowels, and send for medical advice.—See Bowel Complaint,

#### EAR-ACHE.

When the external ear is very red, rub it gently with warm sweet oil, put some of it on a piece of cotton into the ear, and cover it with flannel, or a silk handkerchief. Dissolve four globules of *Pulsatilla* in six tablespoonfuls of cold water, and take one teaspoonful every hour.

If, however, the ear feels cold and the pain is increased by warmth, and during the night, take *Mercurius* instead of *Pulsatilla*, and in the same way. If the pain is very acute, shooting, the face is flushed, if there is bitter taste in the mouth and uncommonly cross humour; give *Chamomilla* as above mentioned. *Chamomilla* is especially good in the ear-ache of children. See Inflammation of the Ear, Common Cold.

#### EAR, INFLAMMATION OF.

When the ear is very red, inflamed, very sensitive and hot to the touch, take *Pulsatilla* as mentioned in Ear-ache, use the same external

means, and follow the diet prescribed in Fever. If there is any discharge, do not fill the ear with cotton.—See Ear-ache.

### EPILEPSY.

Lay the patient on the floor, loosen all tight garments, shelter his face from any glaring light, keep the room cool; avoid noise and confusion, and remove all objects against which he might hurt himself. Do so during the attack, but for the disease itself, let it be attended by a physician.—See Nervousness, Chronic Disease in general.

### ERUPTIONS.

Whether *chronic* and *inveterate*, such as the Itch, Milk-crust, Ring-worm, Scaldhead and the like, or *trifling* and *slight* in appearance, such as some spots or pimples, do not attempt to treat them yourself, but apply to your physician, for in many cases even an insignificant looking spot, may be the symptom of a deeply seated and perhaps serious derangement of Health.—See Boils, Rash, Shingles, Erysipelas, Heat spots, Itching of the Skin, Spots.

If of an *acute* nature, beginning with fever, act as

in Fever.—See Chicken-Pox, Small-Pox, Measles, Scarlet Fever, Nettle-Rash, Eruptive Fever.

#### ERYSIPELAS.

A peculiar inflammation of the skin, mostly superficial, with burning heat and tension, often preceded by chilliness, heat, quick pulse, thirst and other febrile symptoms: also by symptoms of biliousness, in various degrees of intensity.

Put the patient under the diet mentioned in Fever, give him *Aconitum*, as prescribed there. After a few hours, when the febrile symptoms are abated, if the surface is smooth and very red, dissolve *Belladonna*, six globules, in six table-spoonfuls of cold water, and give one teaspoonful every two hours, till amelioration takes place; if there is much tension and heat, put a warm water poultice.—See Swollen Face. If there are blisters, and the surface looks yellowish or purple, give *Rhus* in the same manner.

A peculiar kind of erysipelatous eruption, is produced by too strong a dose of *Tincture of Arnica*; in this case, apply to it a mixture of ten drops of *Camphorated Spirit*, and a tablespoonful of sweet oil. Abstain strictly from wine, as it would make matters worse.—See Fever, Inflammation.

Should Erysipelas resist the above treatment, call in medical aid, as this disease may easily become severe and dangerous.

### EXCORIATION

*Of the Nipples.*—A most painful affection which often prevents all suckling.

To *remedy* this affection, bathe the sore part with a solution of fifteen drops of *Tincture of Arnica* to a tumbler of cold water, cover it over with a piece of cambric linen dipped in the solution, and over this put a shield, (to be had from any chemist), in order to prevent all external pressure; keep this on during the interval of suckling. Before the child is applied to the breast, wash it carefully with tepid water, then with cold water, and cover the nipple over with the mother's milk. Repeat the same treatment till all soreness is removed. Should this treatment not prove sufficient, apply to your physician.

To *prevent* this evil, bathe the nipples with brandy for some weeks previous to confinement, and if they are contracted or too small, wear the shield for the same period. This simple care will often prevent much suffering and much disappointment.

*In Children.*—Pay great attention to cleanliness, splash the excoriated part with cold water, but do not sponge or rub it, and be very careful to dry the skin thoroughly after washing. If these precautions are not sufficient, internal treatment is alone advisable; be cautious not to check this evil by any external application, but consult your physician.—See Chapped Skin.

#### EYE.

*Bloodshot.*—A bright red appearance of the white of the eye, to be removed by careful bathing with a solution of twelve drops of *Tincture of Arnica*, to a tumbler of tepid water.

*If a strange body* has entered into the eye, give three globules of *Aconitum*, and remove the strange substance, looking for it under the upper eye-lid; when removed, use the same treatment as above.

*Inflammation of the Eye.*—It generally begins with bright redness and heat of the eye, great sensibility to the light, and febrile symptoms. But the varieties of this affection are so great, that it is not advisable for the unlearned to attempt its treatment, beyond giving every hour, or every two hours, according to the intensity of the symp-

toms, a teaspoonful of a solution of six globules of *Aconitum* in six tablespoonfuls of cold water.

Shade the eye from light, bathe it in hot water, diminish your diet at once if there is fever, and seek medical advice.

### FACE-ACHE.

A most distressing and complicated ailment, the causes of which are very obscure, and for that reason, its treatment should be entirely left to the care of your physician. If connected with Toothache—see Toothache.

If it is of long standing, you will find change of air, change of mode of living, much regular exercise, with nourishing but very plain diet, indispensable. Also the use of a wet towel applied every morning to the part, and followed by dry rubbing till quite hot, will be beneficial.—See Nervousness, Chronic Diseases in general.

### FACE, SWOLLEN.

It generally accompanies toothache, and is relieved by the same remedies. If the swelling is pale, extends to the ear, is accompanied with shivering, or flushing heat, and with low spirits ;

dissolve four globules of *Pulsatilla* in six table-spoonfuls of cold water, and take one three times a day. If the swelling of the cheek is bright and smooth as in the erysipelas, if the glands are swollen and tender, and there is much saliva and much pain, give *Mercurius* in the same manner. If the swelling is very hard, the face hot and purple, the mouth dry, give *Chamomilla* in the same way.

Keep the face tied up, and covered as much as you can with comfort to the patient. Foment with hot water, or apply a hot water poultice, made by dipping a piece of flannel into hot water, applying it when wrung out, and covering it with another dry piece, or with oil silk.

I need not say that the diet should be spare, the sufferer has usually no wish for any other.—See Toothache, Erysipelas.

#### FAINTING.

Stretch the patient on the floor, give plenty of fresh air, undo whatever parts of the dress are at all tight, and sprinkle the face with cold water, or the forehead with Eau-de-Cologne. If these means fail in restoring sensation, burn a feather or a piece of rag, and hold it under the nose for a few

minutes, let the patient breathe *Spirits of Camphor*, and as soon as he is able, make him drink some cold water.

A tendency to fainting indicates something wrong in the general health, which must be attended to by a physician.—See Chronic Disease in general.

#### FATIGUE.

If you are tired after a long walk in the sun, place yourself before a large fire, it will soon refresh you and remove all fatigue. If tired after a day's journey, have some tepid water for your feet, with a tablespoonful of *Tincture of Arnica* in it. Never eat a hearty dinner after great fatigue, rest first.

#### FEET SWEATING.

In most cases, *Silicea*, six globules, two every morning, will remove this unwelcome affection. If not successful, take *Calcarea* in the same manner. Cleanliness, of course, indispensable.

#### FEVER.

Fever announces itself by a feeling of lassitude, an uneasy, restless sensation, pain in the back, change of countenance, chilliness, the pulse gets quicker than usual, the breathing is short, hurried,

and these symptoms are soon followed by increased heat, the mouth becomes dry, the tongue covered with fur, the pulse full, thirst comes on, the bowels get deranged, and the appetite lost.

Such are the first symptoms of most attacks of fever. *Typhus* fever, however, announces itself at once with a great prostration of strength; *gastric* fever with bilious symptoms; *rheumatic* fever with pain in the limbs; *eruptive* fever with the appearance of the various eruptions which it accompanies; and *intermittent* fever, by a return of the same symptoms at regular intervals. But in all these cases, the treatment at the beginning may be one and the same. I would advise, as soon as the symptoms of fever appear, to adhere to the following rules:—

Put the patient to bed, remove all causes which might excite him, too much light, too great heat and noise. Keep the room airy and cool, do not cover him too much, give cold water to drink, and for nourishment, barley water by itself, or with a little pure raspberry syrup, or thin gruel. Dissolve six globules of *Aconitum* in four tablespoonfuls of cold water, and give one teaspoonful every hour, while you send for medical aid.

In most cases, you are quite safe in so doing, and can wait without any danger several hours for the arrival of a physician.

Aconite is the Homœopathic lancet, and in all feverish attacks, however slight or grave, it is the first remedy to give. Whether the fever is a simple and short one, or rheumatic, or brain fever, or any other, adopt the same simple and safe plan of conduct.—See Inflammation, Infectious and Epidemic Disorders.

#### FLATULENCY.

*Pulsatilla* is one of the most efficacious remedies against it; take one globule whenever the flatulency is most troublesome. If produced by new beer, or abuse of vegetables, take *China* in the same manner.

Be very cautious to avoid such food as experience must have taught you, increases that state; keep strictly to the rules and diet mentioned in Weak digestion, for change of diet alone can often remedy the evil.

Flatulency in children is generally cured by *Chamomilla*, three globules in six tablespoonfuls of cold water, one teaspoonful when the flatulency

shows itself.—See Weak Digestion, Indigestion, Biliousness.

### GIDDINESS.

If it is only accidental, arising from the stomach, and accompanied with heaviness of head, worse in the morning, bad taste or dryness of the mouth, constipation, loss of appetite, and depression of spirits; take one or two globules of *Nux* at bed time, for three consecutive nights.—See Costiveness. If there is humming in the ears, if the tongue is white and clammy, and there are successive shiverings and flushing heat, take *Pulsatilla* in the same manner.

Let your diet be very plain and light, take frequent draughts of cold water, no stimulating food of any kind, and, if possible, take regular exercise in the open air.—See Weak Digestion, Indigestion, Biliousness.

But if the giddiness arise from any other cause, it may be dependent on a general state of health which you cannot remedy yourself, but which must be carefully attended to by a physician.

### GLANDS, SWOLLEN.

The *chronic* affection of the glands chiefly found

in lymphatic constitutions and connected with a general delicate state of health, is entirely out of the sphere of this book. Even a tendency to that evil must be put under the continued care of a medical man.

But if the glands are swollen *accidentally*, and only from a cold or chill, especially if they are hard, red, and very painful, dissolve six globules of *Mercurius* in four tablespoonfuls of cold water, and take one teaspoonful every two hours; rub the glands with warm sweet-oil, and keep them covered with a piece of flannel. Do not expose yourself to the damp, and keep to a mild diet.

Such swelling of the glands is generally accompanied with other symptoms of a cold.—See Common Cold, Checked Perspiration, Sore-Throat, Mumps, Swollen Face.

#### GOUT.

I am not going to advise you to treat the *chronic gout*, but if you are a gouty subject, and are awakened early one morning by a violent shooting pain in the great toe, with shivering followed by heat, and other symptoms of fever; if the joint swells, becomes hot, very painful, and you are laid up with a fit of *acute gout*—foment the part

affected with a solution of half a teaspoonful of *Tincture of Arnica* to a pint of cold water.

Alter your diet, live only on slops as long as the acute fit lasts, thin gruel, bread and milk, arrow-root, oatmeal porridge, toast and water, or barley-water. Do not stay in bed if you can help it, and as soon as up, add to your diet very ripe and sweet oranges, or grapes in moderation.

If you wish to be cured of the chronic gout, be in earnest about it. A severe diet, great care, and determined perseverance, can do wonders in your favour. Adhere strictly to the rules laid down in Weak Digestion, and obey the orders of your physician.—See Chronic Disease in general, Fever, Inflammation.

#### GRIPES.

If the pain is very violent, accompanied with cramps in the legs and great restlessness, if worse to the touch, and if better by taking coffee, dissolve six globules of *Colocynthis* in six tablespoonfuls of cold water, take one tablespoonful every half-hour. If the pain is relieved by pressure or bending forward, and is accompanied with looseness of the bowels, give *Belladonna* in the same manner.

Keep the patient warm, and according to the in-

tensity of the pain put dry warm flannel, warm bran, or even warm salt on the stomach ; give him warm beverage to take, warm thin gruel, hot water with sugar and a teaspoonful of brandy, if there is no fever ; let his diet be very light, and all he partakes of warm.

If there is a bitter taste in the mouth, bitter vomiting, redness of the face, and the pain is worse in the morning after breakfast, take *Chamomilla* in the same manner. *Chamomilla* is especially efficacious for children. In any other case give *Nux.*—See Billious Attack, Painful Menstruation, Teething, Bowel Complaint.

#### GUM-BOIL.

When there is much inflammation and swelling, and a great deal of saliva in the mouth, dissolve *Mercurius*, four globules in six tablespoonfuls of cold water, and take one dessertspoonful every three hours ; when a “head” is forming, dissolve and take *Hepar* in the same manner. Keep the face tied up, and hold warm milk, or a fig boiled in milk in the mouth by way of a poultice. Avoid solid food, wine and all stimulants, and keep the cheek, as much as possible in an even temperature.

If a bad tooth is the cause of the evil, have it removed as soon as the inflammation is over.—See **Tooth-ache, Face-ache, Swollen Face.**

### GUMS, BLEEDING OF

When the gums are unhealthy, livid, detached from the teeth, which become loose, the mouth full of saliva and the breath fetid; dissolve three globules of *Mercurius* in six tablespoonfuls of cold water, take one every morning, after having brushed your teeth. Great cleanliness of the mouth is indispensable. Keep to nourishing, but not stimulating diet, no malt liquors, no pork, no salt meat.

But if they bleed from a previous abuse of Mercury, it is a sort of poisoning, do not take *Mercurius*; apply to your physician.—See **Tooth-ache.**

### HEADACHE.

The same remarks apply here, as in **Face-ache**; there are, however, one or two well defined kinds of headache, which may be cured without much difficulty.

Against a *bilious headache*, when brought on

by some derangement of the stomach, or by late hours and excessive study, when accompanied with constipation, dryness of the mouth, restless sleep, nausea, giddiness, and when worse on waking in the morning; dissolve four globules of *Nux* in six tablespoonfuls of cold water, and take one teaspoonful every hour.

If it is what is called a *sick headache*, on one side of the head only, accompanied with shooting in the ears, paleness of the face, disposition to shed tears, shiverings, or flushing heat; take *Pulsatilla* instead of *Nux*. Against headaches in children, *Chamomilla* or *Aconitum*, seldom fail.

Against a *nervous headache*, the same treatment as before mentioned, or if the pain has been caused by some sudden grief, or if it disappear momentarily on changing one's position, if it is accompanied with a profuse action of the kidneys, and if worse or better when stooping, give *Ignatia* in the same manner.

When arising from overloading of the stomach, see Indigestion. If the headache is violent, constant, and accompanied with fever, see Inflammation of the Brain.

Remove all external causes which might increase the pain, such as strong light, great heat, and much food. Particular attention to diet, before any return of a periodical headache, and a few tumblers of cold water daily have a most beneficial effect.—See Weak Digestion, Indigestion, Costiveness, Biliousness, Emotions of the Mind, Face-ache, Chronic disease in general.

#### HEARTBURN.

A burning sensation at the pit of the stomach, attended with offensive or sour risings, which burn the throat; it is a symptom of weak digestion. If the heartburn is accompanied with constipation, dryness of the mouth and tongue, restless sleep, frontal headache, and very cross humour, take two globules of *Nux*, and repeat them next morning, fasting. When it is accompanied by a sensation as of a stone at the pit of the stomach, great oppression at the chest, and worse at night—take *Chamomilla* in the same way as *Nux*. In any other case, see Indigestion, Weak Digestion, Biliousness, Water-brash, and follow the treatment there mentioned.

#### HEAT SPOTS.

A very slight but also a very common ailment

in children, or persons having a delicate skin; it is the effect of the summer heat.

If there are bilious symptoms, by removing them, this affection will be removed.—See Biliousness, Indigestion, Headache. If there are no such symptoms, dissolve four globules of *Aconitum* in six tablespoonfuls of cold water, and take one teaspoonful every three hours.

If the face is very hot and red, the eyes brilliant, and there is a feeling of blood to the head, take *Belladonna* in the same manner. Wash yourself with hot water and a little milk, and drink some hot sugared water (*eau sucrée*).—See Checked Perspiration, Spots.

#### HICCOUGH.

Often a slight inconvenience which disappears of itself on holding one's breath, or drinking some very cold water; but in some cases it becomes more troublesome, and as a symptom of a weak digestion, yields only to remedies removing this affection. In children especially, who are very liable to hiccough, it is produced by eating too large a quantity of food at a time; attention to their diet will easily remove a tendency to this

evil.—See Weak Digestion, Indigestion, Teething, Acidity.

### HOARSENESS.

If connected with cold in the head, Sore Throat, or cold on the Chest; attend to these first. If a *chronic* hoarsenes, do not attempt to treat it yourself. If an *acute* one, produced by a chill or a cold, accompanied with chilliness, shivering, and much saliva in the mouth, with a sensation of tickling or burning in the larynx, dissolve four globules of *Mercurius* in six tablespoonfuls of cold water, and take one teaspoonful every two hours.

If there is a dry cough early in the morning, costiveness, and heaviness of the head, give *Nux* in the same manner. *Bryonia*, one globule taken twice a day, will remove hoarseness not accompanied with pain or any of the symptoms above mentioned.

Put a warm water or rice poultice (see Swollen Face, Sore Throat) round the throat the first day, while taking *Mercurius*; and sponge it with cold water, followed by dry rubbing, while taking *Nux* or *Bryonia*.

To rub the soles of the feet with lard, and

expose them to the fire as hot as you can bear, and also to apply a rice poultice to the throat on the first appearance of the symptoms, will often remove them at once.—See Cold in the Head, Cold on the Chest, Inflammation, Fever, Sore Throat.

### HOOPING-COUGH.

A convulsive cough, returning in fits, accompanied always with a shrill hoop, and frequently with vomiting.

It begins gradually with all the symptoms of a common cough, and must be treated in the same manner.—See cold on the Chest. In the second or third week, when the first symptoms have not been checked, the hoop which distinguishes this cough from all others is first heard.

If the fits of cough are accompanied with sneezing; if there is blood to the head, sore throat, if the cough takes place in the night, or during the sleep; dissolve six globules of *Belladonna* in six tablespoonfuls of cold water, and give one dessertspoonful every time the cough is troublesome. If there is bleeding at the nose or mouth, and the fits are very violent and worse in the

night ; when there is tendency to perspiration, and the patient complains of shivering cold, give *Mercurius* in the same manner. In any other case, when all the symptoms are fully developed, give *Drosera* in the same manner,

In the first week or two, while there is fever and loss of appetite, the diet should be that of a Cold on the Chest. Afterwards, even in the most violent form of the complaint, the diet must be nourishing ; no slops, they increase the sickness ; plenty of fresh air if possible, regular exercise, and all the dietetic means necessary to keep up the strength of the patient, which is so often severely taxed by the violence of the symptoms. Those who have not had this affection, will do well to keep away from the patient, though under Homœopathic treatment hooping-cough is comparatively a slight disorder.

Change of air is very good, and cold baths may be so ; but they are never to be resorted to during the inflammatory stage ; only after the second or third week.

This affection is so variable and often so complicated, that I strongly advise the patient not to trust to his own powers alone, but to consult his

physician in its difficult treatment. Hooping-cough can often be rapidly cured, but it is not always easy or possible to do it.—See Cold on the Chest, Infectious and Epidemic Disorders.

#### HYPOCONDRIACAL AFFECTION.

What is familiarly termed being “hipped” will best explain this affection. It usually proceeds from neglect of the rules given under weak digestion, (see Weak Digestion), and a return to those rules will be requisite to ensure recovery. We must particularly insist on early hours, regular exercise—horse-exercise has long been panegyrised as a sovereign cure for this affection—cleanliness, regularity and moderation in meals; eat well but little. Whatever conduces to a healthful state of the animal spirits, as cheerful society, and the moderate indulgence of innocent relaxation, will in this case tend to promote cure.

If this affection is dependent upon any particular bodily ailment, of course the treatment should be directed to it at once.—See Weak Digestion, Emotions of the mind, Nervousness, Chronic Disease in general.

#### HYSTERICIS.

Give plenty of fresh air, lay the patient down,

burn a feather under the nose, and sprinkle the face with cold water, till the violent symptoms are properly calmed; then make her drink a glass or two of cold water. Preserve a calm countenance, and turn a deaf ear to all the expressions poured from her lips. The less notice taken, the shorter and less frequent will be the attacks.

Every thing which can strengthen the body and invigorate the mind should be resorted to; keeping the patient from continual concentration within herself, and removing as much as possible, all moral causes of such a nervous state.

Hysterics being usually connected with the general health, the advice of a physician should be sought.—See Painful Menstruation, Emotions of the Mind, Nervousness, Hypochondriacal Affection, Chronic Disease in general.

#### INDIGESTION.

Anything which disturbs the process of digestion, too violent exercise immediately before or after a meal, indigestible food, or even too large a quantity of the best possible food, sudden bad news, any mental emotion, or exposure to cold, may throw the stomach out of order, and produce at

once all the symptoms of an indigestion—weight at the stomach, weight on the chest, heaviness of the head, depression of the spirits, short breathing, shivering, nausea, heartburn, sour rising, and actual sickness or purging.

When any of these symptoms have been occasioned by too violent exercise, take a cup of strong black coffee. If they have been produced by unripe fruit, pastry, pork, or rich food; if they are accompanied with shiverings or flushing heat, and a great depression of spirits; if sour risings prevail; dissolve six globules of *Pulsatilla* in six tablespoonfuls of cold water, and take one every half hour till relieved. In any disagreement produced by taking ices or any cold drink when overheated, take *Arsenicum* in the same manner. If produced by any moral emotion, see Emotions of the Mind.

If from any other cause, take *Antimonium* in the same way as *Pulsatilla*. The same symptoms in children, from improper food or overloading of the stomach, (a very common evil,) are to be remedied by *Ipecacuanha*. Give a child three globules in six tablespoonfuls of water, one dessertspoonful being taken after every fit of sickness or purging.

Let the patient fast, drink plain hot water, and

when better, resume food with much care, taking at first light beef-tea, arrow-root made with beef-tea, (see Bowel Complaint,) gruel, and only by degrees resuming stronger nourishment when entirely recovered.

Persons subject to indigestion should avoid too long walks, or violent exercise immediately before dinner, and as a general rule, leave the table without being fully satisfied. Cold water in moderation, during the meal, helps the digestion and strengthens the stomach; and I know of nothing which will quicker restore the functions of the stomach after an indigestion, than a few tumblers of cold water taken during the day—early in the morning, one hour before, two hours after dinner, and at bed-time.—See Biliousness, Bilious Attack, Bowel Complaint, Weak Digestion.

#### INFECTIOUS AND EPIDEMIC DISORDERS.

If you are called to attend any one lying under one of these affections, or if you are in the midst of such an epidemy, take the following precautions, and use the preventive means, which may in many instances keep you entirely free from the contagion, and in all cases considerably diminish its intensity and danger.

In case of *Cholera* see the full instructions on this subject, in a paper I have recently published, "*What to do against Cholera*," to be had of all Homœopathic Chemists.

In case of *Chicken-Pox*, *Measles*, *Scarlet Fever*, and *Small-Pox*, see those affections in this book.

In case of *Typhus Fever*, see that the patient's room is kept airy, ventilated, clean; remove too many bystanders, dirty or suffocating bed-clothes, draw back useless curtains. See that all exhalations and emanations whatever be carefully and instantly removed; let the sheets and linen be frequently changed, and the face and neck of the patient be repeatedly sponged with water that has the chill off. For yourself, avoid going into the sick room with an empty stomach, but arm yourself with a good meal and a glass of wine. Do not stand near the patient's bed, so that any draught in the room pass from him to you.

These easy precautions will diminish the intensity of a contagious atmosphere, injurious to the patient and dangerous to his attendants. Observe the same rules in all contagious affections.

After you have visited such a case of illness, if you have touched the patient, wash your hands, and in

any case stand close to a large fire and expose your face and hands to it. Great heat destroys infection, especially what may cling to the clothes or hands.

In time of an epidemy, observe the general dietetic rules mentioned in the paper on Cholera, to which I have already referred. Do not weaken the system with aperient medicines and the like. Live well, that is to say, prudently, carefully but cheerfully at all times ; depression of spirits will be liable to predispose the system to contagion. A strong sense of duty, and above all, a cheerful and habitual reliance on Divine Providence, will, at all times be found a better safeguard than drugs and antidotes of any kind.—See Inflammation, Fever.

### INFLAMMATION.

We shall only notice here *acute* inflammation in general, and mention what is to be done while awaiting the arrival of a physician. *Chronic* inflammation is totally beyond the sphere of this book, and the inflammation of special organs will be met with elsewhere. Any part inflamed is painful, hotter, more red, and somewhat more swollen than in a state of health. If the inflamma-

tion extends itself it is accompanied with symptoms of fever, and a general disturbance of the health.

In all cases of inflammation give at once *Aconitum*, six globules in six tablespoonfuls of cold water, one teaspoonful every hour. If the inflammation is *external*, remove the cause of it immediately, if possible, such as any strange body, a thorn, a splinter of wood, etc. ; apply a hot water poultice (see Swollen Face), and keep it constantly hot. If it is *internal*, remove all external influences which might aggravate the symptoms.—See Fever, and the different organs inflamed.

Whilst you persevere with *Aconitum*, send for medical advice. Never trust to your own skill in any case of inflammation, for it may turn out to be beyond your powers ; but with the treatment above mentioned, you may, in most cases, wait several hours with safety for the arrival of a physician.—See Infectious and Epidemic Disorders.

## INFLUENZA.

An epidemic catarrh or common cold, accompanied with rheumatic pains in the limbs, soreness of the eyes, and complete loss of strength.

Treat it at first like a common cold.—See Checked Perspiration, Cold in the Head, Common Cold. But as soon as there is abundant and burning watery discharge at the nose, burning the upper lip, great weight on the chest, and complete loss of strength, dissolve six globules of *Arsenicum* in four tablespoonfuls of cold water, and take one teaspoonful every hour.

*Arsenicum* will, alone, always alleviate and often entirely remove decided symptoms of influenza. As soon as the feverishness is over, and you can resume your former habits, take three globules of *China*, one night and morning.

For the rest, adopt the same treatment as in Common Cold, and Cold in the Head.

If all the symptoms do not speedily yield and disappear, consult your physician, for the effects of a protracted influenza are often most injurious to the constitution.

### ITCHING OF THE SKIN.

A very common complaint, often without any visible eruption, and especially intolerable when undressing at night. If worse when warm in bed,

and accompanied with moisture of the skin, take two globules of *Mercurius* at bed-time, and repeat them the following night, if necessary. If there is much thirst, dryness of the skin, and the itching is worse morning and evening, take *Sulphur* in the same manner.

Avoid salt, salt-meat, salt-fish, and sponge yourself at night with tepid bran-tea, (boiling water poured on bran).

#### JAUNDICE.

The eyes and skin are yellow, the water red-brown, and the stools whitish ; the patient complains of loss of strength, want of appetite, bitter taste in the mouth, great depression of spirits, and costiveness, or looseness of the bowels.

Jaundice is either *chronic*—in this case, put yourself under the care of your physician—or it may be accidental and *acute*, being produced by a sudden mental emotion, a stoppage in the digestion or circulation ; in this case dissolve six globules of *Mercurius* in four tablespoonfuls of cold water, and take one teaspoonful every two or three hours. Three or four days after the last dose of *Mercurius*, if the stools continue whitish, and the bowels

sluggish, take three globules of *China*, one, morning and evening.

After the second or third day of the appearance of the jaundice, take a warm bath of 95° every third morning, till well. From the beginning alter your diet, as mentioned in Bilioussness, and eat two or three raw eggs every day, taking the first early in the morning—See Bilioussness, Indigestion, Weak Digestion, Emotions of the Mind.

For the jaundice of infants, employ *Chamomilla*, one globule, put on the tongue, and repeated next morning if necessary,—give them a warm bath also.

#### KNEE, BAD.

I do not mean here disease of the knee-joint, but what is usually called *Housemaid's Knee*; a very common and painful complaint, too little attended to, and produced by a constant pressure on that joint. The knee is first hot and painful, and at length kneeling becomes almost impossible. Foment the part affected with linen dipped in a solution of half a teaspoonful of *Tincture of Arnica*, in a pint of cold water; when all the inflammation is removed, if there is still pain and stiffness, expose

it to the steam of hot water twice a day for a few minutes, and take one globule of *Silicea* morning and evening for two days.

But rest is indispensable—without it, no cure.—See Bruises, Inflammation.

### LUMBAGO.

Rheumatism in the small of the back. If the attack is very acute, and accompanied with fever, dissolve at once *Aconitum*, six globules in six tablespoonfuls of cold water, and give one teaspoonful every hour. If the symptoms are worse when moving in bed, and the pain dull rather than acute, if there is loss of appetite, dryness of the mouth, and constipation, dissolve and take *Nux* in the same way.

If the pain is worse from movement, better at night and accompanied with shivering and biliousness, give *Bryonia* in the same manner. When it is the consequence of a chill caught in the wet, when the pain is worse at night, or during repose, take *Rhus* in the same manner as *Nux*.

Should the above mentioned treatment not meet the symptoms, then, as in case of Rheumatism, apply to your physician.

When there is fever, and while *Aconitum* is being taken, remain in bed, apply hot flannels, take warm gruel and warm beverages. When the fever is over, continue to wear a flannel bandage, resort daily to a prolonged friction of the part affected; avoid sudden changes of air, damp air, night air, and any thing which might upset the stomach; take active exercise in the open air, and in obstinate cases a vapour bath once or twice a week. Have warm clothing, and keep to a nutritious and generous, but not stimulating diet. Lumbago is closely connected with the state of the digestion.

When quite well again, apply a wet sheet, every morning, on the back, rub well with it for a few minutes, and exchange it rapidly for a dry coarse one, to be rubbed with till quite warm. Avoid acids above all things.—See Rheumatism, Checked Perspiration.

#### LUNGS, INFLAMMATION OF

Violent fixed pain in the chest, anxious short breathing, purple face, brilliant prominent eyes, a distressing cough, and a strong hard pulse, thirst and fever will announce to you an inflammation of the lungs. The symptoms are more or less decided,

according to the age and temperament of the patient.

As soon as these symptoms appear, use the same means as in Fever, give six globules of *Aconitum* in four tablespoonfuls of cold water, one teaspoonful every half hour. If after six hours, the pain in the chest continues violent, the breathing gets more hurried, the cough accompanied with more pain, and the expectoration thick, glutinous, and of a rusty colour, give *Bryonia* in the same manner.

Let the patient lie in a semi-erect posture, and inhale frequently the vapour of hot water.

Give nothing but cold water to drink in small quantities, not more than a wine-glassful at a time, but frequently, if longed for, and send, of course, for medical aid—See Fever, Cold on the Chest, Checked Perspiration.

### MEASLES.

An infectious eruption of the skin attended with fever. For three days, all the symptoms of a cold in the head prevail, with fever, hoarseness, and a dry cough; on the fourth day appears on the forehead an eruption, forming separate clusters, red in appearance and rough to the touch. From the face,

the eruption goes to the body and limbs, and in five days disappears, leaving only a roughness and whitish powder on the skin.

As soon as these symptoms show themselves, dissolve six globules of *Aconitum* in six tablespoonfuls of cold water, and give a teaspoonful every two hours, and whenever the cough is very troublesome.

You will do well to send for medical aid at once, for the course of measles does not always run smooth. Let the patient remain in bed, or at least keep from the external air; his room must be airy, but not cool. Whenever the cough is very bad, let him breathe the steam of hot water; see Croup. For the diet, see Fever, and avoid the cold air till the scaling off of the skin is entirely over.

During an epidemy of measles, take as a preservative, every week, three globules of *Pulsatilla*, one every night at bed-time.—See Eruption, Infectious and Epidemic Disorders, Fever.

### MENSTRUATION, PAINFUL.

I shall only mention here the very common case, of that function being checked by a sudden chill, or by some sudden mental emotion of any kind.

Other affections are not within the sphere of this book.

If it has been checked by a fright or sudden emotion, and there is congestion to the head, short breathing, violent beating of the heart, paleness or flushing of the face; dissolve six globules of *Aconitum* in four tablespoonfuls of cold water, and take one teaspoonful every hour, till the function returns to its normal state. Take a hip bath of 90° and of 15 minutes' duration, followed by gentle-exercise, walking up and down the room.

If occasioned by a chill, and there is headache on one side of the head, occasional flushings and shiverings, paleness of the face, with flying pains in the stomach, and a general feeling of cold, despondency and wretchedness; let the patient go to bed, keep warm and drink some warm beverage. Dissolve six globules of *Pulsatilla* in six tablespoonfuls of cold water, and take one teaspoonful every hour, till the symptoms are amended.

In all other cases, when that function is not regular, or is accompanied with much suffering, apply to your physician, for it is then dependent on a general state of health, in the treatment of which you would not be likely to succeed.

During the actual time of the menstruation, do not stand much, do not walk too much, be careful about your diet, avoid cold beverages, ices, or cold fruits. Avoid sudden exposure to cold, cold pavements, cold feet, too light clothing; but by no means treat yourself as an invalid. Caution is good, over much care hurtful.

You will derive great benefit from taking much exercise in the open air, on horse back if possible; and adhere to a nutritious but not stimulating diet in the intervals between the periods.—See Chronic Disease in general.

#### MIND, EMOTIONS OF

If a sudden *fright* or *fear* cause violent symptoms, such as congestion to the head, sudden purging, fainting, convulsions or a general feeling of uneasiness, dissolve four globules of *Opium* in four table-spoonfuls of cold water, and give a teaspoonful every quarter of an hour. If the symptoms do not abate after the sixth dose, and there is great congestion to the head, give *Aconitum* in the same manner.

If a fit of *passion* or *anger* bring on bilious symptoms, gripings, pressure at the pit of the

stomach, and vomiting take *Chamomilla* in the same manner as *Opium*, followed by *Nux*, if not better after the sixth dose, and in the same way.

If a sudden and *deep sorrow* or *affliction* bring on derangement of the stomach, headache, giddiness, or convulsions, take *Ignatia* in the manner above mentioned. When sudden excessive *joy* or *excitement* of the mind removes the sleep, occasions trembling, crying, or fainting, take *Coffea* in the same manner.

Do not partake of a hearty meal as long as the mind is excited or depressed; if you feel at all hungry, eat in great moderation, and take perfect rest after eating, as the stomach is not in a fit state for digestion, as long as the mind is at all disturbed.

Should the symptoms of indigestion, biliousness, or derangement of the bowels continue; see Indigestion, Biliousness, Bowel Complaint, Vomiting.

In general *Nux* is best suited to passionate, lively, bilious, and sanguine temperaments. *Bryonia* to the irritable, and nervous. *Pulsatilla* to persons of a soft and mild character, inclined to tears. *Belladonna* to fair people of rather a cross and obstinate disposition. *Aconitum*, *Belladonna*,

*Chamomilla*, *Coffea*, *Ipecacuanha*, and *Mercurius* suit children better, *Belladonna*, *Calcarea*, *Ignatia*, *Pulsatilla*, are more adapted for women.

But these are very general rules, and by no means to be adhered to when the symptoms do not correspond to the medicines here mentioned—See Nervousness.

### MUMPS.

An epidemic affection consisting in a painful inflammation of the glands under the ear, with much outward swelling; both sides are generally affected. Left to itself, it increases during four days, lasts nine, and often runs a mild course *Mercurius*, however, shortens its duration and lessens the pain.

Dissolve six globules of *Mercurius* in six table-spoonfuls of cold water, and take one table-spoonful three times a day. Keep the face tied up, remain in a warm temperature and dry atmosphere; let your diet be light, no stimulating food or beverage, no meat for the first day or two.—See Swollen Glands, Swollen Face, Inflammation, Sore Throat.

### NAUSEA.

As the symptoms of nausea and sickness are

closely connected, I shall treat of both in the same article.—See Vomiting.

### NERVOUS AFFECTIONS,

Or general nervous disorder—an evil growing with the luxuries of our present artificial mode of living, and well known to nervous and delicate people. They feel prostrated under the most wretched spirits, they are nervous and irritable to an excess, noise is unbearable ; irresolution, apprehension, unaccountable timidity haunts them continually, and they are oppressed with a general uncomfortable feeling, keenly felt, but not easy to describe. A man once strong and sturdy is now almost afraid of his own shadow, he suffers from palpitations, he is subject to fainting fits, his nights are restless, his spirits down, and his strength entirely gone.

To ameliorate these symptoms, remove at once such causes as have created your present state. Attend to your general health, rest the mind, occupy it only with whatever may interest it without fatigue. Regular exercise of the body without exhaustion, a pure atmosphere, a visit to the country, wholesome food, (plain and nourishing but not stimulating), are important.

Sponge, every morning, the whole body with cold water, followed immediately by a rapid and careful rubbing with a coarse sheet or flesh brush, so as to increase the normal activity of the skin, which is always impaired in such cases. In winter, use water with the chill off.

Adhere closely to the rules laid down in Weak Digestion, and especially resort to fresh air at once ; no treatment can remove nervousness, if you are shut out from the fresh air. Daily rides or walks as far as possible from the smoke of large towns, early rising, a walk before breakfast without over fatigue, are indispensable to your recovery. In inveterate cases, residence in another climate becomes absolutely requisite ; but for treatment apply to your physician.—See Weak Digestion, Hypochondriacal Affection, Chronic Disease in general.

#### NETTLE-RASH.

If *acute* and accidental, it often accompanies some derangements of the stomach, and the remedies which cure the one will remove the other.—See Indigestion, Acidity of the Stomach, Biliousness.

If it accompanies symptoms of a cold, and has been produced by damp, or wet weather, take one globule of *Dulcamara* whenever the rash makes its appearance. In other cases, one globule of *Rhus* will generally remove this very transient but troublesome eruption. *Chronic* nettle-rash is a constitutional affection, often requiring a protracted treatment; consult your physician about it. A careful attention to diet is indispensable in order to prevent a return of the symptoms; sponging with hot water, or bathing with spirits of wine and cold water, will soothe the itching pain of the eruption itself.

#### NIGHT MARE.

A nervous affection, or spasm of the chest, accompanied by some fearful dream. Nervous people are more subject to it than others, and a deranged digestion or worried spirits frequently bring it on.

Any thing which tends to improve the general health will diminish that affection.—See Indigestion, Weak Digestion, Wakefulness.

If accompanied with violent beating of the heart, flushed face, and a general feeling of heat and

oppression, take one globule of *Aconitum* at once, and another before going to bed on the following night.

Avoid late hours, shun any over-excitement of the mind, do not study at night, eat light food, live cheerfully, avoid any thing which might overload the stomach or oppress the mind. People without cares seldom suffer from this complaint.

#### NOSE BLEEDING.

Sometimes preceded by chilliness and pain in the back or limbs, so that people who are subject to it are often warned of its approach. As soon as these symptoms appear, put on the nape of the neck any cold object, such as a key or a bit of metal; a wet cloth will often suffice to stop it; if not, put fifteen drops of *Tincture of Arnica* in a tumbler of cold water, and foment the face and nose with it.

Should the bleeding continue, persevere in the above treatment, apply cold water to the lower stomach, put the hands of the patient in hot water, keep his feet warm, and send for medical aid.

Should it happen in women at the time of the menstruation, and while this function is scanty, or

suddenly suppressed, instead of *Arnica* and cold water, dissolve *Pulsatilla*, three globules in four tablespoonfuls of cold water, give one teaspoonful every ten minutes till the bleeding stops.

Against a tendency to bleeding at the nose, take one globule of *Calcarea*, fasting, three consecutive mornings, and immediately after each returning attack.

### PALPITATIONS.

A violent and irregular motion of the heart, sometimes amounting only to fluttering, at other times to throbbing of that organ. It may be constant, hardly ever better, and the result of an organic affection of the heart, or connected with a general derangement of the circulation; this case is entirely out of your reach. It may be on the contrary, a purely nervous affection, and if produced by the state of the digestion, accompanied by symptoms of a derangement of the stomach; see Indigestion, Weak Digestion.

If worse at night when lying down in bed, and preventing sleep; if the patient complains of hearing the beating of his heart, in his head or throat, if he is feverish and hot, give one globule of *Acon-*

*itum*, and repeat it every evening until the symptoms are abated.

If, on the contrary, the palpitation is accompanied with shivering and occasional flushing heat, if attended with a feeling of great anguish, frightful confused dreams, and dreams of the dead, give, *Pulsatilla* in the same manner.

*Lachesis* taken in the same way, will be of much use, when the palpitation is worse after eating, when there are fits of suffocation at night with groans and sighs during sleep. If produced by any sudden mental shock, see Emotions of the Mind.

Regulate your diet and keep up your general health; adhere to the rules mentioned in Nervousness. In cases relieved by *Aconitum*, a tepid bath of 92° once or twice a week is advisable; in other cases, on the contrary, sponge with cold water.

In all doubtful cases or when resisting the above treatment, consult your physician, as palpitations may be the symptom of some nervous disorder.— See Chronic Disease in general, Nervous Affection.

#### PILES.

Distended veins forming small tumours, either

within or without the opening of the rectum. When there is discharge of blood, they are called *bleeding piles*; when there is no discharge, *blind piles*; those that are situated within, are termed *internal piles*; and those without, *external piles*. They constitute an affection of a *chronic* nature, generally hereditary, always constitutional, which may remain for a considerable time hidden and at rest, but is subject to sudden and *acute* attacks, with the following symptoms:—Violent burning itching, throbbing, accompanied or not with discharge of blood, or mucus, constipation, sensation of weight as of a lump of lead on the lower back or stomach, headache, lassitude, giddiness, congestion to the head, an uneasy feeling, and often bilious symptoms.

. As soon as these symptoms occur, if there is fever, thirst, much inflammation, and total loss of appetite, dissolve six globules of *Aconitum* in six tablespoonfuls of cold water, and take one every two hours.

If there is no fever, but a great sensation of weight, and obstinate costiveness, or if six doses of *Aconitum* have not relieved, take *Nux* in the same manner. Should there be diarrhoea with much

burning heat, take *Arsenicum* instead of *Nux.* Do not apply a warm poultice, but a cold one.

Fast, drink cold water freely, avoid strong animal food, wine, malt liquors, acids, coffee, and spices; keep to a light food, and take a hip-bath at 85° for about twenty minutes, which you may repeat two or three times a day.

If the symptoms persist and increase, call in your physician. Also against a tendency to *chronic piles* you must have his advice.

To avoid the return of an acute attack, pay great attention to your diet; and keep strictly to the rules laid down in *Weak Digestion*; see also *Costiveness*, *Biliousness*. Avoid as much as possible any violent shocks on the mind; see *Emotions of the Mind*. Acute attacks are generally in consequence of errors on these points. Live carefully, but socially and cheerfully.—See *Chronic Disease* in general.

### PLEURISY.

The symptoms and treatment of the inflammation of the membrane lining the lungs are so like those of the inflammation of the Lungs, that I must refer you to that article.—See *Inflammation of the Lungs*.

## POISONING.

In case of poisoning, try at once to produce vomiting by administering tepid water, in large quantities and as often as possible; or use the stomach-pump. After vomiting is produced, if there is violent pain, acrid burning and raw feeling of the throat, burning colic or diarrhoea, beat up *three whites of eggs* in a tumbler of tepid water, and give a wineglassful every two or three minutes; or, if you have no eggs, give *milk*, or *pure starch* dissolved in tepid water, to the consistence of cream.

If the pain is not violent, but the patient complains of giddiness, weight at the stomach, confusion of head, looks as if intoxicated, is very drowsy and red in the face, and his breathing is difficult, rapid and very short, give a cup of strong black coffee. Should the symptoms continue, give one drop of *Camphorated Spirit* in a teaspoonful of sugared water, or on a small lump of sugar, every five minutes.

As very general rules, the above are safe in awaiting the arrival of medical aid. But lose no time, for poisonings require the prompt attendance and active treatment of a skilful professional man.

The stomach-pump is of all means the best to remove poisons, especially *vegetable* ones. For *animal* poisons, such as venomous bites, see Stings of Insects.

### RASH.

A common appellation for any kind of Eruption.—See Eruptions, also Erysipelas, Heat Spots, Measles, Nettle rash, Scarlet Fever, Shingles, Itching of the Skin, Small-Pox, Spots, Chicken-Pox.

### RHEUMATISM.

*Acute* Rheumatism, or Rheumatic Fever, announces itself with languor, chilliness, dead weight of the limbs, thirst, restlessness, and a very quick pulse. As soon as these symptoms take place, send the patient to bed, give him some warm beverage, very thin gruel or warm sugared water; dissolve six globules of *Aconitum* in four table-spoonfuls of cold water, give one teaspoonful every hour, and send for your physician.

*Chronic* Rheumatism appears under divers forms; as to the parts affected, and the symptoms of each different case. It generally fixes itself on the

large joints, or in certain muscles. I shall only mention a few of the most common cases, advising the patient who does not find his case here, to put himself under medical care, rather than attempt to treat himself, for this may only render matters more painful for him, and certainly more difficult for his physician.—See Chronic Disease in general.

If the pain moves from one place to another, and is accompanied with a sensation of torpor, and of partial shiverings, if worse at night in bed, take four globules of *Pulsatilla*, one every evening at bed-time. Wrap up the part affected with flannel, and avoid all stimulating food and acids.

If the joints chiefly are affected, and the parts puffed and swollen, if there is profuse perspiration, and if the pains are worse when getting warm in bed, take *Mercurius* in the same manner.

If the pain is shooting, but seems superficial, is worse on moving, and is accompanied with bilious symptoms, take *Bryonia* in the same way as *Pulsatilla*; follow the same prescription, with the addition of several glasses of cold water, during the day.

If the pain seems deeply seated, a sort of gnawing and tearing pain; if worse when touched, at night

or during rest, take *Rhus* in the same manner; follow the same rules, but do not cover yourself too much at night.

If the attack of Rheumatism has been caused by exposure, when heated, to a draught of cold air, take as a general rule, *Belladonna*; if occasioned by damp, take *Dulcamara*; and if by getting wet through, *Rhus*.

A vapour bath, local or general, of about 100° once or twice a week, is to be recommended. Chronic rheumatism is almost always connected with bilious symptoms or deranged stomach. Never over-load the stomach, keep the digestion regular, and the appetite keen, eat sufficiently, live well but prudently, remembering that to live well is to live long; be well clothed, wear merino or spun silk next the skin. Rheumatism renders the frame very sensitive to cold air.—See Weak Digestion, Fever, Inflammation, Lumbago, Sciatica.

#### SCARLET FEVER.

Scarlatina is a contagious eruption, distinguished by its colour, accompanied with fever, and usually complicated with sore throat. It is an epidemic affection, generally breaks out at the close of the summer, and attacks all ages.

It begins with sudden violent chilliness and shivering, soon succeeded by symptoms of fever; the second day the face and neck are covered with an eruption of a raspberry colour, and of a more or less intense hue. The eruption fades away on the fifth day, and is gone on the seventh. The fever varies, and the throat is either slightly or severely affected in different cases—the lighter the fever and the sore throat are, the lighter and the less contagious is the affection. The colour of the tongue, which is dark purple-red, the usually accompanying sore throat, and the subsequent peeling off of the skin in large patches, help to distinguish it from measles.

As soon as the first symptoms take place, put the patient to bed, cover him warm, dissolve at once six globules of *Belladonna* in four tablespoonfuls of cold water, and give a teaspoonful every hour at first, and as soon as the perspiration and warmth return, every two or three hours.

Keep the room dark but airy, do not cover the patient too much, give nothing but cold water by tablespoonfuls, or barley-water. If the throat is very sore, let the patient inhale the vapour of hot water.—See Sore Throat, and send for medical aid.

Scarlet fever is never a slight affection in this country, and though it may seem to run smooth at first, do not trust it at any time.

As prevention is better than cure, in time of an epidemy of that disease, if you are near persons affected with it, take one globule of *Belladonna* every other morning, fasting, and for as long a time as exposed to the contagion; it will either keep you entirely free, or render any attack mild and gentle.—See infectious and Epidemic Disorders, Eruptions, Fever.

#### SCIATICA.

Rheumatism in the hip joint, often extending down the leg. It is accompanied in most cases with derangement of the stomach, bilious symptoms, and costiveness. In this case, and when the pain is worse in the morning, take three globules of *Nux*, one every evening at bed time.

If the pain is relieved by external warmth and accompanied with internal burning heat, and if the affection is of long standing, take *Arsenicum* in the same manner. For further directions see Lumbago, Rheumatism, and adhere to the same rules.

## SEA-SICKNESS.

The best remedy that I know—though everybody knows a remedy and few cure the evil—is not to go on board with an empty stomach; to lie down at once, if possible, on deck, and to remain lying down till the symptoms are alleviated, taking when the first feeling of nausea comes on, one globule of *Nux* every quarter of an hour till well. This distressing suffering is however very different with different people; I shall therefore enter into a few particulars.

If there is vomiting of yellow green phlegm, accompanied with internal burning, pains, or thirst, and an unaccountable feeling of apprehension, or a great indifference for one's life, take *Arsenicum*, one globule after every fit of vomiting.

If there are frequent and empty risings, with great accumulation of saliva, and faintness after every return of sickness, take *Cocculus*, one globule after each paroxysm.

If the least movement brings on distressing nausea, and loathing for everything, though not actual sickness, the sufferer looks "green and yellow" and has an incessant qualmishness of the stomach, let him take *Tabacum*, two globules every half-hour.

The patient should not remain with an empty stomach, but take at repeated intervals, either some warm but very weak black tea, or a glass of ice-cold water by itself, or accompanied with a dry biscuit. I cannot recommend the use of brandy, far less that of whisky.

#### SHINGLES.

An eruption of vesicles in small distinct patches spreading round the body like a girdle. This affection, more frequent among children and old people, is sometimes slow to cure. It is accompanied with great itching, bilious symptoms, and feverishness, and lasts about twelve days.

According to the degree of fever and heat accompanying it, diminish the diet, and keep the patient cool and quiet. Dissolve *Mercurius*, six globules in six tablespoonfuls of cold water, and give one three times a day. As soon as the fever is over, let the patient resume a plain but nourishing diet, and avoid cold and damp air, or any thing which might suddenly check this affection.

*Mercurius* alone will generally cure it, if it does not, it is because this complaint is seated deep in the constitution; you will do well to ask the advice of your physician.

When the eruption is drying up, take three globules of *Rhus*, one, morning and evening.—See Eruptions, Rash.

### SIDE, STITCH IN

From running or walking too soon after a meal. This affection is often very troublesome, but rest generally removes it; if not, two globules of *Aconitum* will relieve it immediately.

A tight broad belt round the waist is an excellent preventive for those who, being subject to it, are called upon to take violent exercise.

### SLEEPLESSNESS.

It frequently announces some illness, which must be attended to before sleep can be restored; but when it forms a prominent symptom of itself, do as follows :

If caused by excessive mental labour, or the use of coffee, rest from the former, and gradually diminish the latter. If these means do not restore your sleep, take one globule of *Nux* every evening at bed-time till better.

If caused by over-loaded stomach or indigestion, see Indigestion, Weak Digestion.

If from any over excitement of the mind, dissolve three globules of *Coffea* in six tablespoonfuls of cold water, and take one teaspoonful every hour.—See Emotions of the Mind.

Children often lie wide awake, but with a total absence of all symptoms of pain; dissolve two globules of *Belladonna* in six tablespoonfuls of cold water, and give one teaspoonful every hour. If this fail, there must be some hidden cause which must be removed before they can sleep.

Pay much attention to diet, clothing, and exercise, never go to bed with a stomach overloaded; let your bed-room be cool, the bed not too warm; shun over-fatigue both of mind and body; never occupy your mind with business late at night, and live much in the open air by day.—See Weak Digestion, Nervous Affection, Teething.

A tumbler of cold and strongly sugared water taken at bed-time, often insures a good night after a day of much fatigue or great excitement.

#### SMALL-POX.

An eruptive fever, contagious and epidemic, distinguished by its peculiar pustules. It begins with pains in the back, nausea, weight at the

pit of the stomach, dryness of the throat, bowels costive. There soon appear on the face and neck small red spots which become pustules, containing a whitish liquid; they spread over the whole body, become as large as a pea, and after having lasted six or seven days they dry to a scab, and a general desquamation takes place on the fourteenth day.

Such is the usual course of this fever, but its symptoms may vary considerably, the eruption become confluent, and the danger imminent.

As soon as the first symptoms take place, let the patient go to bed; keep his room airy, carefully ventilated, constantly cool, and observe the greatest cleanliness. If thirsty, give him cold water, or toast-water cool, in small quantities at a time, but repeated if required. A total absence of light might prevent the disfigurement consequent upon this affection, but complete darkness would be prejudicial to the patient, it must be avoided. *Thuja* seems to have the power of shortening the disease, of rendering it very mild, and of preventing all disfigurement.

On the appearance of the first symptoms, give at once *Aconitum*, six globules dissolved in four

table-spoonfuls of cold water, one teaspoonful to be taken every hour. After the sixth dose, wait three hours, and dissolve six globules of *Thuja* in four tablespoonfuls of cold water, and give a teaspoonful every two hours, while you send for medical advice.

Thanks to vaccination, small-pox is no more what it used to be; it seldom attacks persons who have been vaccinated, or if it does, it is in a much milder form. But it is important not only that the vaccination be performed in infancy, but also, that in later years, it should be carefully repeated. If it does not take a second time, the individual is generally safe for life.

During an epidemic of small-pox, take one globule of *Thuja* every other morning, fasting, and as long as you are exposed to the contagion. It may keep you free, or if attacked, render its form mild, and its consequent disfigurement slight or null. When attending by the bedside of a case of small-pox, do not stand between the patient and a window, or in any direct draught, as you would be more likely to receive contagion.—See *Infectious and Epidemic Disorders, Eruptions, Rash, Fever.*

## SORE THROAT.

An inflammation of the throat denoted by redness, swelling, and a difficulty in swallowing.

A slighter degree with tightness and soreness in swallowing, swelling and redness of the throat, dryness of the tongue, and fulness of the pulse, is called Sore Throat. An aggravated degree of all these symptoms is usually named Quinsy.

When there is a feeling of tightness in the throat, heat and dryness of the mouth, much thirst and redness of the throat and tongue, dissolve six globules of *Belladonna* in six tablespoonfuls of cold water; take one teaspoonful every hour.

If on the contrary, there is much saliva, pains extending to the ears, bad taste in the mouth, and shiverings, alternating with flushing heat, or if the burning redness of the throat has not been removed by *Belladonna*, if the tongue is loaded, and there are any ulcers in the throat, take *Mercurius* in the same manner.

When a sore throat can be traced to the effect of a damp atmosphere, either rain, fog, or an accidental wetting, *Dulcamara* will often remove it at once, give it as *Belladonna*.

In all cases accompanied with fever, let your

diet be spare, mild, and diluting as recommended in Fever. Drink warm barley-water, or thin gruel. Keep to your room, and if the dryness or pain is great, gargle the throat with a solution of honey in tepid water, or inhale the steam of hot water. Apply a hot rice poultice all round the throat, to be made like a common poultice, using rice instead of bread.

Should the complaint resist the above treatment, or assume an unfavourable appearance, send for medical advice.

A general strengthening treatment, as mentioned in Weak Digestion, will tend to remove a liability to this affection; but patients treated Homœopathically, are less liable to it than others. If you are subject to a chronic relaxed throat, consult your physician.—See Checked Perspiration, Common Cold, Scarlet Fever, Hoarseness, Inflammation.

### SPOTS.

I mean those small but unwelcome little spots, often spoiling the complexion, by coming out on the face and neck of persons subject to a weak digestion. Though very insignificant in appearance,

they are very often connected with a deeper derangement of the constitution, and must be, as all similar eruptions, removed by a constitutional treatment; see Eruptions. You will find that when connected with indigestion or biliousness, a removal of the one will cure the other; see Biliousness, Weak Digestion, Indigestion. Never use any external application to remove them, however troublesome they may be.—See Heat Spots.

If they persist or increase, consult your physician, for, I repeat it again, though trifling in appearance, they have a deeper cause than may seem at first.—See Chronic Disease in general.

### SPRAINS.

Bathe the part in hot water, for fifteen or twenty minutes. Foment it with a solution of half a teaspoonful of *Tincture of Arnica* to a pint of cold water till amelioration takes place. As soon as all inflammation is removed, give up the Arnica, pour, morning and evening, cold water over the part affected, and immediately afterwards rub in, for a minute or two, a liniment made of a thick lather of common soap and brandy; put over it a piece of calico, and keep it tightly and carefully bandaged.

At first rest the limb, but when the inflammation has subsided, use it with care, and in spite of all reluctance to do so ; keep to a spare diet for a few days, the sudden want of exercise will upset your digestive powers, and the Arnica has often a similar effect, for this reason make no abuse of it.

Should the sprain be a severe one, by all means get medical advice, and never neglect it at the beginning. The same treatment applies to *Strains*.—See Bruises.

#### STIFF NECK.

Rheumatism of the muscles of the neck, and sooner caught than parted with. It is accompanied with much pain on the least movement, even that of swallowing, and with a slight derangement of the digestion.

If the consequence of wet or damp weather, dissolve at once six globules of *Dulcamara* in six tablespoonfuls of cold water, and take one teaspoonful every two hours.

If worse morning and evening, and especially when moving the head or swallowing, if accompanied with loss of appetite, bitter taste in the mouth, and tendency to constipation, take *Bryonia* in the same manner.

11. Rub in at night, some animal fat, and keep a piece of flannel constantly round the neck.—See Rheumatism, Lambago, Checked Perspiration.

### STINGS OF INSECTS.

If stung by a wasp, a bee, or any large insect, see that the sting is first removed, then foment the part with a solution of a teaspoonful of *Tincture of Arnica* in a pint of cold water, till all pain is removed. If there is much swelling and inflammation, as is often the case with children, give a teaspoonful every hour of a solution of four globules of Arnica in six tablespoonfuls of cold water.

### STOMACH, CRAMP OF

Often hereditary, and a very painful and distressing affection. This ailment, entirely nervous, is generally brought on or aggravated by any cause exciting the nervous system, such as over anxiety of mind, or over work of the brain, during the time of a protracted and weakened digestion.

We meet with it particularly in nervous people, delicate females, or those suffering from a sluggish liver. It comes by fits, and may last for years.

The pain is at first a simple pressure or weight at the stomach, then a tightness, pinching, a sensation of cramp in the pit of the stomach, darting right through to the back, and often vomiting of mucus, and great flatulency. It is worse when standing, relieved by bending forward and by pressure, and goes off entirely after the digestion is over.

If accompanied with great tightness at the pit of the stomach, bitter taste in the mouth, great accumulation of saliva, costiveness, headache, and cross humour, or if the effect of any mental emotion, or of indigestion, or even of abuse of fermented liquors, take one globule of *Nux*, to be repeated at bed time, and the next day, if necessary. If, with similar symptoms, the pain is worse, from the least movement, take *Bryonia* instead of *Nux*.—See Indigestion.

If the pain is accompanied with shivering and shuddering, semilateral headache, and violent pain in the back, with great depression of spirits, take *Pulsatilla* in the same manner.

If, on the contrary, there is a heavy pressive pain, as that of a stone, if relieved by taking coffee, but worse at night in bed, take *Chamomilla* in the same way as *Nux*.

If the above means do not relieve promptly, apply to the pit of the stomach two or three small pieces of camphor spread on cotton, wrapped in a bag of muslin or fine linen, and take a drop of *Camphorated Spirit* in a teaspoonful of hot sugared water, every ten minutes.

Be very careful about your diet, here, more than ever, you must keep to severe and dietetic rules; banish from your table all unwholesome food, and from your mind all unwelcome cares. Give plenty of time to digestion; never apply to business immediately after dinner, even reading is bad, and exercise worse.—See *Weak Digestion, Nervousness, Heartburn, Water-brash.*

Against a tendency to this affection you must consult your physician, as it generally requires a lengthened treatment to eradicate it out of the constitution.—See *Chronic Disease in general.*

#### STYE.

This troublesome small boil on the eyelid rapidly yields to *Pulsatilla*. Dissolve four globules in six tablespoonfuls of cold water, and take one twice a day until well.—See *Boils.*

#### TEETHING.

A natural process beginning soon after the fourth

month and ending about the sixteenth. A child in health usually gets through it without pain or difficulty; but for a weakly constitution it is always a most trying period. Many a constitutional complaint, which lay dormant in the system is brought out by the teething, and require a constitutional treatment. I shall only notice here those ailments which are of a more transient nature.

*Acidity or Wind in the Stomach.*—See *Acidity*.

If *Chamomilla* fails, or if attended with diarrhoea, dissolve two globules of *Rheum* in four tablespoonfuls of cold water, and give one teaspoonful after every motion.

Watch the diet—an inferior quality, or too great a quantity of food is a frequent cause of this evil.

*Colic.*—When accompanied with violent crying, drawing up of the legs, redness of the face, and greenish diarrhoea, dissolve two globules of *Chamomilla* in six tablespoonfuls of cold water, and give one small teaspoonful every hour. If the third dose does not relieve, give *Rheum* in the same manner; cover the stomach with warm flannel, removing all tight bandaging, give warm and light food, and keep the child warm and dry.—See *Gripes*.

*Constipation.*—If the child has red cheeks, and

is very cross and irritable, give one globule of *Nux*, to be repeated next morning if necessary ; if not sufficient, give *Bryonia* in the same manner. Do not feed him with boiled milk, and do not over-load his stomach. To rub the stomach with the hand, or let the child sit over the steam of hot water, often proves a great help in this accidental constipation.—See Costiveness, Indigestion.

*Convulsions*.—See Convulsions.

*Cough*.—See Cold on the Chest.

*Crying*.—Often without any apparent cause, and frequently for hours and even days without ceasing. Dissolve two globules of *Belladonna* in six tablespoonfuls of cold water, and give a teaspoonful every half hour. If not better after the sixth dose, do the same with *Chamomilla*.

Give the child a tepid bath, remove all bright lights from the room, avoid noise, diminish the food, and ascertain what ailment may be the cause of this state.—See Convulsions, Sleeplessness.

*Diarrhœa*.—If connected with Wind, or Acidity, or Colic, see these articles. If the motions are watery, slimy, and look frothy, dissolve three globules of *Mercurius* in six tablespoonfuls of cold water, and give one teaspoonful after every motion.

Keep the child warm and dry, cover the stomach with a warm flannel, let the milk be given boiled, and the food be of the lightest description, keep the child quiet; movement will increase the evil.— See Bowel Complaint, Acidity of the Stomach.

*Feverishness.*—The skin is hot, there is redness of the face, dryness of the mouth, want of sleep at night, drowsiness by day, the child has not spirit to play, he lies down, has no appetite, and only asks to drink; in this case dissolve two globules of *Meconium* in six tablespoonfuls of cold water, and give one teaspoonful every hour. If there is total want of sleep at night, great excitement, red cheeks and brilliant eyes, give *Belladonna* in the same manner; but except in this case, avoid giving *Belladonna* to a child at night.

Diminish the diet, give sops, remove all exciting causes, and keep the child in a quiet and airy room.—See Fever, Sleeplessness.

*Sleeplessness.*—See Sleeplessness.

Such are the most common ailments attending on a difficult dentition. Never neglect a single symptom at that period of life, for they are of double importance, and should any one baffle your treatment, do not delay in asking your physician's

advice, for though strong and healthy children may need no help, and give no anxiety, weakly ones require all our attention and all our care.

It is quite beyond the sphere of this book, to enter into more details on the management of teething; it varies with different constitutions, and requires the minute examination of each individual case.

### THRUSH.

Small white ulcers in the mouth; a common complaint with infants, but by no means a trifling one.

If there is much salivation, and the mouth looks swollen, if the breath is offensive and there is relaxation of the bowels, give one globule of *Mercurius*, to be repeated twice a day, if necessary.

Observe the greatest cleanliness about the child and any thing that comes near him, see whether his food may not be the cause of this affection, and if so, alter it at once. If *Mercurius* does not cure the evil, refer to your physician; there may be some constitutional cause which you cannot remove.—See Sore-Throat.

## TONSILS, INFLAMMATION OF

The *chronic* inflammation, swelling or hardening of the tonsils is not beyond cure, but requires the care of a medical man; do not treat it yourself. For the *acute* one, see Sore Throat.

## TOOTHACHE.

A very troublesome and distressing malady, severe, obstinate, and often difficult to cure. It has various causes, but especially accompanies a weak digestion, and is almost a constant attendant on pregnancy. There are great varieties of this painful complaint; the most common cases are the following:—

If there is pain in a carious tooth, worse at night in bed, after eating, and from the use of cold water, dissolve three globules of *Antimonium* in six tablespoonfuls of cold water, and take a teaspoonful every half-hour.

If there are drawing pains confined to the teeth, with throbbing as in an abscess, if worse after a meal, or in the morning early, and accompanied with bilious symptoms and costiveness, take *Nux* in the same manner.

If, on the contrary, the pain extends to the side

of the face, to the head, eye, and ear, if there is short breathing, alternate shiverings and flushings, if worse in the evening and relieved by cold water, take *Pulsatilla* in the same way. If the sixth dose of *Pulsatilla* fail to relieve, give *Chamomilla* in the same manner.

If several teeth are affected, and they seem too long and loose, if worse when lying on the painful side, or when partaking of anything hot, especially in persons of a lively disposition, take *Bryonia* in the same way. If the gums are red and swollen, with great salivation or with dryness of the mouth, and if the pain comes on every time you eat, take *Belladonna*; if not better after the sixth dose, have recourse to *Mercurius*, taken in the same way as *Antimonium*.

*Belladonna*, *Nux*, and *Pulsatilla*, are more appropriate to toothache during pregnancy.

I need hardly mention the tying up of the face, and keeping the teeth from the influence of the external air, by the use of warm flannel, a warm water poultice, or a common one (see Swollen Face). Warm water and milk, or warm water and salt held in the mouth, hot water to the feet, are all to be recommended. But as this affection

often proceeds from a bad digestion, I strongly advise the patient to be very cautious in his diet and way of living, to adhere to the strictest cleanliness of the month, and to watch the first symptoms of derangement of the stomach.—See Weak Digestion, Biliousness, Indigestion.

Let a careful dentist frequently examine your teeth, and stop all decay while it is yet time. When toothache is the result of a general derangement of health, attend to this first. Against the accidents and ailments connected with dentition, see Teething.

#### ULCERS.

The treatment of ulcers is never easy and often most complicated; they require at all times, the help of a medical man, as they are generally connected with a deep seated affection of the whole system.

#### VOMITING.

Nausea and vomiting are degrees only of the same affection and generally accompany each other, though there may be nausea without actual sickness, and vomiting without nausea.—See Nausea.

Sickness may be the result of an indigestion,

produced by having eaten either too much, or an indigestible substance, or by any other cause having deranged the digestion. In these cases, fast, and act as mentioned in Indigestion.

If it is the consequence of a violent moral emotion, take a globule of *Chamomilla*, after every attack of sickness.—See Emotions of the Mind.

If on the contrary it is produced by sudden grief, take *Ignatia* in the same manner.—See Emotions of the Mind.

It may be produced by worms, see Worms; or by poisoning, see Poisoning. In these cases, follow the same rules and same diet as for Indigestion.

It may be sympathetic, and is often most distressing during pregnancy; if it is slight, a bit of dry biscuit will often take off the feeling of craving and nausea, without having recourse to any other remedy; but if there is dryness of the mouth, disturbed sleep, perpetual distress for making water, and costiveness, dissolve three globules of *Nux* in six tablespoonfuls of cold water, and take one teaspoonful after every fit of sickness, but on no account more frequently than four times a day. In any other case, or if *Nux* fail to relieve, take *Ipecacuanha* in the same manner; keep to the diet mentioned in Weak Digestion.

It may be produced by the motion of a ship, or of a carriage; see Sea Sickness.—See also Indigestion, Weak Digestion, Biliousness, Cramp of the Stomach.

#### WATER-BRASH.

A very common symptom of weak digestion and indigestion. The patient brings up a thin watery liquid, insipid, or burning sour, and is troubled with heart-burn.

Water-brash generally occurs in the morning, see for its treatment, Heartburn, Cramp of the Stomach, Indigestion, and keep to the dietetic rules in Indigestion.

#### WATER, DIFFICULTY OF MAKING

This affection may be temporary and accidental, and of this kind only I will here say a few words.

If it is caused by a sudden chill or cold, accompanied with the symptoms mentioned in Checked Perspiration and Common Cold, and if there is constant shivering and shuddering with looseness of the bowels, or a violent cold in the head, dissolve six globules of *Mercurius* in four tablespoonfuls of cold water, and give one teaspoonful every half-hour. If there are occasional and partial flushings,

pain in the small of the back, headache, or sensation of internal heat, give *Pulsatilla* in the same manner.

Children and old people are particularly liable to this sort of affection.

Put the patient in a tepid bath of 95° for about twenty or thirty minutes—either a whole bath or a hip bath—and immediately after it put him into bed, and continue to apply to the lower stomach fomentations with warm water (see Swollen Face). If there is feverishness or inflammation, do as mentioned in Fever and Inflammation.

This affection very frequently accompanies the first and latter month of pregnancy, and is almost invariably cured by *Nux*; dissolve two globules in four tablespoonfuls of cold water, take one at bed time, and another next morning, if necessary. Should *Nux* not cure the symptoms, take *Pulsatilla* in the same manner.

#### WATER, INVOLUNTARY MAKING OF, AT NIGHT.

A troublesome and distressing affection of many weak children. Three globules of *Belladonna* in four tablespoonfuls of cold water, one teaspoonful given every morning, will generally alleviate, if not

cure this evil. It is always a sign of a weak constitution, and often a symptom of worms.

If there are worms, follow the treatment given in that article; see Worms. If caused by a derangement of the stomach, see Indigestion, Acidity of the Stomach.

Be very careful as to the diet of the child, and do not deluge his stomach with slops and liquids at any time especially at night.

Should this affection not yield to the above treatment, consult your physician, but do not resort to harsh treatment and hard words, for the poor child cannot help it, and by frightening him you will do harm, and certainly not cure the complaint.

#### WHITLOW.

An exceedingly painful inflammation of the tip of the fingers, by the side of the nail, or under it; the thickness of the nail renders the pain very intense. It begins with throbbing and shooting in the finger, extending along the arm, soon followed by fever and loss of appetite; the finger swells, is very tender to the touch, the patient loses his sleep, and the whole constitution labours under symptoms of inflammation and fever.

As soon as the first symptoms appear, and there are shooting and throbbing pains in the finger, dissolve six globules of *Lachesis* in four tablespoonfuls of cold water, and take one every three hours. If not better after the fourth dose, or if these symptoms have already lasted two or three days, give *Hepar* in the same manner.

Sorten the part affected by keeping the finger over the steam of boiling water as long as you can, and afterwards poultice it, either with a common poultice or with a hot water one (see Swollen Face.) If there is much fever, see Fever and Inflammation.

Should the whitlow not yield to the above treatment, and matter have already formed, ask for medical advice. The small abscess must be opened, and the pain and other symptoms will soon subside. Against a tendency to whitlow, consult your physician.

#### WORMS.

They are invariably a sign of delicate health—the large or round ones, of a weak stomach, and the small thread ones, of weak lungs.

These two kinds are more frequently met with in

children ; the other more rare species I shall not mention, they require at all times the special care of a physician.

Great variation in the appetite, sometimes voracious and at other times entirely failing ; offensive breath, frequent nausea and vomiting, itching in the nose or at the opening of the rectum, short constant cough, and a pale sallow look of the countenance, announce usually the presence of worms ; but the visible appearance of these animals is the only proof of their presence, to be depended upon.

When the small thread worms are very troublesome, with great itching, feverishness, thirst, violent pain in the stomach and restlessness at night, dissolve six globules of *Aconitum* in six tablespoonfuls of cold water, and take one teaspoonful every hour.—See Fever. As soon as the symptoms of fever are removed, dissolve four globules of *Mercurius* in six tablespoonfuls of cold water, and take a dessert-spoonful twice a day.

When there are round worms, take *Cina* in the same manner as *Mercurius*.

Use hip baths for five or ten minutes, at 80°, once or twice a day, and small injections of cold water. Strengthen the digestive organs by breath-

ing fresh air and drinking pure cold water, keep to a substantial and nourishing diet, avoid sweet things, salt-meat and salt-fish of any kind, and use cold water freely. To eradicate the tendency to worms, follow the advice of your physician.—See **Weak Digestion, Chronic Disease in general.**



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not moved *dhāt*, or even at the regular  
 hour: it is an old prejudice to believe  
 that he is on the verge of  
 illness, the moment the action of the  
 the slightest degree impeded. As long  
 we will wait patiently; no mischief  
 will happen from any sluggishness of  
 without your being made aware of it in  
 But when you feel drowsy, heavy, the head  
 full or confused; a dull weight press-  
 forehead: when the spirits are upset  
 sleep disturbed; if you wake early and  
 ed with a bad taste in the mouth, the  
 and dry, a want of appetite, and a soft-  
 fullness and heaviness all over; if the  
 and dry, or hot and clammy, the feet cold  
 head burning: then the confinement of  
 is unnatural, and must be attended to  
 case drink half a tumbler of cold water  
 three times a day, partake of meat once  
 day, avoid spices of all sorts, take out-  
 rice, and sponge the stomach with cold water.  
 If this is not sufficient, and, if, with a terrible  
 headache, there is frequent but ineffectual  
 take two globules of *Nux*, three consecutively  
 at bed time, and wait a few days; s!



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