

Laurie.

A FEW PLAIN DIRECTIONS
FOR THE
HOMŒOPATHIC TREATMENT
AND
PREVENTION
OF
BRITISH AND ASIATIC CHOLERA,
AND ALSO
CHOLERINE.



EXTRACTED FROM THE
"HOMŒOPATHIC DOMESTIC MEDICINE,"
BY DR. LAURIE.

WITH ALTERATIONS AND ADDITIONS.

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BRITISH AND ASIATIC CHOLERA,

&c. &c.

HOMŒOPATHIC DIETETIC RULES.

THE Rules of diet, as laid down by Hahnemann and his earlier disciples, for the guidance of those who are *under homœopathic treatment*,* consist merely in the avoidance of medicinal and indigestible substances, both as calculated to interfere with the action of the medicines, and the proper functions of the alimentary system. Consequently, among liquids, the articles generally proscribed are, green tea, or strong black tea, coffee, malt liquors, wine, spirits, and stimulants of every description; lemonade, or other acid or alkaline drinks, and natural or artificial mineral waters. Cocoa, unsipped chocolate (when found to agree), toast-, rice-, or barley-water, oatmeal gruel—sweetened with a little sugar or raspberry or strawberry syrup if desired,—whey, milk and water, or, sometimes, pure milk not too recently from the cow, boiled milk, and in some instances butter-milk, or, in short, any non-medicinal beverage is allowable.

In animal food, pork,† young meats—such as veal, lamb,‡ &c., and among poultry, ducks and geese—had better be avoided, particularly when derangement of the digestive functions exists. Beef, mutton, venison, and most descriptions of game, if not too long kept (high), pigeons, larks, rabbits, are allowable at discretion.

Fish may, in most cases, be occasionally eaten with a little plain butter, but an exception must be made to the oleaginous species, such as eels, salmon, &c., or shell-fish, as oysters, lobsters, &c., and all kinds of salted, pickled, potted, or smoked fish.

Eggs, raw, or soft boiled (when known to agree); butter, if free from rancid or unusual taste; cream, plain, unseasoned custards, and curds, are also admissible in moderation.

* i. e. for disease of long standing. In *acute diseases*, or those which run a short course—as fevers, inflammation, &c.,—Nature herself generally prescribing the regimen to be observed by taking away appetite.

† Lean pork of good quality may occasionally be used by patients under homœopathic treatment, if they have not been taught by experience that it is perfectly unsuited to their digestive powers.

‡ Lamb, when not too young, is not objectionable in many cases; but, as a pretty general rule, it is not to be recommended so much as mutton.

Stimulating soups and high-seasoned or rich made-dishes are so evidently opposed to homœopathic regimen, as scarcely to require further notice. Beef-tea, veal- or chicken-broth, &c., thickened with rice, maccaroni, sago, or pearl-barley, and, sometimes, carrots, turnips, young peas, or cauliflowers, seasoned merely with a little salt, are allowable in certain cases.

Among vegetables, all of a pungent, aromatic, medicinal, or indigestible description, or greened with copper, are prohibited; such as onions, garlic, eschalots, asparagus, radishes, horse-radish, celery, parsley, mint, sage, mushrooms, tomatoes, cucumbers, beetroot, cresses, &c.; but others free from such qualities, such as mealy potatoes, French beans, green peas or beans (deprived of their skins), cauliflower, spinach, seakale, carrots, mild turnips, parsnips, brocoli, vegetable marrow, &c., may be used with the needful precaution of *avoiding any particular article of diet, whether of the animal or vegetable kingdom, that may seem to disagree with the individual*. Lemon or orange peel, laurel leaves, bitter almonds, peach leaves or kernels, fennel, aniseed, marjoram, &c., are objectionable; acids, and the ordinary condiments, such as pepper, mustard, pickles, &c., and salads, ought either to be sparingly partaken of, or entirely abstained from, particularly by the dyspeptic. Salt and sugar in moderation are admissible.

Acid or unripe fruits are clearly objectionable; and even ripe fruits possessing little or no acidity, if fresh or prepared by cooking—such as peaches, raspberries, sweet cherries, grapes: and dried or preserved fruits—as figs, prunes, apples, pears, should be used in moderation, particularly by dyspeptic individuals, and by those subject to colic or diarrhoea not at all. Cold fruits—such as melons,—and raw vegetables—such as cucumbers, &c., and also nuts, of every description, are forbidden.

All kinds of light bread and biscuit free from soda, potash, and not new baked—also simple cakes, composed of similar ingredients, and flour or meal, eggs, sugar, and a little good butter—or light puddings, such as bread-, rice-, sago-, semolino-, without wines, spices, or rich sauces, are admissible: but coloured vermicelli or other farinaceous substances, confectionery, pastry, and also honey, must be rejected. Regularity in the hours of meals should be observed, and too long fasting, as well as too great a quantity of food at a time, should be avoided. (See also the concluding remarks under *Preservatives against Infection*, p. 15.)



SPORADIC, BILIOUS, OR BRITISH CHOLERA.

THE success which attends the homœopathic treatment of Cholera, even in its most virulent forms, has deservedly tended much to enhance the merited confidence of the public in the system. It were, therefore ardently to be wished that professional men of the old persuasion would, in place of persevering with their own discordant and so generally futile, not to say injurious, measures, put those of the new school to the test. Although the disease is one which is, properly speaking, beyond the sphere of domestic treatment, nevertheless, from the present comparative paucity of homœopathic practitioners, we purpose giving in detail a description of the symptoms which call for the different remedies which have been employed with such happy results when timely resorted to.

Before entering upon the treatment, it may be briefly remarked that by the term Cholera Morbus was formerly understood a disease attended with nausea, griping, purging, and vomiting, generally prevalent towards our summer months, and at the season when fruit abounds. But it has now become a generic term, under which are included two varieties—the Cholera Morbus, properly so called, and the Asiatic Cholera.

SYMPTOMS. The first named, variously called the Sporadic,* Bilious, or British Cholera, generally commences with a sudden feeling of nausea and griping, followed by purging and vomiting; in severe cases, accompanied with coldness of the body; particularly the extremities, anxious and hurried breathings, excessive thirst, a feeling of cramping in the legs, sometimes in the arms, with spasmodic contractions of the abdominal† muscles, shrinking of the features, and a hollow expression about the eyes; pulse weak, sometimes scarcely perceptible; thin, watery, and fetid, or bilious evacuations, sometimes with dark, bilious vomiting, anxiety, and tenesmus.‡

* Not epidemic, occurring only in isolated instances, from causes affecting merely the individual.

† Appertaining to the belly.

‡ Straining; painful, constant, and urgent inclination to go to stool, with emission only of small quantities of slime.

CAUSES. The most frequent are worms, gall-stones, unwholesome, indigestible food; fruits, or crude vegetables, alterations in temperature, moist or marshy situations, damp weather, wet feet, suppressed perspiration from sudden exposure to cold, cold drinks when overheated, dentition, or parturition.

TREATMENT. In the treatment of Sporadic or British Cholera, the following remedies will be found the most efficacious: *Ipecacuanha*, *Chamomilla*, *Veratrum album*, *Arsenicum album*, *Cinchona*, and *Pulsatilla*.

IPECACUANHA is very frequently the most appropriate remedy in the premonitory stage, but particularly when there is nausea, with copious vomiting, and more or less griping, followed by diarrhœa. (See below.)

CHAMOMILLA is, likewise, of great utility in the early stage, particularly when the complaint has been excited by a *chill*, or when a *fit of passion* has given rise to it, in which latter case indeed this remedy is almost specific. (See also COLOCYNTH.) The following are the symptoms which more especially indicate its employment: acute colic-like pains, or heavy *pressure* in the region of the navel, sometimes extending to the heart, with excessive anguish; *bilious* diarrhœa, cramps in the calves of the legs; tongue coated yellow; and, sometimes, vomiting of acid matter. PULSATILLA is preferable to *Chamomilla*, when the attack has been brought on by partaking of rich, indigestible food, and when the stools are more of a mucous* character. COLOCYNTH again, is more appropriate in some cases arising from a moral cause, more especially a fit of anger or mortification, attended with indignation.

Administration. Six globules to two table-spoonfuls of water, a dessert-spoonful every two to six hours, according to the severity of the symptoms; lengthening the intervals as soon as improvement sets in.

IPECACUANHA may be administered after the above, should the attacks of *vomiting* become more prominent; or, as already observed, it may be selected from the *commencement*, should *vomiting predominate*, or at least assume as marked a character in the complaint as the diarrhœa.

Other indications are—sensation of weakness (or of internal sinking), coldness in the face and limbs, sense of shivering in the abdomen (belly); slight cramps in the calves of the legs, and in the fingers and toes. NUX v. has been found of great value after *Ipecac.*, when the vomiting yielded to the employment of that remedy, but symptoms of spasm of the stomach continued, such as weight and constriction in the epigastric† region, also

* Slimy.

† The region of the stomach.

when anxiety, griping, frequent small evacuations, and straining, frontal headache and shuddering, with predominating internal chills yet remained.

Administration. Same as CHAMOMILLA.

VERATRUM ALBUM. This valuable remedy, which is equally well adapted to the malignant form of cholera, as it is to the milder variety now treated of, should at once be employed if the disease increases, notwithstanding the administration of the preceding remedy, or if, from the first, it assumes the following characteristics: *violent vomiting with severe diarrhoea, excessive weakness, and cramps in the calves of the legs, &c., eyes hollow or sunken, countenance pale, and expressive of acute suffering and intense anguish; coldness of the breath and tongue; excruciating pain in the region of the navel, tenderness of the belly when touched; great thirst, dragging pains and cramps in the fingers, shrivelled appearance of the skin on the palms of the hands; extreme coldness of the extremities; cold clammy sweat.*

Administration. Twelve globules may be added to two ounces of water, and a dessert-spoonful of the solution given every half-hour, one hour, or two hours, according to the severity of the symptoms. The intervals between the doses may be even less than those named if the case is very urgent, and the reaction slow; but as soon as melioration becomes clearly manifest, the intervals must be lengthened.

ARSENICUM is useful when this malady assumes a severe character from the beginning, but is more particularly indicated, when the disease is attended with *rapid prostration of strength, insatiable thirst, excessive anxiety, loss of articulation, with fear of approaching death, burning sensation in the region of the stomach, almost constant discharge from the bowels,* or renewal of the discharge, as often as the desire for drink is gratified; suppression of urine or scanty micturition,† followed by a burning sensation; violent and painful vomiting, tongue and lips dry, cracked and blueish, or black; hollow cheeks, pointed nose; pulse almost imperceptible, or small, weak, intermittent, and trembling; severe spasms in the fingers, toes, &c., clammy perspiration.*

Administration. Same as VERATRUM.

CINCHONA is chiefly useful against the weakness which remains after cholera, but is also serviceable, occasionally, during the course of the disease, particularly when there are vomiting of ingesta,‡ and frequent watery and brownish evacuations, containing particles of undigested food; also when there is oppression at the chest, with eructations, which afford temporary relief; pain in the pit of the stomach, especially

* The stools being usually very acid—creating a feeling of burning heat—and attended with straining.

† Discharge of urine.

‡ Food.

after partaking of the smallest portion of food ; great exhaustion, sometimes amounting to fainting. This remedy is sometimes required when the disease has been excited by indigestible substances, such as unripe fruit, &c., or by inhabiting a marshy situation ; but *Arsenicum* is preferable when the attack is severe, and the symptoms as detailed under that remedy.

Administration. Three globules, in a dessert-spoonful of water, repeated every four, six, or twelve hours, according to circumstances, until amelioration results.

ASIATIC CHOLERA. MALIGNANT CHOLERA. EPIDEMIC CHOLERA.

Cholera asiatica, epidemica, spasmodica.

THIS virulent disease generally commences with giddiness, headache, singing in the ears, and general uneasiness, a sensation of flatulence in the stomach (rumbling of wind), or griping pains, rapid loss of strength,* and a feeling of weight and oppression in the region of the heart. But, in many instances, diarrhœa is the first symptom (see *Cholerine*, p. 16), and which, if neglected, soon becomes associated with vomiting, severe colic, cramps or convulsions, anxiety, and dread of dissolution which appears to be inevitable.

In some, though not all, cases of Asiatic Cholera, we find the lips, nails, and sometimes the whole skin, of a blue colour, but, in almost every instance, the frame loses its power of generating heat, the pulse and pulsation of the heart are almost unfelt, and the circulation of the blood becomes stagnant. The exciting cause appears to depend upon some peculiar condition of the atmosphere. The predisposing influences are :—intemperance in eating and drinking ; insufficient or unwholesome food ; the use of unripe, or of cold, indigestible fruit, and crude vegetables ; cold drinks when the body is overheated ; exposure to exhalations from decayed vegetable or animal matter ; residence in low, damp, dark, ill-ventilated dwellings ; excessive fatigue ; suddenly suppressed perspiration ; sudden mental shocks, or moral emotions—as fright, fear, grief, and especially passion ;—neglect of cleanliness, both personal and domestic ; constitutional debility, serious derangement of the digestive organs, weakness of bowels, &c. As any, or, at all events, several of these in conjunction, tend to favour the invasion of the disease,

* In the severest forms of the malady the patient suddenly falls senseless to the ground, as if struck by electric fluid.

they ought, when practicable, to be carefully guarded against or removed. (See also the remarks under the *Preservatives against Infection*, p. 14.)

Patients, who have escaped through the second stage, are sometimes carried off by a typhoid fever in the third.

TREATMENT. We now proceed to mention the remedies which have hitherto been successfully used against the disease in all its forms, premising that it is of the *utmost possible importance to resort to the medicines as soon as the earliest symptoms become developed.* When the disease is ushered in by the following preliminary symptoms: chilliness, shivering, *giddiness*, headache, singing in the ears, *pain, weight, pressure*, or a *distressing sensation of constriction in the pit of the stomach, cramps in the calves of the legs*, sensation of general uneasiness, sudden loss of strength;—or when, in addition to, or in the wake of the foregoing, the patient is seized with *rigidity of the limbs*, or *prolonged spasms* in the fingers, arms, calves of the legs, and in the muscles of the belly; sunken, blue encircled eyes; diminution of the senses; slow, or scarcely perceptible pulse; blueness and icy coldness of the face and hands, and greatly diminished temperature of the whole body; burning heat in the throat and region of the stomach; distended bowels; much flatulent rumbling; nausea, and even vomiting and diarrhœa; diminished or suppressed urine;* hoarse voice; countenance expressive of excessive anguish; suffocating oppression—the complete development of the malady is generally *prevented*, or the form of the disease constituted by the *sum* of the aforesaid symptoms, with certainty subdued by the early administration of camphorated spirit, of the strength of one part of camphor to twelve of spirits of wine, or, as some prefer it, one drachm of camphor to six or eight drachms of strong spirit.† The more promptly the camphor mixture is had recourse to after the first seizure, the more certain will be its effect, the patient being then often resuscitated as if by a charm, after the first dose or two. Indeed few cases have been known to terminate fatally where it was given within the first hour.

Administration. One or two drops of the above, every five minutes, in a teaspoonful of cold water (iced if possible), until a cessation or amelioration of the symptoms takes place,‡ when

* An almost constant symptom in cholera.

† The first-named or weaker preparation may be preferred in the case of children. Camphor being a very volatile substance, the mixture ought to be kept in phials such as are used for containing ether.

‡ A feeling of returning warmth is, generally, the first symptom of improvement when recovery is approaching; this is, commonly, soon afterwards followed by perspiration, with diminution of anxiety, &c., and an inclination for sleep—after an hour or two of which the patient awakes with a sensation of renewed life.

the intervals between the doses must be lengthened, at first to every two, and then to every four or six hours; or, in short, the dose must only be repeated whenever there is a recurrence of the *stiffness of the limbs*, or spasms in the fingers, toes, calves of the legs, etc. Ten to twelve doses are often sufficient to cut short the disease in the above-mentioned (first) stage.

But when Cholera sets in in its worst and characteristic form, with sudden and violent fits of VOMITING and PURGING, the evacuations resembling *starch- or rice-water*, after several paroxysms; flatulent rumblings, *excruciating gripes, severe clonic cramps* in the calves of the legs &c.* (second stage), ice-like coldness of the entire body, even of the tongue, cold, clammy sweat, oppressed respiration, feeble pulse, great thirst—the patient, if permitted, drinking large quantities of water with avidity—craving for acid drinks, or iced water, excessive weakness, terrified look, weak, hollow voice, groaning and yawning,—we should have immediate recourse to VERATRUM, a remedy which all who have had an opportunity of trying have eulogised.

Administration. A few globules† (six to twelve) in a dessert-spoonful of water, every hour, every half hour, or even every quarter of an hour, according to the intensity of the symptoms—in *severe or desperate cases, every five or ten minutes*. If melioration become manifest, the remedy should be persevered with at gradually increasing intervals—but should no improvement set in after several doses (three to five), and the symptoms remain unchanged, JATROPHA CURCAS‡ may be resorted to in the manner prescribed for *Veratrum*. On the other hand, should the cramps predominate, or change to *convulsive twitching or jerking* of the limbs, with spasmodic constriction of the chest, which obstructs respiration and causes the patient to gasp for breath, CUPRUM must be had recourse to, in the same way as the preceding :

* Spasms which are of short duration, but liable to be repeated in rapid succession. The term "*clonic*" is used in opposition to "*tonic*," which is employed to designate a spasm that is of long duration; the affected part (for instance, the fingers, the arms, legs, or even the whole body) continuing for some time distorted, or stiff and inflexible, without relaxation. The latter form of spasm, only, is that in which *Camphor* is efficacious, whereas *Veratrum* and *Cuprum, &c.*, are suitable to both, but especially to the former, in this disease.

† A more convenient mode of administering this and the other medicines about to be named, consists in dissolving fifteen to twenty globules in a couple of ounces (about four table-spoonfuls) of cold (iced) water, and giving a teaspoonful of the solution or mixture at the intervals mentioned above. Many homœopaths prefer the tinctures to the globules (which latter are composed of the purest sugar and starch saturated with the tincture), and give one to two drops at a time, in a small quantity of water—or add a few drops (five or six) to a half pint of water, and administer a spoonful of this every quarter of an hour or oftener, or only every half hour, or every two or three hours according to the necessities of the case under treatment.

‡ Dr. Hencke found this remedy of certain efficacy in cases where *Veratrum* seemed indicated, but failed to relieve during the prevalence of cholera at Riga, in June last.

and if *Cuprum* be productive of only partial melioration, *Veratrum* may be administered in alternation with it, or *Cicuta*, or some other remedy, substituted according to the nature of the symptoms. ARSENICUM should be selected in preference to, or, in bad forms of the disease, given alternately with, *Veratrum*, if the evacuations upwards and downwards are scanty, and when, along with external chilliness, a feeling of heat or an intense *burning sensation* is experienced in the stomach and bowels, with *extreme prostration and rapid sinking of strength*, insatiable thirst but inability to take more than a sip of water at a time without adding to the sufferings, spasms, livid spots on the skin, dryness of the skin, great restlessness, anxiety, dread that recovery is hopeless and dissolution is rapidly approaching, &c. (Vide also the indications for both these remedies, at page 7.)

The foregoing then, are the principal remedies which were employed with such striking effects by the Homœopathic practitioners during the former appearance of Asiatic Cholera in Europe, in 1831-2-3, when the treatment was had recourse to sufficiently early, and *which have again been used with great success in the present epidemic*. In some cases, especially those which have been neglected, or improperly treated, other remedies become necessary, such as *Carbo v.*, *Acidum hydrocyanicum*, *Ipecacuanha*, *Nux vomica*, *Phosphorus*, or *Acidum phosphoricum*, *Cicuta virosa*, *Secale cornutum*, *Cinchona*, *Sulphur*, &c. Of these *Carbo v.* may sometimes be given with advantage when the patient is reduced to the last extremity,* animation being all but completely suspended, and the pulse *imperceptible*; or when, on the cessation of vomiting, diarrhœa and cramps or convulsions, congestion to the head and chest ensues, with oppressed breathing, coldness of the breath, redness or lividity of the face (which is covered with clammy sweat), and lethargy—the patient seeming as if seized with an apoplectic fit. It was found useful in some instances to give a dose or two of *Acid. hydrocyanicum*,†

* Third stage of the disease, or what is denominated that of asphyxia (suffocation).

† Dr. Hencke considers *Kali hydrocyanicum* (also *Acidum hydrocyanicum*) to be almost the only remedy which is capable of affording any relief in advanced cases attended with the following symptoms: imperceptible pulse, scarcely audible beating of the heart, slow, excessively laborious respiration, coldness of the body, increasing blueness of the face, &c., rigidity of the muscles, lock-jaw, &c., cessation of vomiting, involuntary stools. In two cases of a similar kind to the above, but in which the spasms predominated in the muscles of the belly, he derived greater assistance from the use of *Plumbum aceticum*. The dose of *Kali hydrocy.* may consist of a dozen globules in two tablespoonfuls of water, a teaspoonful of the solution every five or ten minutes, until a beneficial change becomes apparent, when the intervals must be lengthened, as recommended under "*Camphor*" and "*Veratrum*," or some other resorted to if new symptoms supervene, not covered by those which indicate this medicament.

about an hour before the employment of *Carbo v.*, or to give these two alternately every half-hour, or even every ten or fifteen minutes. Should the pulse become stronger under the action of *Carbo v.*, and *Acid. hydrocy.*, but the pain, vomiting, cramps, &c., return, *Veratrum* must again be had recourse to. Dose of *Arsenicum* and *Carbo*, same as *Veratrum*, with the precautions mentioned under the directions for the administration of Camphor. (*Carbo v.*, like *Cicuta*, and perhaps *Stramon.*, is, properly speaking, not so appropriate during the disease itself, as against the sequelæ* of cholera. It is of much service in the stage of convalescence, when flatulent rumblings and colic, with diarrhœa and excessive flatulence during stool, remain.)

IPECACUANHA and NUX V. have been found efficacious before or after *Veratrum*, or any of the other medicaments, when the symptoms assumed the character mentioned at page 6. (The Russian homœopathic practitioners found *Ipecac.* of peculiar efficacy.)

CICUTA VIROSA proved an appropriate remedy, when there were spasms in the muscles of the chest, continuous vomiting, and little diarrhœa; when the eyes were turned upwards, and the patient in a drowsy state. It is particularly in neglected cases, and consequently more in the sequelæ of cholera, than in the disease itself, that this remedy is more generally indicated. *Stramonium* may likewise be useful in similar cases.

Administration. Same as *Veratr.*

SECALE CORNUTUM is very useful in cases of colourless diarrhœa, with pains in the extremities remaining on the cessation of the vomiting, but is also valuable after *Veratrum* and *Cuprum*, when the cramps or convulsions do not yield to these remedies. The following have, however, been found the more immediate indications for this remedy: very copious, exhausting evacuations from the bowels, violent and painful spasms, particularly in the feet, toes, hands, and fingers,—the latter being often thereby spread asunder and drawn backwards,—spasmodic pains in the stomach; wrinkled, shrivelled, cold, blue-coloured skin. Spasms of the above-described character, remaining or commencing after the subjugation of other symptoms by means of other remedies, almost invariably yield to a few minute doses (two globules, every ten minutes, in a teaspoonful of water) of *Secale*.

PHOSPHORUS (followed by ACIDUM PHOSPHORICUM, when great clamminess (sliminess) of the tongue supervenes) is very useful when debilitating diarrhœa remains after the removal of the more urgent symptoms, and particularly when the stools are watery, and attended with pain in the region of the navel, rumbling noise in the bowels, either at other times or on press-

* After effects.

ing the hand against the stomach (abdomen), pricking or shooting pains in the left side of the chest, &c. (See *Cholerine*.)

Administration. A few globules every four or six hours, until amendment is effected.

PHOSPHORUS is also useful in the event of congestion in the chest, with oppressed and laborious breathing, in addition to the before-mentioned symptoms during the course of the disease.

CINCHONA is serviceable against the general debility, and *Sulphur*, like *Phosphorus*, is one of the most important remedies against irritation or weakness in the alimentary canal, characterised by frequent attacks of or nearly continual *looseness* occurring after cholera.

In conclusion, it may be observed, that a few doses of CANTHARIDES will be found useful, when there is great irritation and pain in the bladder, with scanty diarrhœa and straining,—*Rhus* and *Bryonia*, alternately, when a typhoid state with delirium sets in; or *Hyoscyamus* when the patient lies in a torpid state—or speaks confusedly, and is red and bloated in the face. If, after the administration of frequently repeated doses of *Hyosc.* (every half hour), the drowsiness still continues, *Opium* must be given,—when the latter fails, *Lachesis* should be prescribed,—and *Acid. phosphoricum* when colliquative diarrhœa accompanies the typhoid or congestive symptoms. *Aconitum* is useful when the blue, cold stage is succeeded by heat of skin, quickness of pulse, headache, noise in the ears, dryness of the tongue, with redness of the tip and margins, high-coloured urine,—and *Belladonna* when there is extreme tenderness of the belly, or redness of the face, with fulness and throbbing of the vessels of the head. Lastly, *Chamomilla* and *Tartarus emeticus* have been recommended when the evacuations continue feculent at the commencement of the attack, or become very bilious at the termination of the disease. (See also *Synopsis*, p. 20.)

When patients affected with cholera* sought the aid of a homœopathic practitioner after having been previously treated allopathically, it was found essential to give *Camphora* in repeated doses, in the first place, partly for the purpose of rousing the reactive power, and partly to neutralise the effects of the allopathic† medicines.

* At the former visitation of this scourge in Germany.

† A term employed to designate the old system of medicine.

PRESERVATIVES.

THE best *Preservatives against Infection* during the prevalence of the disease, are *Veratrum* and *Cuprum*.* Many homœopathic practitioners recommend *Veratrum* alone, but the alternate prescription has perhaps been more generally preferred. They may be given alternately in the following manner: a few globules (6 to 8) of *Veratrum*, in a dessert-spoonful of water, fasting, and repeated after an interval of twelve hours. Two days afterwards, give or take *Cuprum aceticum* in the same way. Three days after the latter, return to *Veratrum*, and then again, after another interval of three days, to *Cuprum*, and so on, as long as the epidemy continues, always adding an additional day to the interval on resuming the course.† Children are, comparatively speaking, but rarely affected; nevertheless, as they are by no means wholly exempt, half the above quantity may be administered to those who are under ten, and one quarter to those under five years of age. The same rule as to the dose may be observed in the treatment of the disease itself and in Cholera. Care ought at the same time to be taken to avoid excesses of all kinds, late hours, exposure to night air, melancholy thoughts, or fear, which are all predisposing causes to attacks of this malady. When the disease happens to break out, notwithstanding these precautions, it is almost invariably in the *mildest* form, and easily subdued by means of *Camphor*, which should then be taken without delay, followed, if needed, by the other remedies indicated by the symptoms. It may also be remarked, that, during the prevalence of this affection, the clothing should be sufficient to preserve the body at an equable temperature, and care should be taken to avoid chills or checked perspiration, or *cold* and *wet feet*: those who are affected with considerable perspiration in their feet, should change their stockings at least once daily; a flannel bandage worn round the abdomen is also a useful pre-

* Dr. Marenzeller, of Vienna, states that he gave these medicines to 150,000 persons, and that not one of them fell victims to the disease. The same striking results were obtained among 80,000 people in Poland and Hungary. Should the disease break out in this country, and present the same characteristics as above described, *Veratrum* and *Cuprum* will, unquestionably, either form the most effective preservatives, or, at any rate, prove the most serviceable means of modifying the disease and depriving it of its malignity. Coffee, strong tea, and camphor, must be abstained from during the use of these preventive remedies.

† The author does not insist upon the above mode of taking these preservatives. Two globules of the *Veratrum* and *Cuprum* every four, and even only every eight days, have been recommended by others.

caution, and should not be hastily laid aside, even when the danger seems to have passed away; regular exercise should likewise be taken, during the best part of the day, in the open air. Adherence to the homœopathic rules is a sufficient dietetic guide, but too sudden a change of diet is not advisable; raw vegetables, such as celery, salads, cucumbers, pickles, and cold fruits, for example, melons, oranges, apples, pears, &c., should be carefully abstained from, and even the more wholesome varieties, and all cooked vegetables should be used in extreme moderation; pure beer and non-acid wines are unobjectionable for individuals not attacked, and *accustomed to their daily use*, with the same limitation. It may appear almost supererogatory to observe that purity of air and thorough ventilation are highly necessary.

ACCESSORY TREATMENT. The patient should be kept in a room of a warm temperature, the bed should be heated by artificial means,—bottles of hot water applied to the feet, if necessary, and hot flannels to other parts of the body. The observance of this rule greatly facilitates the action of the medicine employed.* Frictions with woollen cloths, and the act of rubbing and pinching, under the bedclothes, the parts affected with spasms, have also been recommended; but if these auxiliary measures prove distressing to the patient, he should be left quietly under the action of the medicine. Anything which might disturb the equanimity of the sufferer, such as noise or contradiction, should be carefully avoided, and his spirits should be sustained as much as possible. Cold water is the best drink, but the patient should not be allowed to take too much at a time; the occasional administration of a small piece of ice, if possible, or of iced water in teaspoonfuls, is often attended with benefit; and injections of iced water are sometimes serviceable in relieving the colic and cramps in the intestines, or of starch-water in the case of straining. When cold water, in lieu of diminishing, increases the vomiting or other sufferings, and the patient expresses a wish for a little nourishment, tepid emulsion of sweet almonds, thin gruel, barley-water, toast-water, milk and water, (all warm and given in tea- or dessert-spoonfuls at a time,) may be administered. During the convalescence following this disease, we must be careful not to indulge the patient to the full extent of his desires. It is therefore advisable, when the appetite returns, to commence with semolino, sago, arrow-root, and such like, as also cocoa, chicken-broth, or beef-tea;

* Enveloping the patient in a damp sheet (one which has previously been soaked in warm water), and then wrapping him in blankets, is another useful auxiliary mode of treatment.

but great caution must be observed, in order to avoid the risk of a relapse from an undue amount of nutriment. This is best accomplished by the administration of a tablespoonful every hour, or only every two to three hours—diminishing or gradually augmenting and varying the quantity and quality of the food, according to the effects produced.

CHOLERINE.

THIS name has been given to those cases which are of frequent occurrence during the prevalence of cholera, and which present only a few of the symptoms of the disease, *diarrhœa* forming the leading feature. In the case of the strong and healthy, such attacks often pass off without the aid of medicine. But with the less robust, and particularly the debilitated—either by other diseases or constitutional inheritance—the symptoms either become gradually complicated with vomiting and other characteristics of cholera proper, or they turn into exhausting diarrhœas accompanied by excessive flatulence, and terminate, if not attended to, or if improperly treated, in delirium and severe convulsions.

PHOSPHORIC ACID is the remedy which has proved specific in the majority of cases of a protracted character. It ought therefore to be taken in such instances without delay, and especially when excessively frequent, painless diarrhœa and flatulence, with gradual prostration of strength, are the sole, or at all events the only marked symptoms. See also the indications given for *Phosphorus*, at page 12, as that remedy is of equal utility with *Acid. phosph.* In more complicated instances, *Ipecac.* and *Veratrum* will claim a preference. The former, when the predisposing cause of the attack is attributable to an overloaded stomach. *Veratrum*, when the stools are watery, and, from the onset, accompanied by great general debility, with cramps and coldness of the feet and legs, griping and, occasionally, vomiting. These two last-named remedies may be sometimes given in alternation with advantage.

If the diarrhœa increases, but the other symptoms subside, after the administration of *Ipecac.*, or *Veratr.*, or both,—*Acid. phosphoricum* must be had recourse to, or *Secale*, if the motions are very copious, watery, and colourless, exhibiting no traces of bile.

Other medicaments than those above mentioned are, however, often called for in *diarrhœa cholericæ*, and, when indicated, must be selected in preference thereto as soon as possible after the commencement of the attack. The following may be noticed as being amongst the more generally useful :

MERCURIUS, when the symptoms are usually worst at night, the motions copious, bilious, and *greenish*, or scanty, frequent, *frothy, slimy*, or bloody—when they are accompanied by *severe griping or cutting pains and painful straining*—when they produce a smarting or burning sensation on being evacuated—and also when nausea, eructations, increased secretion of saliva, nocturnal perspiration, *shivering, shuddering*, trembling, lassitude, and a tendency to fainting are associated with the above.

PULSATILLA, in the case of *bilious, slimy*, watery, or pap-like motions, of a *whitish, yellowish*, or greenish colour, or when the stools change their appearance, and when the diarrhœa is attended with headache, foul tongue, flatulent rumbling noise in the bowels, and other signs of deranged digestion ; also chilliness, or *alternate heats and chills*, lowness of spirits, pain in the back, and when the symptoms are usually exacerbated in the after part of the day.

NUX V. *Small*, frequent, *watery, slimy*, or sanguineous, or whitish or greenish coloured motions, attended with weight, pressure, and constriction in the region of the stomach ; foul tongue, griping, straining, rumbling of wind, headache, pains in the back, anxiety, irritability of temper, internal chilliness.

CHAMOMILLA is more particularly adapted to *children* or highly sensitive females. Its leading indications are : *bilious, slimy*, or *watery*, green or yellow coloured evacuations, sometimes having the fetor of rotten eggs, and attended with violent colic or a fulness at the pit of the stomach, distension and hardness of the bowels, want of appetite, bitter taste, foul tongue, and, with children, excessive restlessness, crying, or screaming. When a fit of passion—a not unfrequent exciting cause of diarrhœa or cholera during the prevalence of the latter disorder—has given rise to the attack, *Chamomilla* is almost always of more or less use. When it fails, or only partially relieves, in such a case, *Colocynth* is commonly effective.

FERRUM is often of singular efficacy in *painless diarrhœa*, with inclination for stool soon after eating or drinking ; but, as *Arsenic, Cinchona, Colocynth, Rhus*, and *Veratrum* are also indicated by one or both of the latter symptoms, the other manifestations must rule the selection. *Diarrhœa without pain*, or pain only in the back and at the termination of the last intestine, paleness of the face, weakness of the eyes, and impaired digestive powers, are the characteristic indications for *Ferrum*. Its

alternate administration with *Cinchona* is often advantageous when its sole employment is insufficient to complete the cure.

ARSENICUM is required when the motions are scanty, *watery*, or *slimy*, of a greenish, yellowish, whitish, *brownish*, or *blackish* colour, and create a pungent, acrid, *burning* feeling during and after the act of passing. Further, when the diarrhœa is accompanied by excessive colic, or *burning* pain in the stomach and bowels, *great thirst*, sleeplessness, nocturnal anxiety, *rapid prostration of strength*, aggravation of the complaint at *night*, after eating and *drinking*, or regular recurrence of the complaint at a particular hour, after an interval of cessation. *Cinchona* also corresponds to this latter symptom, but in a secondary degree.

CINCHONA. Copious, *painless* diarrhœa, or watery, *brownish* stools, attended with pungent heat at the termination of the last intestine, severe, constrictive, or griping pain and flatulent rumbling in the bowels, loss of appetite, eructations, thirst, and great weakness. Exacerbation *after a meal*, or at *night*, and at a particular hour or period of the day.

DULCAMARA is often of great service in diarrhœa without any characteristic indications, and particularly when it has come on after getting the feet wet. The following are, however, the symptoms which usually call for its employment: watery, *slimy*, evacuations, of a *yellow* or *greenish* colour, attended with cutting pain, or colic in the region of the navel, and sometimes *nausea*, &c., with want of appetite, much thirst and languor. Worse at night.

RHUS. This medicament is generally to be preferred to any other when diarrhœa sets in after exposure to a *thorough drenching*. The more immediate indications for its selection, are: *watery*, *slimy*, *sanguineous*, frothy, gelatinous, or red-coloured stools, attended with aching (rheumatic) pains in the limbs, headache, and griping. Aggravation of the symptoms at night, or after eating and drinking.

COLOCYNTH is of great utility in this derangement when the motions are *slimy*, serous (watery), frothy, greenish-yellow, or sanguineous, and accompanied by *intense colic* and pains in the legs. Exacerbation soon after eating and drinking. As already observed under "*Chamomilla*," *Colocynth* is an important remedy in cases where the attack has been excited by giving way to passion.

CARBO VEGETABILIS is occasionally required in choleric when the stools are *slimy*, watery, or sanguineous, but more especially when *flatulent rumblings* and *colic* form the predominant symptoms, and nothing but an *excessive quantity of flatus*, or, at the most, a small quantity of slime, or slime and blood are evacuated. (See also *Acidum phosph.*, *Nux v.*, *Puls.*, and *Cinch.*) These

remedies,* when properly selected, in cases corresponding to the symptoms given, will speedily and safely arrest the disorder without the risk of inducing inflammatory disturbance, as is so prone to happen from its sudden suppression by the agency of large doses of astringent medicines.

In all cases which, though meliorated, threaten to become protracted and exhausting, medical advice ought to be sought; but if such assistance be not readily attainable, *Phosphoric acid* ought to be given, and, failing it, *Sulphur*.

Camphor is rarely of use in pure cholera, † never when it has already been of some days' duration. Considerable injury has often arisen from its abuse in this disorder. Coffee, without milk, is the best antidote to the bad effects of camphor, either in cholera or in cholera itself, when given in an overdose.

Administration of the above remedies—three globules in a dessert-spoonful of water at first every hour, every two, four, or six, according to the urgency of the case, then at longer intervals as the disorder subsides. ‡

Diet and Regimen. Acids, coffee, strong tea, fruit, most vegetables, eggs, veal, poultry, pastry, and smoked or salted meat and fish, should be strictly abstained from. If the appetite is pretty good, at the beginning of the attack, chicken or mutton-broth, or beef-tea thickened with arrow-root, rice, or sago, may be taken; otherwise gruel, rice and milk, sago and milk, &c., made thin, are preferable. Food of a more substantial quality must be ventured upon with great caution. Exercise is to be very sparingly indulged in; and exposure to cold and damp avoided. *Whenever cholera threatens to pass into true cholera, VERATRUM or ARSENICUM, &c., should be forthwith employed.* (See CHOLERA.)

* i. e. *Merc.*, *Puls.*, *Nux v.*, *Cham.*, *Arsen.*, &c.

† But when *cholera* breaks out in such a form that the preliminary symptom is, invariably, diarrhoea, associated with giddiness, headache, or ringing in the ears, flatulence and griping, pain, weight or suffocating oppression at the fore part of the chest, heat in the gullet and pit of the stomach, diminished or entirely suppressed urine—camphor is quite in place, and will, almost invariably, speedily arrest the symptoms, if given soon after their invasion. (See also the preliminary symptoms of Cholera, pages 8 and 9.)

‡ It is sometimes advantageous to give a dose after every movement of the bowels, for the first twelve or twenty-four hours.

SYNOPSIS

Of the principal indications for the Remedies employed in the Homœopathic Treatment of *Sporadic or British Cholera—Epidemic, Malignant, or Asiatic Cholera, and Cholerine.*

SPORADIC OR BRITISH CHOLERA.

IPECACUANHA. Copious and easy vomiting, with watery looseness of the bowels, and slight cramps—the *sickness* forming the most prominent symptom.

VERATRUM. Sudden and severe fits of *vomiting* and *purging*—violent, permanent or prolonged cramps, great thirst, and icy coldness of the feet and legs, or of the whole body.

ARSENICUM. Paroxysms of severe and distressing retching, attended with acrid, scalding stools, and straining—intense colic, *continuous burning pains in the stomach and bowels—extreme prostration of strength—excessive coldness of the skin—and insupportable anxiety, restlessness, and fear of approaching dissolution.*

CHAMOMILLA. *Bilious diarrhœa*, griping, cramp in the calves of the legs, yellow furred tongue, anxiety, and, sometimes, acid vomiting. Chiefly required at the commencement of the complaint, and particularly when it has been excited by a *chill*, or by a *fit of passion*, and occurs in *children*, or delicate and excitable females.

CINCHONA. More especially against debility after the disorder has been subdued—but also during the attack when it has been induced by eating fruit, and there is vomiting of ingesta, griping, and somewhat frequent stools containing portions of undigested food. *Arsenicum* is often required before, after, or in preference to this remedy when the attack has been produced by eating fruit.

EPIDEMIC, MALIGNANT, OR ASIATIC CHOLERA.

FIRSTLY,

(*Ordinary Cases.*)

CAMPHORA. During the preliminary stage, or sometimes, even when *vomiting* has commenced, provided the cramps or spasms are of a *tonic** description.†

VERATRUM. *Violent, sudden* and frequent paroxysms of *vomiting* and *purging*, the evacuations consisting of a whitish, watery fluid, with cramps or spasms either of a *tonic* or *clonic*‡ description, and excessive thirst, with desire for copious draughts of cold water or acidulated drinks.

JATROPHA CURCAS. When no improvement ensues after three or four doses of *Veratrum*, or when there is violent and copious vomiting of a watery liquid, or a substance resembling the white of an egg, with spasmodic, con-

* Of long duration, the affected parts, as, for instance, the fingers, toes, arms, legs, or calves of the legs, and even the whole body, continuing for a length of time *distorted or stiffened*, without relaxation.

† In the latter case, however, viz. when *vomiting* and *purging*, &c., have set in, if no improvement take place within a quarter of an hour, *Veratrum* or *Cuprum*, or some other remedy, must be resorted to according to the symptoms.

‡ Of short duration, but liable to be repeated in rapid succession.

strictive, or also burning pain in the region of the stomach, continuous expulsion of watery stools, excruciating cramps in the calves of the legs, general coldness of the body, great thirst.

CUPRUM. When there is vomiting and purging, but the cramps or spasms form the predominating feature of the disease, and particularly when convulsive movements (jerkings or twitchings) are present. The alternate employment of *Veratrum* and *Cuprum* is often of great efficacy when the latter alone produces only partial improvement.

ARSENICUM. When the *burning* pains, in the stomach and bowels, which are so frequently complained of in cholera, form a prominent symptom—when the vomiting and purging are very distressing, but the upward and downward evacuations small in quantity, and ejected with painful effort—the thirst insatiable, but the desire to drink easily satisfied, the symptoms prone to be exacerbated by its indulgence—and the *anxiety, restlessness, and fear of dissolution* extreme. *Veratrum* may be advantageously alternated with *Arsenicum*, when the latter relieves the symptoms we have marked in *italics*, but not the others mentioned above and also under "*Veratrum*."

SECONDLY,

(*Slight Cases.*)

IPECACUANHA. Either at the commencement of the disease, in *mild cases*—or at a further advanced period—when *vomiting is the predominating symptom*.

NUX V. When the vomiting has yielded (particularly after the employment of *Ipecac.*), and when weight or pain in the region of the stomach and bowels, with small stools, or frequent and ineffectual efforts to evacuate, are the remaining symptoms.

TARTARUS EMETICUS. When the evacuations are of a very *bilious* description at the commencement—or when, at a more advanced stage, the stools still contain feculent matter.

THIRDLY,

(*Advanced or Neglected Cases, and Sequels of Cholera.*)

SECALE CORNUTUM. When the vomiting has ceased, but excessive or involuntary, *unnoticed, colourless* diarrhoea, and pains in the limbs remain; or when the *cramps and convulsions predominate*, and do not yield to *Veratrum* and *Cuprum*, or when the spasms are chiefly confined to the feet, toes, hands, and fingers, the latter being frequently spread asunder like a fan and drawn backwards. It is, more especially, in the case of old people, or in weak, debilitated persons that this medicine (*Secale cornutum*) is required.

CICUTA VIROSA. *Spasms, chiefly confined to the muscles of the chest*—continued vomiting, but little diarrhoea—eyes turned upwards, and the patient in a drowsy, torpid state.

KALI HYDROCYANICUM, OR ACIDUM HYDROCYANICUM. Total absence of pulse, scarcely audible pulsation of the heart, slow, excessively laborious, respiration, coldness of the body, increasing blueness of the face, &c., rigidity of the muscles, lock-jaw, &c., cessation of vomiting, involuntary stools.

CARBO V. may be employed with success when the face is deep red, or livid, bloated, and covered with a clammy sweat, the breathing much oppressed, and the patient in a drowsy, inanimate state (from congestion to the chest and head)—the skin icy cold, and the pulse scarcely, if at all, perceptible. *Acid. hydrocyanicum* is sometimes useful in alternation with *Carbo v.*, and *Veratrum*, or any of the other remedies indicated by the symptoms, when reaction sets in.

PLUMBUM ACETICUM. Predominating spasms in the muscles of the belly.

MERCURIUS is indicated when looseness of the bowels in the form of dysentery—with small evacuations consisting of frothy mucus, or mucus mixed with blood, and attended with severe griping and *straining*—forms the remaining symptoms. PHOSPH. and SULPH. if *diarrhœa* persist.—CHINA, debility, &c.

Lastly, ACONITE is useful against local inflammatory action, with quickness and hardness of pulse and heat of skin. BELLADONNA when there is determination to the head, with violent throbbing of the vessels of the neck and temples—CANTHARIDES when there are signs of irritability, &c., of the bladder—and RHUS and BRYONIA when symptoms of low typhoid fever supervene. Brief indications for *Hyoscyamus*, *Opium*, *Lachesis*, and *Acid. phosp.*, have already been given at p. 13.

CHOLERINE.

ACIDUM PHOSPHORICUM or SECALE CORNUTUM in general cases of a severe or protracted character.

Ipecac. and *Veratrum* when more of the symptoms of cholera attend or intervene.

Mercurius when there is severe griping and straining.—*Arsenicum* when there is violent griping, with distressing *burning heat* in the stomach, bowels, and termination of the last intestine before or after each stool, and much thirst, anxiety, restlessness, and prostration.—*Ferrum* and *Cinchona*, painless diarrhœa, &c. *Chamomilla*, particularly with children, when there are bilious stools and colic.—*Pulsatilla*, *slimy* or bilious stools, chilliness, or alternate heats and chills, lowness of spirits. *Phosphorus*, *Cinch.*, *Puls.*, *Sulph.*, *Nux v.*, and *Carbo v.*, diarrhœa, with loud flatulent rumblings. *Colocynth*, diarrhœa with almost insupportable colic, and, as in the case of *Arsenicum*, *Ferrum*, *Cinchona*, &c., inclination for stool immediately or soon after eating or drinking. And so on, (see page 18, and, likewise, 'Homœopathic Domestic Medicine,' Art. *Diarrhœa*.)

The Author has made no reference to potencies or dilutions (such as Nos. 3, 6, 12, 30,) in this Pamphlet, from the circumstance that the medicines have been found efficacious at almost all numbers; at the same time, he coincides with those who entertain the opinion, that advantage may be obtained, in many cases, from beginning at a low number and then ascending the scale.

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