PRACTICAL GUIDE TO HOMŒOPATHY.

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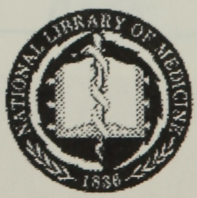

PRACTICAL GUIDE

TO

HOMŒOPATHY,

FOR

FAMILY AND PRIVATE USE,

COMPILED FROM THE STANDARD WORKS OF

PULTE, LAURIE, HEMPEL, RUDDOCK, BURT, VERDI, AND OTHERS,

FOR THE USE OF

Twenty-eight Homœopathic Remedies.

BOSTON AND PROVIDENCE:
OTIS CLAPP & SON.

CINCINNATI:
A. F. WORTHINGTON & CO.
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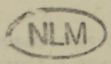

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PREFACE.

THIS little volume is simply what its title indicates, a "Practical Guide" in the treatment of the common forms of acute disease. It is not the aim of this work to make physicians of the public, nor is it to be expected that every case of disease can be safely treated by domestic practice, nevertheless a long list of acute and serious diseases may be treated with greater safety and success by following the directions here given than they are treated by the ordinary drugging physicians. The treatment of such diseases as Diphtheria, Cholera, Small-pox, Acute Inflammations, and all severe and dangerous forms of Fever, etc., etc., should not be attempted except in the absence of a reliable Homœopathic physician, or until the services of such a one can be obtained. For convenience, it is desirable that a book of this kind should be made to occupy as little space as possible; for this reason, acute diseases or that class requiring prompt treatment only are considered. A chapter, however, has

been devoted to the treatment of "Poisoning;" also, one to Apparent Death from Drowning, Suffocation, etc., which will be found to be of great practical importance, not only to families but to students and junior practitioners.

With respect to the remedies, they have been arranged under the head of each disease in alphabetical order.

The diseases have likewise been arranged in alphabetical order in the body of the work, as well as in the contents, and can, therefore, be consulted with the greatest facility.

This work is designed for the non-professional masses, and is, therefore, written in such language as to be understood by all.

In its preparation, our best authorities in the English and American Homœopathic literature have been consulted, and from their rich treasury most of the material it contains has been carefully selected. Such symptoms and indications for the uses of the remedies only are given as have withstood the practical test of experience.

The necessity for a work of this kind will be more apparent, when we bear in mind that a large portion of the population of the United States are not within reach of Homœopathic physicians, and, if they make use of the remedies, are obliged to depend upon such knowledge as can be obtained from books desired for domestic use.

PART I.

INTRODUCTION.

LIST OF MEDICINES

Prescribed in this Book, with their English Names.

1. Aconitum napellus.	*Monkshood.*
2. Antimonium tartaric.	*Tartar emetic.*
3. Apis mellifica.	*Poison of honey bee.*
4. Arnica montana.	*Leopard's bane.*
5. Arsenicum album.	*Arsenious acid.*
6. Belladonna.	*Deadly nightshade.*
7. Bryonia alba.	*White bryony.*
8. Calcarea carbonica.	*Carbonate of lime.*
9. Carbo vegetabilis.	*Vegetable charcoal.*
10. Chamomilla.	*Chamomile.*
11. Cinchona or China.	*Peruvian bark.*
12. Cina.	*Worm seed.*
13. Coffea cruda.	*Raw coffee.*
14. Colocynthis.	*Colocynth apple.*
15. Cuprum.	*Copper.*
16. Dulcamara.	*Bitter-sweet.*
17. Hepar. sulph. calcarea.	*Sulphuret of lime.*
18. Ignatia amara.	*St. Ignatus bean.*
19. Ipecacuanha.	*Ipecac.*
20. Kali bichromicum.	*Bichromate of potash.*
21. Mercurius.	*Mercury.*
22. Nux vomica.	*Nux vomica.*
23. Phosphorus.	*Phosphorus.*

24. Pulsatilla,	*Meadow anemone.*
25. Rhus toxicodendron.	*Poison oak.*
26. Spongia tosta.	*Burnt sponge.*
27. Sulphur.	*Sulphur.*
28. Veratrum alb.	*White hellebore.*

EXTERNAL APPLICATIONS.

Arnica—Mix two teaspoonfuls of the *tincture* with a half a tumblerful of water to make a lotion.

Uses—Bruises of all kinds.

Calendula—Two teaspoonfuls of the *tincture* with half a tumblerful of water. Use as a lotion.

Uses—Cuts or lacerated wounds.

The Dilution or strength of the medicines recommended in this work is the third potency of the vegetable and the sixth of the mineral preparations, except when otherwise directed.

ADMINISTRATION OF REMEDIES.

Homœopathic medicines are prepared for use either in the form of liquids, powders or globules.

Medicated globules or pellets are generally prescribed in domestic practice, on account of greater convenience, and are also considered to be equally effective in the great majority of cases. For adults we recom-

mend eight to ten, and for children two to six globules as a dose dry on the tongue, or twenty-five or thirty globules may be dissolved in half a tumblerful of pure, soft water—a teaspoonful of the solution given as a dose to a child, or two teaspoonfuls to an adult.

When liquids are used, five to ten drops may be dissolved in a glass half full of pure, soft water, and a dessert-spoonful given as a dose to an adult, or a teaspoonful to a child.

The powders, or triturations as they are called, may either be given in the same manner, about five to ten grains dissolved in half a tumbler of pure water, and one or two teaspoonfuls at a dose, or as much as would lie on a silver five-cent piece taken at a dose dry on the tongue.

The medicines should not be taken within half an hour before or after a meal. *The frequency of repetition of the dose* is given with every medicine in the treatment of each disease.

As soon however as the symptoms of the disease abate the medicine must be given at longer intervals and then discontinued.

Should the symptoms of an existing disease change their character after a medicine has been given, that medicine should no longer be continued, but another substituted more suited to the new symptoms. In some cases

the symptoms of a disease are either so numerous or so varied that one medicine is not sufficient to cover or complete the analogy of them all. In such cases another remedy may be chosen, which will include the more prominent symptoms. The two medicines should not be mixed, for this would interfere with their respective properties and actions, but dissolved separately and given in alternation; that is, a dose of one medicine then a dose of the other, and so on.

DIET.—When taking Homœopathic remedies, the patient must abstain from all other medicines, herb teas, odors, as camphor, cologne, hartshorn, etc., and avoid vinegar, pepper and spices, and as far as possible, coffee and tobacco, all rich and highly seasoned food, greasy substances, pastry, and food difficult of digestion, such as pork, geese, ducks, lobsters, crabs and clams, sausages, cheese, etc. Also, vegetables of a pungent, aromatic nature, or having medical properties, as onions, garlic, asparagus, radishes, horse-radish, celery, parsley, etc. Coffee, not always prejudicial to health, will surely antidote the effect of some medicines. It is better, therefore, to abstain from it altogether while taking medicine; also, green tea. Black tea, cocoa or chocolate may be used as substitutes. Especially avoid all articles known to disagree.

PART II.

DISEASES AND THEIR TREATMENT.

For the Dose of the Medicines, see page 7.

ABSCESS.

SYMPTOMS—A collection of purulent matter in a tumor, the result of local inflammation, and which terminates in suppuration.

Belladonna—When there is much swelling, pain, and inflammation, or of an erysipelatous appearance. A dose three times a day.

Hepar sulph.—When matter begins to form. A dose three times a day.

Mercurius—When the abscess is shining and red, or when it is situated in the vicinity of glands. In the commencement often prevents suppuration. A dose three times a day.

GENERAL DIRECTIONS—When the abcess is coming to a head, the application of a bread-and-milk or slippery-elm poultice will be found serviceable in promoting the suppurative process.

APOPLEXY.

SYMPTOMS—Loss of consciousness, speech and motion; face flushed or pale; breathing slow and of a snoring character, and the patient lies in a comatose condition from which he can not be roused.

Aconitum—In premonitory symptoms; violent headache above the eyes, especially when stooping or coughing.

Belladonna—If there are signs of congestion of the head and chest. A dose every hour.

Nux vomica—For persons addicted to intemperate habits, or if resulting from an overloaded stomach. A dose every hour.

GENERAL DIRECTIONS—Remove all tight clothing, raise the head, place the patient in a cool and airy apartment, immerse the feet in hot water, and send immediately for a physician.

APPARENT DEATH.

TREATMENT—Apparent death from inhaling NOXIOUS GASES. If a person has become insensible from inhaling *Carbonic Acid, Carbonic Oxide, Fumes of Burning Charcoal, Chlorine or Sulphureted Hydrogen Gas*, expose him at once to the fresh air. Bathe the face and breast with vinegar and let him inhale the vapor. Give strong coffee to drink; apply cold water to the head and

warmth to the feet. If necessary, have recourse to Dr. Hall's method of resuscitation, as explained under "Apparent Death from Drowning." If there is congestion to the head, loss of consciousness, give *Belladonna.* A dose every twenty or thirty minutes. If the patient is excited, talks much and rapidly, give *Coffea.* Dose as Belladonna.

From CHLOROFORM, ETHER, NITROUS OXIDE GAS and other ANESTHETICS, place the body in a horizontal position, with head well elevated; open the windows, loosen the clothing, dash cold water on the face, shake the chest vigorously and hold Ammonia to the nostrils. These failing, endeavor to induce artificial respiration, as explained under "Apparent Death from Drowning." After breathing is established and if the patient complains of chilliness and a sense of intoxication, nausea, etc., with quick pulse, give *Nux vomica* every half hour till better.

From COLD, always place the body in a cold room, and cover it with snow or bathe it in ice-cold water until the limbs become soft and flexible, then place it in a dry bed and rub briskly with flannel, at the same time try to induce artificial respiration by Dr. Hall's method, explained under the head of "Asphyxia from Drowning." As soon as there are signs of returning life, give small injections of coffee, without milk, and if the

patient can swallow, give him spoonful doses of coffee to drink.

From DROWNING, place the body in a horizontal position, *face down*, with one wrist under the forehead. Now, with one hand upon the back and the other upon the abdomen, press gently for about two seconds, then turn the body well upon the side, and after a couple of seconds, place it again upon the face, and repeat as before. In this way strive to induce artificial respiration by the alternate pressure upon the abdomen and rotation of the body. Meanwhile have the limbs rubbed briskly upward, and the wet articles of clothing replaced by dry, warm ones. *Antimonium tart.* is a valuable remedy in these cases. A dose every half hour.

From HANGING, CHOKING, etc., endeavor to induce artificial respiration by the same method as recommended for drowning.

APPETITE, LOSS OF.

Generally a symptom of derangement of the stomach, and want of power or tone in the digestive organs.

Cinchona—If there appears to be no apparent derangement of the system. A dose night and morning.

Nux vomica—When loss of appetite proceeds from sedentary habits, late hours, wine,

etc.; worse in the morning. A dose night and morning.

Pulsatilla—If it arises from eating rich food, pastry, etc.; worse in the evening. A dose night and morning. (See Health, Rules of.)

APPETITE, VORACIOUS.

Is frequently a symptom of worm affections, dyspepsia, pregnancy, or the result of debilitating diseases.

Cinchona—When occuring during convalescence after debilitating illness. A dose night and morning.

Cina—When connected with worm affections. A dose night and morning.

Nux vomica—Unnatural hunger during pregnancy, or if resulting from impaired digestion. A dose night and morning. (See Indigestion, Worms.)

ASTHMA.

SYMPTOMS—Shortness of breathing occurring in paroxysms and attended with a sensation of suffocating constriction of the chest, cough and wheezing respiration.

Arsenicum — Difficult and oppressed breathing; worse at night on lying down, oppression of the chest and great debility; cold sweats, etc. A dose every hour.

Ipecacuanha—Paroxysms of suffocation; feeling of constriction and rattling of mucus in the chest. A dose every hour.

Phosphorus—Great anxiety in the chest; spasmodic constriction of the chest; fatiguing cough. A dose every hour.

BILIOUS DERANGEMENT—BILIOUSNESS.

SYMPTOMS—Nausea, frequent vomiting of bile, furred tongue, bitter taste in mouth, headache, thirst, loss of appetite, bowels either constipated or relaxed, etc.

Bryonia—Bilious vomiting, especially after drinking; tension and fullness in the region of the stomach, etc. A dose every three hours.

Chamomilla—Vomiting; thirst; loss of appetite; colic; diarrhea. A dose every three hours.

Mercurius—Nausea or vomiting of bilious matter; bitter taste in mouth; headache and thirst. A dose every three hours.

Nux vomica—Pain in stomach and side; headache; vomiting with constipation; furred tongue. A dose every three hours.

Pulsatilla—Vomiting of food; slimy or bilious diarrhea; shivering; bitter taste in mouth; loss of appetite; also, when caused by errors in diet. A dose every three hours.

BOILS.

SYMPTOMS—Inflammatory, circumscribed and painful swellings, immediately under the skin, terminating in the formation and discharge of matter.

Belladonna—If the boil is red and painful. A dose three times a day.

Hepar is useful to bring the boil to a head after suppuration has commenced. A dose three times a day.

Sulphur—To prevent a recurrence of boils. A dose night and morning.

CARBUNCLE.—This is a large and malignant boil; very painful and even dangerous, as it indicates a low state of health. It is flat and firm, with a crust with several imperfect openings, from which the matter passes out. This and its size, and the intense pain accompanying, distinguishes it from a common boil.

Arsenicum—Large, painful, malignant carbuncle, with great prostration. A dose every three hours.

Apis mellifica—Much swelling and erysipelatous tendency. Dose as for Arsenicum.

Belladonna—Red hot swelling of the diseased part, etc.

BREATH, OFFENSIVE.

May be caused by a deranged stomach,

abuse of mercury, decayed teeth, diseased gums, or want of cleanliness.

Carbo veg—If arising from abuse of mercury; gums bleed readily. A dose night and morning.

Mercurius—If it arises from diseased gums or thrush. A dose night and morning.

Nux vomica—Should derangement of the stomach exist; Nux, if worse in morning.

Pulsatilla—If worse at night. A dose night and morning.

General Directions—Be careful with your diet, and rinse the mouth frequently with warm water. (See Indigestion, Canker in the Mouth.)

BRONCHITIS.

Generally caused by exposure to cold or damp, though sometimes met with in the course of fevers, etc. The acute form is characterized by difficulty of breathing, wheezing sounds in the chest, constant cough, at first hard, and with tough yellow phlegm, mixed with froth, flushed face, hot skin, high pulse, furred tongue, headache and often yellowish complexion.

Aconitum—Short dry cough, with constant irritation; stitches in the chest; burning heat, etc. A dose every two or three hours.

Antimonium tart—In the second stage, when there is much wheezing; sickness

being induced by great accumulation of mucus, with paroxysms of cough, etc. A dose every three or four hours.

Bryonia—Spasmodic or suffocating cough; vomiting of food; stitches in the side or pains in the head. Dose as Antimonium tart.

Phosphorus—Stitches in the throat or pains in the chest; dry cough; from tickling in the throat, etc. Dose as Antimonium tart. (See Coughs, Colds, etc.)

BUNIONS.

SYMPTOMS—Inflammation on the ball of the great toe.

TREATMENT—When the bunion becomes inflamed and painful from walking or pressure, bathe the foot in warm water, and afterward apply Arnica, one part of tincture to ten of water. All pressure on the bunion must be avoided.

CHICKEN POX.

SYMPTOMS—An eruption somewhat resembling small pox, but much milder in its character; it runs its course in six or seven days; the feverish symptoms are generally slight.

Aconitum should be used at the commencement, if there is much fever; A dose every three or four hours.

Belladonna—Headache, sleeplessness, or if there are symptoms of congestion in the head. A dose every three or four hours.

Rhus is considered the best general remedy in this disease. A dose every three or four hours.

General Directions—Keep the patient cool, the room well ventilated, and let the diet be light.

CHILBLAINS.

The frequent recurrence of chilbains is an indication that the cause is constitutional, and until the tendency is removed (which can only be done under the advice of a skillful physician), the party suffering can not expect to be free from them.

Cause—Great variation in the temperature.

Phosphorus is specific in many cases. A dose three times a day.

Pulsatilla—If the part swells and itches violently. A dose three times a day.

Sulphur—If the chilblains are of long standing. A dose night and morning.

CHILL OR COLD, BAD EFFECTS OF.

Difficult breathing, colic, cough, cold in the head, diarrhea, headache, hoarseness, earache, pains in the chest and limbs, sore throat and toothache are among the most

common complaints arising from a cold or chill.

Reference has been made to most of these under their different headings, but a few of the principal remedies against the bad effects of a chill are here inserted.

When the affections caused by a chill are *acute* and *painful* recourse should be had to Aconitum, Chamomilla, Nux or Pulsatilla, but when there is, on the contrary, *little pain*, Dulcamara will be found suitable in the majority of cases.

Aconitum will be found suitable in toothache, faceache or other neuralgia, with headache, congestion, violent feverish heat, etc.

Chamomilla—In headache, tootache, earache or other excessively painful neuralgia, with agitation, violent feverish heat, moist cough, etc.

Dulcamara—In headache, affections of the sight or hearing, toothache, sore throat, gastric sufferings, moist cough, painless diarrhea, pains in the limbs, fever, etc.

Mercurius—In pains in the limbs, sore throat, affections of the eyes, toothache, earache, painful diarrhea, dysentery, etc.

Nux vomica—In fever, dry cough, dry cold in the head, dysentery, etc.

Pulsatilla—In fluent cold in the head, moist cough, earache, fever, diarrhea, etc., and especially in the case of pregnant women.

Bad effects of Chill—Medicines Especially Adapted.

Asthma—Arsenicum or Ipecacuanha.
Colic—Chamomilla, Cinchona or Nux.
Diarrhea—Bryonia, Dulcamara or Mercurius.
Earache—Chamomilla, Mercurius or Pulsatilla.
Eyes, Inflammation of the—Aconitum, Belladonna or Pulsatilla.
Gastric Derangement—Chamomilla or Dulcamara.
Headache—Aconitum, Belladonna or Nux.
Hearing, Difficulty of—Belladonna, Mercurius or Pulsatilla.
Hoarseness—Belladonna, Chamomilla, Dulcamara or Kali bichromicum.
Neuralgia—Aconitum or Chamomilla.
Pains in the Limbs—Aconitum, Bryonia or Mercurius.
Sore Throat—Apis mel., Belladonna, Chamomilla, Mercurius or Kali bichromicum.
Toothache — Chamomilla, Dulcamara or Mercurius.

A dose of the appropriate medicine may be taken every two, four or six hours. (See Cough, Cold in the Head, Earache, etc.)

CHOLERA, ASIATIC.

SYMPTOMS—Cholera is almost always preceded by a diarrhea (*often painless*), lasting

from six hours to as many days. During the prevalence of cholera, any diarrhea, *however slight, should receive immediate attention.*

When attacked with diarrhea, the patient should go to bed immediately, and keep the recumbent position as long as the diarrhea continues, using a bed-pan when the bowels move. Small quantities of water may be given to alleviate thirst. The food should be light but nutritious.

Arsenicum—If there is *sudden sinking of strength; burning pain* in the stomach and intestines; anguish in the chest; great thirst for *cold* water, with desire to *drink but little at a time, vomiting immediately on drinking;* great restlessness; blueness around the eyes, which are sunken; face and lips blue and cold. A dose every half hour till relief is afforded.

Camphora—If there is *icy coldness of the skin;* sudden loss of strength; faintness with intense pressure in the pit of the stomach; dizziness; colicky pain in the stomach, with nausea and vomiting; evacuations moderate, *cold perspiration, especially in the face;* burning in the gullet and stomach; *cramps*, especially in the calves; the upper lip is drawn up, exposing the upper teeth; eyes sunken and fixed A dose every ten minutes until there is improvement.

Carbo veg— Sometimes the collapse is still more marked. At the outset the *tongue* and *breath are cold;* great exhaustion; *voice lost; no* vomiting, diarrhea, spasm or pain; urine suppressed. A dose every ten minutes till warmth returns.

Cuprum—When the evacuations are less copious, the spasms and cramps in the stomach and chest more painful, coming on in paroxysms, with *extreme sensitiveness* to *touch;* vomiting *stopped* for a short time *by drinking;* face and lips blue and cold; voice coarse; difficult breathing; urinary secretions suppressed. As directed for Veratrum.

Sulphur—When the diarrhea commences between midnight and morning, with or without pain, with or without vomiting, or *diarrhea* and *vomiting at the same time;* ineffectual desire to evacuate; numbness of the limbs; cramps in the *soles of the feet* and calves. A dose every half hour till relief is afforded.

Veratrum alb—If there is violent and profuse *discharge of fluids like rice water*, both *upward* and *downward;* vomiting of *frothy* substances; great anguish; oppression and spasmodic constriction of the chest; *extreme thirst for cold water* in *large* quantities; vomiting *after drinking*, with great lassitude or diarrhea at the same time; distorted countenance; *cold*, pale or bluish face and lips; eyes sunken and fixed, blue under

the eyes, pupils contracted; cramps in the calves, fingers and toes; *hoarse, feeble voice*, with coldness of the mouth and tongue; dry or yellow coated tongue; *cold perspiration* on the *forehead* during the evacuations; urinary secretions suppressed. A dose every five or ten minutes until there is decided improvement.

PREVENTIVE REMEDIES—*Cuprum* and *Veratrum alb.* alternately. Every other night a dose during the epidemic.

CHOLERA MORBUS

Comes on usually at night, in hot weather, and is characterized by an attack of vomiting and diarrhea, and deranged state of the liver, setting in with great pain in the bowels, sickness at the stomach, and vomiting of large quantities of dark-greenish, bitter-tasting substance, frequently with cramps in the stomach and bowels, sometimes extending to the feet, calves of the legs, hands and arms.

Arsenicum—Violent pains in the stomach; great thirst; constant nausea; diarrhea; and violent vomiting of watery, bilious, or slimy, greenish, brownish or blackish substances. A dose every half hour till better.

Colocynthis—Vomiting of green substances, with violent colic and frequent

diarrheic stools. May be given in alternation with Ipecacuanha. A dose every half hour.

Cuprum—When cramps or spasms are prominent symptoms. Dose as for Arsenicum.

Ipecacuanha—In the early stage, and where *nausea* and *vomiting* is the prominent symptom. May be given in alternation with Colocynthis. A dose every half hour or hour till better.

COLIC.

SYMPTOMS—Severe pain in the abdomen, occurring in paroxysms, sometimes attended with nausea, vomiting, constipation or diarrhea, little or no fever; the pain is relieved by pressure.

Colic—Medicines Especially Adapted.

Bilious Colic—Chamomilla, Colocynthis or Nux vomica.

Chill, Colic from a—Chamomilla, Cinchona or Nux vomica.

Colic with Diarrhea—See Diarrhea with Colic.

Flatulent Colic—Chamomilla, Cinchona, Colocynthis, Nux vomica or Pulsatilla.

Spasmodic Colic—Belladonna, Colocynthis or Nux vomica.

If Colic arises from a fit of anger or passion. (See Emotions of the mind.)

Chamomilla — Tearing, drawing pains, with restlessness and tossing; flatulence. A dose every hour.

Cinchona—Distention of the abdomen; spasmodic and constrictive pains. Dose as Chamomilla.

Colocynthis—Violent pains, compared to stabbing, cutting or pinching, with diarrhea. Dose as Chamomilla.

Nux vomica—Gripings and flatulence; sensation of a band round the stomach. Dose as Chamomilla.

Pulsatilla—Diarrhea; shiverings; aggravation on sitting or lying. Dose as Chamomilla.

General Directions — Apply a hot poultice or warm flannel. (See Indigestion.)

CONGESTION OR DETERMINATION OF BLOOD TO THE HEAD.

Symptoms—The head feels full and heavy; headache mostly over the eyes, increased by stooping, coughing, etc.; the beating of the arteries of the head is felt by the patient; dizziness.

Aconitum, *Belladonna*, in most cases will prove sufficient. A dose alternately every one to four hours.

Nux vomica—Should congestion to the head arise from indigestion, sedentary habits,

constipation or spirituous liquors. A dose every two to four hours.

General Directions—See Health, Rules of, Vertigo.

CONSTIPATION.

Simple costiveness does not indicate a diseased condition, but may arise from eating much animal food, perspiration, or a sedentary life.

Bryonia—Especially in summer; in constipation from disordered stomach, with headache. A dose night and morning.

Mercurius—Unpleasant taste in the mouth; sick headache and bilious symptoms. A dose night and morning.

Nux vomica—Headache; giddiness; ineffectual straining, or hard, knotty stools, with much straining. A dose night and morning.

Sulphur—In many cases of chronic constipation; especially in those subject to piles. A dose night and morning.

General Directions—Drinking a glass of cold water before breakfast, abstinence from stimulating food and drinks, will be found valuable auxiliaries in the treatment. (See Health, Rules of.)

CORNS

Mostly arise from unequal pressure and often from constitutional causes. They are in

general a protection of nature against undue friction upon some exposed part of the foot. This friction and pressure must therefore at once be removed before any relief can be obtained, and every means adopted to restore the skin to its natural condition.

TREATMENT — Bathe the feet in warm water, pare the corn carefully until it is even with the surrounding skin, then apply a lotion of six drops of Tincture of Arnica to a tablespoonful of water, by means of a piece of lint or linen, or when going to bed wrap the part round with a small strip of linen soaked in the above lotion, and keep it on through the night. Repeat this for several nights in succession, rubbing in a little sweet oil, or applying a little sweet oil by means of cotton during the day. When they are constitutional, the following internal treatment will frequently be of service:

Bryonia, *Rhus*, if the corns are very troublesome during wet weather, or the pains are of a shooting character. A dose alternately every four or six hours.

Calcarea carb., *Sulphur*, should be taken to eradicate a tendency to corns. A dose occasionally.

COUGHS AND COLDS.

COUGH arises from irritation of the air passages or from sympathy with some other organ, as the stomach, liver, etc.

Aconitum—Short dry cough, arising from a constant tickling in the larynx. A dose every two or three hours.

Belladonna—Dry spasmodic cough, with or without sore throat; redness and heat of the face, with throbbing headache. A dose every two or three hours.

Bryonia—Dry cough, preceded by a tickling or creeping in the pit of the stomach, and vomiting of food. A dose every two or three hours.

Carbo veg—Cough on taking the least cold; obstinate hoarseness or loss of voice. A dose every three or four hours.

Chamomilla—Dry tickling cough; worse at night, even during sleep; especially in children; one cheek red the other pale. A dose every two or three hours.

Hepar sulph—Croupy cough; cough with loose rattling of phlegm in the wind pipe; rattling choking cough; worse after midnight. A dose every two or three hours.

Ipecacuanha—Dry cough, caused by a tickling in the upper part of the larynx; suffocative cough, with rattling of mucus in the bronchial tubes when breathing, A dose every two or three hours.

Kali bichrom—Cough with expectoration of tough, stringy mucus; loose cough, with rattling in the chest. A dose every two or three hours.

Nux vomica—Dry cough, caused by a rough scraping sensation in the throat. A dose every two or three hours.

Phosphorus—Dry cough, with hoarseness; pain and tightness in the chest; loss of voice. A dose every two or three hours.

Pulsatilla—Loose cough, with easy expectoration greenish or yellowish bitter mucus. A dose every three or four hours. (See Bronchitis, Cold in the Chest.)

COLD IN THE CHEST—Symptoms—Fever, cough, at first dry, followed by scanty expectoration, afterwards becoming more profuse, pain in the chest and hoarseness.

Antimonium tart—In the second stage, when there is much wheezing, sickness being induced by great accumulation of mucus, with paroxysms of coughing, etc. A dose every three or four hours.

Bryonia—Short and difficult respiration; dry and violent cough, with stitches in the chest. A dose every two or three hours.

Kali bichrom—Cough with expectoration of tough, stringy mucus, especially in chronic cases. A dose every three or four hours.

Phosphorus—Dry cough from tickling in the throat, or with pains in the chest, and accompanied by hoarseness or loss of voice. A dose every three or four hours.

General Directions—During a cold in the chest or head put the feet into warm water before going to bed; let the diet be light. (See Coughs, Health, Rules of.)

Cold in the head—Catarrh—Symptoms—Usually comes on with slight, shivering, pain, and feeling of heaviness in the head, redness of the eyes, obstruction of the nose, sneezing, etc.

Arsenicum—If the discharge is thin and acrid; frequent sneezing; restlessness and prostration. A dose every three or four hours.

Kali bichrom—Fluent coryza; worse in the evening and in the open air; hoarse cough, with expectorations of tough phlegm. Dose as for Arsenicum.

Mercurius—Catarrhal headache; frequent sneezing; discharge of mucus from the nose; inflamed and ulcerated tonsils. Dose as for Arsenicum.

Nux vomica—Chilliness and feverish heat; pressure and sticking pains in the forehead; dry cough, with headache. Dose as for Arsenicum.

Pulsatilla—Discharge of a yellowish-green, thick mucus from the nose; loss of taste and smell; loose cough, with expectoration of yellow mucus, Dose as for Arsenicum. (See Cold in the Chest, Influenza.)

CRAMP IN THE LEGS.

SYMPTOMS—Sudden contraction of the muscles of the calf of the leg, frequently the result of indigestion.

Nux vomica—If it arises from or is connected with indigestion. A dose two or three times a day.

Rhus—If the attacks occur by day as well as by night. A dose two or three times a day.

Veratrum—Especially if with a feeling of being unable to bear the warmth of the bed. A dose two or three times a day.

GENERAL DIRECTIONS—Press the foot firmly against some hard substance, as the wall, floor or bedstead. Sometimes immediate relief is obtained by rubbing the limb downward with Spirits of Camphor.

CROUP.

SYMPTOMS—Commences as a common cold, followed in a day or two with difficult breathing, and with the peculiar characteristics of the disease, *a ringing, metallic cough*, noisy crowing inspiration, and obstructed respiration; sometimes fatal in a few hours.

Aconitum—Burning heat; thirst; short, dry cough; hurried breathing. A dose every one or two hours.

Hepar—Rattling of mucus; cough loose; without much fever; feeling of suffocation from phlegm. A dose every two hours.

Spongia—Hollow, dry, ringing cough; noisy respiration; fits of choking. A dose every two hours.

Aconitum and *Spongia* may be given in alternation, and may be administered every fifteen minutes in very acute cases.

Kali bichrom—True membranous or diphtheritic croup. A dose every two hours.

GENERAL DIRECTIONS—Put the child into a warm bath immediately.

DEAFNESS, CATARRHAL.

Difficulty of hearing frequently arises from or is the result of a cold or chill.

Mercurius will generally afford relief. A dose every four hours.

GENERAL DIRECTIONS—Keep the part warm and well covered with flannel. If there is great dryness and want of wax, a little glycerine on cotton may be carefully inserted.

DELIRIUM TREMENS.

SYMPTOMS—This disease generally comes on in persons who have habitually resorted to over indulgence in intoxicating liquors, and is generally indicated by extreme irrita-

bility of temper; weakness of memory, but constant activity of mind; anxiety and restlessness, followed by frightful dreams, imaginary visions and sounds.

Belladonna—Congestion of blood to the head; heat and pain in the head; boisterous delirium, etc. A dose every one or two hours till better.

Nux vomica—Especially useful in the first stage. Dose as Belladonna.

Opium—Is the best remedy in many cases. Dose as Belladonna.

DIARRHEA.

SYMPTOMS — Looseness of the bowels, sometimes attended with colic and vomiting.

Diarrhea—Medicines Especially Adapted.

For *Acute* diarrhea, with sudden prostration of strength—Arsenicum, Camphora, Veratrum alb.

Alternating with Constipation — Bryonia, Nux vomica.

Chronic—Arsenicum, Calcarea carb., Cinchona, Sulphur, Veratrum alb.

After a *Chill*—Bryonia, Cinchona, Dulcamara, Veratrum alb.

After taking *Cold*—Aconitum, Dulcamara, Mercurius.

Caused by *Cold Drinks*—Arsenicum, Bryonia, Dulcamara, Pulsatilla.
After *Eating Fat Food*—Carbo veg. Pulsatilla.
After *Fright*—Aconitum, Opium, Veratrum alb.
After *Eating Fruit*—Cinchona, Colocynthis, Pulsatilla.
From *Grief*—Colocynthis, Ignatia.
From *Indigestion*—Chamomilla, Colocynthis.
Painless—Apis Mellifica, Arsenicum, Cinchona, Phosphorus.
After *Getting Wet*—Aconitum, Rhus tox.

Arsenicum—Stools thick; dark-green mucus or brown-black watery; great thirst; drinking but little at a time; worse after eating anything cold. A dose every two or three hours.

Bryonia—Diarrhea in hot weather or when caused by taking cold drinks when heated. A dose every two or three hours.

Camphora—In *sudden* and *recent* attacks, with *chilliness, shivering;* cold creeping of the skin; severe pain in the stomach and bowels; cold face and hands, and cramps in the legs or stomach. A dose every twenty or thirty minutes.

Chamomilla—Stools green watery, corroding, with colic; bitter taste, with bilious vomiting. A dose every two or three hours.

Cinchona—Painless, *undigested*, offensive stools, with distension of the abdomen. A dose every two or three hours.

Colocynthis—Diarrhea with cutting colic before stool; great urging; bitter taste in the mouth. A dose every two or three hours.

Dulcamara—Griping pain in the region of the navel, with vomiting of mucus; if caused by taking cold. A dose every two or three hours.

Mercurius — Stools dark-green, slimy, frothy or bloody; frequent urging and tenesmus during and after stool; foul tongue; nausea; bilious eructations. A dose every two or three hours.

Sulphur—Stools very changeable, yellow, brown, green, undigested; early morning diarrhea, without pain; after suppressed eruptions. A dose every two or three hours.

Veratrum alb—Stools profuse, watery, blackish or greenish; severe pinching colic before and during stool; after stool great weakness and an empty feeling in the abdomen; violent vomiting of frothy mucus; intense thirst for cold water; excessive weakness. A dose every two or three hours.

DIPHTHERIA

Is a disease of so complicated a nature and so dangerous to life that it might be considered excusable to omit to give it a place

in a work which is intended for persons who are not expected to be learned in the science of medicine. Yet its invasion is often so sudden and its dangers so great that a brief outline may be important, inasmuch as it will awaken the careful attention of parents, and induce them to seek the immediate attention of a skilful physician. Diphtheria, although common to children, attacks persons of any age; usually commences with severe cold, with fever and sore throat. The illness progresses rapidly, and is marked by a *prostration out of proportion to the time that the patient has been sick.* In mild cases the throat is simply red and swollen like quinsy or scarlet fever, or ulcerated like the old-fashioned ulcerated sore throat—these cases generally get well rapidly by the use of the remedies prescribed for sore throat.

The real characteristics of diphtheria however, is a false membrane that covers the tonsils and soft palate, *this membrane forms quickly in patches*, which rapidly *spread* and *coalesce*, thus covering, in a short time, the whole throat and extending even down the larynx. The patient then finds difficulty in breathing, and is almost totally devoid of the power of swallowing. Liquids are almost immediately returned through the nose, and solids can not even be attempted. The membrane, at first almost transparent, soon becomes *opaque* and *thick*, and assumes a

yellowish color, resembling the color of leather. At this stage it begins to detach, and large pieces are thrown off, leaving underneath an inflamed surface, which soon becomes recovered by a second membrane.

The fetid breath is a constant symptom of an alarming case.

The sudden prostration, the characteristic membrane, and the peculiar odor of the breath, will distinguish diphtheria from a common sore throat, from scarlet fever, from quinsy, and from the so-called ulcerated sore throat.

TREATMENT—*Aconitum* in the forming stage; dry, hot skin and very quick pulse; may be given in alternation with other remedies when there is much fever. A dose every two hours.

Apis mellifica—Great debility from the beginning; the membrane assuming at once a dirty-grayish color; stinging pains in the affected parts. A dose every two hours.

Belladonna—Great dryness of the fauces; tonsils bright red and swollen; can not swallow or only with the greatest difficulty; very restless and drowsy, yet can not sleep. A dose every two or three hours, or may be given in alternation with other remedies.

Kali bichromicum—Fauces inflamed and more or less covered with a dirty-yellow deposit, forming pseudo-membrane; hoarse,

croupy cough, with expectoration of *stringy* mucus.

Mercurius iodatus—Pseudo-membranous deposit upon the tonsils, uvula and pharynx; tongue coated with a thick, yellow, dirty coating; tonsils swollen and great difficulty in swallowing; breath very offensive; hoarse breathing; swelling of the glands.

Kali bichrom. and *Mercurius iod.* are generally the most successful remedies in the severer forms or more advanced stages of diphtheria, and should be given in the first triturations, in alternation, one or two grain doses, from one to two hours apart, and should be continued for at least twelve hours, lengthening the time between doses as the disease abates.

Calcarea chlor. (Chloride of Lime)—This remedy is highly recommended in all stages of the disease, both in the ordinary and the more dangerous forms; the liquor, *calcis chlorinata*, from five to ten drops in half a tumbler of water, a teaspoonful may be given at intervals of from two to four hours; may be given in alternation with other remedies.

General Directions—The external application of a salt-water bandage, covered with flannel, is very beneficial in this disease, and the patient, if old enough, should gargle frequently with a solution of *Kali permanganate* (Permanganate of Potassa), in the

proportion of two grains to four ounces of water, or *Kali muriat* (Chloride of Potassa), one part to sixteen parts of water.

The DIET should be regulated to suit the inclination of the patient; if there is an appetite for food, it should be indulged. Beef tea, mutton or chicken broth may be taken liberally.

DYSENTERY—BLOODY FLUX.

SYMPTOMS — This disease is generally attended with thirst, dry skin and tongue, and other symptoms of fever. The most marked symptom of dysentery is frequent, painful desire to stool, with great straining *tenesmus*, discharge of blood and mucus, sometimes with constipation.

Aconitum—Fever, thirst, dry heat, restlessness, distress. This is a good remedy to commence with, as it often checks the disease without further treatment.

Arsenicum—Great thirst; emaciation and debility.

Colocynthis—If the colic pains are excessive; may be given in alternation with Mercurius.

Ipecacuanha—Bilious stools, afterwards bloody; mucus especially in dysentery occurring in autumn; alternate with Mercurius.

Mercurius—Violent straining after every evacuation; discharge of pure blood or

mucus and blood. This remedy should be alternated with any other when it does not cover all the symptoms.

Nux vomica—Frequent small stools; discharge of bloody mucus, etc.

Administration—In severe cases, a dose every thirty minutes; mild cases, every two to four hours.

EARACHE.

Generally the result of cold, and frequently accompanied with toothache.

Chamomilla—Lancinating pains; dryness of the ears, especially when caused by a cold. A dose every two hours.

Mercurius—Shooting pains extending to teeth and cheeks; discharge of wax. A dose every two hours.

Pulsatilla—Pains with redness, swelling and heat of the ear, with humming in the ear. A dose every two hours.

GENERAL DIRECTIONS—Put a few drops of vaseline or sweet oil on cotton, and place in the ear; keep the part warm.

EARS, HUMMING IN THE

Frequently arises from congestion of blood to the head, from catching cold, etc.

Belladonna—If arising from congestion to the head. A dose three times a day.

Nux vomica—If worse in the morning. A dose three times a day.

Pulsatilla—If worse in the evening. A dose three times a day.

General Directions—As this troublesome symptom is mostly connected with some general complaint, as cold, congestion or indigestion, these conditions should be referred to. (See Congestion to the Head, Earache.)

EMOTIONS OF THE MIND.

Disorders frequently arises from violent passions and emotions of the mind, as from fright, grief or passion. These conditions require special remedies adapted to the cause from which they spring.

Bad Effects of Fright—*Aconitum*—If fainting, convulsions or palpitation result from fright. A dose every hour or two, according to circumstances.

Ignatia—If diarrhea is the result of a fright. A dose three or four times a day.

Bad Effects of Grief — *Ignatia*—If diarrhea or headache arises from grief. A dose three or four times a day.

Bad Effects of Passion or Anger—*Chamomilla* is the most suitable remedy if colic, diarrhea, dyspepsia, headache, jaun-

dice or spasms are the result of a fit of anger or passion. A dose every three or four hours, according to circumstances.

GENERAL DIRECTIONS—In many cases a tendency to strong mental emotions may be corrected by hygienic rules, cold bathing, exercise, etc. (See Health, Rules of.)

ERYSIPELAS.

SYMPTOMS—Inflammation of the skin, with constitutional disturbance, fever, and shooting and burning pains; the part is hot, swollen and of a crimson or purplish color, which disappears on pressure; tense and painful; numerous *blisters* or *vesicles* are sometimes present. Erysipelas of the head is a dangerous disease.

Aconitum—Fever; hot burning skin; great thirst. A dose every four hours.

Apis mellifica—Erysipelas of the face, with swelling and puffiness; burning, stinging pains in the affected parts. A dose every four hours.

Belladonna—Burning heat; redness of the skin; not much swelling; headache; restlessness. A dose every four hours.

Rhus tox—Especially in vesicular erysipelas. A dose three times a day.

GENERAL DIRECTIONS — Flour dusted over the part is often very soothing to the patient. Be careful with the diet.

FAINTING.

Known also as syncope, a swoon or swooning, fainting fit, etc. This may be the result of any sudden emotion, debility, heart disease, an injury, etc.

SYMPTOMS—The patient suddenly loses consciousness, and falls or sinks to the ground or floor.

GENERAL DIRECTIONS—Loosen or remove all tight articles of clothing; lay the patient flat on the floor, so that the head will be on a level or lower than the body; to aid in restoring animation, cold water may be dashed suddenly on the face, Spirits of Camphor or Ammonia may be applied to the nose.

If fainting is from fright—See Emotions of the Mind.

FATIGUE, BODILY.

Great bodily fatigue mostly produces a sensation of general lassitude and feeling as of contusion in the muscles and joints, sometimes accompanied with sleeplessness and complete prostration.

Aconitum—Should be taken against the bad effects of *overheating* from bodily exercise in summer time. A dose occasionally.

Arnica, internally—Is the most suitable remedy against the bad effects of great bodily fatigue, walking, rowing, etc. A dose every three or four hours.

GENERAL DIRECTIONS — Mix a tablespoonful of Tincture of Arnica in a pint of water, and bathe the hands and feet.

FATIGUE, MENTAL.

SYMPTOMS—Over-study or watching frequently produces confusion of thought, headache, drowsiness or sleeplessness, with general lassitude and weariness.

Coffea—If there is much nervous excitement and sleeplessness. A dose every two or three hours.

Nux vomica—Is the principal remedy, and will generally afford relief. A dose three times a day.

GENERAL DIRECTIONS — Perfect rest should be given to the mind after too great a strain upon its powers; cold bathing should be resorted to, and every endeavor made to invigorate the system. Years of nervous debility and misery frequently result from an over-taxation of the mental powers.

FEVERS, SIMPLE.

SYMPTOMS—Weariness, shivering, pain in the limbs, followed by burning heat, thirst, quick pulse, taste of appetite, etc.

Aconitum—In simple feverish symptoms; and is the first and foremost of medicines whenever fever is present. A dose every two or three hours.

Belladonna—Fever with great heat in the head; violent headache, particularly in the forehead. Dose as for Aconitum, or may be given in alternation with Aconitum.

FEVERS, ACUTE.

We will not attempt in this work to describe all the different varieties of fever by the numerous names by which they are known in medical books, but simply refer to the ordinary conditions of fever and the remedies specially adapted.

In all cases of acute fever the treatment is the same at the commencement.

Aconitum—Always in the first stage.

Belladonna — If the head is affected, delirium, etc. A dose every three or four hours.

Bryonia — Bitter taste; brown coated tongue; bilious derangement; constipation; aching and pain in the limbs. Especially useful in gastric, rheumatic, typhoid and typhus fevers. A dose every three or four hours.

Rhus tox may be given after or in alternation with Bryonia, for low type of fevers, with offensive discharges from the bowels,

extreme weakness and prostration, etc. A dose every three or four hours.

FEVER AND AGUE—INTERMITTENT FEVER.

Remittent is a fever in which the symptoms continue during the whole time of the patient's sickness, only varying from time to time in severity, but never leaving the patient entirely at any time.

Intermittent, however, is a fever in which the symptoms at certain times cease, and the patient feels as if entirely free from them or well. To this latter belong the chills and fever or fever and ague, caused by certain miasma generated in marshy localities, etc.

SYMPTOMS—The cold stage is preceded by languor, yawning, drowsy headache, numbness of toes and fingers, and blue nails; then coldness of the extremities is felt, gradually increasing, until the patient begins to shake and tremble, his teeth to chatter, and sometimes delirium ensues. During this time the pulse is weak and oppressed, thirst variable. The cold stage lasts from twenty minutes to three or four hours, and varies much in severity. The hot stage shows all the symptoms characteristic of an inflammatory attack; hot, dry skin; thirst; full, quick pulse, and sometimes even delirium. Its intensity and duration are variable, the latter being from two to six or eight hours.

Arsenicum—For great prostration; urgent thirst, drinking often but little; imperfect development of chill and heat or both. A dose every three or four hours.

Bryonia—The chill predominates bilious symptoms, with great thirst during all the stages. A dose every three or four hours.

Cinchona—When before the fever there is nausea, headache, hunger, anguish and palpitation of the heart; thirst *between* the cold and hot stages, or after the hot stage; no thirst during the heat; great debility; yellowish complexion, especially in miasmatic districts. A dose every three or four hours.

Ipecacuanha—Much chilliness and little heat, or much heat and little chilliness; paroxysm sets in with yawning, stretching and a collection of saliva in the mouth; chill increases by external heat; no thirst in the cold stage, but a great deal in the hot; nausea and vomiting predominate. A dose every three or four hours.

Nux vomica—Paroxysms usually at night or early in the morning; long, lasting, hard chill, with bluish cold face and blue finger nails; great heat, notwithstanding the patient wants to be covered up; both chill and heat accompanied with gastric and bilious symptoms; during the fever, headache, vertigo, red face, pain in the chest, vomiting. A dose every three or four hours.

Pulsatilla.—Attacks mostly in the afternoon or evening; chills and heat simultaneous; no *thirst* during the entire paroxysms or only in the hot stage; bitter or sour vomiting of mucus or bile; much gastric disturbance. A dose every three or four hours.

FEVER, SPOTTED—CEREBRO SPINAL MENINGITIS.

This disease has become so prevalent and so fatal that it is of great importance to be acquainted with its symptoms, so as to give it the earliest possible attention.

SYMPTOMS—It usually comes on suddenly with a chill, accompanied and followed by severe headache, pains in the back and limbs, and often vomiting; though the body is not usually very hot, the pulse is quick and the breathing rapid; delirium, a tendency to throw the head backwards, squinting of the eyes, double vision and convulsions frequently follow; often, though not always, on the second or third day, red spots of various sizes appear on the body and limbs, which give it the name of spotted fever.

Aconitum—A few doses should commence the treatment, whether there is fever or not. A dose evey two hours.

Arsenicum—Tenderness in the nape of the neck, with stiffness and bruised feeling;

dry tongue; foul discharges from the bowels and great weakness. A dose every three hours.

Belladonna—Violent throbbing headache; great soreness and stiffness of the neck. Dose as Arsenicum.

Bryonia—Splitting headache, worse from motion; stiffness of the neck; pain in the joints and limbs. Dose as Arsenicum.

Other remedies, Gelseminum, Opium, Rhus, etc.

FELON OR WHITLOW.

A very painful inflammation of the finger, arising from a bruise, the entrance of a needle or splinter, or other irritant.

Hepar sulph—Where there is tendency to suppuration; painful to the touch, etc. A dose every three hours.

Mercurius—In the commencement often prevents suppuration. A dose every three hours.

General Directions—A felon may frequently be kept back at the commencement, by soaking the finger in water, as hot as can be borne, and kept so by being renewed from time to time, and then wrapping it in a large hot poultice. (See Abscess.)

FLATULENCY.

Symptoms—Wind in the stomach or bowels. This symptom of indigestion fre-

quently arises from flatulent food, drinking coffee or tea in excess, or from rich or unwholesome articles of diet.

Cinchona—When arising from flatulent food. A dose night and morning.

Nux vomica—Especially when the symptoms come on after drinking. A dose night and morning.

Pulsatilla—If caused by eating rich or greasy food. A dose night and morning.

General Directions—Be cautious with diet, and avoid those articles of food which tend to promote the complaint.

GOUT.

Generally attacks the joints of the great toe, but it may attack the hands, the heart, stomach or brain.

Symptoms—Sudden and acute pain, most frequently in the great toe, waking the patient out of sleep; the joint then becomes red and swollen, and the slightest pressure intensifies the pain, which is of a burning, tearing character.

Aconitum—To commence the treatment; throbbing in the foot; hot swelling and shining redness. A dose every three or four hours.

Arnica—Sore and aching pains or as if bruised and sprained. A dose every three or four hours.

Bryonia — Swelling, with redness and heat; worse when moving the part; shooting in the toes, etc. A dose every three or four hours.

Nux vomica—If from abuse of spirituous liquors; torpor and swelling of the part; swelling, burning and itching of the toes. A dose every three or four hours.

Pulsatilla—Wandering gout; worse when rising up or lying down. A dose every three or four hours.

GENERAL DIRECTIONS—Diet very low during attack. Hot fomentations usually afford great relief.

GUM-BOIL

May be caused from a decayed tooth, a cold or from some derangement of the digestive organs.

Belladonna—If there is much redness and inflammation. A dose night and morning.

Hepar sulph — When suppuration has commenced. A dose night and morning.

Mercurius—When the boil is hard and painful. A dose night and morning.

GUMS, BLEEDING OF THE

Sometimes a symptom of derangement of the stomach, but frequently arising from abuse of mercury.

Carbo veg—If it arises from the abuse of mercury. A dose night and morning.

Mercurius—In most cases (except when arising from its abuse), especially when the gums are spongy, swollen and painful. A dose night and morning.

(See Canker in the Mouth.)

HEADACHE

May arise from various causes, such as derangement of the stomach, catarrh, congestion of the brain, nervous debility, etc. It is frequently only a symptom of disease, which must be cured before relief is obtained.

The following Remedies will be Specially Adapted:

Bilous Headache—Bryonia, Chamomilla, Ipecac, Nux vomica, Pulsatilla.

Catarrhal Headache—Belladonna, Mercurius, Nux vomica.

Congestive Headache—Aconitum, Belladonna, Bryonia, Nux vomica.

Nervous Headache—Aconitum, Belladonna, Coffea, Ignatia, Nux vomica.

Periodical Headache—Arsenicum, Cinchona, Pulsatilla, Sulphur.

Rheumatic Headache—Aconitum, Bryonia, Chamomilla.

Sick Headache—Bryonia, Ipecac, Nux vomica, Pulsatilla.

Aconitum—Violent, stupefying headache, with great fullness and heaviness in the forehead. A dose every hour or two.

Belladonna—Sick headache; head feels as if it would burst; congestion of blood to the head; violent, throbbing pain, especially in the forehead.

Bryonia—Headache on first waking in the morning; beating or stitching pains, especially on one side; sour or bitter vomiting; thickly coated tongue; constipation.

Chamomilla—If caused by catarrh or by drinking coffee; one cheek red and the other pale; bitter, bilious vomiting; over sensitiveness to pain.

Cinchona — Headache from suppressed coryza; intense throbbing headache after loss of blood; weak fainting spells; worse every other day.

Ignatia — Boring pain in the forehead, relieved by lying down; headache from grief or anxiety, etc.

Ipecacuanha—If nausea and vomiting are the most prominent features.

Nux vomica—Headache, with sour, bitter vomiting; stupefying headache, especially in the morning, aggravated by mental exertion; habitual constipation; persons of sedentary or intemperate habits, or those troubled with piles.

Pulsatilla—Headache from eating rich, greasy food; worse towards evening; vertigo,

especially when stooping or looking up; headache during the menstrual period.

The remedies may be given at intervals of a half hour to two hours, lengthening the time as the symptoms improve.

HEART, PALPITATION OF THE.

May arise from mental emotions, as long continued anxiety, joy, fear, etc.; nervousness, indigestion, debility, the excessive use of coffee, tea or other stimulants, though frequently produced by disease of the heart.

Aconitum—From excitement; violent agitation and beating of the heart.

Cinchona—If arising from debility; loss of animal fluids, blood, etc.

Pulsatilla—With hysterical symptoms and in nervous persons, and in females when produced by the slightest causes.

GENERAL DIRECTIONS—The causes should be avoided as far as possible; avoid excitement; abstain from tea, coffee and all indigestible food. (See Health, Rules of.)

HEALTH, RULES OF.

Rise early, sponge the body from head to foot with cold water, then rub with a coarse towel until thoroughly dry and warm; dress warmly and in such a manner as to protect every part of the body from exposure; exer-

cise in the open air, if possible, but if not, in the house, until thoroughly warm; eat heartily at breakfast and dinner of plain, substantial food, avoiding highly seasoned food and anything that from experience you find to disagree; masticate your food thoroughly, avoiding drinks of any kind while eating. Too severe exercise of mind or body immediately after a meal is injurious. Nothing but the most digestible food should be taken for supper, the meal to be eaten as early in the evening as possible; and this, as well as the other meals, should be taken at a regular time. Regularity should also be observed in evacuating the bowels in the morning, being the best time. Once a day is sufficient. Refrain from stimulants and aperients. Endeavor to keep the mind employed and cultivate a cheerful disposition. Retire early.

HEMORRHAGE, BLEEDING.

By hemorrhage is meant the escape of blood from the vessels in which it is naturally contained, whether the discharge be external or into one of the internal cavities of the body. As profuse or long continued hemorrhage is dangerous and likely to result serious, it is not desirable to trust to domestic treatment, except in cases of emergency; but as it is desirable to act promptly in such

cases, the following directions will be found valuable:

HEMORRHAGE FROM THE NOSE.

Aconitum—Bleeding from the nose; in persons of plethoric habit; flushed face and strong pulsations of the arteries.

Arnica—After external injury, and when the bleeding is produced by itching of the nose and forehead.

Cinchona—Frequent and long continued attacks; paleness of the face and weakness.

Give the remedy indicated every fifteen or twenty minutes until the bleeding ceases.

HEMORRHAGE FROM THE LUNGS.

Arnica—After a fall or blow on the breast or back.

Cinchona—Periodical attacks, worse every other day; debilitating morning and night sweats.

Phosphorus—With tight feeling in the chest, with a dry, tight cough.

If the bleeding is active, give the medicine every fifteen or twenty minutes until an improvement is manifest, then every one, two or three hours as may be necessary.

HEMORRHAGE FROM THE STOMACH.

Aconitum and *Arnica*—If caused by external injuries in alternation every fifteen

or twenty minutes until better. If there is heat and burning, with depressing pain in the stomach, give *Arsenicum* and *Veratrum alb.* in alternation every fifteen or twenty minutes till better.

Ipecacuanha — In sudden attacks, with great paleness and fainting; every fifteen or twenty minutes till better.

HIVES, NETTLERASH—URTICAREA.

Apis mellifica—Large hives, with stinging or burning itching, and much swelling. A dose every three or four hours.

Arsenicum—Large white blotches, with tormenting itching and burning; worse at night. Dose as for Apis mellifica.

Calcarea carb—If the rash disappears in the open air, and in chronic cases. Dose as for Apis mellifica.

Dulcamara—When it arises from a cold or from damp weather. Dose as for Apis mellifica.

Rhus tox—If it arises from unwholesome food or from damp weather. Dose as for Apis mellifica.

GENERAL DIRECTIONS—Avoid any article of diet which tends to produce it, and use warm water only to allay the irritation.

HOARSENESS.

Is a frequent accompaniment of a cold, croup, consumption and other diseases.

Aconitum—Dryness, roughness and feeling of fullness in the throat, with fever. A dose every three or four hours.

Belladonna — Hoarseness, with dryness and rawness of the throat. A dose every three or four hours.

Carbo veg.—Chronic hoarseness; worse in damp weather; after talking, etc. A dose every three or four hours.

Dulcamara— Hoarseness from damp or wet. A dose every three or four hours.

Hepar sulph.—In old standing cases; weak and hoarse voice; wheezing breathing. A dose every three or four hours.

Phosphorus—Hoarseness, with dry cough and soreness of the chest; especially chronic cases. A dose every three or four hours.

(See Coughs and Colds, Sore Throat, Croup.)

HOOPING COUGH.

SYMPTOMS—It usually commences as a common cold, accompanied by hoarseness and a cough, which returns at intervals; in about a week or ten days the cough returns at short intervals; and assumes its convulsive and suffocative character, with spasms of extreme severity, and attended by the peculiar hooping sound; this is the second stage. In the third stage the cough becomes loose and the hoop ceases.

Belladonna—Frequent paroxysms; worse at night; dry hard cough; the child gets very red in the face. A dose every three or four hours.

Cuprum—Violent and long continued paroxysms of cough, completely exhausting the patient, sometimes causing convulsions, rigidity and almost a suspension of the breath, followed by vomiting and prostration. A dose every three or four hours.

Drosera—When the hoop is fully developed; violent spasmodic cough; threatening suffocation. A dose every three or four hours.

Ipecacuanha—Suffocative cough; bluish face; accumulation of phlegm in the chest, etc. A dose every three or four hours.

Veratrum alb—Spasmodic cough, with blue face and suffocation; great exhaustion; cold perspiration, etc. A dose every three or four hours.

HYSTERICS—HYSTERIA.

Symptoms—This complaint appears under such various shapes, imitates so many other diseases, and is attended with such a variety of symptoms that it is difficult to give a just character or definition of it. The attack comes on in paroxysms of laughing, crying, screaming, or a rapid transit from one to the other, sometimes violent gesticulating, etc.

Ignatia—Will usually quiet the nervous system, both at the time of attack and afterwards. A dose every one or two hours.

Pulsatilla—When the attack depends upon suppressed menstruation, leucorrhea or dysmenorrhea. Dose as for Ignatia.

GENERAL DIRECTIONS—The treatment at the time of the attack should consist in the free admission of air, loosening the clothing, sprinkle cold water in the face; sometimes the smell of Camphor or Ammonia affords great relief. Whatever tends to strengthen the nervous system will prevent the recurrence of hysterics; daily excercise in the fresh air is indispensible; cold sponging is of great value, with the occasional use of the shower bath.

INDIGESTION

May be caused by excessive eating, too short intervals between meals, irregularities in diet, unwholesome food, excessive use of stimulants, etc.

A *casual attack* indigestion resulting from the use of certain foods requires special remedies, according to the nature or character of the cause which has produced it, as in

Derangement of the Stomach by Eating or Drinking.

Pulsatilla—If it arises from fat substances, pork, etc.

Nux vomica—If it arises from coffee.

Arsenicum or *Pulsatilla*—If it arises from fruits or ices.

Pulsatilla—If it arises from pastry.

Nux vomica—If it arises from wine, etc.

Rhus tox—If it arises from shell fish, muscles, etc.

If Nettlerash should be the result of partaking of unwholesome food. (See Nettlerash.)

Derangement of the Stomach by Moral Causes.

Chamomilla—If it arises from anger or passion.

Aconitum—If it arises from fright.

Ignatia—If it arises from grief.

Cinchona or *Nux vomica*—Indigestion arising from debility.

Bryonia or *Nux vomica*—Indigestion arising from sedentary habits.

Indigestion arising from cold or chill. (See Bad Effects of a Chill.)

A dose of the appropriate medicine may be taken every four or six hours, according to circumstances.

SYMPTOMS—Heart-burn, flatulence, nausea or sickness, pains in the bowels, palpitation, headache, etc.; one, many or all of these symptoms may be present, and for the treatment of them individually, refer to their

several headings. A recapitulation of the most prominent symptoms resulting from indigestion, with the medicines, which will be found most serviceable in each, is here subjoined:

Bilious Symptoms — Require Chamomilla, Mercurius or Nux vomica.

Colic—Colocynthis, Nux vomica or Pulsatilla.

Constipation—Bryonia or Nux vomica.

Diarrhea—Pulsatilla.

Flatulence—Cinchona, Nux vomica or Pulsatilla.

Headache—Bryonia, Nux vomica or Pulsatilla.

Heart-burn—Nux vomica or Sulphur.

Hiccough—Nux vomica.

Nausea or *Vomiting*—Ipecacuanha, Nux vomica or Pulsatilla.

Nightmare—Nux vomica or Pulsatilla.

Palpitation—Nux vomica or Pulsatilla.

Waterbrash—Calcarea carb., Carbo veg. or Nux vomica.

Bryonia—Indigestion in persons having a tendency to membraneous inflammations, rheumatism, etc., or when it manifests itself in summer; constipation. A dose night and morning.

Cinchona—Indigestion arising from debility, caused by loss of blood, purging, etc. A dose night and morning.

Hepar sulph.—Is almost a specific (with occasionally a dose of Sulphur) in chronic or long-standing dyspepsia. A dose occasionally.

Ipecacuanha—Indigestion, with nausea or vomiting as a prominent symptom. A dose three times a day.

Nux vomica—Distension; tenderness and fullness of the stomach after meals; *heart-burn;* sour acid eructations; flatulence; hiccough; frequent vomiting of food and bile; sour or bitter taste in the mouth; one of the best medicines for indigestion, and especially adapted for individuals of a lively, energetic, sanguine temperament, with a predisposition to constipation or piles. A dose three or four times a day.

Pulsatilla—Disposition to mucus derangement; *heart-burn*, with acid, bitter or putrid taste; indigestion from greasy or flatulent food; especially suitable to females or persons of a mild disposition, with tendency to a relaxed state of the system, diarrhea, etc. A dose night and morning.

Sulphur—In most cases of chronic dyspepsia, or indigestion in persons of a nervous and irritable temperament, with tendency to piles. A dose occasionally.

GENERAL DIRECTIONS—(See Health, Rules of.)

INFLAMMATIONS IN GENERAL.

Medicines Specially Indicated.

Inflammation of the Bladder—Aconitum, Cantharis.

Inflammation of the Bowels—Aconitum, Belladonna, Mercurius.

Inflammation of the Brain—Aconitum, Apis mellifica, Belladonna, Bryonia, Mercurius.

Inflammation of the Bronchia—Aconitum, Antimonium tart., Ipecacuanha, Mercurius, Phosphorus.

Inflammation of the Ears—Aconitum, Belladonna, Pulsatilla.

Inflammation of the Eyes—Aconitum, Belladonna, Mercurius, Sulphur.

Inflammation of the Eye-Lids—Belladonna, Hepar Sulph., Pulsatilla.

Inflammation of the Glands—Belladonna, Mercurius.

Inflammation of the Gums—Carbo veg., Mercurius.

Inflammation of the Kidneys—Belladonna, Cantharis.

Inflammation of the Liver—Aconitum, Belladonna, Bryonia, Cinchona, Mercurius, Nux vomica.

Inflammation of the Lungs—Aconitum, Antimonium tart., Bryonia, Phosphorus, Sulphur.

Inflammation of the Pleura—Aconitum, Arnica, Bryonia, Rhus tox.

Inflammation of the Stomach—Aconitum, Arsenicum, Nux vomica, Veratrum alb.
Inflammation of the Throat—Aconitum, Apis mellifica, Belladonna, Kali bichrom.
Inflammation of the Tongue—Aconitum, Mercurius.
Inflammation of the Tonsils—Aconitum, Apis mellifica, Belladonna, Mercurius.

INFLAMMATIONS, ACUTE.

Most of the diseases which come under this head require prompt medical assistance; the remedies here mentioned under each particular inflammation are only intended to be used in the absence of a physician or until one can be obtained.

INFLAMMATION OF THE BLADDER.

Recognized by a burning pain in the region of the bladder; the external parts being swollen; hot, tense and painful to the touch; the urine hot and red, and the emission of it is either difficult and painful or impossible; fever.

Aconitum—May be given until the fever is somewhat abated. A dose every hour.

Cantharis—After the fever is somewhat abated, or may be given in alternation with Aconitum, every one or two hours until relief is obtained.

INFLAMMATION OF THE BOWELS.

Recognized by violent stitching pains in the inflamed part, which are permanent; the abdomen is bloated, hot and painful to the touch; quick, small, wiry pulse; obstinate constipation and violent thirst. It is dangerous, and may be fatal in two or three days.

Aconitum and *Belladonna* alternately, till the violence of the disease abates. A dose every one or two hours.

Afterwards *Belladonna* and *Mercurius* in alternation. A dose every two or three hours.

Nux vomica—When the patient is recovering if constipation sets in. A dose at bedtime.

GENERAL DIRECTIONS—Cloths wrung out of hot water laid on the bowels and covered with flannels. Also, hot water injections greatly assist the cure.

INFLAMMATION OF THE BRAIN.

Recognized by violent pain in the head or by a mere pressing dull sensation; fever and signs of sanguineous congestion to the head; distention of the veins of the head and throat, etc.; coma or constant delirium.

Aconitum and *Belladonna* alternately, every two hours, till the fever and other symptoms are somewhat abated, then *Belladonna* and *Bryonia* in alternation, every two or three hours.

GENERAL DIRECTIONS — Shut out all strong light; avoid all noise and especially all conversation within hearing of the patient (the hearing is very acute in this disease); keep the room well aired and comfortably cool temperature, and do not disturb or excite the patient if it can be avoided; *do not apply cold water to the head.*

INFLAMMATION OF THE BRONCHIA OR AIR TUBES.

See Bronchitis.

INFLAMMATION OF THE EARS.

SYMPTOMS—Great pain in the ears, followed by swelling and redness, both inside and out; sudden pain, sometimes so acute as to cause delirium.

Aconitum—If there is much fever. A dose every three or four hours.

Belladonna—Tearing pains in the head, with tendency to delirium. A dose every three or four hours.

Pulsatilla is generally the best remedy in this complaint, especially after the inflammatory symptoms have been controlled by the former remedies. A dose every three or four hours.

GENERAL DIRECTIONS—Diet light; apply heated flannels if the pain is severe; persons

subject to inflammation of the ears should avoid drafts of air; also, protect the ear from all irritation either by noise or wind.

INFLAMMATION OF THE EYES—OPHTHALMIA.

SYMPTOMS—Heat, pain and redness of the eyes; intolerance of light, headache and fever.

Aconitum—At the commencement of the attack if there is deep redness and pain of a pricking, burning or smarting character, and profuse watery discharge. A dose every two hours.

Belladonna—When the above symptoms are somewhat subdued and there exists redness of the eyes; inability to bear the light; pains round the eyes or in the head. A dose every two hours.

Mercurius—In slight cases; when there is not much fever or when Belladonna does not afford relief. A dose every three or four hours.

Sulphur—In obstinate cases; scrofulous ophthalmia; itching and burning in the eyes and lids; feeling as if sand were in the eyes. A dose two or three time a day.

GENERAL DIRECTIONS—Keep the eye shaded; never apply cold water or other cold application to inflamed eyes.

INFLAMMATION OF THE EYE-LIDS.

SYMPTOMS—Redness, swelling and soreness of the lids, external and internal.

Belladonna—Swelling and redness of the lids, with constant agglutination. A dose every three or four hours.

Hepar sulph.—Redness of the lids, with nightly agglutination. A dose every three or four hours.

Pulsatilla—Redness of the lids; secretion of mucus; nightly agglutination. A dose every three or four hours.

(See Inflammation of the Eyes.)

INFLAMMATION OF THE GLANDS, ACUTE.

Often caused by a cold or chill. This is the only form here treated of.

Belladonna—When there is bright redness of the part and inflammation. A dose every three or four hours.

Mercurius—When the glands are hard, red, hot and painful to the touch. A dose every three or four hours.

INFLAMMATION OF THE GUMS.

Sometimes a symptom of derangement of the stomach, from teething or decayed teeth, and frequently from the abuse of mercury.

Carbo veg.—When it arises from the abuse of mercury. A dose every three to six hours.

Mercurius—In most cases (except when arising from its abuse); especially where the gums are spongy, swollen and painful. Dose as for Carbo veg.

(See Canker in the Mouth.)

INFLAMMATION OF THE KIDNEYS—NEPHRITIS.

Usually comes on with a chill, accompanied or followed by pain in the back (in the region of the kidneys); tenderness on pressure in these parts; shooting pains often extending to the groin and neck of the bladder; fever; nausea; often vomiting; difficulty of urinating; urine red and hot, sometimes bloody; the pains increased by motion or by lying on the back or side affected.

Aconitum—In the early stage; high fever; hot, dry skin and intense thirst; retention of urine, etc. A dose every hour or two.

Belladonna—Shooting pains from the kidneys to the bladder; pains which appear and disappear suddenly. A dose every hour or two.

Cantharis—Burning heat, with thirst and anxiety; constant desire to urinate, passing but few drops at a time, sometimes mixed with blood. A dose every two or three hours.

INFLAMMATION OF THE LIVER.

Recognized by a burning and stitching pain, just under the lower ribs of the right side and pit of the stomach, extending to the shoulder and breast bone, and sometimes even to the right foot; the pain and short dry cough, attendant upon this disease, are increased by inspiration, and it is impossible to lie on the right side; *this is when the inflammation affects the outer side of the liver;* or recognized by a deep-seated painful pressure in the region of the liver, accompanied by yellow color of the eyes and face, sometimes almost complete jaundice; bitter taste, vomiting and high-colored urine, accompanied with fever; the pains are increased by lying on the left side, but alleviated by lying on the right; *this is when the inflammation affects the inner side or substance of the liver.*

Aconitum—Violent inflammatory fever, with stitches in the region of the liver; retention of urine, with stitches in the kidneys; *great nervous excitablity;* restlessness and anxiety. A dose every two or three hours.

Belladonna—If there is restlessness; fullness or pain in the head; tension in the region of the stomach; tenderness of the whole abdomen; almost constant moaning, with starting and jumping during sleep; can not bear noise or bright light. A dose every two or three hours.

Bryonia—If there is a feeling of tightness, burning or stinging in the liver, more when pressing it; yellow coated tongue, with bitter bilious vomiting. A dose every two or three hours.

Mercurius—Inflammation, with great tenderness of the liver, and jaundice-like appearance of the skin; bitter taste; green, bilious or frothy stools; bilious vomiting. A dose every two or three hours.

INFLAMMATION OF THE LUNGS—PNEUMONIA.

Recognized by stitches or pain in one part of the chest, increased by inspiration and preventing deep breathing; oppression of the chest and a continuous dry cough, which is excited by talking and by every deep breath. The cough is afterwards attended with expectoration of a serous or mucus character; and in the highest degrees of the inflammation, pure blood may be expectorated. All the signs of inflammatory fever are generally present.

Aconitum—Especially in the first stage; high fever; violent thirst and shortness of breath; piercing and stitching pains in the chest, with difficult breathing. May be given in alternation with other remedies. A dose every two or three hours.

INFLAMMATION OF THE PLEURA.

Recognized by painful stitches in the side when moving or drawing breath, attended with inflammatory symptoms. (See Pleurisy.) There is also a kind of pleurisy which is not accompanied with inflammatory symptoms. (See False Pleurisy.)

INFLAMMATION OF THE STOMACH—GASTRITIS.

Distinguised by a pain in the stomach, usually with a burning sensation internally and tenderness to pressure; vomiting, especially when any food or drink is taken; a feeling of great prostration; thirst and often cold extremities; the tip and edges of the tongue are red and sometimes the whole tongue.

Aconitum—In the first stages.

Arsenicum—Heat or burning in the stomach, with sharp shooting pains; rapid prostration of strength. A dose in alternation with Aconitum every two hours.

Nux vomica—If connected with indigestion from improper food. In alternation with Arsenicum every two hours.

General Directions—Observe the rules under Fever. Allow no food or drink while the vomiting lasts.

INFLAMMATION OF THE THROAT.

See Sore Throat.

INFLAMMATION OF THE TONGUE.

This is not a very common disease but requires very prompt attention. The end of the tongue first becomes red and swollen, and in a few hours the whole tongue becomes so large that it protrudes from the mouth.

Aconitum and *Mercurius* may be given in alternation every two hours.

INFLAMMATION OF THE TONSILS.

In this disease the tonsils or glands of the throat on one or both sides are inflamed, sore, red and painful; the pain often extends to the ears; it is produced by a cold. (See Quinsy.)

INFANTS, DISEASES OF.

APHTHE—THRUSH.

SYMPTOMS—Small ulcers on the tongue, sometimes extending through the whole intestinal canal.

Arsenicum—If the mouth is reddish blue and inflamed; fetid smell from the mouth; great restlessness; green, watery diarrhea, with great weakness. A dose every three or four hours.

Mercurius—Tongue inflamed and swollen, ulcerated on the edges; bleeding of the gums, with inclination to ulceration about the teeth; very fetid breath: profuse secretion of saliva in the mouth, etc.; generally the best remedy. A dose every three or four hours.

Sulphur—Thick, whitish or brownish aphtheus coating on the tongue; blisters and ulcers in the mouth, with burning and soreness; acrid, slimy or greenish diarrhea, excoriating the parts. May be given after or in alternation with Mercurius. A dose every three or four hours.

GENERAL DIRECTIONS—Use the greatest cleanliness; wash the mouth frequently with warm water; attend to ventilation; regularity of the bowels; take the child frequently into the open air when the weather will allow.

ASTHMA OF MILLAR—SPASMODIC.

SYMPTOMS—Distinguished from croup by coming on suddenly (the child frequently waking up with it), by the transient character of the attack, and by the absence of fever,

Chamomilla—Shortness of breathing; hoarseness and cough from rattling of mucus; one cheek red and the other pale. A dose every hour till better.

Ipecacuanha — Danger of suffocation; bluish face; rattling noise in the bronchial tubes; nausea, etc. A dose every hour.

Sambucus—When the attack comes on during sleep; nightly suffocation; paroxysms. A dose every hour.

GENERAL DIRECTIONS—Apply cloths wet with water, as hot as can be borne, to the throat. (See Croup.)

COLDS.

Imprudent exposure and irregularity of clothing are the common causes of colds and coughs.

Aconitum—In the commencement, with dry, hot skin and great restlessness; short, dry cough, with constant irritation in the larynx. A dose every two or three hours.

Chamomilla — Obstruction of the nose, with running of water from the nostrils. A dose every three or four hours.

Nux vomica—Dry obstruction of the nostrils. A dose every three or four hours.

COLIC—FLATULENCY.

Colic and flatulence are always symptoms of indigestion.

SYMPTOMS—The children roll their eyes during sleep, distort their features, though at first do not wake, but continue to sleep uneasily; suddenly they commence to cry, and

at intervals, to twist their bodies, draw up their legs and kick their feet; the abdomen swells, causing oppression of breathing, restlessness and sleeplessness follow; rumbling noise is heard in the bowels, indicating the presence of wind, which gives great pain until it passes off; then an interval of quiet, followed by another sudden attack of pain and crying.

Chamomilla—Colic from flatulence, or if a greenish diarrhea is present, or acidity of the stomach, with great restlessness. A dose every hour till better.

Colocynthis—Griping pains, causing the child to twist and scream. Dose as for Chamomilla.

Nux vomica—Colic and flatulency, attended with constipation. Dose as for Chamomilla.

Pulsatilla—Colic attended with nausea, vomiting and diarrhea. Dose as for Chamomilla.

GENERAL DIRECTIONS—During a hard fit of colic the child may be given a warm bath and hot application made to the abdomen.

CONSTIPATION

Often affects children from their earliest infancy; it is often hereditary, and is then very difficult to correct; it may also be caused

in the child by errors in the mother; feeding by hand seems also a general cause of constipation, in which case the proportion of water in the milk should be increased.

Bryonia—Hard, dry stools, especially during summer time, when caused by derangement of the stomach, accompanied with flatulency, brown tongue, etc. A dose night and morning.

Nux vomica—Constipation brought on by gastric derangement and by debility of the intestines; flatulency; white coated tongue; loss of appetite; distention of the bowels, etc. A dose night and morning.

Sulphur—Hard, lumpy stools, with straining and pain. A dose night and morning.

General Directions—When the child has no movement for forty-eight hours, and the abdomen becomes hard and distended, relieve it by an injection of tepid water. Avoid castor oil and all cathartics; be very careful of the diet.

CORYZA—SNUFFLES.

Symptoms—An obstruction of the nose; may be caused by a current of air on the child's head unprotected by a good crop of hair; the sweating of some children during sleep, without a cap, often induces the obstruction; commonly called "snuffles," by physicians "coryza."

Arsenicum—If the nose runs water and even excoriates the nostrils. A dose every three or four hours.

Calcarea carb.—When the symptoms become chronic. A dose twice a day.

Nux vomica—Dryness of the nose or with constipation. A dose every three or four hours.

Sulphur—Coryza with dry cough, with hoarseness and dryness of the throat; especially in chronic cases. A dose twice a day

CRYING, RESTLESSNESS AND SLEEPLESSNESS.

Children often cry or are restless and sleepless without any apparent cause, it may be owing to slight indigestion, a nervous irritability from teething or from some other cause.

Belladonna—If the head or gums are hot; or if the child cries for hours without closing the eyes, or sleeps for a few minutes, waking up with starts. A dose every hour till better.

Chamomilla—When colic and great restlessness are present. A dose at bed-time.

Coffea — Sleeplessness from excitement; redness of face. In most cases of sleeplessness this remedy will be sufficient, A dose at bed-time.

GENERAL DIRECTIONS—A warm bath will frequently be found soothing.

CHOLERA INFANTUM AND SUMMER COMPLAINT.

Cholera Infantum is sudden in its invasions; it appears in summer from extreme heat and in autumn from hot days and cool nights; it may also appear as an epidemic.

Vomiting is a precursor and a companion of the intestinal evacuations; the child ejects every thing it takes, and often vomits without taking anything from simple irritability of the stomach; the discharges from the bowels are ordinarily of a *colorless* and inodorous fluid, although they may become mucous and look like beaten eggs or green.

Summer Complaint. There is but little difference between this disease and cholera infantum, except that it is *not so sudden in its invasion*, and is *more insidious* in its course; but *cholera infantum*, if not quickly checked, will degenerate into *summer complaint.*

Arsenicum—Violent vomiting and diarrhea of watery, bilious or slimy, brownish or blackish substances, with severe pains in the abdomen; thirst; restlessness; sudden prostration; cold extremities and clammy sweat. A dose every hour till better.

Chamomilla—Redness and heat of the face, sometimes one cheek red and the other pale; sour vomiting of food or slimy substances; green, watery, corroding stools, with colic; also, mixed, white and yellow mucus, like chopped eggs; colic before and during stool. A dose every hour.

Colocynthis—Green vomiting, with violent colic. A dose every hour.

Ipecacuanha—Almost constant nausea and vomiting; the child throws up its food and large quantities of green mucus; colic and sick stomach before and during stool; stools grass green, mucous or white fermented. A dose every hour till better; may be given in alternation with Chamomilla.

Veratrum alb.—Cold sweat on the forehead; lips dry and dark colored; vomiting excited by the smallest quantities of liquids; stools greenish and watery; violent thirst for large quantities of water. A dose every hour till better.

GENERAL DIRECTIONS—Breast milk when the mother is healthy is undoubtedly the best food for the child, when this can not be obtained a suitable substitute must be furnished, as cow's milk, gruel or beef tea.

DIARRHEA—BOWEL COMPLAINT

Is only a condition of the intestines, inducing more evacuations of the bowels than are

natural; these evacuations, although comparatively loose and too numerous, may be natural in the quality of their contents, their color or consistency.

Arsenicum—If there is weakness, emaciation and loss of strength. A dose every three or four hours.

Chamomilla—Diarrhea during teething, with pain and wind in the abdomen; stools green, watery, with colic; also, acidity of the stomach, with great restlessness. A dose every three or four hours.

Ipecacuanha—If accompanied with vomiting. A dose every three or four hours.

Veratrum alb.—Stools profuse, watery, blackish or greenish; also, with weakness and vomiting of frothy mucus. May be given in alternation with Ipecacuanha or Arsenicum. A dose every three or four hours.

EXCORIATION OF THE SKIN.

Generally the result of a want of cleanliness.

Chamomilla—Is generally sufficient to remove the condition. A dose every three or four hours.

Rhus tox—Is also a valuable remedy in this condition, and may be given after or in alternation with Chamomilla. A dose every three or four hours.

General Directions—The child should be washed frequently with warm water, and after being dried thoroughly, with a soft towel, sprinkle rice powder on the parts affected.

JAUNDICE

May supervene almost immediately after birth, and frequently arises from cold or may be the result of purgatives; the yellowness of the skin will give sufficient evidence.

Chamomilla—Jaundice of new born infants; yellowness of the face and whites or the eyes. A dose every three or four hours.

Mercurius—If the child has diarrhea, or its passages are of a clayish-white color; the urine dark and yellow. A dose every three or four hours.

General Directions—Cleanliness and warm clothing are both necessary; keep the child moderately warm.

MILK CRUST—CRUSTA LACTEA.

This is a disease peculiar to children at the breast; it usually occurs during the period of dentition, and may last until the third year; it consists of small, white pustules, in clusters, on a red ground, developing themselves on the face and scalp, and sometimes spreading over the whole body; the pustules burst and

form yellow scabs, and are attended with considerable irritation; it is not a dangerous disease, but excessively annoying to parent and child.

Aconitum—When there is great fever and restlessness. A dose two or three times a day.

Rhus tox—Is specific in many cases, and is specially indicated when the itching is very troublesome. A dose two or three times a day.

Sulphur—Should be given to complete the cure, or if Rhus has not produced a favorable change. A dose night and morning.

RASH.

Purple or scarlet rash is, in its general symptoms, similar to scarlet fever, except that the general bright efflorescence of the skin is accompanied with a fine rash, which imparts to the skin a sense of granular roughness when passing the hand over it. Scarlet fever invariably appears first on the face, next on the body, and lastly on the extremities; purple and scarlet rash, on the contrary, may appear irregularly or locally, or at once over the whole body.

Rose rash is the mildest of all eruptive fevers, and is characterized by a simple blush, of a rose color, appearing in oval patches upon different parts of the skin, and some-

times extending over a considerable surface. There is no elevation on the skin and the fever is very slight.

In both kinds of rash the treatment may be the same.

Aconitum—At the commencement, when there is fever. A dose three times a day.

Belladonna—If the head is affected. A dose every three or four hours.

Coffea—If there is much restlessness, irritability or nervousness. A dose every three or four hours.

GENERAL DIRECTIONS—Attention to diet, temperature and cleanliness will conduce much to a cure.

RED GUM.

SYMPTOMS—An eruption, common to infants at the breasts, of small, red pimples, which make their appearance about the face, neck and arms, frequently very slight, and yielding to simple hygienic treatment, bathing, ventilation, etc.

Aconitum—May be given in most cases where there is much feverish heat and restlessness. A dose two or three times a day.

Rhus tox—When there is much irritation or burning itching of the skin. A dose two or three times a day.

Sulphur—Is often a specific, or may be used occasionally during the use of other medicines. A dose night and morning.

SPASMS OR CONVULSIONS

Are caused by irritation of teething, worms, indigestible food, sudden cold, fright or constipation, and are characterized by sudden screaming, clenching of the hands, twisting of the feet, jerking movements of the body, flushing of the face, rolling of the eyes and grinding the teeth. The face may turn a purplish hue; the breathing be very labored; the trunk of the body very straight and stiff.

Belladonna—The best remedy at the time of the attack; starting when asleep; rigidity of the limbs; drowsiness, etc. A dose every half hour till better.

Chamomilla—When teething, diarrhea or mental emotions are the cause; convulsive jerking of the limbs; redness of one cheek, etc. A dose every two or three hours.

Cina—When caused by worms. A dose every two or three hours.

Cuprum—Red, bloated face; shrieking before an attack; convulsive movements resembling epilepsy. A dose every two or three hours.

Nux vomica—When caused by constipation or indigestible food. A dose every two or three hours.

If convulsions or spasms arise from fright or passion. (See Emotions of the Mind.)

GENERAL DIRECTIONS—Put the child into a warm bath as soon as possible.

TEETHING.

The process of teething is often attended with such disturbance of the nervous system as to require medical attention, and when this disturbance occurs in summer, complications with diarrhea and summer complaint are apt to arise and cause the condition of the child to become critical; the local irritation induces such sympathetic functional disturbances as congestion of the brain, spasms, eruptions, sore mouth, diarrhea, etc.

Aconitum— If the child is feverish and the gums are swollen. A dose every two or three hours; may be given in alternation with Belladonna.

Belladonna—If the head becomes very hot; the face flushed; eyes sparkling; pupils enlarged. A dose every two or three hours.

Coffea—For restlessness, wakefulness and obstinacy. A dose every two or three hours.

Calcarea carb—Is serviceable when the teeth are slow in coming. A dose two or three times a day.

(See Cough, Diarrhea, Constipation, Summer Complaint.)

INFLUENZA.

SYMPTOMS—These do not differ much from those of a common cold, except in

greater severity, and that the debility is greater and more persistent; there are chilliness, frequent sneezing, discharge from the nostrils, pain in the back and limbs, suffusion of the eyes and great depression of strength.

Aconitum — In a decided inflammatory stage, etc. A dose every three or four hours.

Arsenicum—Fluid and corrosive discharge from the nose, great debility, etc. A dose every three or four hours.

Mercurius—Rheumatic pains in the head, face, ears and teeth; fluent cold in the head; violent shaking cough, etc. A dose every three or four hours.

Nux vomica—Cough, with rattling of thick mucus; heaviness of the head, nausea, vertigo, etc. A dose every three or four hours.

GENERAL DIRECTIONS — The patient should keep entirely in bed or in doors until the severer symptoms have abated, and avoid too early exposure. (See Cold in the Head.)

INJURIES.

BLACK OR BLOODSHOT EYES.

TREATMENT—*Aconitum*—A dose every two or three hours.

Bathe the eye with a solution of *Arnica*, ten drops to half a tumbler of water. *Arnica* may also be administered internally. A dose every two or three hours.

BRUISES, CONTUSIONS, ETC.

Bathe the injured part frequently by means of a rag or piece of lint, saturated with a solution of *Arnica tincture*, one part of the tincture to ten of water, and take *Arnica* internally. A dose every two or three hours.

Rhus tox—When the joints or tendons are injured. A dose every three or four hours.

BURNS, SCALDS.

Severe injuries from burns or scalds, especially of large surfaces, are very dangerous and often fatal.

A most important object is to immediately cover the injured part with some suitable material that will exclude the air and keep it covered till the pain has left.

Calendula tincture—Twenty drops to half a tumbler of water will also be very efficacious, and cover the part afterwards with a thick layer of soft cotton, so as to exclude the air. Change the dressing as seldom as possible, as the cure of burns depends much on the exclusion of the air from the wounds. Fine flour or finely powdered starch is a convenient and excellent application, and may be sprinkled or dusted over the burnt surface, and should be repeated when any portion falls off.

Aconitum—Should be taken if there is much fever. A dose every three or four hours.

Hepar sulph.—If suppuration ensues. A dose two or three times a day.

CUTS, WOUNDS.

TREATMENT—Cleanse the part thoroughly with sponge and water; as soon as bleeding ceases, generally the case after the application of cold water, apply a bandage of lint or linen, moisten with a lotion of *Calendula*, one part of the tincture to ten of water; keep the injured part at rest and diet low.

Aconitum—Should be given if the patient is feverish. A dose every three or four hours.

Arnica—Severe pain and soreness of the part. Dose as for Aconitum, or may be given in alternation with Aconitum.

Belladonna—Pain, throbbing and swelling of the injured part. A dose every three or four hours.

Hepar sulph.—When there is tendency to suppuration. A dose every three or four hours.

SPRAINS OR STRAINS.

TREATMENT—Apply a bandage moistened with a lotion of *Arnica*, one part of the

tincture to ten of water; keep the parts at perfect rest.

Arnica and *Rhus tox* may be given internally. A dose every two to four hours.

ITCH—SCABIES OR PSORA.

The true itch is a very contagious disease, caused by the burrowing of the itch-mite under the skin; the irritation it causes gives rise to a little pustule, which is soon broken by scratching, and the fluid escapes and dries into a crust; it appears mostly about the wrists between the fingers and around the joints; it never appears on the face.

Mercurius iod.—After or in alternation with Sulphur, if that remedy does not cure promptly. A dose three times a day.

Sulphur—Is regarded as the specific remedy. A dose three times a day.

GENERAL DIRECTIONS—Perfect cleanliness, frequent bathing and washing is of great importance; the parts may be rubbed with common soft soap at night, which should be well washed off the next morning, or washing with a weak solution of Carbolic Acid and water is very beneficial.

ITCHING OF THE SKIN—PRURIGO

Caused by a fine rash or eruption, sometimes nearly imperceptible, upon the skin; it

differs altogether from the true itch or from nettle-rash.

Arsenicum—Itching, with burning, or an eruption of a small drop of watery fluid; in chronic cases. A dose two or three times a day.

Mercurius—If the irritation is worse at night and the skin is moist. A dose two or three times a day.

Sulphur—Is usually sufficient in ordinary cases. A dose two or three times a day.

(See Itch, Hives.)

JAUNDICE.

SYMPTOMS—Yellow tinge of the skin, varying from light yellow to almost a copperv brown; the whites of the eyes are the first to show this color and the last; the urine is scanty and high-colored, sometimes very dark. and with a thick sediment; headache, sickness and sometimes diarrhea; stools clay-colored; sometimes itching of the skin; depression of spirits. It may be caused by liver disease, torpidity of the liver, or obstruction to the elimination of bile, so that it again enters the circulation.

Aconitum—Fever, with acute stitches in the region of the liver; scanty red urine; great fear and anxiety of mind. A dose every three or four hours.

Chamomilla—Especially in children; yellowness of the face and whites of the eyes; green, watery, corroding stools, with colic; bitter taste, with bilious vomiting. A dose every three or four hours.

Cinchona—Persons who have been weakened by loss of fluids; *yellow color of the skin;* liver swollen, hard and tender; bitter taste in the mouth and throat; aggravation every other day. A dose every three or four hours.

Mercurius—Painfulness in the region of the liver; *skin very yellow;* thickly coated tongue; bad smell from the mouth; nausea and vomiting; generally the best remedy in this disease. A dose every three or four hours; may be given in alternation with any of the other remedies.

LEUCORRHEA—WHITES.

Results from general weakness more than any other cause, especially in young women; also, from inactivity, late hours, stimulating diet, mental emotions, etc.

Calcarea carb.—Usually the best remedy, especially in young women of weakly constitution. A dose two or three times a day.

Pulsatilla—Burning, thin, acrid leucorrhea; vertigo when rising from a sitting posture; also when caused by fright or chill at

the time of the menses. A dose two or three times a day.

Sulphur—Burning, painful or corrosive leucorrhea. A dose two or three times a day.

GENERAL DIRECTIONS — Attend to the general health, avoid exposure to cold or damp, excitement, warm baths, late hours and extremes of heat or cold.

LUMBAGO.

SYMPTOMS — Rheumatism affecting the muscles of the back or loins.

Bryonia—When the pains are relieved by warmth; worse during motion. A dose two or three times a day.

Nux vomica—When the back feels bruised; numbness or lameness of the parts, with dyspeptic symptoms or constipation. A dose two or three times a day.

Rhus tox—Pains worse during rest and when first commencing to move; better from continued motion and external warm applications. A dose two or three times a day.

(See Rheumatism, Sciatica.

MEASLES.

SYMPTOMS — It generally begins with symptoms of a cold in the head, sneezing, watering at the eyes, running at the nose, frontal headache, pains in the back and limbs,

shivering and sometimes cough; on about the fourth day the eruption appears on the face and neck, and soon after on the whole body; the eruption is in the form of minute raspberry colored pimples, which multiply and coalesce into blotches of a more or less crescent shape or unevenly circular masses; in four or five days the fever abates and the eruption disappears.

Aconitum—At the beginning when there is dry, hot skin, full, quick pulse and much thirst. A dose every three or fours.

Bryonia—If the eruption is imperfectly developed or suppressed; dry, painful cough; difficult breathing. A dose every three or four hours.

Pulsatilla—Is generally regarded as the specific remedy, and should be given as soon as the catarrhal symptoms appear; eyes red, watery and sensitive to the light; loose cough, etc. A dose every three or four hours; or may be given in alternation with any of the other remedies.

Sulphur—After the eruption has subsided; especially if any cough or catarrhal symptoms remain. A dose night and morning.

MENSTRUATION, DISORDERS OF.

Slight disorders of the monthly period are here alone treated of. Long standing, complicated or habitual irregularities should have

competent medical advice. A non-observance of the general principles of hygiene will be found a fruitful source of much of the suffering attendant upon these functions.

MENSTRUAL COLIC

Is frequently caused by a chill, from dampness of the feet, errors in the mode of living and an imprudent use of drugs.

Chamomilla and *Pulsatilla* are the best remedies for colic during the monthly period.

GENERAL DIRECTIONS — (See Painful Menstruation.)

MENSTRUATION, TOO SOON.

Frequently produced by mental emotions, excesses of various kinds, great bodily exertion and over-fatigue.

Calcarea carb.—When there is a tendency toward increasing shorter intervals, the flow also increasing in proportion A dose three times a day.

Nux vomica—Especially if the flow lasts too long and is profuse; cramps. A dose three times a day.

GENERAL DIRECTIONS — A hard bed, plenty of fresh air, salt-water baths, sponging and every thing that can invigorate and strengthen the system should be resorted to.

MENSTRUATION, PAINFUL,

Arises from cold, deficient exercise, insalubrity of air, a sudden emotion, etc.

Chamomilla—If there are colicky pains, with bearing-down feelings and tenderness of the abdomen. A dose every three or four hours.

Nux vomica—If the forcing pains predominate. A dose every three or four hours.

Pulsatilla—If occurring in individuals of a mild and timid temperament. A dose every three or four hours.

GENERAL DIRECTIONS—A careful diet, frequent walking, muscular exercise, and absence of all violent and unpleasant emotions are indispensable requisites to a cure.

MENSTRUATION, TOO PROFUSE.

The causes of this irregularity are both mental and physical, and are similar to those which are productive of painful or too frequent menstruation.

Cinchona—If attended with great weakness. A dose every three or four hours.

Ipecacuanha — If the discharge is very profuse and amounts to flooding. A dose every quarter of an hour to an hour till better.

Nux vomica—When the discharge is excessive and lasts too long. A dose every three or four hours.

GENERAL DIRECTIONS — The patient should remain perfectly quiet, and all drinks should be given cold. If flooding sets in, medical aid must be procured.

MENSTRUATION, RETARDED OR SUPPRESSED.

This condition frequently arises from a sudden emotion, a violent disappointment, a chill or cold (especially arising from wet feet), bad air, fatigue, etc.

Aconitum—When there is headache, dizziness or congestion; especially in robust young women. A dose every two or three hours.

Pulsatilla—Is the principal remedy; especially when the suppression is the result of a chill. A dose every two or three hours.

GENERAL DIRECTIONS—A warm hip or foot bath may be used, and when the acute symptoms are removed, active exercise in the open air should be resorted to, care being taken to clothe the body in a manner suitable to the season, and to avoid thin shoes and getting the feet damp.

MUMPS.

A painful swelling of the large glands behind the ear, just at the joints of the upper jaw; it attacks children principally, and frequently prevails as an epidemic.

Belladonna—Bright red swelling of the glands; redness of the face and eyes; throbbing headache, etc. A dose every three or four hours.

Mercurius—Is the principal remedy in this disease and is usually sufficient in ordinary cases.

GENERAL DIRECTIONS — The patient should be kept in a warm room, but not necessarily in bed; warm flannels should be applied to the part; the patient must not be exposed to cold or damp.

NERVOUS AFFECTIONS.

The nerves of some persons are naturally weak and delicate, but many bring themselves into this distressing condition by neglecting the general laws of health, thereby entailing upon themselves the many distressing symptoms consequent upon a weak and excitable condition of the nervous system.

Aconitum—Excitability of the organs of sight and hearing; agitation and tossing about; palpitation of the heart; in young girls of plethoric habit and sedentary life, etc, A dose three or four times a day.

Belladonna — Great irritability of the senses; immoderate laughter, etc. A dose three or four times a day.

Chamomilla—When there is great irritability of disposition; disconsolate, with tossing about, etc.; tendency to faint, etc. A dose three or four times a day.

Cinchona—Great debility, with trembling; excessive sensibility of the nervous system. A dose three or four times a day.

Coffea—Extreme sensitiveness to the least pain; excitability, with sleeplessness and restlessness. A dose three or four times a day.

Ignatia—Hysterical and nervous debility, or from the effects of grief. A dose every three or four hours.

Nux vomica—Nervous debility and excitement; after fatigue in the open air, or from the effects of wine, tobacco or other stimulants. A dose every three or four hours.

GENERAL DIRECTIONS—Avoid late hours, crowded assemblies, all kinds of mental excitement, coffee, strong tea, tobacco, and all stimulants. Cold sponge bathing and exercise in the open air will be valuable as tending to improve the general condition of the system. (See Health, Rules of.)

NEURALGIA—NERVE PAIN.

The locality of this disease varies, and wherever located is very distressing; the side of the head or face is a very common

location, but may appear in almost any part of the body.

Aconitum—Intolerable pains, with feverishness; worse at night; flushed face; great sensibility of the nervous system. A dose every two or three hours.

Arsenicum — Periodical attacks, chiefly around the eye and in the temples; burning, stinging pains, especially at night. A dose every two or three hours.

Belladonna—Pain most violent under the eye; darting pains in the cheek bones, jaws or nose; violent shooting pains in the ball of the eye. A dose every two or three hours; may be alternated with Aconitum.

Cinchona — Periodical attacks; darting, tearing pains, aggravated by the least touch. A dose every two or three hours.

(See Toothache, Bad Effects of a Chill.)

NIGHTMARE.

SYMPTOMS—A sensation of heavy pressure on the chest during sleep, which impedes breathing and producing great anxiety, accompanied with horrid dreams or fancies of monsters, robbers, etc.

It may be caused by an overloaded stomach, congestion of blood to the abdomen or to the heart when lying on the back.

Aconitum — Especially in women and children; if attended with feverishness, op-

pression of the chest, palpitation of the heart, etc. A dose or two before going to bed.

Nux vomica—After drinking spirituous liquors, eating a full meal in the night, or by sedentary habits. Dose as for Aconitum.

Pulsatilla—Especially in females; from rich living, etc.; anxious, sad dreams. Dose as for Aconitum.

General Directions—Persons liable to this disease must avoid the above-mentioned exciting causes before the remedies will have much effect. Avoid late suppers; let the diet consist more of vegetables than meat; avoid stimulants.

PILES—HEMORRHOIDS

Are small tumors or pouches filled with blood at the edge of the bowels or just within it; hence they are outward or inward, or they are bleeding or blind piles. When they are outward, examination reveals the presence of one or more tumors, more or less painful; when within, blood and the above symptoms with the passages, indicate their presence; or the piles may be forced out and appear as a hard, painful mass, which often must be forced back by the hands.

Nux vomica—Blind or bleeding piles; in persons who lead a sedentary life, or use much coffee or stimulants; habitual constipation. A dose every three or four hours.

Sulphur—Blind or bleeding piles, with stinging, burning and soreness in and about the rectum; protuding at times after stool. A dose every three or four hours; may be taken after or in alternation with Nux vomica.

GENERAL DIRECTIONS—Hot water applications or sitting baths are usually very beneficial; avoid highly seasoned or rich food and stimulants of every kind. (See Constipation.)

PIMPLES.

The common name of a frequent eruption containing matter, occurring chiefly on the face; generally the result of errors in diet.

Arnica—Pimples mostly on the face. A dose two or three times a day.

Belladonna—Especially when they occur in young people. A dose two or three times a day.

Pulsatilla—For pimples arising from over rich food. A dose two or three times a day.

Sulphur—Will in most cases be beneficial. May be given after or in alternation with other remedies. A dose night and morning.

GENERAL DIRECTIONS—Avoid rich or greasy food, pork and stimulants of every kind; let the diet be light, wholesome and nutritious.

PLEURISY.

SYMPTOMS—Inflammation of the membrane lining the chest; characterized by fever,

shooting pain in the chest, dry cough, shortness of breathing, and a sharp, catching pain in the side below the ribs, worse on coughing or breathing deeply.

Aconitum—While the fever, pain and cough are severe; full, bounding pulse; dry, hot skin; piercing and stitching pains in the chest, with a short, dry cough. A dose every two or three hours.

Bryonia—Stitching pains in the affected part, aggravated by inspiration or the least motion. A dose every two or three hours; may be given after or in alternation with Aconitum.

Phosphorus—Short, difficult respiration; sharp pains on the left side; tightness across the chest, with a dry, shaking cough, etc. (See Inflammation of the Lungs.)

PLEURODYNIA—FALSE PLEURISY

Is merely rheumatism of the intercostal muscles, or the muscles that cover the walls of the chest, or irritation of the nerves that supply these parts. It is distinguished from true pleurisy by the absence of fever, by the stitch occurring mostly during expiration, and as a rule by the absence of cough.

Arnica—Shooting or pains as from a bruise; when moving, coughing, etc. A dose every three or four hours.

Bryonia—If the patient is very restless and feverish; tension and pressure on the chest, etc. A dose every three or four hours.

GENERAL DIRECTIONS—Warm applications to the side will frequently afford relief.

POISONS AND POISONING.

Hardly any accident is more common than poisoning, either by intention or by mistake. Often there are symptoms of poisoning when the patient can not or will not say what he has taken, therefore, the importance of some

General Directions for the Treatment of Poisoning.

1. Make the patient vomit at once. To do this, give him a teaspoonful of ground mustard in a teacupful of warm water every minute till he throws up, or a tablespoonful of common table salt in the same quantity of warm water, or tickle the inside of his throat with a feather or the finger.

2. After he has vomited well, let him take the antidote for the poison when any one is given in this article.

3. Rest and quiet, a low diet, and the reclining position should be kept for several days.

General Antidotes.

Coffee—Strong, black coffee against all *narcotic* poisons, such as *opium*, and its prepa-

rations, *morphine*, *laudanum*, *paregoric*, *soothing syrups*, *etc.*, *nux vomica*, *strychnine*, *stramonium*, *sumach*, *bitter almonds*, *prussic acid*, *belladonna*, *colocynth*, *valerian*, *hemlock*, *cicuta*, *antimony*, *phosphorus*, *phosphoric acid*, drowsiness, intoxication, loss of consciousness, delirium.

Camphor — Against *vegetable* poisons, especially the corrosives, as *croton oil*, etc., and whenever they cause *vomiting*, *diarrhea*, *pale face*, *coldness of the extremities*, *loss of consciousness;* against venomous *insects*, as the *spanish fly*, the *wasp*, the *bee*, the *hornet*, the *centipede*, etc.; against all *vermifuges*, *tobacco*, *bitter almonds;* all *fruits* containing *prussic acid*, *acids*, *salts*, *metals*, *phosphorus*, *mushrooms*.

Liquor Ammonia — Hartshorn—Against all *narcotic* poisons and the *bites of serpents*, *dogs*, etc.

Olive Oil—Good against the effects of *corrosive acids*, but injurious against the bad effects of *venomous insects*.

Soaps and the White of Eggs—Of soap dissolved, one teacupful every two or three minutes, against *metallic* poisons, such as *arsenic*, *lead*, *copper*, etc.; efficacious against *corrosive acids*, as *nitric*, *sulphuric*, etc.; also against *alum*, the *corrosive sap of plants*, *castor oil*, etc. The white of an egg (uncooked), every ten minutes, injurious against *alkaline*

poisons, as *lye*, *potassa*, *soda*, *muriate of ammonia*, *lime*, *baryta*, etc.

Sugar—Efficacious in poisoning by *colors*, *copper*, and its preparations, *alum*, etc.; also against *corrosive juices*. White of eggs or soap suds may be administered afterwards.

POISONING BY ARSENIC.

SYMPTOMS—*Violent burning in the stomach and bowels;* tenderness, retching, vomiting; dryness and tightness of the throat; *unquenchable thirst;* hoarseness; difficulty of speech; diarrhea, with yellowish, greenish, *bloody stool; tenesmus;* burning pain in the bladder, etc.

TREATMENT—Apply stomach-pump if at hand, if not, give *Sulphate of Zinc*, from 20 to 30 grains in water, to an adult, from 5 to 20, to a child; to induce vomiting, follow up the emetic with Hydrated Peroxide of Iron, diffused through water, or the Carbonate of Iron or Iron Rust in fine powder, every five or ten minutes until relieved.

Give the Preparations of Iron, if the patient has not vomited or an emetic is not at hand.

Fowler's Solution of Arsenic—For this preparation Lime-water should be given in copious draughts.

Iodide of Arsenic, Solution of Starch, Corrosive Sublimate and other Preparations of Mercury.

Symptoms—Harsh, *metallic*, astringent taste, burning pain in the stomach, *vomiting and purging of bloody matter;* sometimes irritation of the urinary organs or suppression of the urine, burning and tightness of the throat as to prevent speech, etc.

Antidotes—*Albumen, the white of eggs*, milk, wheaten flour beaten up in water. The white of one egg will counteract the effect of four grains of Corrosive Sublimate.

PREGNANCY, DISORDERS INCIDENTAL TO.

During the state of pregnancy women are subject to certain special ailments, but they generally enjoy an immunity from the severer forms of disease.

COLIC.

A very frequent trouble, which often sets in during the first months, and is frequently the result of cold or improper diet.

Chamomilla—Is generally successful in affording relief. A dose every three or four hours.

Nux vomica—If Chamomilla is not sufficient, or if the bowels are constipated. A dose every three or four hours.

(See Colic, page 24.)

CONSTIPATION

Should be attended to and remedied, as much harm may arise from too great straining at stool.

Bryonia and *Nux vomica* will generally be found successful in removing this condition. A dose two or three times a day.

GENERAL DIRECTIONS—A change of diet, more vegetables and fruit, exercise, and a free use of cold water should be resorted to; and should the constipation prove very obstinate, an injection of warm water, in which a little castile soap has been dissolved, may be used.

DIARRHEA.

This condition requires to be carefully guarded against, as having a tendency to bring on miscarriage.

Chamomilla—Will frequently be found of benefit, especially if there is colic, A dose every four or six hours.

Pulsatilla—May follow Chamomilla, if that remedy has not produced the desired effect. A dose every four or six hours.

GENERAL DIRECTIONS—The diet should be light, and should be taken in small quantities at a time; keep the bowels warm and well covered with flannel.

TOOTHACHE

Sometimes lasts from the commencement to the end of pregnancy, and is frequently the first symptom from the presence of which that state is suspected.

Chamomilla—If the pain proceeds from a hollow tooth, or is most violent at night. A dose every three or four hours.

Nux vomica—If the pains are rendered worse by wine, coffee or mental work. A dose every three or four hours.

Pulsatilla—If the whole side of the jaw is affected, or the pains shift about. A dose every three or four hours.

GENERAL DIRECTIONS—The teeth should not be extracted, as the pain will not be relieved by doing so.

VARICOSE VEINS

Result from pressure consequent upon pregnancy. After delivery, the pressure being removed, the veins regain their natural size, and the swelling disappears.

Pulsatilla—Is the specific in this affection. A dose three times a day.

Sulphur—May be given after Pulsatilla. A dose night and morning.

GENERAL DIRECTIONS — The patient should not stand too long at a time, and all tight garters and the like should be avoided.

An elastic stocking, giving an equal pressure all around the leg, may be used, and should be drawn on in the morning before the veins are distended.

VOMITING OR NAUSEA—MORNING SICKNESS.

A very common symptom of pregnancy, which generally begins at the commencement and lasts until the third or fourth month. It sometimes, however, continues longer, or recurs periodically during the whole course of pregnancy.

Arsenicum — Excessive vomiting, with fainting or great weakness. A dose every three or four hours.

Ipecacuanha—If the vomiting continues very long and the patient rejects every thing she takes; or if the bowels are relaxed at the same time. A dose every four hours.

Nux vomica—In a large number of cases the best remedy. A dose every four hours.

GENERAL DIRECTIONS—The diet should be carefully regulated, and a change made in the times of eating to those hours when the stomach is less apt to be sick. Cold food will sometimes be retained when warm articles of diet are rejected. Plenty of fresh air and exercise are indispensable during pregnancy.

QUINSY.

SYMPTOMS—Inflammation of the throat and tonsils; also the symptoms of sore throat

in an aggravated form, with pains shooting from the throat to the ear; foul tongue, offensive breath, difficulty of swallowing, fever.

Aconitum—At the commencement; sore throat, with general feverish symptoms; chills, thirst, headache, etc. A dose every two or three hours.

Belladonna—Bright redness of the throat, with heat, dryness and difficulty of swallowing; flushed face and headache. A dose every two or three hours; may be given in alternation with either Aconitum or Mercurius.

Mercurius iod.—Shooting pains in the throat; swelling of the glands and tonsils; offensive breath; difficulty of swallowing; flow of saliva; foul taste in the mouth, etc. A dose every two or three hours.

(See Sore Throat.)

RHEUMATISM

Chiefly affects the muscles and fibrous portions of the joints, with pain and stiffness, sometimes redness and swelling, with feverish symptoms, when the attack is sudden and acute.

Aconitum—In acute rheumatism; especially at the commencement, with redness, shining and swelling of the affected parts; hot, dry skin; thirst. A dose every three or four hours.

Bryonia — Stiffness and swelling, and faintish redness of the inflamed part; especially in the muscles; worse on movement; headache and bilious symptoms. A dose every three or four hours.

Pulsatilla—Pains which shift rapidly from one part to another; worse at night or in the evening in bed. A dose two or three times a day.

Rhus tox—Swelling and redness of the affected part; pains worse during rest and when first commencing to move; better from motion or from warm applications. A dose two or three times a day.

Sulphur—In chronic cases and for the secondary effects of acute rheumatism. A dose night and morning.

General Directions—Rheumatic patient should always wear flannel, and be very careful of cold or damp, especially when the body is heated or the stomach is out of order; guard against errors in diet as attacks are very likely to follow derangement of the digestive organs.

(See Gout, Lumbago, Sciatica, False Pleurisy.)

RINGWORM.

A skin affection, which shows itself first as a little round patch of vesicles with a red border; the patch is irritable; as it increases,

the circle widens, leaving the center free, and then we have the patch converted into a ring.

Calcarea carb.—In obstinate cases and in persons of a scrofulous habit, etc. A dose two or three times a day.

Rhus tox—Burning as if ulcerated; skin hot; crusty eruptions on the face. A dose two or three times a day.

Sulphur—When there is a predisposition to the affection. A dose two or three times a day.

General Directions—Sulphurous Acid diluted one part to three or four of water, or Carbolic Acid saturated solution, may be applied to the patches with a camel's hair brush or a piece of sponge wet with the solution.

SCALD HEAD—TINEA CAPITIS.

Symptoms—This is a contagious disease, found chiefly in the heads of children, and is caused by the growth of a vegetable fungus; in its early stage it is characterized by the formation of little sulphur colored and capped crusts, these coalesce and form yellow masses of a honeycomb appearance; it is usually very tedious

Calcarea carb., *Rhus tox*, *Sulphur.*

The internal and local treatment is the same as that of ringworm, which see.

SCARLATINA—SCARLET FEVER

Is usually ushered in with severe headache, pains in the back, shivering fits, and sometimes vomiting, together with a hot, dry skin and high pulse; on the second day of such symptoms, if the throat is examined, it will be found to be very red and the tongue covered with a thick, white fur; simultaneous with the sore throat or a few hours after, a rash breaks out, first on the face, neck and arms, next day extends over the body, and the third day it travels over the legs; the face does not show the rash as distinctly as the covered parts of the body; and so always when scarlet fever is epidemic and a patient complains of sore throat examine the chest; the rash consists of innumerable bright red spots, slightly rough to the touch, it disappears on pressure but returns again when the pressure is removed; the rash fades away about the sixth to the ninth day, and then the skin begins to peel off; the disease is highly contagious from first to last.

Aconitum—In the commencement; in the doubtful stage before the eruption appears; dry, hot skin; restlessness; thirst, etc. A dose every two or three hours.

Apis mellifica—Fever of a typhoid character; tongue of a deep red color and covered with blisters; ulcerated throat; dropsical symptoms. A dose every two or three hours.

Belladonna—Is the specific in uncomplicated scarlet fever, and should be given as long as the rash remains visible. A dose every three or four hours; may be given in alternation with any of the other remedies.

Mercurius iod.—Ulcers in the mouth, throat and on the tonsils; fetid breath; inflamed, swollen or ulcerated throat of a malignant character. A dose every two or three hours.

Sulphur—When the disease is declining and the skin is peeling. A dose night and morning for several days.

Belladonna should be used as a prophylactic when scarlet fever is in the neighborhood; it generally proves a specific in preventing others from taking the disease, and should it not do this it will greatly ameliorate the attack. A dose night and morning.

General Directions—The room should be well ventilated, but not cold; diet light.

SCIATICA.

Symptoms—A neuralgic affection of the sciatic nerve; the pain begins in the neighborhood of the hip joint and extends down the back of the leg to the knee, and sometimes even to the sole of the foot. It may be caused by cold or disorder of the stomach or bowels.

Arsenicum—Pains of an intermittent character, relieved by the application of warmth and aggravated by cold; extreme thirst and weakness. A dose every three or four hours.

Colocynthis—When the pain seems purely neuralgic, and when there is disorder of the stomach or gout. A dose every three or four hours.

Nux vomica—Numbness or lameness of the affected part; worse in the morning; habitual constipation. A dose every three or four hours.

Rhus tox—When the pain is increased by rest and warmth; better from continued motion and warm applications. A dose every three or four hours.

(See Rheumatism, Indigestion.)

SEA SICKNESS.

Nausea or vomiting, occasioned by the motion of the vessel; some persons are subject to similar derangement from the motion of a carriage or a swing.

Cocculus—Great nausea, with inability to vomit. A dose every hour or two.

Nux vomica—May be taken before going on board or when there is bilious derangement. A dose every three or four hours.

Petroleum—Is often a specific in this disease. A dose every hour or two.

GENERAL DIRECTIONS—Be on deck as much as possible; a wet compress bandage around the abdomen is frequently beneficial in severe cases.

SHINGLES.

An eruption of vesicles or little blisters upon the trunk, extending half-way round more, attended with burning or smarting.

Arsenicum—If attended with considerable burning, redness and thirst. A dose every three or four hours.

Mercurius—Is usually the best remedy in the common form of this disease. A dose every three or four hours.

Rhus tox—When the eruption is drying up. A dose every three or four hours.

GENERAL DIRECTIONS—Avoid exposure to cold or damp; diet low.

SLEEPLESSNESS.

Apart from disease; may arise from an over-loaded stomach, from fatigue of brain or body, from excitement or from an empty stomach.

Aconitum—When there is restlessness and a certain amount of fever present. A dose every one or two hours.

Arnica—When bodily fatigue or injury has been the cause. Dose as for Aconitum.

Coffea—When there is nervous restlessness, especially from excitement. A dose at bed-time.

Nux vomica or *Pulsatilla*—When from over-eating or drinking. A dose at bed-time.

(See Health, Rules of.)

SMALL-POX—VARIOLA.

SYMPTOMS — The precursory symptoms which occur fourteen days after exposure, sometimes sooner, are much like other fevers, chilliness, lassitude, severe pain in the back, aching of the limbs and general soreness; this condition continues two or three days, then the fever sets in with violent headache, sometimes delirium, greater or less prostration, sometimes vomiting or diarrhea; soon after the fever, the eruption makes its appearance, little red elevations, at first on the forehead and face, then on the neck and arms, and so on until it extends over the whole body, which process generally lasts three or four days; in the course of a day or two more, the little red elevations become vesicles, containing a little watery fluid, which in the course of two or three days more become pustules, that is, contain matter; they are roundish, flattened at the top, with a pit in the center; about the eighth or ninth day (from the first appearance of the eruption), the pustules burst and begin to dry up, first

on the face, then on the chest and arms, and so down.

Aconitum—At the commencement during the febrile stage. A dose every three or four hours.

Antimonium tart.—This remedy has been found to greatly ameliorate the disease, it reduces the fever and the pustules run their course, leaving scarcely a mark in many cases.

Mercurius—After the appearance of the pimples; especially if there is swelling of the face; fetid smell from the mouth; ulcerated throat, with profuse flow of saliva. A dose every three or four hours.

Sulphur—In the early stage, when there is severe itching, and as an intercurrent remedy when the scabs have formed. A dose two or three times a day.

General Directions—Keep the patient in a well ventilated apartment; exclude all light; to relieve the itching, apply glycerine to the pustules, using a camel's hair brush.

Varioloid is similar in all respects but is much milder; the treatment is the same as small-pox.

SORE THROAT.

Symptoms—Redness, heat and dryness of the throat, pain and difficulty of swallowing, generally caused by cold or damp.

Aconitum—At the beginning, if there is fever, hot, dry skin, etc. A dose every three or four hours.

Arsenicum—Putrid or gangrenous sore throat, especially with great weakness. A dose every three or four hours.

Belladonna—Dryness and redness of the mouth and throat; *deep redness* of the tonsils and palate; red, swollen face, headache, etc. A dose every three or four hours.

Mercurius—Violent, shooting pains, sometimes extending to the ears; inflammatory redness; foul tongue, etc. A dose every three or four hours.

(See Quinsy, Diphtheria.)

CLERGYMAN'S SORE THROAT

Is the name given to a chronic state of irritation of the mucous membrane of the throat and uvula, with hoarseness and feebleness of voice, and is caused by too great a strain on the vocal powers by public speaking, singing, etc.

Belladonna, *Hepar sulph.*, *Phosphorus*, *Spongia* are the common remedies in this complaint, and may be given one or more, two or three times a day.

GENERAL DIRECTIONS—Frequent bathing of the throat and chest with cold water and friction with a coarse towel will be beneficial.

SPASMS IN THE STOMACH.

SYMPTOMS—An affection of the nerves of the stomach, arising from various causes, mental emotions, indigestible food, etc., and attended with spasmodic and contractive pains in the stomach, or a sensation of constriction in that organ; frequently accompanied with nausea or vomiting and even faintness, and may be relieved or increased by taking food.

Carbo veg.—Pains increased by pressure; worse after a meal and when lying down. A dose every three or four hours.

Colocynthis —Windy spasms or spasms mitigated by bringing up wind. A dose every three or four hours.

Nux vomica—Contracting, pressing and spasmodic pains; flatulence; nausea; constipation; worse after a meal. A dose every three or four hours.

GENERAL DIRECTIONS—Endeavor to promote a healthly state of digestion, and during the attack, if severe, take a dose of *Camphora* every fifteen or twenty minutes. (See Colic, Indigestion.)

STIFF NECK

Generally arises from a cold or rheumatism.

Bryonia—When arising from rheumatism, or when connected with rheumatism in other joints. A dose three times a day.

Dulcamara—If the consequence of exposure to damp or wet weather. A dose three times a day.

GENERAL DIRECTIONS—Wear a piece of flannel round the neck, and avoid all drafts or exposure to cold.

ST. VITUS DANCE—CHOREA.

Generally occurs in debilitated children, especially girls, from eight to fifteen years of age. It results frequently from acute rheumatism, from general debility, fright, excitement, fatigue, great mental effort, etc. It is characterized by incessant movements of the hands, the feet, the face, the tongue, in fact of the whole body; these are irregular and appear beyond the control of the patient.

Belladonna—Twitching in the muscles; the paroxysms preceded by a creeping and feeling of numbness, etc.

Cuprum—Convulsive movements, principally in the limbs; jerking and twitching, continuing into sleep.

Ignatia—From fright, etc.

Also *Nux vomica*, *Pulsatilla*, *Zincum*, *etc.* The remedies should be given every four or six hours.

GENERAL DIRECTIONS—No greasy substances, no coffee or tea, nourishing food should be given, cold sponge bathing and out door exercise if the patient can bear it.

STYE ON THE EYE-LID.

SYMPTOMS—A small tumor situated on the eye-lid, attended with severe inflammation and considerable pain and suffering.

Apis mellifica—Severe pain, inflammation, redness; generally the best remedy. A dose three times a day.

Hepar sulph.—When suppuration has commenced, Dose as for Apis mellifica.

Pulsatilla—At its earliest appearance. Dose as for Apis mellifica.

SUN STROKE.

A common occurrence during the intense heat of American summer. It does not always require exposure to the sun to bring it on, as great heat in the shade may cause it.

Aconitum— Symptoms of inflammatory fever, etc.

Belladonna—Loss of consciousness; violent, stupefying pain in the head; stupor, etc.

These remedies may be given in alternation every twenty or thirty minutes till better.

GENERAL DIRECTIONS—Give small doses of brandy occasionally, and bathe the head and face with brandy or whisky occasionally, until the patient revives. Do not put cold water or ice upon the head.

TETTER—HERPES.

An eruption of vesicles on the skin, appearing in groups or clusters, accompanied with a degree of aching pain in the part (previous to the appearance of the eruption), and frequently some constitutional disturbance, such as languor, a degree of restlessness, loss of appetite and febrile symptoms; the duration of the eruption varies from a few days to weeks, and sometimes is so tedious and stubborn as to shake confidence in the physician by its unwelcome delay.

Tetter—Medicines Specially Indicated.

Bleeding Tetter—Arsenicum, Carbo veg., Mercurius, Rhus tox, Sulphur.

Dry Tetter—Dulcamara, Mercurius, Sulphur, Sepia.

Running Tetter—Calcarea Carb., Dulcamara, Rhus tox, Sulphur.

Arsenicum—Tetters having a red, unhealthy appearance, with blisters and burning, etc. A dose two or three times a day.

Calcarea carb.—Tetters which quickly reappear, bran-like, etc. A dose two or three times a day.

Mercurius—With burning when touched; dry, itching, red, scabby, suppurating, etc. A dose two or three times a day.

Rhus tox—When alternating with pains in the chest, burning, itching, etc.

Sulphur—Itching in the evening, burning, spreading, etc. A dose twice a day.

(See Ringworm, Scald Head, Shingles, etc.)

TOOTHACHE

Arises from various causes, as indigestion, rheumatism, debility, hysteria, etc.

Toothache— Medicines Specially Indicated.

Toothache from a Cold or Chill—Chamomilla, Dulcamara or Mercurius.

Toothache from a Decayed Tooth—Belladonna, Mercurius or Nux vomica.

Toothache from Indigestion—Nux vomica.

Toothache, Nervous — Belladonna, Chamomilla or Nux vomica.

Toothache, Rheumatic—Chamomilla or Mercurius.

Toothache in Children—Chamomilla.

Belladonna—Pains which are aggravated in the evening or at night after lying down; also in the open air and from food; heat and redness of the face. A dose every hour or two.

Chamomilla—Pains occupying the whole side of the face; swelling and redness of the face; the pain seems almost insupportable, especially at night. Dose every hour or two.

Dulcamara—When the toothache arises from a chill, especially if diarrhea is present. Dose every hour or two.

Mercurius—Pains in decayed teeth occupying the whole jaw, extending to the ears, aggravated by the warmth of the bed, or after taking any thing cold. Dose every one to three hours.

Nux vomica—Gnawing pains in decayed teeth; worse in the open air; or if arising from a derangement of the digestive organs. Dose every one to three hours.

GENERAL DIRECTIONS — Cleaning the teeth and rinsing the mouth with plenty of cold water, twice and even three times a day, is almost imperative as a preservation from toothache. Attention to the general health is also very necessary.

ULCERS

May arise from burns, bruises, inflammation, varicose veins, generally from a diseased condition of the system, requiring careful internal treatment.

Arsenicum — Ulcers with burning and shooting pains; discharge of blood or thin matter. A dose two or three times a day.

Belladonna—With burning and drawing pains, or having an erysipelatous appearance. A dose every three or four hours.

Calcarea carb.—When every injury tends to ulceration. A dose twice a day.

Mercurius—Readily bleeding; superficial or secreting a fetid watery and corrosive pus, etc. A dose two or three times a day.

Sulphur—With unhealthy skin and elevated margins, surrounded by itching pimples, or with sharp cutting pains; bleeding readily and secreting a fetid thick or yellow pus. A dose night and morning.

GENERAL DIRECTIONS—Calendula lotion is frequently a valuable application. Avoid salves or ointments tending to suppress the condition.

URINARY COMPLAINTS.

The treatment of these disorders should be left to the medical practitioner, but in the event of sudden emergencies arising, a few hints on those forms of disease most likely to occur are here given.

URINATING, DIFFICULTY OR SUPPRESSION OF

May result from an abuse of ardent spirits, catching cold, suppressed piles, a fright, a fall or blow, etc.

Aconitum—In inflammatory symptoms; often in alternation with some other remedy. A dose every two or three hours.

Camphora—Spasm at the neck of the bladder, especially if caused by Cantharides. A dose every fifteen minutes for three or four times.

Nux vomica—If the difficulty has been brought on by the abuse of spirituous liquors, or from suppressed piles. A dose every hour or two.

GENERAL DIRECTIONS—Put the patient into a hip-bath of warm water and apply warm flannels to the region of the bladder. Give warm mucilaginous drinks and send for medical aid.

URINE, INCONTINENCE OF,

Frequently arising from worms, gastric derangement, too great a degree of nervous irritability, mechanical pressure during pregnancy, etc.

Belladonna—Spasmodic incontinence of urine, especially when occuring in nervous individuals, or when it passes off at night. A dose three times a day.

Cina—If it arises from worms. A dose three times a day.

Mercurius—Incontinence from cold. A dose three times a day.

Rhus tox—Utter inability to retain the urine. A dose three times a day.

GENERAL DIRECTIONS—When it occurs in children, the quantity of fluid which they

take should be diminished, and they should be roused at regular intervals to accustom them to regular times of emission. Cold sponging of the abdomen daily will be found very efficacious.

VEINS, VARICOSE, OF THE LEGS.

SYMPTOMS—A swollen and knotted condition of the veins of the legs, which frequently occasions great pain, and is accompanied with a sensation of weight and fatigue.

Pulsatilla—Will generally be found of benefit. A dose night and morning.

GENERAL DIRECTIONS—The diet should be light and nourishing; too much standing should be avoided, and the limb, when not taking exercise, should be kept in a horizontal position. An elastic stocking will also be found of great service.

VERTIGO—DIZZINESS

May arise from indigestion, debility or congestion of the brain.

Belladonna—Vertigo arising from congestion of blood to the head. A dose two or three times a day.

Bryonia—Vertigo on stooping or when rising from a recumbent position. A dose two or three times a day.

Cinchona—Vertigo arising from debility. A dose two or three times a day.

Mercurius—In the morning on rising or in the evening, with nausea, dimness of sight, etc. A dose two or three times a day.

Nux vomica—Vertigo in the open air; after a meal; worse on stooping or in the morning. A dose two or three times a day.

Pulsatilla—Worse in the evening; relieved in the open air. A dose two or three times a day.

GENERAL DIRECTIONS—Free use of cold water, both drinking and sponging, and plenty of exercise in the open air are recommended as preventions to vertigo. (See Indigestion, Health, Rules of.)

VOICE, LOSS OF.

Mostly the result of a cold and generally a severe state of hoarseness.

Mercurius—When the throat feels rough; worse at night; and when every breath of air aggravates the case. A dose three times a day.

Phosphorus—Dryness of the throat and chest; chronic loss of voice, or if connected with a cough. A dose three times a day.

GENERAL DIRECTIONS — A cold-water bandage will frequently afford relief. (See Bronchitis, Cough, Hoarseness.)

VOMITING OR NAUSEA

May arise from many causes, as inflammation of the brain, stomach or bowels; from indigestion, bilious derangement, etc.

Arsenicum—Violent vomiting, with colic and diarrhea. A dose every two or three hours.

Ipecacuanha—From over-loading the stomach or with diarrhea. A dose every hour or two.

Nux vomica—From weakness of the stomach or bilious vomiting; constipation. A dose every two or three hours.

Pulsatilla—When produced from eating rich or greasy food; sour, bitter vomiting; constant nausea after eating; shiverings. A dose every two or three hours.

GENERAL DIRECTIONS—While the vomiting continues take no nourishment, except cold water, barley water or gruel; stimulants to check the vomiting are very injurious. Should the vomiting arise from an overloaded stomach, it may be well to assist it by copious draughts of warm water. (See Bilious Attacks, Indigestion.)

WARTS.

Hard corn-like excrescences, generally appearing on the fingers.

Calcarea Carb., *Rhus tox* and *Sulphur* are recommended for dispersing these unsightly growths. A dose night and morning.

GENERAL DIRECTIONS—Warts may be removed by the green leaves of the common bean. Crush the leaves between the fingers and squeeze out the juice upon the warts, two or three times a day, until they dry up and disappear. The cure will generally be complete in less than a week.

Another application generally successful is acetic acid or strong vinegar applied to the warts two or three times a day.

WATERBRASH.

SYMPTOMS—The vomiting of thin, watery, tasteless or bitter fluid; a symptom of indigestion.

Calcarea carb.—When the waterbrash is of an acid character, and in chronic cases. A dose night and morning.

Carbo veg.—Waterbrash with sour eructations. A dose night and morning.

Nux vomica—In most cases complicated with indigestion in general. A dose night and morning.

(See Indigestion.)

WORMS.

SYMPTOMS—Worms that infest the bowels are of two principal kinds—the long, round

worms and thread or pin worms. The only certain evidence of their existence is their being passed at stool. The following symptoms, however, generally indicate their presence: emaciation, paleness of the face, frequent picking of the nose, grinding of the teeth when asleep, peevishness, inordinate and irregular appetite, gnawing sensation of the stomach, abdomen hard and swollen, evacuations irregular, great irritation at the rectum.

Cina—Is the chief remedy for both long and thread worms, with the following symptoms: boring at the nose, dark rings around the eyes, restless sleep, hard and distended abdomen, with frequent colicky pains. A dose two or three times a day.

Mercurius—For pin worms, with troublesome itching of the rectum.

Sulphur—May be given in alternation with the other remedies, or after the fever and nervous symptoms are subdued and mitigated.

Santonin—Is preferred by many practitioners to Cina. The symptoms indicating its use are the same as mentioned under Cina It should be given in the first or second decimal trituration. A two-grain powder at a dose, every night for a week, in alternation with Sulphur in the morning, then discontinued.

PART III.

MATERIA MEDICA.

The Characteristic, Properties and Uses of the Homœopathic Medicines

AS RECOMMENDED IN THIS BOOK.

ACONITUM NAPELLUS.

Monks Hood.

Duration of action from half-an-hour to forty-eight hours or longer.

CHARACTERISTIC PECULIARITIES—Acute local and general inflammations; fevers of an inflammatory character; congestion, especially of the chest, or from weakness of the heart's action; Neuralgia and Rheumatism, accompanied with stinging pains; or heat and tingling, especially in the extremities; dry heat of the affected parts and sensitiveness of the parts on contact; pain with thirst and flushed face; affections caused by *fright* or *chagrin;* pains aggravated at night and relieved when setting up.

In Inflammations and Fevers, and in congestions of different organs; acting especially on the circulating system, lowering the frequency of the pulse, etc. The symptoms which indicate its use are: shiverings, followed by dry, burning heat of skin; flushed face; great thirst; pulse quick and full; headache; restlessness; foul tongue; loss of appetite.

May be given in every case where much fever is present, as in *Catarrhal*, *Inflammatory*, *Rheumatic and Simple Fevers*, *Bronchitis*, *Chicken Pox*, *Feverish Colds*, *Croup*, *Erysipelas*, *Inflammation of the Ears*, *Inflammation of the Eyes*, *Gout*, *Measles*, *Pleurisy*, *Quinsy*, *Rheumatism*, *Scarlatina*, *Small-Pox*, *Worms;* in *Asthma of Millar*, *Heat Spots*, *Milk Crust*, *Red Gum and Teething of Infants;* also in the feverish symptoms attendant on *Burns*, *Scalds*, *Cuts or Wounds;* congestions, especially to the chest, heart and head, particularly in plethoric persons; in *Suppressed Menses*, in plethoric young women, leading a sedentary life; in *Neuralgia*, with rednesss and heat of the face, great restlessness and irritation; also in *Nightmare*, attended with feverish symptoms.

Chiefly affects the circulatory system.

ANTIMONIUM TARTARICUM.

Tartar Emetic.

Duration of action from two hours to two weeks.

GENERAL SYMPTOMS—Great prostration; weak, languid, prostrated state of the system; gastric and intestinal disturbance; sore throat, particulary pustular; eruptive diseases; rattling or hollow cough, worse at night, with suffocation; throat full of phlegm; sweat on the forehead; vomiting of food, etc.

Pustular and catarrhal inflammation of the mucous membranes; *Catarrhal*, *Croup*, *Bronchitis*, *Pneumonia*. It is of great value in Small-Pox and Varioloid, and in many cases will cure without the use of any other remedy.

Acts chiefly on the respiratory mucous membrane, the *skin*, the *lungs*, *stomach*, etc.

APIS MELLIFICA.

Poison of the Honey Bee.

Duration of action from five to ten days.

Acts upon the mucous tissues of the tongue, fauces, throat and neck of the bladder, eyes and kidneys.

Scanty secretion of urine is one of its greatest characteristics; another prominent characteristic is a sensation like the sting of

a bee, accompanied with burning. *Styes*, particularly on the left eye-lid; *red and highly inflamed tonsils;* dryness of the mouth and throat, with *stinging* pain when swallowing; *Diphtheria*, with great debility at the beginning; *Scarlatina*, with dry nose and throat; *Erysipelas*, *Nettle-rash*, and other itching, stinging and burning eruptions; *Dropsy*, especially after Scarlatina.

ARNICA MONTANA.

Leopard's Bane.

Duration of action from six to ten days.

Bad effects from strains, falls, bruises, concussions and all mechanical injuries; bleeding from the nose, arising from an injury; small *Boils* and *Pimples*, surrounded with an inflamed red border. In Rheumatic affections, as in *False Pleurisy* or stitch in the side; effects of bodily fatigue from walking, rowing, etc.

External use—In the form of *Lotion*, one part of tincture to ten of water, *Cerate* and *Plaster*—For *Bunions*, *Chilblains*, *Corns*, *Chapped Hands or Lips*, *Black Eyes*, *Bruises*, *Burns*, *Sprains or Strains*, *Cuts or Wounds*, *Bites or Stings of Insects*, *etc.*, or in *Rheumatism.*

ARSENICUM ALBUM.

White Arsenic, Arsenious Acid.

Duration of action from thirty to forty days in chronic affections.

GENERAL SYMPTOMS—Pains in the whole body; rapid sinking of strength; extreme weakness and debility; *Emaciation, Marasmus* and *Consumption;* Epileptic Fits, Convulsions, Dropsical and Scrofulous affections.

Ailments characterized by excessive debility and prostration, with oppression of chest and difficult breathing, as in *Asthma;* with a thin and acrid discharge from nose and nausea, as in *Cold in the Head* and *Influenza;* with burning pains in internal parts, great thirst and emaciation, as in violent *Diarrhea*, violent *Vomiting*, *Vomiting of Pregnancy* and *Diarrhea of Infants;* also in *Ulcerated Sore Throat*, with great weakness. In *Neuralgia*, and in paroxysms of pain, with anxiety, coldness, disposition to lie down and sudden excessive debility. In gastric derangements arising from fruits and acids, and in diarrheas, either painless or attended with burning and violent colic. In *Dropsical Swellings*, *Nettle-rash*, burning itching of the *Skin*, etc.

Chiefly affects the alimentary canal, respiratory organs and skin.

BELLADONNA.

Deadly Nightshade.

Duration of action from a day to months.

GENERAL SYMPTOMS—*Spasms;* Startings and Convulsions of the Limbs; Convulsions; Loss of Consciousness; Violent Screamings; *Epilepsy; St. Vitus Dance; Hysteria;* Scrofulous Swellings; Ophthalmia, Congestion of the Brain; Scarlet Eruptions; *Erysipelas;* Burning and Itching of the Skin.

In *Inflammatory*, *Rheumatic*, and other *Fevers*, attended with a marked inflammatory action of the brain, delirium, startings, etc. Ailments characterized by congestion of blood to various parts—to the head, as in *Congestion to the Head*, *Humming in the Ears*, *Dizziness* and *Bleeding from the Nose*—to the head, with headache and sleeplessness, as in *Chicken Pox*—with sensibility to the least noise, as in *Congestive Headache*—with hard, dry cough and sore throat, as in *Hooping Cough*—and to the head and chest, as in *Apoplexy*. Inflammations—with disposition to suppurate, as in *Abscess* and *Boils*—with great swelling and bright redness of the part, as in *Inflammation of the Eye-lids*, *Swollen Glands*, *Gumboil*, *Mumps*, *Quinsy* and *Sore Throat*—with inability to bear the light, pains in the head and redness of the

whites of the eyes, as in *Inflammation of the Eyes.* Inflammatory affections of the nerves, as in *Toothache* and *Faceache.* Ailments characterized by red, hot swelling, with thirst, headache and restlessness, as in *Erysipelas*—or with a uniform, smooth, shining, scarlet redness, as in *Scarlatina.* Ailments caused by colds, as spasmodic *Cough*, with headache on coughing or with sore throat; *Catarrhal Headache;* and in *Hoarseness* and *Loss of Voice*, attended with inflammation of the throat. Convulsive motions and spasms—spasms of children, or *Convulsions of Infants*, with drowsiness and dilated pupils. Pinching and drawing pains in the abdomen, especially about the navel, as in *Colic*—or with paleness of face and constant crying, as in *Colic of Infants.* Also, *Sleeplessness*, when there is drowsiness with inability to sleep, and *Sleeplessness of Infants.*

Affects the brain, the nervous system generally, and the glands.

BRYONIA ALBA.

White Bryony.

Duration of action from four to five days, sometimes for weeks.

Ailments characterized by rheumatic and gouty tension, drawing, tearing and stitching,

mostly in the limbs, especially when moving, with red, shining swelling of the part, as in *Rheumatism*, *Gout* and *Lumbago;* also stiffness and stitches in the joints during contact and motion, as in *Stiff Neck* and *Rheumatism*, and in *Rheumatic Headaches*, worse during changeable weather. In inflammations, as of the *Lungs*, *Liver* and *Stomach*. Ailments affecting the lungs and the muscles associated with the organs of respiration; dry and violent cough, with shooting pains or stitches in the side or chest, pains in the head and vomiting, as in *Bronchitis* and *Pleurisy;* or with difficult expectoration, as in *Cough*. Bilious and gastric complaints, as in *Headache*, with aching pains in the forehead, constipation, nausea or vomiting; in *Stomach Cough*, when the attack arises after eating or drinking, with vomiting of food; in *Indigestion* and *Constipation* occurring especially in summer time, or resulting from sedentary habits; and in *Diarrhea* arising from cold drinks. Also, in *Constipation* arising from pregnancy. For the effects of a suppression of eruptions by chills; ailments from suppression of measles and scarlet eruptions; and in *Corns*, with pressure, burning or stinging, or with sore feeling when touched.

Chiefly affects the muscles, fibrous tissues of joints, lungs, respiratory organs and liver.

CALCAREA CARBONICA.

Carbonate of Lime.

Duration of action upwards of fifty days.

Ailments connected with scrofulous and rickety constitutions, especially when there is a predominant disposition to fluent coryza, cold and diarrhea; or it is particularly adapted to frail individuals being poorly fed, or also to such as have in their youth a marked disposition for growing fat and stout.

Calcarea is most beneficial in affections resulting from menstrual irregularities, as *Muscular Weakness*, *too frequent Menstruation*, *Leucorrhea*, excessive irritability of the nervous system, etc.

Chronic eruptions, *Nettle-rash*, *Freckles*, *Warts* and *Corns*. Gastric complaints, sour vomiting, heart-burn after any kind of food, vomiting of the ingesta and *Waterbrash*. Ailments arising from dentition, as in *Slow Teething*. More particularly adapted to chronic diseases.

Chiefly affects the mucous membranes, the fibrous system, the bones and skin.

CARBO VEGETABILIS.

Vegetable Charcoal.

Duration of action about forty days.

Ailments arising from an abuse of mercury, as in *Offensive Breath*, *Bleeding of the*

Gums and *Canker in the Mouth.* Ailments arising from derangement of the digestive organs, caused by eating fat meats, pork, etc.; or in *Waterbrash*, sour eructations, raising of air or bitter eructations; also in *Spasm of the Stomach*, with burning, aching, contractive pains.

Chiefly affects the organs of digestion.

CHAMOMILLA.

Chamomile.

Duration of action from three to four days.

Hypochondriac and hysteric affections, hysterical faintings, etc.; also the bad effects of anger or passion. Great irritability and sensitiveness of the whole nervous system, in *Nervous Excitement*, restlessness, with anxious moaning and tossing about. Gastric and bilious affections, with either vomiting, thirst, loss of appetite, colic or diarrhea (the evacuations like rotten eggs), as in *Bilious Attacks*, *Bilious Diarrhea*, *Colicky Diarrhea*, *Diarrhea of Pregnancy*, *Acidity* and *Diarrhea of Infants.* Ailments caused by a chill, *Earache*, with lancinating pains and dryness of the ears; *Swollen Face* and *Faceache*, with hard swelling; face hot and red, or with spasmodic twitchings of the facial muscles; or in *Toothache* caused by a chill, or occurring during pregnancy. In *Rheu-*

matic Headache, and in rheumatic, drawing, tearing pains, with laming, numb feeling in the affected part; worse at night. Pains which appear intolerable, aggravated by every motion: in *Colic*, with restlessness and tossing; in *Colic of Infants*, when the face is red and diarrhea is present; also in *Menstrual Colic.* Various ailments of children and new-born infants: in *Asthma of Millar*, with shortness of breathing, agitation, crying and distension of the stomach; in *Colds*, *Excoriation of the Skin*, *Sleeplessness*, and fever during *Teething in Infants*, with tossing and restlessness; also in *Convulsions of Infants*, with convulsive jerking of the limbs, constant movement of the head and redness of one cheek. Affections of the bronchial tubes, with dry cough and scanty expectoration, as in *Cold on the Chest.* Aching pains in the pit of the stomach, as from a stone, with great anguish and tossing, as in *Spasms of the Stomach.*

CINA.

Worm Seed.

Duration of action from eight to fourteen days.

GENERAL SYMPTOMS — Restlessness at night; feverish condition; uneasiness; com-

plaining and weeping of children; dilatation of the pupils; picking and disposition to bore in the nose; stoppage of the nose; paleness of the face; hollow-eyed or dark streaks beneath the eyes; variable appetite; loss of appetite or voraciousness; vomiting and diarrhea, involuntary emission of urine.

In *Worm Affections*, with sleeplessness, dilated pupils, voracious hunger, picking of the nose, or incontinence of urine.

Affects the stomach, intestinal canal and brain.

SANTONIN—Is the alkaloid or active principal of worm seed, and is preferred by many to Cina. The symptoms requiring its use are the same as those described under Cina.

CINCHONA OR CHINA.

Peruvian Bark.

Duration of action from one to three weeks.

GENERAL SYMPTOMS — Irritability and sensitiveness of the whole system; languor; heaviness of the limbs; aversion to both mental and physical labor; painful weariness of the limbs; weakness from loss of animal fluids; uneasiness in the affected parts; emaciation, particularly in children; *Intermittent Fevers;* tensive and wandering pains.

Ailments characterized by great debility arising from excessive loss of animal fluids, blood and humors, as in *Palpitation of the Heart*, *Dizziness*, *Indigestion*, *Fainting*, arising from loss of blood in *Cuts* or *Wounds*, and in *Weakness* after severe acute diseases. In *Dyspepsia*, bilious and gastric affections, when there is impaired *Appetite*, with great weakness of digestion; *Flatulency*, bitter taste in mouth, eructations and heart-burn; *Flatulent Colic*, or with yellow color of the skin, *Jaundice;* also in yellow, watery mucus, or *Painless Diarrheas*, or diarrheas of undigested matter. Diseases with a periodical type, as in *Neuralgia*, etc.

Chiefly affects the nervous system.

COFFEA CRUDA.

Raw Coffee.

Duration of action from six to ten days.

GENERAL SYMPTOMS—Excitation of the organs of sense and of the nervous system generally; extreme sensitiveness.

Ailments characterized by excessive nervous excitability, as in *Nervous Headache*, *Sleeplessness*, *Sleeplessness of Infants*, *Mental Fatigue* and *Nervous Excitement*. Excessive painfulness of the affected part, and great irritability of the body and mind.

COLOCYNTHIS.

Bitter Cucumber.

Duration of action from twenty to thirty days.

Colic and *Sciatica, severe colicky pains,* mostly around the naval; *Flatulent Colic,* with diarrhea, *Inflammation of the Bowels.* Affections from anger, with indignation, particularly with vomiting and diarrhea; *Dysentery,* when the disease is located in the small intestine, stools slimy, bloody-like scrapings, sometimes tenesmus, other times not, after stool relief of pain; much distress and *distension of abdomen,* with diarrhea, which is aggravated by everything eaten or drank.

In *Flatulent Colic,* and for pains in various parts of the body, which take on the character of spasm, severe pains in the stomach, followed by violent purging, swelling of the stomach from wind, attended with violent pains in the bowels and restlessness of the whole body; frothy, greenish or yellow discharges.

Acts specially on the stomach, bowels, brain and nerves.

CUPRUM METALLICUM.

Metallic Copper.

Duration of action from one to two weeks

Cuprum acts with promptness in almost every variety of convulsions and convulsive

movements of the muscles and distortion of the limbs.

Derangements of the nervous system, characterized by *Cramps*, *Convulsive Movements*, etc.; *Epilepsy*, with violent convulsions, paleness of the face, dizziness and great debility; *St. Vitus Dance;* in *Cholera*, with *violent cramps in the extremities;* nausea, with violent vomiting, with cramps in the stomach and extremities, with violent diarrhea; *Hooping Cough*, long-continued paroxysms of convulsive coughing, with vomiting of mucus; blue face and lips.

Acts specially on the cerebro spinal and nervous system, and the abdominal viscera.

DULCAMARA.

Bitter Sweet.

Duration of action from five to ten days.

General Symptoms—Heaviness in the head; chronic, pulmonary catarrh; rheumatic and gouty affections; chronic eruptions.

Ailments arising from a cold or chill, as in *Loose Cough*, *Diarrhea*, *Nettle-rash*, *Pustular Eruptions*, *Salt Rheum*, *Stiff Neck* and *Toothache.*

Symptoms occur at night; pains, etc., relieved by motion.

Acts chiefly on the skin, mucous membranes and glands

HEPAR SULPHURIS CALCAREA.

Sulphuret of Lime.

Duration of action from six to eight weeks.

Suppuration of inflamed parts, favoring and promoting the suppurative process, as in *Abscess*, *Boils*, *Stye*, *Gum-boil* and *Felon*. In *Inflammation of the Eye-lids*, with nightly agglutination. Catarrhal affections, with loose cough and rattling of mucus, as in *Croup;* also in *Chronic Hoarseness*. Bad effects of Mercury, *Dyspepsia*, and weakness of digestion in persons who have taken much Mercury. In unhealthy skin, where even slight injuries produce suppuration and ulceration. Chapped skin and cracks of the hands and feet.

Aggravation of the symptoms at night; sensitiveness to the air; weariness before rising in the morning.

It especially acts upon the glandular system, skin and mucous membrane of the respiratory organs.

IGNATIA.

St. Ignatius Bean.

Duration of action from two to nine days.

Characteristic Symptoms — *Jerking* and *twitching* similar to St. Vitus Dance;

twitching of a single muscle; jerking or starting of a limb when going to sleep; tingling in the limbs.

Bad effects of fright and silent grief; hysteric debility, as in *Weakness*, *Hysteria* and *Fainting*; Sadness, great indifference and apathy; taciturnity; *Nervous Headache* in persons of a highly nervous temperament. The symptoms appear early in the morning and return in the afternoon and evening.

Acts specially on the brain and nervous system generally.

IPECACUANHA.

Ipecac.

Duration of action from two hours to several days.

Violent and long-continued nausea and vomiting. Paroxysms of suffocation, as in *Asthma*, with feeling of constriction and rattling of mucus in chest; in *Asthma of Millar*, with bluish face, or in *Hooping Cough*, with bluish face and accumulation of phlegm on chest. Bilious and gastric complaints, with vomiting of food or bilious matters and loathing of food, as in *Bilious Headache*, *Indigestion*, *Vomiting during Pregnancy;* also where there is vomiting with diarrhea, as in *Diarrhea of Infants.* Hemorrhages from various organs, as in

Profuse Menstruation and *Vomiting of Blood.*

It specially acts on the mucous membranes, the respiratory organs and the stomach.

KALI BICHROMICUM.

Bichromate of Potash.

Duration of action from two days to three weeks.

The portion of the mucous membranes chiefly effected are the mouth, throat, cardiac portion of the stomach, and the whole respiratory membrane, including the conjunctiva and the uterus. Discharges from the nose, mouth, throat, stomach, vagina, or any of the mucous membranes, of a tough, stringy mucus. Cough with expectoration of tough, stringy mucus, which sticks to the throat, mouth and lips; the cough is choking and croupy; worse in the morning. *Chronic Hoarseness*, *True Membraneous Croup*, *Diphtheria.* Pseudo membraneous lesions of a diphtheritic nature, affecting the respiratory mucous surfaces, the nares, superior portion of the pharynx, larynx, trachea and bronchial tubes. Chronic ulceration and inflammation of the pharynx, especially of a syphilitic origin. Chronic Bronchitis, with tough, stringy expectoration, etc.

Especially adapted to fat, light-haired people, and to scrofulous, catarrhal and syphilitic diseases.

MERCURIUS.

There are various preparations of Mercury used in Homœopathic practice, but we refer in this manual to two.

MERCURIUS VIVUS.

Quicksilver.

Duration of action from days to weeks and even years.

Ailments connected with the mucous membranes, the glands and the liver. Catarrhal and inflammatory affections of the respiratory organs and the lungs, as in *Cold in the Head*, *Bronchitis*, *Cough with Hoarseness*, *Cough with Sore Throat*, *Catarrhal Headache*, *Hoarseness* and *Influenza*, accompanied by one or other of the following symptoms: dry and shaking cough; perspiration accompanying the cough; hoarseness or loss of voice; fluent discharge of mucus from the nose; soreness of the nose; fullness and stuffiness of the head; frequent sneezing; headache; sore throat. Inflammatory fevers, with disposition to perspire. Swelling and inflammation of the glands, as in *Swollen Face*, *Swollen Glands* and *Mumps*. In *Inflammation of the Liver;* also in gastric and bilious complaints, as in *Bilious Attacks* and *Constipation*, with sick headache, thickly-

coated tongue and bitter taste in the mouth; or in mucous and *Bilious Diarrhea*, *Colicky Diarrhea* and *Dysentery*, where there is straining, with evacuations of mucus or blood, colic, or with clammy perspiration. In various kinds of ulcers and ulcerations, and in suppurations tending to resolve the matter or to forward the suppurative process, as in *Abscess*, *Gumboil* and *Felon;* also in affections of the mouth and throat, as in *Offensive Breath*, *Bleeding of the Gums*, *Thrush*, *Canker of the Mouth*, especially where the gums are diseased and ulcers are present; also in cases where the teeth are loose, the gums are swollen and recede, and there is much salivation (except, of course, when arising from an abuse of Mercury, in which case take Carbo veg.) Ailments arising from a cold or chill, *Catarrhal Deafness;* and in pains which appear intolerable, especially at night, as in *Earache*, *Faceache* and *Toothache.* Affections of the liver, especially where the skin assumes a dingy-yellow color, as in *Jaundice* and *Jaundice of Infants.* Diseases of the skin; itching; nightly itching, aggravated by the warmth of the bed; in vesicular eruptions, as *Shingles;* and in pustular eruptions, as *Small-pox.* In worm affections, when there is diarrhea, with straining.

MERCURIUS IODATUS.

Protiod of Mercury.

Duration of action from days to weeks and even years.

Especially affects the lymphatic glandular system; especially the glands of the throat and its mucous membrane. It is the best form of Mercury in diseases of the glands, either acute or chronic; in *Sore Throat*, with elongation of the uvula, and in *Quinsy*, with ulcers, flow of saliva, and shooting pains in the throat; in *Diphtheria* and in syphilitic affections.

The specific action of the different preparations of Mercurius is through the glands, skin, liver and mucous membranes.

NUX VOMICA.

Strychnos Nux Vomica.

Duration of action from fifteen to twenty-one days.

GENERAL SYMPTOMS—Complaints produced by cold, chagrin, anger, mental exertions; periodical and intermittent diseases or fevers; rheumatic affections; diseases of the stomach, liver and bowels; *Paralysis;* trembling of drunkards; epilepsy; St. Vitus Dance; fainting fits; great nervous weakness; weakness and rigidity of the limbs; vertigo.

Ailments of sanguine, choleric temperaments, and persons of hemorrhoidal disposi-

tions. Consequences of and ailments arising from sedentary habits, mental labor, and fatigue, wine, spirits and coffee. Derangements of the digestive functions, as in *Bilious Attacks*, *Offensive Breath*, *Colic*, *Constipation*, *Stomach Cough*, *Cramp in the Legs*, *Flatulency*, *Dizziness*, *Humming in the Ears*, *Bilious Headache*, *Palpitation of the Heart*, *Indigestion*, *Heart-burn*, *Waterbrash*, *Constipation in Infants*, *Sea-sickness*, *Relaxed Sore Throat*, with elongation of the uvula, *Spasms of the Stomach*, *Toothache* and *Vomiting* or *Nausea*, accompanied by one or other of the following symptoms: headache, especially over the eyes; furred tongue; loss of appetite; bitter taste in the mouth; loathing of food; gripings; spasmodic contractive pains in the stomach; dizziness; flatulency; heart-burn; waterbrash; slight or obstinate constipation, or knotty stools, with much straining; nausea or sour vomiting; or in *Apoplexy* and *Nightmare*, when caused by an overloaded stomach. In blind and bleeding *Piles*. Affections of a catarrhal character, as in *Asthma*, with oppression in the lower part of the chest, difficulty of breathing and short cough; in *Cold in the Head*, *Dry Cough*, *Catarrhal Headache* and *Colds in Infants*, with obstruction of the nostrils, loss of smell, sneezing and feeling of the head being stuffed. In *Congestion to the Head*, and *Congestive*, rheumatic and nerv-

ous headaches, with heaviness in the head, tensive aching pain in the forehead, particularly over the eyes. Rheumatic affections, as in *Lumbago* and *Sciatica*, accompanied with constipation and bilious symptoms. Hysteric and hypochondriac affections. Hysteric debility, as in *Weakness* and in *Indigestion* arising from debility. Ailments incidental to pregnancy, as in *Constipation*, *Toothache* and *Vomiting;* and in *profuse*, *painful* and *too frequent Menstruation.*

Acts specially on the stomach, bowels, liver and cerebro spinal system.

PHOSPHORUS.

Phosphorus.

Duration of action of long time not definitely ascertained.

Hysteric weakness, and general, sudden and excessive weakness. In catarrhal affections and ailments affecting the respiratory organs, the throat, wind-pipe and chest; stoppage and troublesome dryness of the nose; hoarseness and roughness of the throat, acute and chronic; *Loss of Voice; Dry Cough*, with stinging in the throat; pains in the chest; difficulty of breathing and anxious respiration. In *Chronic Diarrhœas*, or in diarrhœas of a painless character, especially

in aged persons. In *Chilblains* on the hands and feet.

Acts specially on the bronchia and respiratory organs.

PULSATILLA.

Meadow Anemone.

Duration of action from one to ten days.

Ailments principally of females, or of individuals of a mild, sensative temperament, with disposition to cold in the head, and other mucous discharges. Derangement of the digestive functions and disorders from rich food, pork, pastry and fruits, as in *Bilious Attacks*, *Offensive Breath*, *Colicky Diarrhea*, *Flatulency*, *Colic*, *Dizziness*, *Humming in the Ears;* and in *Bilious Headache*, *Indigestion* and *Nausea* or *Vomiting*, accompanied by one or other of the following symptoms: semilateral headache; bitter taste in the mouth; loss of appetite or hunger; coated tongue; eructations; flatulency; nausea or vomiting of food; slimy, whitish or bilious diarrhea and shiverings. In *Sleeplessness*, from too full a meal, and in *Nightmare*, arising from gastric derangement. Catarrhs, with profuse mucous discharges, as in *Cold in the Head*, with loss of taste and smell; in *Bronchitis* and *Loose Cough*, with rattling of mucus—worse when

lying down; also in *Hoarseness*, with loose cough and thick discharge from the nose; and in *Hooping Cough*, when the cough is loose. Gouty and rheumatic pains which suddenly shift to other parts, or which are worse at night when seated: sometimes with swelling of the affected part, as in *Gout*, *Rheumatism* and *Sciatica*. In *Stye on the Eye-lid* before the formation of matter; and in *Inflammation of the Eyes* and *Eye-lid*s, with redness of the lids, secretion of mucus and nocturnal agglutination; also when there is lachrymation in the open air. In *Inflammation of the Ears* and in *Earache*, with redness of the ear, humming in the ear, swelling and heat. Nervous affections, as in *Nervous Headache* and *Palpitation of the Heart*, in females, when produced by the slightest cause. Affections of the skin, eruptive fevers, especially *Measles; Chilblains*, with blue-red swelling, heat and burning throbbing. In *Painful* or *Suppressed Menstruation*, and in *Menstrual Colic;* also in *Diarrhea*, *Toothache* and *Varicose Veins* during pregnancy.

Acts specially on the stomach, bowels, mucous membranes and nervous system.

RHUS TOXICODENDRON.

Poison Oak.

Duration of action from one to three weeks.

Rheumatic and gouty tension, drawing and tearing in the limbs—worse during rest or when beginning to move—as in *Rheumatism*, *Lumbago* and *Sciatica*. Lameness in all the joints, worse on rising from a seat after having been seated for some time. Stiffness of the limbs on first moving the limb after rest. Laming stiffness in the extremities when first moving a part, as in *Cramps in the Legs*, *Erysipelas*, *Nettle-rash*, *Scald-head*, *Ringworm*, *Shingles*, *Heatspots*, *Milk Crust*, *Red Gum*, and other eruptions, especially vesicular, forming scurfs with burning itching; small, burning vesicles, with redness of skin on the whole body. In *Incontinence of Urine*, especially during rest, when the urine passes off involuntarily. Bad effects of a strain, dislocation, concussion and other mechanical injuries, as in *Sprains* or *Strains*, *Bruises* and *Bleeding from the Nose*. Affections of the tendons, membranes and ligaments. *Warts* and *Corns*, with burning and soreness.

Acts specially on the tendons, ligaments and skin.

SPONGIA TOSTA.

Burnt Sponge.

Duration of action from four to six weeks.

Hoarseness; hoarse, hollow Cough; constant cough; *Croupy Cough*, with difficult breathing; asthmatic condition of the chest; *Croup*, with hollow, dry, ringing cough; noisy respiration; fits of choking; *Goitre.*

Specially affects the wind-pipe and bronchia.

SULPHUR.

Purified Sulphur.

Duration of action from six days to two or three weeks.

Affections principally in persons of a lymphatic constitution, subject to eruptions, enlarged glands, etc.; or else of a bilious constitution, with disposition to hemorrhoids, to hypochondria and melancholy. Chronic diseases in general; chronic disorders of the digestive organs, as in *Indigestion*, *Constipation* and *Heart-burn;* chronic *Rheumatic* affections; chronic and *Periodical Headaches;* also in chronic *Cough*, with copious expectoration. In *Piles* and hemorrhoidal affections. Scrofulous complaints, curvature

of bones, affections of the glands, eruptions and skin diseases, *Scald-head*, *Ringworm*, *Irritation of the Skin*, *Milk Crust*, *Pimples*, *Red Gum*, *Small-pox*; particularly during the suppurative stage, *Boils*, *Warts*, *Corns*, *Chaps*, etc.; also *Chilblains* of long standing, or with redness, swelling and suppuration, or with itching on warmth. Sulphur has long been known as the specific for *Itch*. *Cramps in the Legs* and contraction of the limbs. In *Dysentery*, with straining at stool and evacuations of mucus and blood. Blisters in the mouth and in *Thrush;* also in *Worm* affections. In *Varicose Veins* during pregnancy, and in *Leucorrhea* when the discharge is acrid. Ailments of persons with any constitutional taint. Sulphur exerts so great an influence over the whole system that there are but few chronic ailments in which it is not required, as well to commence the treatment as to predispose the system to the action of other medicines, more especially indicated, and often in acute cases to remove effects which do not seem to yield to other remedies, as in the treatment of *Measles*, *Pleurisy*, etc.

Acts specially on the skin, mucous membranes, and to a great extent the whole organism.

VERATRUM ALBUM.

White Hellebore.

Duration of action from an hour to six or eight days.

In *Cramps in the Legs*, with cramps and pains which do not bear the warmth of the bed; and in *violent Diarrhea*, with severe colic, vomiting and coldness of the body; *Cholera symptoms*, cold, clammy sweats, pulse slow and almost extinct, great weakness, coldness and shivering; *Unquenchable thirst*, especially for cold drinks; *Vomiting*, with *Diarrhea* and *great prostration*. The vomiting is renewed by drinking or the least motion. Also *watery Diarrhea*, rice water evacuations; and *Dysuria*, with coldness and blueness of the extremities, as in *Cholera;* and excessive vomiting and *black vomit*, as in *Yellow Fever; Asiatic Cholera*, with *violent vomiting and purging*, rather than extreme prostration or collapse; *Cramps of the Abdomen or Calves*, whether or not occurring during *Cholera*, the muscles being drawn up into knots; third stage of *Hooping Cough; Ague*, with extreme coldness.

Acts specially on the whole intestinal canal and brain.

Temperaments, Habits and Conditions, with the Medicines peculiarly adapted to each.

Bilious Temperaments—Aconitum, Arnica, Bryonia, Chamomilla, Mercurius, Nux vomica, Pulsatilla.

Children or Infants—Aconitum, Belladonna, Calcarea, Chamomilla, Ipecacuanha, Mercurius.

Debilitated Constitutions—Apis mellifica, Arnica, Arsenicum, Calcarea, Cinchona, Kali bichromicum, Nux vomica, Sulphur.

Females—Aconitum, Belladonna, Chamomilla, Pulsatilla.

Females, Hysterical—Colocynthis, Ignatia, Nux vomica, Pulsatilla.

Hypochondriachal Dispositions—Apis mellifica, Calcarea, Nux vomica, Sulphur.

Nervous Temperaments—Aconitum, Chamomilla, Cinchona, Coffea, Colocynthis, Ignatia, Nux vomica, Pulsatilla.

Phlegmatic Temperaments—(Quiet, easy,) Pulsatilla.

Plethoric Constitutions—Aconitum, Apis mel., Arnica, Belladonna, Kali bich., Nux vomica, Pulsatilla.

Sanguine Temperament—Aconitum, Arnica, Belladonna, Bryonia, Nux vomica.

Scrofulous Habit—Arsenicum, Calcarea, Hepar, Mercurius, Sulphur.

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