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HOMŒOPATHIC HINTS.

LOCKWOOD.



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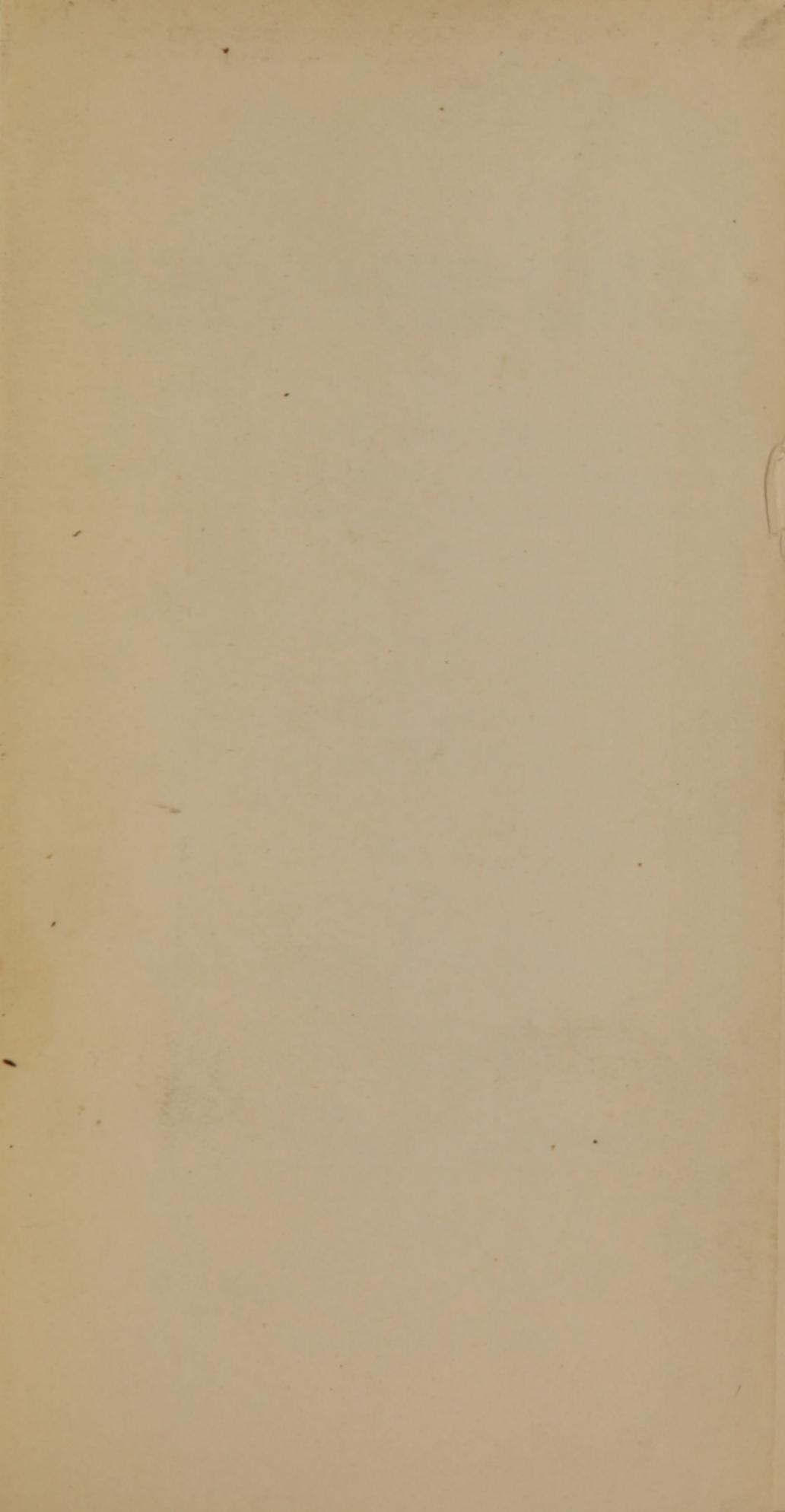
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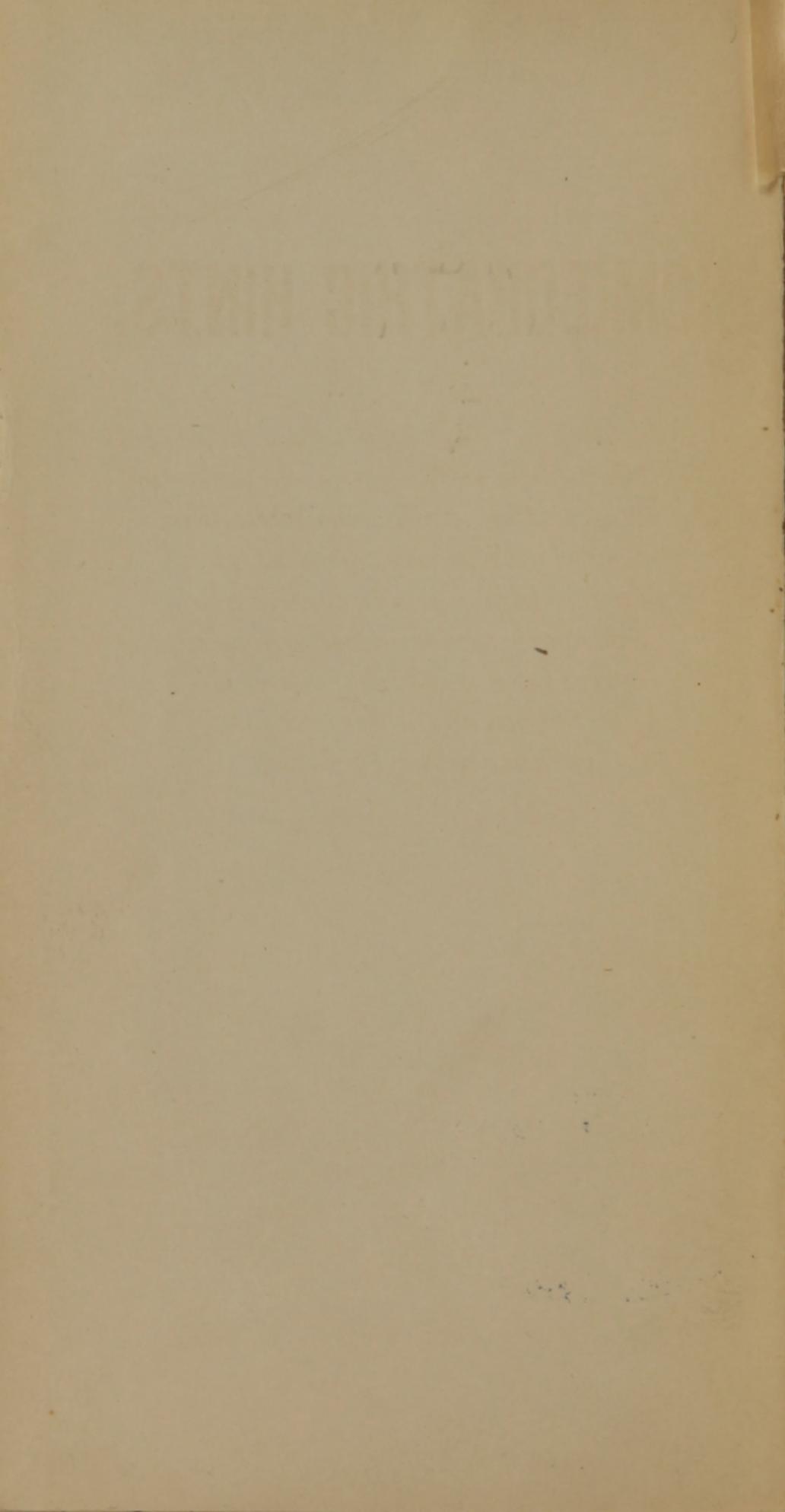
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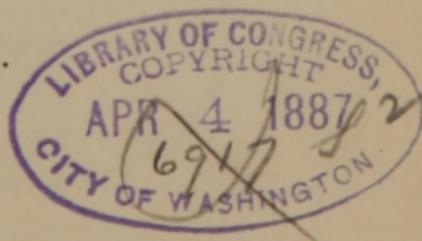
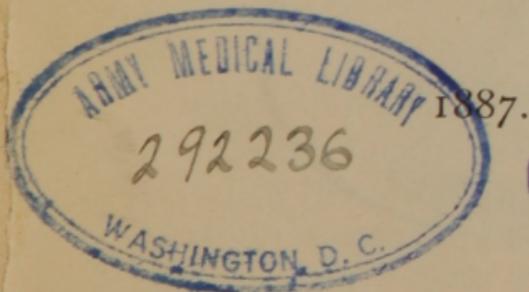
HOMŒOPATHIC HINTS.

A simplified arrangement of the principal Remedies, with definite instructions for their selection and administration Adapted to the treatment of those more ordinary ills in which professional advice is not always necessary. With especial reference to the diseases of Infancy and Childhood.

BY

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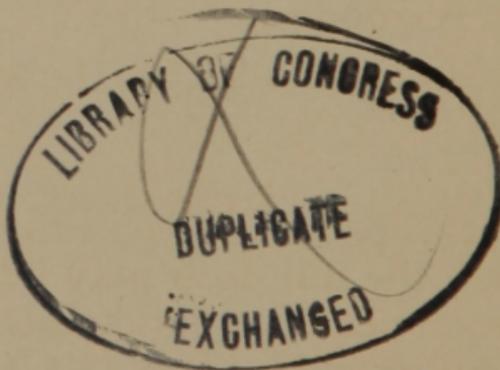
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DOSAGE.

THE popular idea is, that Homœopathy is based upon the minute or infinitesimal dose. This is a mistake. It is true that the smallest amount of medicine is used which will make the cure; but the wise prescriber will not hesitate to use medicines in the largest doses consistent with safety, when in his judgment he can better assist Nature by so doing.

The experience of the most successful Homœopathic physicians has demonstrated, that the cure of disease depends more upon careful discrimination in selecting the remedy most appropriate to the symptoms present, than upon pouring quantities of crude drugs into the stomach.

The Dose depends upon the age of the patient. A good rule is this :

1 year old and under,	$\frac{1}{12}$	the full dose.
2 years	$\frac{2}{12}$	“ “
3 “ “ “	$\frac{3}{12}$	“ “

And in this proportion up to 12 years ; after which the full dose may be given.

No danger need be apprehended, when it is remembered that it is rarely necessary to administer remedies in heroic doses to get their curative effects.

Especially is this the case when the attenuations (Dilutions or Triturations) are used; in which a full dose for an adult would not be a dangerous one for an infant.

This point is a very *frequent* but *ancient* ground for jest, among those who are not informed on the superiority of Homœopathic over old-school prescribing; or who cannot comprehend the fact that medicines can be used advantageously without producing their full physiological effect.

Our remedies are prepared for convenience in three forms, viz.: Liquids, Pellets, and Powders (or Triturations).

Liquids may be Tinctures marked φ , or Dilutions marked each with its number; thus Cham. φ represents Chamomilla tincture, and Cham.³ represents Chamomilla 3d Dilution.

The *Tinctures* may be used in the following manner: From 3 to 12 drops are well stirred in a glassful of water, a teaspoonful being the adult dose; to be repeated every quarter-hour, half-hour, or hour, according to severity of the symptoms. Hence for a one-year old child one drop in a glassful of water would be sufficient, repeated in the same manner according to the needs of the case.

We would not for popular use advise the *tinctures*; because many of them are poisonous if carelessly handled; but with the *dilutions* there need be no fear of ac-

cident, and their curative properties are equally certain.

The *Dilutions* may be prepared in the same way as the tinctures, and may be used in the same dose, or perhaps even more freely, because of their impossibility of doing harm. The 3d dilutions are generally recommended, their use is simple, unattended with any possible danger, they preserve their strength when kept well corked for years, and are thus both economical and convenient.

The *Triturations* may be used when preferred; for general use we advise the 3d trituration; of which the adult dose is about as much of the powder as can be heaped upon a dime, to be repeated as before stated, under the head of Tinctures.

These rules as to dose, etc., will govern all lay prescribing, and when variations from them are necessary, they should be under the direction of the physician.

In selecting *the remedy* for any given complaint, the indications for the use of the remedies should be carefully compared, as no two will be found exactly alike. They may be even studied closely with great advantage, as the more accurate the prescription the more rapid the cure.

Two remedies, when both seem almost indispensable, may be given alternately; but it is unwise to mix remedies

together, for although we may know their separate effects, we cannot tell what their combined effect may be; and it may be directly antagonistic.

Another point to be borne in mind is, that no one remedy will as a rule be applicable to all the conditions and stages of any given disease; therefore the symptoms must be observed, and when they change in character, the remedy must be also changed to meet the altered condition.

DISEASES OF THE AIR PASSAGES.

NOSE-BLEED (*Epistaxis*).

When this affection occurs primarily, that is not in the course of some other malady, as typhoid fever, diphtheria, whooping-cough, etc., it is seldom dangerous, and may be readily checked by applying a piece of ice in a handkerchief to the forehead or to the back of the neck. It is not always best to check it suddenly, and only needs these severe measures when prolonged or threatening.

If ice does not succeed, crowd wads of cotton into both nostrils as far back as they can be pressed, and let them remain undisturbed for 24 hours. To remove the tendency to the recurrence of nose-bleed, use the following

REMEDIES :

Arnica. If after straining, lifting, or bending.

Belladonna. Congestion to the head; or after overheating.

Bryonia. If from delayed menstruation.

China. If very excessive or frequent, causing great prostration.

Nux vom. If from the abuse of stimulants.

COLD IN THE HEAD (*Coryza* or *Acute Catarrh*).

If, when the premonitory symptoms are noticed, as sneezing, chilliness, ful-

ness in the nostril, etc., **Camphora** is used at once, it will usually abort the attack. If it has advanced too far for this and feverishness appears, **Aconite** will be the remedy for 12 to 24 hours, after which a selection must be made between the following

REMEDIES :

Arsenicum. Frequent sneezing, with profuse fluent discharge, burning and soreness of nostrils.

Euphrasia. Profuse discharge from nose and tears from eyes.

Mercurius sol. Profuse watery discharge, excoriating the nose and upper lip.

Natrum mur. Dryness and heat of nose ; always taking cold in the head ; accompanied by bursting headache above the eyes and root of the nose.

Nux vom. Fluent discharge by day, dry at night, or profuse one day and dry the next. Headache.

Hepar. As a preventive remedy for those who are continually catching fresh cold, this will be found most useful.

CHRONIC CATARRH

Is usually established by a succession of acute attacks, and can only be cured by persevering treatment.

REMEDIES :

Sulphur. Chronic obstruction of the nose, with the formation of dry hard scales.

Calcarea carb. Most useful when scrofula is the predisposing cause.

Hepar. When the nose is swollen and painful like a boil.

Graphites. Chronic discharge with obstruction ; roaring and crackling in the ears when swallowing.

Use, locally, very weak solutions of Tannin, Carbolic Acid, etc.

SNUFFLES.

A troublesome affection incidental to infancy, in which the nasal obstruction interferes with nursing; simply because with the nose and mouth closed the child cannot breathe, so he naturally lets go.

It may be relieved by the use of those remedies described in acute and chronic catarrh.

SORE-THROAT (*Pharyngitis*)

May be recognized by an unnatural redness of the throat, pain on swallowing, etc. The following are the

REMEDIES:

Aconite. In the early stages, dry, bright red throat; fever and great thirst.

Apis. Swelling of throat and tonsils, with stinging pains; fever, but no thirst.

Belladonna. Throat deep red; some swelling, dryness, and constant inclination to swallow; palate elongated; fever, with some but not great thirst; sometimes with throbbing headache.

Mercurius sol. Inflamed throat; boggy, doughy, heavily coated tongue; glands in the neck swollen, very offensive breath, teeth and jaws ache, ulcerated or whitish spots appear.

QUINSY SORE-THROAT (*Tonsillitis*)

Consists in inflammation with enlargement of the tonsils on one or both sides of the throat. The following are the

REMEDIES:

Apis. When commencing on the right side; much swelling, stinging pains; no thirst.

Baryta carb. When tonsils are swelling rapidly; fever; throbbing and great pain; will prevent gathering if given early.

Belladonna. When accompanied by intense headache.

Hepar. After breaking, this remedy favors healing.

Mercurius proto-iod. When right side gathers, doughy tongue, yellow coating on back part of tongue, glands of neck swollen.

Merc. bin-iod. Left tonsil affected, glands under jaw swollen, ulcerations.

Poultices around throat, when gathering is inevitable, hasten the climax. Inhalations of steam in all the stages are beneficial. Gargles of warm milk and water will be found very grateful, both before and after suppuration. For chronic enlargement of the tonsils **Baryta carb.** is the chief remedy, perhaps with an occasional dose of **Sulphur.** Painting the skin externally with tincture of Iodine every two or three days will also assist.

CROUP.

This disease may be divided into three varieties: *Catarrhal*, *Spasmodic*, and *Membranous*. The first variety is the most frequent, and may occur in the course of an ordinary cold, which is commonly believed to commence in the head and work downward.

It is known by hoarseness, running at the nose, barking cough, and wheezing or stridulous breathing at night, caused by a swollen condition of the lining membrane of the larynx and windpipe,

and an accumulation of mucus, which infants do not raise. When the obstruction from these causes is severe, it may resemble Spasmodic Croup.

The purely *Spasmodic* variety, however, is more sudden in its onset. The child going to bed apparently well, and suddenly awaking with crowing or wheezing breathing, which in some cases is so severe as to almost suffocate him, and he will catch and gasp for breath until his face becomes purple. There is little or no fever, and the child seems well between the paroxysms, which may occur on several successive nights. All cases are not so severe as this, but those which are require prompt treatment.

The child should be stripped, and plunged into a hot bath, and cold cloths should be applied to the head. This will seldom fail to give quick relief.

The milder cases can be relieved by the application of cloths wrung out in cool water, around the throat, and thickly covered with flannel or oiled-silk to retain the subsequent heat generated.

Membranous Croup resembles the catarrhal variety very closely at the commencement, but is not so amenable to treatment, and instead of improving or passing over after two or three days' treatment, grows rapidly worse; the difficulty in breathing and hoarseness

steadily increase until the voice is entirely lost. The symptoms continue by day as well as by night, and the fever increases. This form of Croup should always be treated by the physician, as it is often rapidly fatal.

In regard to the use of emetics in Croup, we have only to say that with Homœopathic treatment they are seldom needed, and are only justifiable when the danger of suffocation is imminent.

REMEDIES :

Aconite. In the *first stage*, high fever, hot dry skin, thirst, and great restlessness; loud breathing during expiration, but not during inspiration.

Belladonna. Fever, flushed face, red eyes, throat very sensitive to touch; dry, spasmodic, barking cough; sleepy, but cannot sleep.

Spongia. Catarrhal Croup; rough, crowing respiration; barking cough; wheezing and sawing breathing, mild suffocative attacks, crowing during inspiration.

Hepar. In Catarrhal Croup after two or three days, the cough is loose, and the throat full of phlegm. The child chokes whenever it lies down, from accumulation of mucus.

Bromine. Useful in Spasmodic Croup, and in Membranous when membrane is forming.

Gelsemium. In Spasmodic Croup is a remedy of great value, especially when the inspiration is long, with a short sudden expiration.

Sambucus. In Spasmodic Croup is one of the best remedies; when the patient awakens with a sudden attack, crowing breathing, not much cough; will cure most of the cases.

Kali Bi-Chromicum. In Membranous Croup, the disease developing gradually, with hoarse croupy cough, increasing hoarseness, until the air sounds as if passing through a metallic tube; violent wheezing and rattling which may be heard at a distance. This is an invaluable remedy.

COUGH (*Laryngitis, Bronchitis*).

Cough is always a symptom of some irritation in the respiratory tract, and is Nature's effort to expel that irritation; it follows then that the cough will not be *cured* until that irritation is removed. Cough may be suppressed by narcotics, but these merely deaden sensibility to the irritation and do not remove it. In infants such treatment is barbarous; because it makes them unconscious of the accumulating mucus until they are nearly suffocated. In all cases aim to cure the cough rationally by removing the source of irritation, and the removal of cough as a symptom follows.

REMEDIES :

Aconite. First stages, dry cough, dry skin, feverishness with frequent chilliness, thirst, and restlessness.

Bryonia. Dry cough, with or without fever, thirst, pains and soreness in chest when coughing or produced by it, or in deep breathing.

Causticum Dry cough, or when it begins to loosen up, with *rawness and soreness under the breast bone*, hoarseness or loss of voice.

Hepar. Loose croupy cough, with rattling of phlegm in windpipe; takes cold easily.

Phosphorus. Dry cough or with some looseness, when *the chest feels as though a weight were laid upon it*, oppression in breathing.

Hyoscyamus. Dry cough, which comes on in paroxysms, worse at night and when lying down.

Kali carb. Dry or partly loose cough, which awakens the patient before daylight, sometimes with *sharp sticking pains in the chest*.

Spongia. Dry croupy cough, breathing seems obstructed in windpipe, with only slight expectoration.

Tartar emet. Loose cough, with *rattling of mucus low down in the chest, which is very difficult to raise*, sometimes with vomiting.

ASTHMA.

This is a spasmodic disease, and shows itself in paroxysms of difficult breathing, which are caused by a contraction and narrowing of the smaller bronchial tubes. The paroxysms are of a greater or less duration, and leave a wheezing breathing, which after repeated attacks may remain more or less permanently. Asthma is usually associated with a certain amount of Cough and Bronchial Catarrh. In themselves, the attacks although agonizing are seldom fatal, unless in complication with more serious conditions.

The treatment at the time of attack must be devoted to the mitigation of the severity of the paroxysm. This may be done by inhaling the fumes of the burning nitre-paper or stramonium leaves.

REMEDIES :

Ipecacuanha is the most frequent remedy. Its indications are, great difficulty in breathing, sense of constrictions of the throat and chest, constant cough, rattling of mucus, and sometimes vomiting.

Sambucus. When the difficulty of breathing is greater and the cough less, the face becomes purple, and the patient seems to be suffocating.

In the interval between the paroxysms, the best remedies to delay their recurrence are—

Arsenicum. When the difficulty of breathing continues and the patient is left prostrated.

Carbo veg. For old and feeble persons, when the paroxysms are so severe that they seem to be dying.

Tartar emet. is especially useful in old persons, with great rattling of mucus in chest, which is raised with much difficulty.

WHOOPIING COUGH (*Pertussis*).

This is an infectious disease, occurring chiefly among children, accompanied by a paroxysmal cough and a catarrhal condition of the air passages. In the beginning it does not differ essentially from an ordinary cold, and should be treated as such, but after two or three weeks it develops a spasmodic character, and what is known as a *whoop*, often with vomiting at the end of the paroxysm. The disease usually lasts six to eight weeks, is readily communicated from one to another, and as a rule occurs but once in the same individual, although there are exceptions. No age is exempt.

REMEDIES :

Corallium rub. is useful in the spasmodic stage with violent fits of coughing and whooping, until the child becomes purple in the face.

Drosera is useful in the whooping stage, with yellow bitter expectoration, worse at night, sometimes with nose-bleed, Useful also in the declining stage.

Ipecacuanha. When with the cough, nausea and vomiting are prominent symptoms.

Mephitis. Cough hollow and deep, excited by talking or drinking, with rawness, soreness, and pains in the chest; vomits all food ; cough is worse at night.

Veratrum alb. When, after every fit of coughing, the child falls over exhausted.

DISEASES OF THE FOOD PASSAGES.

SPRUE (*Thrush, Aphthæ*).

This affection is almost exclusively confined to infants, and appears as whitish spots or flakes on the tongue, gums, or mouth; sometimes extending even to the stomach and bowels.

It is often a symptom of a low state of vitality, or a poorly nourished condition leading to marasmus; in which case it is to be remedied not only by proper medication, but by a more nourishing diet. It sometimes means sour nursing bottles, then these will need attention.

The mouth should be washed out two or three times a day with a solution of Borax, a teaspoonful being dissolved in a glass of water.

REMEDIES:

Arsenicum. When the mouth and tongue are raw and inflamed. Green watery diarrhœa and great weakness.

Merc. sol. Tongue swollen and inflamed, grayish patches on its edges and in mouth, offensive breath, water runs from mouth, griping diarrhœa.

Ferrum. After diarrhœa thick and brownish patches remain, with great weakness.

Sulphur. Thick white patches on tongue and mouth, with acrid slimy diarrhœa, excoriating the nates, and making them raw and sore.

MUMPS (*Parotitis*).

This is recognized by swelling of the salivary glands, chiefly the parotid, and is an infectious disease; with some fever, not great pain, seldom occurs under five years, and almost invariably terminates in recovery.

In all but the mildest cases the child should be kept in bed, to avoid any possible change in the seat of the disease, as to the testicles, breasts, etc.

REMEDIES :

Merc. sol. is the usual remedy.

Belladonna. If accompanied by much fever.

Rhus tox. If swelling and pain are excessive.

DYSPEPSIA

Or painful digestion is so common a disease as to need little description. The habit of rapid eating or bolting down the food without chewing it, is one of the chief factors in its causation. A little advice right here may be timely.

Never eat in a hurry. Remember that a piece of meat is often more easily digested than a piece of bread.

A very important point is that of restricting the quantity of food taken at a time, and this limit is exceeded when an *uneasy* sense of fulness is produced by the meal, rather than the natural agreeable sense of repletion.

Avoid meat hardened in cooking, as ham, tongue, pork, and bacon; and raw

vegetables, as salads, cucumbers, pickles, cabbage, etc., must be strictly prohibited.

Vegetables must be eaten sparingly. Take no liquor at meal time. Meals must be regular and six hours apart. Eat nothing containing the husks of seeds or grains, as wheaten grits, oatmeal, graham-bread, dried currants, raisins, skins or seed of fruits, grapes, prunes, etc.

REMEDIES:

Antimonium crud. Pain in the stomach as if overloaded; tongue coated white, belching of gas, with the taste of the food in the mouth several hours after eating.

Bryonia. White-coated tongue, with pain and load in stomach immediately after eating; bitter taste in mouth; headache made worse by motion and relieved by pressure; constipation of hard, dry stools as if burnt.

Bismuth. Sweet or metallic taste in mouth, vomiting, sour or offensive risings, heartburn, pressive pain in stomach confined to a small spot.

Carbo. veg With a great deal of gas; heartburn, or sour or acid risings; aversion to food, and contractive pains in stomach; hiccough.

Lycopodium. Dyspepsia with a great deal of intestinal flatulence; desire for food, but as soon as he begins to eat he feels filled up.

Nux vomica. When caused by sedentary habits, close confinement, mental worry, abuse of stimulants, etc.; little appetite, bitter taste in mouth, coated tongue; after eating, heavy load in stomach, which feels knotted or twisted.

Pulsatilla. When caused by eating rich or greasy food; foods digest too slowly; heaviness and pains in the stomach, which appear several hours after eating.

BILIOUSNESS

Is a general term applied by popular usage to affections of the liver, stomach, and bowels. When it refers to the stomach, the remedies will be found described under Dyspepsia. When it refers to Constipation, consult article on that subject. When disease of the Liver is present the following symptoms may be observed :

Sensation of heaviness or dragging pain in the right side, under the lower ribs, and as far as or below their lower border, if with enlargement of that organ. Also, coated tongue, sallow skin, headache, loss of appetite, diarrhœa alternating with constipation ; disinclination to mental or bodily exertion, etc.

REMEDIES :

Nux vomica. General languor, frequent headache, bad taste in mouth, impaired appetite, heaviness in side or stomach, constipated bowels, or constipation alternating with diarrhœa.

Bryonia. Violent headache, made worse by motion; fitful appetite; stitching pains in side; constipation of dry, hard stools.

Merc. sol. Swollen, doughy tongue; profuse secretions from all the mucous surfaces; pain and tenderness over the liver and stomach.

Pulsatilla. Fitful appetite and digestion, when caused by rich food or high living; especially adapted to mild, languid, apathetic females.

JAUNDICE (*Icterus*)

Is a condition shown by a yellowish color of the skin, and is due to the re-absorption of the biliary secretions. The

bowels are inactive and the stools clay-colored. Jaundice is a common affection in infants shortly after birth, and will usually disappear after a few days, without any medicinal interference.

REMEDIES :

China. When with nausea, hunger, oppression of the stomach, bitter taste, dryness and roughness of the skin, clay-colored stools. Especially useful after malarial fevers.

Nux vomica. When with swollen liver, and a catarrhal inflammation of the biliary ducts, evidenced by pain, heaviness, etc. Bowels are constipated, and stools are light-colored.

Mercurius sol. When with pain and fever; inflammation of liver. The stools are liquid and darker; loss of appetite; furred, doughy tongue. Useful also in the Jaundice of young infants when a remedy is needed.

INFLAMMATION OF THE STOMACH (*Gastritis*).

This disease is confined to the mucous membrane lining the stomach. It is often caused by drinking ice-water when heated by exercise, the abuse of stimulants, or in dyspeptics from more trifling indiscretions in diet. It is known by tenderness over, and pain in the stomach, and vomiting.

The treatment consists in the application of cloths wrung out in hot water (or fomentations) to the stomach, these being renewed as they become cool.

REMEDIES :

Arnica. If after mechanical injuries.

Arsenicum. When with great thirst, *drinks little and often*; vomiting or continual nausea, burning pains in stomach. Useful after a debauch.

Merc. corr. Excessive sensitiveness over stomach, with greenish vomiting.

COLIC (*Enteralgia*).

This is a spasmodic affection of the bowels. It may be caused by indigestible substances, as unripe fruits or vegetables, or be due to biliousness or excessive constipation.

It is evidenced by the sudden occurrence of severe pain of a griping or twisting nature, general coldness, anxious countenance, cold clammy sweat and prostration. Colic may be distinguished from inflammation of the bowels by the fact that in the former pressure usually relieves, while in the latter it aggravates.

When caused by the presence of irritating or indigestible substances in the bowels, a copious injection of Castile soap and warm water should be administered, a hot plate applied over the abdomen, and the remedies given.

REMEDIES:

Belladonna. When the abdomen is constricted around the navel, which protrudes like a ball; external pressure and bending double relieves; pains come suddenly and go suddenly.

Cocculus. Violent pains of stomach of a griping, twisting nature. Flatulent colic with distended abdomen.

Colocynth. Violent cutting or spasmodic pains; the whole abdomen feels as if squeezed between

stones. Compelled to bend double. Great restlessness; moaning.

Cuprum. Violent spasms in the abdomen, and also in the limbs. The pain is cutting as though stabbed with a knife. Fearful cries.

DIARRHŒA

Signifies a morbid frequency and looseness of the alvine evacuations. It is practically the result of an irritation of the mucous lining of the intestines, as from indigestible substances, unripe fruits, etc.; or it may be of purely bilious or nervous origin. It is also a symptom in the course of inflammation of the bowels, typhoid fever, or consumption.

It may be of several characters, as—

Fæcal, when the stools are abnormally soft or liquid, but are not otherwise changed in character.

Bilious diarrhœa presents a yellow or green stool, with nausea, coated tongue, bitter taste; scalding griping stools with burning pains, due to derangement of the liver.

Mucous diarrhœa has white, watery stools, tenderness of abdomen, scanty urine, fever, griping, gnawing pains, and indicates a sub-acute inflammation of the bowels.

Crapulous diarrhœa containing undigested food.

In its treatment, the observance of the strictest diet rules is indispensable. Milk with corn-starch, arrow-root, tapioca, farina, boiled rice, and small quan-

tities of meat broths should form the means of sustenance.

In chronic diarrhœa a more generous diet may be allowed, and meat and bread may be added to the list, but vegetables should be used very sparingly.

In teething infants a *little* looseness of the bowels is not undesirable, and often prevents brain troubles.

REMEDIES :

Podophyllum is one of the most useful remedies, especially for the diarrhœa of hot weather. The stools are changeable in color, yellow, green, or clay colored; no pain during stool, but it may be preceded by some griping; teething infants.

Chamomilla. In teething infants whitish or greenish diarrhœa, with no straining; offensive smell. Children are cross and peevish, and are only still when carried.

Colocynth. Only required when the characteristic colic pains are present.

Ipecacuanha. Stools green as grass, with pain and persistent nausea.

Arsenicum. Watery diarrhœa, after chilling the stomach with cold substances; comes on suddenly; thirst and prostration.

Aloes. Bright, yellow, or watery stools, containing lumps of mucous like jelly; worse directly after eating or drinking.

Croton tig. Watery stools, gushing out like a shot; worse after drinking or nursing.

Nux vom. Diarrhœa alternating with constipation; bilious diarrhœa.

Rheum. Sour-smelling stools; the child smells sour; straining before stool, and colic after.

Magnesia carb. Green, frothy stools, like the scum of a frog pond; stools contain little lumps, like tallow.

Mercurius sol. Catarrhal diarrhœa; much mucus, and much straining after stool.

China. Painless diarrhœa, containing undigested

food; useful also as a recuperative remedy after discharges have ceased.

Sulphur. Early morning diarrhœa, driving him out of bed, often followed by heat and burning in rectum.

Veratrum alb. Very frequent, watery, rice-water stools, with prostration almost to collapse.

DYSENTERY.

This is a disease of tropical climates and which appears in the temperate zone chiefly in the autumn, or when we have hot days and cool nights. It sometimes occurs in epidemics. It affects the large intestine, and is recognized by frequent, scanty stools, containing blood and mucus. They average from ten to twenty in 24 hours, and are accompanied by pain and straining both before and after stool. The diet should be with the idea of leaving as little residuum as possible; therefore rice, and the farinaceous foods mentioned under diarrhœa, with beef essence, is the best form of nourishment.

REMEDIES :

Merc. Corr. Frequent, scanty stools, composed of blood and mucus, with distressing and persistent straining.

Merc. sol. In milder cases due to exposure to cool night air. Stools of green and bloody mucus, and very excoriating. The patient sits and strains as though he would never get done.

Arsenicum. Great exhaustion after each stool; can hardly get up, from weakness.

Colocynth. Useful in the first stage, and with violent, colicky pains.

Sulphur. When acute symptoms have subsided, and it tends to become chronic.

CHOLERA MORBUS.

This is an acute catarrh of the stomach and bowels, appearing in summer, and usually caused by eating unripe fruit or vegetables, or taking cold drinks when heated. It is sudden in its attack, the first symptoms being vomiting and diarrhœa, with pain in the stomach and bowels, and rapid prostration of strength.

REMEDIES :

Veratrum alb. is one of the best remedies for this condition; the vomiting and purging are violent; great thirst; the stools are light colored and watery, thin even as rice-water; prostration is rapid and extreme, and the body and limbs are bathed in cold perspiration.

Arsenicum. Not so good at the commencement, but after several hours, when the pains become severe, and are burning and cutting in character; very thirsty but afraid to drink, as it makes the vomiting worse; when severe symptoms cease this remedy is the best recuperator.

Camphora is of use in those cases in which the vomiting and purging are not so marked, but cramps in the arms and legs and tendency to spasm predominate; when there is great prostration, coldness, and tendency to collapse.

CHOLERA INFANTUM.

Infantile Cholera is similar in symptoms to Cholera Morbus, but it is more liable to be fatal, as the resisting power of infants is less than in the adult.

Their susceptibility is also greater; their digestive organs are more feeble, and consequently more trivial errors of diet are likely to develop this complaint; as, a change of diet, or the use of

food beyond their power of digestion. Changes of temperature, or damp weather may develop it, especially where they are insufficiently protected. It is a common thing to see children with bare legs and waist, and abdomen with but a thin covering.

This is radically wrong; infants should be entirely covered with clothing, except the head and hands, and should always, except in the hottest weather, have a woolen bandage covering the abdomen.

The Remedies are the same as apply to Cholera Morbus; with, also,

Ipecac. When the stools are very green or fermented, accompanying the vomiting.

Cuprum. Especially when there is a tendency to convulsions from the beginning.

CONSTIPATION.

This is a disordered state of the bowels, in which there is a morbid infrequency of the evacuations.

The popular idea is that at least one movement a day is essential; this is not always necessary, as some persons may enjoy perfect health and have a movement only every third or fourth day. It is better, however, to encourage in every way the habit of a motion at a regular time each day if possible; but it is not wise to use laxative or purgative medicines in the effort to accomplish this result. It is best done by the

daily use of wholesome fruits and vegetables, and avoidance of those articles of food which are known to be constipating. This, with the habit formed of going at a certain time each day, and allowing nothing to interfere with it, will materially assist.

A verse which I remember applies here :

‘ Avoid with dread the noonday sleep,
 Unchecked the venal current keep,
 Nor forcibly repress at all
 The slightest fundamental call.”

When fæces become impacted in the lower bowel, copious injections are the best means to start them. Do not be afraid to let the bowels take their own time in moving ; as this is the only way to get them back to natural action after the habitual use of cathartics. We are often asked, what are the best laxative medicines.

The answer is, with homœopathic treatment no laxatives are needed. Our remedies restore tone to the liver and bowels, and bring about natural motions. Combined with proper food and daily exercise the remedies seldom fail in this complaint.

REMEDIES :

Alumina. Inactivity of the rectum; even a soft stool requires great straining, or hard crumbling stools are formed; cutting pains in anus during stool, followed by bleeding. *No desire* for stool.

Bryonia. Stools large, hard and dry as if burnt. Bitter taste, coated tongue, heaviness in liver and stomach.

Lycopodium. Ineffectual urging, small stool, with sensation as though much remained unpassed. First part of stool is hard, latter part soft or liquid. Always with great flatulence and rumbling of gas in the bowels.

Nux vomica. In those of sedentary habits, or after abuse of stimulants or purgatives; *frequent but ineffectual urging* to stool; urging felt in abdomen. Morning headache.

Opium. *No desire* for stool whatever; complete inactivity of bowels; the constipation causes no discomfort.

Phosphorus. Difficulty in passing a soft stool.

Sulphur. Scanty, dry, insufficient stools; burning in rectum after stool, also with *ineffectual desire* for stool, felt low down in bowels.

WORMS,

Or intestinal parasites, are at times found in the alimentary canal. We shall only notice the two varieties which most frequently affect children.

The Round-Worm (*ascaris lumbricoides*) found throughout the intestines; and the *Seat, Pin, or Thread Worm* (*oxyuris vermicularis*), which only cause trouble when located in the lower bowel, within or without the anus and its vicinity. In females these worms find their way into the vagina giving rise to intense itching and whitish discharge. This worm requires the injection of cold water or an infusion of Quassia, $\frac{1}{2}$ oz. to the pint; to be repeated once a day until no traces of them remain, with at the same time the internal use of **Cina**. The presence of the round-worm can only be positively determined by their appearance in the stools. Symptoms, such

as itching of the nose, grinding the teeth at night, changeable appetite, diarrhœa with mucous or bloody stools, are usually attributed to worms ; but they are present with so many other disorders that they are of little diagnostic importance

REMEDIES :

Cina is more often indicated than any other remedy for such symptoms as worms are supposed to produce.

When it is not found sufficient, an infusion of Pinkroot and Senna, $\frac{1}{2}$ oz. to the pint, may be given in divided doses with safety ; giving enough to purge freely. This will usually expel the worms if they are present, and may be repeated in three or four weeks if any traces of them remain.

PROLAPSUS ANI,

Or protrusion of the bowel after stool, is a common affection among children, and is often caused by allowing them to sit on a vessel and strain for a long time. It is also a frequent complication of diarrhœa and dysentery.

The bowel should be at once lubricated with vaseline or fresh lard, and replaced by gentle but firm pressure, and to prevent a recurrence the movements for a time should be passed into a bed pan while lying on the back, until the parts regain their tonicity.

REMEDIES :

Belladonna. When there has been great constriction, the parts being red, hot, and swollen.

Ignatia. When it occurs with every stool, without much straining.

Merc. sol. When with diarrhœa or straining for a long time after stool.

PILES (*Hæmorrhoids*)

Are small tumors composed of enlarged and dilated veins growing from or in connection with the mucous surface of the rectum. They may be external or internal. The *external* are subject to occasional inflammation with severe pain, and are at all times a source of annoyance. The *internal* usually bleed profusely, and often come down and have to be replaced after every stool. When severe, or accompanied by considerable hemorrhage, they cause great debility, and are only fit for the surgeon.

The milder forms are greatly benefited by the daily injection of hot water and extract of witch-hazel, one part of the latter to six of water.

REMEDIES :

Æsculus hip. With aching and lameness in the back. Rectum feels dry and as though a fold of mucous membrane was obstructing the passage.

Aloes is one of the most useful remedies. The piles protrude like a bunch of grapes, with constant bearing down in the rectum. Severe bleeding at times.

Collinsonia is a very important remedy, when with piles there is constipation; stools lumpy and light-colored; straining and dull pains in anus,

Nux vom. is particularly useful when with habitual constipation, or constipation alternating with diarrhoea.

WETTING THE BED (*Enuresis*).

This is a frequent affection among children while sleeping, and indicates obviously weakness of the bladder. This weakness is often induced by allowing that organ to remain too long distended. It must be remedied in part by moral suasion, and habit. They should be taken up once during the night, and allowed to micturate.

This affection also occurs in elderly persons from organic changes in structure or partial paralysis. In these cases the incontinence occurs by day as well. It may also be a symptom of uterine disorder in females. A frequent cause among boys is redundancy of the foreskin; in which case circumcision is the remedy.

REMEDIES :

Belladonna. When the urine flows drop by drop, as in partial paralysis; or in children when they start and cry out during sleep.

Pulsatilla. Occurs in children at night, or when from late or hearty suppers.

Sepia. When it occurs during the first sleep or with red, whitish, or sandy sediment in the urine.

DISEASES OF THE NERVOUS SYSTEM.

SLEEPLESSNESS (*Insomnia*).

This is oftener a symptom than a distinct disease, and although a frequent complaint from comparatively trivial causes, it is also one of the first symptoms of mental aberration. It often occurs as a consequence of excessive mental activity, or abnormal determination of blood to the brain. It may result from overloading the stomach with food or liquids late at night, by disturbing the harmonious repose of all the organs, so necessary to refreshing sleep.

In a healthy, vigorous person, however, a limited amount of easily digested food may be partaken of at night without ill effect. In fact when the stomach is empty and there exists a determination of blood to the head, producing wakefulness, this may often be relieved by rising and eating a morsel or two of light food, thus calling the excess of blood away from the brain.

REMEDIES :

Belladonna. Determination of blood to the head, accompanied by some fever. *Sleepy, but cannot sleep.*

Coffea. When produced by a state of *mental or physical exaltation*, in which all the senses are especially acute.

Chamomilla. When in infants with flatulence or colicky pains, they are fretful and want to be carried all the time.

NEURALGIA

Is an affection of the nerves, accompanied by sharp, sticking, or cutting pains, occurring at intervals. The pain is sometimes extreme and distressing.

REMEDIES :

Aconite. When from exposure to high winds or cool draughts, while warm; face red and hot, with fever. Pains are desperately severe, and patient is anxious and restless.

Arsenicum. Periodical neuralgia; burning, stinging pains, as if pierced with red-hot needles; insupportable pains around eyes and temples; worse at night.

Belladonna. Violent pain under the eye, made worse by touching it; darting pains; cannot stand any noise or light.

Gelsemium. Throbbing pains in back part of head; dimness of vision.

Merc. sol. Tearing pains, worse at night in bed. The pain starts in a decayed tooth and involves the whole side of the face.

Rhus tox. Sciatic neuralgia, with drawing, tearing pains.

Zincum. Neuralgia with convulsive twitching and jerking of the muscles affected.

Apply externally to the affected part dry, hot flannels, or a dry, hot bag of hops, the hot salt bag, or the rubber hot-water bottle.

TEETHING (*Dentition*).

This should be a normal process, and when the child is well and healthy is attended with no untoward manifestations. It is no doubt often accused of being the cause of many disturbances of which it is not guilty.

Infants are so often over or improperly fed, and their stomachs weak and undeveloped, that many of the troubles attributed to *teething* are simply attacks of indigestion.

It is the period when sore mouths, disordered bowels, green stools, convulsions, and congestion of the brain are especially common. Temporary paralysis may occur from this cause, lasting from a few weeks to as many months.

The mother's milk is at all times the best food for the infant. Next to this is cow's milk. This is usually all the nourishment the child needs, and all deviations from it, when avoidable, cannot be too heartily condemned.

The teeth are cut very irregularly, but usually the two lower central teeth appear at about seven months ; next come the two upper central ; at nine or ten months, those next to them ; at twelve months, the front molars below and above ; at fourteen to twenty months, the eye-teeth ; and at two to two and a half years, the back molars, thus completing the first dentition of twenty teeth. The *first* set of *teeth* should be carefully preserved by daily cleansing and brushing with a soft brush.

The *second* teeth appear at about six years and are complete at thirteen, except the wisdom teeth, which are cut usually between 17 and 21.

REMEDIES :

Calcarea carb. If the teeth are delayed, with whitish stools, swollen abdomen, much perspiration about the head during sleep.

Belladonna. Hot head; starting and jumping during sleep; face or eyes red; pupils dilated; gums swollen and inflamed.

Borax. With sores and ulcers in the mouth, causing the child to cry when nursing. Child is nervous, and *cannot bear a downward motion*.

Chamomilla. Child very cross, and *wants to be carried all the time*; irregular fever; one cheek red, and the other pale; loose, greenish stools, with offensive smell; convulsive twitching of the extremities.

Coffea. When the child is excitable, and cannot sleep; is exhausted for want of sleep.

Graphites. Unhealthy condition of the skin; rawness in bends of limbs and folds of skin. Eruptions over the head and face, with a sticky, glutinous discharge.

Merc. sol. Profuse saliva from mouth, with sometimes ulcers; offensive breath; coated tongue; diarrhoea, with much straining after.

Rheum. With sour-smelling diarrhoea; child smells sour; colic before and straining after stool.

CRYING OF INFANTS.

It may be put down as a medical aphorism, that a healthy child does not cry; because it has no reason to do so; and when infants cry continually, it is a symptom of mental or bodily irritation. They will cry when a pin sticks into them—if a long and sore foreskin irritates them, if suffering from painful teething or indigestion.

Always make it a rule, when a child cries, to search out the cause.

REMEDIES :

Aconite. If from fever or restlessness from taking cold,

Chamomilla. When from indigestion, or with diarrhœa or colicky pains, and they *insist on being carried*.

Coffea. When merely wakeful and restless, without much fever.

Ipecac. When with sickness at the stomach, vomiting, or loose, fermented, greenish stools, with griping pains.

CONVULSIONS (*Spasms, Fits*).

Their frequent occurrence in infancy is no doubt due to the fact, that in infants the spinal nervous system predominates over that of the brain, while the entire nervous system is more sensitive and highly vascular.

As the brain increases in size and power, convulsions become of rarer occurrence. They result from a number of causes, and are to be regarded more as a symptom than a special disease, and their treatment must be aimed at removal of the cause if possible. The fact is, that children do not die from convulsions so often as from the diseases which induce them. When the convulsions themselves cause death, it is either from intense congestion of the brain, coma (deep and prolonged unconsciousness), spasm of the glottis, or exhaustion.

A great many cases of convulsions, perhaps a majority, may be traced to the use of such foods as currants, raisins, prunes, peanuts, chunks of potato, raw fruits or vegetables, grapes, apple skin, or like irritating substances. When these are known to be the cause a good

emetic or a dose of castor oil will be as expeditious a remedy as can be given.

In all cases during the paroxysm plunge the child's feet in hot water, with a little mustard thrown in it, and let them remain until the spasm begins to relax; then take them out and wrap them in a warm blanket.

The convulsion is usually followed by a period of unconsciousness, from which the sufferer gradually rallies; or sinks into a deeper state of unconsciousness, with repeated spasms, according to the potency of the exciting cause. As soon as the child can swallow, administer the proper remedy.

We cannot here describe all the causes of this affection, but it may be briefly stated, that they frequently occur in the beginning of the eruptive fevers: as measles, scarlet fever, chicken-pox, small-pox, etc.; also in the latter stages of cholera infantum and marasmus. When occurring at the commencement of an eruptive disease, and limited to the first day or two, they rarely indicate danger, but when they continue *into* the eruptive stage they are more serious. When they occur with whooping cough they are often significant of serious complications. When caused by worms, these must be removed. (For treatment, see article on Worms.) When from difficult teething, and there is swelling and tenderness of the gums, these may be

frequently rubbed with a napkin wet with cold water; the forehead, head, and hands may also be bathed. When there is great heat in the head, cold cloths should be constantly applied, except in those cases due to eruptive fevers.

REMEDIES :

Belladonna. Head hot and throbbing, eyes injected and staring, pupils enlarged; drowsiness and starting from sleep as if frightened; mouth and tongue dry.

Hyoseyamus. With congestion of the head, jerking and twitching of the facial muscles, or corners of mouth; grinding the teeth during sleep; the child starts at every noise.

Gelsemium. Very useful during teething, either when there is much nervous excitement or a dull, stupid state, from which the child is with difficulty aroused. Congestion of brain during teething, the child bores its head into the pillow; effects of extreme heat in summer; spasm of the extremities.

Ignatia. Spasms with great rigidity.

Cina. When worms are found to be the exciting cause.

ST. VITUS' DANCE (*Chorea*)

Is usually a disease of childhood, known by incessant jerkings or twitchings of groups of muscles. The ordinary movements of the body are disturbed, and made uncertain, while consciousness is retained. The whole condition is characterized by extreme nervousness. It frequently follows *acute rheumatism* or *scarlet fever*.

Inherited nervousness strongly predisposes to it. The jerkings are usually

worse when the patient is aware of being observed.

It is a disease which, when uncomplicated, is rarely fatal. *Nourishing food, sleep, sunlight, and fresh air* are valuable adjuncts in the restorative process; also absolute and entire freedom from excitement:

REMEDIES :

Nux vomica. In those cases in which the abnormal movements consist in jerking and twisting, often attended by pains of a rheumatic or neuralgic character.

Ignatia. When the left side is chiefly affected, or when the convulsive movements are made worse by fright or grief. Patient is melancholy, and desires to be alone.

Calcarea carb. When connected with either the first or second dentition,

Hyoseyamus. The movements of the head are from side to side, the arms thrown about and the gait tottering; patient talkative and excitable.

Stramonium. The convulsive movements *affect the body crosswise*, as the left arm and right leg, the other limbs being unaffected.

FEVERS.

FEVER AND AGUE; MALARIA.

This disease has of late years become so well known that it requires little description. When it is well marked, it is ushered in with a chill, followed by a period of fever, and later by profuse sweating. The chill may be short or entirely absent, with or without headache and vomiting.

In what is known as *Dumb Ague* or *Malaria*, more or less of these stages are present, but in so irregular a form that it is sometimes difficult to distinguish it from other disorders.

The remedies here appended, if closely studied, and the one selected most appropriate to the case in hand, will seldom fail to cure.

REMEDIES :

Natrum mur. Chills, *with violent, bursting headache in forehead; no vomiting; great thirst, which lasts through all the stages; patient is melancholy and sad; cries easily.* Is often of use also for malarial conditions.

Ipecac. Chill accompanied by headache; *vomits during the chill and fever.* Sweating is profuse and exhausting.

China. Well-marked stages, *i. e.*, well developed chill, fever, and sweat. Thirst *before* the chill and *between the stages*, but not with the chill.

Eupatorium. Vomiting after the chill, with great pain, which seems to be in the bones; breakbone fever; no sweating.

Arsenicum. Chill short or absent; fever prolonged; great thirst, but is afraid to drink; swollen face; headache; dizziness; prostration.

Ferrum. For the condition often remaining after the suppression of the ague with quinine; lost appetite; debility; impoverished blood; palpitations.

ROSEOLA

Is a transient disorder, having slight fever, accompanied by the appearance of small, rose-colored papules. The spots are usually separated from each other by considerable spaces of healthy skin. It is often a result of indigestion. The tongue is coated, and the throat slightly reddened. It somewhat resembles scarlet rash, but has not so much fever. It is a mild disorder and always ends in recovery.

REMEDIES :

Aconite. When with fever and restlessness.

Pulsatilla. When accompanied by or as a result of indigestion.

MEASLES (*Rubeola*)

Is an acute, eruptive disease, highly contagious, and may be carried in the clothing.

Its appearance is foretold by hoarse cough, sneezing, running of the nose, watery eyes, and fever, for three days; after which the rash appears. The spots are of a purplish color, and tend to ar-

range themselves in crescentic patches, first seen on the face and neck, and spreading gradually downward over the body. The rash generally remains out three days, when it fades away and fever subsides. This is the typical course of measles, though many variations occur, or complications attend it.

It is sometimes ushered in with convulsions. These in the beginning are not always of serious omen, but occurring later in the disease are of more grave import. Hot drinks encourage the eruption. Cold water retards it.

REMEDIES :

Aconite. Feverish, restless, dry croupy cough.

Euphrasia. Nose and eyes running; some fever, but not great; first stages.

Bryonia. When the rash is slow in appearing, or does not come out well; cough is excessive.

Pulsatilla. Not until the rash is well out; tearful; discharge from nose thicker and more creamy.

Gelsemium. Fever with prostration; child is quiet; drowsy; eyes sore and sensitive to light; when convulsions occur or seem to be threatening, or when rash suddenly recedes.

GERMAN MEASLES (*Rötheln*).

This is an infectious, eruptive disease, in some respects resembling both measles and scarlet fever. It is usually milder than either, its entire course seldom exceeding a week. Although resembling measles it does not protect the patient against them. It is not fatal. The rash is of a pale rose color,

not the purplish hue of measles. It is seldom fully developed in but one part of the body at a time, and is often accompanied by the appearance of minute watery vesicles.

In Rötheln the cough and catarrhal symptoms are not so marked as in measles, and the rash appears suddenly, without the three days of prodromal symptoms of cough and fever. The spots do not tend to run together as in measles, neither has it the general blush of scarlet fever.

Its course is uniformly mild, though dangerous complications may arise from improper exposure.

The child should be kept in bed until every sign of rash has disappeared. The remedies which apply to measles will also apply to this affection.

SCARLET FEVER.

In children usually the first symptom noticed is vomiting, followed by sore throat and fever, sometimes convulsions. After 24 to 36 hours of fever the rash appears; it is first observed at the sides of the neck, and spreads quickly over the body. The eruption at first consists of small pink dots; these become gradually surrounded by a pink border, and these borders coalescing produce at the end of the second or third day a uniform scarlet blush, like a boiled lobster.

The rash seldom runs together on the face, as in measles, and usually begins to fade after six days of fever. The sore throat is always present, sometimes with great swelling, and subsides only as the eruption fades.

This fading is accompanied by flaking of the skin in branny scales, and occupies a period of about ten days, during which they must be kept in bed.

The most important and dangerous sequel of this disease is *Acute Bright's Disease* of the kidneys and general dropsy. It is commonly supposed that this is due to taking cold. This is not always the case; but there is no doubt that exposure of any kind largely increases its ill effects. Nearly all cases of Scarlatina are accompanied by more or less of this complication, which only requires some slight injudicious exposure to fan it into flame. In the beginning and through the eruptive stage no cold drinks should be allowed. The patient should be kept warm in bed, and should remain there, no matter how well they feel, until the scaling period is past.

REMEDIES :

Belladonna is the remedy which tallies with most cases, and may be used from the beginning throughout the eruption.

Gelsemium. When the rash is smooth, and the fever is accompanied by great languor. The rash comes out feebly.

Bryonia is indicated when the rash is delayed or suddenly recedes; with fever, thirst, and restlessness.

Rhus tox. When the skin is very rough and dry, with itching; patient listless, absent-minded, and restless.

For the dropsical condition so frequently following scarlet fever **Apis** and **Arsenicum** are usually the best remedies.

This is always a dangerous disease, and so frequently fatal that it should always be treated by the physician.

SMALL-POX (*Variola*).

This is a highly contagious disease, recognized by the appearance of a characteristic and peculiar eruption, which at first feels like fine shot under the skin; these points are usually dark red in color, and become filled with at first a thin, watery substance which gradually becomes opaque or pustular in character; and in the centre of each pustule appears a depression, which is a distinguishing feature of this affection. The eruption is preceded by some of the symptoms of an ordinary cold—pain in the back and limbs, fever, etc., but cannot be positively diagnosed before the development of the characteristic eruption. This appears on the third day of fever, and is first observed on the face and wrists. The pustules begin to harden when about four days old, and form scabs which dry up and fall off at the end of the second week. The entire duration of the disease is 14 to 21 days.

REMEDIES :

Aconite. In the first stage, with headache, fever, thirst, and restlessness.

Bryonia. Fever, with severe pain in the back and limbs; stitches in the chest; dry cough; will hasten the development of the eruption.

Merc. sol. will hasten the maturation of pustules; offensive breath; thick, doughy tongue; profuse saliva.

Rhus tox. Useful in the malignant and confluent form; low muttering delirium; typhoid condition.

Tartar emet. Loose cough, rattling of mucus in chest. Is the most frequent remedy when the eruption develops nicely, and runs the usual course.

CHICKEN-POX (*Varicella*)

Is somewhat similar in its eruption to small-pox, but is an affection of shorter duration, seldom lasting in all more than a week. The eruption is much more irregular in course; we find pustules fully developed, while others are yet filling. Sometimes the watery vesicles do not become pustular at all. It is a very much milder disease than small-pox, and is not attended with so much fever or constitutional symptoms, and shows a decided preference for children.

REMEDIES :

Aconite. In the beginning with fever, restlessness, and thirst.

Bryonia. If accompanied by pains in the back and limbs.

Pulsatilla. When there is slight fever, occasional chilliness, little appetite, headache, disordered stomach.

Tartar emet. When rash is fully developed; or with loose, rattling cough, or vomiting.

RHEUMATISM.

Acute Rheumatism or Rheumatic Fever is usually the result of exposure to cold or dampness, sudden suppression of the perspiration, etc. It is recognized by pain, with heat and swelling of the joints, one or more as the case may be. It may be of short duration or may last several weeks. In its treatment all stimulants must be interdicted, and the swollen parts enveloped in flannel wrung out in warm water and bandaged up warmly.

This disease also manifests itself in a milder form, known as the sub-acute, in which the pain and swelling are not so severe. This variety often affects the muscles as well as the joints, and has more of a tendency to become chronic.

REMEDIES :

Arnica. The swollen joints are rose-tinted, and pain as if dislocated. *Exaggerated sensitiveness*, afraid of being touched.

Belladonna. The swollen joint is red and shining; the redness extends upward and downward; pains are shooting, tearing, and jerking; high fever, and dryness of skin.

Bryonia. Swelling is pale red; the pains are *aggravated by the slightest motion*; headache in forehead.

Merc. sol. Swelling without redness; pains are in the bones and joints, are worse at night; skin warm and moist; coated, doughy tongue, and offensive breath; shifts from place to place.

Rhus tox. Joint red, shining, and swollen; in acute rheumatism the pain is worse when quiet, and the patient seeks relief by continually shifting the position of affected part.

In the sub-acute and chronic form, lameness and stiffness on first attempting to move which wears off after exercise.

Caulophyllum. When the disease affects the smaller joints.

Berberis. Useful in the sub-acute variety, affecting the muscles of the back and loins; lumbago.

Colchicum. Deep, tearing pains in the muscles and joints; especially useful in old, debilitated cases, with great weakness in the arms and legs.

Cimicifuga. In muscular rheumatism with soreness; rheumatic soreness of the scalp, or muscles of the neck from exposure to a draught of damp air.

Kalmia. When the pains affect a whole limb, but not the joints particularly; when it affects the heart.

Clematis. During or after an attack of gonorrhœa.

Rhododendron. Chronic rheumatism of the smaller joints; pain returns at the approach of every storm.

GOUT.

This is a constitutional disease, showing itself by attacks of acute pain, some fever, and inflammation of one or more of the smaller joints. It is usually accompanied by the retention of uric acid in the circulating blood, which should be excreted by the kidneys, its presence acting as a specific irritant.

REMEDIES :

Apis. Inflamed joint of the great toe, which feels stiff and sore, and is best relieved by cold applications.

Arnica. The affected joint is swollen hard and painful, and *excessively sensitive to touch*.

Bryonia. The inflamed joint is swollen, but redness is slight; *worse by motion*.

Lithium carb. Gouty symptoms of the feet and hands. Brick dust sediment in the urine.

Lycopodium. Toes affected or upper part of foot; associated with flatulent dyspepsia and brick-dust sediment in urine.

DISEASES OF FEMALES.

HYSTERIA.

A condition peculiar to women, in which the power of the will is not sufficient to prevent or control certain nervous manifestations. The most frequent symptoms are excitableness, alternations of laughing and crying. The malady takes many forms, even to convulsions and unconsciousness, and simulates many diseases of a more serious nature. The disease is often traceable to ovarian or uterine irritation.

REMEDIES :

Ignatia is the most frequent remedy, and covers all the symptoms which do not require professional aid. When dependent upon menstrual disorders, general debility, indigestion, dyspepsia, constipation, etc., these will also require treatment.

MENSTRUAL DISORDERS.

Amenorrhœa signifies absence of or delayed menses. When in young girls there is delay in their first appearance the remedies are—

Pulsatilla. In those of a mild, gentle disposition; feeble circulation and general tendency to coldness; faints easily.

Sulphur. When there is dry skin with frequent eruptions. Heat in the top of the head, palms of the hands, and soles of the feet.

Calcarea carb. In stout but unhealthy girls, with large abdomen and flabby flesh.

For *Vicarious menstruation* or nose-bleed at the time for the monthly period, **Bryonia** will be found most useful.

Sudden *Suppression* of the flow from a cold, if taken at once, may be relieved by a few doses of **Aconite**; but later, or from getting the feet wet, **Pulsatilla** will be required.

For *Dysmenorrhœa* or painful menstruation **Viburnum opulus** will be found most useful.

When connected with pain in ovary, with bloating, **Apis** will relieve.

Menorrhagia or too profuse menstruation, must be treated by perfect rest.

REMEDIES :

Ipecac. When too early and very profuse, blood bright red.

Secale. Profuse, but thin, brown or black, very offensive odor, unquenchable thirst, and accompanied by spasmodic or contracting pains.

China. Profuse discharge, dark and clotted, also useful after exhausting discharges.

Sabina. When with pains in the back and abdomen, extending down the legs.

Belladonna. Profuse discharge, which feels hot and scalding; bearing down pains as though everything would protrude.

LEUCORRHŒA (*Whites*).

This term is applied to an increase in the natural secretion of the vagina and uterus. It is a catarrhal condition often caused by exposure to cold, or perpetuated by a succession of colds. There are also numerous other causes which we have not space to describe.

Copious daily injections of warm water, used with a blinded end fountain syringe, will be found cleansing and healing.

REMEDIES

Calc. carb. For fleshy but not muscular females.

Pulsatilla. Patient fat and fair; flatulent dyspepsia; the discharge smells sour on the clothing; very useful when period has been suppressed.

Sepia. Profuse greenish yellow watery discharge, accompanied by a "gone feeling" at the pit of the stomach.

Merc. sol. Discharge smarting and excoriating; thick and yellow; itching of parts.

Creosote. Thick yellow or white watery discharge, which is very fetid, acrid, and excoriating, and causes burning and smarting of vulva.

NURSING SORE-MOUTH.

This affection seems to be constitutional with some women during the nursing period, and frequently depends on debility from impoverished blood. It is recognized by painful ulcerations on the tongue, gums, and mouth.

REMEDIES:

China. After prolonged nursing, or profuse or exhausting flow of milk; debility.

Merc. sol. When with coated, doughy tongue and offensive breath.

The mouth should be rinsed out frequently with weak solutions of *Borax* or *Chlorate of Potash*.

PALPITATION.

This consists in sudden and violent beating of the heart, not always de-

pendent on disease of that organ. It is usually a nervous phenomenon, often caused by indigestion or dyspepsia; and frequently observed in nervous, hysterical females, or in persons suffering from general debility.

Its treatment will consist in improving the general condition, by generous diet, sunlight, and exercise in the open air, avoidance of excitement, etc. In men it is often caused by the excessive use of tobacco.

REMEDIES :

Aconite. When due to prolonged or excessive exertion or fright.

Ignatia. When due to grief; sudden or overwhelming bad news.

Coffea. When from excessive joy.

Veratrum virid. Irregular and tumultuous beating, in enlargement of the heart.

Natrum mur. When due to the excessive use of tobacco.

China. When with general debility, or impoverished blood.

DISEASES OF THE SKIN.

HIVES, NETTLE RASH (*Urticaria*).

This eruption appears suddenly and may last only a few hours, or a few days. It shows itself as elevated or whitish patches or wheals. It frequently depends upon indigestion, or is caused by taking cold. It is accompanied by intense burning, stinging, and itching.

The intensity of the itching may be relieved by sponging with warm water, in which a little baking soda is dissolved.

REMEDIES:

Apis. When in hot weather, or from overheating the blood, with great stinging and itching.

Dulcamara. When from taking cold.

Pulsatilla. When from indigestion, or rich food; or some food which particularly disagrees.

BOILS (*Furuncles*)

Are sometimes caused by a low or debilitated state of the system; in which cases good nourishing food, sunlight, air, and exercise will materially assist the cure. For a single boil, little treatment is required, as they are considered rather beneficial than otherwise; but when they occur in successive crops which are prolonged and prostrating, medicine is useful. The local treatment for boils while maturing is warm poultices.

REMEDIES:

Arnica. When there is great muscular soreness accompanying them. *Excessively sensitive.*

Apis. When accompanied by burning and stinging pains.

Belladonna. When greatly inflamed, very painful and slow to mature.

Berberis vulg. Is one of the best remedies to correct the tendency to successive crops of boils.

Hepar. After they have broken, this remedy will assist healing.

Silicea. Tendency to formation of boils and abscesses, with a condition of nervous excitability.

Sulphur. When the skin is dry, rough, and unhealthy, and the boils are small and frequent.

PRICKLY HEAT.

This is an affection of hot weather or due to overheating the surface of the body by hot rooms or heavy clothing.

It is especially common among infants, and usually yields to a few doses of **Sulphur**.

The itching may sometimes be allayed by sponging with a weak solution of *Borax*.

PIMPLES ON THE FACE (*Acne*).

These are considered by some authorities as purely a skin disease; by others as dependent upon derangements of the sexual or digestive organs.

There are several varieties, but the most common is that in which papules appear on the face, having a dark centre, due to the collection of dirt in the mouths of the pores; when these are

squeezed, collections of matter are forced out which have the appearance of small worms, and are called *comedones*.

The milder forms are readily curable; viz., by eliminating the cause when found to be in the digestive or sexual apparatus; by avoidance of the rich or spicy foods; by washing the face occasionally with a bland lathery soap; by frequent bathing of the entire body; thus keeping the *skin* of the body active, and not throwing its entire work upon that of the face; avoid rubbing the face with the towel, but rub the body well. Also bathe the face every three or four days, with a weak solution of baking soda, a teaspoonful to a pint of water. These measures with the remedies must be used perseveringly.

REMEDIES :

Sulphur. When the skin generally is dry and inactive. Dryness of the palms and soles.

Silicea. When there is a tendency to boils and abscesses. Cuts do not heal readily, but gather; blood is impure.

Graphites. Skin cracks and fissures, moist eruptions.

Arsenicum. Dry scaly skin, with itching and burning.

RED-GUM, TOOTH RASH (*Erythema, Lichen*)

Is an affection common to young infants, and appears as an abnormal redness of the skin in patches, which are sometimes covered with fine pointed pimples. It

usually affects the face, neck, and hands, though occasionally showing itself on the body. It requires no special treatment other than cleanliness, proper nourishment, or if the child is restless, or has pains or looseness of the bowels, **Chamomilla**.

ECZEMA (*Moist tetter*)

Consists of an eruption of watery pimples, on a red groundwork ; these vesicles break, and scabs or crusts form over the reddened surface.

It frequently affects the head and face in children, and is accompanied by a good deal of smarting and burning.

It usually appears where the skin is soft and thin, or perhaps moist.

It is never wise to check these eruptions with strong astringent ointments ; they should be daily bathed with castile soap and warm water, and greased with simple cerate or vaseline, and the proper remedy administered.

REMEDIES :

Arsenicum. Dry scaly eruptions, with much burning after scratching.

Natrum mur. When in the folds of the arm, leg, or neck, dry scaly eruption on scalp alternating with catarrh.

Graphites. When with cracking and bleeding of the skin, moist watery sticky discharge forming scabs ; chronic eczema ; itching, red, raw, dry cracking skin,

Lycopod. Chronic eczema, skin is more moist than that of *Graphites*, and the oozing is somewhat offensive.

Sulphur. Dry or moist eruptions, discharge offensive and thick; patient *will not keep clean*.

SHINGLES (*Herpes Zoster*)

Is a non-contagious disease, and shows itself by clusters of vesicles of the same size, upon inflamed patches of skin. It usually appears on one side of the chest or body, and runs about half way round.

The vesicles, at first watery, soon become yellowish-white and filled with pus; these break and form scabs.

The disease usually lasts a week or ten days, and there is generally some neuralgic pain before the rash appears, and more or less fever.

The inflamed parts should be daily smeared with vaseline, and protected from the friction of the clothing by a layer of soft lint.

REMEDIES :

Aconite. When with much fever.

Tartar emet. Profuse fine eruption without much pain.

Graphites. When the eruption is moist and sticky, with dry cracking skin.

Rhus tox. Large vesicles, with severe neuralgic pains.

ITCH (*Scabies*)

Is a contagious disease caused by a minute animal parasite lodged beneath the skin. It chiefly attacks the hands between the fingers; but no part of the body is exempt. The itching is intense and worse when warm in bed.

The eruption consists of fine papules, and watery vesicles or blisters. Internal remedies are of no earthly use in this affection; and the treatment will consist in daily bathing with soft soap and water; and then rubbing in thoroughly an ointment composed of one part of powdered sulphur to four parts of lard.

ERYSIPELAS

Is recognized by redness of the skin, swelling, heat, and pain, and the tendency to spread rapidly.

It is always a dangerous disease, and should always be treated under professional direction.

The local treatment consists in powdering the inflamed part with rice flour or starch, or the application of cloths wet with **Calendula** φ one part, to water ten parts.

REMEDIES:

Apis. When of the superficial variety, not great swelling, but bright or shining redness and stinging pain.

Rhus tox. When the deeper tissues are affected, and abscesses form; with great pain and inflammation.

SPECIAL DISEASES.

INFLAMMATION OF THE EYES

(*Ophthalmia*).

Superficial inflammations of the eye or lids of a catarrhal nature frequently occur. In such cases the eye should be shielded from the wind and the light.

REMEDIES :

Aconite. When of an acute nature, from exposure to cold west winds.

Belladonna. When very red and congested, with headache or rush of blood to the head.

Euphrasia. When the eyelids are acutely inflamed, with profuse watery discharge.

Bryonia. When accompanied by rheumatic pain in moving the eyeball.

Calcarea carb. When chronic or occurring in scrofulous constitutions.

STYES.

These are small inflamed tumors on the edge of the eyelids, which gather and break, and are extremely painful. The local treatment is warm water compresses.

REMEDIES :

Aconite. When with general fever.

Pulsatilla. When frequent and painful.

Silicea. When they appear and re-appear, and there seems to be a constitutional tendency to their formation.

EAR-ACHE (*Otalgia*).

This is a common affection among children, and is generally caused by cold. In infants from a draught of cool air, or allowing them too close to a window in cold weather. It is best relieved by the application of warm, dry heat; as hot flannel, hot salt bag, hot hops, etc.

REMEDIES:

Pulsatilla or **Chamomilla**.

EAR DISCHARGE (*Otorrhœa*).

REMEDIES:

Pulsatilla. When profuse, thick, creamy, and bland.

Merc. sol. Thin, offensive discharge, which causes rawness, soreness, or excoriation.

Graphites. When accompanied by cracking of the skin, and moist pimply eruptions around the ear.

HEADACHE.

It is said that it is a wise man who can cure a headache; because it proceeds from so many causes, and is symptomatic of so many conditions.

REMEDIES:

Bryonia. When it sets in on first waking in the morning; severe pain in forehead, made *worse by every motion*; has to keep perfectly still; sits and holds the head; with constipation; hard, dry stools.

China. When from suppressed cold in the head; forehead feels as if it would burst. Useful also, when after excessive loss of fluids.

Coffea. Nervous headache, *worse in the open air*. Accompanied by extreme wakefulness. Head feels too small, or as if a nail were driven into the brain.

Glonoine. Congestive, nervous headache; without sickness at the stomach; *with violent throbbing and beating* as though hammered.

Ignatia. Boring, sticking pains in the temples, as though a nail were driven out through the side of the head.

Ipecac. If nausea and vomiting are the most prominent symptoms.

Natrum mur. Heavy, dull pain in forehead; pressure from within outward. Appears about 10 A. M. Patient is sad, and inclined to weep.

Nux vomica. Stupefying headache, especially in the morning; with constipation and bitter taste, or bilious vomiting.

Pulsatilla. When from eating rich food; vertigo when stooping or looking up; worse in a warm room; *better in the cool air.*

Sulphur. Pressing pains in forehead and temples, with heat in the top of the head.

Veratrum alb. Violent, nervous headache, that almost drives one crazy; coldness in the top of head; becomes weak and faint; cold perspiration; vomiting.

SEMINAL WEAKNESS (*Spermatorrhœa*).

This is a condition characterized by *abnormally* frequent nocturnal losses of the seminal fluid, resulting from excessive sexual indulgence, onanism, or inflammation of the urinary canal. It is frequently the cause of much mental uneasiness, amounting to even a morbid condition of mind, which is duly fostered by advertising empirics and charlatans, in pamphlets written with the idea of preying upon the fears of the reader.

The fact is that the emissions, when not too frequent, are purely physiological; and are but the natural and me-

chanical relief of the over-distended seminal vesicles.

When they occur more frequently than warranted by a condition of health, they may be remedied by avoiding all excitement, strengthening the parts by cold sponging every morning, and the use of proper remedies.

REMEDIES :

Gelsemium. When the genitals are cold and relaxed, weak and irritable; ejaculations take place without any pleasurable sensation; attempted intercourse is often unsuccessful; fears he is impotent; discharge occurs too soon.

Phosphoric Acid. Erections very easily excited, and relax suddenly; emission occurs suddenly; in impotency *sudden relaxation preventing emission*.

Phosphorus. Useful in tall slender youths; nervous and excitable; mind full of lascivious fancies; onanism, and the mental depression succeeding it.

Nux vomica. Lascivious dreams and emissions, especially after a late hearty meal. Continued erections.

VERTIGO

Or dizziness is the sensation of swimming in the head; with staggering, fear of falling.

It is transient, but may be often repeated. Although in itself merely a symptom, it often occurs independently of any pronounced disease.

It arises frequently from indigestion, biliousness, general debility, or anæmia.

REMEDIES :

Bryonia. When from indigestion or biliousness; constipation, headache, nausea, bitter taste; worse on rising from a sitting or recumbent position,

Pulsatilla. When from eating rich or greasy food; in mild gentle sensitive females.

China. When with great debility; impoverished blood.

Ipecac. When with much nausea and vomiting.

GENERAL DEBILITY.

This is a condition which may exist separately, or be the result of local or general causes. It consists of weakness or prostration of the physical energies; languor, lassitude; mental or physical weariness; loss of appetite; easily fatigued. It may be the result of an acute attack of disease, or be produced gradually by one of a chronic nature. It may be caused by dyspepsia, indigestion, hemorrhage, chronic exhausting discharge, or by anything which causes more rapid waste than repair.

There exists often with it a tendency to vertigo, or fainting, palpitation of the heart, and shortness of breath. When the cause can be ascertained, if from any local affection, that must be first removed.

Then follows naturally, good nourishing food, exercise, sunlight, and fresh air.

REMEDIES:

China. Especially useful after loss of fluids; headache, vertigo, fainting.

Arsenic. Patient pale, waxy, thirsty, and restless; inclined to periodic fever; malarial or kidney troubles.

• **Ferrum.** When excessively pale, weak, fluttering nervousness, palpitations, thin-bloodedness.

EXTERNAL INJURIES.

Cuts when made with a clean sharp knife will unite more readily than when lacerated or torn; as with a dull instrument. Lacerated wounds are less liable to severe bleeding. Moderate hemorrhage may be controlled by pressure, the application of cold water, ice, etc. If an artery is cut and the blood comes in spurts or jets, make strong pressure with the thumbs, immediately above and below the wound, and hold it until the arrival of the surgeon.

After washing and cleansing the cut thoroughly, bathe it with a solution of **Calendula** φ and water, one part to ten; then draw the edges nicely together and bind up firmly, applying adhesive strips crosswise if necessary. When cuts are deep, do not close them up with plaster, but leave room for the discharge which takes place when wounds heal from the bottom.

Burns are best treated by the application of vaseline, or carron oil, spread on thickly, and covered with layers of cotton; and bandaged so firmly as to exclude all air.

If it can be had, they may be bound up in compresses saturated with **Urtica urens** φ one part, to ten parts of water. This will give quick relief and promote rapid healing.

Sprains and Bruises are best treated

by **Arnica**^s internally, and compresses saturated with **Arnica** φ and water, one part to ten, externally.

INFANT FEEDING.

The average weight of a new-born infant is seven pounds, and if well-nourished they should gain a pound a week for the first six weeks.

No food will agree with a child so well as its mother's milk; and this alone should be given, except in cases of consumption, or other hereditary disease which might be mitigated by its discontinuance. The child should be placed at the breast as soon after delivery as the mother has had a good rest; and under no circumstances should a mouthful of other food be given; nor will any be needed before the milk appears.

The common practice of ignorant nurses of giving them a teaspoonful of cracker and water, or molasses and water, under the impression that they may be hungry or need physicking, cannot be too strongly deprecated. Where no mechanical obstruction of the bowels exists, the first milk (or *colostrum*) will purge the infant naturally.

At first the child may be allowed to nurse every hour and a half or two hours, gradually increasing the interval to three or four hours as it grows older. Nurse them as little at night as possible.

These points are very important, as no human stomach can be expected to work continuously without at some time rebelling.

In case the child does not thrive, on account of the mother's milk being poor and thin, a healthy wet nurse is the next best thing. If this is impracticable, cow's milk should be substituted. For the first eight days it should be, one part milk to three parts water, sweetened lightly with milk-sugar. When constipated add a little barley water. From eight days to eight weeks, one part milk to two parts water, with milk-sugar. From eight weeks to six months, equal parts milk and water. Boil the water with the milk-sugar, but *do not boil the milk.*

After six months the milk may be boiled, unless there is constipation; and the amount of water must now be gradually diminished, until pure milk can be used. Or occasionally a little beef essence may be given.

If infants cannot digest milk at first, do not spring on the innocent little thing all the prepared foods in rotation, even if it should hold out until the end of the list is reached; but rather partially digest the milk before feeding it, which can be readily done by the use of *Fairchild's Peptogenic Milk Powder.*

They rarely reject this, and soon their little stomachs will be strong enough to

dispense with it. If they can be kept to milk diet, it is a great point gained.

On no account give them arrow root or corn starch until after six teeth have appeared, as it is *impossible* for the young infant to digest starchy food.

It is very important to keep the bottle sweet and clean; and for this purpose it should be scalded every time before using, and occasionally washed in a solution of baking soda. As soon as children can be taught to drink from a cup the bottle may be discarded.

Milk alone is sufficient to nourish the child, and no other food will be necessary until it has all its teeth. Especially avoid the grain foods while teething, as they develop the teeth too rapidly. If you want a strong, healthy baby, do not give it potatoes and meat until it has teeth to chew them, and a stomach ready to digest them.

A healthy child a year old will take two or three pints of milk daily, but *insist on regularity*, once every four hours.

From two years upward allow only three meals a day, at each of which milk should form a prominent part, with beef, bread, and finely mashed *boiled* potatoes. Give no acid or sour fruit, or raw fruit or vegetables of any description. *Never feed them between meals.* Give the hearty meal at noon, with a light supper, and put them to bed early. As soon as old enough to run, let them live

out of doors ; cultivate regularity in all habits ; give their stomachs a chance to develop before you give them hard work to do, and you will be rewarded with healthy, happy children, who will not be dyspeptics in after years.

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