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# DOMESTIC HOMŒOPATHY:

OR

# RULES

FOR THE

DOMESTIC TREATMENT OF THE MALADIES

OF

# INFANTS, CHILDREN, AND ADULTS,

AND FOR

THE CONDUCT AND THE TREATMENT

DURING

**Pregnancy, Confinement, and Suckling.**


By JOHN EPPS, M. D.

GRADUATE OF THE UNIVERSITY OF EDINBURGH, DIRECTOR OF THE ROYAL JENNERIAN AND LONDON VACCINE INSTITUTION, AND CONSULTING PHYSICIAN TO THE MANCHESTER HOMŒOPATHIC DISPENSARY.


FOURTH AMERICAN FROM THE FOURTH LONDON EDITION.

EDITED AND ENLARGED

By GEORGE W. COOK, M. D.


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## PREFACE TO THE SECOND EDITION.

In presenting a second edition of this Domestic Homœopathy to the public, it is agreeable to the writer to be able to state, that the *first* edition, consisting of *one thousand* copies, has been *sold* in less than *one year* and *a half;* a fact, strikingly illustrative of the progress of Homœopathy.

Parties, who have used the first edition, have kindly suggested the necessity of some points being rendered more clear, and of some others being more fully dwelt upon. To meet such suggestions, and at the same time, to render the work more complete, many particulars, not in the first edition have been introduced into this. Such are the modes of treatment, *before*, *during* PREGNANCY, *at* and *after* CHILDBIRTH: These are detailed in the Second Part.

I have added, in the Third Part, two chapters on the indications as to the appropriate remedy, as dependent upon the agency of the *Cause*, more immediately producing the disease. To these chapters attention is particularly directed; also to the Fourth Part, on DIET. To this succeeds another Part, in which some of the *terms* used in this work are explained, to which, if the reader has any difficulty he should refer.

It may be proper here to remark that I have still adhered to the *classification* of the diseases adopted

in the first edition; a classification, founded upon the different organs affected: such being more particularly useful in enabling the reader to find out, both the remedies best suited to the diseases, and the diseases themselves; an arrangement, which with pleasure I have seen adopted in a late work on Homœopathic Domestic Medicine.

It will be seen, that, among the diseases, the remedies for which are recorded, are many, technically called *acute:* diseases, which require the attendance of the physician: still, the means of cure are detailed, because till the arrival of, or the communication with, the physician, danger may thus be warded off, or the progress of the disease may be stayed. This detail of acute diseases and their remedies has been of the greatest service: I have patients in Manchester and other places, who have successfully treated *croup* by the means detailed. Croup, it is well known, is an acute and highly dangerous disease, and one, which under the injurious treatment, designated, *par excellence*, "ACTIVE," is often fatal; and the successful treatment of this disease, even under domestic direction, (I do not recommend persons to trust to such direction wholly,) shows the utter fallacy of the ignorant but pompously promulgated notion, that Homœopathic remedies are efficacious only in *chronic* and not in *acute* diseases.

The reader will find much fuller directions in this edition respecting the REPETITION of the doses of the medicines: directions afforded by experience on a very extended scale, the writer having prescribed, he finds from his patients' names-book, upwards of *five thousand* recipes since the 1st of April, 1841,

and these for almost every form of disease, from catarrh, simple sore throat, to diseased bone, discharges from the hip and the thigh bones, abscesses in the back, deep-seated ulcers, derangement, diseased womb, tendency to miscarriage, typhus and other fevers, with inflammations of the eyes, the larynx, the bronchia, the lungs, the pleura.

In reference to the cases referred to, the writer can add that he has *cured*, by homœopathic means, many diseases, which, as a practitioner under the old system he could not, as an honest man, have ventured to *touch*. He can further add that many families, who have used homœopathic medicines under the instructions contained in the Domestic Homœopathy, have with joy confessed, that they have been astonished at the successful treatment, thence obtained, of many complaints, which, from their severity, they could never have supposed would have given way, except to the miscalled "active" *remedies*, more appropriately designated active *enemies*.

In fact, Homœopathy, with its sneered-at infinitesimal doses, is making its silent, but steady and certain way: a way, marked with cures, and unattended with the injurious effects, consequent upon the recoveries under the other systems of treatment.

The reason for this success is to be found in the fact, that *Homœopathy is a part of the Divine Truth:* an axiom, demonstrated elsewhere.*

Though Homœopathy is thus efficient, many, and

* Homœopathy and its Principles Explained: being Four Lectures thereon, by John Epps, M. D. Sherwood and Co., Paternoster Row, London.

those often the enemies of Homœopathy, attempt to discredit it, because it is not *all efficient.* If any patient dies under homœopathic treatment, they insinuate that death came because of the *want of active* treatment: though perhaps the very objectors have had relatives or friends die of the very disease, and though the registrar's tables show that the disease has been decidedly fatal in the common, this miscalled active-treatment, practice. All the cures performed by homœopathic means are not remembered: all the victories gained are swallowed up in the one unsuccessful repulsion of Death. This is prejudice. It must be expected for a few years. Homœopathy must bide its time.

JOHN EPPS, M. D.

89 Great Russell Street,
April 1, 1842.

[N. B. In compiling this edition, I have derived considerable aid from the valuable work of Dr. Hering of America, on this subject.]

# PREFACE AND INTRODUCTION BY THE AMERICAN EDITOR.

A DAILY devotion of near a quarter of a century to the study and practice of medicine; over one third of the time being engaged in the homœopathic practice, ought to enable one to speak with some confidence of the comparative merits of all the means of cure heretofore discovered. The fact that I now practise homœopathy in preference to any other system, of course, is an endorsement of the former; and after disapproving of domestic practice with any other medicine, as I always did during my allopathic practice, to recommend so far as to edit a domestic homœopathic guide, is proof conclusive that I regard the two systems of medicine as so widely differing as to require an entirely opposite course for their advancement or promulgation.

Allopathy palliates, while homœopathy cures radically; the former disturbs healthy organs to divert disease from those which are deranged, while the latter cures by a direct action of the medicine to the part affected; a portion of the profession have been driven to admit that the homœopathic practice is more successful than the old school practice, and attempt its imitation by leaving all to nature's efforts, but they are not as successful as homœopathic practitioners by a large percentage, as the statistics from various sources abundantly show. They may endorse Dr. Forbes's assertion, "that the old school practice is worse than nothing," and consequently "that homœopathy is nothing," but time will compel them to admit that the latter is efficient, and the only true rule of practice.

There are no poisonous influences to be feared from *true* homœopathy, while a curative effect is sure to follow the administration of a remedy which is truly indicated in a given case; the dose being graduated with a full knowledge of its power, when applied upon the well known and long-

tried law, "similia similibus curantur," will not do injury if a mistake occur in diagnosing the location of the disease; the only evil being then in delay, may be corrected in another and more careful selection of a remedy.

From the foregoing remarks it may be comprehended why domestic allopathy is dangerous, while domestic homœopathy is not only safe, but often useful in the absence of better advice than that of lay practitioners. I have, therefore, with due regard to the importance of preserving the high standing and respectability of a profession of my choice, and with a proper sense of the importance of elevating the standard of medical education, consented to edit a domestic Homœopathic Guide, for the use of the nursery, in the management of those little departures from health, which do not appear of sufficient importance to call a physician to treat; and also for the use of those who are so unfortunate as to be entirely beyond the reach of a physician, who has been honest enough to make homœopathy a part of his studies. I can conscientiously say, that I would sooner trust an intelligent layman who has a domestic practice of this kind, with a suitable case of medicine at hand, than trust an ultra allopathic physician, whose prejudices have prevented him from making himself acquainted with a system which is founded upon the principles of true induction, as we know homœopathy to be.

There is no profession so complicated and loaded with responsibilities, — no science so profound and which draws so largely from other collateral sciences as that of medicine; and in order to be able to meet all emergencies, extensive preparation must be made. In the absence of the ability to make this extensive preparation, we may throw out a few useful lessons of instruction to help the novice in his treatment of disease, when a homœopathic physician cannot be obtained.

It is generally considered very difficult to diagnose the diseases of infants, and to the inexperienced it is so, but to the physician of experience and observation, it is more easy to decide accurately as to the nature and seat of their diseases, than it is in those who are more advanced. All the

manifestations during the first epoch of infancy, which extends to the sixth month, may be regarded as most natural, and indeed nearly vegetative; it draws its sustenance from the mother, or if that natural source is cut off, artificial nourishment as nearly assimilating this aliment as possible, should be substituted, and the greatest care should be observed in this preparation, for sometimes the most bland and nicely prepared will not agree with the delicate and sensitive infantile structure. The bones are in a course of hardening during this epoch; strength is gradually imparted to the vital phenomena, and its mental manifestations are nearly adapted to the expression of instinctive desires, pleasure or pain. At this epoch the existence of disease is made manifest by the position of the body and limbs; the expression, the openness, the contraction, the brightness, or the dulness of the eye; the cry; the changes of countenance, manifested by a peculiar smile; the drawing up of the limbs; the sudden scream; the restlessness, and the state of the pulse and respiration; all must be consulted. The vomiting which so frequently occurs during the first six months, should not be regarded as disease; it is a provision of nature, and affords relief to an overloaded stomach; hence, if the nurse is healthy, disturbance of the bowels is not common during this period, unless physic has been given, and thus one of nature's most perfect works interfered with. The question might well be asked here, why man, the only thinking being, should be the only disorderly work of Almighty Creation. The lower orders of mammalia are never thought worthy of a dose of *calomel* or *castor oil* to purge off the meconium, and yet they remain healthy in more than a hundredfold greater percentage than the human species. The mother's milk is provided by nature for this purpose, and should never be interfered with. On this subject pages might be written; we might go through a history of our race from our first parent, through all the steps of civilization, to show the important influence which interference with nature has had upon natural developments. The lining membrane of the alimentary canal is abundantly protected during this period with

mucus, and a cathartic, by removing this, leaves the delicate mucous tissue a sure prey to the succeeding doses of medicine which often follow. As the second epoch approaches, the gums begin to look red, and swell slightly, the child bites and discharges saliva, is restless, and the eyes are slightly inflamed, or at least the inner surface of the lids, and the vessels of the conjunctiva are fuller and more numerous than has been before noticed.

The great disproportion between the size of the brain and other organs, during the first and second epoch, renders diseases of the brain very frequent. All opiates increase this tendency and should be studiously avoided. Through the whole course of my practice, allopathic as well as homœopathic, I have unhesitatingly condemned the introduction of opium into the nursery, in any form, whether elixir paregoric, cordials, dovers powder, or any other, as directly tending to produce not only many of the diseases and sufferings of this stage of life, but as being intimately connected with the causes which lay the foundation for an enfeebled constitution and many of the ills of future life.

The clothing should be carefully attended to, while every precaution should be taken to avoid cold and damp air; free exposure to the air when it is of a mild and healthy character should always be practised, the head should always be kept cool. The practice of dressing the tender scalp with a *stiff-starched cap* cannot be too highly reprobated, for although it may not add materially to the warmth of the head, will not only make the child uncomfortable by the irritation constantly kept up, but they are much more liable to the diseases of the ears and scalp, usually called scalled-head. Washing first with warm, then tepid water, during the first month, and as the infant gains strength, gradually passing on to cold water, with gentle friction, is conducive to the health and strength of the infant. When cold bathing is practised, it should consist in rapid immersion, when a beneficial reaction will ensue, and a fine glow will pass over the surface, whereas continuing the child in the water, even for a minute, would greatly depress the vital energies and prevent the develop-

ment of the healthy secretion of the surface which cold ablution tends to induce.

Towards the close of these epochs teething has advanced, and other physical changes in function and structure continue, when voluntary motions, creeping and walking, are attempted in succession, and there is seldom much fear of disease if there has been no improper medication, or there is no hereditary predisposition to disease, and the infant has been accustomed to healthy out-door exercise and comfortable dress.

The most suitable time for weaning is from the tenth to the fourteenth month, and then there ought to be at least six or eight teeth quite through the gums. The child should be gradually accustomed to food other than that drawn from the breasts of the mother, from the fifth month upward, but at first it should be of the mildest and blandest kind. Animal food is seldom required, or indeed proper, during the first year; nature has pointed out the period for this, in the preparation of teeth to masticate it. During these epochs the infant is less liable to all infections and exanthematous diseases; we often find it most difficult to make an impression with the vaccine virus during nursing.

The period of childhood extends from the second year to the seventh or eighth year, when the second dentition is being completed. Catarrhal fevers, and the various diseases from indigestion of improper food, are common towards the latter part of this period. The shedding of teeth requires special attention; while the parent should not be slow in having the decayed teeth extracted, they should be careful not to be too precipitate in this matter.

The early extraction of the milk teeth, long before the second and permanent teeth are advancing, allows the alveolar process to be absorbed, and the jaw settling away prevents the uniformity and regularity which not only preserves the symmetry but the comfort of the owner; on the other hand leaving them too long is equally objectionable. The best course is always to consult a skilful dentist frequently during the process of decay, unless the fangs are so far absorbed as to be easily detached with the finger.

Free exercise in the open, pure atmosphere, with wholesome nourishment, should form a part of the every-day business of the child. Sleeping in large, well-ventilated apartments should be attended to by the parents. In employing the faculties of the mind, care should be taken not to fatigue the child, or deprive it of that healthful exercise of the physical functions heretofore spoken of. Its mental exercises should be more a matter of amusement than of exertion, until about the seventh year; prior to this great injury may be done, by confining a child to a sitting posture on a hard bench, three hours in the forenoon and three hours in the afternoon, in a crowded and badly ventilated apartment, such as we often find in our school-rooms.

After having glanced at the peculiarities of age, it may be useful to notice the other natural changes of *respiration* and *pulsations*, as age advances; to which *temperaments* may be added, as exerting an influence in health and disease.

The average *pulsation* of infants from eight days to six months old, has been set down from repeated observations and notes taken from healthy subjects, at 131 for boys, and 134 for girls; from six to twenty-one months, the average for boys was 113, and for girls 126; the extremes vary far above and below the average.

The pulse of the adult male is stated to be 70, that of the adult female at 80: the highest number is rather less than 100 in the adult male, and somewhat more than 110 in the adult female; 50 may be considered the least number in each, and the healthy standard preserved, although much lower numbers have been observed, and good health still considered to exist. Thus we see a mere departure from the uniform standard of pulsations is not a sure evidence of ill health, and shows how important it is to be able to comprehend all the operations of the human system, in order fully to understand the true disease.

The average *respirations* (i. e. inspirations and expirations) may be set down at 18 for the adult, or one for every four beats of the pulse; but this is subject to even greater variations, according to *age*, *sex*, *temperament*, &c., than

that of the pulse. Posture, sleep, and all causes which vary the pulses, have a like effect upon the respiration, the number of the respiration may be varied by the will, however, and the pulse cannot be.

At birth the number is about 46 respirations.
At 5 years " " 32 "
From 15 to 50 years " 20 "

The respiration of the female on an average is a trifle more frequent, except when the free expansion of their chests is prevented by improper dress, when the respirations are very short and mainly confined to the upper part of the lungs; the bosom heaves, while the waist, diaphragm and abdomen remain stationary. This is a fruitful source of pulmonary disease, and cannot be too strongly reprobated. The time occupied in emptying the lungs of air after an inspiration, is not longer than that occupied by a patient far advanced in the consumption, which is not more than ten seconds, whereas healthy adult lungs can occupy from thirty to forty seconds in emptying them after a full inspiration. Mr. Abernethy's method of measuring the capacity of the lungs, consisted in causing the patient to take as deep an inspiration as possible, and then expire, through a bent tube under an inverted jar containing water, the quantity of water displaced being the measure of the capacity of the lungs. If the lungs were healthy, from six to eight pints would be displaced, a less quantity than this being evidence of disease or pressure from without, in proportion to the decrease. Physicians have better means than this, but these will do for laymen, who would only be confused by multiplying directions for diagnosing those diseases which none but the experienced can well understand.

The temperaments have some influence on the pulse. The sanguine and nervous have a more frequent pulse than the lymphatic and bilious. Having almost unconsciously touched upon the temperaments, I shall have to give a brief description of them in order to satisfy the reader. There are four temperaments recognized; the *sanguine*, the *phlegmatic*, the *bilious*, and the *nervous*. A *melancholic* temperament is also considered independently by some.

1st. The *sanguine* temperament is characterized by moderate plumpness of person and firmness of flesh. The hair is red or bright chestnut, the eyes blue, the complexion fair and florid, and the skin soft and thin. The blood-vessels are large, the circulation active, and the pulse full and frequent. The countenance is animated, the movements quick, the passions excitable, the mind volatile and unsteady.

2d. The *phlegmatic* temperament is distinguished by roundness of form, softness of the muscles, and repletion of the cellular tissue. The hair is fair, the eyes light blue or gray, the skin pale, and the lips fleshy. The blood-vessels are small, the circulation languid, and the pulse slow. It takes a great deal to arouse one of this temperament.

3d. The bilious temperament is recognized by moderate plumpness and much firmness of flesh, with harshly expressed outlines of person, strongly marked features, and decided expression of countenance. The hair is black, the eyes and the complexion dark. The pulse is full, firm, and of moderate frequency. There is much energy of character, with great power of endurance and permanence of impression, physical and mental.

4th. The *nervous* temperament is distinguished by a small, spare form, delicate features, with thin upper lip, slender muscles, quick movements, pallor of countenance, and feeble health. The pulse is feeble, and quick, and easily excited by mental emotions or nervous impressions. The whole nervous system, including the brain, is active, the senses are acute, the thoughts quick, and the imagination lively.

5th. The *melancholic* temperament is nearly allied to the bilious, and is marked by peculiar calmness and seriousness of mind, with a great tenacity of impressions, and a tendency to indulge in gloomy thoughts.

It is rare that we meet with pure specimens of these temperaments. They are often so combined that it is difficult to say which predominates.

While I have endeavored to avoid all interference with

the author's text, I have found it necessary, in order to meet the wants of this country, to enlarge upon it, and add several important articles to it. In doing this, brevity and accuracy have been more constantly aimed at than elegance of style.

The entire class of Fevers are added to this edition, also Tic Doulouroux, Rickets, Leucorrhea, and several other diseases; and several remedies which have lately been introduced into our materia medica, Protiodide Mercury, Kalmia latifolia, Bichromate of Potash, &c., all valuable remedies, are added, and will be found in their appropriate places.

The author's directions are confined to the use of pellets. My plan is to have a duplicate of a few of the leading remedies for a family case, and then acute diseases, which appear to resist the high attenuations, may be subdued by the low dilutions or tinctures; for I know, by repeated observation, that colic, inflammation of the lungs, cholera morbus, fevers, and other severe diseases, are promptly and safely cured by drops of the tinctures of the appropriate remedies, without any alarming aggravations.

I will remark, as a general rule when not otherwise directed in the treatment of the disease, that whenever the drops are selected for use, drop two drops in a tumbler half full of water, and administer one tablespoonful if the patient be an adult, or one teaspoonful if it be a child, every quarter, half, one, two, or four hours, in acute diseases, once a day or less frequently in chronic diseases. If the medicine be in powder, put as much as will lay on a sixpenny piece on the tongue, unless it is otherwise directed in the text. Antimony tart. should always be dissolved in water, and given as above directed. If the symptoms are relieved, discontinue the medicine altogether, or allow the intervals between the doses to be longer; if no relief is manifest after the second or third dose, you may be very certain that the medicine is not properly indicated, and it will be your duty to select another more appropriate one.

GEORGE W. COOK, M. D.

*New York, Nov.* 24, 1847.

# PREFACE TO THE FOURTH AMERICAN EDITION.

In the present edition the tabular arrangement has been dispensed with, except in one or two instances, and the usual division into sections adopted; a form which, it is believed, will be more readily comprehended; thus rendering the selection of remedies less difficult. The alteration which has been made in this particular is simply in the method of arrangement, the original text remaining unaltered. In addition to this change, the work has been enlarged by the insertion of the following diseases, with their appropriate remedies, which are not contained in any previous edition, viz. —

The article on "Ulcers," Chap. 1, page 34; "Vertigo," Chap. 2, page 61; "Defect of Vision," "Near Sightedness," "Far Sightedness," "Weakness of Sight," Chap. 3, page 68, 69; "Deafness," Chap. 4, page 74; "Asthma," Chap. 5, page 103; "Bronchitis," Chap. 5, page 105; "Pulmonary Consumption," Chap. 5, page 107; "Inflammation of Stomach," Chap. 6, page 131; "Asiatic Cholera," Chap. 6, page 138; "Sciatica," Chap. 7, page 155; the whole of Chap. 8; all of the Articles in Chapter 10, as far as "Fainting;" the Article on "Milk Leg," page 220, Part II. Chap. 4.

A Chapter has also been added relative to the external application of those remedies in the form of Tincture, which experience has proved to be useful.

There will also be found a condensed account of the "Cold Water Treatment," as far as it has been generally considered admissible into Homœopathic practice. Hydropathy, as a system of cure is not, of course, recognized by the adherents of Hahnemann; but, as an auxiliary, merely, to the action of internal remedies; as an available agent for increasing, in certain cases, the susceptibility to medicinal impression, its advantages are undeniable.

JNO. A. TARBELL, M. D.

*Boston, Oct.*, 1849.

# DOMESTIC HOMŒOPATHY.

## INTRODUCTION.

It seems proper, as introductory to this little treatise, to make a few remarks upon

*The rules for administering the medicines.*

There are three methods of administering homœopathic remedies; first, by *smelling;* second, by putting *globule* or globules of the medicine upon the *tongue;* and the third, by taking the medicine dissolved in *water.*

For persons very susceptible, smelling the medicine is deemed sufficient: for persons less susceptible, the medicine is placed upon the tongue: and for others, the medicine is given in solution: which last is the form most frequently employed.

Generally speaking, solution in water is to be preferred. Filtered *rain water*, or what is better, *pure, distilled water,** constitutes the best vehicle. When

* By pure distilled water is meant water obtained by the distillation of water: not water that is distilled over in the preparation of essential oils. Any person can make a little distilled water by putting some water in a retort, and then having connected this retort by its neck with a receiver; the receiver being kept cold by the dropping of cold water, the steam, produced by the application of a lighted spirit lamp to the retort, will be condensed in the receiver.

neither rain water nor distilled water can be obtained, *common* water, *boiled two hours*, and poured out while boiling, and allowed to stand in an earthenware vessel till cold, can be used. The solution should always be made in a new bottle, with a new well-fitting cork; or if the bottle has been used before for homœopathic medicines, it should be washed with water, renewed four times, well drained, and then heated to dryness in an oven or before the fire. All bottles, which have been used for the medicines, as prescribed under the old system, must not, on any account, be used. The medicines should be kept in the dark. The cork should be inserted directly the medicine has been removed from the bottle.

### *Rules for administration in acute diseases.*

In acute diseases, the plan I generally adopt is to dissolve three to four globules * of the medicine indicated, in four spoonsful (either tablespoonful or teaspoonful, according to the age of the person,) of water; give two spoonsful at once, and repeat generally every eight hours, sometimes every four hours.

Generally in acute diseases there is more or less of *febrile heat*. Aconitum is the medicine most peculiarly appropriate to such a condition, and hence, in perhaps *seven* cases out of *ten* of acute diseases, aconitum will be the remedy best suited to give at first, dissolved as directed.

* The globules are impregnated with the medicinal agent. I generally use the globules impregnated with the medicinal solution at its highest dilution; usually marked 30. To *adults*, sometimes, the globules at a less dilution, marked 12.

Though aconitum is suited to GENERAL *febrile action*,* often there is a LOCAL diseased condition, to which aconitum is not so applicable: take croup for instance: here is a *local affection* of the *windpipe:* that is, with the general febrile action there is a local diseased condition, towards the cure of which aconitum is serviceable, so far as it acts on the general febrile action, and also so far as its symptoms are homœopathic to those presented in croup; but there is another remedy, peculiarly adapted to the *local* affection of the windpipe, namely, the symptoms presented in croup: such medicine as *Spongia.* Spongia is therefore to be given. The plan is this: dissolve three globules of spongia in four spoonsful of water, and take two spoonsful four hours after the aconitum, or sooner, if the local symptoms increase notwithstanding the aconite. Wait then six or eight hours, repeat the aconite solution, one spoonful, and four hours after, the spongia solution, one spoonful: if progress is being made, wait twelve hours, and, if any of the original symptoms remain undiminished, give the remaining dose of the aconite, and follow, four hours after, with the remaining dose of the spongia.

In some violent diseases, such as spasms, cramps,

* General febrile action is exhibited in the following symptoms: *First*, constant burning heat of the whole body with redness of the skin; *second*, distention and redness of the face in particular; *third*, eyes glistening and prominent; *fourth*, dry tongue most frequently, sometimes coated with mucus; *fifth*, great thirst; *sixth*, want of appetite; *seventh*, constipated or absent stools; *eighth*, urine heating, and passed in small quantities; *ninth*, sleeplessness; *tenth*, jactitation or tossing about; and *eleventh*, anxiety. — HARTMANN.

convulsions, the dose may be repeated every quarter of an hour, or half an hour, or hour.

*Rules for administering in chronic and less acute diseases.*

Generally speaking, in chronic diseases, three to four globules dissolved in eight or ten spoonsful of water, and one spoonful taken in the morning at eleven, and one at seven in the evening, or two spoonsful taken the first thing in the morning, or two at night, will be enough.

Additional experience has led me to adopt the following method in a majority of cases. After the second day of taking the medicine, the patient desists from medicine, then repeats, then desists for a day. I have found this decidedly effective: the power of the medicine, developing itself from the accumulating influence of the first doses, does not require so frequent a repetition to keep up the effect. In fact, too frequent repetition is injurious.

As general rules, *Nux Vomica* should be taken at *night; Pulsatilla* in the *afternoon.*

*Rhus* generally in the *morning.*

*Rules as to the medicines generally.*

The medicine should be taken before or between meals, so that an hour and a half or two hours may have intervened between the time after food has been taken, or before food is again taken, and the time of taking the medicine.

The time of day, in which the mind is most free

from mental occupation, should be chosen, unless when otherwise indicated.

In acute diseases, the appropriate remedy can be taken at once.

All mental excitements* should, so far as possible, be avoided while under the operation of the medicines.

All vices should be avoided; because, as disease is so often the fruit of vice, it is quite clear, that the vice, persevered in, must keep up the febrile and morbid irritation, and thereby effectually resist the operation of the remedy.

### *Rules for the selection of the remedy.*

As to the *selection* of the remedy, the principal points, are, first, to ascertain the exact symptoms or features of the complaint of the patient, and the second, to look to the description of the disease, and find out the remedy recorded in connection therewith, which corresponds most exactly in its symptoms to those of the disease.

It does not require that the similarity should be perfect; better if it is: but if the prominent, the majority of the symptoms agree, then give the medicine.

In ascertaining the exact features of the complaint,

* Many persons have judged from this statement, that it is of no use to take the medicines when their position subjects them, of necessity, to much mental excitement. This is quite a mistake. It is the more necessary that they should take the medicine, homœopathic to the disease, because thus they may be able to sustain the mental excitement, and may have some of the injurious effects prevented.

the patient should always, if relating his symptoms to another, describe what he feels in his own language, for it is certain he will describe most influentially those symptoms troubling him most. He should never be questioned whether he has this or that symptom.

If, after his description, there seem some deficiencies in the statement, then questions, but not *leading* questions, may be put.*

*Rules as to judging respecting the efficiency of the medicine.*

It may be here with benefit remarked that, though, often the remedy, although STRICTLY *homœopathic*, and therefore CERTAINLY *curative* of the disease, at first causes an *aggravation* of the symptoms, *amelioration* will soon follow; and as long as a marked amelioration proceeds, so long no repetition of dose, or at least a smaller dose, is needed: when the amelioration ceases to progress, then either the medicine, previously administered, must be repeated, or some other medicine selected, best suited to the remaining symptoms.

If these remarks hold good with the use of remedies in acute diseases, it is decidedly the case with remedies used in *chronic* cases: as long as a marked

* In cases of consultation, where the physician is at a distance, and the patient is not able to see him, great minuteness is required; and the queries in Part Fifth will show the points, to which attention is to be directed; and also will demonstrate the immense care the homœopathic practice requires; quite different from the usual, where the tongue, the pulse, and the secretions, and these only in *general* points, are the matters usually brought under consideration.

amelioration progresses, we should not repeat the remedy, or at least we must increase the interval between the doses.

But it may be inquired, how is the homœopathic *remedial* aggravation to be distinguished from the aggravation produced by the *destructive progress* of the disease. Hahnemann gives the rules:

| | |
|---|---|
| The *remedial* aggravation occurs almost immediately after the administration of the remedy, and with intensity, so that it is seen to arise from some new agent operating. | The *progress* of *disease* aggravation proceeds on regularly: and bears the same ratio of progress *after* as *before* the exhibition of the remedy. |
| The *remedial* aggravation presents an increase of the same symptoms, which, after three to four hours, present a lessened strength. | The *progress* of *disease* aggravation presents an addition often of *new* symptoms. |

These are the chief distinctions: there is another, which powerfully helps to distinguish the aggravation as *remedial*, and this is, that some of the *symptoms* of the remedial agent, distinct from those, in which it is homœopathic to the disease, become manifest in the patient.

This additional evidence is principally available to the homœopathic physician, because it cannot be supposed that non-medical individuals are likely to be acquainted with these symptoms.

If, however, in four hours after administration, no effect should be produced by the medicine, either

*aggravating* decidedly the symptoms, or *diminishing* decidedly the symptoms, it is certain that the remedy, homœopathic to the disease, has not been selected, or that some circumstances, such as diet, (see chapter on Diet,) have interfered with the operation. It will be necessary then to go over the symptoms of the patient again, and to compare these symptoms with some other remedy or remedies, so as to find the one most homœopathic to the symptoms.

If, still, after the most careful examination, the symptoms are most correspondent with those of the homœopathic remedy first chosen, it may be that the want of effect depends upon the diminished susceptibility to impression, dependent upon the exhaustion of the life power; it will then be well to give a *drop* of the dilution itself, instead of the globules impregnated with the given dilution. But, in such a case, a physician's aid is sure to be sought.

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In regard to diet, the particulars, to be attended to, will be found in the Fourth Part.

It is necessary always to select articles of diet in which the *nutritive* property, unattended by strong flavors, preponderates.

Cocoa is the best of all flavored drinks. It is highly nutritive. It contains an oil and a fecula, compounded in such suitable proportions, that the most delicate stomach will, after a time, bear them thus joined. At first, sometimes, the stomach does not seem to agree with the cocoa; a little perseverance, and the stomach will submit. The author of this work takes cocoa three times each day, no tea, no coffee, no beer, and no liquid at dinner.

## CHAPTER I.

### THE SKIN AND ITS DISEASES.

VARIOUS are the diseases of the membrane, investing the body.

1. Milk Crust, or Milk Scab.
2. Excoriation.
3. Itchings.
4. Irritability.
5. Whitlow.
6. Boil.
7. Chilblain.
8. Scald Head or Ring Worm.
9. Warts.
10. Corns.
11. Chicken Pox.
12. Small Pox.
13. Varioloid.
14. Measles.
15. Scarlet Fever.
16. Purples.
17. St. Anthony's Fire, or Erysipelas.
18. Miliary Fever.
19. Nettle Rash.
20. Burn and Scald.
21. Wound.
22. Sprain.
23. Bruise.

Of these, one appearing the earliest in life, is

THE MILK CRUST, (CRUSTA LACTEA.)

Little vesicles, containing a clear lymph, in clusters, appearing generally, first on the face, and thence extending sometimes over the whole body, soon becoming yellow, then breaking, and forming hard crusts, constitute this disease.

When the surrounding parts swell, are red and tender, and the little sufferer scratches and is restless, *Aconite* * can be administered, followed on the second day, when the restlessness and the inflammatory symptoms are subdued, by the *Viola Tricolor.* The viola tricolor not affording relief, *Sulphur* will be useful.

[If it is brought on by variations of temperature, accompanied with symptoms of cold, give *Dulcamara* in the usual way. If there is much itching, with watery discharge, *Rhus. Tox. Hep. Sulp.*, if hoarseness attends the cold, *Graph. Arsenicum* may also be required. — *Ed.*]

No external application but a little hair powder or weak soap water should be used.

When depending upon constitutional tendency, and relief not being attained by these means, the physician must be consulted.

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Another malady of the skin in children is

### EXCORIATION.

This takes place at the folds of the skin, particularly in infancy.

Cleanliness, by the use of lukewarm water, and in drying the parts, not by rubbing, but the free use of the common drying † powder, are often sufficient;

* For the general conditions under which Aconite is useful, see Introduction.

† This powder should be made of the flower of wheat, and not of that of the potato.

if insufficient, then *Chamomilla* can be used for four or five days.

If chamomilla has been used previously, under the form of chamomile tea, then *Pulsatilla* or *Ignatia* is applicable.

When the child's body becomes as it were, one wound from the galled parts becoming as raw, *Mercury* is best.

Mercury not succeeding, *Zinc* may be employed: but, on the failure of mercury, advice should be sought.

If the infant suckles, both the mother and the child should take the medicine.

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A third malady of the skin, affecting *adults* as well as children, may be designated, from the prominent symptom,

### ITCHINGS.

Little colorless knotty bodies, appearing more particularly at the nape of the neck, on the bosom, at the inner part of the thighs, itch, and being scratched, become red, discharge at their tops, and, in a few hours, twelve to twenty-four, form minute white, yellowish, or dusky crusts or scabs.

The itching and the inflammation are augmented by scratching, stimulating drinks, exercise, at the monthly periods, and in the evening. Variations in the weather often occasion a return.

Sometimes the irritation is very extended; the skin of the whole neck being affected.

*Sulphur* is the chief remedy; if not wholly curing, *Carbo Vegetabilis* will succeed.

Should the little knotty bodies appear as flea bites, and the itching be diffused, pricking and burning, and if, on scratching, it leaves one part to proceed to another, and if it annoys particularly after getting warm in bed, then *Ignatia* is to be used.

If these means, aided by cleanliness, are inefficient, the physician's aid must be sought.

If the itching occurs after getting warm in bed, *Pulsatilla* can be taken; if the itching always occurs when undressing, then *Nux Vomica* or *Arsenicum;* if this fail, take *Mercurius Vivus*, [if there is itching with oozing of water from the surface like drops of sweat. — *Ed.*]

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A fourth malady of the skin may be designated

IRRITABILITY.

In some skins the least circumstance produces irritation, attended with inflammation and suppuration: a condition indicating a *peculiar constitutional state*, which, being removed, this irritable state will cease. *Calcarea Carbonica* is often useful; but generally, the selection of the remedy should be left to the physician.

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A fifth malady of the skin is

THE WHITLOW, (PARONCHIA.)

This is an inflammation, affecting generally the

ends of the fingers at the nail; being attended often with severe pain, and ending very frequently in suppuration.

*Mercurius* is the best remedy in suppuration.

If in the course of eight hours after taking the mercurius, *two globules* as a dose, no improvement be apparent, use *Aconite* and *Hepar Sulphuris*, as recommended for acute diseases, in the Introduction; this will often prevent suppuration and the loss of the nail, and even, if not preventing suppuration, the process of suppuration will be rendered less troublesome and painful.

A poultice should be employed: Dr. Hering recommends, if the pains are acute, to let a fresh egg be opened at the thick end and to thrust the finger into it, and let it remain there till the pain abate.

[Although this disease is sometimes superficial; confined to the skin and cellular texture and glands about the nail, it is improperly classed with skin diseases. More frequently the worst forms are deep seated next the bone, and an incision down to the seat of the disease is the only sure means of arresting a very painful malady. *Aconite* and *Mercury*, internally, and a soothing poultice externally, steadily and patiently persevered in, are the only sure means of relief. — *Ed.*]

When *suppuration* is taking place, *Hepar Sulphuris* aids nature most effectually.

Should the whitlow again threaten, then *Silica* may be employed, alternating this with *Sulphur*.

The north pole of the magnet, applied to the whitlow for a minute or two, has been found to be serviceable.

A sixth malady of the skin is

### THE BOIL, (FURUNCULUS.)

A red spot in the skin, hard and painful appears: it rises and swells, and becomes a painful, well-defined, pointed tumor, being highest in the centre, of a deep red color, ending, for the most part, in suppuration; a head forming in the centre, which being removed, pus, mixed with blood, is discharged.

*Arnica* will promote the healing, and prevent the return. Arnica being unsuccessful, and if, with the boil, there is an enlargement of the glands in the neighborhood of the boil, *Belladonna* will, in most cases, cure.

If the inflammation still persist, and the boil is very large, and there is feverish heat, then aconite and hepar sulphuris, as directed for the whitlow, will be serviceable.

Often *Mercurius*, after arnica or belladonna has, or arnica and belladonna have, exercised the full extent of its or their beneficial agency, without perfectly curing, will complete the curative process. Sulphur is useful after the Arnica.

It should be remembered that boils indicate a constitutional state, which should be eradicated, because, while remaining, there is always a liability to attack from other diseases: for this the physician must be consulted.

A seventh malady of the skin is

### THE CHILBLAIN.

This inflammatory affection attacks the toes and the fingers, and seems to be constitutional. If children liable to chilblains are treated constitutionally, the return of them will be prevented.

I have just been informed of the children of a patient of mine in Sussex, who every winter severely suffered from chilblains for *three* months. I prescribed the alternate use of *Calcarea* and *Sulphur*, and they have not been troubled this winter with the chilblains.

The following symptoms will indicate the appropriate remedies.

*Arnica* may be given when the swelling is hard, the inflammation of shining appearance, when there is much pain and itching.

*Belladonna*, when the inflammation is considerable, the appearance bluish red, with a creeping, tingling sensation.

*Chamomilla*, if the pain is excessive, and there is itching with a burning sensation.

*Nux. Vom.* when there is much swelling, and the inflamed surface bright red, when there is itching, which is increased by warmth, and the tumefaction seems on the point of bursting.

*Pulsatilla*, if the inflammation is great, and of a livid hue, with itching, burning, bleeding, throbbing, and when the pain is increased in the evening and night. This remedy is used first with advantage.

*Sulphur*, when the inflammation is very violent

and the itching very severe. Given often with success after *Pulsatilla.*

*Arsenic*, when the pain is acute, and *Chamomilla* has not relieved.

Sulphur is particularly indicated where the other remedies have failed, or where the chilblain has, before homœopathic means have been used, been of long duration.

Sometimes the following plan is useful: lay some strong glue warm on the part: put over it some strong paper covered with glue. When the pains are gone, wash the part cautiously with warm water.

[In this country this is most frequently a local disease, and the best means of overcoming it is to use a foot-bath, composed of one ounce of muriatic acid to one gallon of warm water; keep the feet in this for half an hour every evening. — *Ed.*]

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An eighth malady, in which the eruption takes place in *the hair of the head*, and which, under common treatment, is very tedious, is that well known complaint called

RING WORM, OR SCALD HEAD, (PORRIGO.)

In this disease diet is of the greatest importance, and, in the most obstinate cases, *Silica* has a most powerful effect. All caustic applications are destructive.

[If the eruption extends from the head to the face, give *Hep. S.*, and if the glands of the throat are inflamed, give *Bryonia.* If the surface has a corrosive discharge oozing from it, give *Rhus. T.* If

offensive, *Arsenicum*, and then *Staph.* A little sweet cream or simple cerate, is the only external applications that are admissible or safe. — *Ed.*]

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A ninth disease of the skin is the

WART.

This is generally indicative of a constitutional diseased condition; and the use of *Calcarea Carbonica*, one of the most powerful means of acting upon such constitutional condition, is generally successful.

When the wart assumes more of the cauliflower growth; when running into each other, and difficult to keep clean, then the *Rhus Toxicodendron* is useful.

But in case of warts, the constitutional condition should be inquired into by the physician before adopting any particular medicine.

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A tenth disease of the skin is

CORN.

The best plan for the treatment of corns, which have originated in the use of badly-made shoes, is to bathe the feet every other night in warm water, for about ten minutes; then rub one drop of the Tincture of Arnica mixed with five drops of water on the

corn, having previously pared it as close, layer after layer, as is prudent, namely, till a slight pain is produced, and in the morning apply a piece of arnica plaster.

If the corns resist these means, pursued for a fortnight or three weeks, the inference is, that they depend upon constitutional disease, and, as such, must be treated by Sulphur and Silica; Silica being especially indicated if the corns are painful at the change of weather. *Rhus* also is useful in pains from change of weather, and is more immediate.

Should the corns disappear under the use of those means and grow again, *Antimonium Crudum* will be useful; rub a few drops of the first dilution on the part.

Should the corns at any time, even during the alternate use of Sulphur and Silica, become inflamed or cause severe pain, especially after exercise, the use of Arnica will be an excellent auxiliary: a foot-bath, to which forty drops of the tincture have been added, is the best form.

When the skin becomes hardened on the sole of the foot, then *Antimonium Crudum* is very useful.

Corns, it should be remembered, depend often on constitutional causes.

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### ULCERS.

These open, suppurating sores upon the surface of the body result from wounds, from certain internal diseases, and from all causes which produce inflammation. While the process of ulceration continues,

and is what is called "unhealthy," the surrounding edges of the excavation are inflamed and painful, and a discharge of a corroding nature takes place, thin and watery, and sometimes tinged with blood. When of a "healthy" character, or about to heal, red points of flesh, of a cone-like shape, called "granulations," form within the ulcer, gradually filling up the hollow, and rising to a level with the surrounding skin. When these granulations are of a livid color, and rise much higher than the surrounding surface, they are unhealthy, and do not readily form a new skin. External applications, so much used ordinarily, are of small service in general, and frequently interrupt the restorative process. The least injurious ointment is the simple cerate, or the "yellow basilicum," of the shops.

When the veins of the lower limbs become varicose, that is, distended with blood, they sometimes are ruptured, and form ulcers. Bandaging the leg, and giving *Am.* and *Puls.* in alternation every third day, is the course recommended.

*Arsenic* should be given when ulcers of every description present a purple appearance, bleeding easily, the discharge being like water and blood. When they are painful, and the pain is of a hot, burning character.

*Sulphur* is a very important remedy, more particularly if the ulcer is on the ankle or leg, and of long standing. If there is smarting pain, itching, swelling, and brown discoloration.

*Mercurius* will be found useful when the ulcers are deep, and secrete an offensive discharge. When they arise from a venerial or scrofulous taint, and the granulations appear unhealthy.

*Silicea,* when the edges of the ulcer are hard and jagged, the discharge thick and of a dirty color, and inflammation is extensive, rendering the adjacent flesh dark red and hard. It is oftentimes very valuable when given alternately with Sulphur.

*Belladonna* may be given also when there is much inflammation.

*Lycopodium* is serviceable for ulcers which discharge a watery, offensive, and acrid fluid, or thick and deeply yellow, when the edges look indurated and shining, and when, during the night they are painful, attended with intolerable itching.

It is sometimes advisable, while taking the proper medicine internally, that a solution of the same (ten or twelve globules in a half-pint of water) should be made for an external application. Soft cloths, dipped in cold water, and kept constantly wet, are the best dressings for ulcers, in general, while once a day they may be wet with the medicinal solution just referred to.

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Many other affections of the skin might be noticed; but these will serve as affording general rules: for other common cutaneous affections will be seen to be similar, in most respects, to one or the other of these, and the treatment can thence be deduced.

One remark particularly demands attention. It is, never to seek to get rid of cutaneous affection merely by *external remedies.*

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Besides these more particularly local affections of the skin, this membrane is affected by several *erup-*

*tive* maladies, *attended with fever*, and with an affection of the general constitution.

Of these, the first is

### THE CHICKEN-POX, (VARICELLA.)

This occurs in children, resident in neighborhoods wherein small-pox abounds. Hence pretenders to medical science call it *small-pox*, and thus they, impudent from ignorance, bring disrepute upon vaccination.

The little elevations, containing matter or pus, hence called *pustules*, in chicken-pox are more pointed and irregular in their appearance than are those of small-pox: the disease, too, is milder in its progress, and shorter in its duration, terminating generally in a week. It is attended generally with cold in the head, and slight fever.

*Aconite* at the commencement will subdue the fever: and *Coffœa* will remove any agitation, exhibited in restlessness and anxiety.

Should spasm supervene, especially if the child be teething, *Chamomilla* is to be preferred.

If the child raises the head with difficulty, and the head and the hands are hot, much headache, and there is agitation with griping pains, *Belladonna* is indicated.

When suppuration is taking place, *Mercurius* aids the cure.

Another eruptive pustular disease is

THE SMALL-POX, (VARIOLA.)

This disease still exists, its continued existence being a fruit of the ignorance and the prejudice of mankind.

It presents itself in *four* stages: the *febrile*, the *eruptive*, the *pustule-maturative*, and the *desiccating* stage.

Each stage is attended with its peculiar symptoms and its peculiar dangers.

In the *febrile* stage numerous spots appear; this stage being attended with lassitude, headache, oftentimes bleeding at the nose, vomiting, tenderness on pressure at the pit of the stomach, and excessive pain in the loins.

In this stage, *Aconite* moderates the fever and the congestion of the internal organs.

When the nervous system is excessively irritable, the eyes particularly sensitive of light, the glands of the neck much swollen, then *Belladonna;* if the sleepiness is overpowering, then *Opium.*

In the *eruptive* stage, the red spots become elevated and filled with a semitransparent fluid; and on the third to the fourth day, the pustules are completely formed on the face, and the patient complains of itching.

[During the eruptive stage, *Stibium* 1 trit. a powder about the size of a pea dissolved in a wine-glass full of water, and this given in doses of one teaspoonful every hour or two, I have found to be the most effectual in aiding the salutary efforts of nature. — *Ed.*]

It is proper to keep the patient from the light as much as possible, as soon as the pustules are formed. Thus marks will be prevented.

In this and in the third stage medical aid is necessary: particularly if any symptoms, indicating affection of internal organs, are apparent.

In this stage, symptoms of cold, affecting the nose, eyes, throat, show themselves.

In the third stage, the *pustule-maturative*, the pustules become perfectly developed, have an indentation in the centre, and the cellular tissue around, particularly about the face and the eyes, becomes swollen; and the nose and the throat are inflamed: *Arnica* I have found useful.

Should the eruption be very severe, a second fever supervenes, called *secondary* fever: the urine becomes clouded, and the odor exhaled from the patient is peculiarly unpleasant. Here the greatest skill is required to regulate the progress of the disease.

In the fourth stage, the *desiccating*, wherein scabs form, cleanliness, by frequently cleansing the skin with warm water, is absolutely necessary: and thus disfigurement can, in many cases, be prevented.

VACCINATION IS A PERFECT PREVENTIVE AGAINST SMALL-POX.

In America, *vaccinin*, i. e. the vaccine virus, taken internally, is used. "The true small-pox," says Dr. Hering, "is cured by one or a few doses of vaccinin so easily that we have no need to be much afraid of it."

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Another eruption attended with fever, approach-

ing in many of its features to small-pox, is called VARIOLOID.

Belladonna is useful if there is much headache and a furred tongue. Sulphur helps by bringing the eruption to maturity more quickly.

[This disease is nothing more than a mild form of small-pox, modified and mitigated by vaccination, having partially lost its prophylactic property, or from its never having been genuine, and therefore it requires the same treatment as the genuine small-pox, only in a milder form. To prove this, I have facts in my own practice.—*Ed.*]

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Another eruptive disease, affecting the skin, in which the eruption consists not of *pustules*, but of *pimples* (*papular*,) is

### THE MEASLES, (RUBEOLA.)

This disease seems to increase its danger with the age of the parties attacked.

Its fatality science has of late years much diminished.

Its dangerousness is connected with the affections, consequent upon its attack; the lungs suffer much; sometimes the bowels.

The eruption in measles is always preceded by the febrile symptoms attending a severe cold, hence called *catarrhal fever*. The eyes water, are swollen and red: cough, attended with hoarseness and difficult breathing, are present.

In about four days' time the skin becomes red, the fever is intense: the eyes are more affected: the cough is incessant, and attended with an annoying tickling in the larynx: the hoarseness increases: the patient is sleepy, and is agitated in his sleep: the eruption papular, and of a semi-lunar form, becomes defined, first on the face, then behind the ears, on the neck, the chest, the upper limbs, then on the body, and, finally, on the lower limbs. The redness disappears under pressure, but quickly returns.

The fever increases towards evening.

The eruption being perfect, the fever ceases; desquamation, or the formation of scales, which fall off, takes place, and the cough becomes moist.

Twelve to fourteen days is the usual period during which the disease continues.

The great object at the outset of this disease is to *regulate and to lessen the eruption;* and this is effected by *Pulsatilla*, which should be given when the first symptoms appear.

If the fever is violent at the outset, or in the progress, *Aconite* should be used.

If constant thirst, the tonsils and the veil of palate inflamed, a hoarse, dry, spasmodic cough affecting the chest, a shooting or pricking pain in swallowing, are present: if the eyes are much affected, and great restlessness with irritability, watchfulness, and delirium prevail, then *Belladonna* must be used.

When the eruption does not appear, or it has appeared and it retrocedes, the danger is great: *Bryonia* then must be used. This is particularly useful, where symptoms of *inflammation of the chest* appear.

If the glands under or before the ears swell, *Arnica* will be useful.

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Another eruptive disease affecting the skin, and influencing powerfully the general constitution, is

SCARLET FEVER, OR SCARLATINA.

A *sore* throat is often the only warning of the attack; and this affection of the throat is the condition with which the fatality of the disease is associated.

The skin in scarlet fever is of a bright red color, is smooth and glossy: the redness gradually dying away in the surrounding skin: pressure produces a whiteness, disappearing on the removal of the pressure.

The eruption begins generally on the face, and other exposed parts; being fully developed in about five days.

When the eruption passes into desquamation (actual scales being disengaged from the skin,) the fever ceases.

*Belladonna* is the sheet anchor in this disease, and should be administered when the disease appears.

If, however, the throat is much charged with viscid mucus, and ulceration and swelling are present, *Mercury* is absolutely necessary: the alternate, day by day, use of *Belladonna* and *Mercurius*, I have found decidedly useful in some of the worst cases.

In this disease,* other complications appear, re-

* For the poison (if such language may be used,) of this disease

quiring the physician; remembering always, that where febrile excitement or inflammatory action distresses, *Aconite* is to be used.

[I prefer writing an entire article on this disease, rather than enlarge the author's, which is too brief to be of any value, as a guide to discern the disease or select the remedy. The great diversity of shades which scarlet fever presents, forbids the propriety of attempting a description of them all, which would only confuse the lay practitioner. Yet enough must be said to enable him to select understandingly the suitable remedy, where a homœopathic physician is not to be had. The mildest form, or simple scarlet rash, when properly treated, passes off in a few days, without any untoward symptoms. There is some restlessness, a slight fever, a red rash appears more or less upon the entire surface, continues a day or two and declines, leaving slight roughness or a scaly appearance of the skin. A few doses of *Belladonna* once in four hours, will be all the medical treatment required.

In the more severe form, in from eight to twelve days from the time of the exposure to the contagion of scarlet fever, the patient will become restless and

and of the preceding, the skill and the research of Hahnemann discovered *antidotes or preventives*; so that these diseases, existing in any family, can be stayed in their diffusion. To measles, the preventives are aconite and pulsatilla, used alternately, a globule every other day; to scarlet fever, belladonna, a globule every day, or every other day. Many evidences could be brought forward in proof of the power of these medicines as prophylactics; one may be related. I had, two years since, a little child who had the scarlet fever; his sister, three years older than himself, I caused to sleep in the same bed, and to keep in the same room with him throughout his illness, she taking belladonna, a globule every other day, and she did not have the disease.

feverish, and if very severe, sickness and vomiting will show itself. Very soon, generally within twenty-four hours, the rash will appear; first upon the stomach and bowels; then upon the neck, face, and finally upon the extremities and entire surface.

The color is a bright red, resembling the shell of a boiled lobster; not perfectly uniform over the body, but slightly variegated, and there are no elevations like the measles or small-pox, except a very fine grater-like, pimply surface, which, on close inspection, is found to contain lymph. The redness disappears on pressure being applied, and returns very quickly when it is removed. The eyes are much less affected than in measles, and there is very little or no cough in this disease; whereas in measles it is a very prominent symptom. In the more malignant scarlet fever, the throat is inflamed and swollen from the commencement, and has a rapid tendency to mortification. There is great accumulation of mucus in the throat, which produces great difficulty of swallowing and breathing. The patient is extremely restless and sleepless; slight delirium attends: nausea or even vomiting is common, and is indicative of cerebral (brain) disturbance, and when it ushers in the disease it is the precursor of a violent attack.

The tongue is often coated, of a deep ash color through the centre, with the edges bright red, with red projecting points called papillæ. The coating clears off early, leaving the whole surface in this condition, becoming dry and hard during sleep.

*Treatment.* The first thing to be attended to in all *fevers* is, to see that the patient's room is as freely ventilated as the circumstances of the place or nursery will admit.

*Belladonna* is the chief remedy during the development of the rash, and may be the only medicine necessary, if the disease is uncomplicated, and the rash is of a bright red, disappearing under pressure. If the heat is very great, and the patient is disposed to be flighty and very restless, alternate the belladonna with *Aconite;* say one drop of each in separate wineglasses of water, and give one teaspoonful, first from one and then from the other every quarter, half, one, or four hours, according to the urgency of the symptoms. If the pellets are used, give three, and repeat in the same manner.

If the burning heat still continues, the entire surface should be sponged over with cold water, on vinegar and water, in the proportion of one tablespoonful of the former to a tumbler full of water, and this should be repeated every two or three hours, while the intensity of the heat continues.

If the throat should be clogged with thick mucus, and the tongue heavily coated, grayish with occasional ulcers, a few powders of *Mercury* should be given every two hours; if pellets, three, and if powder, about the size of half a pea at once. If accompanied with external swelling of the glands, and ulceration, or sloughing of the throat and mouth, the *Protiodide of Mercury* will be the best, given as other powders.

If coma or stupor should come on, *Opium*, one drop to a wineglass of water, and a teaspoonful every half hour, must be given. If pellets, three repeated as above. If there should be restlessness, startings, *Hyos.* administered as above; *Muriatic Acid*, or "*Oxy. Muriatic Acid*," if it can be obtained, (it

cannot be kept pure in a family case,) would be better, when there is a strong tendency to gangrene, and the odor is very offensive, and there is great prostration, one drop in a wineglass of water, and a teaspoonful given in alternation with the opium. *Arsenicum*, in pellets or powder, if there is great prostration together with the above symptoms. As the fever subsides, the cuticle will be gradually separated and cast off, and the patient suffers very much from itching of the surface. This will be relieved by a few doses of *Rhus Tox.* prepared and used in the usual manner of the other remedies, and washing the skin frequently with weak Castile soap water. Finally, a few doses of sulphur pellets will perfect the cure. If the patient remains feeble, add one drop of *China* to three spoonsful of water, and give one spoonful half an hour before each meal.

The greatest care must be observed during convalescence, for at least a fortnight. Dropsy often follows, and when it does appear, *Dulcamara*, *Helleborus Niger*, *Pulsatilla* and *Cannabis*, are the chief remedies; one drop of either of these in a wineglass of water, and one teaspoonful given every hour, will soon effect a cure. — *Ed.*]

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### THE PURPURA, OR PURPLES.

This has been confounded with scarlet fever. It is distinct. The spots are *purple red*, like red wine: and the spots, when pressed upon by the finger, do *not* turn white, as *is* the case in scarlet

fever. At the spots within the skin are numerous little granules, which do not exist in scarlet fever.

*Aconite* is serviceable in this affection, and it should be given alternately with *Coffœa.*

If, however, by the alternate use of aconite and coffæa, the symptoms do not diminish, *Sulphur* should be given, waiting some hours, and then aconite.

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Another affection, in which the skin is of a deep red, sometimes yellow, glistening, swollen, hot, with burning pains, tightness, and itching, attended with fever, is called

### ST. ANTHONY'S FIRE, OR ERYSIPELAS.

Women at the change of life, and elderly persons of a bilious temperament, are most subject to this disease, which, very frequently, is produced by *mental* excitement.

If the fever is intense, *Aconite* can be used: if not *Belladonna:* and, if aconite has been used, then belladonna, this latter being particularly indicated when "the erysipelas is radiated, and the streaks are produced in different parts." Dr. Hering.

In erysipelas affecting the *joints, motion* augmenting the pain, *Bryonia* is indicated, and afterwards *Hepar Sulphuris.*

If the erysipelas moves from one part to the other, then *Pulsatilla.*

When *vesicles* appear filled with serum, and typhoid symptoms threaten, the *Rhus Toxicodendron* is useful: aconite having been previously used.

When the head and the scalp are affected, the physician's aid *must* be sought. In reference to external applications in erysipelas, dry applications only are to be used. *Rye meal* is the best of these. Fine powder from wheaten starch abates the itching.

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### MILIARY FEVER, (MILIARIA.)

This eruptive disease, consisting of small *transparent* elevations, about the size of millet seed, of the skin, attended with fever, great anxiety, and restlessness, and symptoms indicating affection of the chest, is, when unconnected with other diseases, which it very frequently is, treated best by Aconite, followed by Coffæa, when there is much nervous excitability.

When the head is affected, and delirium supervenes, then *Belladonna* is preferable to Coffæa.

If there is diarrhœa, and particularly when undue warmth in clothing has induced the attack, Chamomilla is generally very beneficial.

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### NETTLE-RASH, (URTICARIA.)

This eruptive disease, consisting in the appearance of red pimples, often presenting a white spot in the centre, and attended with itching, or a fine stinging suddenly appearing, and suddenly disappearing, from one part to appear on another, is well known. It is particularly troublesome towards evening and night.

As this eruptive affection is attended with fever, when the symptoms indicated by Aconite occur in a strong degree, Aconite can be given first, followed by *Dulcamara* or by *Nux Vomica;* Dulcamara being indicated, according to Dr. Jeanes, under the following circumstances: the eruption preceded by a sensation of sticking as with needles; attended with fever; with a bitter taste in the mouth, a slimy, coated tongue; nausea; vomiting; pressing pains at the pit of the stomach; diarrhœa; dark, cloudy urine; pains in the limbs; extreme itching; and after scratching, burning.

When, however, there is headache, constipation, thirst, hoarseness, and when the eruption has appeared from taking stimulating or indigestible substances, then *Nux Vomica* or *Pulsatilla* is to be taken after the Aconite.

Should the eruption have suddenly disappeared, and symptoms indicating affection of the chest make their appearance, *Bryonia* will be highly serviceable.

If with headache there is a red face, then *Belladonna.*

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External injuries produce affection of the skin and parts beneath, which require domestic attention. The first affection embraces

### THE BURN AND THE SCALD.

The treatment of the burn and the scald differs according to the severity: this being dependent considerably upon the surface injured.

*Where the skin is destroyed,* and the *parts below injured,* the physician's aid must be sought.

Where the affection is slight, the old practice of holding the part burned or scalded to the fire is quite homœopathic; the common practice of applying cold water, or cold potatoes sliced, cold carrots, or any thing cooling, is injurious. Goulard's lotion has often caused death by the lead, contained therein, poisoning the individual.

Where the affection is more extensive, the use of *heated* * spirits of wine, brandy, hot rum, or oil of turpentine, applied by soaking and keeping *constantly moist* old soft clean rags or lint, is also homœopathic. Cotton is very excellent: it should be applied immediately, pulled fine, and if cotton wadding is used, be slit open and applied in thin layers, previously cutting open all blisters and rinsing them with warm water.

[Cotton batting with Olive Oil is the best and most effectual applications to recent burns, indeed nothing else is required, if this is applied at once and kept on, without meddling with it in any other way than to moisten the cotton with the oil. It is too simple for many meddling practitioners, but it is the best application, and the most uniformly successful and soothing of any that I ever tried. — *Ed.*]

The best remedy in most cases, is soap: take white or Castile soap, (not brown soap,) shave it fine, and convert it by lukewarm water into a thick salve: spread this as thick as the back of a knife on strips of linen, and cover the burns with it, being careful to

* Spirits of wine, &c., may be heated by putting some in a dish on or near the stove; but for immediate use, the best plan is to set fire to the spirit, and let it burn till it is heated, then extinguish the flame by covering it, and use this till the other is heated.

*touch every spot:* tie it well up, so as to keep the soaped linen close to the skin: let it remain 18 to 26 hours, and remove with care, doing nothing but apply fresh soaped linen. It will increase the burning *at first*, but the burning will soon be better. When the burning recurs, apply fresh soaped linen.

This is a most speedy method, and if care be taken in applying equally and completely the soaped linens, no scar will be left.

Creosote water is useful where the application of soap produces an offensive smell. The blisters being cut and rinsed, and loose skin cut away, apply the water to the wound with a hair pencil: put on linen rags dipped in it, and a tight bandage to exclude the air. Renew the water each time the wound pains, or about twice a day.

When febrile action is induced, *Aconite* must be employed: when diarrhœa supervenes it is curative, and ought not to be arrested unless excessive: in all cases of burns, water should be taken plentifully and exercise in the air.

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Another affection, requiring immediate treatment is

### THE WOUND.

The parts should be washed with warm water to remove any dirt or foreign substance: the edges of the wound, whether cut or torn, should be brought as nearly as possible together, and then strap with arnica plaster, so as to keep them in contact.

The slips should be a few inches long, and should

be narrower in the middle than at the ends; warm them either by breathing on the medicinated side, or by wrapping them on the unmedicinated side to a bottle of hot water or round the arm, till the plaster becomes soft; pull tightly, so that the edges of the wound throughout may be kept closely together. Between the strips, leave at the most depending point an open spot to let the humor out, in case the wound should form matter or suppurate.

When the edges are brought together the bleeding almost invariably stops: if it should not be arrested, apply compresses, and when fixed steadily and firm, let them be steeped in a dilution of *Arnica;* a teaspoonful of the tincture to six table spoonsful of water.

Should the bleeding be from any large vessel, and especially if it be *red* blood and issues by jerks, the bleeding is dangerous. In such a case, tie a cloth or silk handkerchief above the wound. If the blood still escapes by jerks, then feel on the inner side of the limb till the beating of an artery is perceived; put on this a cork, press it; put over it some doubled linen folded to the thickness of a finger, and surround the whole with a bandage, tightening it till the blood stops. At first the bleeding may augment, but it will soon cease.

If, notwithstanding these means, the bleeding does not cease, haste for medical assistance. Let the patient take some salt on his tongue; if this does not benefit, then a little vinegar and water. Let him lie high with the wounded part, and see that his garments are perfectly loose, and that no part of his body is pressed. If he faints, do nothing; use no smelling

bottles: it is always beneficial. If the patient turns pale and blue, and his limbs and face are convulsed, put two globules of *China* on his tongue. If he gets worse, let him have some pure old wine, when *he* desires it, (not when the people around desire him to take it,) and follow with *China.*

If the wound be severe, arnica should be taken internally; one to three globules to be administered during the twenty-four hours, succeeding the infliction of the wound.

When the wound becomes very painful, *Coffœa* will do much service: and any tendency to suppuration will be checked by *Mercury.*

If the margins of the wound are swollen, and surrounded by a red areola, *Pulsatilla* will be very useful.

If the laceration is extensive, it will be well to cover the bandages used by a soft compress of lint, covered with cerate, taking arnica internally.

Should suppuration take place, then the treatment with *aconite* and *hepar sulphuris,* as directed for the Whitlow, will be serviceable and curative.

Where much blood has been lost, the *internal* use of the arnica may be preceded by *China,* two globules in a wineglass of water, and eight hours after proceed with the arnica.

Should a severe fright attend the infliction of the injury, it will be well to administer *Opium* before the arnica.

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In connection with the wound, the affection produced, when, after a fall or any other violence, a limb

pains severely, so that it cannot be moved without pain, swells, and turns red, called

A SPRAIN,

may be noticed.

The parts, which bind the bony joints together, are called *ligaments.* They are extremely strong; but when a joint is subjected to any violent shock, or extension, the ligaments become morbidly affected, and pain, weakness, and swelling, occur in them and the adjacent parts.

In these cases, *Arnica* is to be used, both internally in solution, and externally by friction.

Should not the arnica remove the pain, the swelling, and redness, *Rhus Toxicodendron* must be employed. Sometimes *Bryonia* is needed.

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Another very common affection is

A BRUISE.

Any injury by a rounded or blunted substance to a soft part of the body, is attended with swelling, and often an extravasation of blood, giving a mottled appearance to the part.

Here again, *Arnica*, externally and internally used, is the best remedy.

Instead of using friction, as in a strain, an application by rags soaked in solution of arnica, should be employed.

# CHAPTER II.

## AFFECTIONS OF THE HEAD.

1. Inflammation of the Brain.
2. Water in the Head.
3. Headache.
4. Megrim.
5. Dizziness.

The head contains the *brain*, the part through which the mind performs its various operations, and with which all the various parts of the nervous system are intimately connected. Affections of this organ must, therefore, be highly dangerous, and require much care.

The brain is invested with coverings within the skull, which are called the *meninges*. These meninges serve for the protection of the brain, and are closely connected with it.

### INFLAMMATION

is a diseased state, to which both the brain and its coverings are subject: which inflammation, once established, is most difficult to subdue.

It is important, therefore, to anticipate its attack; and the symptoms which precede an attack, are frequently the following: head hot and heavy: face red

and swollen: excessively irritable and sensitive: sometimes a comatose state: delirium: desire to bury the head in the bolster: eyes suffused and brilliant, pupils often contracted: inclination to thrust the fingers into the nostrils: grinding the teeth: many indications of spasm: great heat, proportionate thirst: visible throbbings in the neck: forcing down of the lower part of the abdomen: constipation: sometimes slight diarrhœa.

When such symptoms present themselves, it is certain that the physician's advice will be sought: it may, however, be useful to enumerate the symptoms, indicating other stages in the disease.

When the disease is more fully advanced, the patient manifests strong fits of passion: as intolerance of light: often wrinkles his brows: has pains in his ears: has nausea, attended often with vomiting, and cannot sleep: or, if sleeping, has frights.

The first step to be taken is to give *Aconite*, which will subdue the symptoms connected with the congestion in the head.

This should be followed by the use of *Belladonna*, when the symptoms just described are prominent.

When, however, the patient lies in bed, without taking notice, with the eyes closed: sinks down without cognizance: raves upon his own private affairs: the mouth opening with difficulty: the tongue loaded with white and frothy mucus: dilatation of the pupil and fixedness of the eye: redness of face: smiles: stutters inarticulately: is, at times, perfectly quiescent: has frequent twitchings: moves his hands as if to withdraw the coverlid, attended with anxious and weak respiration, full pulse, tense abdomen, and

skin dry and disposed to crack, then *Hyoscyamus* is the best remedy.

When the patient is in a sleepy state, the sleepiness is attended by snoring: the eyes half open: the patient uttering no complaint, and in need of nothing, and has frequent vomiting, then *Opium* is to be used.

When the patient slumbers naturally, but has startings in his limbs, snorings, his movements irregular, and when waking, appears without cognizance: sometimes fixing his attention, sometimes withdrawing himself slowly and with apprehension: sometimes retreating with exclamations of dread: and when these are associated with ardent fever, red face, and moist skin, then *Stramonium* is applicable.

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### WATER IN THE HEAD, (HYDROCEPHALUS.)

This affection is generally preceded by the symptoms described in conjunction with inflammation of the brain.

It is, however, often very insidious in its approach. Two indications of such approach are, first, *the unwillingness of the child to play;* and second, *fractious peevishness, whenever raised from the horizontal position.*

[" *Helleborus Niger*," should be given in the usual manner in this disease, and persevered in. It is far more effectual with the occasional aid of the other remedies above named, than all the harsh treatment of the old school practice; indeed, this disease is

never cured by allopathists, and I know, from personal observation, that it is often cured by well-selected homœopathic means. Therefore, I would say to the parent, *persevere* until you can get the advice of a Homœopathic physician, with *Helleb.* where there is stupor, disposition in the child to lie down, trembling of the limbs, motions involuntary, eyes insensible to light, pupils dilated, swallows hastily, strikes about, easily starts, cries out, pulse intermitted. The other remedies are *Mercury* and *Arsenicum*, and may also be resorted to. — *Ed.*]

No parent is, however, justified in treating such an affection: the physician's aid must be sought.

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Another well-known affection of the head is that called

### HEADACHE, (CEPHALALGIA.)

Headache is generally a symptom of other diseases, more particularly of affection of the stomach: still there are some headaches sufficiently uncomplicated as to admit of treatment as distinct.

Numerous remedies are applicable to the different forms of headache. As, however headache is associated with INDIGESTION, it will be well to examine the symptoms connected with the remedies for indigestion, before deciding on the remedy to be used; more particularly if the headache is attended with indigestion.

It may be beneficial to remark, that headache, un-

complicated with indigestion or as people commonly but erroneously express their meaning, with *biliousness*, claims more attention and more skill, being attended with more danger, than headache, associated with indigestion.

The majority of headaches are connected with irritation of the stomach, technically *gastric irritation*, and of the intestines; an irritation, induced in numberless instances by the destructive method of attempting to cure diseases, more particularly those miscalled *bilious* by *purgatives*. Such headaches, admitting a ready alleviation by homœopathic medicines, have opened up a wide field, in which the skilful homœopathic physician may wander with benefit to the sufferer, and with pleasure, with reward, and with honor to himself.

The principal medicines to be used for this affection are, *Aconite*, *Belladonna*, *Bryonia*, *Chamomilla*, *Nux vom.* and *Pulsatilla*.

*Aconite* should be given when the pain is pressing, throbbing with a sense of weight and fulness, or burning heat in the forehead and temple while the body and limbs are cold; when there is a pricking sensation in the forehead; and when the above symptoms are aggravated by rising from a recumbent position, and when speaking or drinking; relieved when in the open air, or by lying down.

*Belladonna*, when there is a deep-seated dull pain, centered in the forehead, and drawing outwards, attended with a sensation of heat with pain, in the bones of the nose. When the pains are rendered insupportable by every motion, particularly of the eyes, and by the slightest breath of air. And when

they are mitigated by holding back or supporting the head, and by rest.

*Bryonia,* when pain affects the whole head, continuing from morning till night, with a sensation as if the brain would force itself out of the forehead, attended with a feeling of contraction, affecting the whole head, and nearly depriving one of senses; — when it is greatly increased by movement, and by mental emotion, and relieved by a horizontal posture.

*Chamomilla,* when there is a pressing, stunning pain as if the skull would burst, when sitting still, with a sense of heaviness at the root of nose, as from a cold approaching, shooting, tearing pains in temple and head, and a throbbing pain chiefly on one side of the head; these sensations being aggravated during the night, and caused by a cold, ceasing or diminishing in the morning, when suddenly awaking, or after having risen.

*Nux vom.* when there is a pain along the eyebrows; deeply-seated, shooting pain at the top of head, with a tendency to fall forwards, or throbbing pains on the left side of forehead and often over the left eye. When the headache resembles that which results from intoxication, and as if the skull were fractured, or a nail driven into the brain. When these symptoms are increased by movement, by lying down in a confined apartment, by intellectual labor, by stooping, by hot weather, by noise, and after a meal, growing worse towards midday, and relieved only by lying down.

*Pulsatilla,* when the pains are similar to those described under *Nux vom.* with heaviness of head, and

when they occur principally in the evening, aggravated by stooping, by mental exertion, when at rest especially by moving the eyes, and when they are relieved by walking about, by pressure, or by binding the head tight.

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A third, very troublesome, affection of the head is known under the name of

### MEGRIM.

It is characterized by affecting one side of the head, and of that only a portion, which the patient states he can cover with his finger, and feels as if a nail was being driven into the part. The part affected is generally very tender, so that not the slightest pressure can be borne.

This malady is generally connected with a constitutional condition, which requires removal; but, in affording relief, the characteristics, already given of headache, will be of utility.

[Pulsatilla Platina, Nitric Acid, Causticum Veratrum, and Belladonna may be advantageously given for this disease. — *Ed.*]

The physician should, however, be consulted in the choice of the remedy for this severe complaint.

### VERTIGO, (DIZZINESS.)

Though this sensation is very frequently nothing more than symptomatic, and is removed only when its general cause is cured; yet at times, it may be considered, as a primary prominent affection for the relief of which remedies should be, in a direct manner, administered.

For that which is produced by congestion of blood, where there is increased dizziness when stooping, or rising up. *Aconite* is the remedy, and should it not be successful alone, it should be alternated with *Aconite.*

*Conium* is of use, where there is a whirling giddiness, which causes one to fall sideways, especially when looking backwards.

*Lachesis,* when giddiness is felt on awaking in the morning, or when there is absence of mind, stupor and paleness of face.

*Nux vom.* when the vertigo appears after eating, or when walking in the air, or during meditation, in the morning in bed, while lying upon the back, with humming in the ears, nausea, cloudiness of vision, or fainting.

*Pulsatilla,* when it occurs on raising the eyes, when seated, or during the evening, with heaviness in the head.

*Sulphur,* if frequent, long continued, and when it is more decided on ascending a hill or going up stairs.

## CHAPTER III.

### AFFECTIONS OF THE EYES AND THE EYELIDS.

1. Inflammation.
1*a*. Inflammation of the Eyes of New-Born Children.
1*b*. Inflammation of the Eye from some body acting on the Eye.
2. Catarrhal Ophthalmia.
3. Stye.
4. Strabismus.
5. Near-Sightedness.
6. Far-Sightedness.
7. Weakness of Sight.

THE eyes are organs, which, by their use, delicacy, and importance, well deserve the place they hold.

They are subject to disease, more particularly,

INFLAMMATION.

Children, just born, have often inflammation from sudden exposure to too strong a light. Sensibility of the eye to light is the first symptom: a slight redness appears in the portion of the conjunctiva covering the eyelid, especially at the internal angle of the eye, and a viscid secretion is formed on the eyelids.

*Aconite*, with cleanliness, will remove this; when the intolerance of light is excessive, and when the

white of the eyes is much reddened, *Belladonna* may be administered after the *Aconite.*

The remnants of the disease are removed by *Sulphur;* or if not, *Calcarea Carbonica* will, in general, cure.

If the eye is inflamed from any thing in it, common sense dictates the removal of the body, the bathing with warm water, and then *Aconite* will prevent the inflammation: *Sulphur* may be used after *Aconite.*

When the eye has become inflamed from a bruise, *Arnica* is very useful.

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### INFLAMMATION OF THE EYE FROM BODIES ENTERING THE EYE.

Often a portion of lime or some other body gets between the eye and the lids.

Much irritation is occasioned, the white of the eye becomes affected, and a pain is felt in the whole of the eye; a discharge of tears takes place, and the eye becomes sensative to light. An attempt should be made to remove the foreign body, and, after its removal, *Aconite* should be administered. Sometimes the foreign body cannot be removed on account of the excesssive sensibility of the eye, then *Aconite* being administered will subdue the sensibility, and render it possible to remove the body in the eye.

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A modification of this is that produced by a small

insect of some kind entering the eye and stinging it. It is called sometimes

BLIGHT.

Considerable redness and pain are present; *Aconite* here acts immediate in relieving the irritation.

There is an inflammation of the eye and the eyelids, *connected with cold,* called

CATARRHAL OPHTHALMIA.

The eyes and eyelids are red: there is a sense of burning and pressure as from a grain of sand: light is dreaded: tears flow, and often an abundant mucous discharge: to these symptoms are added catarrh, with or without fever, and a dry troublesome cough.

*Aconite* will subdue the inflammation, and *Nux Vomica* the other symptoms.

When the inflammation is intense, the redness is intense, also the other symptoms; when there is a severe cold in the head, producing excoriation of the nostrils, the wings of the nose and the lips, attended with small pustules, and cough at intervals, with a suffocation and wheezing, *Belladonna* should be used after the *Aconite;* copious discharge is the characteristic of this ophthalmia.

When the redness extends over the whole of the eyes, the secretion of tears is abundant, and there is itching by day and adhering by night, margins of eyelids ulcerated, moist and purulent, with frequent

blinking of the eyes, shunning light, then *Euphrasia* is best.

When with the symptoms detailed in the first paragraph, there are itching, chiefly in the open air, and a swollen state of the eyelids, then *Mercurius* can be employed.

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Some diseases affect only the *eyelids*. The selection of a remedy may be made from the following:

*Aconite* should be given at first, if the eyelids are red, swollen, hot and dry.

*Hepar* will advantageously succeed *Acon.* should the lids be of a pale yellowish red, with soreness and pressing pain, swollen and shining as if transparent, with moisture in eyes and nose.

*Belladonna*, when there is inflammation and swelling, with heat and itching, when they adhere together, bleed when opened, tend to turn outward or inward, and are heavy and powerless.

*Arsenicum*, when the inside of the lid is much inflamed, with a sensation of violent burning, and when opening the eyelids is difficult.

*Mercurius viv.* is of service when there are ulcers or scurf upon the edges of the lid, when the pain is acute, with sense of heat in the open air, and the lids are strongly drawn together, rendering it difficult to separate them.

The eyelids have at their margins, glands, which separate an oily substance.

These glands become inflamed and form a

STYE, (HORDEOLUM.)

*Pulsatilla* is the remedy, taken internally, and ap-

plied as a lotion externally during the day. At night a warm bread poultice, on which two or three drops of the tincture, at the third dilution, have been dropped, can be applied.

Should the stye return, or should a hard lump remain and a viscous matter adhere, attended often with a sticking together of the eyelids, *Staphysagria* can be taken.

If the lumps still remain, *Calcarea carbonica* can be used.

When the eye as well as the eyelid are affected, or when the eye alone is affected, many are the remedies; among them *Aconite* stands pre-eminent, and may be used, in general, at the outset. The choice of the remedies to be used, subsequently to the *Aconite*, must be left to the physician.

## [STRABISMUS (SQUINTING.)

This affection, by which objects are seen in an oblique manner, the axis of vision being distended, commonly occurring when the child is young, and which, if suffered to continue will become permanent, may be reminded by the following method: Place the child so that the light may fall equally upon both eyes, carefully avoiding that position which will force one eye to more constant use than the other. Should one eye be already turned aside, the opposite one may be covered with a shade for several days, so that the squinting eye will be used exclusively, until direct vision is restored. If both eyes turn outwards, some dark substance placed upon the tip of the nose, will often remedy the defect, or if inwards, — two

pieces of stiff pasteboard may be so bound upon each side of the head as to project beyond the level of the eyes in front.

If the defect is produced by other means than obliquity of light, medical remedies must be resorted to; for example,

*Belladonna* should be given if strabismus is accompanied by much heat of the head, and throbbing of the arteries.

*Hyosiamus*, if there is reason to suspect the existence of worms.

*Alum* may be resorted to in strabismus of both eyes, unaccompanied by any symptom of general irritation.

### DEFECTS OF VISION.

When the eye projects more than natural, or when the chrystalline lens within the eye is too convex, the rays of light passing through the lens are converged to a focus before reaching the retiña, and distant objects are indistinctly seen. This defect of vision is called "near-sightedness," and concave glasses are made use of to counteract such excess of convexity. When, on the contrary, the lens or cornea is not sufficiently convex to draw the focus of rays to the proper point, that is, the retina, — a new object cannot be seen distinctly. The focus passes beyond the retina, and the assistance of convex glasses are needed. This loss of rotundity is owing usually to the absorption of substance as age advances, and is termed "far-sightedness." The medium, however through which the rays of light pass may be affected by disease either local or sympathetic.

NEAR-SIGHTEDNESS.

If this occurs, in consequence of inflammation of the eyes, and has not been of long duration,

*Pulsatilla* may be given with good effect.

*Carb. veg.* will often cure this state of vision, when it has been brought on by the use of Mercury.

*Phosph. acid*, when it results from low nervous fevers, or any cause which greatly reduces the strength of the system.

FAR-SIGHTEDNESS.

When from other cause than the gradually lessening convexity of the eye by absorption, a person is troubled with "far-sightedness," or difficulty of perceiving near objects, homœopathic remedies are often beneficial.

*Drosera* will be serviceable, should there be dimness of sight while reading, the letters appearing confused — and dazzling of the eyes by light.

*Sulphur* will follow with advantage, if no good effect is perceived from *Dros.*

*Nux vom.* should be selected, if an attack of far-sightedness is brought on by indulgence in stimulants.

WEAKNESS OF SIGHT.

*Pulsatilla*, in alternation with *Euphrasia*, has proved beneficial when weakness of sight is attended with great debility, frequent lachrymation, the pupil of the eye being of a whitish-gray color.

*Sulph. acid.* when there is a burning pressure in the eye, with cloudy vision, irritable temper, general emaciation, and when the person thus affected has suffered from hemorrhoids which have suddenly disappeared.

*Rhus Tox.* when weakness of sight happens soon after the sudden disappearance of any cutaneous eruption, of rheumatism, or of gout. — *Ed.*]

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There are numerous other remedies suited to the affections of the eyes, but the choice amongst these requires the medical man's judgment.

In reference to affections of the eyes it should be remembered that every kind of eyewater, all ointments and salves, unless homœopathic, injure the eyes. It is true that diseases of the eyes and of the eyelids may disappear under their use; but other diseased states supervene, and often internal diseases are produced.

Pure water, either cold or warm, according to the feelings of the patient, is the best eyewater.

## CHAPTER IV.

## AFFECTIONS OF THE EAR AND OF THE CHEEKS.

### THE EAR.

The ear is an organ, the importance of which is recognized by all.

It is subject to various affections.

1. Earache.
2. Inflammation of the Ear.
3. Discharge from the Ear.
4. Swelling of the Cheek.
5. Enlargement of the Parotid and Submaxillary Glands.

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One affection very common is

### EARACHE, OR OTALGIA.

This affection is sometimes very troublesome and difficult to cure. Various remedies are applicable. The following are the principal remedies:

*Arnica*, when the pains are pressing, stinging and

darting behind the ears: heat: irritability at any loud noise, and general sensitiveness.

*Belladonna*, when the pains are perforating, pricking, shooting, extending to the throat and parotid glands, with rumbling sound in ears, the head and eyes being affected, — when the pains return more violently by touching the ear, or by moving.

*Chamomilla*, when the pain is violent and sticking, as though a knife had been thrust within the ear, — extending from the inside to the outward ear, and even to the lips. Intolerable pain in the parotid glands — with ill-humor and irritability — when the earache is caused by a cold or suppressed perspiration.

*Mercurius*, when there is ulceration of, or discharge from, the ear, and a burning of the outward ear, while there is felt an inward cold sensation, affecting also the cheek. The pain appears to be in the interior of the ear, tearing and shooting even to the cheeks, with violent twinges. The extreme ear damp with perspiration, with no mitigation of pain.

*Pulsatilla*, when the pain is jerking, tearing, as if something was being plucked out, the pains passing to the whole side of the face, the ear externally red, hot and swollen. This medicine is best adapted for persons of a melancholy disposition, inclined to shed tears, — and for those liable to rheumatic affections.

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### INFLAMMATION OF THE EAR, (OTITIS.)

This disease is very distressing. The symptoms

presented indicate *Aconite* and *Pulsatilla.* The symptoms, generally indicative of pulsatilla are the following:

Ear red,
hot,
swollen;
painful,
so much so that the ear cannot be touched.
Pains tearing,
boring,
throbbing,
piercing, and
burning.

The pain causes to talk wildly; the patient begins to rave.

I have found great benefit from the use of the tincture of *Pulsatilla,* of the third dilution, a few drops being dropped on a poultice of bread, and applied to the ear.

Dr. Hering does not recommend sweet oil, or hot steam. He recommends a sponge dipped in warm water and bound upon the ear.

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DISCHARGE, OR RUNNING FROM THE EAR, (OTORRHEA.)

If the discharge has resulted after symptoms, described under Pulsatilla, or after *measles,* pulsatilla can be taken: if following the *scarlet fever,* or if it occurs in connection with that fever, belladonna can be taken: if decided benefit does not result, then give *Mercurius:* and in a week's time repeat the bel-

ladonna. *Mercurius vivus* is particularly serviceable, if the discharge occurs after small-pox.

When mercury under any form has been taken previously to excess, give *Sulphur:* if *Sulphur* itself has been taken to excess, then Pulsatilla, and after it Mercurius Vivus.

Generally it is unwise to put oils or other substances into the ears. To prevent cold affecting the system through the diseased condition of the ear, and to prevent insects depositing their eggs, and to prevent the diffusion of the offensive smell arising from the discharge, it would be well to use some cotton or lint. The pledget should be wrapped round with a piece of fine linen to prevent it sliding in and to facilitate its extraction, if it does, as sometimes happens, slide in.

## DEAFNESS, (DYSECŒA.)

This may be occasioned by stunning noises, severe colds, paralysis of the auditory nerves, inflammation of the membrane, hardened wax, the incautious use of ear-picks, or original malformation — in many cases, under the control of remedies, in some instances, incurable. Deafness may also be the accompaniment as well as the consequence of other diseases.

*Belladonna* should be given, if the hardness of hearing follows an attack of scarlet fever. *Hepar sulph.* to be given afterwards, if necessary.

*Pulsatilla*, if resulting from measles, — and also *Carb. veg.* if *Puls.* does not relieve.

*Merc. viv.*, if after small-pox. *Sulphur* may be given alternately with *Merc.* if the latter alone is not sufficient.

*Sulphur* is also useful, when deafness may have quickly succeeded the sudden disappearance of any eruption.

*Dulcamara*, if, in consequence of having taken cold, or if from a transfer of rheumatic pains to the ear, there is deafness.

If deafness arises during the course of, or after fevers, especially those of a nervous nature, and is attended with a sense of fulness in head, *Phosphorus* is indicated.

When any mechanical obstruction is the cause, that, of course, must be first removed.

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### SWELLING OF THE CHEEK.

Often swelling of the cheek takes place from toothache, and the toothache ceasing, it disappears.

Often the medicine, say belladonna, which cures the toothache, produces swelling of the cheek.

If this swelling should not disappear, the antidote to belladonna, or whatever may have been the medicine employed for the toothache, must be used.

If the swelling is obstinate and rather solid, *Arnica* will be useful: if there is much salivation, *Mercury*.

If these remedies are used too late, and suppuration must take place, a fig poultice is a very good one.

When the suppuration is established, let it alone, except to wash the mouth frequently with warm water.

In connection with the ears, the affection indicated by

MUMPS, OR THE ENLARGEMENT OF THE PAROTID AND SUBMAXILLARY GLANDS.

may be noticed.

The parotid and submaxillary glands are situated, the one below the ear, the other under the jaw. They separate the saliva from the blood.

These glands from cold, from atmospheric changes, and as puberty approaches, become enlarged, and are often very troublesome.

[The *parotid glands* swell during scarlet fever, from the above causes, and from *contagion:* when, from the latter cause, it properly constitutes *mumps*, which is characterized by the following symptoms: soreness, with slight fullness at the angle of the jaw, with some general heat, and pain on moving the jaw. The swelling extends upward to the space between the ear and cheek, and downward under the jaw, to the submaxillary gland. It lasts from four to six days, and subsides without suppuration; no external application should be made to disperse the swelling, for fear of a transfer to important vital organs as above described, or which is most common, to the breast of females or the testicles of males. In addition to the remedies which are detailed in the text, I would recommend *Protiodide of Mercury*, if the swelling should be obstinate, or if it is transferred to other glandular structures. — *Ed.*]

*Mercury* is the remedy that most frequently relieves this affection: more particularly when suppuration is about taking place.

If erysipelas attends the swelling, *Belladonna* should be used: and after the pain has been removed, *Hepar Sulphuris* is very serviceable.

If mercurius and hepar sulphuris have been used without success, *Dulcamara* is often of the greatest service, this being particularly serviceable if the *urine* is rendered *turbid* by the effect of the cold.

It is especially necessary to avoid dispelling or dispersing these swellings by friction with liniments or ointments. Friction, if exciting the absorbents to act, does not ALTER the *diseased state*, which caused the enlargement, and often this diseased state is thus, as it were, forced to effect either glandular structures in the lungs, and thus pulmonary consumption is induced: or glandular structures in the abdominal viscera, and thus mesenteric disease with its miserable train of emaciation, effusion on the brain and death, are developed.

Another point worthy of remark is, that these swellings should NOT be *cut* open. Every surgeon thinks he must be a surgeon and use his lancet. He is sure to make a *scar* and not a *cure:* whereas if the abscess is made to discharge itself, it leaves no scar, and the cure is likely to be permanent. The same remarks apply to opening the glandular swelling by *caustic.*

Another evil resulting from the scars thus induced, is that the structure thereby (i. e. by the process which takes place in healing the wound made by the lancet or by the caustic,) is so altered, that the part becomes a source of pain, from changes of weather affecting this structure of a texture different from the natural.

## CHAPTER V.

### AFFECTIONS OF THE RESPIRATORY ORGANS.

The next organ in the face is the nose, and as this organ is, as it were, the commencement of the apparatuses by which breathing or respiration is carried on, it forms a proper commencement for the enumeration of the diseases, connected with the organs engaged in respiration.

1. Bleeding from the nose.
2. Cold in the Head.
3. Catarrhal Fever.
4. Hoarseness.
5. Cough.
6. Hooping Cough.
7. Croup.
8. Asthma of Millar.
9. Inflammation of the Lungs.
10. Pleurisy.
11. Spitting of Blood.
12. Asthma.
13. Bronchitis.
14. Consumption.

The changes, which take place in the blood in the process of breathing, being essential to the en-

joyment of health, any disordered condition of the organs connected with this process must, of necessity, claim attention.

Concerned in this process are the *nose*, the *windpipe*, the *bronchial tubes*, the *substance of the lungs*, the *membrane*, covering the lungs and lining the ribs, called the *pleura;* and to these may be added the *heart*.

### THE NOSE.

The nose being, as well as a respiratory organ, the organ of smell, is covered internally with a most delicate membrane or skin, through which the impressions are made upon the nerve of smell.

This membrane, called the Schneiderian from its discoverer, covers a large surface, the interior of the nose being divided into cavities, formed by very thin bony partitions. These cavities are called *nasal fossæ*.

Through this membrane an immense number of blood-vessels are distributed. From these blood-vessels, in young people of full habit, particularly females, before the natural change, and in adult females at the cessation of the natural discharge, a discharge takes place, called

### BLEEDING FROM THE NOSE, OR EPISTAXIS.

Bleeding from the nose is sometimes beneficial, it appearing as the crisis of many diseases. When it occurs frequently, and when the quantity of blood discharged is considerable, then medicine is required.

In curing bleeding from the nose, two objects present themselves: first, to remove the bleeding; and second, to prevent a recurrence, and relieve the other consequences likely to result from the bleeding,

Several remedies can be employed. The choice can be regulated by the symptoms.

*Aconite* is useful where the symptoms recorded, (see Introduction,) are present; or if the person looks much heated, or if the bleeding occurs after being overheated.

*Bryonia* is useful under similar circumstances as belladonna, more particularly when the bleeding from the nose takes place from sudden suppression of the menses.

*Arnica* is useful, if resulting from a blow, when the blood is thin and bright red, the nose hot, and there are prickings or titillation in the nose or forehead, as from an insect — when it occurs in men.

*Belladonna,* if attended with darting pains in one side of the head, occurring in paroxysms, with swelling of the veins, sparks before the eyes, or tingling in the ears, and follows from stooping or strongly blowing the nose. Also when the bleeding occurs during the night, disturbing sleep.

*Crocus,* if there is diffused heat over the nose, and the blood is black and thick, and if the person affected is irritable and sensitive.

*Mercurius,* if the blood coagulates in flowing, and remains suspended — and when the bleeding occurs in children, or persons predisposed to inflammation.

*Nux. vom.* if the blood is of a dark red color (venous) and flows in the morning.

*Pulsatilla,* if the bleeding of the nose affects adult

females, of irregular menstruation, or persons of a gentle placid temper, — and taking place in the afternoon, evening, or before midnight.

*Rhus* is useful in cases similar to those suited to belladonna and bryonia, these not curing: or if the bleeding arises from stooping, lifting, or using any great exertion. *Rhus* is useful also in cases, where the bleeding disturbs the sleep at night.

When the discharge produces weakness, or is so profuse as to occasion paleness of face, coldness of limbs, and even convulsions, *China* is useful.

*China* is useful if the putting the fingers into the nose, caused by the irritation of worms, causes the hemorrhage.

The common practice of drawing cold water into the nostrils is not good: and plugging the nose is to be avoided, except under peculiar circumstances: a cold wet cloth laid upon the abdomen will often be effectual.

To prevent a recurrence of the bleeding, the general constitutional state must be investigated and treated: *Sulphur* will be useful in most cases.

To prevent both the return of this discharge of blood, and any bad consequences from the discharge already having occurred, *China* is the best remedy.

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When the membrane, *lining the nasal fossæ*, becomes affected with inflammation, it is called

COLD IN THE HEAD, OR CATARRH.

This affection is characterized by a peculiar feel-

ing of dryness in the nose, and also by swelling. There is frequent sneezing; there is loss of smell: and the patient speaks, as it is called, through the nose. The discharge is, at first, watery, drop by drop; it excoriates, and produces crusts on the nostrils and the lips, and pain oftentimes is felt at the root of the nose.

The symptoms vary, and so do the remedies.

The principal are *Chamomilla*, *Mercury*, *Nux. vom.*, *Pulsatilla* and *Arsenicum.*

*Chamomilla* is applicable when the nostrils are inflamed, chapped and ulcerated, with discharge of acrid mucus, chapped lips, intense thirst and shivering, confusion in the head, and giddiness, one cheek being red while the other is pale — and, if occurring in children,

*Mercury*, if the nose is excoriated without and within, — when the discharge from nostrils is excessive, and rheumatic pains are felt at the time in the limbs.

*Nux. vom.* when there exists painful sensibility of the interior of the nose, with secretion from nose during the day, and obstruction during the night, violent sneezing, itching in the nose, dryness of the mouth and throat, heat and confusion in the head, — heat in face which is increased towards evening, with vexation and irritability, or grief, and general languor.

*Pulsatilla*, if the nostrils are painful and ulcerated, secreting thick, often fetid mucus, with violent sneezing and discharge of blood from blowing the nose, — loss of smell, obstruction of the nose, which becomes worse towards evening, tickling in nose as from snuff, sensibility of the eyes to light; shivering; melan-

choly, with inclination to weep; disturbed sleep. The above symptoms aggravated in a warm room.

*Arsenicum*, if the nose is swollen, obstructed, and there is a profuse secretion of watery, acrid, excoriating fluid, with much sneezing, a burning sensation in nostrils, inflammation of the eyes, with sensibility to light, shivering, with severe pain in limbs, anxiety, great prostration of strength and restlessness.

The plan I generally adopt is, directly sneezing commences, to place two globules of nux vomica or pulsatilla on the tongue. This I have often found prevents the usual progress of the cold.*

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When the inflammation extends, and affects the whole interior of the nose and the membrane, lining the throat, and even the lungs, being attended with a copious secretion of mucus with pain, and a feeling of heat, the mucus itself first thin, afterwards thick and yellow, the affection is called, being associated with fever —

### CATARRHAL FEVER.

The symptoms indicative of this fever, are shiverings, transient chills, shifting from one part to another, alternating with heats: head confused and

* I used, previous to my acquaintance with homœopathy, to be a martyr to colds. If I began to sneeze, I knew at once that I was to be unfitted for at least two days for duty by the cold and the attendant fever. Since I was made acquainted with the power of Nux vomica, taken internally to *produce sneezing*, I have been enabled to arrest the progress of my colds with the utmost certainty and success.

heavy: pressive pain above the eyes: taste bitter and mucus: appetite deficient: taste and smell diminished in power: pressure at the pit of the stomach, attended with anxiety: the back, both in its middle and at its lowest part, feels as if broken: there is a sense of heaviness, with twitchings in the limbs: symptoms increase towards night: pulse soft, and rather frequent: oppression, increasing towards night: wakefulness, or disturbed slumber.

*Aconite* must be taken at the commencement of the attack, its suitability being apparent from the perusal of the symptoms and the comparison of its effects, (see Introduction,) afterwards *Belladonna*, *Chamomilla*, *Ignatia*, *Nux Vomica*, *Pulsatilla*, according to the symptoms.

With catarrhal fever, *cough* and an immense secretion of mucus are generally connected: and as the symptoms, now to be recorded, will have relation to the *general* symptoms, the particulars in connection with the coughs, associated with the catarrhal fevers, will be found recorded under the title of COUGHS, (pp. 88 – 91.)

Previous to noticing the individual remedies, it is proper to notice, that, when the catarrh has been brought on by exposure to wet, *Dulcamara* is, when administered early, a most valuable preventive against the consequences of such exposure: Dulcamara being furthermore particularly indicated when, with taking cold, as the expression is, *the urine becomes turbid.* Aconite when indicated may be judged of from the symptoms. (See Introduction.)

*Belladonna* should be given when there is hoarseness with soreness of throat, redness of face, rattling

of mucus in chest: cough chiefly at night: great prostration of strength, sadness, excessive irritability, sleeplessness at night, but sleepiness during the day, with sudden starts or fits of screaming while asleep, screaming as if frightened; delirium; when the temperament is sanguine or lymphatic.

*Chamomilla*, if there is hoarseness with thirst, redness of one cheek, but paleness of the other, ill-humor, impatience; more applicable for children.

*Nux. vom.* when, with hoarseness there is scraping in the throat, shivering and coldness on the slighest motion, affecting the back and limbs, relieved by being near the fire, and followed by flushes of heat; thirst; furred tongue; failing appetite; nausea; vomiting; constipation; cough severe, particularly in the morning; sensation of great weakness; temperament choleric and irritable — applicable to men.

*Pulsatilla*, when there is soreness of throat especially on swallowing the saliva, with hoarseness; loss of appetite; nausea or vomiting; no noticeable thirst; languor; when the temperament is lymphatic; the disposition mild, disposed to tears and melancholy. As *Cham.* is, other symptoms corresponding, more generally applicable, in this case as in others, to children, and as *Nux. vom.* is also more adapted to men, so is this remedy (*Puls.*) more suitable, under similar circumstances, for women.

*Ignatia* suits in many cases where the symptoms of Pulsatilla and of Nux vomica occur, but it is particularly indicated in persons of a gentle, vivacious disposition, but rapidly changing from joy to grief, and who concentrate their sorrows in themselves.

[*Tart. Emetic*, if there should be much chilliness,

with occasional cold perspiration, alternating with heat and sense of burning over the whole body: oppression of the chest: difficult respiration: cough, with nausea or disposition to vomit, with pain in the bowels.

*Protiodide of Mercury*, if there should be much cough, with rattling in the throat and chest from much mucus. — *Ed.*]

Another very common affection, in which the fauces and the windpipe are affected, is

### HOARSENESS.

The hoarseness is most perceptible in *expiration.*

Various are the features attendant upon hoarseness, and, according to these, must be the choice of the remedy.

Cough, and that dry, is generally associated with each kind of hoarseness: and, in the narration of the symptoms, indicating the choice of remedies for the various coughs, the remedies for the various hoarsenesses will appear.

As a general rule, when hoarseness or soreness of throat makes its first appearance, two globules of *Belladonna* will often prevent any further progress of the diseased condition.

It may be remarked, that bathing the feet for from five to ten minutes in hot water, on going to bed, is very useful.

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### INFLUENZA.

Certain conditions of the atmosphere induce pe-

culiar modifications of the symptoms, connected with catarrhal fever, which are designated under title of INFLUENZA.

Influenza is a catarrhal fever with *peculiar* symptoms, induced by the peculiar atmospherical conditions. As produced by atmospherical conditions, and as affecting many individuals, (for who can avoid the atmosphere?) influenza may be defined an *epidemic* catarrh.

The most characteristic symptom of the influenza, in addition to the usual symptoms of catarrhal fever, is *extreme prostration of all the powers, mental and bodily:* the person is unmanned.

ARSENICUM is the remedy, when with this prostration there are the symptoms, described as pertaining to arsenicum, (pp. 82, 83,) under the title of COLD IN HEAD, and those under the title of COUGH, (pp. 88–91.)

The influenza that prevails now (February, 1844,) and has prevailed this last month, is attended with *affections of the throat*, the glands swelling, &c. I have treated, with uniform and rapid success, these cases with *Aconite*, followed by *Belladonna*, and then by *Mercurius*.

[Also, *Protiodide of Mer.* and *Tart. Emetic*, if the indications for their use should be present, as laid down under "*catarrhal fever.*" — *Ed.*]

Each influenza requires, according to its peculiar modifications, its own homœopathic remedies.

There is one point which all should remember; viz., that the influenza is more dangerous in its *effects* than in its *first symptoms*. Every medical man's experience will demonstrate, that serious affections of

the *lungs* very often develop themselves *after* the influenza.* Great care should be taken in eradicating by appropriate remedies *all remaining* symptoms.

The next affection of the respiratory organs is general in its character, and is described under the title of

## COUGH.

Cough may be regarded as a spasmodic affection. It presents various forms, and its characters are so delicate in their shades, that it is very difficult for any but the physician to select the right remedy.

[Coughs are most generally symptomatic of other diseases, and are as necessary in most diseases of the air passages, as blowing the nose is necessary to relieve that organ from catarrh, and therefore attention should be paid to the cause in treating all coughs.—*Ed.*]

The following remedies are those most usually indicated, viz. *Acon.*, *Bell.*, *Cham.*, *Hyos.*, *Ign.*, *Ipec.*, *Nux vom.*, *Puls.*, and *Arsen.*

*Aconite* must be resorted to, should the cough be dry, with frequent and long-continued paroxysms, when, after coughing, there is a sensation of burning and of laceration in chest, when the cough is attended with feverish heat, and inflammation.

* The old-system practititioners maintain that their miscalled active treatment is necessary to *eradicate* the maladies. That this result is not obtained is evidenced most fully by the numerous cases, that come under treatment at the present period, of which the patient considers the influenza, for which he or she had the old system of treatment, as the origin.

*Belladonna*, for a dry, spasmodic lasting cough, with asthmatic, suffocating, stertorous breathing, — constriction in the chest, pain beneath the breast-bone at night, or after a meal, with difficult breathing, pain also beneath the ribs and in the loins — cough chiefly occurring at night, sometimes during sleep, after a cold, excited by an insupportable tickling in throat, on the slightest movement, swelling of the abdomen. This remedy is suitable for persons of a sanguine temperament.

*Chamomilla*, for dry strong cough, which is worse at night, continuing even during sleep. Sensation in coughing, as though something rose in the throat, which would stop the breath. The cough excited by a constant tickling in the trachea behind the hollow of the throat, aggravated by speaking, and excited by a fit of passion, especially in children.

*Hyoscyamus*, for a frequent, dry, convulsive cough occurring especially during the night, preventing sleep, and with a tickling irritation in the trachea. Cough excited always by lying down, and ceasing when sitting up in bed, compelling one to sit up at intervals.

*Ignatia*, for a dry cough, proceeding from the windpipe, equally severe by day and night attended with pain in *the lower abdomen*, and tightness across the chest. For persons of a variable temper alternately sad and cheerful.

*Ipecac.* for a dry, spasmodic, shaking cough, with suspended breathing, a sensation as if a wound in chest, and painful jerking in head and stomach. Expectoration of unpleasant tasting mucus, *with nausea, and vomiting*, tickling in throat as though

contracted. *Constant obstruction in the nose with loss of smell.* Cough increased by cold air. Perspiration.

*Nux vomica*, for a constant, exhausting cough, from a cold, and much tenacious mucus in chest; a sensation of a heated substance pressing on the chest, with tightness; when cough is less violent, a pain is felt as from a *blow or bruise* in lower abdomen, and the same sensation at the pit of the stomach and beneath the ribs. Coughing causes pain in head, as though it would burst open. It is excited by motion, by speaking, and preceded by a *rough dryness and a scraping in the throat, and tickling in the palate.* Becomes worse towards morning. Breathing is impeded in the night. Temper quick and irritable.

*Pulsatilla*, when the cough is loose and *moist* with *expectoration*, after long coughing, of yellow, salt or bitter matter, occasionally tinged with blood, and producing nausea, accompanied by pain in throat and chest as if raw, and in both sides. Great accumulation of water in the mouth, with an inclination to vomit. Cough excited by a rough dryness in the throat, and tickling in the palate. Cough in the morning, with general tremor and distressing by day and night. Profuse night sweats. Loss of appetite, with small, frequent pulse. Applicable to persons of a gentle, placid disposition.

*Arsenicum*, for a dry, exhausting cough, with thick mucus in throat which is difficult to detach, attended with a sensation of burning worse in the evening and at night.

*Bryonia* has many symptoms, which render it

very valuable in coughs: indeed it will be noticed in inflammation of the lungs: its symptoms approach much to Nux vomica, but its peculiarities are, that generally *chillness* preponderates, and that the temper is *extremely irritable.* The pains produced by it are *sticking*, stitch-like pains, and the pains are felt deep in the chest.

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### HOOPING OR WHOOPING COUGH, (PERTUSSIS.)

This spasmodic cough, *without* physic, will often wear itself out in four or five months; with physic, under the old system, will continue much longer; and this, on these grounds, that the physic complicates the disease, and produces a weakness of the general constitution.

Under homœopathic treatment it is often cured in three to four weeks; sometimes in two weeks, sometimes in a few days.

When hooping-cough is prevalent and children begin to cough, give one or other of the remedies already detailed (pp. 88 to 90) as suitable to cough, selecting the one most nearly allied to the symptoms of the existing cough.

*Aconite* will be serviceable principally at the commencement, but also at any period where the symptoms hereafter detailed with fever are present: namely, when the cough is dry, whistling, attended with burning in the *windpipe*, the child *putting his hand to the throat* at the situation of the windpipe; and when there is fever the aconite should be

given immediately, and repeated as the symptoms may indicate.

If the cough at the commencement is *moist*, easily loosened, and *begins* after a *violent cold*, and is attended with *hoarseness*, *Dulcamara* will be most useful.

*Nux Vomica* will be serviceable, if the cough is dry, and attended with *vomiting* and *anxiety*, so severe as almost to induce *suffocation:* also if the sufferer from the beginning turns almost blue in the face, and if the cough occurs *after midnight*, continuing till the morning. If, after the Nux Vomica, the cough becomes loose and moist. *Pulsatilla* will become appropriate: and if there is bleeding from the nose and the mouth. *Pulsatilla* also is to be preferred to Nux Vomica, if, besides the cough being loose and moist, vomiting of mucus and of the contents of the stomach, and a mucous diarrhœa present themselves.

Should the VOMITING *cease*, but the ANXIETY, approaching to suffocation *continue*, *Ipecacuanha* will then be useful.

Should these means be ineffectual, and the cough occurs as a spasm in single attacks, most during the *day*, the *evening*, and the *first part* of the night, attended with a *redness* of, and pains in, the *throat* when swallowing; also with watering of the eyes, *Carbo vegetabilis* can be given, and repeated in twenty-four hours. This medicine is particularly serviceable when children "complain of a *pricking* in the head, pains about the chest and in the neck, and, at the same time, have *eruptions on the head and the body.* It is a *sovereign remedy* when the

hooping-cough is on the decline." (Dr. HERING, of America.)

When, however, the hooping-cough is fully developed, other medicines are required.

The following description by Dr. Hering, of the attack of hooping-cough, is so graphically correct, that I have adopted it:

"In real hooping-cough, the children have frequent single paroxysms, before which they run after their mother, become anxious, grasp at and hold something: then cough violently with a sounding hollow tone, in such quick succession, that they can scarcely draw breath again, or only with a long, sobbing, whistling tone: this is succeeded by great anxiety, as if they would suffocate, and they become red and blue in the face. They stretch out the neck far, everything is strained and cramped, and they can bear nothing to touch them. These paroxysms end with struggling and vomiting of mucus, frequently mixed with blood, which also is often discharged from the nose. Afterwards the children are again lively: but, owing to their throwing up everything they eat or drink, they become, as the attacks are frequent, weaker and much debilitated."

Dr. Hering recommends to try *Veratrum* first, as its operation is speedy: to give one globule, and wait till the next attack: then give a second globule, and wait twenty-four to thirty hours: if the cough improves, not to repeat the dose till the cough is worse again.

This course of administration applies to the other remedies for hooping-cough.

Among these remedies, *Drosera* is a most valuable

remedy, especially when the *whoop is well defined.* I have cured many with it.

In order to select the appropriate remedy, the following sentences should be carefully studied, particularly noticing that when one remedy ceases to improve the symptoms, another is to be chosen.

*Drosera* is to be selected, when the whooping is quite marked: when the cough is dry or loose, with hoarseness and bitter, offensive, purulent expectoration. Fits of coughing in rapid succession. Difficult expectoration of phlegm, and vomiting first of *food* and then of *phlegm* and *water.* The breath of a burnt odor. Shivering, alternating with heat. Pain as of a bruise in chest and below the ribs, obliging the child to hold the parts with the hands. Oppression when coughing as if something retained the breath in the chest, rendering it difficult to cough or speak. Cough causes an inclination to vomit and griping pains in bowels. Child is ill-tempered and worse when at rest than when moving about.

*Veratrum,* when there is fever, more or less constant, the pulse being small, weak and rapid. Thirst great and appetite voracious, with dislike to hot food. Cold sweats, particularly on the forehead, and much chilliness. Cough hollow, deep, and dry, with constant inclination to vomit, and copious expectoration. Pain in the chest, and much weakness, especially about the neck, so as to be unable to hold up the head. Pain also in abdomen and kidneys, an involuntary discharge of urine *during the cough.* The child is not lively between the attacks of coughing, disliking to move and unwilling to speak. A dry, small eruption perceived upon the body, face, and hands

*Cina*, when the cough is dry and spasmodic, with sudden startings and loss of consciousness, the countenance being pale and anxious, puffed up and purple, great thirst and ravenous appetite. Tearing or heavy pain in head, with dilated pupils and impaired sight. Frequent griping, pinching pains in abdomen, with, at times, diarrhœa. Breathing laborious. Difficult recovery after vomiting. During the fits of coughing, the child *becomes stiff*. After coughing, a clucking sound is heard, passing down the throat into the bowels. Should the child have had worms previously, and now exhibits symptoms indicating their existence, such as boring with fingers in nose, &c.

*Cuprum* may be given when the respiration is suspended, and there is audible rattling of phlegm in the throat, and while coughing, the child becomes stiff.

As the cough improves, avoid attempting much: should the sufferer's state remain stationary, select some medicine suited to the remaining symptoms. *Pulsatilla* will often be found serviceable.

When there are relapses, or when the *vomiting* continues, *Carbo Vegetabilis* does good: if still there is *abundant expectoration, Dulcamara:* if much crying after the cough, *Arnica:* if the cough, when decreasing, is still hollow and shrill, or dry and hoarse with retching afterwards and crying, *Hepar Sulphuris.*

[*Prussic Acid*, (Scheele's strength) five drops to one hundred drops of distilled water, and administered in the dose of from one to three drops of this to a child, and repeat every four, six or eight hours if the cough should be suffocating and spasmodic. — *Ed.*]

An affection of the windpipe and bronchial tubes, most dangerous to the sufferer, is now to be noticed: it is

## CROUP.

The first symptoms are often those of common cold, hoarseness predominant. The real symptoms soon appear, and so clearly are they marked that no mistake can exist.

The cough is sonorous, whistling: it is *croup:* the voice is hoarse, rough, or wheezing. The cough excites pain, the patient carries his hand to his throat: the face is red at first, or mottled: as the disease advances, blue: a clammy sweat suffuses the body, the breathing is difficult, and the head is thrown back to aid respiration.

*Aconite* is the first resource to subdue the inflammatory action.

About two to four hours after the aconite, *Spongia* must be used: and if this does not succeed, *Hepar Sulphuris.*

If the spongia relieves but does not cure, then hepar sulphuris will be peculiarly serviceable, more especially if the cough has become *moist,* or loose with an evident *accumulation* of mucus in the respiratory tubes.

*Lachesis,* Dr. Hering has shown, can be employed with benefit in the worst cases of this disease, but no patient in such a disease can be trusted to mere domestic treatment

This disease is too severe to be intrusted to any one except a physician.

[The author's concluding remarks are very true, but the friends of Homœopathy have, very properly, a very great dread of allopathic practice. With a few brief directions, and homœopathic remedies, a layman of cool judgment, will be more successful than the most skilful allopathic physician. *Symptoms* — A slight cough of a peculiar barking sound: soon increases to a shrill crowing, and the respiration becomes more and more difficult, producing a peculiar drawing in of the pit of the stomach at every inspiration, accompanied with a whistling noise. There is an acute pain in the throat, and a frequent cough, which brings off tough mucus, or shreds of membrane. The pulse is frequent, heat considerable, and restlessness great. The face is bathed in perspiration, pale and livid, and the expression of the countenance shows the greatest distress. In the first stage, remedies as directed in the text, will generally quickly relieve. They should be administered in more rapid succession, however, in the same form of the disease. My practice has been (and the success has been uniform,) to administer *Aconite*, first dilution, one dose; in ten minutes if the breathing remained difficult, with wheezing, I give *Hep. sulph.* three pellets of the fifth attenuation; if the heaving of the chest still continues at the expiration of ten minutes more, I give three pellets of *Spongia* of the fifth attenuation, and thus continue to alternate these two last remedies until the sufferings are past. If the case resists these means, there is great fear that the disease has passed from the spasmodic to the membraneous form. In this last, there is a rapid exudation of lymph into the air tubes, and the passage becoming less and

less, the distress is very great, and the danger imminent. Here *Tartar Emetic*, in slightly nauseating doses, will generally check this disease, and *Merc. sol.* or *Protiodide* will change the tendency to exudation to a healthy character. The *Bichromate of Potass.* is also a valuable remedy at this stage of croup. The size of a pea of the second trituration in a wineglass of water, and one teaspoonful given every ten minutes. Warm water, by means of a sponge applied to the throat, is a good auxiliary. — *Ed.*]

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There is one disease, approaching in many of its characters, to croup: it is

### THE ASTHMA OF MILLAR.

Croup is often, as was stated, *preceded by symptoms of a cold. This* is sudden in its attack, and is preceded by no warning symptoms; and it occurs several times, and the parties are said to be subject to sudden attacks of croup. It is not croup.

The patient is seized with choking, great anxiety, and difficult breathing: the voice has a deep harsh tone: the cough is hoarse, broken, and devoid of mucus.

The first attack is often fatal.

If not, the attack ends in a few hours in sneezing, belching, and vomiting: the little patient sleeps tranquilly, but awakes languid and weak, with symptoms like a common cold. Perspiration generally attends

at the close of the attack. A fresh attack, worse than the former, comes on in twenty-four hours.

*Sambucus* is the best remedy for this affection, when the patient becomes sleepy with the eyes and the mouth half opened, especially if, being obliged to sit down, the air enters the lungs with a whistling sound, and with a sense of suffocation; if he strikes his hands behind him: and if his hands and face are swollen and purple: and when the attack *comes on in the middle of the night.*

There are other remedies; but the severity of the affection will be sure to cause the parent to send for the physician, who will decide.

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### THE LUNGS.

The lungs themselves, so important in the process of respiration, are subject to attacks of inflammation, which require medical aid, but which may be partially met till such aid is obtained.

### INFLAMMATION OF THE LUNGS,

is indicated by difficult and short respiration: great oppression: by darting pains in the chest, aggravated when inspiring: great anxiety: cough, attended with much pain, dry at first, afterwards moist, and the sputa tinged with blood. The pulse is full, strong, and frequent, often palpitation of the heart: the face is red and livid: thirst excessive: generally

constipation: urine high color, red: skin hot, dry, and burning.

A comparison of these symptoms with those detailed, in the Introduction, in connection with aconite, will demonstrate that *Aconite* should be at once administered, in successive doses, during the first twenty-four hours.

After the inflammatory and febrile symptoms have given way partially, (often they will be entirely removed by the aconite,) *Bryonia** can be given, especially if the sputa, tinged with blood, have a *rusty* appearance: and where there are pains, considered *rheumatic*, in the back.

*Rhus* and *Squilla* are useful under circumstances, which will require the physician to decide.

Phosphorus, sulphur, and other medicines, are useful in this disease, but the phenomena indicating these need not be detailed, as the physician's aid is sure to be sought.

[*Phosphorus* is the most important remedy for inflammation of the substance of the lungs, characterized by deep pain and difficult respiration.

*Tartar Emetic*, if the above does not relieve, and

* From the symptoms recorded in connection with Aconite, it will be seen that, where fever exists in connection with inflammation it is peculiarly suitable. But Bryonia is suited also to inflammatory fevers Aconite is suited where there is *dry heat, constant burning over the whole body.* Bryonia is suited where the *internal* heat is more developed than the *external.* Aconite is suited where there is much thirst: Bryonia also where there is violent thirst, and this for *cold liquids.* Aconite is suited where the heat is constant. Bryonia is suited where there are alternations of chill and heat, or when both exist simultaneously, the latter internally, the other perceptible externally.

an expectoration of bloody mucus commences, with great oppression, pain, and rattling in the chest.—*Ed.*]

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The lungs are covered by a *membrane*, which covers also the inner surface of the ribs.

This membrane, called the *pleura*, is subject to *inflammation*, known by the name of

PLEURISY.

The peculiar catching in the side, or violent stitching pains, on taking a full breath, and the intense pain, with an anxious state, are strikingly characteristic of this affection.

Here again *Aconite* and *Bryonia* are employed with success: and if followed up by the use of *Thuja*, much benefit will result, more particularly if there exists a feeling of something adhering within at the place where the pain was.

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The last disease to be noticed, in connection with the respiratory system, is

SPITTING OF BLOOD (HÆMOPTYSIS.)

Generally, before a discharge of blood from the lungs, occur heaviness and tightness in the chest, difficult breathing, palpitation of the heart, anxiety,

saltish or sweetish taste in the mouth, tickling in the fauces, and cough, bringing up blood.

*Aconite* is the best remedy : it subdues the general increased action very effectually.

*China* and *Pulsatilla* are the remedies most frequently useful after the hemorrhage. The selection may be deduced from the following table :

| *China.* | *Pulsatilla.* |
|---|---|
| Patient shivers. | Shiverings with general debility. |
| Patient has transitory heats. | |
| Short sweats. | |
| Inclined to lie down. | |
| Limbs tremulous. | |
| Sanguineous excitement lessened. | |
| Expectorates blood, more or less, every day. | Blood expectorated, deeply colored and in clots. |
| | Shootings in the chest, and an uneasiness in the lower part of the chest. |
| | Difficult breathing. |
| | Feet cold. |
| | Oppressed with grief. |
| | Inclined to tears. |
| | Women, whose menses are suppressed. |

I have very great confidence in the use of *Aconite* and *Arnica*, having seen such decided benefits from

their alternate use. I could relate upwards of a hundred cases of the successful use of these two remedies. Where the hæmoptysis results from a blow, they are specific.

When *China* is given, it should be given in the intervals between the hemorrhages.

Persons are so agitated when hemorrhage from the lungs takes place, that they, in their agitation, use means which often have a most decided injurious tendency.

The best thing is to give two globules of Aconite in a desert spoonful of water until the physician is called: and repeat these each time there is a sensation of warm bubbling in the chest.

[*Millefolium* is the most important remedy for bleeding from the lungs. — *Ed.*]

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[ASTHMA.

The prominent symptoms of Asthma are difficult respiration, causing a distressing sense of suffocation, and fulness with anxiety in the chest. It appears in paroxysms, and has been divided into *dry* and *humid Asthma.* The former is so called, from the absence or scanty amount of expectoration which characterizes the latter. This expectoration occurring in the humid asthma becomes generally profuse towards the termination of a paroxysm, and affords great relief. The attacks are usually preceded by languor, flatulency, oppression, heaviness over the eyes, with sickness, and restlessness. They frequently occur about

midnight, and render a recumbent position intolerable — while every exertion is made by the sufferer to expand and empty the lungs. In many instances, there is present from the first a dry hard cough, which after one or two hours, is followed by the expectoration of mucus sometimes tinged with blood. These attacks vary much in violence and duration.

*Ipecac.* and *Arsen.* are the remedies most to be relied on, to relieve the suffering during the paroxysm. The former is first to be given, and if followed by no alleviation, *Ars.* should be administered. *Acon.*, *Bell.*, *Cuprum*, *Nux vom.*, *Puls.*, *Sambucus*, *Sulph.*, *Dulc.*, are also resorted to.

*Ipecac.* is particularly indicated when the person is awakened from sleep by a sense of constriction in lungs, with rattling of mucus in throat, gasping, paleness of face, rigidity of the muscles, and cold extremities.

*Arsenic* is applicable when in addition to the above symptoms there is great debility and exhaustion, with cold perspiration, and a burning sensation in the chest.

*Aconite* is to be given when there is febrile action, as hot skin, frequent pulse, &c. with violent coughing.

*Belladonna*, when loss of consciousness attends the paroxysms, with flushed face, moaning respiration, and when turning the neck increases the feeling of suffocation. Also when convulsive movements are present.

*Cuprum* may be also given when the abdominal muscles are convulsed, while the muscles of the chest are free, and when the cough is spasmodic.

*Nux vom.* when the attacks happen after a meal or

in the morning, with aching pain in chest or abdomen, flatulence, palpitation of the heart, and if the disposition of the sufferer is passionate and irritable.

*Pulsatilla* for females and children, or persons of a sensitive, timid, nature, when much mucous rattling attends the difficult breathing, or when the cough is followed by copious expectoration of phlegm.

*Sambucus* should be given if the sense of suffocation is excessive, with wheezing respiration, rattling in the chest, general dry heat, livid hue of the face, and trembling, with aggravation of the symptoms when in an horizontal position. The train of symptoms indicating this remedy is more fully recorded under the head of "Asthma of Milla," (which see.)

*Dulcamara* is especially useful when the asthmatic attacks are brought on in consequence of exposure to cold, or when they occur during a damp cold state of the atmosphere. In all complaints directly attributable to cold, this remedy is regarded as a specific.

*Sulphur* is valuable in humid asthma, with pain in and discharge from the ears. Sometimes this latter symptom, accompanied by dyspnœa, follows an attack of scarlet fever. In chronic cases of asthma, *Sulph.* is of service, doses being administered at intervals of three or four days.

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### BRONCHITIS.

This affection is generally caused by exposure to cold. It is an inflammation of the inner membrane of the passages leading to the lungs, called "bron-

chial tubes." These tubes separate from the lower portion of the "windpipe," and ramify through each lung. The symptoms in many respects are not unlike croup, the latter being an inflammation of the lining membrane of the larynx, or windpipe, while the former is an inflammation of the same membrane continued after bifurcating from the main tube into the lungs. The same medicines are at the commencement, indicated in both diseases. "Bronchitis" appears in an acute and chronic form. The symptoms of the former are chilliness, hoarseness, difficulty of breathing, fever, violent cough, terminating in mucous expectoration, a loud wheezing sound attends the respiration.

*Aconite* is given for the attendant fever, and is to be principally relied upon in the first stages, and until the febrile action is subdued.

*Spergia* succeeds the *Aconite*, as in croup: especially when there is loud wheezing, with hollow, dry cough, and threatening suffocation. *Hepar* is also at times indicated after this medicine.

The same remarks will apply here as are given by our author under the head of croup, viz: that the disease is of too serious a nature, if not soon subdued, to be treated by a non-medical attendant.

The chronic form of this complaint may be consequent upon an acute attack; may arise from foreign substances irritating the lungs; or be the accompaniment of certain fevers. It may continue for many years, with occasional remissions. Old people are those most subject to it. During the winter and spring of our northern climate, exacerbations come on, the symptoms then, so closely resembling in gen-

eral, those of pulmonary consumption, that the most careful examination by the experienced is necessary to distinguish the one from the other.

Several remedies are indicated in the course of the disease, the principal of which are, *Phosphorus*, *Silicia*, *Calcarea*, *Stannum*, *Sulphur*, *Hepar*, *Lachesis*, *Arsenicum*, &c. For the choice, however, of other medicines, the reader is referred to the article "Cough." It would be difficult, if not impossible, to point out here, with sufficient distinction, the several symptoms, with their appropriate remedies, which may arise in the course of such a lingering complaint as chronic Bronchitis.

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### PULMONARY CONSUMPTION. (PHTHISIS.)

This complaint so frequent, and alas! so fatal, in our variable climate, is well known, after reaching a certain stage, to be incurable by any medical agent. In its incipient form, its progress may be arrested, and should recovery be beyond the reach of human skill, much may be done by homœopathy to mitigate symptoms, and smooth the sufferer's path to the grave. To the one upon whom rests in the absence of a medical attendant, the responsibility of administering to the sick in this disease, a word of caution may be necessary. No relief can be afforded except by a close examination of symptoms, and prudence in the administration of medicines. A too frequent repetition of a properly selected remedy will add to, rather than diminish, suffering. In the first stages

of phthisis, a single dose may be sufficient for several days. While improvement progresses in the group of symptoms for which any medicine is given, the repetition of a dose only serves to interrupt the restorative process which is going on. Too much care in this respect, cannot be exercised.

The particular indications for the selection of a remedy are the following :

*Aconite*, in threatening consumption, if there is a short cough, frequent signs of congestion in the lungs, expectoration of blood, general febrile action, and when there is a tendency to inflamed lungs.

*Calcarea* is one of the principal medicines when the expectoration is thick and prevalent, when the cough is violent, occurring more frequently in the evening. This medicine is more suitable for plethoric persons, subject to congestions of blood, to nose bleeding, &c., and for young girls whose menstruation is too frequent and too profuse. It follows advantageously the administration of *Sulphur*.

*China* may be given, especially if the individual has had frequent attacks of hemorrhage from the lungs, or is debilitated by any other kind of hemorrhage.

*Lycopodium* is an important remedy if a hectic cough is present, with purulent expectoration, resulting from a violent attack of lung fever.

*Phosphorus*, is very valuable both at the commencement of phthisis, and after it is confirmed, for meagre, slender persons, for children, and for young girls of a delicate constitution, with dry, short cough, short breathing, decided emaciation, with tendency to diarrhœa or perspiration.

*Stannum* may be given in the first stages of the complaint, when neglected colds seem likely to terminate in consumption. When there is pain and weakness in the chest, with obstructed respiration and difficult breathing in the evening.

*Sulphur* is very valuable in removing such symptoms as appear at first, and also in alleviating many which occur during the course of the disease. Cough, with profuse expectoration of thick whitish mucus, or of a greenish yellow color, and of fetid smell, with feverish symptoms, hoarseness, dyspnœa, rattling of mucus in chest, weakness of the chest, and a sensation of burning in the same. This medicine should be given in incipient phthisis at long intervals, of a week or more. — *Ed.*]

## CHAPTER VI.

### AFFECTIONS OF THE DIGESTIVE ORGANS.

The organs, which are engaged in the preparation of the articles taken for food, so as to produce the changes necessary in order to render them nutritive, are numerous, and are liable to diseased states.

These organs are the mouth, the teeth, the throat,

the gullet, the stomach, the duodenum, the small intestines and the large intestines, the cæcum, the colon, and the rectum.

The diseases may be classed —

1. Aphtha
2. Stomacace
3. Teething
4. Toothache and Tic Douloureux

} Of the Mouth.

5. Quinsy, affecting the throat.

6. Derangement of the Stomach, or Dyspepsia
7. Cardialgia, or Heartburn
8. Flatulence
9. Vomiting. 9*a*. Vomiting of blood.
10. Cramp.
11. Inflammation.

} of the Stomach.

12. Constipation
13. Diarrhœa
14. Cholera
15. Asiatic Cholera
16. Cholera Infantum
17. Colic
18. Inflammation
19. Hæmorrhoids
20. Dysentery
21. Worms

} of the Intestines.

22. Jaundice.

23. Liver Complaint.
24. Inflammation of liver.

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## *Diseases of the Mouth.*

The lips, the entrance to the mouth, and the mouth itself, are lined by a membrane.

This membrane becomes diseased; small, pale, grayish spots appear, and gradually enlarging, form round pustules, like millet seeds, filled with a sanious fluid: this being discharged, little scabs form and fall off, and are renewed and again fall off.

These appearances constitute the disease, called

### APHTHA, OR THRUSH.

The formation of these bodies is often attended with uneasiness, watchfulness, difficult breathing, breath fetid, voice hoarse and feeble, tongue dry and swollen, mouth and throat dry, hot, and red, exhaustion, and dulness of sense.

The white apthæ, affecting infants, are, in general, not dangerous, and are cured by *Borax:* a weak solution of Borax in water can be applied by a brush to the interior of the mouth.

Sometimes they become, in very bad constitutions, malignant: the choice of the remedy must be left to the physician.

In children of gross habits, *Mercurius vivus* is often useful.

*Sulphur* is useful when the whole interior of the mouth is covered with thick scabs, when the evacuations are frequent, greenish, with tenesmus, the body covered with a rash, and the thighs excoriated, with a vesicular eruption on the back.

To prevent this disease, and to aid its removal, cleanliness, good and simple food, cleansing the milk-bottle (if using one) before each suckling, and not allowing the infant to suck improper things, such as rags filled with pap, are essential.

In reference to cleanliness, washing the whole body is far more effectual than mere and frequent washing of the mouth.

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A second affection of the mouth, attacking adults more frequently, consists in the formation of ulcers on the gums, these becoming spongy and swollen, and often hot, and red. These ulcers discharge a bloody sanious matter, having an intolerable stench.

[A disease somewhat analogous to this has come under my observation. Among children, whole families, one after another, have suffered with it. The gums, inside of the cheeks, and tongue are swollen and ulcerated, while the edge of the tongue presents the same marks of the teeth as in salivation. The edges of the gums have the same spongy aspect, as after the effects of mercury. Sometimes these ulcers extend to the throat and epiglottis, and thus very much increase the suffering and danger. The odor from the mouth has the same peculiar offensive smell as that which arises from salivation. — *Ed.*]

The patient feels extremely weak and is feverish. This disease is

STOMACACE, OR BAD MOUTH.

In this affection, *Mercury* is the remedy, unless, as is often the case, the disease has been caused by Mercury. In such case, and also where the mouth bleeds much and smells very badly, *Carbo vegetabilis* is very useful. When swelling and inflammation preponderate over the ulceration, then *Nux vomica* can be employed, particularly with irritable, emaciated persons, who sit much in the house, and where affections of the digestive system manifest themselves prominently.

[In addition to the above remedies I would recommend the *Protiodide of mercury*, where the ordinary preparations of mercury do not succeed; and in the advanced stages, when the smell is very bad, *Nitric* or *Sulphuric Acid*, the first dilution of either, in drop doses. — *Ed.*]

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THE TEETH.

The teeth are thirty-two in number, sixteen in each jaw. They make their way in infancy through the gums, and the process, constituting this exit, is named

DENTITION, OR TEETHING.

This ought to be unattended with fever or with

pain. Frequently, however, fever and severe pain attend this process, and sometimes serious diseases are developed during the irritation of teething.

The progress of teething requires to be watched with care.

Should the gums be much swollen, be hot, red, and painful — should the child constantly drivel: put his fingers in his mouth; forcibly bite the nipple: or suddenly let go his hold, and be restless, *Aconite* will relieve.

Should the child be violent as if delirious, not to be pacified, and sleepless, *Coffœa;* but if the mother use coffee, *Chamomilla.*

Should dry cough, with panting and hurried respiration, be present, then *Belladonna.* Belladonna will be serviceable, whenever symptoms present themselves, indicating *cerebral* congestion.

Belladonna and chamomilla, as well as coffæa, are serviceable when *convulsions* occur.

Chamomilla is eligible, when the symptoms indicate affections of the abdominal organs, such as gripings, diarrhœa, and greenish evacuations.

When the diarrhœa is watery, *Mercurius* is useful. Constipation, when attendant, is relieved by *Nux vomica.*

When convulsions occur, and have resisted the action of belladonna and chamomilla, *Ignatia* may be administered, one dose every quarter or half hour.

When the teeth are delayed in their appearance, a constitutional condition, opposed to health, is indicated: and for this the best remedies, as experience has convinced me, are *Calcarea* and *Belladonna,* used alternately.

## TOOTHACHE.

Hollow teeth are peculiarly subject to this affection. Taking cold is generally stated as the cause.

The symptoms of toothache vary much: the tabular view, on pp. 116, 117, will serve to help in the selection of the appropriate remedy.

These tables will show that *Mercurius* and *Sulphur* are the two medicines, most extensively curative of toothache. Mercury, it should be remembered, being so injuriously prescribed by so many practitioners, is the cause of numerous toothaches. It should therefore be always ascertained whether the patient has or has not been mercurialized previously to prescribing *Mercurius*.

Next to sulphur stands *Nux vomica:* and next to Nux vomica, *Pulsatilla:* next to it, *Staphysagria:* then *Belladonna*, *Bryonia*, *Chamomilla*, and *Rhus toxicodendron*.

Persons, liable to toothache, should abstain from *coffee:* toothache being one of the effects of *coffee*.

The insertion of a globule of the selected remedy on the tongue is a most effectual method of cure: sometimes smelling the medicine will be enough.

Often the pain is increased at first, a homœopathic aggravation: the patient should wait patiently, and, in a short time, the desired relief will be obtained. If the pain should return then use the same remedy, but if new symptoms rise, then employ a new remedy.

The phrase "do" in the adjoined tabular view, implies that the characteristic in the first column belongs to the medicine in the column in which the "do" is under the name.

———

| | *Aconite.* | *Anthimonium Crud.* | *Arnica.* | *Arsenicum.* | *Belladonna.* | *Bryonia.* | *Calcarea.* | *Carbo vegetabilis.* | *Chamomilla.* | *China.* | *Cuprea.* | *Hyoscyamus.* | *Ignatia.* | *Mercurius.* | *Nux vomica.* | *Phosphorus.* | *Pulsatilla.* | *Rhus.* | *Silicea.* | *Sulphur.* | *Hepar Sulphuris.* |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Pains *passing* into the jawbones and face | | | | | | | | | | | | do | | | | | | | | | |
| the cheeks | | | | do | do | do | | | | | | | | | | | | | do | | |
| the ears | | | | do | do | do | | | do | | | | | do | | | do | do | do | do | do |
| the eyes | | | | | | | | | | | | | | | | | do | | | | |
| the head | | do | | do | | do | | | do | | | do | | do | | | do | do | do | do | do |
| Pains in *hollow* teeth particularly | | | do | | | | | do | do | do | do | | do | do | do | do | do | do | do | do | do |
| the *whole row* of teeth | | | | | | | | | do | do | | | do | do | do | do | do | do | do | do | do |
| with swollen cheeks | | | | do | do | do | do | | | | | | | | | | | | | | |
| the teeth feel loose | | | | | | | | | do | do | do | | do | do | do | do | do | do | do | do | do |
| too long | | | | do | do | do | | | | | | | | | | | | | | | |
| gums swollen | | o | | | | | | | do | do | do | | do | do | do | do | do | do | do | do | do |
| Pains worse *when* eating | | | | do | do | do | do | do | | | | | | | | | | | | | |
| *after* eating | | | do | | | | | | do | do | do | | do | do | do | do | do | do | do | do | do |
| when rubbed | | | | do | do | do | do | do | | | | | | | | | | | | | |
| with tongue | | | | | | | | | do | do | do | | do | do | do | do | do | do | do | do | do |
| Worse in the open air | | | | | do | | | | | | | | | | | | | | | | |
| the wind | | | | | | | | | do | do | do | | do | do | do | do | do | do | do | do | do |
| from a draught of air | | | | | | | do | do | | | | | | | | | | | | | |
| Better in the open air | | | | | | do | | | | | | | | | | | | | | | |
| Worse from warmth | | do | | | do | do | | | do | do | do | | do | do | do | do | do | do | do | do | do |
| warm liquids | | | | | | | do | do | | | | | | | | | | | | | |
| warm food | | | | | | do | | | do | do | do | | do | do | do | do | do | do | do | do | do |
| in a warm room | | | | | | | | | | | | | | | | | | | | | |
| by warmth of bed | | | | | | | | | | | | | | | | | | | | | |

| | *Aconite.* | *Antimonium Crud.* | *Arnica.* | *Arsenicum.* | *Belladonna.* | *Bryonia.* | *Calcarea.* | *Carbo vegetabilis.* | *Chamomilla.* | *China.* | *Coffea.* | *Hyoscyamus.* | *Ignatia.* | *Mercurius.* | *Nux vomica.* | *Phosphorus.* | *Pulsatilla.* | *Rhus.* | *Silicea.* | *Staphisagria.* | *Sulphur.* | *Hepar Sulphuris.* |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| BETTER by warmth | | | | do | | | | | | | | | | | | | | | | | | |
| WORSE from coldness | | do | | do | do | do | | | | | | | | do | do | | do | | | | do | |
| cold air | | | | | do | do | do | | | do | | do | | do | do | do | do | | | | do | |
| cold water | | | | | | | do | | | | | | | | | | | | | | | |
| cold drink | | | | | | | | | do | | | | | | | | | | | | | |
| washing in cold water | | | | | | | | | | | | | | | | | | | | | | |
| drawing cold air into the mouth | | | | | do | do | do | | | | | | | do | do | | do | do | | | | |
| BETTER by applying a cold hand | | | | | | | | | | | | | | | | | do | | | | | |
| cold air | | | | | | | | | | | | | | | | | | | | | | |
| cold water in an instant | | | | | | do | | | | | | | | | | | | | | | | |
| by dipping the fingers in cold water | | | | | | | | | | | | | | | | | | | | | | |
| WORSE in the morning | | | | | | | | do | | | | | do | do | do | do | do | do | | | | do |
| in the forenoon | | | | | | | | | | | | | | | | | | | | | | |
| at night | | | | | | | | do | | do | | | | | do | do | do | | | | | |
| in the afternoon | | | | | | | | | | | | | | | | do | | | | | | |
| towards evening | | | | | | | do | | | | | | | | | | do | | | | | |
| in the evening | | | | | | | | | | | | | do | | | do | do | do | | | | |
| Pains when caused by a cold | | do | | | do | | | | do | | do | | do | do | | | | | | | | |
| Toothache with children | | | | | | | | | | | | | | | | | | | | | | |
| men | | do | | | | | | | | | | | | | | | | | | | | |
| women | | | | | | do | | | | | do | | | | | | | | | | | |
| before, during, and after menstruation | | | | | | | do | | | | | | | | do | | | | | | | |
| during pregnancy | | | | | | | | | | | | | | | | | | | | | | |

The best means to prevent toothache is to take care of the teeth by cleaning them with water and a brush after each meal. As a general rule, the use of toothpowders is unnecessary, when the teeth have been preserved by the means just stated. But if a toothpowder be used, no medicated or scented toothpowder should be used while taking homœopathic medicine.

The use of a toothpick is to be avoided. The teeth are injured by this practice.

Opium should never be taken. The pains are always increased. Creosote, another common remedy, should never be used unless under medical superintendence.

Sometimes toothache assumes a chronic character: and then means, acting upon the general constitution, must be employed.

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[TIC DOULOUREUX.

The nerves of the face in this disease are very sensitive, and the pain is more excruciating than any other to which we are liable. The paroxysms are sudden and often repeated, with intervals of perfect ease. The patient often feels as if a red hot needle was piercing through the part, which distinguishes it from toothache. There is no swelling.

Treatment. — *Aconite* sometimes is necessary at first, if there should be heat.

*Belladonna*, if the pain is excited by touching the part, twitches in the eye-lids, convulsive jerks of the muscles of the face, with occasional flush.

*Causticum*, if the jaws should be stiff and noise in the ears.

*Mezereum*, when the pains extend into the eye, temple, ear, neck, and teeth, when coming into the air.

*Lycopodium*, when the right side of the face is principally the seat of pain, and there is a sensation of coldness, and the symptoms are worse at night.

*Mercurius*, if the entire one side of the head from the temples to the teeth are affected, more particularly at night after getting warm in bed, particularly if there is a predisposition to a flow of tears and saliva.

*Conium*, if the pains come on at night, and are of a shooting character.

*Colocynth*, if the pains are of a shooting character, and occupy the left side of the face, and are aggravated by the touch.

*Nux vomica*, if the pains are tearing and drawing pains, with aggravation from mental labor.

*Phosphorus*, if moving the muscles of the face aggravates the pain ; if the pain is on the left side ; if there is humming in the ears ; and a bloated appearance of the countenance.

*Platina*, if there is coldness and torpor, with a tendency to flow of tears, and renewal of pain during repose.

*Spigelia*, if there is violent pain in the cheek bones, which will not bear the slightest pressure, or with sense of anguish of heart.

*Staphysagria*, if the pain extends from the teeth into the eye, with coldness of the hands and cold perspiration on the face.

*Kalmia latifolia* has been very successful in some forms of Tic Douloureux, more especially

where the right side of the face is chiefly or entirely affected by pain between the eye and nose in the afternoon ; " stinging in the bones of the jaws, stitches in the eyes." — *Ed.*]

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### THE THROAT.

The throat may be regarded as a continuation of the mouth.

There is a division, called *the hanging veil of the palate* (velum pendulum palati,) between the mouth and the part behind, called the *fauces.* From the centre of this hanging veil a little fleshy body hangs, called the *Uvula;* and between the fleshy pillars, forming the side of this fleshy veil, are glandular bodies, called the *tonsils.*

Opening into the fauces is the *gullet*, the fleshy tube, which conveys the food into the stomach : the upper part of this tube, connected with the fauces, being called the *pharynx.*

These parts become affected frequently with inflammation. They become red, swell, and produce a powerful effect upon the constitution, constituting a disease, called

### THE QUINSY, OR SORE THROAT.

According to the symptoms, the remedies for this affection must be chosen; remembering that a liability to attacks of sore throat is dependent upon constitutional conditions, requiring a well directed and long persevered in course of treatment.

An examination of the following sentences will guide in the selection.

*Belladonna* may be given, should there be burning or shooting pains, while swallowing, or pain as if from *excoriation*, with a sensation as from a *ligature* round the throat, bright redness of the whole throat, with thirst and salivation. External swelling of the muscles of the throat, and of the glands of the neck. Inability, at times, to drink, the *liquid returning through the nose.* Fever, sometimes attended with delirium, pain in speaking and hoarseness.

*Chamomilla*, if there is a sensation as of a *plug* in the throat, with *obstruction* in swallowing, the latter sensation produced by bending the neck. — Thirst, with great dryness of the throat, deep redness of the same. Swelling of the glands of the lower jaw, with throbbing pain. Fever, with alternations of heat and cold, worse towards evening. If the above symptoms are caused by exposure to cold or a cold current of air while in a state of perspiration. *Cham.* answers best for children, the majority of symptoms corresponding.

*Ignatia*, if a sensation as of a ball or *hard tumor in throat* when swallowing, or if a *wound* is felt. Stitches in upper part of throat. Swollen, inflamed, ulcerated tonsils. Greater difficulty in swallowing liquids than solids. If fever is superadded, and heat alternating with cold chills.

*Mercurius*, if there is a sense of contraction with burning in throat, and shooting, stinging pains extending into the ears, with bright redness of the throat. Tonsils swollen and inflamed. The *gums and back part of tongue* also *swollen.* Mouth filled

with *viscid, tenacious mucus.* Offensive breath, ulcers in the throat. Throbbing in tonsils while swallowing, and fever, with alternations of heat and cold.

*Nux vomica,* when there are pressing pains in throat, particularly when swallowing. When there is a rawness and soreness, or scraping and itching in the throat, causing a desire to press the tongue back. When the sore throat results from a cold, and cold air produces pain.

*Pulsatilla,* when there are *cutting* pains in throat, with rawness and soreness, and a *bluish-red* appearance. When the mouth is dry, but without thirst. Glands of the neck swollen, and tender to the touch. Pain in swallowing the saliva. Sense of diffused coldness, increased towards night, and succeeded by heat. When the above symptoms occur more particularly in the evening.

[When the lining membrane is inflamed, rough, and discharges a thick mucus, give *Protiodide of Mercury.** — *Ed.*]

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## *The Stomach.*

The stomach, performing very important duties in the process of digestion, its affections become of very considerable moment.

It should be remembered that the stomach is situ-

* See Editor's chemical remarks on "Mercurius Iodatus," in 2d Vol. "Symptom Codex," p. 233.

ated under the ribs on the left side of the body, in the upper part of the abdominal cavity, extending across to the right side, passing behind the triangular part, formed below the end of the breastbone and the margin of the ribs, called the *pit of the stomach.**

The first affection to be noticed is

## DERANGEMENT OF STOMACH,

sometimes called

## DYSPEPSIA, OR INDIGESTION.

The term Dyspepsia covers a multitude of disordered states: hides a multitude of professional sins: forms a most successful opportunity and means for medical pillaging; and, when the sufferer is tired of physic, of being pillaged, both as to purse and his remaining health, it affords an excuse to the disappointed patient for leaving the diseased state to progress without disturbance on his part, till permanent organic mischief is produced; the excuse being based on the idea, deduced from the past want of success, that *there is no cure.*

Dyspeptics should ever remember, that *diseases almost always progress,* when *unaided:* true, many dyspectic patients get well when they "throw physic to the dogs;" but then, they had not dyspepsia, they

* For a full description of the stomach and its uses, and also of the other organs of digestion, see "Constipation Curable." Second edition. By John Epps, M. D.

had *physicpepsia:* and, desisting from physic, the affection, caused by physic, ceases: and the previous state, now *minus* physic, is found to the patient's astonishment, to be HEALTH.

The stomach, however, is often in a diseased state; and, when in this state, certain symptoms present themselves, to which the pathogenetic effects of certain medicines correspond. These effects of medicines may be enumerated, and thence may be deduced the kinds of derangement, curable by each medicine. *Nux vomica*, *Pulsatilla*, *Bryonia*, and *Chamomilla*, are the principal remedies; the symptoms, suited to each of them, are recorded.

*Ipecacuanha* is useful when there is much *nausea and vomiting*. *Ignatia* often follows *Pulsatilla* with effect.

Sulphur must always be employed, where, after the use of the previous medicines, the disease remains, more particularly if there are eruptions.

When tea has been the cause of dyspepsia, then *China* is a valuable remedy.

*Nux vomica* is beneficial when there is a foul, dry and white or yellowish tongue, with thirst, bitter taste in mouth, heartburn, acidity, flatulence, water-brash, hiccough, nausea in the open air, fulness at the pit and sides of the stomach, tenderness of the pit of the stomach to touch, making the pressure of clothing uncomfortable, cramps in the stomach, and constipation. When there is pain in top of head with tendency to fall forwards, or shooting and throbbing pain on left side of forehead, often over left eye, or a pain in head as if fractured, or as though a nail were forced into the head, resembling the headache

arising from excess of wine; when pain in head occurs after a meal or after intellectual labor, with a yellowness of face and eyes, and a mist or sparkling spots before the eyes, with giddiness. When the disposition is passionate. *Nux vom.* is more suitable for men generally.

*Pulsatilla*, when the symptoms are similar to the preceding, but with *diarrhœa* instead of constipation, *a want* of thirst instead of thirst, *pain* rather than fulness in stomach. When the person is timid and phlegmatic rather than quick and passionate; and it is more suitable for women and children than for men. Aversion to fat food is also indicative of *Puls.*

*Bryonia*, when superadded to the symptoms indicating this remedy under article "Headache," (which see) there is giddiness, flatulence, hiccough, acidity, water-brash, great thirst, dry tongue, pain and tenderness in region of stomach, with *burning* at the pit of stomach, especially on moving, attended with chilliness, strong aversion to food, constipation, and obstinate temper. When the symptoms are aggravated in warm or damp weather, and by motion.

*Chamomilla*, when there is acidity, flatulence, regurgitation of food, *excessive* thirst, desire for cold drinks, dry and *cracked* tongue, or with thick yellow coating, obscure eyesight, yellow tint of the eyes, one cheek being pale while the other is red; shooting pains in temples, and in head chiefly on one side: the pains more severe during sleep: nausea, or vomiting of food, fulness and pain at the pit of stomach, chiefly after eating, and a sensation of sinking in the same region. Oppressive pain in the region of the heart. A burning sensation at the

pit of the stomach, especially when there is reason to suppose this last symptom to be the result of coffee. Generally, relaxation of bowels.

From the symptoms detailed in the preceding paragraphs, it will be seen that HEARTBURN, FLATULENCE, NAUSEA, VOMITING, and CRAMP IN THE STOMACH, are removable by most of the medicines: the choice depends on the accompanying symptoms.

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The following general remarks, in reference to each of these diseased states, may be useful.

### CARDIALGIA, OR HEARTBURN.

When it occurs in children and sensitive persons, and appears not complicated with other diseased affections, but is attended with a swollen, painful condition of the region of the stomach and of the lower belly, with frequent acid and disagreeable risings of the food, with little or no flatulence; with palpitation of the heart, anxiety, tightness across the chest, difficult breathing, and pains in the head, with a tendency to faint, then the treatment is easy.

Young children manifest this affection by bending their legs on the body, by short breath, agitation, and restlessness.

*Chamomilla* is the principal remedy; and if this is not successful, medical aid must be sought.

[Sulphuric or Nitric Acid, first dilution, or higher, if deemed best, is homœopathic to heartburn or sour

stomach, and has always been more successful in my practice than any other class of remedies, in producing a radical cure. In adults it may be preceded by *Nux vomica*, if high living has been the cause. *Carbo veget.* if there is much flatulence, with acid stomach. — *Ed.*]

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A second affection of the stomach and of the bowels, very common, is

### FLATULENCE.

Flatulence is dependent in numerous cases upon general causes; such as food of bad quality or excessive quantity; unsuitable drinks; and then immediate relief can be afforded.

When, from the wind, the lower intestines are affected with pains and a sense of tightness, the tightness being felt also under the false ribs, the wind not effecting its escape, *China* is very serviceable.

When constipation exists, as will be seen from the table, and the sufferer is of a lively temperament, *Nux vomica* is useful.

When flatulence follows the use of rich food, and when it occurs in women of a mild and gentle disposition, *Pulsatilla* is an appropriate remedy.

A more active remedy is *Cocculus:* it is useful when, in addition to the sense of tightness and contraction in the lower belly, *similar feelings exist in the genital organs:* also when there is a swelling at the pit of the stomach; uneasiness at the stomach:

gripings, twitchings, anxiety, and pressure under the cartilages of the ribs, not diminished by the discharge of wind, but relieved by the expulsion of the offending matters.

[*Carbo veget.* if indicated as in the preceding article. — *Ed.*]

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A third affection, in which the stomach is intimately concerned, is *Vomiting*.

VOMITING.

This, when from excess of food, should be aided by warm water, drank plentifully.

Should aversion to food, nausea, and heavings of the stomach continue after full vomiting, the tongue being *furred*, then *Antimonium crudum* is useful; but if the tongue is *clean*, *Ipecacuanha*.

When vomiting is caused by food that is fat, *Pulsatilla* is the remedy.

When vomiting has been preceded by a fit of passion, and is attended with a bitter taste, bilious, and bitter risings, the matter ejected being green, bilious, and producing a grating sensation in the throat: with fulness, and pressing pain at the pit of the stomach: general languor: total loss of the appetite: anxiety: thirst: giddiness, and semilateral pains in the head, then *Chamomilla* must be used.

Add to these symptoms, the continuance of the passion and a sensation of coldness, then *Bryonia* is to be employed.

When children, who have pains in the belly, frequent nausea, excess of saliva, with a vapid taste, pale complexion, discolored lips, with general coldness and debility, then *Valeriana* is the best temporary remedy; permanent relief being obtained by the use of those means which expel the worms, the cause of these symptoms.

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### VOMITING OF BLOOD. (HÆMATEMESIS.)

This disease is often dangerous, not so much from the mere vomiting of blood, as from the circumstance, that it is a result of long continued disease of the stomach or of the liver: sometimes of one, sometimes of the other, sometimes of both.

The severity* of the malady will cause the advice of the physician to be obtained; but it may be advisable, if there is great exhaustion, the countenance pale, the nausea excessive, to give at once and after each recurrence of vomiting two globules of *Arsenicum:* if relief does not follow the second dose, the same dose of *Ipecacuanha*, but if with the discharge of blood the patient complains of a BRUISED FEELING IN HIS LIMBS, then *Arnica* is to be preferred.

[*Aconite* and *Pulsatilla* are effectual remedies. — *Ed.*]

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* A case of this disease and its attendant difficulties I published in the Lancet, 1844, this case being treated homœopathically.

A fourth affection of the stomach, with which the bowels sympathize is that designated

CRAMP OF THE STOMACH.

This cramp of the stomach presents itself in very numerous forms, being attended with constriction, pressure, pinching, tearing pains at the pit of the stomach; with a feeling as though the clothes compressed the body at the pit of the stomach; a feeling as of accumulated wind in left side, under the ribs: pain extending to the back and the left side: strong pressure at the back as from a hard substance: hot, cramp-like feeling, extending to gullet, with a sense of suffocation: increased saliva, fainting, and oftentimes vomiting.

When these symptoms are present, and where coffee has been much used, then *Nux vomica* is the remedy.

Where, in addition, the lower belly is swelled with wind, where constipation exists, semilateral headaches, pressive pains in the forehead, *Nux vomica* is useful.

As a proof that coffee often causes this cramp, the fact is interesting, that coffee taken augments all these symptoms.

When Nux vomica does not relieve, *Cocculus* often will, especially where constipation, pain at the lower belly, relieved by a discharge of wind, and a fretful, self-absorbed, sombre disposition, attend.

When the cramps are connected with *nausea and vomiting*, and severe darting pains at the pit of the stomach, then *Ipecacuanha* will cure.

When the nervous system is very excitable, so that the slightest circumstance annoys the patient, then *Chamomilla* is useful.

[*Pulsatilla* and *Ignatia* are also useful, if it occurs in females.

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INFLAMMATION OF THE STOMACH, (GASTRITIS.)

This severe affection consists of inflammation confined to the inner coat of the stomach, and is induced principally by irritating substances which have been swallowed. Cold water drank while the system is in a heated state is one of its most frequent causes. It has been known, however, to result from external contusions, and from a sudden transfer of inflammation from other portions of the body. Emetics have produced this inflammation. It is characterized by constant and severe pain in the stomach, with a sensation of heat and fulness, great distress, with cold extremities, excessive weakness, spasms, and vomiting of every thing taken into the stomach.

*Aconite* is to be first given in this case, as in most others, when there exists much general febrile action, (see note on fever in first part of volume) and if cold water has been previously taken, while the person was overheated.

*Bryonia* is often suitable after Acon., when the above cause has brought on the inflammation.

*Ipecac.* should be given if vomiting predominates, and there is distension of stomach, violent pain, great anxiety, and laborious respiration.

*Nux vomica* is useful when an evident transfer

(metastasis) of inflammation has taken place, from some other part or organ, or when an abuse of alcoholic drinks has induced this affection. In the latter case, it is advantageously alternated with *Arsen.* if insufficient alone.

*Arsenic* is also to be alternated with *Acon.* in some instances, especially when with considerable fever there is united the characteristic indications of Arsen. viz.: excessive prostration of strength, with a sensation of burning; small, feeble pulse; restlessness; cold extremities. The alternation may be made when the sufferings have been produced by drinking iced water.

*Hyoscyamus* may be given when with evidences of the local inflammation, there exists cerebral disturbance, as loss of consciousness, or stupidity, incoherent talking, confusion of ideas, convulsive movements, or when there are dropsical affections.

*Pulsatilla*, if from suddenly suppressed menstruation a more light form of gastritis should appear — as is sometimes the case — or if the severer symptoms have arisen from cold water, or ice in the stomach, and *Ipec.* or *Ars.* has been unsuccessfully given.

*Veratrum*, is indicated by the same group of symptoms for which Arsenic is suitable, and if the latter should not benefit, Veratrum should be given.

It is, perhaps, needless to add that nothing but the unavoidable absence of a physician will justify domestic treatment in this disease. — *Ed.*]

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## *The Bowels.*

The first affection of the bowels is that, in which

the bowels do not perform their duty; but require longer intervals than usual to expel their contents.

This affection is called *Constipation.*

## CONSTIPATION.*

Constipation is generally an effect of disease: not of want of power in the intestines: not sluggishness, but the effect of the vital power being occupied in developing disease in some other part of the system.

When constipation occurs, both associated and unassociated with any chronic diseases, (very rarely indeed does the latter occur,) the following enumeration of symptoms will be of use in selecting the appropriate remedy; ever remembering, that *without exercise*, and without proper food, there is no remedy for constipation. The bowels may be *forced*, but they will not *act;* they may be *emptied*, but they will not empty themselves.

When newly-born infants are troubled with constipation, the food they receive is generally the cause. If a change of food does not relieve, then employ *Nux vomica*, if the child be active, noisy, lively; *Pulsatilla*, if the child be mild and placid; if there are acid risings, burning heat in the pharynx, gripings, livid complexion, debility, and shiverings.

These remarks apply to children as well as infants.

In *women* mild and placid, where constipation is

* For some views on the origin, the nature, and the cure of constipation, the reader is referred to a treatise, entitled "Constipation Curable," by John Epps, M. D.

attended with chilliness, thirst absent, tendency to shed tears, melancholia, *Pulsatilla* is useful.

*Ignatia* is suitable to gentle, amiable, lively persons; variable, sometimes lively, sometimes depressed.

When persons are not relieved of their constipation by the use of homœopathic medicine, in the first few days after exhibition, such inactivity indicates, that the EFFECTS of the *medicines*, previously taken to *force* the bowels, have not been overcome: it does not prove, that the homœopathic medicines are inefficacious. If relief is not obtained by the fourth day, I generally recommend the use of three quarters of a pint of warm water by injection.

In constipation generally the following remedies are useful.

*Bryonia*, if the temper is much affected by the constipated state of the bowels, and there is a flow of blood to the head, with giddiness and headache; when there is a sense of pressure felt from without inwards at the temples; and, on stooping, the brain feels as if forcing itself through the temples. If constipation affects persons easily chilled, and occurs in warm weather.

*Nux vomica*, if the patient is of an ardent, hasty disposition, and inclined to anger; face full of blood. If there is headache on walking, or in lowering the head, and the pain is in the forehead, with giddiness, loss of appetite; thirst; tongue loaded with mucus; lancinating, pressing pains in lower belly; a feeling of constriction at anus; hemorrhoids; disturbed sleep; pressure felt at the temples; not relieved by sitting up or lying down.

*Opium*, if the person affected is devoid of energy, with a torpid, weak, and nervous system; loss of appetite, and thirst; dryness in the mouth; throbbings in the lower belly; pressure at the stomach; desire to evacuate the bowels, with a sensation as if the passage were closed.

*Nux vomica* is useful in constipation from excess of food; Nux vomica, Bryonia, Ignatia, and Opium are useful in the constipation of pregnant women, alternating, beginning with Nux vomica.

Constipation, not giving way to these means, requires the advice of the physician.

Let it ever be remembered, PURGING *is* POISONING.

An intestinal affection, regarded as the opposite of constipation, is that called

## DIARRHŒA.

When the bowels act more frequently than natural, and when the evacuations have less solid character than natural, this is named *diarrhœa*, or looseness.

The nature of the evacuated matter differs very much; and so do the attendant symptoms.

*Chamomilla* is suitable when diarrhœa is produced by cold or by passion; when the motions are watery, or mucous, with the odor of rotten eggs; when pain in bowels is violent, tearing, and incessant, obliging one to writhe, turn over, and run about; when there is a feeling as if the belly was hollow, or a constant movement, as of a ball rolling from side to side; nausea or vomiting; eyes encircled with a bluish ring.

*China*, when the diarrhœa is produced by cold liquids, or by cold; when clear, and without admix-

ture of fæcal matter, or containing portions of undigested food, of sour smell; when the pain is preceded by violent colic, and there are pressive pains in the bowels; when there is weakness in the bowels and much noise; and when diarrhœa occurs immediately after partaking of food.

*Dulcamara*, when diarrhœa follows an exposure to cold, especially after becoming wet, and is watery, or slimy and yellow; when there is pain in the region of the navel, none lower; when there is nausea, or vomiting occurring at night. Suitable for infants when teething.

*Mercury*, when there is a tearing, cutting pain in lower abdomen, which feels cold, and a pinching pain in the pit of the stomach; when the diarrhœa is caused by cold from the night air, is watery and profuse, or green, sometimes tinged with blood; painful straining, called tenesmus, before, during, and after an evacuation; a feeling of relaxation, as though a motion would take place; rumblings in bowels; nausea; shivering, with weakness and tendency to faint.

*Pulsatilla*, when the diarrhœa results from errors in diet, and is frequent; when there are risings in the mouth as of rotten eggs; colic; urgent desire and frequent evacuations; fulness of lower abdomen, with rumblings; nausea; hiccough; vomiting.

*Sulphur*, when the patient is troubled with cutaneous eruptions; when the diarrhœa is acrid, excoriating the anus and surrounding parts, and causing an eruption; when there is gradual emaciation, and consumption at its last stage.

Another disease of the intestines, approaching in some features to diarrhœa, is

CHOLERA.

This disease occurs most frequently in the summer: is referred, generally, to the fruits eaten, but is more justly referrible to the heat of the atmosphere deranging the liver, and thereby modifying the secretion of the bile.

Before an attack of cholera, many symptoms, called *bilious*, generally appear: inactivity: heaviness: jaundiced complexion: tongue covered with a yellow mucus: bitter taste: dislike to food: bitter risings: fulness at the pit of the stomach, with pressure and cramps: urine deposits a reddish sediment, and smells offensively, and is passed with pain.

*Chamomilla* will remove these symptoms.

If these symptoms are neglected, the patient vomits first his food, and then a watery bilious fluid; violent diarrhœa takes place, the secretions being at first fetid, afterwards watery and bilious. These symptoms neglected, or improperly treated, the pulse sinks: spasms in different parts of the body appear: tenesmus, cold perspirations, and even syncope.

*Ipecacuanha* is to be used when the vomitings and the diarrhœa are established.

If cold sweats appear, and the vomitings and the purgings do not abate under the use of ipecacuanha, *Veratrum* must be employed.

If there is insatiable thirst: pulse scarcely perceptible: excessive prostration of strength: almost constant purging, the matter tinged with blood, then *Arsenic* must be employed.

The medicines in this disease must be *frequently repeated.*

*Chamomilla* is particularly useful when passion causes the attack.

[*Antimony Tart.* If the patient continues to vomit and purge, after the above means have been used, and there is great exhaustion, manifested by a cold perspiration, leaden and shrivelled appearance of the skin, hoarseness and hypocratic countenance, Antimony, the 1st trituration, the size of a pea dissolved in a wineglass full of water, and given in teaspoonful doses every quarter, half, or one hour.

*Camphor,* also, under similar circumstances to the above, or when the exhaustion comes on very soon and without protracted vomiting and purging.

## ASIATIC CHOLERA.

This disease, differing in many particulars from the preceding, is characterized by the white appearance of the fluid ejected in vomiting and purging, by cramps, and scanty urine, by the great coldness of the surface, the lividity of the skin, by its rapid progress and frequently fatal termination. The lamentable uncertainty and want of success in the treatment of this singular epidemic by the ordinary allopathic method, and its comparatively easy control by "infinitesimal doses" present a striking contrast, and is a convincing proof, were there no other, of the truth of the Homœopathic principle of cure.

In general, the premonitory symptom is diarrhœa, which, if neglected or improperly treated, will soon terminate in fully-developed cholera.

The principal remedies are Camphor, Phosphorus, Phosphoric Acid, Ipecac., Cuprum, Veratrum, and Arsenic.

*Camphor*, in consequence of its short duration of effect, is the only medicine given in an undiluted state. The preparation used by Hahnemann was a solution of one ounce of pure gum Camphor in twelve ounces of strong alcohol. In a decided attack of cholera, *one drop* of this tincture in a spoonful of water should be taken every five minutes, at intervals, lengthening as the symptoms subside. If the disease does not yield in two hours, the Camphor should be discontinued, and one of the following remedies given, as the symptoms indicate.

*Veratrum* is in most cases indicated after the unsuccessful use of Camphor. It approaches more nearly the character of a specific than any other medicine. It should be given when the vomiting and purging is confirmed and frequent, with yellow coating upon the tongue, diarrhœa painful.

*Phosphoric acid* should be given for the diarrhœa, after Camphor, if the evacuations are of a yellow color and painless, the tongue covered with an adhesive viscid coating, and cramps in the arms and hands.

*Phosphorus*, if the tongue is coated with a white or a brown covering, and griping pains or nausea attend the diarrhœa.

*Ipecac.* if vomiting is the first and principal symptom.

*Cuprum*, if spasms predominate with diminished secretion of urine.

*Arsenicum*, if a sensation of burning heat is com-

plained of in the stomach or abdomen, with excessive thirst and extreme uneasiness.

There are different forms of this disease, and when developed, or if complicated, no one but a medical person can treat it properly. Camphor and Veratrum, however, have in a great number of instances, proved sufficient to cure.

Two of the above medicines are given with much confidence as prophylactics, or preventives of cholera, viz., Veratrum and Cuprum. Two or three globules of each taken alternately every 3d day, is reported to have preserved all persons who have adopted this precautionary measure. There are many predisposing causes, however, which should be avoided, such as great exposure to cold and dampness, depressing emotions, artificial stimulants, intemperance in eating and drinking, raw vegetables and fruit, close confinement in crowded or ill-ventilated rooms, fasting, when there is an appetite, and eating when there is none.

Much motion while the diarrhœa exists, must be avoided. If possible, the person should be confined to one room, if not to the bed. Warm applications may be made to the surface of body and to the feet, and constant hard friction be used, particularly if there is coldness, pulselessness, (collapse.) Cold water is the best drink, in small quantities at a time. When free perspiration occurs after a severe attack, the danger is usually over. During convalescence, much caution should be exercised with regard to the indulgence of the appetite. — *Ed.*]

Another disease of the intestines is that, well known under the name of

COLIC OR GRIPES.

This is a disease which affects the larger intestines.

Sometimes it is produced by *lead*, and then it is called *painter's colic.*

Colic consists essentially, of tearing, pulling, racking pains, unattended with inflammation, passing through the interior of the belly from *above downwards*, being seated principally above the navel: the pain is attended oftentimes with swelling of the lower part of the belly.

In children the disease is manifested after a copious discharge of urine, by considerable agitation, crying, sudden screaming, twistings during sleep: the legs are bent upon the body: and by an inability to suck during the attack.

When, in addition to these general symptoms, and those mentioned under diarrhœa in connection with chamomilla, the eyes are distorted, the saliva is accumulated in the mouth, and there is diarrhœa, with green, watery, mixed with mucous, evacuations, then *Chamomilla* is the remedy: in very mild dispositions, *Pulsatilla.*

When, in addition to the general symptoms, the following symptoms occur, *Nux vomica* is indicated, namely, hardened fæces, constipation: weight in the lower part of the belly.

Pain, as if the intestines are squeezed in different directions: pain, as in the belly upon pressure: and

coldness of the extremities at the time when the affection is most violent.

*Nux vomica* is the best remedy for *windy colic*, which is attended by a feeling, when the wind is about to escape of a sharp cutting instrument making its way to the bladder, rectum, and the parts of the lower part of the belly, attended with a desire but want of power to make water: this being felt more particularly in an erect posture, and being lessened by lying down or sitting in a curved position.

When, however, the colic assumes the following characters, then *Colocynth* is useful.

Violent pains in the belly, constant.

If not constant, returning with augmented intensity.

The pains having departed, a bruised feeling as though the intestines were suspended by threads easily broken, obliging the patient to walk slowly and with extreme caution, remains behind.

The pain limited to one particular point at the upper part of the belly.

So severe as to make the patient scream: and even to bite any thing.

Twists about like a worm:

Causes profuse sweating.

I have cured many most urgent cases by three globules of the decillionth dilution, dissolved in four spoonsful of water; two spoonsful immediately, and one every hour till relief was obtained.

[Painter's Colic, which is brought on by the poison of lead, is most successfully treated by *Nux vomica* first, and afterward *Opium.* — *Ed.*]

INFLAMMATION OF THE BOWELS, (ENTERITIS.)

This disease is attended with so much danger that the physician's aid must be had.

It is characterized from *colic* by the existence of *excessive sensibility to touch*, so much so that the weight of the clothes is quite unbearable. In *colic* pressure generally *relieves*.

*Aconite* is always useful. Belladonna is oftentimes the next remedy.

[*Bryonia* or *Opium* if there is constipation; *Ant. Tart.* if there is vomiting; *Arsenicum*, in the advanced stage, if there is sinking, coldness of the surface with internal burning sensation. — *Ed.*]

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The next affection of the intestines is that, called

PILES, OR HÆMORRHOIDS.

When this malady occurs in persons of middle age, they should consult a physician, as the occurrence of this affection is dependent generally upon constitutional causes.

At the termination of the intestines these piles are found. The pain is severe there and at the loins: itching is experienced at the anus, and around it there are excrescences, painful, often livid: blood and mucus frequently escape after the action of the bowels. Sometimes no discharge of blood takes place, and then the piles are called *dry*.

The sufferer may obtain relief by the use of Arsenic, Belladonna, Nux vomica, and Sulphur.

*Arsenic* is indicated, when, in the rectum, in the hæmorrhoidal tumors, and the parts adjacent, *a violent burning* is felt: when there are watery evacuations attended with great prostration of the bodily powers.

*Belladonna* relieves moist piles, attended with a pain in the loins as if broken asunder, almost unendurable.

*Nux vomica* is suited to piles brought on by sedentary habits, irregularity in living, late hours, intense mental exertion: by constipation: with a feeling of contraction of the rectum, with catching pains in the loins upon the slightest movement, preventing the sufferer holding himself erect, and the flow of clear fluid blood after the action of the bowels, or if without an action with a desire to relieve the bowels.

*Sulphur* is useful when the desire to go to stool is continual, even *after* evacuations: when the pain in the rectum is darting: when there is itching and burning, and the excrescences are moist: when there is a feeling of fulness in the rectum, with shooting pains in the loins, and a feeling as if the skin of the loins was tight.

In hæmorrhoids, attended with colic, especially if the pain make the patient constantly desire to make water, without having the power, *Nux vomica* is very serviceable.

*Capsicum* is useful where the hæmorrhoids itch much: where there is burning attended with diarrhœa.

## BLOODY FLUX. DYSENTERY. (DYSENTERIA.)

The disease, so named, is characterized by frequent actions of the bowels, the evacuations mucous or purulent, mixed with blood, with gripings, and a burning heat in the rectum and the colon.

This disease, so severely painful, is one often attended with fatal results. It is often the effect of long standing intestinal disease. When dependent upon conditions of weather, or irregularities in diet, the rules in reference to the treatment of cholera may be attended to with benefit.

If much fever is present, Aconite can be administered, and, one hour after, *Mercurius corrosivus.* This is particularly suited, when the stools are bloody, and when the pains in relieving the bowels are agonizing, like as if the bowels would be pressed out.

*Arsenicum* is also highly valuable in this disease: this being particularly adapted when the stools are excessively offensive, and where the skin is burning hot and dry as parchment: and where the prostration is excessive.

[*Colocynth*, if there is much pressing down, and the watery predominate over the bloody mucous discharges.

*Protiodide Mercury*, if the patient is of a scrofulous habit, and does not get ready relief from the other preparations of mercury.

The symptoms in this disease not unfrequently indicate *Bryonia*, particularly when Aconite has been

given at the commencement; when the complaint arises during the summer months, and is connected with low febrile action, the discharges being brown in colour, and containing hard substances resembling undigested food, with pain in the limbs, increased by motion.

In the first stages of dysentery, when there is much restlessness, with thirst and pain; the tongue being coated, bitter taste in the mouth, and previous to the existence of much *tenesmus*, *Chamomilla* has proved of great benefit.

*Pulsatilla* is of the greatest service when much mucus is observed in the discharges; nausea; pain in the back; chilliness and shuddering while at stool, with sadness and anxiety. This remedy often follows *Cham.* with good effect.

*Sulphur* should be given in cases of an obstinate nature; when the disorder appears for a long time stationary, no marked increase or mitigation being observed; and when the patient has been troubled with cutaneous eruptions or piles.

Frequently, the alternation of some of the above medicines with each other, as *Colocynth* with *Merc.*, *Acon.* with *Bry.*, when symptoms correspond, will be found highly useful. — *Ed.*]

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Another affection of the intestines is that connected with

WORMS.

An accumulation of mucus in the intestinal canal

seems particularly favorable to the multiplication of worms.

The intestinal worms are three, the *Ascaris*, the *Lumbricus*, and the *Tænia*.

The *Ascaris* or the thread worm is a short worm about an inch long. It produces an itching, and a frequent inclination to relieve the bowels.

The *Lumbricus* is like an earth worm, only white, the head being studded with slight eminences. It fastens itself to the intestines, and by its motion and sucking, produces painful griping about the navel.

The *Tænia*, or tape-worm, is flat, white, and jointed. It is very difficult to recognize its existence by symptoms: the only positive proof of its existence is the discharge of portions.

Worms are looked upon with considerable horror. They form a most powerful means by which quackery is enabled to pillage the pockets of parents, and to destroy the health of children. Almost every affection of childhood is referred to worms, whereas diet, want of fresh air, too warm clothing, perpetual rocking, and in-lap-sitting, are the most frequent causes of the symptoms which children have.

Worms are not so injurious as are the medicines taken for their removal. But, say these nostrum-venders and these drastic purges-administrators, *the worms are killed by the medicine:* and so oftentimes are *the children:* or if destruction does not take place, the bowels are so injured that years are passed before the injury is removed. Worms, too, are the scavengers of the intestines: they remove many obnoxious bodies; and the *mere removal* of worms without removing the *intestinal condition*, favoring

their production, is no benefit. The common idea that, if the worm is killed, the victory is gained, has been the justification for the destructive practice of giving large doses of oleum terebinthinæ (oil of turpentine) under the old system: a practice fraught with danger, and often quite ineffectual.

When worms become decidedly numerous and troublesome, then remedies should be employed. The choice will be aided by the tables.

It may be remarked that very generally *febrile symptoms* attend the injurious agency of worms. Hence *Aconite* is generally useful to begin with. Where *small* worms exist *Ignatia* is beneficially used after Aconite. Where the *tape-worm* exists, *Sulphur* is peculiarly efficacious generally. In all obstinate cases, Sulphur alternating with Mercury is highly efficacious. The symptoms recorded in the tabular view (p. 149) are those presented by worms: the symptoms more particularly belonging to each medicine are indicated by "do" placed in a parallel line with the symptom. The perfect removal of worms can be effected often only by a well directed and long persevered in use of well-chosen medicines.

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### JAUNDICE. (ICTERUS.)

This is produced by an affection of the liver.

It seems as if the bile passed into the circulation, for the eyes become yellow, also the countenance; and the evacuations become white and slimy: the mouth has a bitter taste: the urine is brown and thick; and the belly contracted.

*Filix mas* may be used where other means fail.
*Nux vomica* is particularly useful where, with the worms, there is constipation.

| | *Cina.* | *Mercurius.* |
|---|---|---|
| Paleness of the countenance | do | . |
| Swollen condition of the face | do | . |
| Livid hue round the eyes | do | . |
| Brown hue round the eyes | do | . |
| Dilation of the pupils | . | . |
| Frequent boring of the nose | do | . |
| ——— picking of the nose | do | . |
| Much saliva in the mouth | . | do |
| Fetid breath | . | do |
| Foul tongue | . | do |
| A desire for things, but when obtained rejected | do | . |
| Irregular appetite, generally *craving* even *after* a meal | do | . |
| Grinding of teeth | do | . |
| Nausea | . | . |
| Abdomen swollen | . | . |
| Hardness at the navel | . | do |
| Lower part of the belly hard and tender to the touch | . | do |
| Coldness at lower part of the belly | . | . |
| Gnawing in the intestines | . | . |
| Burning in the intestines | . | . |
| Severe colic pains | do | . |
| Wakeful at night | do | . |
| Screaming when waking | . | . |
| Diarrhœa | . | do |
| Constipation | . | . |
| Emaciation | . | . |
| Peevishness | do | . |
| Fits of crying when touched | do | . |
| Low spirits | . | . |
| Uneasiness | do | . |
| Restlessness | do | . |
| Convulsions in children | do | . |
| Epileptic attacks in adults | . | . |

*Chamomilla* is the best remedy, to be followed up by *Nux vomica*, and, if chilliness and great irritability of temper attend, *Bryonia*.

If Chamomilla has been taken to excess, then *Pulsatilla* and *Ignatia* are to be employed, which are followed beneficially by *China*. [*Protiodide Mercury* has been very effectual in this disease under my observation. — *Ed.*]

Jaundice, it should be remembered, is often caused by purgative medicine, especially among infants.

Jaundice is a manifestation of disturbed liver.

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## LIVER COMPLAINT.

The term liver complaint is very common, and very erroneously applied. In almost all cases of indigestion the liver is disturbed: when, however, its diseased state is attended with pain, sense of weight, and sometimes enlargement, in the region of the liver, with pain at the collar bone, and at the top of the right shoulder, with a dry cough, and inability to lie on the left side, the liver is considered to be in a state of *inflammation*, called hepatitis; this is *chronic*. When the symptoms assume a more acute character, then it is *acute* inflammation, for which medical aid must be sought.

Aconite is the first remedy: and this must be followed by *Bryonia*, or *Nux vomica*, or *Pulsatilla*, or *Mercurius*, according to the symptoms.

It is worthy of remark, that tight stays, tight trowser bands, often bring on and keep up diseases of the liver.

No young persons should wear stays. The handsomest, the best formed women, are those who have not worn stays.

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For

BILIOUSNESS,

commonly so called, if attended with headache, and vomiting, and chills, and ill temper, *Bryonia*, two globules in a wineglass of water, is the best remedy: repeat one globule after each vomiting.

*Nux vomica* is next in value; but the use of this, and of Pulsatilla and other remedies, may be judged of by the examination of the facts of this chapter.

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## CHAPTER VII.

### DISEASE OF THE MUSCULAR SYSTEM.

Besides the affections already enumerated, there are a few, belonging to the

MUSCULAR SYSTEM.

These are

1. Rheumatism.
2. Gout.
3. Lumbago.
4. Sciatica.

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RHEUMATISM

is an affection very extensive in its range, embracing

the muscles, their coverings, the tendons, the ligaments, and in some cases, affecting the membrane investing the bones.

Sometimes the affection is limited to a few muscles, and then the sufferer finds relief from the non-use of those muscles.

Sometimes the affection is so extensive, that the patient cannot move himself in any direction without excruciating pain.

*Pain on motion* is the most striking feature; *diminution or cessation of pain on rest*, a weakness remaining, are other features.

The heat of the bed generally increases rheumatic pains.

Rheumatism is generally a very obstinate disease.

Homœopathy presents several means of relief, and the following view of the symptoms will direct the choice.

*Aconite* will be seen, from a reference to the symptoms, (see Introduction) to be suited to almost all cases of rheumatism at the commencement, especially where the parts are red and swollen.

*Bryonia* is suited when there are aching pains in the joints of the arm, the back, the nape of the neck, and breast, principally *during motion and inspiration;* drawing, tearing pains in the tendons where they unite with the bones, on *rising* in the morning; stiffness of the body when moving, especially after midday; pains in the loins, and pains in the limbs as if dislocated.

*Chamomilla*, when there are tearing pains in the joints, aggravated at night, and diminished by sitting up in bed; heaviness in the limbs; pains in the loins;

the limbs feel as if paralyzed; toothache affecting the whole side of the face, extending to the ear; general uneasiness.

*Dulcamara*, when there are shooting, drawing and plucking pains, resulting from exposure to a cold, damp atmosphere; when the upper limbs feel as if bruised, worse at *night* and at *rest*, or cold, and as though paralyzed.

*Nux vomica*, if tension and pressure is felt in the external parts of the chest; shootings in the muscles of the chest and between the shoulders, during respiration; tearing pain in the nape of the neck; pain in the upper part of back during motion and respiration; pain like cracking at the shoulder joint and shoulder blade; stiffness of the back; violent pain in the loins; coldness of the feet and hands; shiverings, and agitation.

*Pulsatilla*, if drawing pains are felt in the muscles near the joints, and pains in the joints of the feet; the pains frequently *changing their position*, and increased *towards evening*, with shiverings; sense of great weakness; cough and sneezing; pressive pain in lower part of abdomen; and disturbed sleep.

*Rhus toxicodendron* where there is tension, drawing and tearing in the limbs; when the suffering is greater at night and at rest, and is *relieved* by *motion;* bruising pains, as if the flesh was torn from the bones, or pressing, drawing pain, as though the bones were being scraped; sense of torpor, and dulness in the parts affected, after motion.

GOUT.

With rheumatism, GOUT is in many most important particulars intimately allied.

Homœopathic remedies afford most successful results in respect to gout: but it is a disease so complicated in its production and in its concomitant symptoms, as to require the judgment of the physician to select the right remedy. [The most suitable remedies may be selected from the following:

*Aconite* when the pain, swelling, heat, and throbbing is very great, followed by *Ant.*, *Ars.*, *Bell.*, *Bry.*, *Nux vom.*, *Phos.*, *Sabina*, *Sulph.*, *Canth.*, *Colchi.*, and *Arnica.*

If the disease disappears suddenly from the surface and attacks the internal organs, give *Nux vom.*, *Ambra.*, or *Bell.* — *Ed.*]

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The next affection is

LUMBAGO.

This is an inflammatory affection of some muscles of the loins; and manifests itself by violent, fixed, drawing, tearing pains in the loins and the sacrum, extending to the back and shoulders down to the thighs. It is attended often with an affection of the bladder, cramps being produced; difficulty in the discharge of urine, with an inclination to go to stool: the thigh afterwards feels weak, numbed, &c., and the sufferer cannot bend or extend the limb. The

pain in the back becomes so very bad, that he cannot lie on it: fever supervenes: there is strong thirst: the pulse is hard, full, and incompressible.

To subdue the febrile symptoms, *Aconite* must be repeatedly employed, if necessary.

When the pains are worst *during motion*, *Bryonia* and *Nux:* when worst in a *state of rest*, *Rhus*, and *Pulsatilla:* when insufferable during the night, *Mercury* and *Chamomilla:* when the pains are pulsative, and suppuration threatens, *Staphysagria:* when spasmodic affections of the bladder appear, then *Cantharides*.

When the pains occur after lifting a heavy weight, then *Arnica* is invaluable: this is also serviceable where the pain is so violent that the patient dares not *sneeze*, *cough*, or walk.

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[SCIATICA. (PAIN IN THE HIP.)

A violent rheumatic pain in the hip-joint, often extending to the knee and foot, is termed *sciatica*, in consequence of its following the course of the sciatic nerve.

*Arsenic* relieves when the pain is of a burning character, acute and dragging, with a sensation of cold in the limb, with intermissions, when there is much general prostration of strength with extreme restlessness.

*Calcarea*, alternated with *Hep. sulph.*, is of great service when there is an insufferably-aching pain in the hip-joint, with extreme sensitiveness to touch, and lameness, especially at night.

*Chamomilla* is to be given when there exists a sense of numbness in the thigh and leg, and when, at night, the attacks of pain become more frequent or more severe, attended with extreme nervous restlessness.

*Ignatia*, when the pain is tearing, lancinating, and aggravated on lying down and rising in the morning. Most suitable to persons of a fickle disposition, subject to alternation of spirits.

*Nux vomica*, when the pain in hip is accompanied with stiffness and contraction of foot on same side, and a sensation of numbness and chilliness in the limb, suitable for those addicted to the use of stimulants, or of sedentary habits.

*Pulsatilla*, when the pain is increased towards evening, and during repose, mitigated in the open air, suitable for timid, tranquil temperaments, for women especially.

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## CHAPTER VIII.

### AFFECTIONS OF THE URINARY ORGANS.

Ischuria. Enuresis.
Hematuria. Diabetes.

A DERANGED secretion of urine is manifested in several forms, and, if neglected at first, may termi-

nate in most painful and serious disease. In quantity and quality it may be unnatural, and proper attention to its character in these respects is of the utmost importance. As any derangement of the respiratory organs is certain if prolonged, to be productive of great distress and danger, so it is with the urinary apparatus. Through the lungs, an excess of carbon is continually thrown out of the system. Through the kidneys, an excess of nitrogen is separated from the blood. Whatever interrupts nature's operations in one as in the other instance, is, if not removed, destructive to life. A strict regard to the prompt ejection of the secretion referred to, when one's sensations indicate the necessity, cannot be too strongly inculcated.

### SUPPRESSION OF URINE, (ISCHURIA.)

There may be partial or entire retention of urine. When partial, and attended with great difficulty in passing, it is termed strangury: When entire, ischury. Strangury is often produced by the application of a blister, from absorption of the cantharides.

*Aconite* is suitable, when the difficulty of urination is caused by fright or exposure to cold.

*Arnica*, when caused by a fall or a blow upon the back or abdomen.

*Camphor*, when the strangury has been produced by the application of a blister.

*Cantharis*, when there exists a continual inclination without the ability to urinate, accompanied with heat and lancinating pain in the region of the bladder.

*Cannabis* is also given for similar symptoms as the above and when the desire is very urgent, resulting in the discharge of a scanty quantity of urine tinged with blood.

*Nux vom.*, when the retention may be traced to the use of malt or distilled liquors, or results from the sudden suppression of an habitual hemorrhage, like that from bleeding piles. Also, when a derangement of digestion is present, or a constipated state of the bowels, with nausea.

*Opium* is also recommended, when great constipation exists.

### BLOODY URINE, (HEMATURIA.)

This rare affection may be occasioned by injuries, of the back especially, and violent exertion in riding or jumping; also from the presence of a stone in the kidneys, or urinary passages; in which latter case, it is accompanied by a sharp cutting pain in the back, or attended with a sensation of heat in lower abdomen. The symptom is indicative of great danger when it appears during the course of any malignant disorder.

*Aconite* is to be given, should it have resulted from an injury; sometimes, an alternation of this medicine with *Arnica* may be necessary.

*Cantharides*, will afford relief when the discharge is attended with acute, burning pain and strangury.

*Nux vom.*, when it can be traced to the abuse of stimulants.

*Pulsatilla*, for a burning pain at the extremity of the urinary passage, with a drawing pain in the back, extending to thighs and front of abdomen.

### INCONTINENCE OF URINE. (ENURESIS.)

An involuntary discharge of urine may proceed from a paralyzed condition of the muscular connection, brought about by abuses of various kinds, or from the presence of some irritating cause in the bladder. It may also arise from some peculiar acrimony of the secreted fluid, and from certain nervous affections.

*Belladonna*, *Sepia*, *Rhus.*, *Carbo veg.*, and *Sulphur*, are useful in this affection.

A form of this derangement in which the urinary secretion is profuse, and the quantity of fluid excreted sometimes enormous, inducing, by its uninterrupted continuance, great emaciation, and terminating fatally, is termed

### DIABETES.

*Carbo veg.* and *Phos. ac.*, are the principal remedies which have been recommended in this complaint; the latter, particularly, when the urine is milky white, alternating with the colorless watery appearance generally distinguishing Diabetes.

In diseases of the above description, the aid of a physician should not be long dispensed with. Much needless suffering has been occasioned by the morbid nicety which is dignified by the name of "delicacy."

*Ed.*]

# CHAPTER IX.

## FEBRES OR FEVERS.

For the purpose of brevity we will divide fever into three general characters. First,

### CONTINUED FEVERS,

Which may be subdivided into four varieties, viz.: Simple, Inflammatory, Typhus (nervous or putrid) and Mixed Fever.

Definition.—All the above are distinguished by their degrees of severity. Loss of appetite; languor; shiverings; prostration; increased heat; frequent pulse; disturbance of all the functions, without any very decided primary local derangement of them. There is no marked remission or entire cessation of fever, although towards evening some sweating often comes on.

### SIMPLE FEVER.

*Aconite*, repeated a few times, will be all that this form of fever will require.

### INFLAMMATORY FEVER.

This fever comes on suddenly, the chill is severe,

the heat intense and burning, the pulse frequent and bounding, urine high colored, and deposites a red sediment, the strength is very little impaired, the eyes are red, tongue covered with a white fur, and the bowels are costive.

*Aconite* and *Bryonia*, in succession, will soon remove all difficulties. If the skin is very hot and dry, sponging with cold water will be soothing and salutary. At the same time cold water or even ice-water must be freely allowed. If there should be local complications they must be combated by the remedies laid down under their appropriate heads.

## TYPHUS FEVER.

This fever has been known by a variety of appellations, viz.: Nervous; Putrid; Jail; Hospital; Camp; and Adynamic or weak fever.

A variety of grades may be observed from a gradual prostration of strength, from slow fever and slight alienation of mind, to a malignant and rapid sinking of all the powers of life, with the entire surface covered with little spots of a bluish color, called petechiæ, and the gums bleeding; teeth and lips black, pulse intermittent, extremities cold, and clammy while the head and trunk are hot, and the countenance bloated and red. The patient is stupid (comatose) or wild and delirious; and inclined to spring from bed.

*Aconite*, in the commencement of all the varieties, is the best remedy.

*Belladonna*, if there is much heat of the head and the face is flushed, eyes red; and delirium.

*Hyoscyamus*, if there is delirium and starting from bed.

*Antimony tart.* when there is a desire to vomit, and other symptoms of indigestion and occasional diarrhœa.

*Ipecacuanha.* Nausea or vomiting, dry lips, &c.

*Chamomilla*, when it occurs with gripings in the abdomen, or when indicated, *Veratrum*, *Pulsatilla*, *Nux vomica*, &c.

In the most malignant variety, when there is a putrid tendency, give *Phos. acid*, and *Muriatic acid*, and if the patient is dull, lies upon his back, inclined to slide down in the bed, *Opium* alone or in alternation with *Muriatic acid.*

*Rhus toxicodendron*, when there is jerking of the tendons or limbs, (subsultus tendinum.)

*Arsenicum*, when the prostration is great and the abdomen is bloated and a watery diarrhœa supervenes, with alternate chills and heat and burning.

Stimulants must be administered, in small quantities and at short intervals when the skin becomes cold and clammy, pulse intermits, and the respiration is quick and oppressed. *Brandy* may be given freely, even from an early stage of the more malignant form of the disease. *Wine whey* or *Carbonate of Ammonia*, may also be given.

## SHIP FEVER.

This fever is nothing more or less than "Typhus petechialis" or *Malignant typhus*, changed undoubtedly by a train of circumstances which are easily *traced.* The thousands and tens of thousands of

emigrants who are now flocking to this country to escape starvation at home, embark half famished; half clad; and without changes of linen. They receive their scanty pittance of bread during a tedious voyage, and in many instances land on our shores with the accumulated filth of the entire passage. It is well known that while some vessels have arrived with hundreds on board, all of whom were on the sick list, other vessels, embarking at the same time, and arriving simultaneously, were all in perfect health. On inquiring into the cause it was ascertained, that the captains of the latter vessels compelled every soul on board, to undergo a complete washing once a day before they would give them their rations; whilst the former had scarcely applied water to the surface during the entire voyage. This is cause sufficient, in all conscience to account for the great prevalence and mortality of the recent *ship fever*.

The premonition of ship fever is gradual, but sufficiently marked to be noticed by attentive observers. In some instances, and those of the most malignant forms, it is only a short period of time before the most malignant symptoms set in. In most cases, the progress from health to active symptoms is gradual and occupies some days. The appetite has been gradually failing for even weeks; there has been occasional alternation of chills and heat, with irregular bowels; the tongue is coated, at first moist or occasionally dry in the centre; the patient is lethargic at first, and gradually becomes stupid; from the tottering, intoxicated gait and indifference or disinclination to society, he becomes insensible or delirious, and when addressed pays no attention until

spoken to in a commanding tone. The countenance has a peculiar besotted expression; the manner of the patient is undecided, and careless at first; he hesitates to express himself, and stops short where a sentence or word is half uttered. A feeling of weariness in the back, and if the patient is still walking about, he stops, hesitates, and feels uncertain what to do. The eyes look dull; pupils are dilated, and not as sensible to light as usual; the pulse is generally slow at first, then rapid and irregular; the respiration, which at first is slow with an occasional deep sigh, becomes rapid, short, and weak. He often complains of a great load in the chest, or about the heart. As the disease advances, and the delirium increases, he picks the bedclothes, and lies upon his back; with a tendency to slide towards the foot of the bed. When the disease is very malignant small ulcers or sores, at first resembling flea-bites, are scattered over the surface of the body; these become purple, and spread into sloughing ulcers, called petechiæ.

When petechiæ do not appear, the skin, particularly over the abdomen, becomes brownish and mottled.

Treatment.— Where the disease is light, and evidently superinduced by scanty or improper food, generous diet, rest, and if there is much prostration, brandy and water will quickly restore the patient. *Carbonate of Ammonia*, one grain, a powder the size of a pea, every hour, will answer as a substitute for the brandy, or may be alternated with it. If there should be nausea, some diarrhœa, and great prostration, *Veratrum*, one drop in water every half hour, will be necessary. If this should not relieve, *Stibium*, every half hour, must be given.

REMITTENT FEVER.

This fever differs from the continued by having a partial cessation or discontinuance of the fever. This generally occurs during the forepart of the day. The fever does not leave the patient entirely as it does in intermittent; there are alternate chills and flushes, but very little or no perspiration, while the bilious symptoms are generally very prominent.

*Nux vomica*, in addition to the remedies above directed for the other forms of fever, will be necessary in this fever, at the commencement, followed by *Antimony tart.*, which is a very important remedy where there is nausea, vomiting, diarrhœa, and other symptoms, similar to cholera.

*Veratrum*, also, for the same purposes as the last, and when headache and griping in the bowels attend.

*Arsenicum*, as soon as there is a distinct intermission of the fever, one or two doses must be given during that period.

When this disease occurs in infants it is called "Infantile remittent fever," and then, under the following complications, requires *Protiodide of Mercury:* If the abdomen should be distended; tympanitic; or have a hard and knotty feel; and the alvine evacuations should look green-blackish; tarlike; or mucous and bloody, and attended with straining and frequent disposition to stool; also if there should be a cough during exacerbation of fever, with rattling in the chest, or any evidence of the development of tubercles in the lungs.

*Chamomilla*, if the child should be teething, and

have green stools and some of the above symptoms. The same remedies also, as laid down for remittent fever generally under the same circumstances, as the same train of symptoms may occur at any age, from infancy up to puberty.

### YELLOW FEVER.

This fever is classed with remittents; although its general characteristics are similar, it differs widely in degree of severity. At one time it shows a very mild aspect, at others the most alarming malignancy. It travels through all the grades of fever, from the simple continued to the lowest congestive typhus, where there are no reactive energies, vomiting of a dark coffee-ground substance, and the deep yellowness of the eyes and skin distinguishes this fever.

*Antimony tart.* is the leading remedy in this disease, one grain in a tumbler half full of water: give one teaspoonful of this every ten or fifteen or thirty minutes.

*Veratrum*, as in remittents.

*Opium*, if the patient is comatose.

*Muriatic acid*, if there is great prostration.

*Stimulants. Brandy* and *Wine*, if there is great congestion, with no power of reaction.

### INTERMITTENT FEVER. (FEVER AND AGUE.)

This form of fever usually occurs in marshy districts or new lands, just exposed to the rays of the sun after clearing them of trees, or turning up the

rich soil of prairies, where vegetation has been decaying undisturbed for centuries.

Character. — First, there is great coldness and shivering, often until the teeth chatter, and the whole body is convulsed with the shaking. After a period of from a few minutes to several hours, the warmth gradually returns, which rises much above the natural standard, becoming finally very intense, and the pulse is high; the head, limbs, back, and indeed every muscle and joint in the body is racked with acute pains. This stage usually lasts from two to eight hours, and terminates in a most profuse and drenching perspiration. After the sweating subsides, feels as well as could be expected after such a siege, gets up and walks about or returns to his usual employment even, as if nothing had happened. The next two days after, or the third day after, he has to go through another course of chill, fever, and sweating. When the fever returns every twenty-four hours, it is called a *Quotidian*, when it returns every forty-eight hours, a *Tertian*, when it returns every seventy-two hours, a *Quartan*. These also have their varieties and changes, but they are of little or no importance in a practical point of view.

Indication. — The greatest importance is to ascertain how long the intermission will continue from the time the sweat subsides until the next chill appears. During this period the medicines given must be of that class which will prevent the return of the paroxysm. When the chill comes on, external warmth must be applied, internal stimulants, cold water, and medicines which will bring up a reaction must be given. During the hot stage those medi-

cines, which are known to reduce heat and bring about perspiration, are the most appropriate. The first indication will be accomplished by giving the medicine as soon as the sweating subsides, and repeating it every two or three hours, up to the commencement of the chill.

*China*, if the cause can be traced to marshy miasmata, and there is headache, nausea, palpitation, and great hunger, with yellow complexion.

*Chamomilla*, if the patient has taken quinine or barks in large doses before.

*Arsenicum*, if there is external burning heat with shiverings, or alternate chills and heat with bloated bowels, with dry, brown, cracked lips, and constipation or watery diarrhœa.

*Ignatia*, if there is great thirst during the cold stage, pain in the pit of the stomach and headache.

*Ipecacuanha*, if there is much nausea and vomiting, and other sufferings from indigestion.

*Nux vomica*, if there is pain across the forehead, eyeballs feel as if bruised when moving them, pain in the right side, acid eructations, constipation, or diarrhœa of a pressing dysenteric character, gastric and bilious affections.

*Pulsatilla*, if there have been many relapses, or if the patient has taken much bark or quinine, and there is yellowness attended with gastric and bilious affection.

*Rhus toxicodendron*, if there is much jerking of the tendons (subsultus tendum,) and great pain in the limbs.

During the hot stage, *Aconite*, where the heat is great, violent pain in the head, stitches in the side, and palpitation.

*Antimony tart.* when there are great gastric and bilious sufferings, or vomiting and diarrhœa comes on and prostrates the patient very much.

*Belladonna*, when violent headache, with redness of the face, and red and weeping eyes attend.

*Bryonia*, if the tongue is thickly coated, and aversion to food with nausea and vomiting of bile and sweating supervene.

*Natrum muriaticum*, *Carbo veget.*, *Cina*, *Opium*, *Veratrum*, and *Coffæa* may be resorted to under certain conditions, when the above fail, but the full indications would lengthen this article too much.

During the cold stage apply covering, bottles of warm water, or warm bricks to the feet, and cold water, or ice water for drink. If the reaction is very slow, and the shivering great, internal stimulants must be given, until the hot stage comes on.

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## CHAPTER X.

### GENERAL AFFECTIONS.

1. Palpitation of the heart.
2. Hysteria.
3. Debility.
4. Dropsy.
5. Spasms.
6. Tetanus.
7. Abscess.
8. Epilepsy.
9. Inflammation of the knee.

10. Sea sickness.
11. Fainting.
12. Coma, &c.
13. Suspended animation:
    at birth;
    from starvation;
    from a fall;
    " drowning;
    " strangling;
    " freezing;
    " lightning;
    " foul air.

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PALPITATION OF THE HEART.

This deranged action frequently gives rise to the apprehension that the heart is diseased. Such fears are generally groundless. A disturbance of such kind, at the centre of circulation, may arise from an indigestion or acidity of stomach, from nervous excitement, mental emotions, or abrupt, hasty movements when the system is debilitated, from suppressed eruptions, loss of blood, &c. In the latter case, should it occur after a hemorrhage of whatever nature, *China* is the remedy to be first resorted to, and afterwards, if necessary, *Sulphur* or *Nux vom.*

*Opium* usually removes palpitation of the heart caused by *fright.* If resulting from a sudden emotion of *joy*, it yields to *Coffæa.* If from passion, *Acon.* or *Ignatia* will generally remove it.

*Acon.* and *Bell.* followed by *Sulph.*, will prove serviceable in plethoric persons, who suffer from this affection after exercise.

*Arsen.* and *Verat.* in alternation, especially if preceded by *Sulph.*, act favorably, if the palpitation results from the sudden healing of ulcers, or repelled eruptions; causes which not unfrequently give rise to

the most obstinate cases of this complaint. In the event of the failure of the above, *Lachesis* and *Causticum* may be resorted to.

*Pulsatilla*, *Chamomilla*, and *Coffœa* are indicated when the above disturbance occurs in mild, nervous temperaments, or in females disposed to hysterics.

In some other instances, *Phosphor.* and *Ferrum* may be used with success.

### HYSTERIA. (HYSTERICS.)

This singular affection, consequent upon a morbidly increased sensibility of the nervous system, and displaying itself by a great variety of symptoms, is peculiar to the female. A similar derangement in men is termed Hypochondria. An attack of Hysteria most commonly commences with difficult respiration, sadness, weeping, or laughing without cause, in rapid alternation, singular fancies, with frequent urgency to urinate. A most prominent cause of complaint is the "globus hystericus," a sensation as if a round ball ascended from the region of the stomach and lodged in the throat, causing a dread of suffocation: soon the limbs are spasmodically affected, and the body bent and distorted in every variety of position, or, as in some instances, partial or total insensibility comes on, and the affected person lies, for hours, perfectly motionless. Hiccough is often a distressing symptom.

When, during menstruation, these attacks take place, and there is great agitation of the limbs, with cold perspiration, spasmodic movements and screaming, *Coffœa* is to be administered. One dose is often sufficient.

*Veratrum* is frequently efficacious when the jaws are firmly closed, and the extremities are cold with clammy sweat on the forehead.

*Nux vom.*, *Bell.* and *Stram.* are of essential benefit when hiccoughs are present, and form the prominent symptom.

*Ignatia* is of service when there is present extreme sensitiveness to light and noise, with hard, swollen abdomen, pale face, nausea, and chilliness, or when pains are felt, described as drawing, pressing.

*Cuprum* may be given when the spasms are of a very violent character.

*Puls.* relieves, if the person is of a mild, gentle nature, inclined to sadness, and the fits come on during menstruation; and are worse towards night.

*Hyoscyamus*, *Cicuta*, *Bryonia*, *Sulphur*, *Cocculus*, and *Moschus* are occasionally given with benefit in this affection.

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### DEBILITY.

Although debility is, more often, the accompaniment or consequence of some acute or chronic disease, yet, at times, it is experienced in a condition of comparative health. On the approach and during the continuance of warm weather, frequent complaints are made of a greater or less degree of weakness for which no direct cause can be assigned. The judicious selection of a homœopathic remedy will be the means of producing a reaction and restoring the accustomed strength, without a resort to the so called "tonics," which, while imparting a temporary artifi-

cial vigor, are certain to bring on, by their secondary action, an increase of the debility. A great loss of the secreted fluids, abuse of stimulants, nervous derangement, prolonged watching, and want of exercise, are among the many causes to which, independently of serious disorders, a diminution of strength may be attributed. This state of the system, if prolonged, may result in more decided sufferings, and should, in season, be counteracted by appropriate remedies.

*China* is the specific for weakness consequent upon loss of blood and other fluids, and is the most generally applicable in all cases for the restoration of strength. Its special indications are when the weakness is general, with trembling, tendency to perspiration on moving or when asleep, pale, earthy complexion, sleepiness, want of stability in lower limbs when walking, swelling of the feet, a sensation of cold, followed by heat and perspiration, over-excitability, hypochondriacal tendency.

When the result of prolonged watching, intense application to study, &c., *Nux vom.*, in alternation with *Sulph.*, will be found the most serviceable.

A state of the system in which there is excessive prostration, highly acute sensibility, great anxiety, and sadness, has not unfrequently been induced by the action of that most deleterious of all medicinal agents, *Mercury*. The abuse of this destructive poison, or rather its use, — for it can hardly be used allopathically *without* abuse, — is less extensive than formerly, and it is to be hoped that its total *disuse* may not be far distant. When, from this cause, the above symptoms are present, *Carb. veg.* is most commonly

the best remedy. *Hep.*, *Lach.* and *Opium* have also been given,

Should debility arise from strong mental emotion, *Coffæa* and *Opium* are the most frequently indicated.

See Chapter I., Part 3, and compare remedies for effects of different mental conditions.

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### DROPSY.

Dropsy, or an accumulation of water in the cellular membrane, may exist in the chest, (Hydrothorax); in the abdomen, (Ascites); in the brain, (Hydrocephalus); or be generally diffused over the whole body, (Anasarca); and may result from fevers, repelled eruptions, debilitating loss of secretions, abuse of mercury, or intemperance.

*Arsenicum* is applicable in hydrothorax, ascites, or anasarca, when attended with pale or greenish color of the face, extreme debility, difficulty of breathing, with swelling of the feet, and general coldness, with thirst.

*Dulcamara*, if the dropsical swelling is extensive, and happens after perspiration has been checked by cold, damp air, when there is want of appetite, great uneasiness, scanty urine, thirst, and violent heat at night.

*Mercurius*, when the dropsy is general, or confined to the chest or abdomen, — if there is oppression of the chest, affections of the liver, cough, distress, heat, and perspiration.

*Bryonia*, for dropsical swelling of the feet, when it increases by day, and decreases at night.

*China*, when the dropsy arises from known influences, causing debility, or when it is accompanied with diseases of the liver.

*Phosphorus*, for dropsical swelling of the face, hands and feet.

*Helleborus*, for the different forms of dropsy, especially for the recent acute stage, and when there is great debility, feverish symptoms, shooting pains in the extremities, and suppressed urinous secretion.

For the treatment of Hydrocephalus, or water on the brain, the frequent consequence of inflammation of that organ, a physician's advice is indispensable.

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## SPASMS.

These consist in involuntary contraction of the muscular fibres, and is that state of muscular contraction in which there is no tendency to alternate relaxation. When contraction and relaxation exists, one state frequently followed by the other, then they are properly called convulsions. Both affections are usually classed under the same head, and the medicines applicable to the one condition are generally so to the other. The causes producing them are various, among which are mental emotions, narcotics, poisonous vapors, external injuries, suppressed eruptions, nervous excitement, &c.

*Arnica* should be given if spasmodic affections arise in consequence of injuries.

*Chamomilla*, if caused by anger, and in attacks of women or children, if there is dry, burning heat of skin, with extreme thirst, hot perspiration on head and forehead, anxious, rapid respiration, quick cough, and diarrhœa.

*Belladonna*, if the convulsive movements commence in the upper extremities, with great heat of the face and bloated appearance, dilated pupils, cramps in the throat and chest, causing danger of suffocation, with obstructed deglutition, contortions of the face, deep, lethargic sleep, great apparent suffering.

*Cuprum*, if the spasms or convulsions commence in the hands or feet, when there is loss of consciousness and of speech, frequent micturition, regularity of attacks during menstruation.

*Hyoscyamus*, when resulting from deep chagrin, when the head appears principally affected, with grinding of the teeth, staring in all directions, unconsciousness, involuntary urination, dry cough at night, delirium, disposition to laugh at every thing, renewal or increase of attacks when attempting to swallow.

*Ignatia*, when the convulsions are consequent upon fright, and these are spasmodic of the eyelids, lips, and facial muscles, with throwing back of the head, alternate paleness and redness of face, deep sighing, and frequent yawning.

*Ipecac.* for children or hysterical women, particularly if the face is pale, loud cries, and rattling respiration, with attacks of vomiting or nausea.

*Stramonium*, for general convulsions over the whole body, or of chest and abdomen, stupid, staring look,

universal tremor, furious gestures, laughter, renewal of the fits by touch, or by the sight of brilliant, dazzling objects.

*Veratrum*, when there is loss of sense and motion, the eyelids only convulsively moving: this state continuing sometimes for a whole day.

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[TETANUS.

This is a general spasm of the whole body, characterized by strong, continued rigidity. The body is bent so violently backward or forward, that great external power would not suffice to counteract the forcible contraction. When the rigidity is partial, and confined to the muscles of the jaw, closing the teeth so firmly as not to admit of the smallest opening, it is termed trismus, or "locked-jaw." This painful disorder is occasioned either by exposure to cold, or by some local injury to the nerves: from amputation, puncture, laceration, &c.

The medicines here indicated are generally the same as those enumerated in the article Spasms. For tetanus or trismus arising from injuries, *Arnica* should first be given.

*Phosphorus* is useful in either.

*Cicuta vir.* has cured tetanus arising from cold, with convulsions of the extremities, in a scrofulous child, and contracted pupils, attended with strangury and constipation.

*Sulphur*, alternated with *Moschus*, has been successful in tetanus with lock-jaw, when the pupils

were dilated, with fixed and upward-gazing eyes, incessant whining, interrupted by a piercing shriek, and succeeded by profound sleep.

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### ABSCESS.

An abscess is a fluctuating tumor, containing confined matter (pus), and is the result of previous inflammation. No external application need be made, except the emollient poultice of bread and milk, until inflammation has subsided, when the tumor will often open spontaneously. In some cases, however, a lancet should be resorted to. When there is strong pulsation in the tumor, it may be other than a collection of pus, and should by no means be treated as an abscess. An incision in this case might be dangerous. Give *Ars.*, *Lach.*, and *Sulphur* at long intervals.

*Belladonna* is applicable, in general, where there are evidences of the existence of inflammation: as heat, pain, &c.

*Mercurius* will frequently facilitate the formation of pus: as also *Hep. sulph.* and *Silicea.*

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### EPILEPSY.

It is not intended, with regard to diseases of such a nature as the above, to enter minutely into the

description of symptoms, and of the various forms in which the affection may exhibit itself; nor would the character or limits of a work of this kind authorize such diffusiveness. Although entire dependence is not to be placed in limited accounts, such dependence as would induce one to manage a disease like epilepsy; still, much valuable service may be rendered, in the absence of a physician, by proper attention to the distinctive symptoms and corresponding remedies here detailed.

The attacks of this disease are sudden, and are manifested by convulsions, unconsciousness, and foaming at the mouth. The causes are various, and in some instances may be recognized, in other cases the fits come on without manifest cause.

*Arnica* is always to be administered, when the attacks are brought on by an injury of the head, as from a fall, &c.

*Belladonna*, to be given in cases of recent origin, and when there is but a partial loss of recollection, when the throat is distended, and there is tightness of the chest, and pressure in the abdomen. In general, when the individual is of a full and plethoric habit.

*Camphor*, or *Ignatia*, should convulsions arise from anger.

*Chamomilla*, when the epileptic paroxysms are preceded by cholicky pains in the abdomen.

*Cuprum*, when there exists violent, convulsive movements of the muscles of the face and extremities, or when the fits occur during the night.

*Hyoscyamus*, when from a sudden emotion of fright, the person falls down instantly with a shriek,

the respiration is noisy and rattling, the feet drawn up, and the hands striking convulsively.

*Stannum*, if epilepsy attacks a child during dentition, the eyes being distorted, body bent forcibly backward, spasmodic motion of the jaws, paleness of face, and insensibility.

*Sulphur* is given with effect in cases of a chronic nature, and in those which may have resulted from a repelled eruption, or the suppression of an accustomed discharge. So also *Calcarea*, *Lachesis*.

Should the attacks be symptomatic of any known derangement, like the presence of worms in the alimentary canal, disturbed digestion, teething, poisons, &c., the exciting cause must be removed by the appropriate remedies.

In many cases of this disease, there is experienced a peculiar sensation like that of a cold vapor (aura epileptica), arising up to the brain, immediately preceding the paroxysm.

During the attack, it is important to remove out of the way every object which might injure the affected person in his unconscious struggles, and to loosen the clothing about the neck, that the circulation may not be impeded.

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### INFLAMMATION OF THE KNEE.

For scrofulous enlargement of the knee, in which there is usually but slight external evidence of inflammation (white swelling), *Calc.* and *Sulph.* have been the remedies employed with the most benefit.

*Calc.* is also given when there is evident inflammation, with swelling and violent pain in the joint.

*Sulph.* for chronic enlargement, proceeding gradually, with decided marks of the existence of a contained fluid.

*Aconite* and *Bell.* are to be given when erysipelas attacks the knee joint, causing much pain, and being accompanied with much general fever.

*Rhus* is of service when the swelling is caused by cold, the pain being severe while the limb is at rest, and when there is emaciation of the whole body.

*Silicea*, when the pain is of a severe, tearing, rending description, and when the swollen surface is of a dark or bluish red appearance.

*Arnica* and *Ledum* are beneficial when the knee is affected with pain and swelling in the course or at the commencement of an attack of gout.

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### SEA-SICKNESS.

In case one is to be exposed to this affection, the most intolerable of all others, it would be advisable to take a dose of *Nux vom.* eight or ten hours previous to going upon the water. One dose of the above medicine is frequently sufficient to prevent an attack. Should no medicine have been taken as a preventive before sailing, the alternation of *Nux vom.* and *Arsenicum*, at intervals of an hour, when sickness comes on, will relieve greatly, if not entirely remove the nausea.

*Cocculus* may be taken when there is headache

with the nausea, and particularly if a sensation is felt as though the brains had been removed, accompanied with a tendency to vomit. The motion of a swing, and that of a carriage, often give rise to that train of sensations which this remedy counteracts.

*Petroleum* has repeatedly been given with much success in sea-sickness, when there exists chilliness on exposure to the air, with a sensation of great weakness, an appearance as of a veil before the sight, with buzzing in the ears, and a feeling of pressure in the stomach.

*Arsenic* is of great service when the sickness is fully established, with violent vomiting, and that sensation of complete helplessness is experienced, with an entire deprivation of strength, which renders one completely indifferent as to what may become of him. Should this medicine be taken during the intervals of vomiting, it will almost always alleviate greatly the symptoms above mentioned.

*Ipecac.* is given when vomiting is present, but in a less aggravated form, and when unaccompanied by that sense of excessive debility alluded to under the head of *Arsen.* Pain in the pit of the stomach also points to this remedy.

*Silicea* has likewise been recommended.

A too hasty repetition of the dose, as well as a frequent change of remedies, will, in the case of sea-sickness, as in more serious affections, diminish the chances of a cure. If improvement is perceptible, after one or two doses, every additional dose of the same medicine subsequently taken only serves to interrupt the progress of improvement, and prevent entire recovery. — *Ed.*]

The first advice is, be not in a hurry. This produces confusion, and often injury. Let all tight garments be loosened; let the patient lie horizontally; let the crowd be dismissed; and let one or two persons, and those, if possible, *known to the patient*, be in the room. Many persons have been seriously injured by discovering themselves, on recovery, unexpectedly, in the presence of numerous strangers.

Having loosened the garments, sprinkle with a feather a little clear water lightly on the face, sprinkle some on the nape of the neck and the back of the head, and, if not successful, then on pit of the stomach.

If these have no effect, let the patient smell the *Spirit of* CAMPHOR.

The *cause* being known, will often lead to the appropriate remedy. If *fright* has been the cause, then *Opium* or *Aconite;* the latter, if there is heat; if from *loss of blood* or debilitating causes, China, also wine, but then it should be given only in drops. *Phosphorus* is also very useful.

If *mental emotions* have been the cause, then *Ignatia* or *Chamomilla* can be employed, (See Part III. Chapter 1st, on the Causes of Disease.) If fainting follows after SEVERE *pains*, *Anconite*, and sometimes *Coffœa;* if after *slight* pain, *Hepar Sulphuris*. If fainting occurs after the *slightest exertion*, then *Veratrum* will be useful. If coming on in the *morning*, especially with those who have used much mental labor, and those who have used ardent spirits, then

*Nux vomica* will be the best remedy; also, if fainting occurs *after meals.*

When these remedies are used, they are to be *smelled* only: the smelling not to be repeated more than once after five or ten minutes; and then, if no effect is produced, choose another remedy. If a beneficial effect is produced, but *ceases*, then repeat the remedy.

If the patient is sick after awaking, do not attempt to resist it; if he sleeps after, let him not be disturbed.

*Moschus* is suitable to girls of a chlorotic habit, to women of a hysterical tendency, and to irritable, delicate men.

To repeat: let not persons be frightened when a person faints. It is oftentimes beneficial: changes in diseased states have followed fainting, from the influence the fainting exerts on the constitution.

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### COMA, LETHARGY, SOMNOLENCY.*

Persons lose their consciousness, lie in a deep sleep, snore, and cannot be awakened.

The eyes should be opened; if the pupils are very *small*, or *one very small*, the *other very large*, bleeding must *not* be practised. But if the pupils are *large*, or the one very large and the other *as usual*,

* For the remarks on this Section and the succeeding Sections of this Chapter, I am indebted to Dr. Hering; and to the statements in reference to the recovery of drowned, strangled, and frozen persons, the attention of the benevolent is particularly directed.

bleeding may be resorted to, if a skilful homœopathist, able to select a remedy suitable to the case is not present.

If the pulse be full and slow, the face red or pale, give opium to smell, and lay a few globules on the tongue; and if relief is not obtained, inject a pint of water, in which some globules have been dissolved: if the *pulse is very weak*, give *Lachesis* likewise.

*Tartar Emetic* is useful, when a nausea or inclination to vomit has preceded the attack, or a choking has appeared, then, when the patient is waking, give some teaspoonsfull of a weak solution of tartar emetic, one grain dissolved in half a glass of water; if requisite give an injection of the same.

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## SUSPENDED ANIMATION.

Suspended animation, when produced suddenly, should not be regarded as *death*. And therefore all those suffering from suspended animation, induced by the operation of some violent cause, should not be regarded as dead, till means have been employed for restoration.

It may be useful to notice the circumstances under which suspended animation presents itself.

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### a. *Suspended Animation at Birth.*

New-born infants are sometimes *apparently dead*. The mouth is to be cleansed with the finger, around

which some linen has been put, and the nose also carefully cleaned. The infant is to be wrapped round in warm clothes, and rubbed on the breast and the hands with soft flannel. If the umbilical cord does not soon begin to pulsate, it is then to be cut asunder as usual, and the child put into a warm bath, so as to cover the whole body, except the face, with water. In this bath the breast and the limbs are gently to be rubbed and moved about. Should no sign of life appear after five or ten minutes, then take as much emetic tartar as will lie on the end of a penknife, and put it in a large tumbler of water, and lay a little drop of the solution on the infant's tongue. Should no alteration take place in fifteen minutes, repeat the drop. Again in fifteen minutes take a tablespoonful of the solution, mix it with a teacupful of lukewarm pure water, and give it as an injection. In the interim, nothing should be used to smell at, or to rub with, or otherwise. If, after the application of the preceding means no change is produced in half an hour, then take, if the face is *blue*, *Opium*, if it is pale, *China*, and dissolve some globules in a teacupful of water and use for an injection. In the meantime, several drops of very cold water, or a very small stream of it, may pass from a tea-kettle, and fall from a height of five or six feet on the breast of the infant, but particularly on the *left* side of the breast: one person stands on a chair or table with the kettle, another raises the infant with its breast out of the water, and immediately after puts it again into the warm water, repeating this several times; afterwards the gentle rubbing and pressing of the limbs, with warm hands, must be renewed, and

thus alternated for some time. Old persons are not as fit for this service as are the young, vigorous, and healthy. As soon as symptoms of *urination* appear, which in many instances may be after two or three hours, then cease to rub and to pour water; let the infant remain in warm water until it begins to breathe and cry, then wrap it in a good cloth and lay it by its mother, or by a young, vigorous, healthy, person.

If the face of the infant then be *red* and *blue*, give *Aconite*, if *pale*, *China*.

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b. *Suspended Animation from* STARVATION.

Small injections of warm milk should be administered and often repeated. If signs of life appear, throw a drop of milk into the mouth; afterwards some teaspoonsful of milk, and gradually more: when the recovering person begins to express want, give spoonsful of sopped bread, afterwards of broth, and after that some drops of wine. A sound sleep ought then to occur: and for some days, he should eat only a little at a time. Eating too quickly, or too much, is often fatal.

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c. *Suspended Animation from a* FALL.

Convey the patient carefully on a bed, his head raised so that he can remain at ease, and put some globules of *Arnica* in water on his tongue, and wait till a medical examination of his body is made. If a

vein is opened, only a little blood should be drawn: for whoever is brought to life in this way, would probably have otherwise recovered.

If the arnica fails, or if the bleeding does not appear proper, give the arnica in injections. If the patient revive after the bleeding, then give *China*, and, after it, *Arnica*, in order to hasten the cure. If the patient, from the injuries, has lost much blood, it is madness to bleed, but give *China*, a little wine, a few drops, and, after all, *Arnica*.

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d. *Suspended Animation from* STRANGLING, THROTTLING, HANGING, STIFLING, *through a* WEIGHT *or* PRESSURE.

Remove all tight clothes: place on a good bed, so that the neck be quite free and not bent any way, as it commonly is, when a person lies in bed. Rub very gently but constantly, with warm cloths, giving immediately an injection of opium, ten to twenty globules dissolved in half a pint of water, well shaken, and given at once, but injecting slowly. This is to be repeated every quarter of an hour, while the limbs are to be well rubbed up and down, especially on the inside. From time to time a small mirror should be held before the mouth and the nose, to see if breath begins to escape, whether he opens his eyes, and sees, or the pupils move at all. Lay warm cloths, hot stones, wrapped in cloths, on the feet, between the legs, on the back, the sides, and under the armpits. If no alteration appear in one or two hours, take a bitter almond, pound it fine, and mix with a

pint of water, put some of it in the mouth, lay two or three drops on the tongue, or in the nose, and give the remainder in small injections. If the injection goes forward, then take a longer pipe and keep to the anus: after withdrawing it, place the thumb upon it for five to ten minutes, and see whether the injection remains. In addition, a healthy person may stroke with the palm of his right hand, keeping the hand some inches from the body, very quickly, from the top of the head to the toes: at each fresh stroke turning himself about, and carrying the hand in a wide circle again to the head.

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e. *Suspended Animation from* DROWNING.

Drowned persons are immediately to be undressed, the mouth and the throat cleansed for half a minute or so, with the abdomen and the head bent rather forward, so that the water may run out; then put in a warm bed, wrapped in warm clothes, or placed in warm sand and ashes, covered therewith: if in summer, place the drowned person, in that season, wrapped in a coverlet, in the warm sunshine, the face turned against the sun; the head lightly covered. Give the opium injection, and begin to rub the limbs with warm cloths, and continue so for hours. The passing of the hands down may be tired. Bleeding is madness. If no benefit is gained, lay on the tongue several globules of *Lachesis* and use them in an injection, and rub again for some hours.

### f. *Suspended Animation from being* FROZEN.

Persons frozen may, says Dr. Hering, *even* after several days, be restored to life. They must be taken up and removed with the utmost care, as the limbs may be broken: they must be brought into a room not heated, or into a shed, but where there is *no draught of air*. They are then to be covered completely with snow, at least to the depth of the hand, even over the face, leaving a space that the nostrils and the mouth be free. They should be so placed, that the melted snow may quickly run off, and the snow melted must be replaced. If no snow can be had, place in a cold bath, coldened by ice; if the ice attaches to the body or the limbs, it must be removed. The body is thus thawed, becoming soft and pliant; then cover gradually and cut what is necessary of the garments from the body. If becoming soft and movable, commence rubbing the soft parts with snow, and continue till *redness* is produced. This process should be gradually discontinued, undress, lay on a dry bed, and rub with cold flannel, stockings, pieces of blanket, &c. If still no signs of life appear, take a morsel of camphor, or some spirits of camphor, shake it in some water, and administer as an injection. Repeat this every fifteen minutes. If during the rubbing or by the use of the camphor, symptoms of life or recovery appear, give a small injection of lukewarm black coffee, and as *soon* as able to swallow, give some coffee, a teaspoonful.

When the signs of life increase, let everything wet

be removed, rub every part till quite dry, but not lukewarm. The sufferer must acquire warmth of himself in bed *and no other warmth should come near.*

"*If we do not shun the labor*, we can sometimes, AFTER MANY HOURS, *restore the apparently dead to life.*"

Very often violent pains now arise. Give *Carbo vegetabilis*, and repeat as often as necessary. If it fail to relieve, *Arsenicum* must be given. Should stitching pains occur, or heat in the head, *Aconite* will relieve.

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g. *Suspended Animation from* LIGHTNING.

Persons struck by lightning should be placed with the face towards the sun, in pure fresh earth, and covered with it, so as to be in a half-sitting and half-lying posture, and nothing but the face exposed. As soon as the eyes move, the face should be shaded, and several globules of *Nux vomica* should be placed on the tongue. Should no signs of life appear in half an hour, repeat the Nux vomica: in fifteen minutes after, put Nux vomica in water, and lay it on the nape of the neck: after another fifteen minutes remove the soil from the lower part, and give an injection of ten to twenty globules of Nux vomica, in half a pint of water. Put some cotton wool in the anus, to prevent any evacuation; cover every part again with earth, and let the person lie in this position until he begins to breathe, on which

remove the earth from the chest, and bring the person into a clear sunny chamber.

For any complaint which may follow, *Nux vomica* and *Sulphur* are very efficient.

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### h. *Suspended Animation from* FOUL AIR.

From various causes, such as gases disengaged from deep cesspools, from limekilns, from charcoal fires, persons have life suspended.

The sufferer should be brought immediately into the fresh air, undressed, placed on his back, and the breast elevated. Throw cold water on his face and breast. If a solution of chloride of lime in water is at hand, dip a sponge in, and hold it before the nose, the solution to be weakened so as not to excite cough in a sound person who happens to breathe it. Put a teaspoonful of the strong solution into a tumbler full of water, and introduce half a teaspoonful into the mouth of the sufferer. Repeat this from five to ten minutes, discontinuing gradually as the patient improves.

If chloride of lime solution is not at hand, mix some vinegar with an equal quantity of water, and sprinkle the face with it: and hold a sponge, dipped in vinegar, before the nose and the mouth.

During this time the patient should be rubbed with hot flannel. If the face has been sprinkled, wipe it dry after a little while: then rub it with hot flannel, and repeat the sprinkling. The feet, the stomach, the breast and arms particularly, ought to be well

rubbed. The soles of the feet, and the back may be brushed a little with a stiff brush.

Be not too hasty, but proceed gently, and continue patiently. Life sometimes will not return till after three or four hours.

If the patient, apparently dead, does not breathe at all, it is useless to hold a sponge before his nose; only try from time to time, by holding a light feather there, whether his breathing has recommenced. Blow breath occasionally into his mouth, which is best done by a person inhaling as much as he can, and then placing his mouth on that of the apparently dead (whose nose should be held shut,) and blowing in the breath gradually. If you perceive the breast rising thereby, let the breath go out of itself, and repeat the operation. If the breath will not come out again of itself, place a towel around the breast, and after the breath has been blown in, pull it gently. Thus by keeping up an artificial respiration, a person apparently dead may often be restored again, but he who undertakes the operation should himself be healthy and have a clean breath, and either drink or rinse his mouth occasionally with vinegar. As soon as the sufferer begins to breathe, or the exhalation of the breath infused becomes more rapid, cease the infusion, blow gently fresh air towards him, and only when the breath becomes stronger, hold a sponge to his mouth dipped in a very weak solution of chloride of lime or vinegar. You ought to be very careful, indeed, lest you extinguish the feeble life just returning. If the patient recovers, give him a few drops of a weak solution of chloride of lime or vinegar. If he complains of cold, inclination to go to stool, or nau-

sea, and vinegar will not remove this feeling, or the patient dislikes it, give him a little black coffee; if he complains of heat and great weakness, give him a little good, and if possible, old wine. The smell of camphor is also often beneficial. Consult in this respect the wishes of the patient; whatever is most agreeable to him, or affords him relief, deserves the preference.

Another mephitic gas is developed in deep wells, vaults, and lime furnaces, which is suffocating. It has no bad smell, but makes him who inhales it sleepy, giddy, and at last senseless.

Persons affected by it will usually revive in a short time, if they are speedily brought into the fresh air, sprinkled with cold water, and with vinegar, and particularly by the infusion of black coffee. Do not act with too much precipitation — delay is not dangerous in such a case. If respiration does not return, it will be necessary to blow in some breath.

The vapor of *charcoal* is very dangerous, particularly to persons sleeping. Never sleep with lighted charcoal in a chamber without a chimney. This refers also to stonecoal. It has also happened that old wood work has been glimmering, and thus continued for days without smoke, and that the inhabitants of such a house, not minding the not very perceptible smell of something burning, were found on the point of death, before the glimmering had even been discovered. It is remarkable that persons, exposed to this exhalation, become so feeble as to be unable to go into the fresh air, to open doors and windows, or to call for aid. They labor under the greatest inconvenience, perceive their danger, yet

cannot resolve to remove from the spot, or save themselves. A similar sensation seizes those who in very cold weather sit down in the open air to rest themselves; although they know the fate that hangs over them, they cannot recover courage to resist it.

The signs of poisoning from the effect of coal-fire, before apparent death prevails, are: — headache with nausea, violent exertion to vomit, vomiting, even of blood; a heavy load seems to oppress the breast; the face becomes red, purple, and full of blood; the patient is seized with an involuntary, convulsive weeping, talks incoherently, falls down suddenly into fits, becomes senseless and apoplectic.

Carry him into the fresh air, rub him with vinegar, and let him inhale it. If the face is already purple, and he talks incoherently, throw ice-cold water over his head. In general, it is well to apply *cold* to the *head*, *warmth* to the *feet*. After the patient has recovered, it will be well to give him *Opium*, removing the vinegar. Should *Opium* help, but not long, repeat it. After some hours, or sooner, *Opium*, and no effect, give *Belladonna*, and let it have time to operate. In case of apoplexy only it will be useful to bleed first.

The dry rot in old buildings has a similar yet slower effect, than that from coal-fire upon the inhabitants. Such buildings ought to be pulled down; however, if people have to live in them, endeavor to kill the dry rot by stone-coal fire. Apply this, as much as possible, above, below, and about the spot where the dry rot breaks out. Brush the spot itself with a strong solution of blue vitriol or sulphate of copper. To guard against the effects of the dry rot, put a few

drops of sulphuric acid into a gallon of rain water, and take occasionally a drink of it.

To obviate the bad consequences of exhalations from chloride of lime, to which people are sometimes exposed, smoke tobacco; or drop some strong brandy, rum, or spirits of wine on a piece of loaf sugar, and put it into your mouth.

In accidents from inhaling poisonous vapors, such as prussic acid, or mineral acids, take spirits of hartshorn, or spirits of sal ammoniac, which will afford relief; but do by no means apply the vial containing such spirits to the nose, you would only increase the evil thereby — pass the open vial at the distance of about six or eight inches slowly before the sufferer, so as to communicate the smell feebly to him; continue this as often as may be necessary. Or, put a drop on a bit of paper, insert this into an empty bottle, and let him sometimes smell at the bottle. But if the vapors were from alkali, this would avail nothing; in that case let him inhale the smell of vinegar. Whether the vapors are from acid or alkali, you will find out by blue paper; acids will make it turn red, alkali will make that which is stained red from acids blue again. In cases of poisoning from acid vapors, you may put one drop of spirits of sal ammoniac into a tumbler full of water, and give of this mixture a teaspoonful every ten minutes; in poisoning from vapors of alkali, give from time to time a teaspoonful of vinegar.

# PART II.

## CHAPTER I.

### THE CONDUCT DURING THE STATE OF PREGNANCY.

A PREGNANT woman occupies a position of the highest interest. She bears about with her a living being, whose future physical, and, it may be added, intellectual, moral, and animal condition is dependent, in a great measure, upon the conduct and the state of mind, which she pursues and cultivates during the period of pregnancy.

The mental and moral influence of the pregnant female on her offspring, is a subject too wide to come within the limits of this work. The *physical* influence may be noticed.

To enable a mother to realize for her child that excellence of constitution, a child has a right to expect to receive from its parent, she must pay attention during her pregnancy to her DIET, her EXERCISE, and her DRESS.

In reference to *diet*, the mother should avoid both all *stimulating* food and all *excess* of food *not* stimulating.

In regard to stimulating food, many think these are justified by the *peculiarities of appetite* existing during the period of pregnancy. But these peculiarities are not the products of health, but the consequences of disease, and, as such, should be treated medicinally and morally; not pampered by articles of diet, which augment the diseased states, upon which these peculiarities are dependent.

Another decisive evidence that stimulating food or drinks are injurious, because unsuitable, is afforded in the fact, that the *pulse* of the pregnant female is much *more rapid* than the usual pulse of the same female when not pregnant.

Plain, nutritious, unstimulating food, should be the constant source of nourishment to the pregnant female. And this food should not be taken in *larger quantities* than usual. Many think that, because a pregnant female has to nourish a *second* being, she needs this increase of supply: but it must be remembered that during the period of healthy pregnancy, the natural *monthly discharge*, common to women, ceases; and the cessation of this must be almost, if not quite an equivalent, to the increased demand upon the constitution by the living being.

The food should be nutritious and digestible. Indigestible articles of diet, by producing an excruciating colic, have, as Dr. Eberle has proved by several remarkable instances, produced abortion, even so early as the fourth month: a result still more likely to happen, as the period of pregnancy advances nearer to its termination.

But, besides the diet of the DIGESTIVE organs, there is the diet of the LUNGS, necessary to be followed, in particular by the pregnant female. The food the lungs require is *good air*. The bed-room should always be a well-aired, good-sized room: this is particularly required by the female in this condition. She should avoid late hours and rise early: make as much use as possible of daylight: bed curtains should be avoided, and the bed-clothes should be exposed to the air so as to be deprived of the perspiration accumulated during the night. The practice of making beds immediately on rising may be a *tidy*, but is not a *healthy* practice.

The second point to which attention must be paid, is *exercise*.

The MUSCULAR system requires *exercise*, which is its diet: *Walking* is the best exercise: Dancing: riding on horseback, unless at very easy paces; travelling over rough roads, should be avoided. Well regulated exercise gives power to the *muscular fibres*, forming the external investment of the bowels; and, as on their healthy state depends, in a considerable measure, the *expulsive* power, necessary to aid the womb in the expulsion of the child at birth, the importance of walking, by which chiefly these muscles are strengthened, must appear.

These remarks lead to the third circumstance necessary to be attended to by the pregnant female; it is DRESS.

The dress should be loose — stays are to be deprecated — they tend to destroy the power of the abdominal muscles, by preventing their regular action; and there can be but little doubt that the *ineffectual labor-*

*pains*, from which many women in confinement suffer so much, depend upon the inability of the womb, unaided by the abdominal muscles, (these having been weakened by the want of healthy action, from the impediments of tight-lacing,) to expel the child.

Stays, tight stays or tight abdominal supporters, produce worse effects than this. They often occasion the child to occupy a *position* in the womb, not according to its natural position, and thereby, if not occasioning deformity, which often is the case, causes trouble and oftentimes danger in the birth. Dr. Eberle remarks, "the custom of wearing tightly-laced corsets during gestation, cannot be too severely censured. It must be evident to the plainest understanding, that serious injury to the health of both mother and child, must often result from a continual and forcible compression of the abdomen, whilst nature is at work in gradually enlarging it, for the accommodation and the development of the fœtus. By this unnatural practice, the circulation of the blood throughout the abdomen is impeded,—a circumstance which, together with the mechanical compression of the abdominal organs, is peculiarly calculated to give rise to functional disorder of the stomach and liver, as well as to hemorrhoids, uterine hemorrhage, and abortion. The regular nourishment of the fœtus, also, is generally impeded in this way — a fact which is frequently verified in the remarkably delicate and emaciated condition of infants, born of mothers who have practised this fashionable folly during gestation. It may be observed, that since the custom of wearing tightly-laced corsets has become general among females, certain forms

of uterine disease are much more frequent than they were sixteen or eighteen years ago."

To these valuable remarks may be appended the following statements of Dr. Andrew Combe: "The Romans were so well aware of the mischief caused by compression of the waist during gestation, that they enacted a positive law against it; and Lycurgus, with the same view, is said to have ordained a law compelling pregnant women to wear very wide and loose clothing."

To conclude: the female should remember that child-bearing is a *process of health.* The formation of a child in the womb, when the exciting cause has been applied, is as natural and as healthy an action as the formation of *chyme* by the stomach when the food has been introduced into it; and therefore, this condition should not be regarded with a feeling of anxiety, but rather should be looked upon as *a means of developing health;* and that this is the case is rendered evident by the fact, that a female who has brought a child into the world, presents a few days after, in her countenance, a peculiar freshness and clearness that must strike even the most casual observer.

## CHAPTER II.

### THE DISEASES OF, OR DISTURBED STATES CONNECTED WITH, PREGNANCY.

Though the state of pregnancy is one perfectly natural and therefore perfectly healthy, yet, from the existence of disordered constitution, from the influence exerted on the frame, by the excessive use of medicines prescribed under the old systems, and by numerous other causes, it often happens, that attendant upon the state are many *deviations from health*, which may be noticed, and the best means for removal detailed.

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One of the earliest manifestations is presented in what is called

#### MORNING SICKNESS.

Under the old system the difficulty of curing this unpleasant affection all must know. In fact, the inefficacy of the means used had led medical men to recommend their patients to consider it *a thing that must be*, and that they *must wait till the quickening:* just as they call all complaints, for which they

know no medicines, *nervous*, forgetting that a nervous affection *is* a complaint, is a *disease*, and being a deviation from the natural order called health, consequently admits of cure.

Homœopathy presents remedies, one in particular, for this morning sickness. I have tried the one referred to, namely, *Nux vomica*, in numerous cases with success.

Three globules are to be dissolved in eight spoonsful of water; and let the patient take two spoonsful at eight P. M., for two successive evenings, and then every other evening. (*Nux vomica*. given to a person *in health*, produces morning sickness, nausea, vomiting, and heartburn. Hence its efficacy.)

If, with the morning sickness, there is *relaxation* of the *bowels*, *Ipecacuanha*, dissolved, and taken as the *Nux vomica*, will be successful.

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### No. 2. CONTINUANCE OF MENSTRUATION.

The discharge of the menstrual fluid is the healthy action of the womb in the non-pregnant state.*

The pregnant state is a new action. It suspends the previously existing action, namely, that connected with the formation of the menstrual fluid. If, therefore, this fluid *continues to be formed*, such continuance is a deviation from health, and must tend to prevent the proper concentration of the powers of

*See *Affections of Woman. The Monthly Period.* By John Epps, M. D.

life to the formation of the new being. Under such circumstances the physician's aid should be sought, and that early, as thus he will be able to devise means by which miscarriage, often connected with this continuance of the menstrual discharge, will, it is likely, be prevented.

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### No. 3. CONSTIPATION.

In many pregnant females the bowels do not act except with difficulty. If any inconveniences result from this impeded action, *Nux vomica*, *Bryonia*, and *Opium*, are the principal remedies; and, in reference to their use, full particulars can be found in the article on Constipation.

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### No. 4. TOOTHACHE.

It is a curious fact that pregnant females are often subject to toothache. Whether or not this arises from the increased action in the system, dependent upon the pregnant state, developing latent tendencies, would form an interesting inquiry; but the fact is so, and the remedies for toothache, detailed under that head, will be useful.

*Olfaction* or *smelling* of the selected medicines, is quite enough in such cases; indeed, the internal use of the medicines is sometimes too powerful; both facts being explicable upon the increased susceptibility to impression in the pregnant state. The se-

lection of the appropriate remedy will be rendered easy by reference to *Toothache*, (pp. 121, 122.)

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Another affection, dependent in part on the impediment to the return of the blood to the heart, but, in a greater degree, upon a diseased state of the constitution, appears, and occasions, sometimes, considerable trouble during pregnancy. It is an enlargement of the veins of the leg, assuming a corded appearance, and often attended with considerable pain. This affection is named

VARICOSE,

and the vessels are named

No. 5. VARICOSE VEINS.

The veins on the surface of the body, particularly of the legs and of the feet, become enlarged, sometimes reddish, more frequently blue or lead colored. The enlargement increases in standing or hanging down the limbs, and is relieved by lying: they sometimes burst, and occasion a considerable loss of blood.

*Pulsatilla* and *Arnica* are very useful: alternating them week by week.

Gentle friction, before going to bed at night, is very useful: the use of the bandage, well applied, that is, applied so as *to press equally on every part*, will do much good.

*Nux vomica* and *Sulphur*, alternately exhibited,

are useful, especially where constipation and piles, or a tendency to piles, exist. When in the veins there is a *burning* sensation, and the hue is livid, *Arsenicum* is useful: when the parts surrounding the veins appear as legs do that have been long exposed to heat and the air, a kind of bruised, burnt appearance, *Pulsatilla* is peculiarly useful.

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A sixth affection, connected with the stage of pregnancy, is the *too early* introduction of the human being into the world: namely,

### No. 6. MISCARRIAGE, OR ABORTION.

There is perhaps no point of view under which the power of homœopathic remedies is more interestingly apparent than in the prevention of miscarriage. I have succeeded in several instances in enabling mothers, who have been unable to go the regular period, to attain that desirable state. One lady, in particular, who, in spite of the best medical allopathic and antipathic aid, and notwithstanding the greatest care, had miscarried four times, consulted me, and was enabled, although having all the usual threatenings, to escape miscarriage, and to present to her husband a most beautiful and healthy child.

To prevent miscarriage in persons, who have had previous miscarriages, these occurring about the same time in the pregnancy, Hartmann recommends to give *Secale* on the first cessation of the monthly discharge, and to repeat it every fourteen days till the period has passed by.

The medicines that I have used with most success are *Sabina* and *Belladonna*. Where, however, such a hemorrhagic tendency exists, the advice of the physician should, and no doubt will, be sought in the selection of the appropriate remedy or remedies.

One thing should however be attended to, it is *total abstinence* from all *warm* drinks. Milk is the best drink, and that should be cooled.

The common remedies and the usual medical treatment when hemorrhage does take place, often do more harm than good. The dashing of cold water has often produced inflammation and other serious diseases; the injection of alum has frequently been the originating cause of indurations; and the practice of stuffing cloths up the passage only conceals the bleeding, but does not stop it.

The first thing is, that the sufferer should lie quite quiet, moving herself as little as possible, trying to compose her mind by reflecting that blood is lost from the nose in large quantities, and that still larger quantities are often taken by the allopathist's lancet. The utmost stillness should be preserved, both in the room and in the house: and the attendants should cultivate the habit of self-command. Medical men are obliged to appear *cheerful* when they are often *sad* at beholding the condition of a patient; others should try and imitate them.

With every violent hemorrhage Dr. Hering advises, "the thighs may be firmly bound with a cloth, a silken one being preferable: also the upper part of the arms. A little cold water should be swallowed, and should paleness and fainting appear, some drops of wine, only not more than one drop at a time, will

be found very serviceable. Smelling vinegar, rubbing the nose, the temples and other parts with vinegar, is in many cases, very good, only the patient, as is often done, should not be inundated with it; the utmost that need be, is a teaspoonful brought in the hand, or the finger may be dipped, so that the smell of the vinegar may afterwards be easily removed," as such smell might interfere with the operation of a remedy that the physician may prescribe. Other remedies may be seen under the heads of Epistaxis and Hæmoptysis.

Purgative medicines are one frequent cause of miscarriage; in fact, it is had recourse to for that effect. No homœopathist uses such medicines; and the fact, that miscarriage is often induced by such medicines, shows strongly the value of homœopathy, which affords remedies that regulate the bowels without purging them. The following sentences will direct as to the choice of the medicine in cases of hemorrhagic discharge from the womb. *Aconite* is always useful when the symptoms are severe, attended with violent fever.

*Belladonna*, if the blood is bright red, and there is a downward pressure of the internal genital organs, as if they were about to descend; violent pains in the lowest part of the backbone or "sacrum;" hard, full, and frequent pulse; agitation.

*Bryonia*, if the blood is dark red, with severe, pressing pain in the sacrum, or pain in head, especially the temples.

*Chamomilla*, if there is dark colored and coagulated blood, discharged at intervals; labor-pains in the lower part of abdomen, attending each discharge; much thirst; coldness of the extremities.

*Crocus*, if the blood is black, clotted, and tough ; if there is *cutting* pains in lower part of abdomen, extending towards the sacrum.

*Sabina*, if the symptoms are like the preceding, but the blood bright red, and expelled by the contractions of the uterus.

*Hyoscyamus*, when the blood is bright red, flowing most during the spasms, with pains like those of childbirth ; general heat ; discharge of blood, accompanied by spasms of the whole body, or single limbs, followed by stiffness of the joints ; pulse slow, weak, and intermittent ; swelling of the veins ; great general excitement of the nervous system.

*Ipecac.*, when there are cutting pains about the navel ; pressure towards womb and anus ; chills and coldness of body with internal heat rising to heat.

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## CHAPTER III.

## ON CHILDBIRTH AND ITS SEQUELS.

### Section 1.

#### THE BIRTH OF THE CHILD.

Pains, in *badly* civilized society, that is, society that has, in many most important respects, founded its civilization on bases quite *opposed to nature's*

*precepts*, attend the bringing a child into the world. These pains are sometimes severe, and are felt with strong intensity by women of peculiarly sensitive constitutions; particularly at the birth of the first child, and more particularly when the parent has her first child at an advanced age.

To relieve the pains connected with labor, I have found, in numerous cases during the last two years, the following extremely useful; in fact, a written copy of these directions, with the appropriate medicines, have been presented to many patients, who have passed through their confinement, since they have embraced homœopathy, using no means but homœopathic.

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Should the labor-pains be *ineffectual*, but *intense*, take three globules of COFFÆA.

Should this fail in affording relief, or if affording relief, *cease* to afford relief, the sufferer, in the course of two hours, may take *two* globules of ACONITE, or else two globules of NUX VOMICA: the choice between the two being, that if there is a *constant urging to stool*, Nux vomica is to be preferred.

Should the labor-pains be *absent* or *weak*, or at *long intervals*, and the expulsive attempts *ineffectual*, then two globules of PULSATILLA can be taken.

Sometimes Pulsatilla is ineffectual, and the labor-pains occur every quarter of an hour, and there are very severe pains in the hips and at the thighs, then two globules of SECALE can be given with benefit.

In some cases the labor-pains *suddenly cease*, and *tremor*, *stupefying sleep*, with *snoring* occur, the eyes

*half closed*, and *great difficulty* exists in *arousing* the patient, then two globules of OPIUM can be given with advantage.

Dr. Hering, of America, whose works corroborate the beneficial use of the above remedies, remarks, that, when the pains *suddenly disappear*, and are *unattended* with the above symptoms, two drops of the mother tincture of cinnamon are very effectual.

[*Tincture Secale*, has been one of the most effectual remedies, for restoring the pains when they have ceased, or strengthening them when they were ineffectual, in my practice, particularly when the patient complains of dizziness, and is rather confused, or threatened with delirium. One or two drops every five or ten minutes of the tincture in a spoonful of water. This is the most effectual remedy to control flooding after delivery, when the womb does not readily return to its natural condition.— *Ed.*]

The after-birth, when not expelled by the womb's own power, or removed by the usual mechanical means, will be aided in its discharge by pulsatilla, or secale, or some one of the remedies already detailed, selecting according to the symptoms.

During the process of childbirth, *all stimuli* are to be avoided.

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## SECTION 2.

### DIRECTIONS AFTER DELIVERY.

To all homœopathists, ARNICA is known as a specific against *bruises of soft parts.* The process of

forcing the child through the passage from the womb to the air may be regarded as a process, in which the soft parts are *bruised;* although here it is worthy of remark, the Creator has so appropriately constructed the parts, that form the walls of the genital apparatus in women, that these parts are capable of dilatability, so that they expand during delivery, and thereby give room by diminishing their mass by diffusing that mass over a wide surface.

But still the process is a slightly bruising process. This idea led me to use arnica; and the benefits resulting from its use are so great, that I know no remedy so serviceable, and no use of a remedy more delightful than this of arnica. I could give many cases illustrative.

The arnica can be used both *internally* and *externally:* internally, two globules in a wine-glass of water: externally, by means of a *lotion*, formed of forty drops of the tincture to a small tumbler of water.

The use of arnica is the most effectual preventive of what, to many women, is more distressing than the labor itself, namely, the

AFTER-PAINS.

These after-pains are caused, in most cases, by the medicines and the stimuli given during delivery, by the too great officiousness of the medical attendant, and often by the too hasty removal of the afterbirth.

The use of arnica will, in general prevent them: and the medicines detailed, as suitable for pains before delivery will be useful.

## Section 3.

### DIET, ETC. AFTER DELIVERY.

The patient should be kept quiet. No opiates should be given to induce sleep. Slumber comes "of nature's wont." Should, however, there be great nervous excitement, three globules of Coffæa will subdue the *restlessness* and *turning* about in bed: but, if, with these symptoms, there is *fever*, or if coffæa does not relieve, or if *feverish heat* is the *prominent feature*, then two globules of *aconite*, every six or eight hours, can be given.

The mother should remain in bed from five to ten days; after that she may rise daily, each day lengthening the period during which she sits up; keeping the legs more raised than dependent. If there is much weakness, the horizontal position should be used.

The diet should be *light*, that is, not concentrated nutriment.

All stimulating foods are to be avoided: and so are the stimuli to the senses; hence, in reference to the *sight*, the room should be rather dark: in reference to the sense of *smell*, all flowers and aromatics and scent-boxes should be excluded; in reference to the sense of *hearing*, quietness should be enforced; and in reference to the *higher* senses, the moral, the religious, and the intellectual, tranquillity should be sought after.

The same reason, which demonstrates that no necessity exists, that the *pregnant* woman should

take stimulating foods or drinks, demonstrates that the woman *suckling* needs no stimuli, or no great increase of nutriment.

*The menstrual discharge does not exist in either:* the child *formation* is its substitute in the *pregnant* state: the child *nourishing* its substitute in the *suckling* state.

*Porter*, the liquid generally taken to nourish, is hardly ever pure. Different ingredients are introduced, which are deleterious both to the mother and the child.

Good cocoa is the best drink, and supplies quite sufficient nutriment, and that without undue stimulus: an advantage both to the mother and the child.*

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## CHAPTER IV.

### DISEASED STATES AFTER DELIVERY.

#### Constipation, No. 1.

Do not be troubled about the bowels not acting, Nature is busy restoring the natural condition of the womb and the genital organs: all her powers are

* I have now the pleasure of stating, that mothers, who formerly suckled children, themselves taking *beer*, have been induced, by reading the preceding editions of this work, to suckle their children, themselves taking *cocoa:* and the benefits, derived both by child and by parent, have demonstrated to such mothers the existence of no necessity for beer.

occupied in that direction, and therefore she leaves the intestines. When she has effected her purposes the *intestines will act of themselves.*

Remember this — that ACUTE diseases, *inflammation of the bowels*, *puerperal fever*, and the CHRONIC diseases, the *bearing down of the womb*, *the inability of retaining water*, which so much trouble women who have borne children, are, in most cases, the consequences of the purging system.

About the fifth or sixth day after confinement the bowels generally act. If more than a week occur without an action, take two globules of BRYONIA; and, if no action take place in twelve hours, take another globule of *Bryonia:* and, if in twelve hours after that *there is no action*, use a lavement of about three-quarters of a pint of warm water, if friction over the bowels is not effectual.

[A teaspoonful of castor oil, in the juice of a sweet orange may be administered after the fourth day, if there should be any more feverish symptoms than usually attend the appearance of milk in the breast. Any medicine which operates as a physic previous or during this period is detrimental, but this preparation of castor oil will move the bowels without any cathartic action. — *Ed.*]

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### DIARRHŒA OF LYING-IN-WOMEN.

If it be not desirable that the bowels should be purged by medicine during the first few days after confinement, it is quite apparent, that a *looseness* of

bowels, a DIARRHŒA, must be decidedly injurious, and requires remedial treatment.

The symptoms recorded in connection with the remedies for diarrhœa, will indicate the medicine to be chosen to subdue this state; but, generally speaking, *Dulcamara* is the best remedy: as the diarrhæa, affecting lying-in-women, is peculiarly likely to originate in a check to the natural perspiration, for which, i. e. *thus produced*, diarrhœa, *Dulcamara* is the specific.

*Hyoscyamus* seems to be particularly useful when the diarrhœa is *without pain*, and when the evacuations are *involuntary* or *almost so*.

When much debility is induced by the continuance of the diarrhœa, when there ls much perspiration with the diarrhœa, *Phosphorus* will be useful, or *Phosphori acidum*, but under such circumstances, medical aid ought to and will, it is likely, be sought.

[*Arsenicum*, if there is much bloating and alternate chills with flushes of heat, and great debility, with watery evacuations and little pain.

*Secale cornutum*, if there is pressing pain with the evacuations. — *Ed.*]

### THE LOCHIAL DISCHARGE.

A discharge takes place after delivery, continuing for some days. This discharge is called the *Lochia*, or the *Lochial Discharge*.

When it continues abundant beyond nine or ten days, medical aid is required.

*Crocus* is the principal remedy. The characteristics indicating its use will be seen in article

Epistaxis, and in article Hæmorrhage from the Womb.

*Bryonia* will be useful when the discharge is of a *deep red*, attended with burning pains in the uterine region, but with chilliness in other parts.

*Calcarea* is indicated where there is itching in the womb.

*Belladonna* is indicated when the discharge is nauseous and offensive.

Sometimes *pure blood flows* each time that the child is *put to the breast;* then *Silicea* is the remedy.

If the lochia should be suddenly suppressed, puerperal fever may be produced. *Pulsatilla* is the best remedy under such suppression.

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## SORE NIPPLES.

To prevent the sore nipples, the best plan is, a few weeks before confinement, to wash the nipples with cold water, or with spirits of wine, obtained from distillation of grain: to continue this after the confinement, adding five or six globules of arnica to the water used to wash with.

If, notwithstanding these means, the nipples should become sore, give sulphur for two days, and wash the nipples with cold water, having five or six globules of the sulphur dissolved therein. If, after two or three days, there is no change for the better, use *Calcarea* dissolved therein. If still the soreness is not much improved, use alternately for three days the *Sulphur* and the *Calcarea*.

Fright, cold, sudden weaning, and numerous other causes, may induce this disease.

The milk coagulates in the milk vessels, swelling takes place: the skin becomes tense, and inflammation, approaching to erysipelas, takes place; this, if not stayed, proceeds to suppuration, cold sweats break out over the body, the head becomes affected, and, after almost intolerable agony, the matter discharges externally.

*Belladonna*, if administered when the erysipelatous appearance, and the swelling first appear, will often stop the progress.

When the breast is hard and swollen, and the milk suppressed, then *Bryonia* can be used.

[*Aconite* at first, where the heat and throbbing is very great.

*Mercury*, if there is evidence of the formation of matter, or if a hardness remains. — *Ed.*]

In conjunction with these affections of the breast there is a disease, called

## MILK FEVER.

This fever is developed, when, from any cause, the free formation of milk is interfered with.

The treatment depends greatly upon the exciting cause.

If a blow, or a severe and protracted labor, be the cause, then *Arnica*, internally administered and externally applied, is the best remedy; premising that, should decided inflammatory symptoms present themselves, *Aconite* must be previously used.

When rheumatic pains exist in the breast, then *Bryonia*, after *Aconite*, if the fever be strong; without *Aconite*, if the fever be slight.

When erysipelas threatens, then *Belladonna:*

When joy is the exciting cause, *Coffæa:*

When passion is the exciting cause, and the fever is high, *Chamomilla*, preceded by *Aconite:*

When fright has been the cause, *Opium:*

When fright and passion have been combined, then *Aconite:*

When a chill, suppressing an existing perspiration, has been the cause, *Dulcamara:*

When silent grief, then *Ignatia:*

When milk fever is attended with symptoms indicating affection of head, chest, or abdomen, there is reason to suspect *puerperal fever*, in which not a single step should be taken without the physician.

When, after the inflammation has been subdued, a hardness still remains, *Mercurius solubilis* can be given with effect.

I have succeeded in several instances in preventing abscesses in the breast by the means narrated.

When, however, suppuration, it is evident, must take place, then *Aconite* and *Hepar sulphuris*, as directed in the Introduction, will be of the greatest service in bringing about a satisfactory termination of the disease.

When suppuration has established itself before homœopathic remedies are used, and there are ill-looking sores, discharging a fetid discharge, *Silicea* will cure in a short time, using sometimes *Phosphorus alternately*. I have succeeded, in cases where fatal results were expected, by these homœopathic

means, in so completely restoring a healthy condition, that the mothers, at their next confinement, have experienced no inconvenience in the breasts previously affected.

If the inflammation has arisen from a blow, *Arnica* is, as might be inferred, a most efficient remedy.

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### [MILK LEG, (PHLEGMASIA DOLENS.)

This is a swollen state of the limb, extending at times even to the foot, occurring after delivery. The skin is of the natural color, tense, hot, and tender. When it occurs, it is usually consequent upon the suppression of the milk or the lochia: upon standing or walking too soon after parturition, and on food taken in too large quantity, or of a too stimulating quality, and sudden exposure to cold.

The principal medicines which have been proved beneficial in this affection, are *Acon.*, *Ars.*, *Bell.*, *Nux vom.*, *Rhus.*

*Aconite* is indicated here, as elsewhere, by the presence of accompanying febrile symptoms. In alternation with *Rhus.* it is serviceable, when there are rending pains along the inner side of the limb which is swollen, and on which pressure is intolerable.

*Belladonna* may be alternated with *Nux vomica*, when, after parturition, the swollen limb is very painful, and sensitive to touch, evidencing considerable inflammation: when a change of position cannot be made without extreme suffering.

*Arsenic* is usually followed by relief, when a sensation of burning heat predominates over other symptoms. — *Ed.*]

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MODIFICATIONS OF THE SECRETION OF MILK.

The action having ceased in the womb, an action takes place in the breast. A fluid, fitted for the nourishment of the young being is formed, and upon its continuance and proper condition, much of the comfort of the mother depends.

Sometimes, however, the milk is *suppressed*, and a dangerous fever, called PUERPERAL, is produced. When the milk is suppressed, *Pulsatilla* should be immediately taken, following its use with *Aconite*, if the symptoms of *Aconite* are present, and taking the two medicines alternately, as directed (see Introduction) for acute diseases.

Sometimes the milk is secreted in too great quantity; the breasts are distended and painful; the milk often escapes from the nipple; much weakness is induced. In such cases *Calcarea* is highly valuable.

[*Belladonna* is one of the most valuable remedies, but the chief reliance is to be placed upon good nursing, and proper attention to drawing the breasts; so as to keep them free of milk. — *Ed.*]

## CHAPTER V.

### TREATMENT OF THE INFANT AFTER BIRTH.

Before birth the child, lodged in the mother's womb, was surrounded with a temperature equal to that of the mother's body, namely, 96° to 98° Fahrenheit. To expose it, when born, to a temperature much lower, must be injurious: it should therefore be enveloped in a soft flannel, heated to a temperature, similar to that in which it was previously. The tenacious mucus, with which it is enveloped, should be removed by a sponge and warm water, heated to the temperature referred to. The Germans use "an oval-shaped, shallow wooden bath, with a raised portion at one end for the head, the bath containing a quantity of water just sufficient to cover or float the child." After being immersed three or four minutes, the sponge will remove easily all the mucus, no soap or oil being needed.

In drying the child, the advice given in the work, entitled "A Grandmother's Advice to Young Mothers," is excellent. It is, as the child from its weakness cannot be held in an erect posture, to have a large flat pillow or cushion, ready prepared, and cov-

ered over with two or three large soft napkins, on which to lay and dry the child immediately on its being taken out of the water.

When dried, if the skin is ruffled, it should be dusted with flour; but not if there is no ruffling.

After being dried, a flannel bandage, of five or six inches in breadth, and of a length sufficient to go round the body twice, is to be applied, but not to be applied tight.

The child is then wrapped up in a flannel shawl or blanket; or, if not exhibiting signs of fatigue, is dressed. If exhibiting these signs, then the child is allowed to sleep before being dressed.

The dress itself ought to be light, soft, warm, and loose, and not long: the use of very long petticoats often has induced deformity: moderate-lengthened clothes keep the lower extremities warm. The clothes, as Dr. Eberle suggests, should cover the neck, the shoulders and the arms: for why should the legs be kept warm, and the arms exposed to the cold? The custom of exposing these parts, Dr. Eberle rightly judges, is "one of the principal reasons why inflammatory affections of the respiratory organs are so much more common during the period of childhood than at a more advanced age." Of 379 fatal cases of inflammation of the lungs, which occurred in the British metropolis, 228 were children under three years of age. (*Registrar's Report, p.* 74.)

Warm nightcaps are to be avoided; indeed all caps, except when going into the air.

The child, as a general rule, should be washed daily night and morning; immersing the body is the best mode.

Many persons think it necessary to give the infant immediately after birth, *laxatives*, to expel the meconium. The milk of the mother is the best agent to effect this. The child is put to the breast about six to eight hours after its birth: the milk then is very dilute, and produces the desired effect. If not, a little sugar and water will produce the effect: if not, a lavement of a quarter of a pint of warm water can be used.

Should these means not succeed, then the means for constipation can be used by the mother.

As absurd as giving the child *physic* directly it is born, is that of giving the child *food*. It has just come from a rich depository of nutriment: it needs to wait a few hours, not exceeding twelve.

In regard to the diet of tne infant, the fact that the milk comes when the child is born, points out that the mother's milk is the proper nutriment of the child, unless constitutional taint affects the parent. If the child is suckled by a nurse, a nurse whose child is of the *same age* as that of the *one to be fostered*, is to be selected: and this for the reason that the milk *varies in strength* according to the period after birth: becoming more concentrated each month, so that the milk of a woman, whose child is six months old, is not suited to a child who is only a month old.

If the mother cannot supply the proper amount of nourishment, then cow's milk can be used, diluting it to a degree in which its strength will be on a par with that of the mother's milk; and as the mother's milk is warm, it should be made lukewarm.

In taking this milk or any other milk, not direct

from the breast, the sucking-bottle should be used; because *the exercise of the lungs in sucking* is an excellent means of developing the lungs, and thereby promoting the child's health.

A small quantity should be put each time into the bottle: what is left, milk being so apt to turn *sour*, should always be thrown away, and the false nipple should be washed.

The child should be held in a *reclining* posture, just like as if at the mother's breast: the practice of placing infants *flat* to feed them endangers them, by rendering suffocation likely.

About the fifth month the diet can be changed: arrowroot, sago, biscuit powder, and the other usual articles, can be given in small quantities daily, milk still being the principal food.

The infant's stomach rapidly converts the milk into chyme; once every three hours it may suckle; as its age advances lengthening the intervals. Regularity ofttimes is as important to the infant as to the adult.

Many children's tempers have been spoiled as well as their health injured, by not attending to this.

One point more is worthy of notice. THE CREATOR HAS GIVEN THE FEMALE TWO BREASTS. For what? That she should use them; and, by so doing, prevent disease in herself and deformity in her child: for children, being suckled at one breast, often become deformed on that side: the same reason explains the cause of the impropriety of always carrying the child on one arm. The mother becomes deformed also: a young person was lately under my care, in consequence of a double curvature of the spine, brought on by nursing her child on her left

arm. (*Duffin's Inquiry into the Nature and the Causes of Lateral Deformity of the Spine*, p. 33, note.)

In reference to carrying the child, — a practice most extraordinary prevails among nurses of carrying children with one hand under the petticoats; a practice bad in every respect, but dangerous as exposing the child to cold.

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### WEANING.

The mother's milk ceases to be beneficial after the eleventh month. It should therefore be discontinued between that and the twelfth month. It is thought, that *when the teeth are delayed*, suckling may be continued even longer; but the development of teeth may be ensured by the use of remedies hereafter to be noticed.

Weaning will, by attending to the rules regarding diet, be *gradually* brought about.

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### SLEEP.

The fact, already referred to, that the child, before birth, was exposed to a temperature from 96° to 98°, and was encased within the walls of the womb, indicates that, in *sleep*, when the vital powers are less active, the infant particularly requires that its *warmth* should be *preserved*. With this view, the child should sleep with its parent for the first few weeks. After the second month it should be transferred to the cra-

dle, *without curtains.* The child, in the earlier periods of its existence, has little more than a vegetative existence. *It lives to eat, to grow, and to sleep,* and ought to sleep much.

The best time for sleeping is the *morning:* afternoon sleep may interfere with the night sleep.

Nature will bring sleep. Any nurse that gives any syrup, cordial, or carminative, ought to be dismissed. All these advertisement-praised remedies are *poisons,* ILL-USED.

Children, that have these poisons administered, never attain that age they might have attained, or become so vigorous as they otherwise would.

Parents should remember, then, that sleeplessness *now* will be sleep *hereafter,* whereas *forced* sleep *now* will bring, from diseases thus induced, *weeks of sleeplessness* hereafter.*

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VACCINATION.

Before the child is weaned it should, if possible, always be *vaccinated.*

The vaccination can be performed with success at any time and at any season.

The vaccine fluid should be taken from children free from all eruptions, and it should be clear; which it is always when pure, and when not mixed with the blood, which latter need not be drawn if the vaccine vesicle is opened in a proper way.

* For the causes of sleeplessness, see p. 13, "Homœopathy and its Principles Explained." By John Epps, M. D.

The vaccination, when properly performed, is a protection against smallpox as effectual as smallpox itself. Persons have had smallpox a second time; and some have died of the second attack.

At the Royal Jennerian and London Vaccine Institution, the board of managers have, for the last five years, given to each child, after vaccination, a powder of sulphur, as a preventive against eruptions; and when children are brought for vaccination, having at the time eruptions, a powder is given to be taken before the operation is performed; and the benefits resulting in reference to long-standing cutaneous affections, from the use of this sulphur powder, have been evidenced in numerous cases.

This plan, from the experience of the Royal Jennerian and London Vaccine Institution, where, as Medical Director, I have vaccinated nearly eighty thousand children, I can recommend as worthy of adoption by parents towards their children after vaccination.

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### TEETHING, OR DENTITION.

About the *sixth* month the teeth begin to appear. This development of the teeth, being a natural process, ought to be unattended with pain. Oftentimes it is attended with severe affections: a circumstance, dependent generally on the improper diet of the mother, or on the mismanagement of the child.

The teething seems to *direct the life power to the head*, and hence, during teething, affections of the head very often are developed, and death occurs.

Four hundred and seventy-seven children died in one year, in the thirty-four metropolitan unions, from teething.

The best plan to prevent disease affecting the head in connection with teething, is to keep the head cool, and, to realize this, caps should cease to be worn directly the hair becomes a little abundant. Another excellent plan is to rub the backbone every night. This, for the benefits resulting in other respects, should be continued till the child is six or seven years old.

Dr. Hering remarks, "When the teeth approach, the gums are broader, as if angular, and tickle and itch, are whitish, particularly on the edges; the mouth is, at the same time, hot; the child restless, especially at night, has flushes of heat, succeeded by paleness; puts everything to the mouth, in order to bite it, and sometimes bites the nipple hard when suckling."

The well-known phenomenon of *drivelling at the mouth* is another symptom: and one which shows the direction of action to the jaws and the parts neighboring in developing the teeth, and, at the same time, the means which nature adopts to relieve the irritation.

Another means, which nature seems to adopt to relieve the irritation, is a slight *relaxation of the bowels.*

These two augmented actions, namely, the increased discharge of saliva, and the increased action of the bowels, need not any medical treatment, unless they become too severe: then *Mercurius* will be serviceable, followed by *Sulphur.*

The use of a crust of bread is an excellent means for diminishing the irritation; but what is still better, and what the child always endeavors to get, is a *finger* to rub the gums with.

*Lancing the gums*, except in very sickly children, is a bad plan, and never should be performed except when the remedies, hereafter to be noticed, have been used without success. If lancing is performed, the incision should be only a nick, not on the edge but on the side of the gum.

If the premonitory symptoms of teething continue too long, and the teeth *do not seem to progress*, I have found the alternate use of *Calcarea* and *Belladonna* highly serviceable. I have succeeded in several cases in families, where the previous children had cut their teeth with fits, in preventing the children, born after the families came under my homœopathic care, having any fits with their teething, by the use of these remedies.

The principal remedies in addition are *Aconite*, *Coffœa*, and *Chamomilla*. When the symptoms, (see Introduction) attend the teething, then *Aconite* will be useful.

When the child is uneasy, will not sleep, starts at one time too peevish, at another too cheerful, is difficult to soothe, Coffæa will be useful.

Give Coffæa generally first: if relief is not obtained and there is fever, give Aconite: and, after it, Chamomilla.

Chamomilla is particularly indicated if the child, in addition to the symptoms described as suited to Coffæa, has a dry whooping kind of cough, throws himself about, drinks often, with a burning heat, red-

ness of the skin and eyes, anxiety, with sobbing, groaning, short quick rattling breath, tightness on the chest, and tremor of the limbs.

*Belladonna:* The many remarks already made in connection with it, show it to be indicated wherever there is *cerebral* irritation.

It was noticed that *diarrhœa* often attends the process of teething: sometimes the opposite state attends, namely, *constipation:* then *Nux vomica* will be serviceable.

Further particulars in reference to teething, when spasms attack the child, will be seen under the head of

## CONVULSIONS.

The *flesh* of the human body is technichally called *muscle:* each muscle is composed of numerous little muscular fibres or *threads;* each fibre or thread being endowed with the power of *contraction,* and afterwards of *relaxation.* When the muscles dependent on the will, hence called *voluntary,* in their contraction and relaxation follow the will of the individual, they act naturally; but when the muscles contract without the will of the individual, such contraction, being irregular, is called spasm: and when such contractions occur in rapid succession, the term CONVULSIONS is applied thereto.

The contraction and relaxation of the muscular threads depend upon the nervous power conveyed to them by the nerves, connected with the brain or with the spinal cord: and therefore whenever any convulsions occur, these can be traced in most cases to some irritation of the brain or of the spinal cord.

Children, from the great excitability of their frames, (an excitability dependent upon the great size of the brain and the great preponderance of the nervous system,) are peculiarly liable to be acted upon, so to have induced in them these convulsive attacks. This infantile nervous excitability is particularly great at the time of teething, and hence at that time more particularly these attacks present themselves.

The first thing to be attended to, is that the attendant be calm. Generally speaking there is not much danger, unless the attack continues very long, or unless attack succeeds attack, and each succeeding attack becomes more severe.

[Nothing shows the importance of close observation, with a view of ascertaining and removing the cause, than the management of the disease. If it be teething, the first thing to be done is to scarify the gums freely. This may be done with a sharp penknife, and all fear of future convulsions will often cease One dose of Chamomilla will aid in preventing its return.

If the stomach is overloaded with improper food, unripe fruit, &c., of course wisdom at once dictates its removal in the most speedy manner aud with as little suffering to the little patient as possible. This will often be accomplished by spontaneous vomiting as soon as the first convulsion ceases, particularly if the throat be gently excited by a feather dipped in sweet oil. If vomiting does not come on, however, by these means, it must be excited, and the stomach emptied, or another convulsion will quickly follow, more terrific than the first, which, at every repetition, more and more endangers the structure of the brain.

Thus a disease which has its origin in irritation or surfeit of the stomach, and only produces diseased action of the functions of the brain by sympathy, becomes an absolute disease of the structure of the brain, and a tedious illness, if not death, is the result. Therefore, the means which are always at hand should be immediately resorted to. If the child can be induced to drink freely of warm water, either with or without a little molasses, it will often bring about vomiting, if aided by the oiled feather, as above. If these means should not answer, Ipecacuana jalap, which is made by mixing about as much of the pulv. Ipecac. as will lay upon a twenty-five cent piece into a paste with a spoonful of molasses, and to this add one wineglass full of warm water; one teaspoonful of this must be given every five minutes, until vomiting comes on. If you have reason to believe that the food has passed into the bowels, an injection will be the most appropriate remedy. In the mean time, or as soon as this mechanical cause is removed, the appropriate remedies for restoring the disturbed vital action to its healthy condition must be resorted to, as directed in the text. One more precaution may be worthy of attention. Nurses or parents are very apt to keep a child upright after they have had a convulsion, or while their feet are in the water; this is liable to bring on faintness, and consequently convulsions. From this cause, therefore, the patient should be allowed to repose in a horizontal position, and perfect quiet observed; at the same time some nourishment or stimulants may be given.

Veratrum alb. has been of signal service, under

my observation, when this condition was present, viz., cold perspiration upon the forehead, and cold limbs, with retching and alternate crying or screaming. One drop of the tincture in a wineglass of water, and one teaspoonful of this should be given every half hour until relief is obtained. This last remedy may also be given for heat in the head, with great restlessness, which symptoms are the common precursors of convulsions. — *Ed.*]

If homœopathic remedies are not at hand, the old practice of immersing the feet and legs in hot water, taking care to wipe them perfectly dry afterwards, and to wrap them up warm, can be adopted : and, to this can be added, if relief is not obtained, the pouring of cold water on the top of the head, and the smelling of *Camphor:* this last often relieves the violence of the fits.

But the best plan is to use homœopathic remedies, many of which have a specific power over convulsions.

Among these Belladonna, Chamomilla, Cina, Cicuta, Viroso, Ignatia, Mercurius, stand preëminent.

Chamomilla is, generally speaking, the most suitable.

*Cina* and *Cicuta* are particularly useful where worms are present : cina being particularly indicated when the little sufferer habitually *wets the bed.* Stiffness of the limbs and of the whole frame is another characteristic.

In the more violent attacks, the medicine may be given *during* the attacks; but, more generally, after the attack, or in the interval between one attack and the other.

*Nux vomica* and *Pulsatilla* will be useful in cases where derangements of the *digestive* organs are the exciting cause.

Where convulsions occur from fright, *Opium* is the remedy : especially when there are *great vacancy of expression* and *great difficulty of breathing.*

*Belladonna* should be given if the body or limbs are rigid, — clenching of hands, attended with burning in forehead and hands, wild staring, greatly dilated pupils, sudden starting when asleep, involuntary passing of water on recovery, excessive sensitiveness to touch, so that the slightest touch will often renew the attack ; when attacks are preceded by smiles and laughter.

*Chamomilla*, when the arms and legs are convulsed, thumbs clenched, twitching of eyelids and muscles of the face, half closed eyes, rolling of the eyeballs, thirst, apparent unconsciousness, moving of head on pillow from side to side, restlessness, moans, disposition to drowsiness, one cheek flushed, the other pale, peevishness, fretfulness.

*Ignatia*, when there is a trembling of the whole frame, with crying and shrieks, muscles of single limbs convulsed, sudden flushes of burning heat when asleep, causing awakening with a convulsive start; loud cries, attacks followed by fever and perspiration, peevishness, with alternations of joy and sadness, of laughter and crying; fits returning at a regular time. This medicine is suitable for pale, delicate infants.

*Mercurius*, if the limbs are convulsed, and great weakness after the fits, belching and a watery saliva from the mouth, stomach swollen and hard, before, during, and after an attack, attended with fever and perspiration.

Should the attack become more severe after the exhibition of any remedy, a delay should take place.

Should no alteration be produced, repeat the remedy as soon as a worse attack shows itself.

Should the attacks alter and lessen in severity, wait for some time, to see whether the improvement continues, or if any change takes place: then select the remedy most appropriate.

Weak sickly children, who have convulsions without any other symptoms, are treated best by Coffæa.

The absurdity in convulsions of what is called active treatment, i. e., bleeding, blistering, leeching, &c. is shown by the phenomena of epileptic attacks in adults, which, though presenting convulsions most violent, the patient always recovers best if left alone.

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## [SCROFULA. (KING'S EVIL.)

This disease is generally confined to certain families, and is called hereditary, because it passes from one generation to another. It as often attacks the palace as the hovel. Whatever tends to debilitate, cold, damp air, want of exercise, proper food, warm clothing, or attention to cleanliness, predisposes the constitution to this disease. It shows itself in too great a variety of shapes and locations to be fully treated of here. The more general places of attack are the glandular structures, comprising, *first*, too glands of the neck, which slowly suppurate and finally discharge a flabby matter something like curd; this continues to form, and the opening shows very little disposition to heal.

Treatment.—*Belladonna*, if the glands of the neck are much swollen and inflamed, every hour.

*Calc. C.* and *Sulphur*, alternated twice a day as suppuration advances.

*Silicea*, *Lycopodium*, and *Sepia*, in succession two or three times a day.

*Conium*, if the ulcers do not readily heal and the glands remain hard and indurated.

If there should be cough, and the lungs are threatened with scrofulous development, in addition to the above remedies *Spongia*, *Iodium*, *Carbo veg.*, *Kali*, *Carb.*, and *Dulcamara*, may be restored to three times a day, one or the other as they afford relief.

If there is enlargement of the mesenteric glands which is manifested by tumid abdomen, with diarrhœa, and at the same time rattling respiration, *Protiodide Mercury*, should be given twice a day.

When in addition to the above symptoms from scrofula, the bones begin to suffer, the disease takes the name of

## RICKETS.

This disease commences by a paleness and shining bloated appearance of the countenance; emaciation and a loose flaccid state of the muscles,—flesh; the head grows large, and the sutures separate, causing large soft places on the top of the head, which are distended at times and pulsate strongly, particularly during the stage of teething, which is very slow and imperfect; the breast-bone projects, while the ribs

flatten, forming what is called in common parlance, "Chicken breast;" the joints enlarge and become spongy, and loose; the spine is incurvated and the child is unable to support his head erect, from weakness; the urine is vitiated and loaded with a heavy sediment of lime; finally, hectic fever and diarrhœa supervene, quickly terminating the child's existence.

If suitable remedies are resorted to in the early stages of this disease, and persevered in, perfect health, is the almost certain reward.

Treatment. — Cold bathing by immersion, or sponging twice a day, free exercise in the open air, nourishing diet, and the following remedies, more especially, but aided by those named under *Scrofula*, from like circumstances, will steadily manifest a salutary effect.

*Calc. C.* and *Sulphur*, in alternation twice a day will gradually restore strength and sprightliness.

*Silicea*, may be occasionally given if the improvement should not progress.

*Assafœtida*, may also be given after the above, if there should be jerking of the limbs in addition to the above. — *Ed.*]

# CHAPTER VI.

## DISEASES OF INFANTS.

INFANTS are particularly liable to some affections which are worthy of notice.

### SLEEPLESSNESS.

When this occurs in infants and young children, disease is clearly indicated. *Diet* of an improper nature, particularly if heat and restlessness be present, is often the cause, and the green stools, the flatulence, and swollen condition of the bowels testify to this. In these cases *Chamomilla* will succeed, provided this has not been given to excess previously: if so, then *Coffæa.** Chamomilla will be useful if the crying is caused by ear-ache.

* Coffee taken by the mother is often the cause of the sleeplessness of the child. Mothers, while suckling, should never take Coffee. Mothers should suckle on *cocoa*, and I have the testimony of mothers who have so suckled, and they state that they found *with* COCOA *without* BEER, they produced quite sufficient milk, and the children suckled with such diet, were in better health, than those suckled on previous occasions when beer and coffee and tea formed the liquid part of their diet. Reference has been made to this before.

When the stomach has been overloaded, and flatulence and constipation attend the sleeplessness, then *Pulsatilla* can be used.

If the infant cries constantly, and contracts the legs upon the belly, tosses about incessantly, and has severe griping pains, with purging, *China* will be found useful.

When some children are *weaned* they are very sleepless ; the deprivation will in part explain the watchfulness; but if the watchfulness continues, *Belladonna* will afford relief.

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A second affection is

### THE CRYING OF INFANTS.

Some infants are incessantly screaming,* and apparently without cause: though this is more the case in children under a year old.

A dose of *Belladonna* will often cause this to cease.

If much agitation and restlessness are present, *Chamomilla.*

If there is a frequent disposition to relieve the bowels, the discharge sour, and the actions present

* It should ever be remembered, that any means but proper means to induce a cessation of crying, only perils the child's future health and happiness: all allow the troublesomeness of crying children; but if the trouble is spared *now* by unwise means, it will be increased tenfold at a *future* day.

feculent portions, *Rheum:* if no looseness of the bowels, *Jalap:* if much flatulence, *Senna.*

[*Veratrum*, if there is heat of the head, and nausea or evidences of griping in the bowels, with great prostration, should be given every two hours. — *Ed.*]

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Infants are troubled oftentimes very much with

HICCOUGH.

This is generally relieved by laying the child warm on the mother's breast: a little lump of sugar, as much as will cover the blade of a penknife, or a little sweetened water will remove this affection. Treacle is to be avoided, this producing acidity and phlegm.

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REGURGITATION OR RETURN OF THE MILK.

Some infants seem particularly subject to this. *They should be allowed to suckle less long each time.* If the return of the milk amounts to *vomiting*, then *Ipecacuana* can be used.

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Another disease of infants is

EXCORIATION.

For a description of this, see remarks under this head in Chapter I.

Another diseased state is

THE THRUSH OR APHTHA.

For the treatment of this, see Chapter VI.

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Another disease of infants is

THE MILK CRUST.

For the treatment of this, see article 1st, Chapter I.

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The diseased states connected with

DENTITION OR TEETHING

have been detailed in Chapter VI.

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The method of treatment for

CONVULSIONS,

another affection of children, has been fully detailed, under same head, in Part II. Chapter V.

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Another diseased affection of infants is that peculiar asthma called

MILLAR'S ASTHMA.

The treatment of this is detailed in Chapter V. Part I.

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Another diseased affection of infants is

JAUNDICE.

The remarks under that head, (Chap. VI. Part I.) will make clear the mode of treatment.

*Chamomilla*, it may be added, is the most suitable remedy in the majority of cases.

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Another affection of infants, occurring often from the pressure in the process of birth, is

SWELLING OF THE HEAD.

*Arnica** given to the mother, is recommended un-

* The subjoined will show the value of arnica in the relief both of swelling and injuries to the infant's head, and of the inconveniences connected with difficult child-bearing on the part of the mother.

Mrs. K. was delivered on Sunday, Dec. 13, 1842, at 6 P. M., of a child. The child was in an *unnatural* position. The labor-pains for twenty-four hours were intensely severe, but ineffectual; and at length the surgeon felt compelled to effect delivery by the *aid of instruments*.

The labor concluded, the surgeon stated to the husband, a homœopathist, that he dreaded *inflammation*. Mr. K. gave his wife, on hearing this, three globules of *Aconite*, and two hours after two

der the head of "Treatment after Delivery," will in most cases remove this. If not, arnica should be applied externally.

globules of *Arnica*. The patient used also the arnica lotion, and with such benefit and refreshment as to cause her to express her feelings in regard to the arnica, "*It is worth a shilling a drop.*"

She passed the night tolerably well.

In the morning the *arnica* globules were repeated; also the lotion was again used.

The effects were marked: though delivered by instruments, there were no *after pains*, or at least so trifling as not to be deemed by herself worthy of notice. *No symptoms of fever* or of *inflammation* presented themselves, and she recovered most rapidly.

In reference to the baby, the effects of the arnica were quite as well marked. The following is the description by the father: "The baby's head was bruised and *crushed* in a most *pitiable* manner. Of *what shape it is* I can hardly describe. It is alive, but *unless you can do something for it*, I think it *cannot* live. The surgeon is of opinion it will *go off in convulsions*." This statement was in a letter to me from Manchester.

Mr. K. bathed the infants head four hours after birth, with the arnica lotion, and repeated the bathing the following morning. At eleven at night, on Dec. 14, it was convulsed, the head and the face becoming quite black. Mr. K. administered chamomilla, and it recovered. The following morning it had a slight convulsion. It cried much during the night. Excepting the head, it is a fine child. It seems unable to swallow easily. *The head is of all shapes.* The centre of the forehead, round Benevolence, is very large or swelled, and the back part of the head is all forced to one side. The mouth is distorted; the right side of the face is much swollen; and the inside of the mouth is in a dreadful state.

"*Can anything be done for it?*"

I ordered aconite to be followed by arnica; and then, if there was no decided improvement, to give *Rhus toxicodendron:* if convulsions should recur, *Chamomilla:* and if this failed, *Ignatia.*

On Dec. 17, I heard that the baby was doing well; no convulsive symptoms; no fever. The arnica lotion has been used ever since. *The head is almost well:* and the baby sucks and eats very well.

Feb. 1842, I saw the little dear: it was hearty and joyful, and observant. The head of a natural form, and no indications of any of the inconveniences to which it had been subjected.

Nov. 31, 1843, I saw this child and he was hearty and well: his head, which, as above detailed, was *of all shapes*, is of a natural shape.

Sometimes a swelling, filled apparently with fluid, appears at the *fontanel*, or the *opening of the head*, as it is commonly called. If not disappearing from the use of *Arnica*, *Rhus toxicodendron* should be administered.

Should the swelling still continue, notwithstanding these means, Dr. Hering recommends to make a slight incision, and let the fluid discharge.

Sometimes, from bad management, ulcers arise. In such cases *Silicea* should be given.

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Another affection troubling infants is

RUPTURE OR HERNIA.

Often the navel protrudes, called *Umbilical Hernia.* In such a case a bandage should be applied, a piece of folded linen being placed upon the navel, and the bandage going two or three times round the body : the parent should see that the linen is kept in its place, and when replacing the bandage, the rupture should be slightly pressed back by the hand. This requires patience and care, which a *mother* will be sure to bestow.

When the rupture is at the groin, called *Inguinal Hernia*, no bandage need be applied.

The infant should take for either rupture, first *Nux vomica :* if this is not successful, then *Veratrum :* follow this by *Chamomilla :* and should these not succeed, *Sulphur* must be used. The rupture generally gets well.

Infants and children are troubled sometimes with

RETENTION OF URINE.

Smelling *Camphor* will often relieve this. If not, *Aconite* can be given: and should not that succeed, follow with *Pulsatilla.*

[*Cantharides*, if there is frequent straining and disposition to urinate, without the ability to pass more than a few drops at a time; repeat the medicine every two hours, until relief is obtained. *Graphites* when there is great urging without the ability to discharge the water, only by drops, repeat as above.— *Ed.*]

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Another diseased state of infants is

INFLAMMATION OF THE EYES.

The cause of this and the means of avoiding it have been already explained.

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Another diseased state is a sort of catarrh, which is very troublesome. It is called

A COLD IN THE HEAD.

This affection causes the trouble it does by the *obstruction of the nose*, produced by it, impeding suckling. (Children, as is well known, when suckling, always breathe through the nostrils, as all people ought.) From the remarks under catarrh it will be seen that *Nux vomica* is the remedy most likely to be suited to it. It will be seen under catarrh, that, *with*

*the obstruction* there is *dryness;* there is irritable disposition.

*Chamomilla* will suit in many cases.

In cases where, with the obstruction in the nose, the matter obstructing is of a *slimy nature*, and symptoms, similar to those presented in the Asthma of Millar, are present, *Sambucus* has been recommended.

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## [CHAPTER VII.

### CHLOROSIS, OR GREEN-SICKNESS.

This disease is chiefly incidental to young females, and is very insidious in its approach; the slight fading of the usual florid complexion: the languor and listlessness; the fatigue and restless nights, after ordinary amusements or occupations, are scarcely noticed by friends. As the headache, palpitation with pain in the left side, hurried respiration, and swelling of the limbs come on, however, the attention is aroused to the true dangers of the patient. It is not uncommon either for physicians to be led into the error of prescribing for a headache, a cough, a rheumatic pain, a bleeding from the nose or stomach, or some other minor sympathetic suffering, not comprehend-

ing the true cause, sooner than prescribe such remedies as will reach the seat of the disease.

Treatment.— Exercise in the open air in cheerful company, sea bathing; and the following remedies, persevered in for some time, will often effect a cure.

*Conium*, at first, two or three times a day for at least a week, and if there is an improvement, discontinue it, and again resume it if necessary, or give *Sulphur*, one dose twice a day for a few days, and then give *Ferrum*, *Calc. c.*, *Pulsatilla* or *Sepia;* either of these may be given a few days, and then a few doses of *Sulph.*, and if there is a manifest improvement, omit the medicine for some days, and resume if necessary.

Menstrual colic is best relieved by *Pulsatilla*, *Cocculus*, *Veratrum* or *Secale;* a dose of one or the other must be given every hour or two, until the sufferings are removed.

When the menses do not appear at the usual age, and the health is impaired thereby, give *Pulsatilla* and *Sulphur*, the first every morning and the latter every evening, for a few days. The same course must be pursued when it is too slight, or of short duration, in feeble constitutions. In both instances warm hip baths and foot-bathing will be most important auxiliaries.

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### PROFUSE MENSTRUATION, (MENORRHAGIA.)

When the discharge of blood is profuse and exhausting, whether at the regular period or otherwise,

attended with pain in back and abdomen, thirst, and great prostration of strength, *Ipecac.* is usually first to be preferred.

*Nux vom.*, if the discharge is frequent and long-continued, as well as profuse: when after ceasing, it soon returns, and there is a tendency to faint, with nausea, irritability of temper, abdominal spasms, and, especially, if a habit of using stimulants has been contracted.

*Chamomilla* will be of use after *Nux*, more particularly if the blood is coagulated, and dark-colored, with labor-like pains, cold extremities, great weakness and thirst.

*Crocus*, if the above has proved insufficient, and if there should be superadded to the foregoing symptoms a sensation in the abdomen as from a ball moving about, with vertigo and anxiety.

*Platina*, *China*, and *Sabina*, have also been successfully used.

### SUPPRESSED MENSTRUATION, (AMENORRHEA.)

There may arise a partial and sometimes entire suppression of the menses, from sudden, violent emotion, from cold, and other causes. In such cases, several remedies have been used. Among the most important of which are the following:

*Aconite*, when the suppression is sudden, the consequence of some strong emotion, with great inquietude, tendency to faint, face pale, and pulse imperceptible.

*Pulsatilla*, when it is caused by exposure to cold: and when there is pain in head, principally confined

to one side, and extending to the face and teeth, palpitation of the heart, inclination to vomit, diarrhœa, cold hands or feet, melancholy.

*Ferrum*, if there should be strong disinclination to rise from a recumbent posture, great weakness, with a sense of extreme fatigue, swelling of the feet.

*Graphites*, if the discharge is scanty and pale, particularly if there is, or has been, cutaneous eruptions, or an erysipelatous affection.

*Sulphur*, if there be pain in top of head, extending to back of neck, pressure and heaviness in stomach, difficulty of breathing, diarrhœa, humming in the head, ravenous appetite, great fatigue after talking, constipation and pain in the loins.

*Sepia* is applicable for the symptoms under *Puls.*, and when the complexion is discolored. It follows the latter frequently with good effect, but should not, of course, be given while an evident improvement is progressing under the action of *Puls.* This rule in the administration of homœopathic medicines ought constantly, and under all circumstances, to be remembered.

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### LEUCORRHŒA. (THE WHITES.)

By this term we originally meant a white mucous discharge from the female organs of generation. Now, however, all discharges arising from functional causes only, whether greenish, yellow, brown, or white, bear this appellation. The health suffers in proportion to the amount discharged and the length of time that it continues.

Treatment.—If the discharge has been of long standing, frequent washing with cold castile soap water, and the administration of the following remedies, will effect a cure.

*Cantharides*, every two hours, if there is smarting and frequent desire to urinate, without the ability to pass much at a time; *Calc. c.*, if there is an eruption of pimples and itching of the genitals. *Bovista*, *Carb. mag.*, *Carb. vet.*, and *Sulphur*, may follow the other remedies, as circumstances may require.—*Ed.*]

# PART III.

## *On the Causes of Diseases, and of Remedial Agents in connection therewith.*

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It has been the practice, with the view of discrediting homœopathy, to charge homœopathic practitioners with looking at nothing save the *symptoms;* with disregarding the CAUSES of disease.

The assertion, that they neglect the consideration of causes, is untrue. Its untruth, the perusal of the treatment of the diseases, already described, will prove.

An attention to causes forms a most essential part in the investigation of diseases in reference to homœopathic practice.

*Tolle causam,* "Remove the cause,"

is as much the motto of the homœopathist as of the allopathist and of the antipathist; but the homœopathist can do more than can these practitioners of the old systems; he can by *his* medicines act *directly* upon the *effects* produced by these causes. The practitioners of the old systems can often do no more

than remove the cause; the effects they are obliged to let alone; or leave them (as they observed) to

Time's all-healing hand.

The homœopathist, having means, which produce symptoms *similar to those* induced by the causes, can, by giving such means or remedies, take away, by a homœopathic operation, these effects; and, at the acquaintance with these remedies, and at this, their application, he could not possibly have arrived, except by the recognition of the doctrine, that *diseases are cured most quickly, safely, and effectually, by medicines, which are capable of producing in a healthy person symptoms, similar to those existing in the diseases.*

The Causes may be arranged under two Divisions; those acting upon the Mind, and those acting upon the Body.

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## CHAPTER I.

### MENTAL CAUSES.

FRIGHT,

is a most common cause of diseased states.

I have been consulted, this day, among others, by two patients: one, who has epileptic fits, which were

produced by the fright caused by suddenly discovering her mother dead; the other, who has become partially *paralyzed* on one side from a sudden fright.

Fright produces, in the individual frightened, symptoms, such as stupor, and sometimes an idiotic, lost appearance; loss of power, fainting, trembling of the limbs, startings, oppression, difficulty of breathing, and cold sweat.

*Opium*, if taken by a person in health, produces similar symptoms; and opium is thereby, namely, by its homœopathicity, constituted so useful an agent in cases of fright, that no remedy is equal to it in efficacy, when administered ACCORDING TO THE HOMŒOPATHIC FORMULA, IN INFINITESIMAL DOSES, *immediately or soon after a fright.*

When *some interval has elapsed after* the fright, *Sambucus* will be more serviceable than opium, particularly when, from the fright, the *respiratory* system is principally affected.

Whenever a person has been frightened, two globules of opium or of sambucus should be taken. Thus any bad effects will be prevented.

I have known irremedial disease of the heart, produced by an accident; a lady was standing in the street with two other ladies, and the two beside her were killed on the spot by a horse that had run away with a gig. Had she taken opium immediately, this disease would not have taken place.

How often has miscarriage been produced by a fright! Suppose a mother, who has miscarried several times, and that from slight causes: let her be frightened: let her experience the same symptoms, as those which preceded her miscarriages: give her

immediately afterwards opium, and she will not miscarry: though, under previous conditions, a far less cause would have caused this lamentable condition.

A bad case of epilepsy* which I had cured in a boy, and who had remained free from fits nearly two years, was again induced, being attacked with fits. He had been playing in a field: a brute, miscalled a man, came up to the child, struck him with a heavy stick on his arm, and broke the arm. The child was dreadfully frightened: and, as was likely, a fit was produced. Had that child taken *Opium* immediately, no fit would have taken place.

I am thus positive in making this assertion by the fact, that I have known children, who, by slight frights, have been thrown into convulsions, and have, subsequently by taking opium after a fright, had no such effects produced.

Again: a child has been frightened. He awakes in the night suddenly with a dreadful fright, exhibiting great anxiety, difficulty of breathing, &c.: he takes *Sambucus*, and sleeps quietly afterwards, and no untoward symptoms present themselves.

I have cured the troublesome affection, *wetting the bed*, when other homœopathic means have failed, by using *Opium*, after having learned that the child began to be troubled thus after being *frightened*.

The cause here leads to the use of the remedy: and the remedy chosen, and given with such beneficial effects, is pointed out for use by the fact, that it

* See "Epilepsy, and some Nervous Affections its Precursors; being twenty-two cases, successively treated by John Epps, M. D." Sherwood & Company.

produces effects upon a *healthy* person, *similar* to those presented in the frightened person. What beautiful scientific results, equal to these, can the old system of medicines present ?

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PASSION AND VEXATION

are other causes of diseased states.

Fits of rage have brought on *Jaundice* and *Inflammation of the Liver.*

Vexation has caused the same effects, and also violent attacks of *asthma*, and, more frequently, *looseness of the bowels.*

*Chamomilla* is found to be the most effectual remedy for diseased states, brought on by passion or vexation ; and this because the effects, produced by it on a healthy person, are similar to the effects produced by passion and vexation : chamomilla being the more particularly useful, when purging and colicky pains are produced as the consequences of the vexation.

When, however, *rage* is associated with vexation, and is followed by *shivering* and *coldness* over the greater part of the whole of the body, then *Bryonia* is the best remedy : bryonia is particularly suited where *constipation* is consequent upon the vexation.

If the rage is attended with indignation, so violent that the party *dashes away that which he held in his hand*, as children often do, then *Staphysagria* is the best remedy.

SILENT GRIEF,

is another cause of disease.

In this case the party retains within herself or himself the grief: the indications are occasional sighs, flushed cheek on one side, pale on the other: constipation.

*Ignatia* in such cases is the remedy, because it produces *sighing*, the condition of cheek referred to, constipation, &c.

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AN INTENSE DESIRE, when ABSENT from home to RETURN HOME, called NOSTALGIA,

is a frequent cause of bodily disease.

This is attended generally with redness of cheeks and sleeplessness.

*Capsicum is the best remedy.*

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UNHAPPY LOVE WITH JEALOUSY

is often the cause of bodily disease.

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*Note.* — It is one of the peculiar features of homœopathic practice, that the moral symptoms are so highly important; in fact, in some cases, deciding the use of a remedy. Precision is therefore one essential in successful homœopathic practice; and if precision is deemed a mark of a scientific mind, surely homœopathy, which requires such precision, is to be regarded as possessing a scientific character.

# CHAPTER II.

## PHYSICAL CAUSES.

### BLOWS, OR BRUISES.

MULTITUDES of diseased states are brought on or developed into activity by a blow or *bruise*.

Miscarriages have often been caused by a blow; so have inflammations.

To prevent the bad effects resulting, *Arnica* must be used: and, if not decidedly beneficial, must be followed by *Rhus toxicodendron*.

Suppose EPISTAXIS, or *bleeding from the nose*, should take place from a blow, arnica will be the appropriate remedy: whereas, were the bleeding to occur spontaneously, arnica is oftentimes not suited.

Suppose a person suffers from HÆMOPTYSIS, or *spitting of blood*, and this occurs after an *injury*, such as a *blow:* then arnica will be the best remedy: though had this occurred without any injury, then arnica would not be so suitable as several other remedies would be.

ERYSIPELAS, or rather *erysipelatous*, *swollen* condi-

tion of parts, is induced by injuries in many persons: and when this is the case, *Arnica* is more specific than belladonna. The homœopathicity of arnica in such cases is founded, not only upon the *cause*, namely the injury, but also upon the power which arnica has, of producing *an* erysipelas. I have known several cases where arnica, applied to wounds, has produced erysipelas. It should, when employed for wounds, affecting persons liable to erysipelatous attacks, be in the very highest dilutions.

Suppose an INFLAMMATION OF THE EYE is presented: that this inflammation is consequent upon a blow: then *Aconite* and *Arnica* would be the two remedies: although had symptoms of inflammation of the eye occurred from other causes, then aconite and some other remedy would have been more appropriate.

CONVULSIONS, especially in infants, result oftentimes from an injury. In these cases, arnica will be the appropriate remedy, though in itself not a specific for convulsions; the cause here operates; and, if not curing the convulsions, it will render the operation of the medicine, afterwards to be employed, certain.

A fall on the head has frequently caused an aggravation of a previously existing HEAD affection. In such a case, arnica will prevent the aggravation, or remove the induced symptoms, and thereby counteract any additional danger, which otherwise might, by the superaddition, be caused.

In connection with the use of arnica, under such circumstances, I may add, that the successful result of several cases has led me to believe, that, though

the injury may have been inflicted months, yea, years,* before, so as almost to be forgotten, yet when the symptoms existing can be traced so as to be decidedly consequent upon such injury, even then arnica is exceedingly useful, and is often the first step towards cure.

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[EXTERNAL APPLICATIONS.

A few medicines externally applied in an undiluted state, have been found very efficacious, such as Arnica, Calendula, &c. When the application is made to the surface, a higher preparation or "potence" of the same remedy is usually given internally. No other outward appliances, than the following, with the exception of water and the simple poultice

* A patient of mine, the Baron ——, was attacked with a severe illness, in the year 1842. He was evidently in great danger. Among his symptoms was one of a feeling of a bruised condition of the chest, affecting his breathing, producing severe pain on taking a full breath, and attended with excessive prostration. I inquired anxiously whether he had received any wound, having been a general during the continental wars, and engaged in many battles. He said no: but on reflecting, remembered the following circumstance. As he was sitting on horseback watching the movements of the army engaged in battle, with his aid-de-camp at his side, a cannon-ball passed between his horse's head and his breast, and taking the aid-de-camp in its course, made, to use the Baron's own expression, a complete rag-fair of him, cleaving his body asunder. The Baron experienced a shock, and his horse was so affected that he shivered, so to speak, as to go upon his knees. The excitement of the battle banished all the rest, and he had not thought of the circumstance until I had thus brought the event back to his memory.

I forthwith ordered Arnica internally and an Arnica poultice externally, and the change was so rapid as to convert to Homœopathy a most intelligent friend of the Baron's, who had been watching the case with intense anxiety: the more so, because having no faith in Homœopathy, he had the greatest fears on behalf of his friend.

referred to by our author, is ever required in the practice of Homœopathy.

*Tincture of Arnica.*

This Tincture is principally and most advantageously used in cases of sprains, contusions, bruises from a blow or a fall, shocks, and nearly all injuries from foreign substances to which the surface of the body is subject. Fifteen or twenty drops of the tincture is to be mixed with a half pint of water, and a linen cloth dipped in this solution is to be laid upon the injured part; to be renewed from one to three or six hours, according to the severity of the injury. At the same time, a dose of the Arnica in globules should be administered as frequently as the external application is made, and until there is a decided mitigation of the attendant pain and the general irritation.

For the effects consequent upon any dental or surgical operations, especially where the flesh has been much bruised by blunt instruments, and after a fractured bone has been replaced, the above solution is of great benefit.

It is of use, also, after concussions, or when the whole body has sustained a violent shock, causing congestion of blood in the head, chest, or abdomen.

When pain in the hand, extending to the shoulders, results from unaccustomed manual labor: or where there exist rheumatic pains in different parts, the external application of arnica is often of great service.

Corns are frequently rendered much less painful and sometimes permanently cured by being bathed with the above solution, night and morning, after

they have been pared as closely as convenient with a sharp knife. Blisters also upon the feet, which often trouble the novice in pedestrian exercise, may be readily removed by bathing the feet occasionally in a mixture of five drops of arnica to a half-pint of water.

*Tincture of Calendula.*

As *Arnica* is considered a specific for contusions and all injuries of that nature, so is *Calendula* a specific for lacerations and wounds made by a cutting instrument. The preparation for a wash is made from the tincture in the same manner as that of arnica, viz.: one fourth of calendula to three fourths of water.

In all cases when the fleshy parts have been carried away, and the parts of the wound cannot be brought together by adhesive plaster, the calendula wash is the best application that can be made.

The process of suppuration so exhausting in cases of extensive wounds, is very much shortened, if not entirely prevented, by the use of the above.

In inflammation of the eye, especially if caused by wounds, and in an affection of the glands, it has been found highly beneficial.

*Tincture of Ruta.*

For external injuries, the above tincture has also been successfully employed, both externally and internally. It has been used with much advantage, in the same form as the arnica before described, for rheumatic paralysis about the joints of the instep and wrists. It has also been beneficially applied to certain fistulous ulcers, those which have a narrow

opening, leading to a larger cavity below the surface, situated upon the wrist and arm.

For a peculiar affection of the eye, consisting of a diminution or total loss of sight, without any apparent injury of the organ, arising from paralysis of the retina or optic nerve, (termed "Amaurosis,") the external use of ruta, in the proportion of ten drops of the tincture to a half pint of water, has proved beneficial, in connection with the internal administration of the globules of the same remedy; and especially, if the disorder has been caused by confining the sight to much reading or fine work of any description.

*Tincture of Urtica Urens.*

This tincture has been principally employed in the treatment of burns and scalds. In applying it to fresh burns the tincture is to be mixed with tepid water in the proportion of one fourth of the tincture to three fourths of the water; a linen cloth to be saturated with the solution, and laid upon the burnt or scalded surface. The cloth should be kept constantly moist; as long as the pain is in the least degree aggravated by the application. If ulceration, however, has taken place, the undiluted tincture should be used in the same manner, renewing the cloths every three or four hours. In very severe injuries of this kind, a drop of the tincture or a lump of sugar should be swallowed. — *Ed.*]

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DERANGEMENT OF THE STOMACH.

This condition has often been the forerunner of many severe diseased states, which, if the derange-

ment could have been arrested at the outset, would not have appeared.

In these derangements, *Antimonium crudum*, *Bryonia*, or *Pulsatilla*, will arrest the progress: *Antimonium crudum*, if there are risings, nausea, and feeling as if the person must be sick; *Bryonia*, if there is gastric fever, with shivering and cold; and *Pulsatilla*, if the derangement has been brought about by *fat* foods, and more particularly by eating *pork*.

EXPOSURE TO COLD OR WET,

commonly called *taking cold*, is a frequent source of inconvenience and of danger in the progress of diseases, and a frequent cause of diseased states themselves.

*Nux vomica* (as will be seen from the treatment of Catarrh, Chap. V.) taken at once, will often arrest the progress of the symptoms, usually occurring after such exposure.

If, however, the taking cold is attended with a *sense of suffocation* and nausea, then *Ipecacuana:* if followed with pain and shedding of tears, *Coffœa:* if followed by a copious discharge from the nose, and by the loss of smell and of taste, *Pulsatilla:* if followed by *relaxation of the bowels* and *thickening* of the water, then *Dulcamara:* if followed by relaxation of the bowels and *griping*, then *Chamomilla*.

The homœopathist further believes, that, even the *injurious influence of weather* can be to a certain extent, prevented by the use of remedies: this subject is however one too extensive and too important to be treated of in this work.

# PART IV.

*On Diet, Foot-bathing, Poultice-making, Fomenting.*

## CHAPTER I.

### DIET.

The homœopathist knows, that, though diet will not cure disease, *improper* diet will *interfere with the cure* of disease: * the homœopathist therefore strives to gain, in reference to diet, that no *impediment* to the efficacy of the means which he uses shall be presented by the diet used.

*Thus far* he trusts to diet, no farther: he knows that all articles of diet, except those which are *purely nutritious*, have a medicinal character. These articles tend to keep up disease; and if not keeping up disease, prevent the full effect of the homœopathic remedy or remedies.

Persons using homœopathic medicines should avoid all articles of diet, which, having properties *additional to their nutritive* qualities, which may be con-

* "Homœopathy and its Principles explained," by John Epps, M. D.: in which the amount of power in curing of disease derivable from diet is explained.

sidered medicinal, must necessarily interfere with the operations of the homœopathic medicines.

It is necessary therefore to select articles of diet, in which the *nutritive* property, unaided by strong flavors, preponderates.

The following articles of diet, either having *medicinal* or stimulating qualities, *in addition to* or *not* possessing, nutritive qualities, are to be avoided.

| *Animal.* | *Vegetable.* | *Liquids.* |
|---|---|---|
| Veal: i. e. *meat spoiled in killing;* | Unripe fruits; | Coffee; |
| Pork: i. e. meat of an animal *loaded with scurf;* | Unsound fruits; | Tea; |
| Ducks: i. e. strong flavored meat; | Sorrel; | Spirits; |
| Geese: i. e. strong flavored meat; | Radishes; | Wine; |
| Seasoned Dishes; | Onions; | Ale; |
| Rotten or decayed Cheese; | Celery; | Porter; |
| Bacon; | Garlic; | Soups flavored; |
| Ham; | Asparagus; | Soda-water; |
| Shell Fish. | Watercresses; | Ginger-beer: |
| | Pepper; | All mineral waters; |
| | Mustard. | Vinegar. |

Smoking, Snuff, and Tobacco in all its forms, are to be avoided: all perfumes and scents should be avoided: all cosmetics are to be avoided: all scented tooth powders.

The following articles can be taken:

| *Animal.* | *Vegetable.* | *Liquids.* |
|---|---|---|
| Beef; | Bread; | Cocoa; |
| Mutton; | Potatoes, mealy; | Chocolate; |
| Flat Fish; | Brocoli; | Milk; |
| Cod; and all Fish not *oily;* | Peas; | Water. |
| Fresh Game; | Beans, French and Broad; | |
| Eggs, newly laid, lightly boiled. | Carrots; | |
| | Rice; | |
| | Sago; | |
| | Arrow Root. | |

Some foods may be taken occasionally.

| *Animal.* | *Vegetable.* | *Liquid.* |
|---|---|---|
| Lamb; Oysters; Chicken; Fowls. | Asparagus under medical direction. | Tea, under medical direction. |

Where persons have been habituated to wine the homœopathist does not forbid its use; but the wine should be taken with water; generally speaking, its use is contra-indicated in all forms of disease.

Cocoa,* is the best of all flavored drinks. It is highly nutritive.

It may be asked, "*Why object to coffee and tea?*" The reason is that both *coffee* and *tea* are medicines. *Coffæa* is frequently mentioned as a remedy, as will be seen in the preceding pages; it cannot be good to give medicines to interfere with medicines which the patient is taking.

Coffee is more decidedly medicinal than tea; tea produces that peculiar *sinking at the pit of the stomach*, so common to tea-drinkers.

Exercise is another part of the diet. There can be no health without exercise. When parties, from age or from loss of power, or from injury, are unable to take exercise, they should use friction, be shampooed.

Exercise should be taken every day: and it should be taken in the fresh air; if the weather be very

* Homœopathic chemists generally keep cocoa for sale, with the view of ensuring that patients shall have it pure.

wet, the exerciser should dress as if going out; put up the windows of the room in which she is, and exercise there.

All vices must be avoided: for vice produces a perpetual fever.

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## CHAPTER II.

### BATHING THE FEET.

*How ought a person to bathe his feet so as to derive the full remedial benefit?* He should always have, previously to immersing his feet in the warm water, (which should be comfortably warm and not scalding hot, causing him to wait till it is cold,) a kettle of *boiling water* beside him, so that he can continually add fresh hot water, so as to keep augmenting the stimulus to his feet by augmenting the heat of the water.

He should allow the *feet to remain in the water for five or ten minutes.* But, in cases where bathing the feet is adopted as a remedial measure, it is necessary to use a *liniment* to rub the feet, so as to render the effect *permanent.*

The plan to be adopted is the following: the party should be provided with a well-dried towel, or with towels. When the feet have been in the water *five*

minutes, he can remove one from the water, rub it well dry, and then rub, or have rubbed, the foot with the liniment for five minutes; keeping up all the time the heat of the water, applied to the other foot, by adding occasionally fresh hot water. After rubbing for five minutes, slip on a stocking. Take out the other foot, rub it dry, and then rub with the liniment in a similar way.

The liniment used in homœopathic practice will be one similar to the medicine in use. I have found this use of liniments very useful in cases, where patients have, before coming under homœopathic treatment, been for a considerable time under the allopathic and the antipathic treatment. I generally use the tincture at its first dilution, putting ten to fifteen drops to a spoonful of water; but in cases where persons have not the tinctures, about fifty globules of the medicine in use, dissolved in a teaspoonful of spirit, and two teaspoonsful of water will be efficient.

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## CHAPTER III.

### MAKING A POULTICE.

Few persons know how to make a poultice; and many a sore and many a tumor have gone on their destructive course, because poultices — but poultices not properly made — have been applied.

How then is a poultice to be made? Some persons cut *cut slices of the crumb of bread*, and pour boiling hot water on the same, and then bruise and press them into one mass. Such is their poultice; but this is not a proper poultice.

Some persons reduce the bread to crumbs, and then pour the boiling water on the crumbs: but this is not a proper poultice.

Some persons get old, stale bread, cut out the crumb, rub it fine into small crumbs, then boil some water in a saucepan, then pour the boiling water on the crumbs placed in a basin, and then put the whole into a saucepan, and boil, stirring constantly, one minute or two, adding a little butter or lard at the last: now this is a proper poultice. If we wish to retain the warmth, after putting the poultice on a linen rag, then put outside that a flannel, and this being a bad conductor, it will keep the heat of the poultice within for a considerable time.

I generally put on the poultice, before application, a few drops of the tincture of the first dilution, or a few globules of the medicine in use at the time.

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## CHAPTER IV.

### ON THE PROPER WAY OF FOMENTING.

Though homœopathic practitioners rarely use *fomentations*, sometimes they are employed with benefit; more particularly where persons have taken in-

jurious and unsuited agents to remove the diseased state or states.

*Hot water* and *flannels* form the materials.

These require some judgment to prevent *the use* being *abuse.*

In fomenting, there should be, if possible, a fire in the room. There should be a vessel of boiling water on the fire : there should be a large earthen-ware pan in the room : there should be at least two large pieces of good flannel. The patient, if in bed, should have a blanket doubled passed under him, and then folded over him, so that the two edges of the fold below and those of the fold above may hang over the side of the bed ; then the heated and wetted flannel can be introduced without wetting the bed and without pulling down the bedclothes. (Many a person has been more injured by the exposure induced in removing the wet things off the bed, than he has been benefited by the fomenting.) The flannel, after being soaked in the hot water, should be well rinsed out, and then applied to the part; and before this flannel is removed, the other flannel, soaked and rinsed in a similar way, should be ready for application.

Often the fomentation increases the pain at first : this, unless the augmentation continues, should not be regarded ; or least, not so far regarded as to cause cessation of the fomenting process.

In colic the use of heated flannels is preferable to flannels soaked in hot water and rinsed.

Fomentations should be regarded simply as auxiliary : the curative means must be the appropriately selected homœopathic remedy or remedies.

# PART V.

*Directions in Cases of Poisoning : of being Stung with Insects, &c. General Directions as to the Course to be pursued when Pins, Buttons, Coins, &c., are swallowed.*

## CHAPTER I.

### DIRECTIONS IN CASES OF POISONING.

When a person is supposed to be poisoned, the first rule is to be calm. He who is most so should direct the rest. Let him despatch the by-standers after what is wanted, thus rendering those serviceable who would otherwise be worse than useless.

When poison has been swallowed, the principal object is to *excite vomiting*, particularly when the sufferer feels inclined to vomit, or, if vomiting has taken place, to further it. To do this, administer tepid water and tickle the throat with a feather.

Have water heated as quickly as possible, and, in the mean time, take the white of eggs and beat them into a foam. Take pure white Castile soap, and let soap water be made. Let another person procure sugar, vinegar, sweet oil, milk and butter. Have

some strong, black coffee made, and gruel of oat-meal, barley, flax-seed, or meal of any kind.

Poisoning is to be suspected when dangerous symptoms come on suddenly, or after partaking of any unusual food.

All that the sufferer may vomit, and what is left of his food or drink should be preserved.

*Vomiting*, as was stated, is to be realized first. But *emetics* are not to be administered. The best remedy is lukewarm water, the patient swallowing as much of it as he can, taking every minute at least a thimble-full, more if possible.

[Vomiting may be safely brought about by the *Ipecac.* julap mentioned in the chapter on Convulsions, or by a draught of strong coffee, together with the other means mentioned. — *Ed.*]

When this is offered to children and they refuse, open the mouth by inserting a finger at the end of the jaw-bone, and pour the water into the mouth. At the same time keep the finger in the mouth and take a soft feather, put it into the throat, turning it round till it excites vomiting. Let the patient incline forward, place one hand on the stomach, support the head, beating him softly between the shoulders. Let him rinse his mouth after he has vomited, and remain undisturbed a few minutes. As soon, however, as he feels another attack of pain, or other symptoms, such as worrying, hiccough, or uneasiness, let him drink again until every thing appears to be ejected.

If he cannot be brought to vomit, or if he cannot swallow, or at least not sufficiently, or worries himself in vain, does not throw up as much as he drinks,

or should he absolutely refuse to drink and enough cannot be introduced, chew some bread and mix with a tablespoonful of snuff, and put it on his tongue until it excites vomiting, and let him drink tepid water upon it. If this does not act, then some powdered mustard mixed with a teaspoonful of salt is to be put into a tumbler of water and drank off at once, and afterwards tepid water. Use no other vomits.

In case the sufferer can get nothing down, is quite confused, cannot swallow, his jaws being tightly closed, blow some tobacco-smoke into his bowels. Take a pipe with tobacco, light it, grease the point of its stem with oil or fat, insert it into the anus, not deeper than about the depth of a finger nail, turning it carefully, then place on the head of that pipe the head of another empty one, and blow through this into the other, propelling the smoke inward. After blowing three or four times, stop and begin again.

These remarks, and those which follow, are abridged from Dr. Hering's Homœopathist.

The remedy, in importance next to vomiting, is *white of eggs.*

Have the whites of several eggs beat up, mixed with cold water, and let them be drank. This will never do harm, and will surely help, if the poison be metallic, or if the patient is suffering violent pains in his stomach or bowels, feels as though he should purge, as will happen in poisoning by corrosive sublimate, quicksilver, verdigris, compounds of tin or lead, alum or vitriol. Give the whites of eggs abundantly, and often repeated, whenever the substance vomited is of a red or green color, when the patient has a metallic, coppery, or salty taste in his mouth:

in general when you suspect that he may have swallowed verdigris, red lead, vermilion, corrosive sublimate, &c. If the patient find relief from the taking of white of eggs, continue it, and should he be afflicted with diarrhœa and pain in the anus, give him an injection of the water from white of eggs.

Another very important remedy, in most cases of poisoning, and applicable when white of eggs seem ineffective, is *soap water*. But for this purpose you must not take soft soap, nor any resinous hard soap, except in cases of the utmost need, nor any soap which is stained red, as this is done with poisonous ingredients, but the best white Castile soap. Dissolve this in hot water, and let the patient drink a cup full of it warm, every three or four minutes.

Soap water will only prove injurious when the poison itself was alkaline, or lye, or fretting-stone, potashes, soda, salts of tartar, oil of tartar, spirits of sal ammoniac, sal ammoniac itself, English smelling salts, salts of hartshorn, lime, slacked or burned, barytes (often sold as ratsbane, under a pretence of its not being injurious to the people, because it is not arsenic); salts of tartar, which is often mistaken for tartar emetic, or tartarus tartarisatus. When the substance which the patient vomited does not smell sour but soapy; when blue paper which had become reddish from having been drawn through vinegar, is turned blue again by it; when it begins to foam upon aqua fortis, or oil of vitriol, or sulphuric or muriatic acid being dropped into it — in all these cases you must not use soap water, but substitute vinegar.

Soap water is the principal antidote in poisoning by arsenic, lead, oil of vitriol, aqua fortis, all strong

acids, and most metallic solutions. You may conclude that the poisoning originated from acids, when the mouth of the patient is as if burnt, when blue paper dipt in what he vomited turns red on the instant. Soap water is also applicable when a person has swallowed alum. It will also prove beneficial in poisonings by plants of a burning, acrid taste, exuding a pungent juice or milk ; likewise in dangerous accidents from castor oil.

*Vinegar* is an antidote against alkaline poison. As soon as this is ascertained let the patient drink vinegar in great abundance, and give him injections of it. Let him also eat slimy gruel which will excite vomiting. Yet vinegar will be injurious upon strong vegetable poisons, various salts, all mineral acids, arsenic, particularly when the stomach pains when touched. On the other hand it is of great service in cases of poisoning from laudanum, mushrooms, all soporifics, carbonic gas, and liver of sulphur. In such cases alternate with gruel to bring on vomiting, and subsequently, after having vomited freely, let the patient drink vinegar again, which will remove a continued inclination to vomit. Vinegar will also answer against poisonous clams and fish. It is an important antidote against the poison developed from fat. If a person feel sick from having eaten spoiled rancid hams or sausages, and his throat is very dry, and he feels nausea, you will hasten to give him vinegar to drink, not forgetting however, the other remedies afore-mentioned.

*Oil* is a remedy by far too generally applied, and taken to be a principal one, which it is not. This refers also to grease, butter, and similar things : —

also to buttered water. If to be used, you ought to be careful of the kind of oil ; — rancid oil, train-oil, or sperm oil, ought not to be applied, slimy substances will answer far better to envelop the poison, or sugar, which soon assuages the stomach, or other means to neutralize the poison. When you are sure that the poison was alkaline, and you are applying vinegar successfully, you may alternate with oil, particularly when the patient complains of burning in his mouth, throat, or stomach. Oil, however, may be applied to great advantage, when a strong acid, aqua fortis, oil of vitriol, &c. has got into the eye, the mouth, the throat, or the stomach. Sometimes it is also serviceable against poisonous mushrooms. Oil is hurtful in poisoning by arsenic; useless in most poisonings from metallic substances : and very injurious when Spanish flies get into the eye, or stomach. It is literally throwing oil into the fire. This is also the case with insects and venomous bugs, which may have got into the eye. Oil is of great service when live insects have crept into the ear.

*Milk* is not so good as other viscid substances ; but as it is more frequently at hand, it will be well to let the sufferer drink of it, instead of waiting for other things. Fat milk is good wherever oil is good, injurious wherever that is injurious. Sour milk is good wherever vinegar is so, injurious wherever that is. When you have no good oil, fat milk is the best thing ; also when oil becomes disgusting to the patient. Sour milk is preferable to bad vinegar ; it may also be applied where vinegar has already been used. Milk is very good, whenever the first effects have subsided, and there remain only after-pains ; provi-

ded the patient likes it, and feels relieved by it. When you cannot ascertain what kind of poison the sufferer has taken, and you can therefore not choose between the antidotes, yet you have given milk in the first instance, and the patient feels better after it, you may continue with it. The main object, however, is that the patient vomit at once so much that you may suppose the poison has been ejected with it.

*Sugar* and sugar water is, in most cases, one of the very best remedies. Only when you are certain that the poisoning resulted from a mineral acid, or strong alkaline poison, prefer the remedies prescribed against such poisons. It cannot do much harm, were you to apply sugar improperly. If the person who is poisoned wishes sugar, give him as much as he desires. It is the best antidote against metallic poisons, poisonous paints, verdigris, copper, tin, vitriol or alum, and you will continue with it, if the patient finds relief from it; should he, however, not feel better, alternate with whites of eggs and sugar; or, where it was applicable, with soap water. Against arsenic, sugar is also a principal antidote; also when the poisoning has been caused by sharp, acrid plants, which occasion a burning or swelling in the mouth, or in the throat. You may give it between other things, letting the patient either put it into his mouth, or give it to him in water.

*Coffee* is an antidote against so many poisons that we cannot do without it. You must be careful that the coffee has not been spoiled in roasting; give it at first very strong, and then somewhat weaker. Do not neglect, however, to excite vomiting, should it be still required. When the poison is unknown, coffee

is the best thing you can give; when the patient is stupefied, sleepy, senseless, giddy as if intoxicated, his face red and full, orpale, cold, and cadaverous; or when he acts as if he were delirious or raving. In all these cases give him plenty of strong black coffee till he gets better. Even after he has vomited the whole contents of his stomach, continue giving him the coffee with sugar. In all cases of poisoning give coffee, if the patient desires it.

When the poison is known, administer, after the tepid water intended to bring on vomiting, and tickling in the throat for that purpose, black coffee in abundance, as a drink and by injection, particularly in cases of Prussic acid, which you will know from its smelling like bitter almonds, or peach kernels, or peach brandy. Also against laudanum, poisonous mushrooms, &c.; where a person has swallowed the juice of sumac; or when dangerous symptoms occur from medicine, containing belladonna, colocynth, valeriana, conium (cicuta); or from chamomile-tea. Coffee is also important in cases of poisoning by wine of antimony, or when antimony, phosphorus, or phosphoric acid have been swallowed.

*Camphor* is a principal antidote in all poisonings by vegetable substances, and particularly sharp, acrid, burning poisons, which cause inflammation and redness: in all cases of poisoning, where the patient suffers from vomiting and flux, is pale, cold as ice, and almost senseless. In such cases, if you do not know what kind of poison has been taken, you should prefer having recourse to camphor. It will suffice to let the patient smell it, or rub it on his skin. You can make a salve of it with warm oil, or easily dissolve it in heated brandy.

It is the principal antidote in all accidents from insects. Against Spanish flies, whether they have been swallowed, or got into the eye, or when used as a plaster, they have a poisonous effect, camphor is always the best remedy. Also, when venomous insects or infected honey have been swallowed, in violent symptoms after meals, in which small bugs or worms may have accidentally fallen, or when one has swallowed small moths; likewise after the sting of insects.

When, together with other symptoms, the patient finds it difficult to urinate, or this is very painful to him, and intermixed with blood, you may always presume that this originates from Spanish flies, or other insects, and camphor is the best remedy

Camphor is finally applicable, when accidents result from the medicine a sick person has taken; when children sicken after the usual preposterous worm medicines; in accidents from tobacco, bitter almonds, and medicines that have the smell of these things, or cherry-stones, peach-kernels, acorns, or nuts.

It will mitigate after-pains from phosphorus, poisoning by minerals or acids, and particularly salty things. When, through vomiting, every thing has been ejected from the stomach, let the patient smell camphor from time to time. This may also be done in poisonings by mushrooms, or in accidents from charcoal fire.

## CHAPTER II.

### INSECT STINGS. BITES OF REPTILES. BITE OF A MAD DOG.

The principal remedies are the smell of camphor and washing with cold water. Holding the injured part near the fire is good.

Honey rubbed on the stung part is good, having previously extracted, as far as possible, the sting.

In America lemon-juice is used to mosquito bites, with great success: it might be used in stings in this country.

If bitten by a reptile *not* venomous, rub salt or gunpowder into the wound.

If bitten by a *venomous* reptile, tie tightly, a few inches length above the wound, a cord of any description, suck the wound out at once, but suck it well and long, stroking with the hand the part while you suck, and opening the wound as wide as possible.

After the sucking, rub kitchen salt or gunpowder well into the wound, and take immediately some salt or gunpowder.

When bitten by a mad dog, do as above directed. Burning, cauterizing, cutting, lacerating, suppurating, are all useless. These are done that something may appear to be done.

Always continue the proper treatment till the scar of the wound attains the natural color of the skin.

If a blister forms under the tongue, cut the blister open, and let the patient rinse his mouth with salt water.

## CHAPTER III.

### FOREIGN BODIES, IN DIFFERENT PARTS OF THE BODY.

The treatment of the *eye* when foreign bodies enter it, has been explained.

Sometimes insects get into the EAR: if so, drop oil into the ear, until the insect becomes visible, and with a piece of paper rolled up, pull it out. But if the body be a pea, or any thing that swells, and which cannot be removed thus, then take a *hair pin*, bend it at the end to an obtuse angle, so that the upper part of the pin may form a knee, like a spoon, and push the pointed ends into a cork: place yourself behind the ear, pull the ear with one hand upwards and at the same time from the head; then dip the instrument in oil, and holding the bend in the instrument close to the inside of the ear, push it in so as to get it around and behind the object; then lift it a little, and the body will fall into the bend of the pin.

Sometimes pointed things get into the ear. A case treated, related in the tract on Arnica Monta-

na, will explain what is best to be done after the removal.

Children swallow *buttons* and *farthings* * and other

* The following case, in which a FARTHING WAS SWALLOWED and discharged a MONTH and a DAY after the period of its being swallowed, may be instructive, and illustrative of the remarks in this section.

Rebecca Bragg, aged two years, was brought to me April 11, 1844, her mother being in considerable trouble because the child had swallowed a farthing.

Caster oil had been administered to the child, before she was brought to me. *She vomited blood* after the farthing was swallowed. I prescribed *Arnica*, three globules to be taken during the course of the week: this was on account of the blood.

April 18. — She has been and is very sick, and has cried when she eats, but she has cried *less the last two days:* she has not vomited any blood. Her mother states that she passes, by stool, substances, like flakes of white paper.

I ordered *Pulsatilla*, three globules (for her sickness and the peculiar stools,) to be taken during the week.

April 25. — The sickness very much better; she does *not* cry; has passed no more portions like paper. Her mother expressed with satisfaction "She is much better." I ordered Pulsatilla to be repeated, but the doses at longer intervals.

May 4. — *She has passed the farthing:* it having been retained within her *one month* and a *day*.

The farthing which the mother brought, was of a late coinage. Its surface was dingy, presenting an appearance, somewhat similar to that produced by the action of fire on a metallic body. She passed it without any apparent pain. Her sickness is altogether gone.

This case shows how absurd is the common notion, that such bodies must be *expelled*, and that forthwith, from the intestinal canal. There can be but little doubt that most of the injuries, recorded by writers, as resulting from the swallowing coins, are produced by the purgatives used on such occasions, these purgatives destroying the healthy condition of the intestinal canal, and thereby rendering the coin injurious: not because the passing of the coin is destructive, but because medical practitioner has made a diseased surface by the poisonous purgative over which the coin has to pass, and has thereby produced, by thus diseasing the intestinal surface, a condition of the secreted fluids, which causes them to act powerfully on the coin in the passage, which action the fluids of the in-

things. If they are swallowed there is no need of fear, unless actually producing unpleasant symptoms, and unless they are sharp-pointed, such as pins, hooks, &c., and then medical aid will be sought.

Calmness is here the condition the most necessary: more mischief results from a rash interference than from the undisturbed presence of the foreign body in the throat for a short time.

A few months since, a striking instance of the inefficacy of being *in a hurry to do something*, was presented in the treatment of the celebrated Mr. Brunel, who had allowed some body to get into his windpipe.

Two *incisions* were made into his windpipe, but without effect; but being let alone for a time, and then by using a slight but wisely-managed movement, the body, that had gained admission into the windpipe, was discharged. His life was much more periled by the cutting into his windpipe, than by the presence of the foreign body there.

To show how useful presence of mind and tact are, the following circumstance, related by Dr. Hering, is worthy of insertion: "A child once swallowed a fish-hook, so that the string stuck out of the mouth; to push it down was dangerous and hazardous; to pull it up, impossible; if remaining within, it might prove mortal. The physician had the rare presence of mind to hit upon the only proper means; he had a leaden ball perforated, drew the string through the hole, and pushed the ball down the throat; the fish-hook was loosened from the flesh, and, lying fast to the ball was pulled up again."

testinal canal, formed when that canal is in its usual state, would not have exerted.

## [" HYDROPATHY," OR THE WATER CURE.

As Hydropathy is, at the present time, engaging much attention, and as it is, to a certain extent, regarded by some practitioners, as a valuable adjunct to Homœopathy, in expediting the cure of several diseases, a few particulars respecting its origin, progress, mode of application, &c., may not be here considered inappropriate. Long previous to the time of Priessnitz, the present distinguished Hydropathist of Europe, water had been used as a remedial agent in various complaints, but its systematic application to all forms of disease originated in the institution at Græfenberg, under the direction of the " Silesian peasant." The success which the new method there met with attracted public attention, and led to the establishment of similar institutions throughout Europe and America. That it is an universal remedy, or that it is, as a system, at all comparable to Homœopathy, we are far from believing; but as an occasional assistant to the action of homœopathic doses, as a depurative stimulating tonic and simple antiphlogistic, its importance is now widely acknowledged.

The modes in which this economical and easily attainable agent is applied are various, consisting of the " wet-sheet," hip baths, foot baths, douches, head-baths, eye-baths, leg-baths, half-baths, jet-baths, affusions, &c. The manner of applying the wet-sheet, the seat-bath, and fomentations, as they are the principal, if not the only, forms which Homœopathists have made use of, never, by them, alone relied

upon, however, but only as auxiliary to the internal use of medicine, will be here described.

*The Wet-sheet.*

This expedient is resorted to in febrile affections, when the surface is hot and dry. It assists in some instances, the action of Aconite, and relieves the excessive restlessness accompanying fever, producing quiet sleep, and promoting perspiration. In inflammatory, eruptive and other fevers, its judicious application has frequently been followed by the most favorable results, working in conjunction with the well-selected internal remedy to aid the recuperative efforts of nature. The following is the process recommended.

A sheet is to be dipped in cold water, and rung out as dry as possible, then spread upon the top of two blankets previously laid upon the bed or mattress. The patient, entirely undressed, is to be immediately laid upon the sheet, and closely covered with it, from the neck to the feet. After the entire body, with the exception of the head, is enveloped in the sheet, the blankets underneath are to be separately drawn over the body, and closely tucked in, one over the other. Particular attention should be paid in enclosing the neck, both by the sheet and blankets, that the cold air from without may not find an entrance. The lower ends of the sheet and blankets should be bound round and then drawn under the feet, so that when the packing is completed, the whole surface of the body may be closely and entirely enveloped. Afterwards, five or six thick blankets should be spread

over the patient, and tucked under or pressed closely against the sides. After the operation is thus concluded, one or two tumblers of cold water drank slowly will aid in bringing on perspiration.

At the end of one hour — longer or shorter, however, as the perspiration may be more or less decided — the patient should be carefully and quickly uncovered, and the whole surface rubbed with a towel, or sponge dipped in cold water, and afterward with a dry cloth.

This sponging with cold water while the body is in a state of perspiration, induced in this manner, is not, as many are too apt to suppose, attended with danger. When perspiration is the result of violent exercise, emotion, or internal febrile excitement, the sudden application of cold might be very injurious.

The person, packed as above, should not be forced to breathe the confined air of a close room. A window in the apartment should remain open while the body is enveloped in the sheet.

Should the head become hot and uncomfortable, a towel wet with cold water may be laid upon the forehead. If, however, during the perspiration, the head should continue heated, or if there is general uneasiness, the blankets and sheet may be removed. Such symptoms generally indicating a too powerful reaction.

When the wet sheet is applied to persons suffering from violent febrile action, hot, dry skin, and frequent pulse, the object is to abstract the superabundance of heat as rapidly as possible, and the application of a second wet sheet is necessary as soon as the first becomes dry, or the heat of the surface returns. As

partial inflammation is subdued by the topical application of cold embrocations, so in this case, where the inflammation is general, the principle remains the same.

A half sheet is applied as the whole sheet above described, but extending only from the arm-pits to the thighs, and is both useful and convenient.

*Seat-bath.*

The seat-bath is taken in a tin vessel constructed for the purpose, with a back to lean upon, or a common tub may be made use of, in an emergency. Such a quantity of water is to be poured into the tub as to reach above the hips of the person sitting. The upper part of the body as well as the legs should be covered. The length of time for remaining in this bath must depend upon circumstances, usually, however, from fifteen to twenty minutes; sometimes an hour. When the purpose is to counteract chronic congestion of blood, the time is frequently prolonged for two hours.

It is proper to add here, that too protracted an application of cold water, either generally or locally, is unsafe, and the duration of time should not be left to conjecture, or to the judgment of the bather. In acute complaints, as brain, lung, nervous fever, or when violent pains exist, the time should be graduated according to the severity of the inflammation, or pain.

The seat-bath is used with much success, in connection with suitable internal remedies, for the relief of the pain and the checking of discharges in diarrhœa, dysentery, bleeding hemorrhoids &c. In many cases, the relief is immediate and decided.

### *Cold Bandage.*

For the removal of local pain, or inflammation, a towel is wrung out dry in cold water, and applied around or upon the part affected, and closely covered with a perfectly dry cloth. Bound around the abdomen in this manner, they produce perspiration, and quiet the nervous irritability accompanying a feverish condition of body. This is a beneficial application in cramps and pains in the stomach and abdomen, and its frequent renewal is of great service in a constipated state of the bowels.

In headaches, with external heat, a small, folded towel, wrung out in cold water, and laid upon the forehead, will be productive of great relief.

In croup, the throat may be kept constantly bound with a cold compress, closely covered with a dry cloth. The local inflammatory action which, unchecked, renders this complaint so dangerous, is more readily and safely subdued by this simple method than by any other external application.

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### *Drinking of Cold Water.*

The following remarks respecting the frequent and excessive use of cold water as a beverage, so highly recommended by some practitioners of Hydropathy, are from the work of Dr. Edward Johnson, the most eminent Hydropathist in England. He writes thus:

"I am decidedly opposed to the indiscriminate drinking of large quanties of cold water. One cannot understand in what manner these large imbibi-

tions are to operate so as to be useful in the animal economy. We know precisely what becomes of the water soon after entering the stomach : we can trace exactly what course all this water must take, what channels it must traverse, between its entrance and its exit. We are perfectly well acquainted with certain physiological effects produced by it after it has been received into the system.

It dilutes the blood : it lowers the temperature, and thereby diminishes the vital power of the stomach : it puts certain systems of capillary blood-vessels on the stretch, to the great danger of bursting : and it overtaxes the kidneys. I have seen two cases of bloody urine which were fairly attributable to the excessive drinking of water.

An unfortunate gentleman of Nottingham, (Eng.) who died from excess of treatment, administered by himself, was found to have the fine, thin, transparent mucous membrane of the stomach *semi-dissolved into a gelatinous pulp* (which was easily scraped off) by the quantities of water he had drank. He had been covered with boils, had a most ravenous appetite, and had drank seven or eight pints of water daily.

It must be remembered that, in drinking cold water, the full shock of the cold is sustained by the stomach alone. It is from that organ that nearly all the heat is abstracted by the cold water. While the water remains in the stomach, it is continually abstracting vital heat from it. The water warms itself by heat abstracted from the stomach. When it leaves that organ and enters the system, it has become *warm* water ; and the heat which it has absorbed from the stomach into itself, it carries away

into the blood-vessels, leaving the stomach chilled, and with a lower temperature than any other part of the body. This lowering of its temperature, repeated frequently, has a decidedly weakening effect upon the stomach. The capillary blood-vessels, deprived of their vital heat, become relaxed: they open and admit a larger current of blood: congestion thus takes place: irritation is set up, like that in a blood-shotten eye: and a morbid craving for food, even between meals, is produced.

If the water imbibed indeed lowered the temperature of the whole body equally, the case would be different, and the practice less hurtful.

Thus, then, it seems there are certain well-understood and very obvious injuries which the large imbibition of water cannot fail to inflict, while the supposed benefits to accrue from it are altogether mystical, problematical, unintelligible. This, however, only applies to excessive drinking — drinking for mere drinking's sake, as one formerly swallowed physic. If persons are thirsty, if their mouths and stomachs are heated and feverish, let them drink as much water as is sufficient to allay these uneasy feelings. If the tongue be foul in the morning, and the mouth parched, half a tumbler of pure spring water will be found very refreshing, and provocative of an appetite for breakfast. The quantity of water which each person should drink during the day must always depend on his own feelings. He may always drink when the doing so is agreeable to his sensations: when it is repulsive, *never*.

A large quantity of fluid should not be taken during dinner. It should not exceed a tumbler full: and

the less the better, provided a proper quantity of food can be got down without it. A natural thirst will occur some three or four hours after dinner, and then a hearty draught of cold water will be delicious and useful.

All the intelligible good effects of water-drinking will be as certainly obtained from drinking some six or seven tumblers a day (including meals) as by drinking more: while all the evils of *excessive* drinking will be avoided.

Whenever the appetite is deficient, I recommend the patient to drink a tumbler or two of fresh cold water before breakfast, and two before dinner, and to take cold water for breakfast and supper instead of tea, if it do not disagree with the stomach. — *Ed.*]

# PART VI.

*Explanation of some Terms used in this Work: and Directions as to the points to be attended to in Consultation.*

## CHAPTER I.

### EXPLANATION OF SOME TERMS.

HEALTH. "As long as the organs of the body are in their *natural*, sometimes called their *normal* state, the life, acting through them, presents the *phenomena of vitality* in so beautiful an order, so suitable a harmony, that, were we not constantly habituated to the contemplation, we should be struck with wonder. These orderly phenomena, these beautifully harmonizing manifestations, are HEALTH. (*Homœopathy and its Principles Explained, by* JOHN EPPS, *M. D.*, p. 7.)

DISEASE. "What then is disease but IRREGULAR, ABNORMAL *manifestations of life!* Disease is *vitality disturbed in its manifestations:* life, not disturbed in *its own nature*, but disturbed, because the *apparatuses*, the *organs*, through which it acts, are not in

their *natural*, their *normal*, their *regular* state. (*Ibid.* p. 9.)

Aliment. A substance, placed in such a relation to the human body in a state of *health* as to, when taken, afford *nourishment*.

Medicine. A substance placed in such a relation to the human body in a state of *disease* as to, when taken, *restore* the body to its *regular* and *natural* condition.

Remedy. The same as Medicine.

Therapeutic *agent*. The same as Medicine.

Pathogenetic. *Παθος*, *pathos*, a suffering: and *γενετικος*, *genetikos*, producing. A term applied to the *effect* or the *effects*, produced, upon a *healthy* individual, by taking any medicine, remedy, or therapeutic agent.

Allopathy, (*Αλλος*, *allos*, another; and *παθος*, *pathos*, suffering,) is the doctrine that develops the principle, that diseases are to be cured by inducing other diseases in *some part* of the system, not already affected.

Allopathic. Of or belonging to Allopathy.

Antipathy. *Αντι*, *anti*, against: and *παθος*, *pathos*, suffering; is the doctrine that develops the principle, that diseases are to be cured by inducing states, directly antagonistic to those manifested in the diseases.

Antipathic. Of or belonging to Antipathy.

Homœopathy (from *ομοιος*, *omoios*, like; and *παθος*, *pathos*, suffering;) is the doctrine that develops the principle, that *diseases are cured most quickly, safely, and effectually, by medicines, which are*

*capable of producing in a healthy person symptoms, similar to those existing in the diseases.*

Homœopathic. Of or belonging to Homœopathy.

Globule. A term applied to the round little grain, made of sugar and fecula, which, impregnated with any remedy, is the form under which the remedy is administered.

Abdomen. The part of the body situated between the chest and the pelvis; the cavity in which the stomach, the liver, the spleen, and the intestines are contained. This part fastidiousness miscalls the *stomach* — whereas the stomach occupies but a part, and that the upper part, of the abdomen.

Periosteum. The delicate membrane investing the bones of the body.

Psora. Hahnemann considers that the *eruptive* state, designated by the term psora, is the most frequent cause of disease: or more correctly, that psora exists in the majority of individuals in a dormant state; and that the constitutional condition, thus induced, is one which is, so to speak, a peculiarly favorable soil for the production of diseases by the influence of noxious agents.

Semilateral. Affecting one half either of the whole body, or of any part of the body.

Specificity. The peculiar relationship established in nature between the properties of a remedy and the symptoms of a disease, that they (when brought to act on one another,) are mutually active, so as to remove the disease.

Meconium. The name given to the feculent matter, contained in the bowels of the just born infant.

Lymph. A transparent fluid, circulating through

the absorbents. These vessels are small and transparent, originating in every portion of the body, supplying the blood with that part of the food eaten which is fit for circulation, removing the superfluous fluid effused on different cavities, and conveying into the system medicinal and other matters applied to the skin.

Gangrene. A loss of vitality of any part of the body — synonymous with mortification.

Cuticle. The outer membrane, which, with two others, constitutes what is ordinarily denominated the "skin." The thin white membrane, which becomes detached from the others in "blisters," is what is called the "cuticle."

Conjunctiva. The anterior, external coat of the eye.

Effusion. The escape of any fluid out of the vessel naturally containing it, and its lodgment in another place.

Purulent. Having the appearance of pus.

Congestion. An unusual accumulation of blood in any particular set of vessels. Congestion on the brain, &c., means a distention of the blood-vessels there situated.

Acute. As applied to a disease, means one attended with violent symptoms, terminating in a few days, and attended with danger.

Sputa. Any kind of expectoration.

Tenesmus. A continual inclination to evacuate the bowels, without success.

Flatulence. A greater accumulation of air than is common in the stomach or intestines.

Adynamic. A condition of the system, when the vital power is deficient.

Tympanitic. Applied to an elastic, distended state of the abdomen, which sounds like a drum when struck, and which is caused by wind.

Comatose. Having a strong propensity to sleep.

Chronic. A term applied to diseases which are of long continuance, and mostly without fever. Used in opposition to the term "acute."

Vesicle. An elevation of the cuticle, containing a transparent, watery fluid.

Suppuration. That diseased action, succeeding inflammation, by which a cream-like fluid (pus) is deposited in tumors.

Dyspnœa. Difficulty of respiration.

Specific. A remedy which, for a certain train of symptoms, is in all cases, and under all circumstances, curative.

Vertigo. Dizziness.

Hemorrhage. A flow of blood.

Cerebral. Relating to the brain.

Depurative. Applied to those agents which free the fluids and solids from impurities.

Antiphlogistic. A term applied to those medicines, plans of diet, or other influences which tend to oppose inflammation, or which, in other words, weaken the system by diminishing the activity of the vital power.

Capillary. The very small ramifications of the arteries, which terminate upon the external surface of the body, or on the surface of internal cavities, are called capillary vessels.

Cauterizing. A method, in use in allopathic practice, of destroying the vitality of a part by burning with a red-hot iron or caustic alkali.

Intermittent. When applied to the pulse, means an irregularity of pulsation, the beating of the artery ceasing for two, three, or more seconds, and then returning to beat regularly for a short time, succeeded by a cessation, and so on. When applied to fevers, means an entire cessation of febrile symptoms for a certain period, the paroxysms of fever coming on once or twice a day, every second or every third day, leaving intervals of absence from all feverish indications.

Remittent. When symptoms of fever diminish considerably, but not entirely, at certain periods, to recur with their previous severity after the amelioration.

Malignant. A term applied to any disease which is so severe as to threaten extinction of life; more generally used to signify a dangerous epidemic.

Petechiæ. Red or purple spots, resembling the bites of fleas.

Lethargy. A heavy, constant sleep, with but few waking intervals.

Paroxysm. A periodical attack of a disease.

Epidemic. A contagious disease, which attacks several persons at the same season, and in the same place.

Plethora. A superabundance of blood.

## CHAPTER II.

### INSTRUCTIONS,

BY WHICH PATIENTS AT A DISTANCE, AFFLICTED WITH CHRONIC DISEASES, MAY COMMUNICATE THEIR CASES TO A PHYSICIAN BY LETTER.

*Re-published from the American Journal of Homœopathy.*

The patient should first describe his complaints in his own way, as though these instructions were not before him; viz., their commencement, progress, and presumptive causes. The age and sex of the patient, and whether he be married or single; whether of a large or diminutive frame of body, meagre or stout, feeble or robust. Whether the complexion be florid, or pale, or dark. Concomitant bodily infirmities, as hernia or rupture, prolapsus uteri, curvature of the spine, lameness, &c., should be made known. The disposition mild and placable, or boisterous and violent; firm or yielding, lively and communicative,

or reserved and taciturn: anxious, apprehensive, or timorous, or irritable, &c.

The patient is next required to give an accurate and particular description of the incidents or symptoms of his disease, such as pains and other morbid sensations, and their exact character. He should describe precisely the region or part, and on which side of the body they are seated, and how large is the space they occupy. Are the symptoms continued, or do they remit or vary in intensity from time to time! Do they occur at regular times of the day, or at certain intervals of one or more days! Is their recurrence, aggravation, diminution, or cessation, connected with the exercise of any bodily function! Do they arise or disappear, are they increased or diminished by exercise, or during rest, by lying down, or sitting, by stretching out or bending up the body, by walking, by standing, by warmth or cold, in the open air or within doors, by light, by noises, by talking, by eating, by drinking or swallowing, soon after eating, by the motion of the affected part, or by touching or pressing it by mental emotion — fright, anger, during bodily or mental exercise, reading? &c. &c. Are the symptoms associated with anxiety, greater or less? Do they impair the powers of thought or recollection, or the due exercise of the senses?

During the sufferings of individual parts or functions of the body, (even when these sufferings are not the principal ones,) further information is to be given respecting the state of the patient's mind; whether he suffers patiently, or is inclined to weep, to be morose, passionate, despairing, greatly anxious,

or fearful, &c., or whether the mind is remarkably affected in these respects by the disease. Are the intellectual functions, power of thought, memory, or desire, or ability for mental or bodily exercise weakened? Aberrations of mind, morbid affections of the moral and intellectual faculties, are to be described by the narrators strictly as they are manifested by the patient's words or conduct.

Is there dizziness, or "a dull, heavy sensation," of the head. Disorders of sight. Does the patient see objects indistinctly, as through a veil or mist? Does he see dark specks floating before the eyes, or sparks, or false colors? Do objects appear double or quivering? Is the patient short or long sighted? Is the pupil contracted, dilated, or very changeable? Are the eyes watery, red, inflamed, averse to the light? Do the eyelids frequently adhere together? Do they open and close properly? Are they affected by convulsive motions or twitchings, or beset with sties? Are there specks upon the cornea?

Disorders of hearing. Is there a roaring, whizzing, or ringing noise in the ears? Is the ear-wax dry or fluid, oozing from the ears, or fetid?

Are the nostrils obstructed? Is there a cold in the head, with or without a discharge from the nose? Sneezing. Sense of smell. Soreness and rawness of the nostrils, or a bad smell from them. Bleeding at the nose.

Are the teeth incrusted with tartar, loose, decayed, and have any fallen out or been extracted? Are the gums pale or red, hard or soft, spongy, swollen, apt to bleed, or retracted from the neck of the teeth?

Is there a dryness in the mouth? Or excessive

flow of saliva? Is the saliva viscid, slimy, fetid, bloody? Is the surface of the tongue, tonsils, uvula, palate, fauces or lips affected with blisters, swellings, or ulcers, or covered with mucus? Is the tongue dry or moist, acutely sensible, chapped, sore or raw, clean or covered with fur (white or yellow)? Are the functions of speech, chewing or motion of the tongue unembarrassed? Is swallowing performed without difficulty? (Is the swallowing of fluids or solids or of the spittle, attended by inconvenience?) Has the patient a bad breath? Is the taste natural or absent, slimy, salt, bitter, sour, foul? Have the different articles of food their proper taste, or are they insipid, slimy, bitter, sour, salt, &c.? How are the appetite and thirst? What articles of food or drink are preferred? What complaints arise after eating and drinking? Is the patient troubled with frequent belching of wind, with or without taste, — or does it taste of the food just eaten, or of what? Is there regurgitation of fluids from the stomach, or a confluence of saliva in the mouth! and of what taste in either case? Is there vomiting of water, saliva, or mucus, of an acrimonious, acid, or bitter taste; or of a putrid taste and smell, or of a yellow, green, or bloody aspect? Does the patient vomit coagulated blood, or food? If there be sickness or nausea? Is the abdomen tense, full, hard, or empty and retracted? In the case of pains or other complaints in the abdomen, the particular region in which they are seated should be accurately defined (for example: pit of the stomach, region of the navel, immediately below the ribs, in which side, &c.) Is the patient troubled with flatulency? Are

there frequent rolling and rumbling in the bowels? Does the wind readily escape, or is it retained; and what are the complaints which it seems to give rise to? Are the evacuations from the bowels effected with ease or difficulty? How frequent are they? what is their consistence? are they fæcal, or slimy, or bloody, &c.? What is their color? Are there any complaints immediately preceding, during, or following a stool? Are any large or small worms discharged? Are there abrasions or sore places, warts, or piles, in the rectum or anus; and do the latter sometimes protrude or bleed? What complaints arise before, or during, or after the urinary discharge? and is the discharge sparing or copius? What is the aspect of the urine? Is it clear, high-colored, or turbid? Does it soon change after evacuation, and deposit mucus or sand, or a white or a red sediment? Does it contain blood, pus, or gravel?

Is the breathing short, or otherwise oppressed? Can the patient ascend a height? Is the breathing asthmatic, wheezing, or rattling? Does the patient make any complaint on drawing a deep breath? How is the voice; rough, hoarse, hollow, &c.? Is there a cough? is it slight and short, or hard and difficult? does it seem to come deep from the breast? do the paroxysms of coughing last long, and are they attended by swelling of the face and loss of breath? How does the cough sound? Is it dry or followed by expectoration? Is expectoration easy or difficult, sparing or copious, mucous, purulent, resembling saliva, bloody, (interspersed, or tinged with blood, and of bright, or dark color, or is it pure blood?) white, yellow, green, ash-colored, &c.? Does it taste

salt, sweet, bitter, or what taste has it? Is there a superabundance of mucus in the larynx or trachea, or does it seem to lie deep in the breast? In what part of the organs of respiration is seated the irritation to cough? and from whence proceeds the matter expectorated? Is there palpitation of the heart? or throbbing in other parts of the body? Does the patient suffer from transient flushes of heat? He can, perhaps, describe the condition of the pulse. Are the glands under the ear, under the jaw, in the armpits, on the head, in the groins, swollen or suppurated? Is the patient afflicted with goitre, or an enlargement of the gland over the windpipe?

Are there swellings of the bones or joints? are there tubercles or swellings, or swollen or knotted veins? Are there any parts red, swollen, and painful? Are the hands or feet swollen? Is there lameness of one or more of the limbs? Are there cramps or spasms, tremor, twitching or starting, stupor or falling asleep, or other morbid sensations in any of the limbs? Is the skin pallid, yellow, &c.? Is it dry, or inclined to sweat, or otherwise in an unhealthy condition?

Is there itching of the skin (tickling, slight prickling, or a sensation of biting, burning, crawling, sticking)? Is it relieved by scratching, or is the sensation thereby only changed for another? The presence in the skin of wheals, swellings, boils, chilblains, and corns, is to be mentioned, and the attendant sensations described: also cutaneous eruptions.

Is there chilliness, or a feeling of heat? Chilliness, heat, or sweat of particular parts? Sweating of the feet, whether warm, cold, or fetid? When the pa-

tient has fever, does the paroxysm consist of a cold, hot, and sweating stage? Do they alternate with or succeed each other? What is the order of their succession? With what intensity, and how long does each continue? Are they general, or do they affect particular parts only; with or without thirst? With paleness or redness of the face and skin? Are there other symptoms accompanying the paroxysm of fever (cold, hot, and sweating stage)?

Does the patient sleep long, or is he restless, and is the sleep interrupted by frequent waking or startings? Does he talk or moan in his sleep, or has he the nightmare? Is the sleep disturbed by anxious dreams, and of what character? In what posture does the patient lie during sleep? Is he accustomed to sleep with his mouth open? How is his strength? Is he obliged to lie down, or can he remain up? Does he feel languid, weary, or sluggish, &c.? Is he emaciated?

The patient should relate his previous diseases, — particular cutaneous diseases — itch, eruptions of the head, tetter, erysipelas, small-pox, measles, pimples on the face, or any itching eruption of the skin.

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By the use of these questions, which show the minuteness of statement on the part of the patient, and the correspondent minuteness of investigation on the part of the physician, necessary for the application of homœopathic means for the cure of diseases, I have had the pleasure of curing many patients in Ireland, Scotland, and various parts of England, whom I have never had the opportunity of personally seeing.

J. E.

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*Protiodide of Mercury:* p. 42, Scarlet Fever; 76, Mumps; 86, Fever; 86, Influenza; 96, Croup; 113, Bad Mouth; 120, Sore Throat; 145, Dysentery; 148, Jaundice; 165, Fever; 237, Scrofula. *Arnica, Ars.*

*Prussic Acid:* p. 91, Hooping Cough.

*Pulsatilla:* p. 26, Excoriation; 27, Itching; 31, Chilblain; 40, Measles; 42, Scarlet Fever; 47, Erysipelas; 48, Nettle-rash; 51, Wound; 58, Headache; 62, Dizziness; 69, Vision; 74, Deafness; 66, Stye; 71, Earache; 72, Inflammation of the Ear; 79, Bleeding from the nose; 81, Cold in the Head; 83, Catarrhal Fever; 88, Cough; 91, Hooping Cough; 101, Spitting of Blood; 105, Asthma; 115, Toothache; 120, Quinsy, or Sore Throat; 122, Derangement of Stomach; 126, Heartburn; 127, Flatulence; 128, Vomiting of Food; 130, Cramp; 133, Constipation; 135, Diarrhœa; 141, Colic; 148, Jaundice; 150, Liver Complaint; 151, Rheumatism; 154, Lumbago; 156, Hip; 168, Fever; 205, Varicose Veins; 158, Urine; 172, Hysteria; 210, Labor Pains; 216, Lochial Discharge; 221, Puerperal Fever; 231, Convulsions; 239, Sleeplessness; 241, Retention of Urine; 241, Chlorosis; 263, Diseases increased by Derangement of Stomach; 264, Diseases increased by taking Cold. *Cham., Coff., Nux vom.*

*Rheum:* p. 240, Crying of Infants. *Camph., Cham.*

*Rhus toxicodendron:* p. 33, Wart; 33, Corn; 42, Scarlet Fever; 47, Erysipelas; 54, Sprain; 70, Weak Sight; 79, Bleeding from the Nose; 99, Inflammation of the Lungs; 115, Toothache; 151, Rheumatism; 154, Lumbago; 159, Urine; 181, Knee; 243, Swelling of the Head; 258, Miscarriages, Inflammations, &c. produced by physical injuries. *Bell., Bry., Sulph.*

*Sabina.* p. 206, Abortion. *Camph.*

*Sambucus:* p. 98, Asthma of Millar; 105, Asthma; 246, Cold in the Head of Infants; 253, Fright. *Arsen., Camph.*

*Secale:* p. 206, Abortion; 210, Labor Pains; 215, Diarrhœa. *Camph., Op.*

*Senna:* p. 240, Crying of Infants. *Cham.*

*Sepia:* p. 159, Urine; 247, Chlorosis. *Acon.*

*Silica:* p. 28, Whitlow; 32, Scaldhead; 33, Corn; 36, Ulcers; 115, Toothache; 178, Abscess; 181, Knee; 182, Sea-sickness; 216, Lochial Discharge; 218, Milk Fever; 243, Swelling on Head of Infants; 236, Scrofula; 237, Rickets. *Camph., Hep.*

*Soap:* p. 49, Burns.

*Spigelia:* p. 118, Tic Douloureux. *Camph.*

*Spirits of Wine:* p. 49, Burns.

*Spongia:* p. 96, Croup; 106, Spongia. *Camph.*

*Squilla:* p. 99, Inflammation of the Lungs. *Camph.*

*Staphysagria:* p. 30, Ringworm; 66, Stye; 115, Toothache; 154, Lumbago; 256, Passion. *Camph.*

*Stibium:* p. 38, Small Pox; 163, Fever; 176, Spasms.

*Stramonium:* p. 55, Inflammation of the Brain. *Bell., Nux vom.*

*Sulphur:* p. 25, Milk Crust; 26, Itchings; 28, Whitlow; 30, Boil; 31, Chilblain; 33, Corn; 34, Ulcers; 62, Dizziness; 69, Vision;

46, Purpura; 64, Inflammation of the Eye; 40, Varioloid; 74, Deafness; 73, Running from the Ear; 79, Bleeding from the Nose; 105, Asthma; 109, Consumption; 111, Thrush; 115, Toothache; 122, Derangement of Stomach; 135, Diarrhœa; 143, Piles; 146, Worms; 159, Urine; 170, Heart; 177, Tetanus; 131, Knee; 173, Debility; 205, Varicose Veins: 217, Sore Nipples; 228, Teething; 228, After Vaccination; 245, Rupture, or Hernia in Infants; 237, Rickets; 247, Chlorosis; 250, The Whites. *Acon., Puls., Nux vom.*

*Tartar emetic:* or Antimony tart. p. 137, Cholera; 85, Fever; 86, Influenza; 96, Croup; 99, Lungs; 143, Inflammation of the bowels; 161, Typhus Fever; 165, Remittent do.; 166, Yellow do.; 184, Coma; 185, Suspended Animation at Birth. *Coccul., Ip., Pul.*

*Thuja:* p. 101, Pleurisy. *Camph., Pul.*

*Vaccinin:* p. 38, Small Pox.

*Valeriana:* p. 128, Vomiting of Food. *Bell., Coff.*

*Veratrum:* p. 91, Hooping Cough; 137, 9, Cholera; 183, Fainting; 165, Fevers; 170, Heart; 177, Spasms; 170, Hysteria; 245, Rupture, or Hernia of Infants; 240, Crying of Infants. *Acon., Ars., Coff.*

*Vinegar:* p. 192, Suspended Animation from Foul Air; 206, Abortion.

*Viola tricolor:* p. 26, Milk Crust. *Camph.*

*Zinc:* p. 26, Excoriation.

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This enumeration of the medicines used, (and these are not more than a fourth of those employed in homœopathic practice,) will afford the best answer to the ignorance-founded assertion, that *homœopathists use* but ONE *medicine.* This is urged by some, it is believed, because the medicines are colorless: a circumstance dependent upon the medicines being prepared by trituration with sugar of milk.

The examination of this Index will show, that the medicines to be studied most are Aconite, Arnica, Arsenicum, Belladonna, Bryonia, Chamomilla, China, Ignatia, Nux vomica, Opium, Pulsatilla, Rhus toxicodendron, and Sulphur.

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