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SMALL'S POCKET MANUAL OF Homœopathic PRACTICE.

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JUST PUBLISHED,

MANUAL OF HOMŒOPATHIC PRACTICE;

FOR THE USE OF

Families and Private Individuals.

BY A. E. SMALL, A. M., M. D.

Professor of Homœopathic Institutes, Pathology, and the Practice of Medicine in the Homœopathic Medical College of Pennsylvania, &c.

Second Edition—Second Thousand.

852 pages, Price, handsomely bound, $2,00

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RADEMACHER & SHEEK,

No. 239 Arch Street, Philadelphia.

Hannah M. Baker

THE POCKET MANUAL

OF

Homœopathic Practice,

ABRIDGED FROM THE

MANUAL OF HOMŒOPATHIC PRACTICE

OF

A. E. SMALL, M. D.

BY JACOB F. SHEEK, M. D.

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THE POCKET MANUAL.

Introduction.

The design of a brief Manual of Homœopathic practice, is to guide in the selection of a diet and regimen, and the administration of common remedies for the relief of the sick, especially when the aid of a physician is not easily obtained, and also when the sickness is not so severe as to preclude the possibility of being relieved by an immediate resort to common and well-tried remedies.

Diet and Regimen.

Observation teaches, that a wholesome and nutritious diet, with fresh air, and a proper amount of exercise, are requisite for the preservation and promotion of health, as well as efficient means of effecting a restoration of it, when lost.

Articles of Diet allowed under Homœopathic Treatment.

GRUEL, made of oat-meal, wheat flour, corn starch, farina, rice, barley and corn-meal.

SOUP, made of the lean of mutton, beef, chicken, with the addition of rice, young peas, barley, &c.

COOKED MEATS, broiled beef, or mutton-steaks, roasted tenderloin, venison, chickens, &c.

COOKED FISH, boiled rock-fish; trout and other fresh fish, not of an oleaginous character.

SHELL FISH, roasted and stewed oysters, without seasoning.

VEGETABLES, potatoes, green peas, beans, tomatoes, rice, &c.

PUDDINGS, made of crackers, tapioca, sago, rice, farina and arrow-root.

BREAD, made of wheat flour, not recently baked, and bread made of unbolted wheat flour.

EGGS, lightly boiled, poached or made into custards.

FRUITS, roasted apples, baked pears, or sauce made of apples, raspberries, strawberries, &c.

BEVERAGES, water, *milk*, *cocoa*, *rice water*, toast water, and any other non medicinal beverage.

The selection of a diet to meet any given case must be made to accord with the preference and condition of the patient.

Diet that may sometimes be allowed.

MEATS, ham, veal, tripe, turkey and other poultry.

FRUITS, watermelons, cantelopes, whortle berries, oranges and lemons.

BEVERAGES, tea, coffee and broma.

Diet not allowed.

MEATS, fat pork, ducks, geese, sausages, mince pies, &c.

SOUPS, every description of seasoned soups.

SHELL FISH, crabs, lobsters and clams.

VEGETABLES, cucumbers, onions, celery, asparagus and all medicinal herbs and roots.

Artificial Sauces, catsup, pickles, mustard and vinegar, spices, aromatics, mints, and distilled and fermented liquors.

Rancid Cheese and Butter, and all kinds of nuts.

Air and exercise.

Well ventilated apartments and gentle exercise in the open air are to be commended under all circumstances when practicable.

Bathing.

Baths are to be classed among the necessary means of promoting health. Only two of the numerous kinds of baths are to be commended, viz: the Fresh and Salt water.

1. Cold fresh water baths may be taken when there is no eruption upon the skin, and when they produce no constitutional disturbance and chilliness.

2. Tepid baths are the most suitable for children.

3. Sea bathing is commended for those leading a sedentary life and inclined to dyspepsia, but pernicious for those suffering from lung complaints.

4. It is a safe rule to observe, not to bathe when the pratice invariably produces some constitutional disturbance or debility.

Clothing.

The body should be warmly clad during cold weather, and thinly clad during warm weather, and the feet should always be protected from the effects of damp streets, or damp weather, and all sudden changes of clothing to correspond with the weather should be avoided.

Sleep.

Sleep is designed to refresh the body with rest, and should be regularly indulged in, a given number of hours in the twenty-four, according to age, sex, &c. Eating immediately before retiring is a pernicious practice, and attended with bad results.

List of Remedies, their Antidotes

REMEDIES.	ENGLISH NAMES.
1 Aconitum napellus.	Monkshood, (Aconite).
2 Arnica montana,	Leopard's Bane.
3 Arsenicum album.	White Arsenic.
4 Belladonna.	Deadly Nightshade.
5 Bryonia.	White Bryony.
6 Calcarea carb.	Carbonate of Lime.
7 Cannabis sativa.	Hemp.
8 Chamomilla.	Common Chamomile.
9 China (Cinchona.)	Peruvian Bark.
10 Cina,	Worm Seed.
11 Coffea.	Raw Coffee.
12 Drosera.	Sun-dew.
13 Dulcamara.	Bittersweet.
14 Helleborus.	Christmas Rose.
15 Hepar sulph. calc.	Sulphuret of Lime.
16 Hyoscyamus niger.	Black Henbane.
17 Ignatia.	St. Ignatius' Bean.
18 Ipecacuanha.	Ipecacuanha Root.
19 Lycopodium.	Wolf's Foot.
20 Mercurius.	Quicksilver.
21 Nux vomica.	Poison Nut, or vomit Nut.
22 Phosphorus.	Phosphorus.
28 Pulsatilla.	Meadow Anemone.
24 Sepia succus.	Juice of Cuttle-Fish.
25 Spongia.	Burnt Sponge.
26 Sulphur.	Brimstone.
27 Veratrum.	White Hellebore.

and English Names.

ANTIDOTES.

1 *Camphora, Nux vomica, Wine, Vinegar.*
2 *Camphora, Ignatia, Ipecacuanha.*
3 *China, Hepar sulph., Nux vom., Veratrum.*
4 *Coffea, Hyoscyamus, Hepar sulph., Pulsatilla.*
5 *Aconite, Chamomilla, Ignatia, Nux vom.*
6 *Camphora, Sulphur.*
7 *Camphora.*
8 *Aconite, Coffea, Ignatia, Pulsatilla.*
9 *Arnica, Arsenic, Belladonna.*
10 *Bryonia, China. Hyoscyamus.*
11 *Aconite, Chamomilla, Nux vomica.*
12 *Camphora.*
13 *Camphora, Ipecacuanha, Mercurius.*
14 *Camphora, China.*
15 *Vinegar, Belladonna.*
16 *Belladonna, Camphora, China.*
17 *Pulsatilla, Chamomilla, Arnica.*
18 *Arnica, Arsenic, China.*
19 *Camphora, Pulsatilla.*
20 *Arnica, Belladonna, Hepar sulph.*

21 *Aconite, Camphora, Coffea.*
22 *Camphora, Coffea.*
23 *Camphora, Coffea, Ignatia.*
24 *Aconite, Vinegar.*
25 *Camphora.*
26 *Aconite, Camphora, Nux vomica.*
27 *Aconite, Arsenic, Camph.*

Treatment of Fevers.

Fevers, in general, are characterized by chilliness and heat, functional disturbance, acceleration of the pulse, thirst, restlessness and prostration.

Simple Fever.

When there is a *simple fever*, or shivering succeeded by heat, thirst, accelerated pulse, and some degree of prostration, *Aconite* will afford relief.

Dose.—Three globules, dry upon the tongue, and repeated every two hours until relieved.

Inflammatory Fever.

Aconite, when there is full, bounding pulse, headache and delirium at night, will, in most cases, be the only remedy required.

Belladonna, when there is intense pain and heat in the head, flushed face, red and fiery appearance of the eyes, and throbbing in the temples.

Bryonia, when there is biliary derangement and heavy stupifying headache, worse when moving about, and when there is felt some heat and pain in the chest.

Chamomilla, when there is burning heat and redness of the cheeks, tremulous, anxious, palpitation of the heart, irritability, chilliness and heat, and acuteness of the senses.

Dose.—Of either, four globules, dry, or in a teaspoonful of water, every three hours until amelioration or change.

Diet.—Water is the best drink; gruel, of rice flour or tapioca may be allowed until the fever abates, and then something more substantial may be allowed.

Nervous Fever.

The nervous or slow fever, characterized by great prostration, without acute suffering, requires the attendance of a physician. When the fever prevails epidemically, and when the inflammatory symptoms become apparent, *Aconite* may be given, a dose of four globules every two hours; or *Arsenicum*, when there is great prostration; or *Arnica*, when the patient lies as if stunned with half sleep; or *Belladonna*, when there is bloated appearance of the face, delirium,

and throbbing of the temporal arteries; or *Bryonia*, when there is *nausea*, debility and constipation; or *China*, when there is paleness of the face and rending pains in the head, and general coldness and shivering and anxiety; or *Nux vomica*, when the patient complains of giddiness and a throbbing headache; all of which are to be administered, when indicated, the same as directed for *Aconite*.

Hyoscyamus, when there is twitching of the tendons, strong, full pulse, sensation of pricking, and when there are illusions of sight; *Nux vomica*, when there are gastric or bilious symptoms, and when there are hæmorrhages from the bowels, or slimy diarrhœa and scalding urine; *Pulsatilla*, when there is bleeding from the nose; *Phosphorus*, when there is laborious breathing, anxiety, dry tongue, hot skin, small, hard, and quick pulse; *Veratrum*, when there is great prostration and diarrhœa, aching pains in various parts of the body.

Dose.—Of either, when selected, four globules, dry upon the tongue, or dissolved

in a teaspoonful of water, repeated every three hours, until amelioration or change.

Bilious Fever, or Biliousness.

When there is merely derangement of the stomach, with little or no fever, *Nux vomica* or *Mercurius*.

Dose. — Four globules dry upon the tongue, or dissolved in a teaspoonful of water, every three hours until relieved.

When there is considerable fever, that has made its appearance with chilliness, followed by heat and acceleration of the pulse, with bilious derangement, *Aconite* may be given first, and then *Bryonia* and *Mercurius*.

Dose.—Of *Aconite*, give four globules, either dry or in a teaspoonful of water, and repeat two or three times at intervals of an hour, and then follow with *Bryonia* in the same way, or *Mercurius* or *Nux vomica*, should the *Bryonia* fail of affording relief. Should this treatment fail, call in a physician.

Intermittent Fevers.

Intermittents of daily paroxysms, coming

on with shaking and shivering, without thirst followed by heat, and then perspiration, *China;* when the paroxysm comes on by shivering and heat simultaneously, *Arsenicum;* when brought on by damp weather, *Bryonia;* when there is pain in the back during the paroxysm as if bruised, and general soreness of the flesh, *Arnica;* when the paroxysms come on every other day, with shivering, followed by heat and perspiration, *Nux vomica; China* is the best adapted for epidemic intermittents, arising from marsh miasma; *Chamomilla,* when there is perspiration on the forehead, bilious vomiting, intense thirst.

Dose.—Of either, four globules dry upon the tongue, or in a spoonful of water, every three hours.

Yellow Fever.

Where persons are exposed to yellow fever, *Aconite* and *Belladonna* may be used in the first stage. The former, when there is burning and dry skin, red cheeks, full and rapid pulse, dark urine, nausea, and delirium at night; and the latter, when there

is glowing redness and bloated appearance of the countenance, red and sparkling eyes, foul tongue, &c.; *Bryonia*, when there is yellowness of the skin, weak and rapid pulse, dread of the future; *Mercurius*, when there is yellow skin, redness of the whites of the eyes, moist fur upon the tongue, irregular pulse; *Nux vomica* and *Sulphur* are also useful in the first stage, but the services of an experienced physician should be sought as soon as possible.

Dose.—Of either, four globules, dry or in a spoonful of water, every two hours, until amelioration or change; for treatment of the subsequent stages, the direction of a physician is essential.

Nettle-Rash. Hives.

When the eruption is attended with fever and quick pulse, *Aconite;* when occasioned by damp weather, *Bryonia;* when produced by a cold, *Dulcamara;* when accompanied by bilious vomiting, *Ipecacuanha;* when from indigestion, *Nux vomica;* when produced by eating fat meats, *Pulsa-*

tilla; when of a chronic character, *Calcarea, Sulphur.*

Dose.—Four globules, dry or in a spoonful of water, every two hours, except *Calcarea* and *Sulphur*, which should be given twice a day.

Scarlet Rash.

Aconite and *Belladonna* are the chief remedies needed in the treatment of this disease; *Aconite* when the fever is high, and *Belladonna* if there is pain in the head.

Bryonia, if the eruption is slow in making its appearance; *Coffea* when there is restlessness and whining; *Pulsatilla* when the eruption has fully made its appearance.

Dose.—Of the selected remedy, give four globules, dry, or in a spoonful of water every three hours, until better.

Scarlet Fever.

Aconite in the first stage, *Belladonna* if the tonsils or throat be inflamed. These may be all that are required in the simple forms. *Aconite, Mercurius, Arsenicum, Calcarea, Hepar, Nitric acid* and other remedies may be prescribed by a physician.

Dose.—Of the selected remedy, four globules, dry, or in a spoonful of water every hour, until change.

For the dropsical stage after scarlet fever, *Helleborus* given as above.

Measles.

Aconite in the febrile stage, *Bryonia* to hasten the eruption, *Pulsatilla* after the eruption has appeared and to prevent its receding; *Belladonna* if the head is affected, *Calcarea* when the disease occurs in feeble constitutions, subject to eruptions upon the skin: *Drosera* for the after cough, &c.

Dose.—Of the selected remedy, four globules, dry, or in a spoonful of water. *Hyoscyamus* may be given in the same way when the cough resembles the whooping-cough. Avoid all stimulating teas, and allow cold drinks during the treatment.

Erysipelas. St. Anthony's Fire. Rose.

Aconite for febrile stage, full pulse; *Arsenicum* when there is blackish hue of the eruption; *Belladonna* when there is violent pain in the head, heat and tingling; *Bryonia*

when the disease affects the joints, and when the skin becomes red and swollen, as if poisoned.

Dose.—Of the selected remedy, four globules, dry, or in a spoonful of water every two hours, until better.

Diet should be simple, and the apartments well ventilated.

Chicken-pox.

Aconite when there is considerable fever; *Belladonna* when there is pain in the head; *Pulsatilla* when there is difficulty in voiding urine, especially in mild cases.

Dose.—Of the selected remedy, four globules, dry, or in water every two hours.

Variola. Varioloid, or Small-pox.

This is a contagious disease, and marked by different stages. The first or febrile stage requires *Aconite*; if there is a strong tendency to the head, *Belladonna; Bryonia* will aid the natural course of the eruption; *Coffea* and *Chamomilla* may be employed when there is restlessness in the febrile and eruptive stages; *Pulsatilla* may be given

in confluent small-pox when an efflorescence precedes the eruption, or when attended with nausea and vomiting. *Bryonia* will forward the eruption.

Dose.—Of the selected remedy, four globules, dry, or in a spoonful of water every two hours.

Diet and Regimen.—Cool, fresh air, great cleanliness, and frequent change of clothing, cold drinks, barley or rice gruel, until the disease has spent its force, then toast and black tea, and even a more generous but plain diet.

Gout.

As this is a disease that affects the joints, and usually begins in the toes or smaller joints, sympathetically affecting the digestive organs, patients should guard against exciting causes, such as wine, cider and malt liquors, and should restrict themselves to a moderate diet.

Aconite when there is considerable fever and swelling of the joints; *Arnica* when there is great soreness; *Arsenicum* when

the pains are tearing, aggravated by cold and relieved by warmth; *Belladonna* when the pains change from place to place; *Bryonia* when motion aggravates the suffering; *China* when the affected parts are made worse by contact with anything; *Nux vomica* when the disease has been brought on by the use of intoxicating liquors; *Pulsatilla* when the pains are worse in the evening; *Nux vomica* when there is paralytic weakness.

Dose.—Of the selected remedy, four globules, dry, or in a spoonful of water every two or three hours.

Diet.—When there is fever, the diet should be simple and even under other circumstances the diet should be moderate and nutritious.

Rheumatism.

Acute or inflammatory rheumatism, being attended with fever, requires *Aconite* in the commencement; *Arnica* when there is pain and soreness in the joints as if bruised; *Belladonna* when the pains are shooting and

burning; *Chamomilla* when they are drawing or tearing; *China* when aggravated by the slightest touch; *Bryonia* when the pains are aggravated by movement; *Hepar* when other remedies fail of procuring relief; *Mercurius* when attended with copious perspiration; *Nux vomica* when the pains are in the calves of the legs; *Pulsatilla* when worse in the evening; *Belladonna* when there is red and shining swelling of the joints, and when rest aggravates the suffering; *Sulphur* in persons subject to herpetic eruptions.

Dose.—Of the selected remedy, four globules, dry, or in a spoonful of water until better or change.

Diet.—Simple, farinaceous, and free from stimulants at any time.

Chronic Rheumatism.

Aconite and *Bryonia* when the disease is made worse from a cold, and attended with fever; *Calcarea* for stiffness of the joints; *Dulcamara* when the patient is worse on being exposed to the cold; *Phosphorus*

for stiff neck, weakness of the back and trembling of the extremities; *Sulphur* when the disease lingers and the patient is subject to frequent relapses; *Veratrum* for paralytic weakness and bruised sensation in the extremities.

Dose.—Of the selected remedy, four globules, dry, or in water three times a day.

Lumbago, or Pain in the Back.

Bryonia and *Nux vomica* are the principal remedies; *Mercurius* and *Pulsatilla* when there is a sore, bruised sensation.

Dose.—Of the selected remedy, four globules, dry, or in a spoonful of water three times a day.

Rheumatism, or Kink of the Neck.

Aconite if there is fever; *Bryonia* if worse from moving the head; *Belladonna* and *Nux vomica* are also remedies that are adapted.

Sciatic Rheumatism, or that which affects the Hip.

Arsenicum when the pains are acute and drawing; *Chamomilla* when worse at night; *Ignatia* and *Nux vomica* when the pains are

cutting, and a sensation of torpor or paralysis is experienced, and when aggravated by rest.

Dose.—Of the selected remedy, four globules, dry, or in water three times a day.

Diet.—The diet may be moderately generous.

Toothache.

Aconite when the pain is accompanied with fever; *Arnica* when occasioned by mechanical injury; *Arsenicum* when cold aggravates the pain; *Belladonna* when from cold the whole jaw becomes painful; *Chamomilla* when produced by coffee; when in hollow teeth, *Mercurius;* when from cold, *Nux vomica;* when in mild dispositions, occurring at the menstrual period, *Pulsatilla;* when jumping, *Sulphur;* for ulceration of the gums, *Mercurius*, *Hepar* and *Sulphur*.

Dose.—Of the selected remedy, four globules, dry, or in water every two hours, until relieved; the patient should avoid holding hot or acid substances in the mouth.

Quinsy, Sore Throat.

Belladonna if the tonsils are inflamed and enlarged; *Mercurius if the Belladonna* fails; *Ignatia* if there is sensation of a plug in the throat; *Hepar* will hasten suppuration, if *Aconite* and *Belladonna* do not relieve, by causing the disease to terminate by resolution; *Arsenicum* if the throat is threatened by gangrene.

Dose.—Of the selected remedy, four globules, dry, or in water every three hours.

Diet.—Soft pultaceous food is required.

Malignant, or Putrid Sore Throat

Requires for the most part *Arsenicum*, *Mercurius* and *Sulphur*.

Dose.—Of the selected remedy, four globules, dry, or in a spoonful of water every four hours, until relieved.

Diet as before, in Quinsy.

Scurvy, or Canker of the Mouth.

When the canker results from cold, *Dulcamara;* when it has arisen from the abuse of mercury, *Hepar sulph; Arsenicum;* when the ulceration is extreme, with burning, *China,* when gangrene attacks the gums.

Inflammation of the Tongue.

The chief remedies for this difficulty are *Aconite*. *Arnica* if produced by mechanical injury; *Arsenicum* when the inflammation is disposed to become gangrenous; *Belladonna* and *Mercurius* may also be employed.

Dose.—Of the selected remedy, four globules, dry, or in a spoonful of water every three hours, until better or change.

Mumps.

As this disease affects the parotid gland, *Belladonna* may be used when the swelling is red; *Bryonia*, when the patient has a low fever; *Mercurius* generally useful if the disease is uncomplicated with other difficulties.

Want of Appetite.

Bryonia and *Ipecacuanha* may sometimes be useful, but if no other disease affect the patient, drinking copiously of cold water, may be the only remedy required.

Dyspepsia.

This difficulty being a feeble or difficult digestion, when of acute character, requires *Aconite* when there is fever in the com-

mencement, and when the tongue is coated white or yellow; *Arsenicum* when there is prostration; *Belladonna* when attended by pain in the head; *Bryonia* when there is dryness of the mouth; *Ipecacuanha* when there is nausea and vomiting; *Veratrum* when there is coldness of the extremities.

Dose.—Of the selected remedy, four globules dry or in water, every three hours until relieved.

For chronic dyspepsia, the same remedies may be used, repeated at intervals of twelve hours.

Bilious Headache.

For this difficulty, *Ipecacuanha, Nux vomica, Bryonia* and *Mercurius* may be employed.

Dose.—Of the selected remedy, four globules dry or in water, every two hours until better.

Heartburn, Waterbrash.

Waterbrash or heartburn is owing to disturbed digestion, and requires *Nux vomica, Chamomilla, Pulsatilla, China* and *Belladonna.*

Dose.—When either of the above remedies are employed, four globules may be given, dry or in a spoonful of water, every three hours until relieved.

Spasm, or Cramp of the Stomach.

This painful difficulty is often brought on by an improper diet or by the use of stimulants or other causes, and requires *Belladonna* when there is spasmodic tightness that requires the patient to lean back to mitigate the pain of the stomach; *Bryonia* is indicated when the difficulty begins during or immediately after meals; *Chamomilla* is indicated when the pressure at the pit of the stomach is as from a stone; *China* when the cramp occurs in debilitated persons; *Ipecacuanha* when preceded by sickness of the stomach; *Ignatia* when produced by grief or any sudden emotion; *Nux vomica*, when brought on by the use of stimulants; *Pulsatilla* when attendant upon the menstrual period, and when the pains are griping, attended with loose stools.

Dose.—Of the selected remedy, four glo-

bules, dry or in a spoonful of water, every three hours until relieved.

DIET.—Should be simple, and void of stimulants.

Sea Sickness.

For this difficulty, which proves so troublesome to some persons, *Nux vomica* and *Sepia* are the remedies.

DOSE.—Of the selected remedy, four globules, dry or in water, every three hours.

Vomiting Mucus.

As this disease arises from disordered condition of the mucus coat of the stomach, the remedies are *Ipecacuanha* when there is simply vomiting of phlegm; *Veratrum* when the phlegm is mixed with bile.

DOSE.—Four globules, dry or in a spoonful of water, may be repeated every three hours until relieved or change.

DIET.—Although the appetite may be good, the diet should be simple and easy of digestion.

Vomiting of Blood.

To relieve this difficulty, *Aconite* is required when there is strongly marked febrile symptoms, weight and pressure in the region of the stomach, nausea and vomiting of blood of a bright color; *Arnica* when the vomiting of blood arises from a blow upon the stomach; *Arsenicum* when it occurs in persons of a feeble constitution, and when there is intense burning and prostration; *China* will have a restoring effect when the energies have become exhausted from the vomiting; *Ipecacuanha* if nausea remains after an attack; *Nux vomica* when produced by stimulating drinks, or from suppression of piles; *Pulsatilla* when it occurs from suppressed menses; *Sulphur* when the vomiting occurs after a suppression of some eruption upon the skin.

Dose.—Of the selected remedy, four globules, dry or in a spoonful of water, every two hours until relieved.

Diet.—Great care should be exercised to refrain from solid food; all drinks should be

cold, and all articles of diet taken should be either cold or lukewarm.

Costiveness, Constipation.

This difficulty is often a symptom attendant upon various diseased conditions; should be relieved by remedies without a resort to aperients. *Nux vomica* is indicated when the difficulty has been preceded by *diarrhœa; Bryonia* when the difficulty occurs in warm weather in bilious temperaments; *China* when it occurs from debilitating losses, as from miscarriage or diarrhœa, &c.; *Calcarea* when caused by travelling in cars, or in riding in a carriage, and when it arises from sea sickness; *Lycopodium* when there is fulness of the head, colic and flatulence; *Nux vomica* when it results from the use of wine, or when it is brought on by indigestion, or by taking too heavy a meal, and also in recent cases, occurring in alternation with diarrhœa, or from pregnancy; *Pulsatilla* if it occurs from eating fat meat or gravies; *Sepia* when it occurs in females or in rheumatic subjects; *Sulphur* in chronic constipation in connection with *Nux vomica.*

Dose.—Of the selected remedy, four globules, dry, or in a spoonful of water every six hours, until relieved.

Diet.—Avoid all high-seasoned food, coffee, stimulants, and bread made of superfine flour, ripe fruits are allowed, bran bread, beef, mutton, and light puddings.

Diarrhœa.

This difficulty exhibits a variety of phases that require different remedies to meet; *Arsenicum* when the diarrhœa is watery and slimy, occurring at night; *Nux vomica* when it accompanies a disordered stomach. *Bryonia* when it occurs during the heat of summer, or when it is caused by cold drinks; *Calcarea* is suitable for diarrhœa of long standing; *Chamomilla* when it is attended with colic and when the stools are watery, slimy or bilious, and is particularly useful for children; *China* for painless diarrhœa, mingled with particles of undigested food; *Nux vomica* when the diarrhœa is watery, and attended with violent cramp colic; *Dulcamara* when the diarrhœa has been brought

on by cold; *Ipecacuanha* when it is attended with nausea and vomiting of bitter or bilious matters; *Mercurius* when it occurs principally at night; *Nux vomica* when there are frequent watery stools; *Pulsatilla* when the stools are pap-like, slimy or bilious; *Sulphur* is suitable for obstinate diarrhœa when the evacuations are tinged with blood; *Veratrum* when the stools are watery and white, attended with great prostration.

Dose.—Of the selected remedy, four globules, dry, or in a spoonful of water every two hours, until amelioration or change.

Diet.—Abstinence from all kinds of food known to disagree with the patient; the drinks should be rice water, or boiled milk.

Dysentery, or Bloody Flux.

When the disease commences with fever and pains in the extremities, heat and thirst, bilious and thin watery evacuations, tinged with blood, *Aconite;* when the pains in the limbs are sore as if the patient has been bruised, and when there is soreness remaining after straining at stool, *Arnica; Arseni-*

cum is indicated when the stools are putrid and the patient is very prostrate, and there is a sensation of burning in the rectum, and when the stools are fetid and when there is chilliness and coldness of the extremities; *Belladonna* when there is frequent and small evacuations, attended with severe straining and pain in the head; *Bryonia* is suitable in the first stage, when the disease occurs in warm weather or when brought on by eating unripe fruit; *Chamomilla* is suitable for dysentery in children, brought on by sudden check of perspiration, attended with agitation and restlessness; *China* is suited to those dysenteries that appear in marshy districts, afflicting many persons at a time; *Nux vomica* when attended with severe colic, strong stools mixed with blood; *Mercurius corrosivus* when there is urgent desire to evacuate, accompanied with sensation as if the intestines were being pressed out; *Nux vomica* when the evacuations are small and frequent, attended with violent cutting about the umbilical region, and when there is considerable heat and thirst; *Pulsatilla*

when the stools are chiefly mucus streaked with blood; *Sulphur* is suitable for protracted cases.

Dose.—Of the selected remedy, four globules, dry, or in a spoonful of water every hour or two hours according to the severity of the case.

Diet.—Barley water, rice water, mutton soup, if there is little fever. Avoid all cold drinks, such as cold water, &c.

Cholera Morbus.

To allay the violent purging and vomiting that attends this disease and when there is violent pain in the abdomen and intense thirst and prostration, *Arsenicum; Chamomilla* when the attack is brought on by some severe mental emotion; *Ipecacuanha* when there is much vomiting of bilious matters; *Nux vomica* when the disease comes on suddenly, with much anxiety, and pain in the bowels; *Veratrum* when the disease seems obstinate, attended with excessive weakness, hollow or sunken eyes, and coldness of the extremities.

Dose.—Of the selected remedy, four globules, dry, or in a spoonful of water every hour, until relieved or change.

Asiatic Cholera.

This formidable disease requires the attention of a physician, but should the services of one be difficult to procure, and when the patient becomes suddenly prostrated; and there is copious discharges of a watery brown color, *Arsenicum* may be given, and also if the patient is threatened with collapse, which is indicated by a bluish, sunken appearance of the countenance; *Nux vomica* is of great service in the early stage of the disease, when there is constant vomiting and purging of greenish watery matters; *Ipecacuanha* in the first stage when the vomiting is severe, with only a slight diarrhœa; *Veratrum* in a majority of cases will prove the most available remedy to flee to.

Dose.—Of the selected remedy, four globules, dry, or in a spoonful of water every half hour, until a change in the symptoms.

Diet and Regimen.—The patient must be

kept in a warm room, and the heat should be kept up at the surface by the application of friction and bottles filled with heated water.

CHOLERINE, or the premonitory diarrhœa that indicates an approach of cholera generally requires *Arsenicum*, *Veratrum* and *Sulphur*, and these remedies may obviate any thing like a severe attack of the disease.

Colic.

Colic, or pain in the stomach, in general, requires *Chamomilla*, *Mercurius*, *Nux vomica* and *Pulsatilla*; *Chamomilla* for colic in children; *Mercurius* if the *Chamomilla* fails of affording relief; when produced by working in lead—*Aconite* if there is griping and heat in the abdomen, obstruction of the bladder; *Belladonna* when there is redness of the face and tendency of blood to the head; *Chamomilla* when there is severe pain in the stomach, attended with great restlessness; *China* when the colic is produced by flatulence; *Ignatia* when brought on by any emotional excitement; *Mercurius*

when there is violent griping and hardness around the navel, extending to the right side; *Nux vomica* when attended with constipation; *Pulsatilla* if it occurs at the menstrual period; *Sulphur* may be used with advantage after *Mercurius* or *Nux vomica.*

Dose.—Of the selected remedy, four globules, dry or in a spoonful of water, every half hour until relieved or a change of remedy is called for.

Flatulency.

This difficulty is removed by *China, Nux vomica, Pulsatilla* and *Sulphur;* if it occurs from flatulent food, *China;* if from fat meat, *Pulsatilla;* if in plethoric persons, *Nux vomica;* if it returns frequently, *Sulphur.*

Dose.—Of the selected remedy, four globules, dry or in a spoonful of water, every half hour or hour until relieved.

Inflammation of the Stomach.

Aconite is indicated when there is constant burning and constrictive pain in the

stomach, attended with short breath, and when the pain is aggravated by breathing, small, wiry pulse; *Arnica* when the inflammation of the stomach has been brought on by some blow or mechanical injury; *Arsenicum* when there is rapid prostration and pain in the stomach, brought on by cold; *Bryonia* after *Aconite* if the pains are acute; *Chamomilla* when the pain is aggravated by pressure from without; *China* when the pain is worse on the left side; *Hyoscyamus* when attended with stupor; *Mercurius* when the patient cannot lie on the right side, bitter taste in the mouth; *Nux vomica* when produced by intoxicating drinks; *Veratrum* when there is severe pain and cramps.

Dose.—Of the selected remedy, four globules, dry or in a spoonful of water, every hour until better or change.

Inflammation of the Bowels.

This affection will require nearly the same remedies as are employed in the treatment of inflammation of the stomach, and the

doses and repetition are the same. When inflammation of the bowels is chronic, the remedies may be given as above, every three or six hours.

Worms.

Sometimes worm diseases are attended with fever; then *Aconite* is the remedy; against pin worms, *Nux vomica* and *Sulphur;* long, round worms, *Cina* and *Mercurius;* against the tape worm, *Calcarea carbonica, Sulphur.*

Dose.—Of the selected remedy, four globules, dry or in a spoonful of water, every three hours until relieved.

Itching of the Anus.

This vexatious and troublesome affection arises from peculiar state of the system, and often indicates the incipient stage of piles; when caused by pin worms, *Aconite, Nux vomica* and *Sulphur.*

Dose.—Of the selected remedy, four globules, dry or in a spoonful of water, every six hours until relieved.

When the difficulty arises from dry piles

or moist bleeding piles, or from strong beer; *Aconite*, if there is fever; *Nux vomica*, if burning; *Sulphur*, if there is simply itching; *Nux vomica* and *Sulphur*, for the difficulty in children.

Dose.—The same as above.

Piles.

Piles are small tumors that may be connected with or may protrude from the rectum; sometimes they bleed, and sometimes they do not.

Bleeding piles may require *Belladonna*, *Chamomilla*, *Ipecacuanha* and *Sulphur*.

Blind piles require *Arnica*, when the tumors are painful and swollen; *Mercurius*, when there is discharge of mucus; *Nux vomica*, when attended with colicky pains.

Dose.—Of the selected remedy, four globules, dry or in a spoonful of water, every six hours.

Protrusion of the Intestines, or Falling of the Anus.

This difficulty occurs more frequently with children than with adults, and takes

place from straining at stool. When the difficulty is obstinate, and other remedies have failed, *Calcarea* may be employed. When the difficulty occurs in children of a mild disposition or sensitive temperaments, *Ignatia.* When hardness and swelling of the abdomen attends the difficulty, *Mercurius.* In irritable or lively dispositions, addicted to stimulating diet, *Nux vomica.*

Dose.—Of either when selected, four globules, dry or in a spoonful of water, every six hours.

Liver Complaint.

The liver is subject to various affections; but it is inflammation of the liver that is generally understood by Liver Complaint, and this may be *acute* or *chronic.*

When acute Liver Complaint is indicated by pain in the right side, fever, hot skin and thirst, *Aconite.* When the pains are pressive, and breathing, coughing, or movement of any kind aggravates them, *Bryonia.* When the pain extends to the shoulder, *Belladonna.* When the pains are of a dull

character, *Chamomilla*. *China* is indicated when the pains comes on in paroxyms and is worse, every other day. *Mercurius vivus*, when there are severe pains followed by clammy perspiration, yellowness of the skin. *Nux vomica* against shooting pains and great tenderness in the right side and nausea or vomiting. *Sulphur* may be given in connection with any of the remedies when the patient has been subject to eruptions upon the skin. *Nux vomica* and *Sulphur* may be given in alternation every three hours, when the pains are pulsative and obstruct the respiration.

Dose.—Of the selected remedy, four globules, dry or in water every three hours until mitigation of symptoms or change.

Diet.—The same as in ordinary fevers.

Chronic Liver Complaint.

When inflammation of the liver is of a chronic character and perpetually annoys the patient, the remedies employed are *Sulphur*, if the patient has been in the habit of taking the blue pill, or has been

frequently salivated. *Calcarea* is particularly indicated, when stooping uniformly produces pain in the liver, that becomes relieved on assuming the erect posture. *China* when the pains are worse, every other day. *Lycopodium* when the bowels are torpid and constipated. *Nux vomica* and *Sulphur* are remedies that generally afford relief, when in addition to the main difficulty, there is derangement of the stomach and frequent indications of jaundice.

Dose.—Of the selected remedy, four globules, dry or in a spoonful of water, every six hours.

Diet.—Veal or chicken broth, stale bread, roasted apples, plain puddings. Every article should be omitted that in any way taxes the digestive function.

Jaundice.

This disease is denoted by yellowness of the skin, whitish fæces, orange-colored urine, and frequent pain in the region of the liver. The remedies to be employed are *Aconite* when there is fever, full pulse, and hot skin.

China after the febrile symptoms have passed away, and especially when the disease has arisen from marsh miasm. *Digitalis* when there is nausea and vomiting, clean tongue, pressure at the pit of the stomach and region of the liver. *Mercurius* when the disease appears to have arisen from derangement of the digestive organs, or from obstruction of the liver; it is one of the chief remedies employed in the treatment of the disease. *Nux vomica* is suited to persons of an irritable temperament, when the disease has arisen from a fit of passion and when there is constipation. *Pulsatilla* is indicated when there is great weakness, anxiety and lassitude towards evening, obscure pressure and pain extending to the right shoulder. *Sulphur* is one of the best remedies that can be employed in inveterate and obstinate cases, as also is *Calcarea.*

Dose.—Of the selected remedy, four globules, dry or in a spoonful of water, every morning, noon, and night, until the yellow-

ness disappears from the skin, and the other symptoms of derangement disappear.

Inflammation of the Spleen.

This difficulty is denoted by pain in the left side, and is usually attended with fever. *Aconite* is indicated when there is fever. *Arnica* when there is pressive, pain in the left side, causing difficult respiration and excessive vomiting. *Arsenicum* will be suitable for those cases of inflammation of the spleen accompanying the ague. *Bryonia* in mild cases, when there is pain in the region of the spleen, aggravated by moving about. *China*, after the inflammatory symptoms have passed away, or when the pain occurs in paroxysms every twenty-four or forty-eight hours. *Nux vomica* when the pain is attended with deranged digestion. *Pulsatilla* when motion or moving about relieves the pain.

Dose.—Of the selected remedy, four globules, dry or in a spoonful of water, every three hours, until the pain subsides or there is call for a change of remedy.

Inflammation of the Kidneys.

This disease is denoted by pungent pain in the back or lumbar region, and difficulty in passing urine. *Aconite* is always useful when there is fever, or during the inflammatory stage. *Arnica* when the inflammation has been brought on by mechanical injury. *Belladonna* when there are shooting pains extending to the shoulder, and when there is colic and pain in the region of the heart, scanty emission of urine. *Cannabis* when the pain is of a dragging, aching, and pressive character, and when there is stranguary and tearing pains in the region of the kidneys. *Arsenicum* may be employed to complete the cure when any of the other remedies have only produced an amelioration. *Hepar sulphur* when the disease is chronic. *Mercurius* when the skin appears to sympathize with the disease and there is copious perspiration.

Dose.—Of the selected remedy, four globules, dry or in a spoonful of water, every

hour or two hours, according to the severity of the symptoms.

DIET.—As in fevers of an inflammatory character.

Inflammation of the Bladder.

This disease is denoted by pain in the bladder, with tension, heat and swelling externally, severe pain on pressure, frequent and painful discharge of urine, or else suppression, and ineffectual efforts to urinate. The remedies employed are *Aconite*, in the commencement of the difficulty; when there is much fever, hot, dry skin, rapid pulse, &c. *Arsenicum*, when the urine is hot and scalding during micturition, and intense thirst and restlessness. *Pulsatilla* is one of the best remedies in this difficulty, and is suitable to follow *Aconite*, and is indicated when there is severe pain in the bladder and suppression of urine. *Nux vomica* when the difficulty has been produced by alcoholic drinks ; *Pulsatilla* is also a good remedy to check the difficulty when it arises from suppressed menses. *Dulcamara* when the

disease is chronic and occurs at every cold; *Sulphur* is also a good remedy to meet the chronic forms of the disease.

Dose.—Of the selected remedy four globules, dry or in a spoonful of water, every hour, two hours, or three, according to the severity of the symptoms.

Gravel.

This disease consists in the formation of stones or concretions in the kidneys, and the best remedies to alleviate the difficulty are *Calcarea, Cannabis, Nux vomica, Phosphorus.*

Dose.—Of the selected remedy, four globules, dry or in a spoonful of water, three times a day.

Diet. — Persons afflicted with stone should subsist upon a farinaceous diet, and mucilaginous drinks.

Retention of Urine.

The most eligible remedies against retention of urine are *Aconite,* when there is pain or burning in the region of the bladder; *Pulsatilla,* when from some uterine diffi-

culty; *Arnica*, when from some mechanical injury. *Pulsatilla* may also be employed when caused by inebriation.

DOSE.—Of the selected remedy, four globules, dry or in a spoonful of water, every hour, until relief is obtained.

Difficulty in Passing Urine.

Against this difficulty, *Aconite*, *Belladonna*, *Mercurius*, *Nux vomica*, *Pulsatilla*, and *Sulphur*, may be employed.

DOSE.—The same as for retention of urine.

Suppression of Urine.

Against this difficulty the same remedies may be employed as in retention of urine, and in the same doses.

Incontinence of Urine.

Against this difficulty, *China* and *Nux vomica* may be employed.

DOSE.—Of the selected remedy, four globules, dry or in a spoonful of water, every six hours.

Wetting the Bed.

Against this difficulty, *Cina* may be employed for children affected with worms.

Belladonna, when the subject appears to suffer from headache.

Dose.—Of the selected remedy, four globules, dry or in a spoonful of water, every night. The use of the flesh-brush may be of service, and also sponging with cold water, and the patient should not drink much before retiring.

Copious Flow of Urine (Diabetes).

This disease is of so formidable a character as to require the services of a physician. *Mercurius* and *Veratrum* are remedies that may be resorted to, till advice can be obtained.

Dose.—Four globules, dry or in a spoonful of water, may be given three times a day.

Passage of Blood with Urine.

Against this difficulty, *Aconite* may be employed when there is uncertainty as to the exciting cause. *Arsenicum* is evidently indicated when it originates from Spanish fly blister; *Arnica*, when occasioned by external violence.

Dose.—Of the selected remedy, four globules, dry or in a spoonful of water, every hour or two hours, until mitigation or change.

Swelled Testicle.

When the swelling is attended with fever, heat and redness, *Aconite* may be employed; when the swelling arises from external injury, *Arnica;* when from the abuse of Mercury, *China;* in long-standing indurations, *Lycopodium;* when occasioned by mumps, *Mercurius*, *Nux vomica*, and *Pulsatilla.*

Dose.—Of the selected remedy, four globules, dry or in a spoonful of water, every two hours.

If the swelling proceeds from dropsy of the scrotum, *Pusatilla* and *Sulphur.*

Dose.—Four globules, dry or in a spoonful of water, morning and evening.

DISEASES OF THE SKIN.

Boils.

For these painful tumors, *Arnica*, when they are sore, swollen and painful; *Aconite*

when there is considerable fever and restlessness; *Belladonna*, when they have an inflamed and fiery appearance; *Mercurius* is useful after *Belladonna* has subdued the redness; *Hepar sulphur*, to hasten suppuration, or bring the boil to a head.

DIET.—The same as in acute fevers.

Carbuncle.

This kind of abscess differs from the boil in having no core, and when it breaks, several distinct openings are observed through which the matter is discharged,

Arsenicum is indicated when there is great prostration, and the disease exhibits best adapted when extensive cavities are formed, and the discharge profuse. *Arsenicum*, also, when of a bluish or livid com- symptoms of gangrene. *Hepar sulphur* is plexion. *Sulphur* is serviceable in hastening a cure after *Hepar sulphur*.

DOSE.—Of the selected remedy, four globules, dry or in a spoonful of water, three times a day.

Chilblains.

This affection, resulting from cold, is sometimes of an inflammatory character, generally attacking the feet,

Arsenicum is indicated for acute burning pains, and when the affection assumes the form of an ill-conditioned ulcer; *Chamomilla*, when the pains are acute in the affected parts; *Nux vomica* is indicated when the inflammation is of a bright red hue; *Pulsatilla*, when of a bluish or livid hue; *Sulphur*, when attended with itching.

Dose.—Of the selected remedy, four globules, dry or in a spoonful of water, every six hours. The parts may be covered with cotton, or bathed with glue-water, or tincture of Arnica.

Corns.

These annoying excrescences require the internal use of *Calcarea* and *Sulphur*—daily doses of the selected remedy. The corn may be soaked in warm water, and bathed with the tincture of Arnica.

Abscess.

By the term abscess is understood a collection of matter which may be acute or chronic.

Hepar sulphur is valuable in hastening suppuration; *Calcarea carb.* may be employed as soon as the matter is discharged. Sometimes the lancet may be resorted to when the abscess forms under a thick integument, and is slow in reaching the surface. *Mercurius*, *Hepar sulphur* and *Phosphorus* may be employed in chronic abscesses.

Dose.—When the abscess is acute, four globules may be given, dry or in a spoonful of water, three or four times a day; when chronic once or twice in twenty-four hours.

Itch.

This troublesome disorder may be cured by one or more of the following group of remedies, viz: *Sulphur*, *Calcarea*, *Hepar sulphur*, *Lycopodium*.

Dose.—Of the selected remedy, four globules, dry or in water, three times a day.

Whitlow.

Abscesses that effect the tips of the fingers surrounding the nails, are termed whitlows. *Mercurius* is indicated when the redness first makes its appearance; *Hepar sulph.* is a good remedy to follow *Mercurius*; *Sulphur* may also be employed with advantage after *Mercurius*. Poultices of bread and milk may be employed.

Dose.—Of the selected remedy, four globules, dry or in a spoonful of water, morning and evening.

Tetter.

This term is used for various eruptions upon the skin; *Arsenicum* is the remedy when the tetter is attended with burning, rough surface, scaly appearance upon a red, inflamed ground, cracked skin. *Bryonia* when the eruption is dry and scurfy, upon an inflamed surface; *Calcarea* when the eruption is moist, and is attended with severe itching; *Dulcamara* when brought out by a cold; *Sulphur* when dry and itching.

Dose.—Of the selected remedy, four glo-

bules, dry or in a spoonful of water, every twenty-four hours.

Scrofula, (King's Evil).

For scrofulous sores or other difficulties arising from a scrofulous taint in the system, *Arsenicum*, *Calcarea*, *Hepar sulph.*

Dose.—Of the selected remedy, four globules, dry or in a spoonful of water, every twenty-four hours, at night.

Diet.—Let the diet be moderately generous, free from condiments or stimulants.

Ringworm.

This kind of eruption requires *Calcarea* and *Sulphur* when it appears on the face; *Dulcamara*, *Hepar sulphur* and *Arsenicum* when it appears on the scalp.

Dose.—Of the selected remedy, four globules, dry or in a spoonful of water, morning and evening.

Diet.—In this affection as well as all other cutaneous diseases, the subjects should avoid the use of salt provisions and highly seasoned food of every description.

Ulcers.

By an ulcer is understood an extensive abscess, and when it looks bloody and bleeds at the slightest touch, *Arsenicum* may be employed; *China* may be used in alternation with *Arsenicum* when the ulcer is offensive or is surrounded by numerous pustules *Mercurius* and *Sulphur* may also be employed.

Dose.—Of the selected remedy, four globules, dry, or in a spoonful of water, morning and evening.

When the ulcers are of a varicose character *Arnica* and *Pulsatilla* may be used as above.

Diet.—Should be nutritious and void of seasoning.

Diseases of the Respiratory Organs. Cold in the Head. Catarrh.

Aconite when there is fever and fulness of the head; *Arsenicum* when the discharge from the nose is thin and acrid; *Pulsatilla* when it occurs with loss of smell; *Nux vomica* when the nose is stopped up; *Mer-*

curius when there is continued indication to sneeze and obstinate headache.

Dose.—Of the selected remedy, four globules, dry, or in a spoonful of water three times a day.

Cold on the Breast. Catarrhal Fever.

Aconite in the commencement when there is fever; *Arsenicum* when there is prostration, dryness of the mouth and throat; *Belladonna* if attended with spasmodic cough and headache; *Bryonia* if there is heat in the chest, dry cough, and tough sputa; *Chamomilla* when there is sense of constriction and tightness of the chest; *Hepar sulphur* if there is obstinate hoarseness; *Phosphorus* if there is great sensibility to cold air; *Pulsatilla* if cough worse at night.

Dose.—Of the selected remedy, four globules dry or in a spoonful of water every three hours until relieved.

Cough.

Cough being the symptom of a diseased condition of the respiratory organs, may require *Aconite* if the patient is of a phlegmatic

habit; *Bryonia* if the cough be dry or spasmodic; *Belladonna* if attended with headache; *Chamomilla* for hacking cough; *Hepar sulphur* dry, hollow cough; *Hyoscyamus* when there is a dry, shaking cough, worse when lying down; *Ignatia* when there is sensation of a feather in the throat; *Nux vomica* for a dry cough from cold; *Phosphorus* for dry cough with tickling or stinging in the throat.

Dose.—Of the selected remedy, six globules may be dissolved in half a tumbler of water, and a teaspoonful may be given every hour until amelioration or change.

Diet.—The diet that agrees best with the patient, avoiding all condiments, coffee and stimulating drinks, or exposure to the extremes of temperature.

Hoarseness.

Against this difficulty *Chamomilla*, *Hepar sulphur Mercurius* and *Sulphur* are remedies that may be employed.

Dose.—Of the selected remedy, four globules, dry or in water, three times a day.

Sore Throat, (Laryngitis.)

Belladonna if the tonsils be red and swollen, *Hepar sulphur* if the throat is painful and when speaking aggravates; *Mercurius* when there is small white blisters in the throat.

Dose.—Of the selected remedy, four globules, dry or in water, everv three hours until relieved.

Croup.

This is usually a disease of childhood, and commences with the symptoms of a common cold; the cough at length becomes shrill and hoarse, with a ringing sound, breathing becomes difficult, and the passage of the air on inspiration is accompanied with a shrill sound, and the expectoration, if any, is of a ropy, tough mucus.

Aconite in the first or febrile stage is requisite to allay the fever and inflammatory symptoms, after which *Spongia* and *Hepar sulphur* may be employed.

Dose.—Of the selected remedy, six globules may be dissolved in a wineglassful of water, and a teaspoonful may be given

every thirty minutes, until amelioration or change; if the symptoms do not soon change for the better, call in a physician.

Consumption.

Throat consumption, which is a chronic inflammation of the larynx, may be relieved by the use of *Arsenicum* when the tongue is of a dark color, dry or cracked, and constant thirst; *Belladonna* when the voice is weak, and when the soreness is worse at night, and when the face is pale or flushed; *Hepar sulphur* may be used after *Belladonna* if there is sensation as if a tumor were in the throat; *Phosphorus* and *Spongia* are also remedies that may afford relief when there is an accumulation of mucus, and a sense of suffocation, and other remedies under the direction of a physician will be found useful.

For the treatment of pulmonary consumption, see larger manual.

Dose.—Of the selected remedy, four globules, dry or in a spoonful of water, may be given morning or evening.

Hooping Cough.

This disease is usually epidemic and is characterized by a convulsive spasmodic cough, which at times is suffocative.

Aconite may be employed at the commencement, when the cough is dry, with fever and hot skin. *Belladonna*, dry, hollow and barking cough with flushed face and sore throat. *Bryonia*, when the chest has become sore from coughing. *Phosphorus*, when there is considerable febrile excitement and catarrh. *Drosera*, when the paroxysms occur in rapid succession, with a shrill hoop, vomiting. For the use of the remedies consult a physician, or the larger work, of which this is an abridgment.

Dose.—Of the selected remedy, four globules, dry or in a spoonful of water, every three hours.

Bronchitis. Influenza or Grippe.

This disease is sometimes acute, and then it is termed influenza or grippe; at other times chronic, and then it is termed bronchitis. The acute form often occurs as an

epidemic, and for the most part requires *Aconite* in the febrile stage. *Belladonna*, when there is severe pain in the head and profuse watering of the eyes and discharge from the nose. *Mercurius*, when the throat is sore, and when the cough is short, tickling and fatiguing, and when there are acrid discharges from the nose and considerable swelling of the throat. (See larger work.)

Dose.—The selected remedy may be given a dose of four globules, dry or in water, every three hours, and the patient should be kept in comfortable apartments.

The chronic form of the disease may require *Aconite* when there is fever. *Phosphorus*, when there is profuse expectoration of mucus. *Sulphur*, may also be used in connection with *Aconite*. For other remedies consult the larger work, or seek the advice of a physician.

Dose.—Of the selected remedy, four globules three times a day.

Inflammation of the Lungs.

This disease which is sometimes termed lung fever, requires *Aconite* in the first stage when the fever is high and the pulse full, strong and quick. *Belladonna* when there is pain in the head. *Bryonia* when there is sore pain in the chest and symptoms of pleurisy. *Phosphorus* may be employed in almost every stage of the disease, and for the use of other remedies consult the larger work or a physician.

Dose.—Of the selected remedy, four globules, dry or in water, every hour or two hours, according to the severity of the case.

Pleurisy.

For this distressing disease *Aconite* may be given. A dose of four globules every half hour or hour when severe; if this remedy fails, *Bryonia* may be given in the same way. *Belladonna* when there is great restlessness, and *Phosphorus* when complicated with inflammation of the lungs. Many other remedies may be employed, for the

use of which, see the larger work or consult a physician.

Asthma.

When this disease occurs in persons of a full habit, or in young persons when there is palpitation of the heart, *Aconite* may be given. *Belladonna* will be found useful in plethoric females. *Arsenicum* when there is extreme agitation and moaning. *Ipecacuanha* when there is spasmodic constriction of the air passages and accumulation of mucus in them. (See larger work.)

Dose.—Of the selected remedy, four globules, dry or in water, every three hours.

Congestion of the Chest.

When there is fulness, weignt or pressure, and palpitation of the heart and difficult breathing, denoting congestion of the chest, *Aconite* for persons of full habit. *Belladonna* if the throbbing tend to the head. *Pulsatilla* if in females, at or near the menstrual period.

Dose.—Of the selected remedy, four glo-

bules, dry or in water, every hour until relieved.

Spitting Blood.

Aconite is indicated when there is slight cough, anxiety, and paleness of face in sanguine temperaments and in plethoric individuals. *Arnica* if the affection arises from a strain or violence of any kind. *Belladonna* will generally be found useful to allay the hæmorrhage when there is cough with tickling in the throat. *Nux vomica* in irritable temperaments.

Dose.—Dissolve six globules in half a tumbler of water, and give a teaspoonful of the selected remedy every half hour until the hæmorrhage ceases.

Diet.—The diet of one subject to hæmorrhage from the lungs, should be exceedingly moderate and chiefly farinaceous.

Affections of the Heart.

For palpitation of the heart *Arsenicum*, *Nux vomica*, *Pulsatilla*, and *Sepia* may be employed. *Pulsatilla* for persons of a mild disposition. *Arsenicum* for those subject

to gastric derangement, and *Sepia* for those of weak and exhausted symptoms

Dose.—Of the selected remedy, four globules, dry or in water, every four or six hours until relieved.

Heart Disease.

For what is termed heart disease *Arnica*, *Arsenicum*, *Lycopodium* and other remedies. (See larger manual.)

Dose.—Of the selected remedy, four globules, morning and evening

NERVOUS DISEASES.

Rush of Blood to the Head.

Aconite is one of the principal remedies to commence with when there is full pulse and beating of the temporal arteries. *Belladonna* after *Aconite* when there is apparent detention of the blood-vessels of the head, attended with severe pricking, burning pains in one half of the head, aggravated by slight movements or noise; bloated appearance of the face and redness of the eyes. *Arnica* is useful when the rush of blood has been occasioned by concussion

or extreme violence. *Chamomilla* when brought on by a fit of passion. *Ignatia* when from grief or vexation. *Opium* when from fright. *Pulsatilla* when in young girls at the critical age. *China* when by debilitating losses.

Dose.—Of the selected remedy, four globules, dry or in water, every hour until relieved.

Brain Fever. Inflammation of the Brain.

Aconite should be resorted to immediately when there is throbbing pain in the head and sensitiveness to light and noise, when the skin is hot and dry, rapid pulse and the usual indications of an inflammatory fever; *Belladonna* when there is great heat in the head, redness and swelling of the face, and violent pulsation of the arteries of the neck; *Bryonia* when *Belladonna* has produced trivial improvement, and there is vomiting of bilious matters, and when there is drowsiness and an inclination to retching and vomiting at times; *Hyoscyamus* when there is drowsiness, loss of consciousness, delirium

about one's own affairs, distended pupils, fixed eyes, redness of the face and picking of the bed clothes, and when there is lethargic sleep, half-open eyes, confusion and giddiness.

Dose.—Of the selected remedy, four globules, dry, or in water every hour, until amelioration or change.

Apoplexy.

As this disease is a sudden loss of motion and consciousness resulting from congestion to the head or hæmorrhage in the nervous centres, *Aconite* will be indicated, especially when there is a full, quick pulse, red face, throbbing of the arteries of the temples, neck, &c.; *Belladonna* after *Aconite* when the face is bloated, and when there is injection of blood in the eyes, paralytic weakness of the limbs; *Ignatia* when the premonitory symptoms are brought on by grief; *Nux vomica* against threatened attack of apoplexy, in sedentary subjects addicted to the use of spirituous liquors, or dyspeptic individuals; *Pulsatilla* is suited to real at-

tacks of the disease, when there is loss of consciousness; *Arnica* when the attack comes on after a hearty meal, with loss of consciousness and drowsiness.

Dose.—Of the selected remedy, four globules, dry, upon the tongue, or in a spoonful of water every hour until relieved.

Spine Disease.

When there is fever attended with spinal irritation, *Aconite;* when the upper portion of the spine is affected, *Belladonna,* especially if there is delirium and apprehension of the disease going to the head; *Sulphur* and *Pulsatilla* may be given in alternation where there is difficulty in breathing and pain in the upper portion of the spine, and also when the lower portion is the seat of the difficulty.

Dose.—Of the selected remedy, four globules, dry, or in water every three hours.

Palsy, or Paralysis.

This difficuly consists in being deprived of the power of motion through the agency of the will.

When the weakness affects the joints, the hip and knee, *Arnica;* when the lower limbs are affected, *Bryonia;* when the arms and hands or fingers, or when both upper and lower extremities are involved, *Nux vomica.*

Dose.—Of the selected remedy, four globules, dry, or in water every three hours, until relieved.

Spasm, or Lock-jaw.

When produced by local injury, *Arnica*; when brought on by cold, *Belladonna; Mercurius* and *Hyoscyamus* are also remedies that may be used in curing this difficulty.

Dose.—Of the selected remedy, four globules, dry or in water, every four hours, until amelioration or change.

Mania potu. Delirium tremens.

This disease being brought on by persistent inebriation, requires *Aconite* when there is fever and heat in the head; *Calcarea,* in long-standing cases; *Nux vomica,* in the first stage in nearly all cases; *Hyoscyamus*

may be used with *Nux vomica* when the delirium becomes established.

Dose.—Of the selected remedy, four globules, dry or in water, every three hours, until amelioration or change.

Fits. Epilepsy.

A fit is characterized by convulsions, loss of consciousness and voluntary motion, and usually by foaming at the mouth; during the fit the face is livid, pale, deep or dark red. The fit is generally preceded by signs of physical disturbance, which sometimes may be noticed.

Belladonna is a useful remedy in the commencement of an attack, or even before it fairly sets in, when it is feared an attack is approaching. *Ignatia*, when the fit is brought on by grief. *Nux vomica*, when the patient shrieks, throws back the head with convulsive jerks.

Dose.—Of the selected remedy, four globules, dry or in a spoonful of water, every three hours, until relieved.

DIET.—Persons subject to fits should live on a plain diet, easy of digestion.

Neuralgia.

The meaning of this term is pain in the nerve, of the most excruciating character. *Arsenicum* will sometimes cure the difficulty when it comes on periodically, and when the pain is of a burning or rending character. *Belladonna* is called for when the difficulty is in the face, and there is darting pains in the cheek-bones, nose and jaws; it is useful in most cases of neuralgia of the face. *China*, when there are periodical attacks, and also when the difficulty occurs from miscarriage, losses, or diarrhœa. *Pulsatilla* is indicated when the pain is attended with torpor, or coldness in the extremities.

DOSE.—Of the selected remedy, four globules, dry or in water, every two hours, when the pain is severe, until relieved.

St. Vitus' Dance.

The most essential remedy for uncontrollable movements of portions of the body are *Belladonna*, if the twitching is in the

face; *Hyoscyamus*, if the tongue or lower jaws be implicated; *Pulsatilla*, *Nux vomica*, and *Sulphur*, if the extremities are affected.

Dose.—Of the selected remedy, four globules, dry or in a spoonful of water, three times a day, until relieved or change.

Stammering.

For this unpleasant difficulty, *Belladonna*, *Hyoscyamus*, and *Sulphur*, may be consulted.

Dose.—Of the selected remedy, four globules, dry or in water, every twenty-four hours at night. Let the patient in the mean time exercise the voice, prolonging the sounds, speaking words and sentences slowly.

Headache.

This difficulty for the most part arises from some constitutional debility, but it is under any circumstances a guiding symptom for treatment. *Belladonna* is indicated when there is constant pain in the head, aggravated by motion, or moving the eyes; *Bryonia*, when there is piercing and tearing

pain at a fixed spot after a meal. *Nux vomica*, when the headache arises from a cold, confined to a single spot, sensitive to the touch, or when it arises from indigestion or stimulating drinks. *Pulsatilla* is suitable for headache at the menstrual period, and suitable for headaches in general in persons of a mild disposition. *Chamomilla*, for headaches in impatient and restless individuals, that become irritable from pain, and also for pains on one side of the head. *Calcarea*, for chronic headache attended with sensations of extreme coldness.

In the treatment of headaches, reference may be had to the causes as follows :

1. Headache from rush of blood to the head, *Aconite*, *Belladonna*.

2. Headache from cold in the head, *Aconite*, *Arsenicum*, *Mercurius*.

3. Headache from Rheumatism, *Bryonia*, *Chamomilla*, *Nux vomica*.

4. Headache from disordered bowels, *Nux vomica*, *Ipecacuanha*, *Veratrum*.

5. Headache from constipation, *Bryonia, Nux vomica.*

6. Headache arising from coffee or wine, *Nux vomica, Pulsatilla.*

7. Headache caused by suppressed eruptions, *Belladonna, Calcarea, Sulphur.*

Dose.—Of the selected remedy, four globules, dry or in a spoonful of water, every four hours, until amelioration or change.

Diet.—In the treatment of all varieties of headache it is requisite for the patient to live abstemiously, avoiding all exciting stimulants, such as green tea, coffee, chocolate, fat meats, or any thing that severely taxes the digestive organs. Let the diet be simple, composed of materials easy of digestion, and free from corroding condiments, or condiments of any kind except salt.

Sick-Headache.

This difficulty must be treated in accordance with the habits, temperament, and constitution of the subject. *Nux vomica* is the remedy when there is pain and fulness

of the head, attended with vomiting, and especially when the vomiting is preceded by vertigo. *Sepia* is suited to sick-headache in weak and feeble constitutions, and especially if attendant on falling of the womb, or other disturbance of this organ. *Pulsatilla* is suitable for sick-headache in young girls who have difficulty in passing the change of puberty.

Dose.—Of the selected remedy, four globules, dry or in a spoonful of water, every three hours, until the paroxysm subsides.

Giddiness, or Vertigo.

This difficulty arises from various causes. *Nux vomica* is the most suitable remedy when connected with a foul stomach. *Pulsatilla*, when it occurs in young females near the menstrual period. *Arnica*, when it has arisen from a blow or concussion.

Dose.—Of the remedy selected, give four globules, dry or in a spoonful of water, every three hours, until the vertigo ceases.

Diet.—Persons subject to sick-headache or vertigo, should abstain from the use of

coffee, green tea, and all rich food and gravies; they should partake of such aliments as will digest easily. It is well, also, that weak or feeble persons subject to the affections, should avoid fatigue or too much confinement, the open air being a more favorable condition to procure relief. Avoid as much as possible irregular hours at meals.

Weakness or Loss of Memory.

Many causes may give rise to this affection. Severe losses of blood may impair the memory, and under such circumstances *China* may contribute to restore health; *Arnica* may be employed when the memory has been impaired from blows on the head; *Nux vomica* when intoxication is the cause, and *Ignatia* when produced by grief.

Dose.—Of the selected remedy, four globules, dry or in water, may be given and repeated twice a day until the restoration of the memory is affected.

DISEASES AFFECTING VARIOUS ORGANS.

Pain in the Hip.

This affection is sometimes termed hip gout, and *Aconite* may be suitable to afford relief when the difficulty is attended with fever or inflammation in the first stage; *Arsenicum* when the pain shoots along the interior of the thigh, like a stream of hot fluid aggravated by cold; *Belladonna* when the pain appears to be like neuralgia; *Pulsatilla* will often remove pain in the hip when of a rheumatic character, and particularly when the pains become aggravated and wrenching towards evening.

Dose.—Of the selected remedy, four globules, dry or in a spoonful of water, three times a day.

Hip Disease.

This affection is a chronic inflammation of the hip joint, seated in the bones and socket, most common among children, and supposed to result from scrofula; *Arseni-*

cum, *Calcarea*, *Mercurius* and *Sulphur* are remedies that may be employed in treating the difficulty. When there is at any time acute febrile symptoms, *Aconite* may be employed until these pass off. The *Aconite* may be given every three hours, until the paroxysm of fever subsides.

Dose.—Of the remedy selected for the treatment of the disease, four globules, dry or in a spoonful of water, every morning and evening; the patient should be kept in a horizontal position as much as possible and completely at rest.

Lameness of the Knee-joint.

This affection sometimes occasions considerable suffering, and may be cured by *Sulphur* when it arises from cold; *Arnica* when it arises from a sprain; *Calcvrea* when it has been produced by *Mercury* or *Calomel; Pulsatilla* when the knee is swollen and soft without being red.

Dose.—Of the selected remedy, four globules, dry or in a spoonful of water, every morning and evening.

Affections of the Eyes.

Aconite when there is inflammation and swelling of the lids, with burning heat and dryness and copious secretion in the eyes and nose; *Belladonna* when the lids are paralyzed or stuck together, red and swollen; *Chamomilla* when the upper lids are heavy; *Hepar sulphur* when the eyes are inflamed from cold and there is catarrh in the head.

Dose.—Of the selected remedy, four globules, dry or in water, every six hours.

Stye.

For this little boil or hard tumor upon the lid, *Pulsatilla* and *Sepia* may be given.

Dose.—Of either, four globules, dry or in water, night and morning.

Inflammation of the Eye-balls.

Aconite when the inflammation comes on suddenly, and increases until the whole eye is red or full of red veins, and also when it comes on from cold, attended with catarrh; *Belladonna* when the whites of the eyes are red and inflamed and painful; *Ignatia* when

there is dread of light; *Chamomilla* for children when there is a pricking or burning in the eyes.

Dose.—Of the selected remedy, four globules dry or in water, every four hours until relieved.

Rheumatism of the Eyes.

When, during an attack of inflammatory rheumatism the eye becomes affected, *Belladonna*, *Pulsatilla*, *Rhus tox.*, and *Sulphur* may be employed, to relieve the patient of the pain which he suffers.

Dose.—Of the remedy selected, four globules dry or in a spoonful of water, may be given every three hours until relieved.

Gout of the Eyes.

When the eyes of persons suffering from gout become affected with heat and burning, with pressive and darting pains, particularly on moving the eyes, *Aconite* may be employed; *Belladonna* when the pain is all round the eye, and sensation as if the eye were being torn from the socket.

Dose.—Of the selected remedy, four glo-

bules, dry or in a spoonful of water, every four hours until the pain subsides.

Scrofulous Sore Eyes.

In scrofulous subjects, and especially in children, this form of sore eyes is met with; *Arsenicum* is suitable when there is burning pains in the eye, and spots are seen on the cornea; *Calcarea.* when there are ulcers on the eye-ball; *Dulcamara* when cold has been the exciting cause.

Dose.—Of the selected remedy, five globules dry or in a spoonful of water, every morning and evening.

Catarrh of the Eyes.

This affection arises from cold that obstructs the tear passage, and may be relieved by *Hepar sulphur* and *Chamomilla*, given in alternation morning and evening.

Cataract.

Conium and *Phosphorus* are remedies well suited to relieve this difficulty. The *Conium* may be given, a dose of four globules every day for ten days, then discon-

tinue for the same length of time, and then follow with *Phosphorus*. Specks on the cornea may be removed by *Conium*, *Belladonna*, *Euphrasia*.

Dose.—Of either four globules, night and morning.

Blood-shot Eyes.

Pulsatilla, *Aconite* and *Sulphur*, are suitable to relieve.

Dose.—Four globules of the selected remedy, twice a day.

Attacks of Blindness.

These transient difficulties may be relieved by *Aconite* when they come on suddenly from cold, or *Belladonna* when they occur towards evening from fever or other causes.

Dose.—Of either, four globules, dry or in a spoonful of water, every six hours, until the difficulty is relieved.

Affections of the Ears.

Inflammation of the internal ear may be relieved by *Belladonna* when the pain penetrates into the brain; *Pulsatilla* is also an

effective remedy for the difficulty when it proceeds from cold, and also *Nux vomica*. For *pain* in the ear, without inflammation, *Calcarea*, *China*, *Mercurius*, and *Nux vomica*.

Dose.—Of either, four globules, every hour until relieved, if the pain be acute, or every three hours, if the pain be dull, or becomes somewhat relieved.

Running from the Ears.

Belladonna, if the discharge comes on after scarlet fever; *Murcurius*, if after small pox or measles; *Calcarea*, if the discharge is purulent; and *Sulphur*, if tedious and difficult to cure.

Dose.—Of either, four globules, dry or in a spoonful of water, every morning and evening.

When from a suppression of the discharge, the neck becomes hard and swollen, *Murcurius* and *Pulsatilla* may be given in alternation; a dose of four globules night and morning.

Deafness.

This affection is connected with diseased conditions that must be removed before the deafness will cease. *Belladonna*, is suitable when the difficulty occurs from congestion; *Causticum*, when the deafness is nervous; *Sulphur*, when it occurs from suppressed eruption; *Dulcamara*, when it arises from cold.

Dose.—Of the selected remedy, four globules night, and morning, dry or in spoonful of water.

Buzzing or Noise in the Ear.

If from cold, *Nux vomica;* when worse in the evening, *Pulsatilla;* when attended with perspiration, *Mercurius.*

Dose.—Four globules, dry or in a spoonful of water, night and morning.

Bleeding at the Nose.

When occasioned by a blow, *Arnica;* when from being overheated, *Aconite*; or drinking wine, *Aconite;* when it comes on at night, or comes on again in the morning, *Belladonna;* when it occurs in warm weather

or in a warm room, *Bryonia;* when it occurs in children, *Chamomilla;* when in persons debilitated, *China;* when at the menstrual period, or near it, *Pulsatilla.*

Dose.—Of the selected remedy, three globules, dry or in a spoonful of water three times a day.

Swelling of the Nose.

When the swelling arises from contusion, *Arnica;* when from catarrh, *Belladonna;* when the nostril is sore and red, *Hepar sulphur;* when the swelling is bilious, *Bryonia.*

Dose.—Of either, four globules, dry or in a spoonful of water, morning and evening.

Cancer of the Nose.

Arsenicum, *Aurum*, and *Sulphur*, are remedies that may prove serviceable for this malady.

Dose.—Of either, when selected, four globules, dry or in a spoonful of water, every day.

Offensive Breath.

Nux Vomica, when from derangement of

the stomach; *Pulsatilla*, if in young girls, near the menstrual period.

Dose.—Of either, four globules, dry or in a spoonful of water, twice a day.

Cramp of the Legs.

Veratrum and *Nux vomica*, in daily doses of four globules, dry or in water.

Goitre.

For this swelling of the neck, *Sepia* and *Spongia; Belladonna*, when it arises from a cold; *Murcurius*, when there is no discoleration of the skin.

Dose.—Of the selected remedy, four globules, dry or in a spoonful of water, morning and evening.

Sweating Feet.

Sepia and *Sulphur*, may be employed, the former in the morning, and the latter at night; a dose of four globules, dry or in a spoonful of water.

Sleeplessness.

When produced by intense mental application, *Nux vomica;* when from overloading

the stomach, *Pulsatilla;* when from excessive joy, *Coffee;* when from grief, *Ignatia;* when from fear or fright, *Belladonna.*

Dose.—Of the selected remedy four globules, dry or in a spoonful of water, on retiring to rest.

Night Mare.

When this exceedingly unpleasant difficulty arises from, or is attended by fever, *Aconite;* when from sedentary habits, or over indulgence in wine, *Nux vomica;* when it arises from derangement of the digestive functions, gross living or late suppers, *Pulsatilla;* when from general torpidity of the system, *Sulphur.*

Dose.—Of the selected remedy, four globules, dry or in a spoonful of water, at bed time.

Rupture.

When rupture shows itself by protrusion of the intestines, forming a tumor, the application of a truss is necessary, *Arnica,* and *Nux vomica,* may be employed as remedies, to remove soreness and pain. In severe cases it is requisite to consult a physician.

Fainting.

When caused by rush of blood to the head, *Aconite;* when it occurs in excitable subjects, *Coffea;* when fainting comes on in the evening, *Hepar sulphur;* when after a meal, *Nux vomica;* when excited by fatigue, *Veratrum.*

Dose.—Of the selected remedy, four globules, dry or in a spoonful of water, whenever a fit occurs.

Pains in the Loins.

When the difficulty has been produced by habitual indulgence in spirituous liquors and late hours, *Nux vomica. Sulphur* and *Calcarea* are remedies that may also be employed to remove the difficulty when it occurs from other causes.

Dose.—The *Nux vomica* may be given twice a day; the other remedies once in twenty-four hours, in doses of four globules, dry or in a spoonful of water.

Dropsy.

For dropsy arising from general debility, *Arsenicum* and *China;* when it occurs after

some acute disease, as scarlet fever, &c., *Helleborus;* when attended with obstinate constipation, *Lycopodium;* when it arises from an exhausted condition of the system, *Bryonia;* when attended with inflammation of the lungs, *Belladonna;* when confined to the abdomen, *Arsenicum;* for dropsy of the brain, *Hyoscyamus*, *Belladonna* and *Helleborus*. *Sulphur* and *Calcarea* are also remedies that may be employed.

Dose.—Of the selected remedy, four globules may be given, dry or in a spoonful of water, morning and evening. In acute cases *Helleborus* may be given three or four times a day. *Belladonna* and *Hyoscyamus*, for dropsy of the brain, may be given every four hours. It is better in all cases to consult a homœopathic physician.

Concussions, Wounds, Bruises and Sprains.

To remove the immediate effects of concussion of the brain, *Arnica;* when the concussion affects the chest, or the chest is bruised, *Aconite* and *Arnica;* when attended by a sensation as if there were an inter-

nal excoriation or wound, *Pulsatilla;* when there is a manifest shock of the nervous system, with pains in the limbs, produced by mis-step, *Bryonia;* when, from extreme pain, convulsions ensue, *Chamomilla.*

Dose.—Of the selected remedy, four globules every six hours, until amelioration or change.

Sprains.

Arnica, taken internally, and applied externally in the form of a lotion, is recommended for sprains. The application of cold water is also recommended.

Dose.—Of *Arnica,* to be taken internally, four globules, dry or in a spoonful of water, to be repeated every six hours. For external use, ten drops of the tincture may be put in a tumbler of water, and the part may be bathed three times a day.

Strains.

When, from over-exertion, there are pricking pains in the back, aggravated by movement, *Bryonia.* When a strain pro-

duces sickness and pain in the abdomen, *Veratrum.*

Dose.—Of the selected remedy, four globules, dry or in a spoonful of water, night and morning, until amelioration or change.

Wounds.

The best application to wounds is *Arnica.* When the patient suffers from loss of blood *China* may be taken internally.

The first object to be gained in the treatment of wounds is to arrest the hemorrhage. This, in domestic practice, may be accomplished by the application of cold water. The manner of applying the cold water is by saturating several folds of linen rags, or lint pads, and placing them upon the wound, frequently recurring to the use of the cold water to moisten them.

Nearly all kinds of wounds receive a similar treatment. Cold or iced water may be generally applied, and the use of *Arnica* may be resorted to.

From punctured wounds serious consequences are liable to arrive, such as trismus

or lock-jaw. *Arnica* should be resorted to at once, and *Aconite* if there is any indication of fever.

Burns and Scalds.

In superficial burns *Arnica* is a useful remedy, and in some burns or scalds the affected parts may be bathed in heated alcohol, or a mixture of lime water and linseed oil; *Arsenicum* may be taken internally if there is burning thirst. If there is considerable fever, *Aconite*.

Dose.—Of the selected remedy, four globules, in a spoonful of water or dry, every six hours.

Stings of Insects.

When fever attends the stinging by a bee or wasp, *Aconite*. *Arnica* may be taken internally and applied externally to remove the pain.

Dose.—Of the selected remedy, four globules, dry or in a spoonful of water, may be repeated every six hours until relieved.

Fatigue.

When fatigue results in a sensation as if

the flesh upon the limbs were bruised *Arnica* will afford relief. *China* will aid in restoring the strength, if the patient is much debilitated. When there is a tendency to faint, owing to being fatigued, *Veratrum.* Exhaustion from violent exercise, combined with abstinence from food, *Coffea.*

Dose.—Of the selected remedy, three globules, dry, or in a spoonful of water, repeated every three hours, until relieved.

Mental Emotions.

When suffering from fright or passion, and particularly if there is any febrile excitement, *Aconite;* when fright effects the stomach and bowels, *Pulsatilla;* when there is particular liability to be startled by trifles, *Belladonna;* for the ill effects of grief, *Ignatia;* when sufferings arise from vexation, *Chamomilla;* from sudden fits of passion or rage, *Nux vomica.*

Dose.—Of the selected remedy, from globules, dry or in a spoonful of water, every two hours, until relieved or change.

DISEASES OF WOMEN.

For painful or difficult menstruation, *Pulsatilla;* if the face is flushed, the head feels full, or the nose bleeds, *Bryonia.*

Dose.—Of either, four globules, dry or in a spoonful of water, twice a-day—fresh air and moderate exercise, and a simple diet, are of the utmost importance in overcoming the difficulty.

Green Sickness.

When there is delay of the menses at first, and there is weariness, languor and debility, and the appetite is depraved, *Calcarea;* when there is rush of blood to the head, *Belladonna;* when there is bitter taste in the mouth, *Bryonia;* when there is constipation of the bowels and colic, *Nux vomica.*

Dose.—Of the selected remedy, four globules, dry, or in a spoonful of water, every six hours, until amelioration or change.

Tardy Menstruation.

When after menstruation has become established, it shows itself less frequently

than the usual periods, the patient should use measures to invigorate the system, such as exercising in the open air, strict attention to cleanly habits, and a moderate diet. *Pulsatilla* is one of the chief remedies required; if there is considerable pain in the head, *Belladonna;* if there is obstinate constipation, *Lycopodium;* if there is bleeding at the nose when the menses should appear. *Bryonia;* when there are pains low down in the abdomen, *Pulsatilla.*

Dose.—Of the selected remedy, four globules, dry or in a spoonful of water, every six hours, until amelioration or change.

Suppression of the Menses.

This difficulty may happen from any sudden exposure, such as fright, wetting the feet. When from sudden incidental causes, *Aconite* and *Pulsatilla*, in alternation, every six hours; and also, if the difficulty arise from fright, *Aconite;* or when there is congestion to the chest or head, and when there is delirium, *Aconite;* in chronic cases in debilitated subjects *China* may be em-

ployed ; if the suppression arise from a chill, or the head-ache be confined to one side, *Pulsatilla ;* when in women of delicate constitution, *Sepia ;* if there be pressive headache, chiefly in the occiput, *Sulphur.*

Dose.—Of either, when selected, four globules, dry or in a spoonful of water, every six hours, except Sulphur, this latter remedy should be repeated only once in twenty-four hours.

Diet.—The diet should be simple and free from stimulating condiments.

Menstruation too frequent.

If the menses should appear every two or three weeks, attended with headache, flushed face and cold feet, bearing down pains, *Belladonna;* if in persons of a relaxed muscular fibre, weak and subject to diarrhœas, *Calcarea;* when there are passive hemorrhages and great debility, nausea, and the discharges are coagulated, *Ipecacuanha ;* when the menses are too early, attended with spasm, colic, nausea and fainting, *Nux vomica.*

Dose.—Of the selected remedy, four globules, dry or in a spoonful of water, morning and evening.

Diet.—The diet should be light, but nutritive and free from stimulants.

Menstruation too profuse.

When too copious or long continued, and the patient seems debilitated, *China;* when the discharge is dark-colored *Chamomilla;* when there is flooding of bright red blood, as after a miscarriage, *Ipecacuanha; Sulphur* and *Calcarea,* may also be called into requisition when other remedies fail of affording relief.

Dose.—Of the selected remedy, four globules, dry or in a spoonful of water, morning and evening.

Rest in a horizontal position, is in severe cases imperative.

Menstrual Colic.

When the pains are like labor pains, *Chamomilla;* when there is a sense of pressure and fulness, or violent spasms, *Coffea;* when there are writhing pains in the abdo-

men, *Nux vomica;* when attended with nervous headache, *Veratrum;* and also when there is nausea and vomiting, coldness of the extremities, weakness, fainting, or fainting fits, and diarrhœa, *Veratrum;* when there is a feeling of weight, as if from a stone in the lower abdomen, with violent pressure in the small of the back, *Pulsatilla.*

Dose.—Of the selected remedy, four globules, dry or in a spoonful of water, every three hours, until relieved.

Change of Life.

For the numerous ailments that occur at the change of life, when there is complete cessation of the menses, *Belladonna* may be employed when there are frequent rushes of blood to the head; when there are flushes and debility, *Pulsatilla;* when very weak and exhausted, *Arsenicum;* for more serious ailments consult a physician.

Dose.—Of the selected remedy, four globules, dry or in a spoonful of water, morning and evening.

Hysteria.

Females subject to attacks of hysteria may find relief from *Coffea* when the attacks come on in spasms, with jerking, agitation, screaming or crying, and cold perspiration; when attended with fainting, nausea, chilliness, paleness of the face, intolerance of light and noise, *Ignatia;* when persons are excessively chilly or incline to tears and laughter alternately, *Pulsatilla;* when from fear, or rage, or fright, *Veratrum.*

Dose.—Of the selected remedy, four globules, dry, and repeated every three hours, until relieved.

Diet.—Persons predisposed to hysteria should subsist upon a light but nutritious diet, and should exercise when practicable in the open air.

Leucorrhœa. Whites.

Females suffering from this difficulty may find relief from the following remedies.

For females of lymphatic temperament, of light complexion, who have two copious and too frequent menstruation, *Calcarea*

carbonica; if the discharge be thick, like cream, *Pulsatilla;* if with bearing down pains, frequent desire to make water, *Sepia;* for inveterate cases of corrosive and burning discharge, and also attended by itching and occasional attacks of colic.

Dose.—Of the selected remedy, four globules, dry or in water, twice a day.

Falling of the Womb.

The signs of falling of the womb are, bearing down, dragging sensations, in the lower part of the abdomen, drawing from the small of the back and around the loins and hips, with other indications of inward weakness.

When falling of the womb arises from a fall or from lifting, as in removing furniture, *Arnica;* when the pressure downwards is such as to impart the impression that the contents of the abdomen are pressing out, *Belladonna;* if there be relaxation of the system, as in scrofulous subjects, *Calcarea carbonica;* when there is a varicose condition of the veins, severe pains in the back,

relaxed condition of the muscles, *Nux vomica;* when there is severe and obstinate falling of the womb, attended with *Leucorrhœa* of an acrid, burning or corroding character, *Sulphur* and *Sepia* may be given in alternation every twenty-four hours.

Dose.—Of the selected remedy, four globules, dry or in a spoonful of water, every twenty-four hours, until relieved or change.

Swelling of the Womb.

When the womb appears to be distended with air, *Lycopodium;* when from the accumulation of water, (dropsy of the womb) *Aconite, Arsenicum, Bryonia* and *Pulsatilla* may be consulted.

Dose.—Of the selected remedy, four globules, dry or in a spoonful of water, every morning and evening, until some indication of change.

Pregnancy.

This interesting period, which may be regarded as the most responsible in the life of a woman, requires particular attention, and surely a few simple rules to be regarded cannot be out of place.

1. When a lady in this situation feels weak and languid, it is not well for her to mope about, frequently reclining. It is far better for her to move about, directing her attention to some well chosen or light employment—frequent walks in the open air may, with propriety, be enjoined.

2. The lady should refrain from indulging every morbid appetite that springs up during the time she is pregnant, and also, she should suppress, as a matter of duty, all angry or irritable feelings.

3. The lady should wear such clothing as will leave her in the greatest freedom. She should refrain from rendering herself uncomfortable at any time by tight lacing or by otherwise compressing her form.

4. She should be regular in her habits—cheerful in her temper—prone to look at the bright side of all matters, and especially should she refrain from borrowing trouble.

Vertigo and Headache.

When females during pregnancy are suffering from headache or vertigo, they may

find relief from remedies. *Aconite* is best adapted to those who are naturally plethoric, having a full bounding pulse, *Belladonna*, will be called for when the headache results from rush of blood to the head, or rather determination of blood to the head; in irritable and hasty temperaments, *Nux vomica;* for giddiness, worse from or after stooping, *Pulsatilla;* when there are pulsative pains, and sensation of heat in the head, *Sulphur*.

Dose.—Of the selected remedy, four globules, dry or in a spoonful of water, not to be repeated oftener than once a day

Morning Sickness.

For morning sickness during pregnancy, *Nux vomica*, *Arsenicum* and *Pulsatilla*.

Dose.—Of the selected remedy, four globules on getting up, and repeat if not better in three hours.

Constipation.

For this difficulty during pregnancy, *Nux vomica*, every afternoon; if the constipation appears obstinate and *Nux vomica* does not relieve, *Lycopodium* may be substituted for

the *Nux vomica*—four globules of either at a dose.

Diarrhœa.

For this difficulty during pregnancy, *Nux vomica* and *Pulsatilla; Pulsatilla*, may be taken in the morning, *Nux vomica*, in the afternoon.

Dose.—Four globules dry upon the tongue.

Itching.

Sometimes during pregnancy, woman are severely annoyed by itching of the private parts, when such is the case relief may be obtained by frequent ablutions with warm water, or a weak solution of salt in the water; *Sulphur*, may be given internally once every day towards evening—a dose of *four globules*. If at the same time there are little blisters in the mouth and accumulations of saliva, *Mercurius;* in the same dose.

Fainting Fits.

When frequent fainting or hysteric fits occur during pregnancy, *Coffea;* in pregnant

females, *China;* when from weakness or loss of blood, *Chamomilla*, if from anger.

Dose.—Of either, four globules, dry, repeated if necessary every four or six hours.

Toothache.

Some ladies suffer much from toothache during pregnancy, when such is the case, *Chamomilla, Mercurius, Pulsatilla*, or *Nux vomica*, may relieve ; should none of these afford relief, consult a physician.

Dose.—Of either, four globules, repeated as often as once in six hours, if necessary, until relieved.

Cramps.

When lying-in women are troubled with cramps in the legs which are very annoying, *Calcarea, Nux vomica* and *Sulphur*, may be resorted to for relief.—Give a dose of four globules of *Nux vomica;* if this does not relieve, give the same dose of *Sulphur* at night, and *Calcarea* in the morning, if necessary.

Incontinence of Urine.

When pregnant females are troubled with frequent desire to pass water, or when they are unable to relieve it; *Pulsatilla*, will in most cases afford relief; *Belladonna* and *China* may also be used, if necessary.—One or two doses of either, of three or four globules, may be administered a day.

Piles.

When these troublesome tumors appear during pregnancy, and when the patient has not otherwise been subject to them, *Nux vomica*, in daily doses of four globules, may relieve the patient; if in persons of plethoric habit, *Aconite* may be used twelve hours before the *Nux vomica*, in the same dose.

Varicose Veins.

Arnica, may be given for varicose veins, when the limbs appear sore, and the circulation seems to be interrupted; *Pulsatilla*, may also be used when the veins are much swollen with swelling of the limb and when

the parts assume a bluish hue, with pain and inflammation.

DOSE.—Of either, four globules, dry or in a spoonful of water, twice a day.

Flooding.

When brought on by strain or mechanical injury, *Arnica;* when from other causes, *Belladonna, Bryonia* and *China*, the latter in the most dangerous cases, attended with heaviness of the head or giddiness, or drowsiness; when attended by pains like those of labor, *Hyoscyamus;* when very copious, *Ipecacuanha.*

DOSE.—Of the selected remedy, four globules, dry or in a spoonful of water, every three hours, until relieved.

Miscarriage.

To guard against this misfortune when threatened, the patient should resume the horizontal posture, and take a dose of four globules of *Belladonna*, and repeat in twelve hours if necessary, especially if there are bearing down pains, as if there would be a pressure discharge. For persons of dark

complexion, subject to liver affections, *Bryonia;* when attended with spasms, *Hyoscyamus.* It is generally better to consult a physician.

After Delivery.

For after pains *Arnica* and *Belladonna* may be given in alternation; the former at night, and the latter in the morning.

Dose.—Four globules of each.

Milk Fever.

To subdue the fever attendant on the coming of the milk, one or two doses of *Aconite* may be necessary, or *Chamomilla* if there is considerable nervous excitement and tenderness of the breast.

Dose.—Of either, four globules, dry or in a spoonful of water.

Suppression of the Milk.

If from some sudden emotion, *Pulsatilla;* if attended with fever, *Aconite.*

Dose.—Of either, four globules, when indicated.

Great flow of Milk.

For extensive secretion of milk, *Calcarea* may be given, night and morning, until the difficulty subsides.

Constipation and Diarrhœa.

When the former of these difficulties occurs after delivery, a dose of *Nux vomica* may relieve the difficulty, if not, consult the physician. Diarrhœa, if it proceeds from cold, may be relieved by *Dulcamara;* if from other causes, *Hyoscyamus;* when painful and involuntary, *Phosphorus;* when painless and watering.

Retention of Urine.

If after delivery the retention of urine, or painful emission of urine, may be relieved by *Arnica,* in most cases ; or by *Belladonna* and *Nux vomica,* should the *Arnica* fail.

Dose.—Of either, four globules, dry or in water, every three hours until relieved.

Gathered Breasts.

To guard against this difficulty the breasts should be kept well drawn — when the breasts do become hard and swollen in spite of efforts to preserve them in a healthy condition, *Bryonia* may be given, first, a dose of four globules, and afterwards in twelve hours, a dose of four globules of *Belladonna* may be given; if these fail of preventing suppuration, four globules of *Hepar sulphur* may hasten the crisis; bread and milk poultices may also be used for the purpose of alleviating the suffering and hastening a cure.

Diet.—The diet of females, after delivery and during the period of nursing, should be healthy and nutritious, and free from condiments or stimulants.

DISEASES OF INFANTS.

Crying.

When infants are prone to cry and be restless *Coffea* and *Chamomilla* may be used, two globules may be given at a dose; if the crying seems to be from colic, give two globules of *Chamomilla.*

Vomiting of Milk.

To remove a tendency of this kind in infants, give two globules of *Nux vomica* once a-day.

Cold in the Head.

For dry cold in the head and stoppage of the nose, give the child two globules of *Nux vomica;* if the nose runs, give the same dose of *Chamomilla.*

Sore Mouth.

To cure this difficulty common to infants, give two globules of *Bryonia* every day until relieved; or *Chamomilla,* if the child is restless and appears to suffer from colic.

Excoriations.

For excoriations or chafings, two globules of *Mercurius* may be given every day for a week; a little rye flour may be applied with down brush.

Sores behind the Ears.

To cure this disease so common with infants, it is necessary to avoid the use of soap when washing them—it is better to soften the water with rye meal, and at the same time give the child two globules of *Arsenicum*, once or twice a week.

Infants are liable to a great variety of affections which nurses may be called upon to treat, not here enumerated. The advice of a physician should be had in all difficult cases. But when this is difficult to obtain, the larger Manual, of which this an abridgement, is referred to.

POISONS AND THEIR ANTIDOTES.

THERE are animal, vegetable, and mineral poisons that have a pernicious effect upon the animal system.

Poison from the bites of reptiles may be antidoted by holding a red hot iron to the wound, and by powerful stimulation with whiskey.—Poisons from the bites of snakes are readily imbibed into the system, and can only be remedied by the effect of counteracting agents.

Poisons taken into the stomach may be ejected, provided it is done at an early period, by provoking vomiting, or otherwise they may be neutralized by means of chemical antidotes.

When it is known that any poison, as *Arsenic*, has been recently taken into the stomach, measures should be taken to produce vomiting at once. This can be done,

1. By copious draughts of tepid water.

2. By drinking a half pint of warm water, with a tablespoonful of ground mustard stirred into it.

3. By tickling the throat with a feather.
4. By 10 grs. of pulv. *Ipecac.*

To Neutralize Poisons.

1. If corrosive sublimate has been swallowed, dissolve the *whites of eggs* in water and drink in large quantities; and in case of poisoning by any metalic substance, such as *verdegris, tin, arsenic, lead or mercury,* and particularly when there are violent pains in the stomach and bowels, the *whites of eggs* dissolved in water and drunk freely, will materially mitigate, if not neutralize, the effects of the poison.

2. In all cases where there are violent pains in the abdomen, occuring after eating or drinking, giving rise to a suspicion that poison may have been swallowed, the *whites of eggs,* as above, may be administered.

3. In cases where the *whites of eggs* proves insufficient, as indicated, dissolve one part of common white soap in four parts of hot water, and let it be swallowed little at a time, unless it is known that the poisoning

has been occasioned by some alkaline substance.

4. When poisoning has resulted from swallowing alkaline substances, cider or wine vinegar, diluted with water, may be taken as a drink.

5. Sugar dissolved in water may be given in cases of poisoning by mineral or vegetable alkaline substances.

6. Milk and olive oil may be administered in case of poisoning by any of the corrosive acids.

7. Mucilaginous drinks are also useful against alkaline poisons.

8. *Strong black coffe*, taken very warm will neutralize the effects of *Opium*, *Stramonium*, *Nux vomica*.

9. *Camphor* is efficacious against poisoning by *Cantharides* (Spanish fly) and many of the vegetable poisons.

10. Against the effects of poisonous fish, clams, &c., *charcoal*, sugar and water, *black coffee*, *camphor*.

11. Against vegetable poisons in general, camphor, black coffe and vinegar.

12. Poison by the Sumach, *Bryonia. Rhus.*, internally administered.

13. When poisoned by swallowing camphor or saffron, black coffee may be taken until the patient vomits

14. Against the poisonous effects of spirits of turpentine, *Belladonna* and *Bryonia* may be taken internally, a dose of three globules at intervals of three hours.

15. Against poisons by acids, (mineral) any of the alkalies, such as spirits of hartshorn, soap-suds, chalk, magnesia, &c.

16. Against alkaline substances in general, such as pot and pearl ashes, &c., vinegar, lemon juice, sour milk and mucilaginous drinks.

17. Against poison from arsenic, rust of iron, soap-suds, milk.

18. Against poison from lunar caustic, common salt dissolved in water

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