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THE FAMILY

Pocket Homœopathist,

A CONCISE MANUAL

OF

HOMŒOPATHIC PRACTICE,

FOR

FAMILIES AND TRAVELERS

BY

D. A. BALDWIN, M. D.

THIRD EDITION.

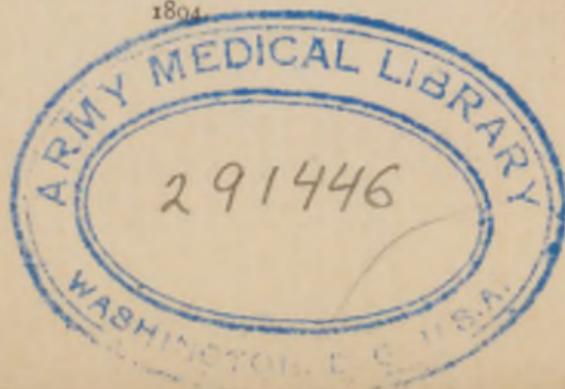
ROCHESTER, N. Y.:

E. DARROW & CO., PUBLISHERS,

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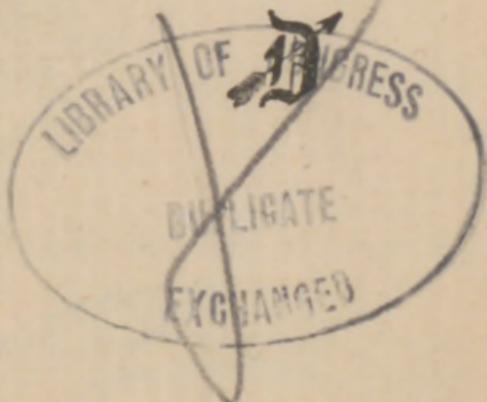
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PREFACE.

The object of the present treatise is to present in a plain, condensed form, the Homœopathic treatment of such diseases as legitimately come within the sphere of family practice. It is not intended as a complete work of medical practice, but only for the many common ailments which may be easily recognized, and safely treated by any intelligent person; giving a few only of the prominent remedies that will in all ordinary cases suffice for a cure, or at least avoid the loss of valuable time, until competent medical aid can be procured.

Previous editions of the Pocket Homœopathist having been exhausted, a *third edition* is hereby presented, after revision, and some additions which it is thought may add to its usefulness.

D. A. BALDWIN,
Englewood, N. J., Jan. 1894.

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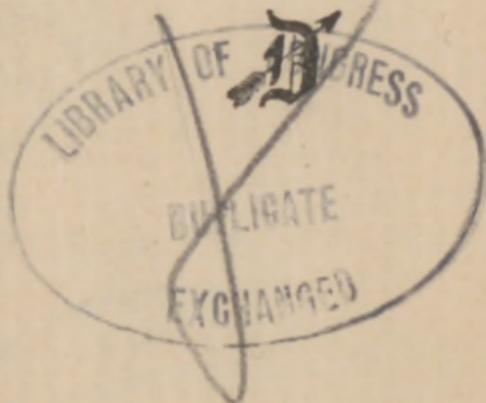
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TABLE OF REMEDIES.

Aconitum.	Dulcamara.
Apis.	Hepar Sulphur.
Arsenicum.	Ignatia.
Belladonna.	Ipecacuanha.
Bryonia.	Lycopodium.
Calcarea. Carb.	Mercurius Iodide.
Cantharis.	Mercurius Vivus.
Carbo veg.	Nux Vomica.
Causticum.	Opium.
Chamomilla.	Phosphorus.
China.	Pulsatilla.
Cina.	Rhus Tox.
Cocculus.	Sepia.
Coffea.	Spongia.
Colocynthis.	Sulphur.
Drosera.	Sulphuris Acid.

Cholera Remedies.

Cuprum. Met.	Camphor.
Phosphoric Acid.	Veratum.

A few other remedies seldom mentioned, could be procured if needed.

GENERAL DIRECTIONS.

Few will make any personal effort or sacrifice to retain or even regain health; but relying upon medicine, expect to be cured in spite of the evil habits which have produced and foster disease. Medicines in themselves do not cure; they are given (as poisons) to excite nature to act; and this may often be accomplished in other and better ways. One of the most important means of preserving and restoring health is

DAILY BATHING.—The importance of this is manifest when we recall the fact that there are nearly two thousand perspiratory tubes on an average, opening upon the skin in every square inch of the body, making in all several miles, if arranged as one continuous

tube. Through the opening of these tubes, or as they are called, pores of the skin, over two pounds of effete, worn out matter, in the form of insensible perspiration, are daily carried off; besides that which is thrown off by visible perspiration, often amounting to as much more. If then frequent bathing and friction of the skin be not practiced, the pores become obstructed; the effete matter accumulates within the system, and disease is the inevitable result. Daily bathing for personal cleanliness, is as necessary as daily food. In summer, water of the usual temperature may be used. In winter, unless for persons very robust, the water should be of a more elevated temperature, and used in a warm room to avoid chilliness. Baths thus taken are not followed by reaction, and consequently never weaken.

For debilitated persons, or those of bilious habit, baths of alcohol and water are especially useful. Alcohol being a solvent of fatty matters, more perfectly cleanses the pores of the skin.

Salt water is also very useful for delicate scrofulous subjects.

Other forms of bath for specific purposes, as sitz, plunge baths, shower baths and packing, although beneficial in many cases, are also capable of doing great injury, and ought therefore never to be used except by advice of the attending physician.

EXERCISE.—The beneficial influence of moderate exercise in the open air is too obvious to need comment. Many of the neuralgic affections so prevalent at the present day, are due to the development and over stimulation of the nervous system at the expense of the muscular. Judicious exercise is

often alone sufficient to remove the evil.

SLEEP.—Next in importance as an indispensable condition of health, is regularity in sleep. And not alone this, but sleep in the early hours of night. Many imagine that if they only secure the required number of hours sleep, it matters not *when* they get it. This is a great mistake. All day the tide of life flows with its feverish excitement, till near midnight it culminates; increased perspiration ensues, nature is relieved; and morning brings fresh vigor and strength for the day's duties. He whom midnight finds out of his bed misses this restoring process, and awakes wearied and unrefreshed. Nor is this all; a fruitful source of disease too little appreciated, is the want of sufficient ventilation in sleeping apartments.

The air exhaled in breathing is loaded with the same deadly poison, carbonic acid gas, which is found at the bottom of wells and vaults, and which when breathed will destroy life instantly. Consequently the atmosphere of any sleeping room, unless thoroughly ventilated, becomes each moment more impure and unfit for respiration. An adult will consume during eight hours of sleep, two hundred cubic feet of air; so that physiologists advise that each sleeping room should be of a capacity equal to twelve feet square and eight feet high; and so ventilated as to allow a current of air to pass from without up through an open chimney or fireplace, in order to secure a constant supply of pure wholesome air. When it is remembered that at least one-third of life is passed in the sleeping apartment, it

will be manifest that these considerations are of the utmost importance, both in health and sickness. The sick chamber more than ever requires free ventilation, though the patient should never be exposed to a draught.

CLOTHING.—As regards clothing, especially of young children, it seems almost hopeless to expect any reform in this particular. In spite of the fact that more than half of the human race die before attaining the age of five years; in spite of the fact that a large proportion of deaths are the result of inflammatory affections, as croup, diphtheria, inflammation of the lungs and throat, induced by sudden colds, parents *will* continue to expose the naked chest and extremities of their little ones to all the changes of our fitful climate; and he who ventures to suggest that it is at great risk

of life, is regarded as absurdly notional.

Underclothing worn through the day, should always be laid aside and exchanged for clean, fresh garments at night.

DIET.—The diet of patients under Homœopathic treatment has regard first to the special nature of the disease, and then to whatever may antidote or interfere with the action of the selected remedies. As respects the first, little of general direction can be given, as what may be entirely proper in one disease, might be very prejudicial in another. All rich and highly seasoned food, greasy substances, pastry and food difficult of digestion, should be avoided. Of this class are pork, geese, ducks, lobsters, crabs and clams, sausages, cheese and melted butter. Spices of all

kinds: as nutmegs, allspice, cloves, cinnamon, vanilla and bitter almonds, warm biscuits or fresh bread less than eight hours old. Some vegetables of a pungent aromatic nature are medicinal in their effects, and may interfere with the action of remedies, and should therefore be dispensed with while under treatment. Of this class are onions, garlic, asparagus, radishes, horseradish, celery, parsley, &c. Coffee not always prejudicial in health, will surely antidote the effect of some medicines. It is better, therefore, in family practice, to abstain from it altogether while taking medicine.

Black tea may be substituted in almost all cases. Green tea should always be avoided in sickness. It is seldom found pure in this country, being much more frequently adulterated than the black teas.

It also acts more powerfully upon the nervous system, causing sleeplessness, and is often a cause of constipation.

For obvious reasons, camphor, cologne, hartshorn and all artificial perfumes should be dispensed with while taking medicines.

ADMINISTRATION OF MEDICINES.

Homœopathic medicines are prepared for use either in the form of liquids, powders, or globules. Medicated globules are generally prescribed for family use; and these may be given in three ways: dry upon the tongue, five or six globules at a time; or by dissolving each dose in a teaspoonful of pure soft water when given; or a dozen of the pellets may be dissolved in a third of a tumbler of pure water; a teaspoonful given to a child, or two teaspoonfuls to an adult. The first method may be preferable for babes and very young children. But as in sickness the tongue is generally coated with impurities, the second method, that is dissolving each dose, is in almost all cases preferable. Wherever in this work,

the dose and manner of giving is not otherwise stated, it will always be understood as prescribed in this way.

When liquids are used, five or six drops may be dissolved in one-third glass of pure soft water, and a dessert spoonful given to an adult, or a teaspoonful to a child.

The powders may be either dissolved and given in the same manner, as much at a time as would lie on a three cent piece; or taken each dose dry, upon the tongue.

The repetition of dose will depend upon the nature of the disease, and urgency of the symptoms. In acute diseases, medicines will generally require repetition about once in two hours. Chronic cases once or twice a day.

Special exceptions will be indicated under their appropriate head.

Medicines are sometimes given alternately, that is, selecting two remedies, and changing from one to the other, as often as desirable. In general, however, it is better to give one remedy at a time; and never change to another while improvement continues.

In all cases where remedies are given frequently at first, gradually prolong the interval, giving the medicine less often as improvement progresses.

DISEASES OF THE SKIN.

Most of the so-called skin diseases are dependent upon an unhealthy condition of the other organs, and require to be treated accordingly.

It is especially unsafe to rely upon external applications, which may cause the disease to locate upon the internal organs, and become dangerous to life. They should be used with extreme caution, and only with physician's advice.

Chafing.

This is peculiar to fleshy children, especially of a scrofulous habit. It most frequently occurs around the ears, in the folds of the neck, and joints of the arm and leg. The parts should be kept clean with tepid water, without rubbing; and powdered with scorched flour, or insert between the

folds a soft piece of old linen, scorched and folded double.

REMEDIES.—*Chamomilla*, *Calcarea C.* and *Mercurius*. Very obstinate cases may require sulphur.

Give in the order named, one remedy at a time, a dose every three hours, and continue each one so long as improvement is manifest.

Chafing from lying in bed may be relieved by bathing the parts with *Dil. Tincture of Arnica*, or if the skin is broken, with the *Oil of Calendula*.

Chapped Hands.

May be prevented by drying the hands well after washing, and applying powdered cornstarch.

Will be cured speedily by a few applications of *Calendula Cerate*; procured at any Homœopathic Pharmacy. As this difficulty often occurs in con-

nection with impurity of the blood, *Hepar Sulphur* or *Sulphur*, a dose morning and evening will remove the tendency to it.

Hives. Nettle Rash.

REMEDIES.—*Dulcamara* or *Rhus tox* if occasioned by cold, or in cold damp weather. *Apis* when in large welts like a bee sting. *Nux vom.* or *Pulsatilla* if arising from indigestion, *Calcarea* and *Sulph.* in obstinate chronic cases.

In acute cases, the remedy may be given every two or three hours. If chronic, give only night and morning.

Irritation of the Skin. Itching.

Caused by a fine rash scarcely perceptible upon the skin; differing altogether from the above. Is very troublesome and long continued, unless relieved by treatment.

REMEDIES.—*Mercurius* if worse at night in the warmth of the bed. *Rhus tox* or *Apis*, if a burning itching; or *Sulphur* if changed to burning by scratching. Repeat the selected remedy every three or four hours.

Itch.

REMEDIES.—For genuine pustulous itch, take drop doses of the Tinc. of *Sulphur*, and use sulphur baths. *Sepia*, *Hepar Sulphur* and *Mercurius*, are important remedies. Repeat every three hours.

As this disease is caused by a small animacule burrowing under the skin, external applications are also needed to destroy it. Sulphur ointment, or a weak solution of carbolic acid will generally be sufficient. After treatment all the clothing should be boiled or exposed to a high degree of heat, to

prevent reinfection of the patient, or conveying it to others. Is highly contagious.

Ringworm.

REMEDIES.—Give *Sepia*, one dose morning and evening, for a week; or as long as improvement continues. If anything further is required give *Sulphur* in same manner.

Scald Head.

This disease, one of the forms of Eczema, is readily communicated. Avoid carefully, the use of the same towel, brush and comb of others. Cleanse daily with tepid water and a little castile soap; and above all abstain from the use of any outward applications, which in many cases have driven the disease from the surface to internal organs. If the hair becomes much

matted, a little pure olive oil, applied at night is not objectionable; or if much itching, a weak solution of Borax.

REMEDIES.—*Rhus tox* and *Lycopodium* if thick greenish crusts form upon the scalp, with a badly smelling discharge. *Hepar Sulphur* if spread over the head and neck, and with enlargement of the glands. *Calcarea* and *Sulphur* if the above should not be sufficient.

Repeat the selected remedy once in three hours, using one medicine at a time, for three or four consecutive days, or while improvement continues.

Chilblains.

REMEDIES.—*Rhus tox* *Phosphorus* and *Sulphur* are the leading medicines. Take one at a time, at intervals of two or three hours. Apply

externally arnica oil; or Carbolated Vaseline.

Corns.

Soak the feet in warm water, remove the corn, and apply morning and evening Tincture of Iodine.

Warts.

Cover a copper penny or small piece of copper with a tablespoonful of vinegar; after standing a few hours, apply the verdigris from the copper to the wart. Apply at night and wash off in the morning. Or apply *Acetic Acid*, night and morning.

They may also be cured by internal remedies, especially when there is disposition for many of them to appear. *Calcar. Carb.*, *Causticum* and *Thuja*, have often proved curative. If soft or fleshy, *Causticum*. If hard and horny, *Calcar* or *Thuja*. Use the selected remedy three times a day.

Felons.

Keep the finger wet with a solution of equal parts of Ammonia (hartshorn) and water.

Or, immerse the finger in a saturated solution of salt water, as hot as can possibly be borne; then apply fine salt, wet in Spirits of Turpentine, and cover with a wet compress also wet with the Turpentine, and renew frequently.

REMEDIES.—*Mercurius*, a dose every three hours, with *Belladonna* each hour in the interval.

If suppuration takes place, apply a Flaxseed or Slippery Elm poultice, and take *Silicea* or *Hepar Sulphur* every three hours.

Boils.

If much inflamed, with throbbing pain, take *Belladonna* every hour or

two. If hard and slow in forming, *Mercurius*.

If matter forms, poultice with flaxseed and take *Hepar Sulphur* every three hours. Frequent disposition to boils may be removed by taking the Hypophosphite of Lime.

Carbuncles.

A painful malignant boil which sometimes becomes very dangerous from its tendency to mortification. If mild, treat it as a boil. If much swollen and inflamed, and of a livid hue, apply immediately a yeast poultice, prepared in the following manner: Moisten common bran with warm water till of a suitable consistence for a poultice; add a table-spoonful of brewer's yeast, and set aside in a warm place till fermentation takes place. Then, put it between two folds of soft muslin, and apply.

Renew the poultice every few hours, and make each one fresh, as required, as it is of no service after fermentation ceases.

REMEDIES.—*Bryonia* during the inflammatory stage. *Hepar Sulphur* or *Silicea* when it suppurates.



ERUPTIVE FEVERS.

In all of these diseases it is a common error to keep the patient too warm, in a close, badly ventilated room, for fear of taking cold. While carefully avoiding draughts, it is all important to secure an abundance of pure, fresh air. The sick room may be safely ventilated even in winter, through an adjoining room, or by dropping a window a few inches, not immediately over the bed. An open fire-place is always a valuable means of ventilation. The temperature of the room should be kept evenly at about 68°. The bed covering should not be uncomfortably heavy, especially during the febrile stage.

Measles.

This disease is infectious during any period of its course, even before

the eruption has appeared. Like scarlet fever, though to a less degree, it is commonly followed by an exfoliation or peeling of the skin. Both are infectious so long as this process continues. During the course of the disease, and especially the exfoliation of the skin, there is much itching. This may be allayed by thorough anointing with vaseline or *Olive Oil*.

Great care should be exercised at this time to avoid taking cold, as bronchial inflammation and pneumonia are apt to follow. Also deafness and discharges from the ear. The eyes—which are always more or less inflamed should be guarded from the light, and bathed frequently with warm water.

REMEDIES.—*Aconitum* and *Pulsatilla* are the principal remedies, both for the accompanying fever, and to

secure a free development of the rash.

If the eruption does not appear or suddenly disappears, the danger is great and requires prompt treatment. In such a case give at once *Bryonia*, and if attended with sickness at the stomach and deathly paleness, alternate with *Ipecac* every half hour. *Bryonia* should also be given for the hard dry cough sometimes following measles, or for any symptoms indicating inflammation of the lungs; follow if necessary with *Phosphorus*.

DIET.—Should be light, consisting of milk, gruels (barley or oatmeal,) farina, toast bread, rice and gradually as fever subsides, more nutritious food. Water not too cold, may be given freely, a little at a time.

Scarlet Fever.

In general a very dangerous disease, either in itself or its consequences, that should never be left to family treatment, if possible to avoid it.

It is sometimes very difficult to distinguish it from measles in the early stages, as the symptoms are very similar. But usually in scarlet fever, the skin is more uniformly red than in measles, and also when pressure is made with the finger, a white spot results. If it becomes red again from the circumference to the center, it is scarlet fever, if the reverse, it is measles.

The time of development after exposure, usually varies from a week to fourteen days. Inasmuch as the infectious matter, be it what it may, remains in the carpets and curtains,

and even the walls, for an indefinite period, certain precautions ought always to be observed, not only in scarlet fever, but all infectious diseases. Whenever possible, the carpets and curtains, and all woolen articles of furniture should be removed at once. All articles of bedding and clothing from the patient should be put to soak in the room, in a solution consisting of four tablespoonfuls of Sulphate of Zinc, and two tablespoonfuls of salt to each gallon of hot water. Soak the clothes for an hour or two, then boil and wash them separately from other clothing. The hair may be washed in a weak solution of Borax water. Plenty of pure fresh air, avoiding draughts and a moderate temperature, is at all times necessary.

As soon as the patient is able to

leave the room it should be thoroughly disinfected in the following manner :

Take from one to two pounds, according to size of the room, of roll Sulphur. Break in pieces; put into an iron pan, and set this on bricks, in a tub containing a little water, to guard against fire. Pour a little alcohol on the Sulphur and ignite it. Close the room tightly and let it remain for six hours. Then open the doors and windows and air thoroughly.

REMEDIES.—*Belladonna*, in most cases, especially when the skin is bright red, and attended with much fever and sore throat. *Mercurius iod.* if the throat is ulcerated, or has white patches on the tonsils. Also for enlargement of the glands of the neck, followed by *Hepar*

Sulphur if suppuration takes place. Gargle the throat with fresh yeast, a tablespoonful to four of water, or spray with a solution of Chlorate of Potash.

Rhus tox, for the form of scarlet rash, with itching, and pain in the back and limbs. For the dropsy, or kidney affections which are apt to follow scarlet fever, particularly from taking cold during the period of exfoliation of the skin, *Apis* and *Arsenicum* are leading remedies.

As a preventive, *Belladonna* may be taken night and morning. Even if it does not prevent an attack, it modifies it greatly.

Erysipelas.

REMEDIES.—*Belladonna* in most cases, especially when the skin is bright red, or radiated, and attended

with fever and headache. *Rhus tox* if little vesicles or blisters appear with burning and itching, and *Apis* if not relieved by *Rhus*, or if dropsical symptoms appear.

Should the eruption assume a dark or livid hue, or when it attacks the head and face with high fever, it may become very dangerous and requires a physician's care.

Various applications are made use of to alleviate the intolerable itching and burning which are generally present. Most frequently Pond's Extract diluted will give marked relief, as well as moderate the inflammation. In malignant cases assuming a dark hue, the best application is the yeast poultice. (See Carbuncle)

DIET. — Mainly farinaceous; no meat, and everything heating or stimulating should be avoided.

Chicken Pox.

A very mild disease not often requiring any treatment. Care should be used to prevent scratching the pustules, as it might leave deep scars. The itching may be allayed by applying vaseline.

REMEDIES.—*Aconite* for the febrile symptoms; *Mercurius*, while the pustules are maturing; *Coffea*, for restlessness and want of sleep.

Varioloid.

Is a form of small pox modified by vaccination.

REMEDIES.—*Aconite*, for the fever, and congestion; *Mercurius*, while the pustules are forming; *Sulphur*, while they are drying away; *Bryonia*, if the eruption is suppressed, or does not come out well.

DIET.—Should not be heating; give

what water is required; crust coffee, or black tea, gruels, farina, or dry toast.

Keep the patient lightly covered in a cool, well ventilated room.

Small Pox.

This disease is the most dangerous, and the most contagious of all the eruptive fevers, and ought in all cases to have the careful attention of a physician. Every known precaution should be taken to prevent its being conveyed to others. If there is any difficulty in distinguishing it in its early development from scarlet fever, which it may resemble in some respects, the intense backache always present, will serve to characterize it.

Vaccination which is regarded as a preventive so long as the system remains under its influence, does not protect

indefinitely or for life; precisely how long in any given case, it is impossible to foretell. With some, vaccination will protect for life, with others it will take on every repetition. It is, therefore, safest in all cases to renew it once in a few years, or on the recurrence of an epidemic. But in all cases, the vaccination should be made only from pure animal virus.

REMEDIES.—*Aconite*, for the fever. *Bryonia*, to develop the rash. *Mercurius*, during the suppurative stage, in mild cases. *Tartar emetic*, in the confluent form.

Thorough disinfection as directed under scarlet fever, should be rigidly carried out.

FEVERS.

Simple Fevers.

REMEDIES.—With chilliness, heat, thirst and rapid pulse, *Aconite* alone is sufficient; a dose every one or two hours. Inflammatory fever may require also, *Belladonna*.

If chilliness predominates; pain in moving, *Bryonia*. Give water freely for drink, and sponge off occasionally with cold water, unless in perspiration.

Intermittent Fever. Fever and Ague.

REMEDIES.—If nausea and gastric derangement are prominent symptoms, with frequent vomiting, give *Ipecac*. Especially after previous use of Quinine. A dose every hour.

Arsenicum, for mingled chills with fever, great thirst, vomiting after drinking, restlessness and prostration. *China*, yellow complexion, bitter taste,

always chilly after drinking, regular succession of chills, fever and sweating. Also *Chininum Ars.*

Natrum Muriat.—Attacks coming on in forenoon, chill predominates, severe headache, fever blisters on the lips. *Eupatorium* for general aching.

During the cold stage use hot foot bath, cover well and drink a cup of hot water, to induce perspiration and shorten the attack.

Bilious or Gastric Fever.

REMEDIES.—Where there is much chilliness with fever, yellowish-coated tongue and bitter taste, *Bryonia*; if with flushed face and throbbing headache, *Belladonna* or *Aconite*; if with diarrhœa and pain in the bowels, *Chamomilla* and *Mercurius*; when with much derangement of the stomach, yellowish-coated tongue, dizziness, dull heavy headache and constipation, *Nux* or *Pulsatilla*.

DISEASES OF SPECIAL ORGANS.**Headache.**

Is frequently but a symptom of other disease, and may result from a variety of causes, which should be taken into consideration in selecting a remedy.

REMEDIES.—When produced by congestion or rush of blood to the head, *Aconite* and *Belladonna*; if from cold in the head, *Nux* and *Mercurius*; from constipation, *Nux* and *Bryonia* or *Sulphur*; from gastric derangement, *Nux* and *Pulsatilla*; for nervous headache, *Belladonna*, *Coffea*; and *Ignatia*, especially when caused by mental emotion. When preceded by blurring of the eyes, with nausea *Iris*. *Sepia*, especially for females, and when upon one side of the head with sense of fullness

and pressure or throbbing with nausea. And finally, for Rheumatic headache in damp weather, and with painful drawing in the back of the head and neck, *Rhus tox* or *Bryonia*.

Facial Neuralgia. Face ache.

This difficulty is frequently dependent upon a diseased condition of the teeth, which may require a dentist's care.

REMEDIES.—*Belladonna* for sharp darting pain in and around the eye; throbbing temples, and pain in the face with heat and redness. *Spigelia* for sharp neuralgic pains in and around the eyeball. *Mercurius* when affecting the entire side of the face from the temples to the teeth; worse at night, and especially when in connection with defective teeth or sore gums.

The selected remedy may be given every hour. Apply externally a wet compress wrung from cold water, and covered with a dry cloth ; or, if cold applications aggravate, apply Hops, steamed with hot water.

**Congestion, or Rush of Blood to
the Head.**

REMEDIES.—*Aconite* when with heat and redness, or else paleness of the face, throbbing of the arteries of the neck and temple, sensation of fullness of the head, or with nose-bleed. If necessary follow with *Belladonna* for the same symptoms ; *Pulsatilla* if attended with dizziness on stooping, or when arising from indigestion ; *Nux vomica* if caused by constipation ; *Opium* from sudden fright or from costive habit.

Dizziness.

REMEDIES.—If with congestion and

sense of fullness of the head, *Aconite* and *Belladonna*; if from deranged stomach, *Pulsatilla* and *Nux vomica*; when accompanied with nausea or vomiting, *Cocculus* or *Ipecacuanha*.

Falling off of the Hair.

When the result of fevers or debilitating sickness, *Calcarea*, *China* or *Sulphur* will frequently be of service. Take one remedy at a time for a week, a single dose morning and evening.

Wash the head with unrectified whiskey; or if losing the hair rapidly add Tincture of Cantharides, in proportion of half an ounce to a pint of whiskey.

Inflamed Eyes.

REMEDIES.—Inflammation of the eye from taking cold, with profuse acrid secretion of water; redness of the

lids, requires *Euphrasia*. *Belladonna*, eyeballs red and inflamed, very sensitive to the light. *Pulsatilla*, inflammation of the lids; sensation of sand in the eyes; discharge of matter, eyelids adhering in the morning. *Sulphur*, same as *Pulsatilla*, when obstinate or of long standing.

Repeat the dose in acute cases every two or three hours. In chronic cases, a single dose morning and evening of the selected remedy. Keep the parts well cleansed with warm water; and bathe them with diluted *Pond's Extract*, or Borax water.

Stye.

These may frequently be arrested when beginning to form by applying the strong *Tincture of Pulsatilla*. Give internally *Pulsatilla*, and follow if necessary with *Hepar Sulphur*.

Earache.

REMEDIES.—*Belladonna* if with headache, heat and redness of the parts; follow with *Pulsatilla*, especially if with discharge of matter from the ear; *Mercurius* if the pain extends into the face and head, and is worse at night.

Running at the Ears.

REMEDIES.—If with fever and inflammation *Pulsatilla* and *Mercurius*; or if in scrofulous subjects *Calcarea* and *Hepar sulphur*. If after Scarlet Fever or Measles, *Mercurius* or *Sulphur*.

Give of the selected remedy two or three times a day, and keep the ear cleansed with Castile soap and tepid water.

Humming in the Ears.

If the result of inflammation, the

appropriate remedies for that condition will relieve; as *Belladonna*, *Pulsatilla* and *Mercurius*.

If from cold, *Nux vomica* and *Causticum*.

If chronic, without other marked symptoms, *Calcarea*, *Causticum* and *China*.

Give of the selected remedy two or three times a day.

Deafness.

Is frequently symptomatic of other diseases, which must first be removed by appropriate treatment.

REMEDIES.—When it is the result of a recent cold, *Mercurius*; if after Scarlet Fever or Measles, *Belladonna*, *Hepar Sulphur* or *Pulsatilla*; if the result of suppressed eruptions, *Hepar Sulphur*, *Calcarea* or *Sulphur*.

Mumps.

REMEDIES.—A few doses of *Mer-*

curius is generally all that is required. If very obstinate or painful, *Mercurius Iod.* may be preferable. If attended with fever, *Belladonna*; or if the swelling is slow in passing off, *Dulcamara* or *Rhus tox.*

Cold in the Head. Acute Catarrh.

REMEDIES.—In all cases in the commencement with slight chilliness, sneezing, and watery discharge from the head, *Aconite*. *Nux Vomica*, for obstruction of the nose, headache and pain in the limbs. *Mercurius*, discharge of mucus from the nose, causing redness and soreness of the upper lip, sore throat. *Arsenicum*, hot, watery discharge from the eyes and nose, with much sneezing. *Pulsatilla*, later when the discharge becomes thick and yellow.

If obstruction of the nose is a prominent symptom and long contin-

ued, especially in children, *Sambucus* will relieve. *Chronic Catarrh* requires the best care of a physician. *Aurum* and *Mercurius* will in many cases be of service.

Toothache.

REMEDIES.—Give *Plantago* in all cases of severe jumping toothache in decayed teeth. If this is insufficient, or when the face is swollen, follow with *Chaommilla*. If the pain is deep-rooting in the jaw, with sore or swollen gums, teeth sore and elongated, *Mercurius* is a specific; next to it, *Sulphur*. In cases where sickness or other circumstances forbid the removal of teeth, speedy relief will be obtained in most cases by the application of *Mentho-Dil.* Apply on a little cotton.

Gum Boils.

Caused generally by ulceration at the roots of the teeth.

REMEDIES.—*Mercurius*, in the commencement will generally cut it short. If matter forms with pain and swelling, give *Hepar Sulphur*. For temporary relief, hold hot water in mouth, and apply *Listerine*.

Canker of the Mouth.

Is often dependent upon gastric derangement and an enfeebled constitution.

REMEDIES.—*Mercurius* is a prominent remedy, unless caused by Calomel or other Mercurials. Follow, if necessary, with *Sulphur*; or if the tongue is thickly coated, bad taste in the mouth, headache or constipation, *Nux Vomica*. In nursing sore mouth, in addition to the above, *Sulphuric Acid*. For children, see "*Thrush*".

DISEASES OF THE RESPIRATORY ORGANS.

Sore Throat.

REMEDIES.—For simple inflamed throat, soreness in swallowing, the result of cold, *Aconite* will generally suffice. If the tonsils are swollen, inflamed and painful, *Belladonna*. In cases of cankered or ulcerated sore throat, *Mercurius* every two hours.

When the disease is habitual, or in scofulous cases, *Mercurius Iod.* is a most valuable remedy. Apply also to the throat, the wet compress, wrung from cold water, and covered with a dry napkin; or better, oil silk. If the tonsils suppurate, *Hepar Sulphur* will hasten the process.

For the chronic form of sore throat, so common in this climate, involving

the palate, and the entire fauces, with pain and sensation of a lump in the throat when swallowing, the remedies above named are useful, especially *Mercurius Iod*; or *Nux vomica* if attended with indigestion or an acrid state of the stomach, which is in itself a sufficient cause of inflammation. In acute cases the remedies may be repeated every hour. In chronic, at intervals varying from three hours to one dose daily. Males subject to this disease should wear a full beard to protect them from the influence of sudden changes, and should avoid much covering of the throat.

Diphtheria.

This disease, though of comparatively recent appearance in this country as an epidemic, has for many years prevailed in Europe with its accus-

tomed fatality. There are two varieties as ordinarily met with: a simple and malignant form. The first symptoms are generally those of an ordinary cold: chilliness, flushes of heat, restlessness, pain in the bones, discharge from the nostrils and sore throat. At this period the mucous or lining membrane of the throat assumes a peculiar livid or dark red color. Soon after a violent fever sets in; the glands of the throat and neck become enlarged, and a peculiar diphtheritic deposit takes place, rapidly appearing upon the tonsils and throughout the fauces. This deposit is an exudation from the blood upon the dark red membrane. And this is one distinction between ordinary cankered sore throat and Diphtheria. Canker causes a depression or excavation upon the surface, whereas, in the latter there first appears

several minute grayish spots which rapidly run into each other, and are raised above the surface, so that they may be stripped off from it. Occasionally these spots remain separate; and in this case it has been noticed that they dip deeper into the membrane, sometimes even perforating it like an ulcer; but this is rare. This deposit is derived from the blood, and shows the serious nature of the malady; and also that it is not a local but constitutional disease.

In malignant cases the fever changes into or assumes from the beginning, a low typhoid character; the deposit changes to a dark brown or blackish color, extending into the nasal passages, causing an exceedingly offensive dark colored watery or thick yellowish discharge; at times extending down the windpipe, giving rise to

symptoms precisely similar to membranous croup. However much Diphtheria resembles Croup or malignant Scarlet Fever, it is an entirely different disease from either, presenting well-defined marks of difference.

If the disease progresses, sloughing or mortification of the parts may ensue, causing an awfully fetid odor, and proving speedily fatal. There is at all times, however, a peculiar fetid odor, characteristic of Diphtheria, by which it may be recognized even before there is any appearance of it in the throat, just as in Measles or Dysentery.

The disease is more likely to assume a malignant character in feeble persons or those of scrofulous habit, but no more likely to attack those subject to ordinary sore throat or croup.

Is diphtheria contagious? Not in

the same sense as small pox. There is no evidence that it can be conveyed from one person to another either by contact or the clothing. It is, however, infectious. The least particle of the diphtheritic matter finding lodgment upon a free mucous surface like the mouth and throat where it will be absorbed, may reproduce the disease in its most malignant form ; and a number of physicians have lost their lives in this way.

Hence, the necessity for great care in this respect, as also in the use of spoons or anything pertaining to the patient. There is no doubt also that particles floating in the air in a badly ventilated room may communicate the disease to other children, and as in so many instances, its spread through entire families, the safest way in all cases is to remove every other child from the

sick room, or better still, out of the house. Experience shows that it is much less likely to affect adults than children.

The conclusion arrived at by the most eminent authorities are, that the disease is due to the presence of an especial virus which must first be introduced into the blood. That this may be accomplished by respiration or inoculation; that it *may* spread by the thorough poisoning of the air which is breathed; but never by clothing; and that it requires in all cases a special fitness of the system or predisposition in order to its development.

TREATMENT.—Two or three remedies have usually proved sufficient to control the simple or catarrhal form of the disease.

Belladonna, for acute febrile sym-

toms, red flushed face, throat red and painful in swallowing. Give every hour. *Mercurius Iodide*, as soon as the characteristic patches appear in the throat. A powder every two hours. Apply externally a wet compress wrung from a saturated solution of cold salt water, and covered with a dry flannel or oil silk; removing the compress as often as it becomes dry. Gargle the throat also with salt water when practicable.

The malignant form of the disease requires the immediate care of a skillful physician. Until such can be obtained, the above treatment may be followed as directed. Other medicines successfully used by the Homœopathic physician are *Kali-bichromate*, *Lachesis*, and especially *Mercurius Cyanuret*, which is as near a specific as any known medicine.

DIET and REGIMEN.—This disease being of a very debilitating nature, rapidly exhausting the powers of life, it is indispensable to keep up the strength by a sufficient supply of nourishing food. Milk may be taken freely; or if the patient is very weak, give raw eggs beaten up with a little milk. In some cases egg-nogg or wine whey are necessary. Beef tea or a little oyster broth may be allowed, as also oranges, ice-cream, or lemonade if desired. Black tea, toast bread, rice or farina as usual. Have every article used by the patient, as knives, plates, spoons and napkins, carefully cleaned before being used again. Keep the room well ventilated and at an even temperature day and night.

Hoarseness.

Is generally caused by cold and accompanied by other symptoms, as

cough and fever. When loss of voice, give *Causticum*. If with hoarse cough, *Hepar Sulphur*.

For the hoarse, croupy cough without fever, sometimes occurring in children disposed to croup, give *Hepar Sulphur* or *Spongia*. May be given every hour or two.

Croup.

REMEDIES. — *Aconite* and *Hepar Sulphur* alternately at intervals varying from fifteen minutes to one hour apart, according to the severity of the symptoms. If not soon relieved and respiration becomes difficult, with a dry, whistling sound, give *Spongia*.

For *Membranous* croup, *Kali bichrom.* and *Iodine* are the best remedies.

Apply a wet compress to the throat, wrung from cold water and covered

with a dry cloth, and renew as often as it becomes dry. If these means fail, send at once for a physician.

Influenza.

Is a severe catarrh of the head, throat or lungs, due to atmospheric influences, and appearing as an epidemic.

REMEDIES.—In the commencement, for the chilliness, fever and sore throat, give *Aconite* and *Mecurius*. If with severe headache, stoppage of the nose, dry, hard cough, and sense of tightness across the chest, *Aconite* and *Nux Vomica*. If with running of the eyes and nose, hot and scalding, frequent sneezing, dry cough, with oppression of the chest, *Arsenicum* or *Euphrasia* will speedily relieve.

Cough.

Is generally the effect of a cold act-

ing upon the respiratory organs. May be acute or chronic; dry, or with expectoration.

REMEDIES.—If the result of cold, dry, with tickling in the throat, and soreness in swallowing, *Belladonna*. If with much chilliness, painful stitches in the chest when coughing or breathing, *Bryonia*. If with pain and irritation of the chest, worse in the open air and in damp weather, *Rhus tox*. When a violent, racking cough, deep from the chest, with soreness, *Mercurius*. If with hoarseness, sensation of raw soreness, heat and fullness of the chest, *Phosphorus*. For a hoarse, croupy cough, *Hepar Sulphur*. For a dry, hard cough, with catarrh of the head and constriction of the chest, *Nux Vomica*. For dry, hoarse, barking cough, with oppressed breathing, with heat and fullness of the chest,

Spongia. When moist, with expectoration of a thick yellow mucus, *Pulsatilla*, or if loose and rattling when breathing and coughing, *Tartar emet.*

Cases of long standing, free expectoration of badly-tasting mucous, in persons threatened with lung disease, *Calcarea*, *Sulphur* or *Stannum* are frequently useful.

Whooping Cough.

REMEDIES.—For the early catarrhal stage, violent cough with red flushing of the face, worse at night, or bleeding at the nose, *Belladonna*.

If vomiting with the paroxysms and with loose rattling of mucus in bronchial tubes, *Ipecac.*

When convulsive, spasmodic, the breathing suspended some time, *Cuprum met.*

If violent with hoarseness and vomiting of food, *Drosera*.

Great relief is often obtained by evaporating *Napthalin* in the room with the patient.

The principal danger of whooping cough is from acute bronchitis or pneumonia, which might result from taking cold.

Pneumonia. Inflammation of the Lungs.

Is a disease too grave to be intrusted to family treatment. Until a physician can be procured give *Aconite* once an hour for two successive hours, and follow with *Bryonia* in a similar manner. Next to these in importance is *Phosphorus* or *Iodine*.

Pleurisy.

This disease also, when attended with fever and inflammatory symptoms, requires a physician's care. The

lighter forms of it may be relieved by *Aconite* or *Bryonia*. For the sharp, stitching pains in the muscles of the chest, resembling pleurisy, worse on moving and taking a deep breath, common to rheumatic subjects, and occurring in damp weather. *Rhus tox* at intervals of two or three hours, or *Cimicifuga*.

Congestion of Lungs.

REMEDIES.—For sense of weight, fullness and heat with palpitation of the heart, *Aconite* followed by *Nux vom.*

If in females, caused by a suppression of their monthly periods, *Belladonna* and *Pulsatilla*.

Hæmorrhage of the Lungs.

Is generally a symptom of other disease requiring skillful attention.

REMEDIES.—If attended with heat,

sense of weight and fullness of the chest, *Aconite*; a dose every twenty or thirty minutes. If profuse, preceded by taste of blood in the mouth, accompanied with nausea and faintness, *Ipecac*. For a mucus expectoration mixed with blood, *Bryonia* and *Phosphorus*. For immediate effect, when the bleeding is profuse, give ten or fifteen drops of the *Tincture of Hammamelis* every fifteen or twenty minutes till relieved, or *Terebinth* $\frac{1}{10}$. For weakness consequent upon loss of blood, give *China*.

Asthma.

REMEDIES.—*Ipecac*, when the attack comes on in the night with sense of constriction of the lungs, and rattling of mucous upon the chest. *Arsenicum*, if the former does not relieve, and there is great debility and exhaustion.

Bryonia, for increased difficulty of breathing when speaking, or by every movement, with acute pains in the chest. *Sulphur*, in chronic cases, with profuse expectoration, sense of fullness and burning in the chest.

During the paroxysms the remedy selected may be given every half hour. In the interval once in three hours; or in chronic cases a dose morning and evening.



DISEASES OF THE STOMACH AND BOWELS.

Derangement of Stomach. Indigestion.

REMEDIES.—*Ipecac*, if with nausea and vomiting; from overloading the stomach; vomiting of mucus, and diarrhœa. *Nux Vomica*, where there is white or yellowish-coated tongue, bitter taste; acidity, flatulence, sense of fullness and tenderness in the pit of the stomach; headache and constipation; corresponds particularly to a bilious temperament. *Pulsatilla*, for nausea; eructations tasting of the food; bitter taste; tongue furred with a sticky yellowish coat; pain in the stomach; bowels loose; dizziness worse when stooping. Is particularly indicated for indigestion, caused by fat or greasy food, or in females. *Bryonia*, for symptoms similar to

Nux Vomica; for acidity, water-brash, dry, brown coated tongue; burning in the stomach; chilliness and cold extremities; severe headache in the temples, worse when stooping; and constipation. *Chamomilla*, for derangement of the stomach, commonly known as biliousness; yellowish tint of the eye and skin; tongue yellow or brown, dry and cracked; loathing of food; oppressive pain in the pit of the stomach; flatulence of stomach and bowels, and diarrhœa.

Particular indications for special symptoms are as follows: Heart-burn, *Nux vom.* and *Bryonia*, or *Sulphuric Acid*; acidity of the stomach, *Nux Vom.* *Byronia*, *Chamomilla*, or *Sulphuric Acid*; flatulence, if attended with other symptoms of indigestion, and constipation, *Nux Vom.* If high under the ribs producing colic, with-

out the gas escaping, *China*. If of long standing and of frequent occurrence, *Sulphur*.

Dyspepsia.

When the preceding symptoms of derangement of the stomach become habitual, and of long standing, it is then generally termed dyspepsia. The remedies as above indicated are equally suitable here. In addition, *Sulphur* may be given for the same general symptoms as *Nux Vom.* Nausea, pain and fullness of the stomach, belching of foul tasting gas, acidity and water brash. *Calcarea* for similar symptoms after *Sulphur*. *Carbo veg.* for sense of fullness and pressure after eating, nausea, water brash, bad breath, spasmodic pain in the stomach. These remedies may be taken at intervals of from six to twelve hours. Many

obstinate cases are relieved by Bismuth 1st trit., taken immediately after each meal.

Nausea and Vomiting.

Is generally a symptom of deranged stomach, for which the remedies are specified above. If caused by overloading the stomach, promote the vomiting by use of a little lukewarm water, and follow with *Ipecac*; or where greasy food has been taken, and the nausea is attended with dizziness, *Pulsatilla*. For nausea and dizziness when moving the eyes or head, like sea sickness, or when caused by the motion of a swing or a carriage, *Cocculus*. For vomiting of bile greenish looking and bitter, *Ipecac*, *Chamomilla* and *Nux vomica* are indicated.

Vomiting of Blood.

REMEDIES.—If caused by an accident or mechanical injury, *Arnica*. If from disease of the stomach, with great prostration and nausea, *Arsenicum*. If females with suppressed menses, *Pulsatilla*. If hæmorrhage is profuse, give *Tincture Hammamelis*, ten or fifteen drops, every half hour, till arrested.

Sea Sickness.

REMEDIES.—Is an affection of the brain and nervous system, rather than the stomach, though reflected upon it. There is no effectual remedy for it known. *Cocculus*, *Ipecac*, and *Nux vom* have been recommended and have doubtless been of service in some cases.

(Bromide of Sodium has in some cases produced very favorable results.)

Cramp of the Stomach.

REMEDIES.—Nitric acid, an almost unfailing remedy, for intense cramp like spasmodic pain in the pit of the stomach ; drawing through to the back ; worse in paroxysms every few minutes. Much tenderness on pressure and nausea. May be given every quarter to half an hour. If necessary follow with *Nux Vomica* for same symptoms ; or *Ignatia* if caused by grief or mental emotions.

Inflammation of the Stomach.

Is characterized by a constant, violent, burning pain in the stomach with heat, throbbing, tenderness on pressure, and vomiting. Is sometimes caused suddenly by cold drinks while the system is over-heated. Is a very dangerous disease, requiring prompt medical aid. In the meantime a few

doses of *Aconite* may be given at intervals of twenty or thirty minutes ; followed by *Arsenicum* in the same way.

Constipation.

This affection when not symptomatic of other disease, will generally yield to one of the following :

REMEDIES. — *Nux Vomica*, when there is ineffectual desire, congestion of the head and headache, gastric derangement, and especially in persons suffering with piles. Should be given one or two doses a day, in the afternoon or evening. *Sulphur* may be given for the same class of symptoms after it, or in connection with it, in obstinate cases. Give a dose of *Sulphur* in the morning and *Nux vom.* at night. *Opium* when there is great torpidity of the bowels, without any desire for

action. *Bryonia* for persons of bilious habits, with disposition to headache, chilliness, and gastric derangement, or after bilious fevers. One or two doses a day will be sufficient. Avoid in all cases the use of purgative medicines. If it is desirable to procure a speedy vacuation of the bowels, use an injection of tepid water with a little castle soap rubbed into a light suds, or a teaspoonful of Glycerine. When the difficulty is habitual, solicit a movement regular at the same hour each day, and assist it by a careful kneading of the bowels.

For diet, use coarse brown bread, made from unbolted wheat; also fresh fruits and vegetables. Dispense with coffee, drink freely of water; avoid salted meats, cheese, and all highly seasoned food. Exercise freely in the open air.

Diarrhœa.

No disease yields more promptly than this to well selected Homœopathic remedies. Somewhat varied are the indications for their use. In many cases where diarrhœa is the result of overloading the stomach, or eating indigestible food, nature relieves itself by carrying off the offensive substance through the bowels or by vomiting. In such cases little else is required than rest. If the stomach remains irritable with nausea and vomiting, with watery, greenish or slimy evacuations, *Ipecacuanha* will relieve. *Mercurius* is suitable for a bilious diarrhœa, dark green, yellowish, slimy or bloody stools, very bad smelling; sharp cutting pains in the bowels, with nausea and faintness at the time of movement; urging and straining at stool: and worse in the after part of the day and

night. *Chamomilla* when there is severe colic-like pain in the bowels, evacuations of a thick, greenish, chopped like appearance, yellowish, or slimy. Is especially useful in diarrhœa of children while teething. *Dulcamara* for symptoms similar to *Chamomilla*, but always when the result of taking cold, with yellowish, watery, or slimy discharges. *Podophyllum* for the ordinary bilious summer diarrhœa, with griping pain in the bowels, as after the action of a cathartic; yellowish or slimy stools, with pressure upon the rectum; food undigested; worse in the morning. *China* where the diarrhœa comes on immediately after eating, and consists of undigested food, with much flatulence, and colic pain in the bowels, and sense of great weakness. *Arsenicum* for frequent watery or greenish discharges, with thirst,

restlessness, rapid prostration of strength, sunken eyes, heat in the stomach and bowels; for painless, involuntary watery evacuations, with nausea and vomiting; for diarrhœa of teething children, and cholera infantum. *Veratrum* for violent cases with coldness and rapid loss of strength; and finally, *Phosphoric acid* for watery, light colored or involuntary evacuations, attended with loud rumbling of the bowels, is a never failing specific. These remedies should be given at intervals, varying from one to three hours, according to the urgency of the symptoms, gradually prolonging the interval as improvement takes place. Rest is essential to a speedy cure.

Diet.—The food should be mainly farinaceous, toast bread, rice, farina, or mutton broth.

Dysentery.

Is not a diarrhœa or looseness of the bowels; on the contrary it is characterized by constipation, or a retention of the natural discharges. The evacuations are slimy or a bloody slime; sometimes pure blood, and attended with fever, violent cutting pain, and tenesmus, or urging, straining at stool. These symptoms are caused by congestion and inflammation of the lining membrane of the bowels; and accompanied with almost entire inaction of the liver. As soon as the evacuations again become bilious, with abatement of the fever, the disease is subsiding.

REMEDIES. — *Mercurius corros.* is the great specific in this disease. Special indications for its use are the mucus or bloody evacuation; nausea, urging and straining at stool, as if the bowels would be forced out; worse at

night. When attended with fever alternate with it *Aconite*; or if the colic pains are severe, and discharges mixed with greenish or bilious matter, *Colocynth*. *Nux vomica* may be useful where the evacuations are small and frequent, with violent cutting pains in the bowels and excessive straining.

Give *Mercurius* every second hour, and either of the above remedies when required, once in the interval. When there is much discharge of blood, and severe pain, preventing rest, immediate relief may be obtained by using a starch injection with a teaspoonful of *Tincture Hammamelis* added. The whole injection should not contain more than a tablespoonful, in order that it may be retained. Repeat the injection if necessary once in six hours. The application to the bowels

of a wet compress, wrung from cold water, and covered with a dry cloth, is also of great service, and may be repeated as often as it becomes dry.

Diet.—All animal food and vegetables must be dispensed with, except the use of mutton broth when there is not much fever. Stimulants are hurtful. Farina, and milk, gruels of various kinds, and black tea, or water in small quantities may be allowed. Entire rest upon the back is essential.

Cholera Morbus.

Occurs mostly in summer, and generally comes on in the night, with vomiting, purging, and pain in the stomach and bowels.

REMEDIES.—When the vomiting is prominent, commence with *Ipecac*, a dose every twenty or thirty minutes, if necessary. If with thirst and restless-

ness, profuse watery evacuations, great prostration, give *Arsenicum* in the same manner; or if with severe cutting pain in the bowels, increased prostration, coldness of the extremities and cramps, *Veratrum*.

If great exhaustion, general coldness, threatening collapse, *Camphor tincture*—one or two drops on a little sugar every ten or fifteen till reaction sets in.

Asiatic Cholera.

This epidemic and fatal disease requires the most prompt and skilful treatment. As, however, it is often impossible during such an epidemic to secure at once the services of a physician, life may often be saved by a knowledge of the proper course to be pursued.

TREATMENT.—The disease is generally preceded by a diarrhœa of a

day or two standing, which, if neglected, will soon end in fully developed cholera. This is commonly a light colored, watery, painless diarrhœa, attended with rumbling of the bowels and requires the use of *Phosphoric acid*, a dose every one or two hours, till checked. Absolute rest is also indispensable. Should the disease progress to an attack of cholera, with vomiting and rice water discharges, *Camphor* is the first remedy in all cases. Give the strong *Camphor* spirits (prepared one part camphor to six parts strong alcohol), in drop doses, on a little sugar, or in a spoonful of iced water, every five or ten minutes, gradually prolonging the interval as the symptoms improve. If free perspiration ensues, discontinue it. Should there be no improvement within a couple of hours, then give *Veratrum*,

a dose every fifteen or twenty minutes ; especially if there be vomiting and profuse discharges of fluids like rice water, cold bluish face and lips ; cold perspiration on the forehead, with thirst ; great prostration and cramps.

Arisenicum is indicated more particularly if there is extreme prostration, with great restlessness, burning heat in the stomach ; intense thirst, nausea and vomiting immediately after drinking.

Cuprum should be given for nausea and vomiting, and cramps in chest and stomach, but especially in the calves of the legs.

For the last stage, when the patient lies in stupor ; is pulseless, with cold breath and general coldness ; dark bluish countenance ; in short, a completely collapsed condition, when other remedies have proved unavailing,

Carbo veg. may yet avail to save the patient.

As the result of the above treatment in numerous epidemics of cholera, the death rate has averaged only from six to eight per cent.

As preventives, *Cuprum* and *Sulphur*, a dose morning and evening, have been generally recommended. Especially to be commended is wearing a broad band of flannel over the bowels.

In case of an attack of cholera, the discharges both by vomiting and from the bowels, should be received in a suitable vessel, containing a solution of Carbolic Acid, one part to twenty of hot water, or solution of Chloride of Lime, an ounce to a quart of water, using a quantity equal to the discharges. Bedding and clothing, and all dishes used by the patient should be put at

once in boiling water containing some disinfectant such as Carbolic Acid, or Borax, one quarter of a pound to a gallon of water.

All the water used for drinking should be boiled. It can be made more palatable by filling a bottle half full and shaking thoroughly to aerate it.

Diet.—For persons in health during the prevalence of cholera, change the ordinary diet as little as possible. Avoid all unripe and uncooked fruit; certain vegetables, as cucumbers, squash, cabbage, green beans and melons, and in general everything which is found to disagree with the stomach at any time.

During an attack, rice or toast water, arrow-root, farina gruels, milk or beef tea may be allowed; and for the extreme thirst, cold water in small

quantities, or, if this induces vomiting, bits of ice.

Colic.

REMEDIES. — *Colocynth* for colic proceeding from flatulence which cannot be discharged, sharp, violent pains, either constant or returning at short intervals, bruised feeling of the bowels, and especially if in connection with other bilious symptoms; give every fifteen or twenty minutes till relieved. *Nux vomica* for severe pain in the lower portion of the bowels, sharp cutting pains, pressing in every direction, and relieved by sitting or lying down, soreness of the abdomen and constipation. *Chamomilla* especially for children, and when attended with greenish or bilious diarrhœa. Injections of warm water, as hot as can be borne, will often give immediate relief. *China*

for colic, with flatulence, worse at night.

Inflammation of the Bowels.

A characteristic of this disease is extreme tenderness upon pressure, so that even the weight of the bed-clothes cannot be borne, in consequence of which, the patient lies with knees drawn up to the body; commences with chill, fever, and the usual signs of inflammation; requires at once the care of a physician. In the meantime *Aconite* and *Belladonna* may be given alternately every hour. Hot fomentations are very useful.

Piles.

Presents itself in two forms; as blind or flowing piles, though there is no essential difference between them. The disease is almost always accompanied with or aggravated by constipa-

tion. It is also produced by the use of alcoholic stimulants, excessive use of tea and coffee, the use of cathartics, particularly aloes, rhubarb and jalap; sedentary habits, worms, or compression of the waist by tight clothing.

REMEDIES.—*Nux vomica* and *Sulphur* are most frequently indicated. One dose of the latter in the morning, and the *Nux vomica* at night; may be given more frequently in acute attacks. *Nux vomica* whenever there is constipation, ineffectual desire for movement, colic pains, pressing pain in the back, and in persons of sedentary habit. *Sulphur* for itching and burning, and the tumors moist, with sensation of weight and fullness in the rectum. *Arisenicum* when there is extreme heat and burning in the tumors and lower part of the bowels; for either blind or flowing piles.

Belladonna for bleeding piles, with severe pain in loins. *Aesculus* if much backache and constipation. *Alæs* with loose bowels, heat, soreness and local pain. If the bleeding is considerable, *Tincture Hammamelis* will arrest it. Inject a teaspoonful with a little starch paste, so that the whole does not exceed a tablespoonful, and take three or four drops in a little water every twenty minutes. Applications, also, of *Tincture Hammanelis*, by means of a soft cloth, will relieve the pain and soreness. Oil of Arnica is also excellent for this purpose, and also the warm Sitz bath.

Diet.—The diet should always be such as to favor free and easy evacuation of the bowels; hence mainly fruit and vegetables, avoiding stimulants and spices of every description.

Worms.

REMEDIES.— If accompanied with fever, *Aconite*. For pin worms, *Mercurius* and *Sulphur*; and inject freely tepid salt water into the rectum, where they are usually lodged. For the long, round worm when seen, or where there is picking of the nose, irregular appetite, fetid breath, grinding of the teeth, colic pains and restless peevishness, *Santonine* or *Mercurius*. For the tape worm (white, flat and jointed), or in all obstinate cases, give perseveringly *Calcarea* and *Sulphur*.

For Diet.—Milk, meat broths and meat where there is not much fever, is better than vegetable food. Milk particularly is regarded beneficial during attacks of worm colic.

Inflammation of the Liver.

Is in most cases a severe disease,

requiring the attendance of a physician.

REMEDIES.—If fever, dry hot skin, thirst and chilliness, *Aconite*. If tenderness upon pressure, pain in the right side, worse on moving or even breathing, yellowish or brown coating of tongue, *Bryonia*. If the pain is dull, not aggravated by pressure or motion, yellowish skin, bitter taste, and yellow coated tongue, *Chamomilla*. Where the patient is jaundiced, with yellowness of the skin and eyes, bitter taste in the mouth, chilliness, aching pain, with inability to lie on the right side, and a clammy perspiration, *Mercurius*. When there is sharp pain in the liver, swelling of the right side, diarrhœa, with redness of the face, *China*. And finally, for shooting pains and great tenderness of the right side, especially if accompanied with gastric

symptoms, as nausea and vomiting, or sour and bitter taste, headache, high colored, scanty urine and constipation, *Nux vomica* or *Chelidonium*.

Liver Complaint.

As generally understood, denotes a chronic inflammation of the liver.

REMEDIES. — In addition to those named for acute inflammation, *Sulphur* will be useful where Mercury in any form has been taken in excess. *Lycopodium* where the bowels are habitually constipated; and *China* when the bowels are loose, and the symptoms are more prominent every other day. *Podophyllum* if loose morning stools.

Jaundice.

Is caused by torpidity of the liver, and consequent deposition of the bilious

coloring matter in the skin and other organs.

REMEDIES.—*Chamomilla* and *Mercurius* will generally suffice in mild cases. *Bryonia* if attended with chilliness. *Nux vomica* if with gastric derangement and constipation. *China* in obstinate cases.

Biliousness.

REMEDIES.—*Bryonia* and *Nuxvomica* for chilliness, headache, weariness, bitter taste and constipation. *Chamomilla* and *Pulsatilla* for dizziness, jaundiced appearance of the skin; tongue coated brown or yellowish, oppressive fullness of the stomach and bowels, and diarrhœa.

Use also sponge baths of alcohol and water, or salt water.

Inflammation of the Kidneys.

Is attended with a dull distressing

pain in the region of the kidneys; that is, on either side of the spine between the hip and the short ribs. The pain is aggravated by stooping, coughing, or by motion, and by lying on the affected side. It is attended with chill and fever, and in most cases with numbness of the thigh on the affected side; generally the secretion of urine is much diminished, and passed with much pain and burning; sometimes mixed with blood or matter. Is most liable to affect adults; and may be the result of sudden cold, of gravel, violent lifting, suppressed hæmorrhages, or excessive use of stimulants.

REMEDIES.—*Aconite* for the fever, in repeated doses, every hour; or *Belladonna* if the pain recurs periodically; pain, stinging burning, extending to the bladder; urine scanty and

very high colored, and with colic pains in the bowels. *Nux vomica* for dull, heavy pain, mostly in back ; and when the result of a cessation of the accustomed bleeding of the piles, or from excessive use of liquor. *Cantharis* for sharp cutting pains, but particularly when the emission of urine is intolerably painful, a few drops at a time, with burning, stinging pain, and urine sometimes mixed with blood. Also *Terebinth*.

The remedies may be taken every hour, prolonging the interval as improvement follows.

Diet.—Should be light and unstimulating, mainly of gruels ; and for drinks, cold water, crust coffee or solutions of mucilaginous substances, as gum arabic, slippery elm or flax seed.

Inflammation of the Bladder.

Is recognized by pain, heat and tenderness over the bladder; urination difficult, painful, and urine high colored or bloody.

REMEDIES.—Similar to “Inflammation of Kidneys.” *Aconite* or *Belladonna* for the fever. *Cantharis* for the pain in urinating. *Nux vomica* and *Pulsatilla* in mild cases, or for frequent recurrence on taking cold.

Painful Urination.

Is generally accompanied with heat, frequent and urgent desire, with inability to pass but a few drops at a time. Such symptoms require *Cantharis*. If the result of a sudden cold, *Aconite*; or if from suppressed piles, or excessive use of stimulants, *Nux Vomica*. If the pain is in the extremity of the passage, accompanied

by a mucus discharge, *Mercurius* or *Pulsatilla*.

Rheumatism.

A disease best appreciated when experienced, obtruding its unwelcome visage in every hole and corner of the human dwelling; searching diligently for, and remorselessly seizing upon every weak and unguarded point of human frailty. Consults no one's convenience, spares neither old nor young, and has no manner of respect for even the medical profession. For practical purposes the disease may be divided into two forms, acute and chronic. The acute form is generally developed after a sudden cold or check of perspiration with chill and fever.

REMEDIES. — *Aconite* where the fever is high, of an inflammatory character; dry, hot skin, thirst and

redness of the face, with sharp, shooting pains. If the affected parts are red and shining, with swelling, *Belladonna*. *Mercurius* when there is profuse perspiration which affords no relief; pains worse at night and when warmly covered. *Pulsatilla* if the pains suddenly change their location, wandering from one part to another, causing swelling and redness, worse at evening, and particularly when located in the foot and lower extremities. *Bryonia* particularly when located in the joints, sharp darting pain on the least motion or pressure, attended with stiffness and swelling, headache, thirst and sour sweats. *Rhus tox* where the pains are worse during rest, relieved temporarily by motion; brought on by cold, and worse in damp, wet weather.

Alcoholic vapor baths will afford relief for the acute pain, as will also

the application of hot alcohol, and friction with flannel. Wet compresses from cold water will often allay the pain and reduce inflammation, as also other forms of bath, which should only be used by advice of a physician.

Chronic Rheumatism.

Any of the above remedies may be equally useful in the chronic form of the disease. In addition, *Sulphur* may be used in most chronic cases, where there is recurrence on every trifling exposure, when the pains become seated, affecting the joints and the limbs, relieved by external warmth and aggravated by cold, especially if attended with gastric disturbance, loss of appetite, acidity, &c. Many obstinate cases have been permanently benefited by a persevering use of sulphur-water or vapor baths. *Nux vom-*

ica or *Bryonia* when the pains are principally in the back, with stiffness and inability to move, with headache and costive habit. Rheumatic subjects ought always, summer as well as winter, to wear flannel next the person; to guard the feet well from dampness, and carefully avoid the sudden checking of perspiration.

Lumbago.

Is of a rheumatic nature, located in the muscles of the back and loins; comes on suddenly; sometimes with fever.

REMEDIES.—Very similar to acute rheumatism; *Bryonia*, very painful on motion; *Rhus tox*, if painful while at rest, and especially if from exposure to damp, wet weather; *Nux Vom.* sore, lame feeling of the back, aggravated by constipation. If caused by

overstraining the muscles, use *Arnica* internally and apply *Arnica Oil* or *Tincture*. In severe cases use hot fomentations.

Sciatica.

Is characterized by a violent rheumatic pain, commencing in the region of the hip and following the course of the sciatic nerve to the knee or foot; a neuralgic rheumatism; a very painful and obstinate disease, requiring skillful attention. *Arsenicum* and *Nux Vomica* are important remedies; or *Chamomilla*, when attended with great nervous restlessness. *Colocynth*, shooting, tearing pains down the leg, worse from motion and pressure—worse in daytime. If with numbness and tingling of the parts, and during damp, wet weather, *Rhus tox.*

DISEASES OF FEMALES.

It is estimated that scarce one female in ten, between the ages of fifteen and forty, are entirely free from some form of uterine disorder.

One fruitful source, often urged but not always understood, is faulty dressing. Females are apt to suppose that if they do not take cold, or experience any immediate evil effects from imperfectly protecting the neck, shoulders, arms and feet, or from suddenly changing from the warmest woolen clothing of the day to evening dresses of the lightest fabric, that the practice is not injurious; yet here is laid the foundation of diseases that afterward render life burdensome.

The blood is conveyed from the heart by deep seated arteries to sup-

ply all the inner organs of the body ; a large proportion of it is returned to the heart by numerous veins immediately under the skin. If then, the surface of the body be exposed to the cold air, or the extremities not sufficiently protected, the blood is driven from the surface, producing congestion of the inner organs ; from whence arise not alone the throat and lung diseases, so prevalent, but the whole class of female complaints, equally troublesome, if not so fatal. It is evident also that tight lacing, or wearing the clothing tightly fastened around the body, acts in the same injurious manner ; and all the more in proportion as a lady is well formed, the *Venus de Medici* being the standard.

Females therefore suffering from these diseases, should be very careful to wear their clothing loosely about

them, and if necessary, their skirts attached to waists made for the purpose, rather than tightly tied around them.

Delay of the First Menses.

Is frequently attended with bleeding of the nose; flushed face; dizziness and palpitation of the heart.

REMEDIES.—*Belladonna* and *Pulsatilla* are very effectual. May be given two or three times a day on alternate days. In persons of delicate health, with general debility, and loss of appetite, every thing that tends to promote the general health and strength will be of service; as daily baths of alcohol and water; horseback riding, and free exercise in the open air.

Suppression of Menses.

REMEDIES.—If occasioned by wet feet or taking cold, *Pulsatilla*. If

attended with fever, headache, pain in the back and limbs, add *Aconite*, and alternate every hour. If the face is red and flushed, and throbbing of the temples not relieved by *Aconite*, substitute *Belladonna*. If the congestion is principally in the chest, *Bryonia*. If the suppression is long continued, accompanied with slight fever, pains in the hips and limbs, and especially if with bloating of the bowels or limbs, give *Apis Mell.* *Sepia* is also beneficial in cases of long standing. The action of the medicines may be assisted by hot foot baths or better hot sitz baths, as hot can be borne for ten or fifteen minutes, preferably at bed time.

Menses too Frequent.

More likely to occur from debility than full habit. Attention to the general health is all-important.

REMEDIES. — *Calcare* and *China* are leading remedies. May be given two or three times a day during the interval of the period.

Menses too Profuse.

REMEDIES. — If very profuse and exhausting, with nausea; blood bright, *Ipecac.* If there is great weakness, faintness and ringing in the ears, *China*; or if with cold extremities *Secale.* Should these fail, or if it amounts to real flooding, give *Tincture Hammamelis* three or four drops every fifteen or twenty minutes; and inject the same by means of the female syringe; using a teaspoonful to a sufficient quantity of hot water.

Painful Menstruation.

REMEDIES. — *Pulsatilla* when scanty or delayed; sharp pains in region of the womb, back and loins, changing

from one place to another. *Cocculus* for severe menstrual, colic ; spasmodic, coming on worse at intervals ; all through the abdomen. *Chamomilla* for severe labor-like pain, dark, clotted blood, rendering one very nervous and irritable. *Belladonna* for persons of full habit ; flushed face, with heavy, bearing down, throbbing pains.

In severe cases, *Tincture of Cannabis Ind.*, will often give speedy relief.

If the difficulty is habitual, occurring at every monthly period, it can only be cured by appropriate treatment during the interval, for which a physician should be consulted.

Critical Period. Change of Life.

For the congestion to the head, flushed face, giddiness, headache and general debility common at this period,

Belladonna and *Pulsatilla* are very efficient remedies.

For the sudden flushings, breaking out into perspiration, *Arsenicum* or *Lachesis*.

Leucorrhœa, Whites.

REMEDIES.—*Calcarea C.* for white, milky discharge, in weakly persons in whom the monthly period comes on too early and too frequently; also for young children.

Pulsatilla, especially for young people; a thick white or yellowish mucous, apt to be irritating.

Sepia, for yellow or greenish discharge, worse just before the monthly period, with costiveness.

Kreosote, if very offensive and long-continued.

DISEASES OF PREGNANCY.

Nausea and Vomiting.

Tabacum will sometimes relieve the most obstinate cases. If bilious symptoms predominate, the matter vomited bitter and green, with coated tongue, *Ipecac* or *Nux vom.* If with great prostration, *Arsenicum.* If the nausea is principally in the morning, a cup of hot water as hot as possible should be taken before attempting to get up.

Heartburn. Acidity.

REMEDIES.—*Bryonia* for acid burning in the pit of the throat. If with sensation of a heavy load on the stomach, and constipation, *Nux vomica.* If after partaking of any greasy food, *Pulsatilla.*

Sleeplessness.

For inability to sleep at this period use successively *Coffea*, *Belladonna* or *Hyoscyamus*.

Spots on the Face.

For the brown and yellowish spots sometimes appearing on the face during pregnancy, *Sepia* may be administered, following it if necessary, with *Sulphur*.

Constipation.

For this difficulty take *Sulphur*, a dose in the morning, and *Nux vomica* at night, and favor by a fruit and vegetable diet. If with piles, *Collinsonia*.

Vericose Veins.

REMEDIES.—*Pulsatilla* or *Hammamelis*, and bathe the swollen veins with *Tincture Hammamelis* or *Pond's Extract*. If the veins become much enlarged, it is necessary to bandage the limb tightly.

Painful Urination.

REMEDIES.—*Cantharis*, if with painful burning and scalding; scanty and frequent. Follow, if necessary, the *Apis* or *Terebinth*.

Incontinence of Urine.

Frequently a mechanical difficulty caused by the presence of the enlarged uterus upon the bladder; *Belladonna* or *Pulsatilla* may prove beneficial.

Preparation for Labor.

Can anything be given to shorten the period and alleviate the sufferings of childbirth? Dr. Hill, Prof. of Surgery at Cleveland, says in reference to this subject, "whatever others may think or say in relation to any preparatory treatment for labor, I have reason to know as well as anything in medicine can be known, that patients thus treated, pass through labor much

quicker, frequently in one-fourth the usual time. Their sufferings are much less, and the length of time for recovery to ordinary health after labor, is greatly abridged."

The treatment to which he refers is the use of two remedies, *Caulophyllin* and *Macrotin*, prepared from roots, and perfectly harmless in all cases; to be taken for two or three weeks previous to labor. Sitz baths during the latter portion of the term at a temperature of about 90° will also prove beneficial. May be taken at bed time, and continued for about ten minutes at a time.

Sore Nipples.

Where a tendency to this difficulty is known to exist, wash the nipples for a few weeks before confinement with spirits of wine or brandy. If, notwithstanding, they become sore, apply

Calendula Cerate and take *Calcarea* or *Sulphur*.

Gathered Breasts.

When the breasts first become hard and swollen and the secretion of milk decreasing, give *Bryonia*. If there is much inflammation, fever and redness radiating from the center, *Belladonna*. If suppuration threatens simmer together three or four ounces of castor oil and a handful of bruised raisins; strain and apply on a piece of flannel and give *Phytolacca Tinc.* If suppuration cannot be avoided, give *Hepar Sulphur* or *Phosphorus*, and apply poultices of slippery elm or ground flax seed.

Nursing Sore Mouth.

REMEDIES. — *Mercurius* in most cases. If necessary follow with *Sulphuric Acid*^s, a dose of either every two or three hours. Apply borax in water or glycerine.

DISEASES PECULIAR TO CHILDREN.

**Soreness of Skin. See "Chafing
Jaundice."**

Soon after birth, children sometimes exhibit a jaundiced appearance. It generally passes off in a few days without treatment. Should anything be required, a few doses of *Chamomilla* or *Mercurius* will remove the difficulty; if obstinate, *China*.

Snuffles.

When from catharrhal cold, with obstruction of the nose, *Sambucus* will relieve. Follow with *Nux Vomica*, if dry, or *Pulsatilla*, if moist.

Colic.

If the limbs are drawn up to the body, with flatulence of the bowels, or greenish, slimy stools, colic is the occasion, give *Chamomilla*. If the

bowels are distended without evacuation, give *Colocynth*. If starting suddenly from sleep, *Belladonna*.

Sleeplessness.

Often caused by irregularities of diet and mental excitement of the mother. If not caused by coffee taken by the mother, give *Coffea*. If the child is restless and feverish, starting suddenly from sleep, *Belladonna*. If with fever and dry heat, *Aconite*.

Inflammation of Eyelids.

Sometimes occurring soon after birth, requires *Pulsatilla*. If much discharge of matter, give *Argentum Nit*. If anything further is needed, give *Calcarea* or *Sulphur*.

Vomiting of Milk.

If persistent, will arise from over-feeding, giving too much at a time, or from indigestion.

REMEDIES.—If sour and curdled, *Pulsatilla* or *Bryonia*. If with much pain, *Chamomilla*; or with constipation, *Nux vom.*

The question of infant feeding is of the greatest importance. When a child is brought up upon a bottle, it cannot always be known what will best agree with it. Usually good cow's milk, more or less diluted, and sweetened slightly with sugar of milk, is the best substitute for the mother's milk. If the bowels are very loose and movements undigested, condensed milk is preferable. In many cases goat's milk has been successfully used.

If nothing seems to agree, then prepare the food as follows; somewhat troublesome but very effectual:

To one pint of milk, add ten grains pepsine; beat in thoroughly; cover and set on a warm stove, undisturbed,

until curded, perhaps thirty minutes. When solid, beat up with a spoon; strain, and add half as much water as there is whey; sweeten slightly. If well borne, add a teaspoonful of cream. If it can be procured, a piece of rennet an inch square will do as well, perhaps better than the pepsine, which is always reliable. The rennet can be washed and used repeatedly. Mellins food is probably the best of all artificial foods.

Sore Mouth. Thrush.

REMEDIES. — *Mercurius*, followed by *Sulphur* if necessary, and wash the mouth with a solution of borax, or solution of Chlorate Potash.

Cholera Infantum.

Is often produced by food that does not agree with the child, although it may be unobjectionable in itself. In

most cases the mother's milk is preferable to anything else. If this fails, good cow's milk, properly diluted, should be given. If this induces loose movements, and throwing up of the food, condensed milk may be better. When these have failed, *Mellen's Food* has often proved successful. Also Peptonized milk. In most cases, improper food or unhealthy surroundings are the chief causes of this disease. Remove these and the trouble ceases.

REMEDIES.—If vomiting is a prominent symptom, *Ipecac.* If with great thirst, vomiting immediately after drinking, accompanied with profuse watery diarrhœa, *Arsenicum*; or if with sunken eyes, cold extremities, *Veratrum.* If with convulsions, *Aethusa.*

This disease frequently runs a very rapid course, and unless speedily

checked, a physician should be obtained without delay.

For the ordinary form of diarrhœa or constipation, see these diseases elsewhere,

Difficult Dentition.

REMEDIES.—When teeth come very slowly, are attended with wasting of the flesh and loss of appetite, *Calcarea* and *Belladonna*. For the diarrhœa, *Chamomilla*, *Ipecac* or *Arsenicum* are most frequently indicated. See “Diarrhœa.” If the bowels are constipated, *Nux Vomica*, *Bryonia* or *Opium*. For the fever, restlessness and heat of head sometimes accompanying teething, *Aconite* and *Belladonna*; or if very wakeful and restless at night, *Coffea*.

Convulsions.

REMEDIES.—Give *Belladonna* every ten or fifteen minutes, five or six glob-

ules at a time laid upon the tongue, even though the child cannot swallow, *Chamomilla* with a teething child, subject to colic. *Cina*, where it is known to be caused by worms.

Immerse to the chest in a warm bath, keep the head cool, and if consciousness does not soon return, secure a free action of the bowels by injections of warm water with a little soap added. As the disease may arise from a variety of causes, as the irritation of teething, worms, brain disease, suppression of eruptions, or diseases of the stomach and bowels, the care of a physician is indispensable to prevent the recurrence of the difficulty.

Water on the Brain.

The approaches of this disease are so insidious, that parents frequently do not recognize the danger, until too late

to be remedied. Among the earlier symptoms are unusual peevishness, disposition to remain in a horizontal position ; rolling of the head from side to side, or boring in the pillow, with the head thrown back ; hot head with cold extremities ; sleeping with the eyes half open. Later, when nausea and vomiting sets in, with bloodshot eyes or squinting, a rapid pulse, and a peculiar shrill cry, the disease is unmistakable. It is always a very dangerous and fatal disease, requiring prompt attention, and should never be left to family treatment. *Belladonna*, *Bryonia*, *Apis Mell.* and *Hellebore* are among the most reliable homœopathic remedies.

WHAT TO DO IN EMERGENCIES.**Drowning; Asphyxia from Gas;
Hanging.**

Artificial respiration should be practiced in all cases of suspended animation, whenever the respiration is less than ten to the minute. This can be done by any intelligent person in the following manner: "Remove the clothing from the chest and arms. Grasp the arms just above the elbows, and carry them gently outward, upward and backward till they meet just above the head. Then bend the arms at the elbow, and return them slowly to the sides of the chest, and press the arms firmly against the chest, holding them there for two or three seconds. Repeat this at the rate of fifteen or eighteen times a minute." Persevere with this a long time. It is

well to place a small pillow or roll of clothing under the chest; and also to draw out the tongue to keep it from setting back in the throat.

Frost-bites--Freezing.

For frozen ears or nose or extremities, rub with snow, or put in cold water. If so severe as to threaten life place at once in hot water bath. This has proved more successful than any other method.

Nose-Bleed.

REMEDIES.—If severe, may be arrested by blowing into the nose a little powdered alum or salt, as also by cold applications, or by Pond's Extract applied on cotton, or by spray.

If attended with congestion of the head with red face, give *Aconite*. The tendency to frequent bleeding may be removed by *Phosphorus*, or

in weak, feeble persons, or after sickness, by *China*. Give three or four times a day.

Sunstroke.

Is not always caused by exposure to direct rays of the sun, but may be due to prolonged elevated temperature in a close room, in the shade. The symptoms are unconsciousness, heavy labored breathing; high temperature, dry burning heat of the skin and no perspiration.

The object of treatment is to lower the temperature of the body. Remove most of the clothing. Sponge with cold water. Apply cold water to the head, and give as principal remedy, *Glonoine*^s or *Belladonna*.

Dog Bites.

If the wound is accessible, let it be sucked out, and then apply a strong

solution of Carbolic Acid, (twenty per cent.) Do not kill the dog unless it is known to be mad, to avoid unnecessary apprehension if it remains healthy.

Poisons.

In all cases of poisoning, as soon as possible thereafter, empty the stomach by an emetic. This may be readily done by a tablespoonful of common mustard in half tumbler of warm water; or if necessary by Sulphate of Zinc, twenty grains in tepid water. Can be repeated.

If the poison is unknown, procure of any druggist the following prescription, which will neutralize most mineral poisons. Take Calcined Magnesia, pulverized charcoal, and Sesquioxide of Iron in equal parts; dissolve in water and take freely of it.

If the poison is known to be Arsenic, Corrosive Sublimate or Sugar of Lead, use freely the whites of eggs.

For *Opium* and other narcotics, if not too late, give an emetic to empty the stomach if possible. Then follow with strong black coffee, or Ammonia. Walk the patient occasionally, to rouse from the stupor, and slap the skin with wet towels.

For Acids, give a strong solution of common white soap dissolved in warm water. Also lime water.

For poisoning by *Alkalies*, as Potash, Soda or Ley, give acids, as Vinegar or Lemon juice.

Burns and Scalds.

Probably the best application for burns, no matter how extensive or severe, is the bicarbonate of soda—common baking soda. It can be applied dry, or by making a strong

solution in water; an ounce to a pint. This will speedily relieve the pain and remove the inflammation. Another excellent application is sweet oil or vaseline, applied on raw cotton; or if the hand or arm, immerse it at once in milk, continuing it until the pain wholly ceases, and then bind on cotton batting. It is important to keep it from the air. Light cases of burns, where the skin is not broken, may be treated with *Arnica Tincture*. Should it be attended with fever give *Aconite* or *Belladonna*.

Wounds and Bruises.

For bruises the best application is *Arnica Tincture*. For cuts *Calendula Tinc.* Where there is reason to apprehend discoloration, black and blue appearance, do not apply cold water. This congeals the blood and produces it more certainly. Use warm

water, by which the blood is rendered more fluid, and circulating more freely through the small vessels, discoloration is avoided. In wounds accompanied with bleeding, notice whether the blood is dark, issuing in a continuous stream; or if bright red, and ejected by regular pulsations. In the former case it is from a vein, and requires nothing but pressure to stop it. Bind tightly over the wound a small compress of muslin, folded several thicknesses. If the blood issues in pulsations it is arterial, and dangerous if not soon stopped. In such case, tie tightly with a cord or pocket handkerchief *between the wound and the heart*, wherever that may be, until a physician can be procured to arrest it permanently.

Sprains and Strains.

Immerse the part at once in hot water, until the pain is relieved. Con-

tinue, if necessary, with hot fomentations. For the resulting soreness and stiffness, rub in thoroughly *Arnica oil*. If the tendons principally are strained, give *Rhus tox* three or four times a day.

Stings of Insects.

For bee or wasp stings, Quinby, the celebrated apiarist, recommends the common garden onion, applied where the sting entered. Cut the fresh onion and apply it to the spot, changing it every ten or fifteen minutes, till the pain and swelling disappear. Spirits of Ammonia, the common Hartshorn, is another excellent application for the sting of any insect, also the bi-carbonate of soda. For the poison of serpents, brandy or whiskey, taken to the extent of intoxication, is said to be the most reliable means of cure.

DIETETIC PREPARATIONS.

To assist invalids in a choice of proper nourishment, we add a list of various articles, with the best method of preparation. Simply remarking, that not all herein enumerated are proper for every form of disease ; but as provision is made for every condition, from the most serious sickness through convalescence, as well as for the dyspeptic otherwise in usual health, selection should be made by advice of the attending physician.

LIQUID ALIMENTS.

Of all others, *Milk* is the most desirable and important. Contrary to the old conceived opinion that milk was unsuitable in fevers, it is now known to be the safest and most desirable of any food. Much more nutritious than beef tea, and can be taken a little at a time, when all other food is repulsive. In rare cases where it does not seem to agree, a little lime water added to it will render it quite digestible. There are few if any diseases where it is not admissible, unless it is known to disagree in health.

Farina Gruel.

Mix a table-spoonful of farina in a little water; pour gradually on the mixture a pint of boiling water, stirring thoroughly, and boil for about ten minutes.

Oatmeal Gruel.

Mix well two tablespoonfuls of oatmeal with six of cold water in a basin ; add this gradually to a quart of boiling water, constantly stirring it until sufficiently boiled, which will be in about ten minutes. Strain it and add a little salt. It may be pleasantly flavored by previously boiling a handful of raisins in the water to which the meal is added.

Sago Gruel.

Macerate a tablespoonful of sago in a pint of water, letting it stand in a warm place by the stove for an hour or two ; then boil for fifteen minutes, constantly stirring it while boiling ; may be sweetened or flavored with a little lemon. Sago is very nutritious and easy of digestion, and is well adapted to febrile and inflammatory complaints.

Sago Milk.

Is prepared by soaking a table-spoonful of sago in a pint of cold water for an hour; pour off the water and add a pint and a half of milk; boil slowly until the sago is well incorporated with the milk. May be sweetened, or where a stimulus is desired, a spoonful of white wine added.

Arrow Root Gruel.

Mix two tablespoonfuls of Arrow root with water to a smooth paste. Gradually stir it into a pint of boiling water and let it cook till quite clear; sweeten with loaf sugar. Milk may be used when preferable instead of water, especially for children.

Cracker Panada.

Pour a pint of hot water upon three or four crackers in a bowl; cover with a plate to confine the steam. After

standing till sufficiently cool, sweeten with white sugar, and flavor with a few raisins. The raisins are not to be eaten.

Crust Coffee.

Take a slice of bread a day old and toast without burning. Then put it in the oven and slowly roast it for an hour. Pulverize it and pour upon it a pint of hot water; then add a little milk and sugar. Is an excellent substitute for coffee.

Barley Water.

Take two and a half tablespoonfuls of pearl barley; wash it carefully with water, then add half a pint of water and boil for a few minutes. Throw away this water, and add four pints of boiling water; boil down to one-half and strain; sweeten and flavor with lemon, or where the bowels are slug-

glish, two or three figs may be sliced and boiled with the barley. This preparation is nutritious and very digestible, and forms an excellent beverage in diseases of the bowels or urinary organs.

Rice Water.

Take of rice, half a teacupful; wash it well; add two quarts of water, and let it boil for an hour and a half. Pour off the water and sweeten, or add a little salt.

Strong Beef Tea.

Take half a pound of lean, juicy beef; cut it in small pieces; put it in a bottle; add a pint of water, and cork the bottle loosely, set this in a kettle of cool water, and let it boil thoroughly until the meat is white and tasteless. Season with salt only, and add toast bread. If too strong, add more hot water.

Beef Tea, No. 2.

Cut a pound of lean beef in small pieces, and add about half a pint of cold water. Let it stand half an hour then set it over a slow fire and simmer for an hour or two. Strain it and add a little salt. If too rich in any case, it may be diluted with more water.

Arrow Root.*

Take of arrow root a tablespoonful; sweet milk half a pint; boiling water half a pint; boil for a few minutes; sweeten with loaf sugar; an excellent preparation for children.

Boiled Flour.

Take of wheat flour one pint; tie it up in a linen cloth as tightly as possible, and after dipping it in cold water

dredge the outside with flour till the crust is formed around it, which will prevent the water from soaking into it while boiling; it is then boiled until it becomes a dry hard mass. Two or three spoonfuls of this may be grated and prepared the same as Arrow Root. One of the best possible preparations in diarrhoea.

Unbolted Flour.

Take one tablespoonful of unbolted wheat, or Graham flour as it is called, mix it with cold water about as thick as cream; then stir it into one pint of boiling water, and let it simmer till it becomes perfectly clear. Stir in a little salt, and after heating it well, remove it from the fire, and add four tablespoonfuls of cream and sweeten with white sugar.

JELLIES.

Isinglass Jelly.

Take of Isinglass two ounces, water two pints, boil it to one; strain, and add milk one pint, white sugar candy one ounce. This is one of the best articles of nourishment for children in cases of cholera infantum.

Wine Jelly.

Take half a package of Coxe's gelatine, soak it in half a pint of cold water for an hour. Add to this one pound of sugar and the juice of one lemon; pour over all a pint of boiling water, and stir until the gelatine is thoroughly dissolved. Add the wine, strain through flannel, and put into moulds in cool place.

Irish Moss Jelly.

Wash the moss two or three times in cold water, to remove the salt taste; add half an ounce of it to a pint and a half of fresh milk; boil down to a pint; strain and sweeten as agreeable; flavor with the juice of a lemon, or a little wine. It may be made also by using boiling water instead of milk, simmering it until the mass becomes thick and pulpy.

Arrow Root Blanc Mange.

Mix two tablespoonfuls of Arrow root with a little cold milk to the consistence of cream; stir it into one quart of boiling milk; sweeten, and flavor with lemon; let it boil, and continue stirring until it is quite thick and smooth; pour it into a mould, and set aside to cool; may be eaten with cream and sugar; or when directed flavored with a little wine.

BEVERAGES.

Cold water is the most grateful and desirable in almost all cases of sickness, especially in fevers and inflammatory diseases ; should be used sparingly in bowel complaints, and only at a natural temperature ; never with ice, though ice may be broken up in small lumps and eaten as a substitute for water, particularly where the stomach is too irritable to bear liquids. A most refreshing substitute is carbonated water, or plain soda drawn in syphon bottles. Kept in a cool place, and drawn fresh and sparkling as wanted, scarce anything is more grateful, especially in fevers. *Crust Coffee* made as directed above is both palatable and nourishing. Also *Rice Water*, made by boiling rice with water, and pour-

ing off the liquid when sufficiently done. *Lemonade*, when not contra indicated by the use of special medicines, is one of the most cooling and refreshing drinks, especially in fevers. Other preparations are :

Tamarind Water.

Fill a tumbler one-third full of tamarinds, fill up with cold water ; cover it and let it stand for half an hour. Very refreshing in fevers.

Prune Water.

Put a handful of good French prunes in a bowl ; nearly fill with warm water ; cover, and let it stand till cool ; if preferable, sweeten with white sugar. One of the best possible preparations where the bowels are constipated.

Jelly Water.

Dissolve currant or any other jelly in cold water.

Flax Seed Tea.

A most useful and agreeable drink, made by steeping an ounce of un-ground flax seed in a pint of boiling water; cover the vessel closely and let it stand an hour; strain it; add the juice of a lemon, and sweeten. Promotes expectoration in bronchial catarrhs.

Slippery Elm Infusion.

May be prepared in a similiar manner to flax seed.

Milk.

Is useful when nutritious but not stimulating diet is desired. It is especially so in chronic inflammation of the chest, bowels and bladder; in consumption and in diseases of children, with whom it always agrees better than with adults. With some it proves heavy and difficult of digestion, owing to the butter contained in it; with such skimmed milk will

agree better. Boiled milk is preferable in bowel complaints.

Wine Whey.

Boil a pint of milk, and when boiling add a wine-glassfull of Madeira or other wine; let it boil again, and then remove it from the fire, and let it stand a few minutes without stirring. Then remove the curd, pour the whey into a bowl and sweeten it. This is required in some prostrating diseases, as diphtheria, but should not be used except by advice of the physician.

Egg Nogg.

Is best prepared by adding to a glass of milk a fresh raw egg thoroughly beaten to a froth; mix well and sweeten with white sugar; then add half a tablespoonful of good malt whiskey or brandy. If too rich in any case, omit the yolk of the egg.

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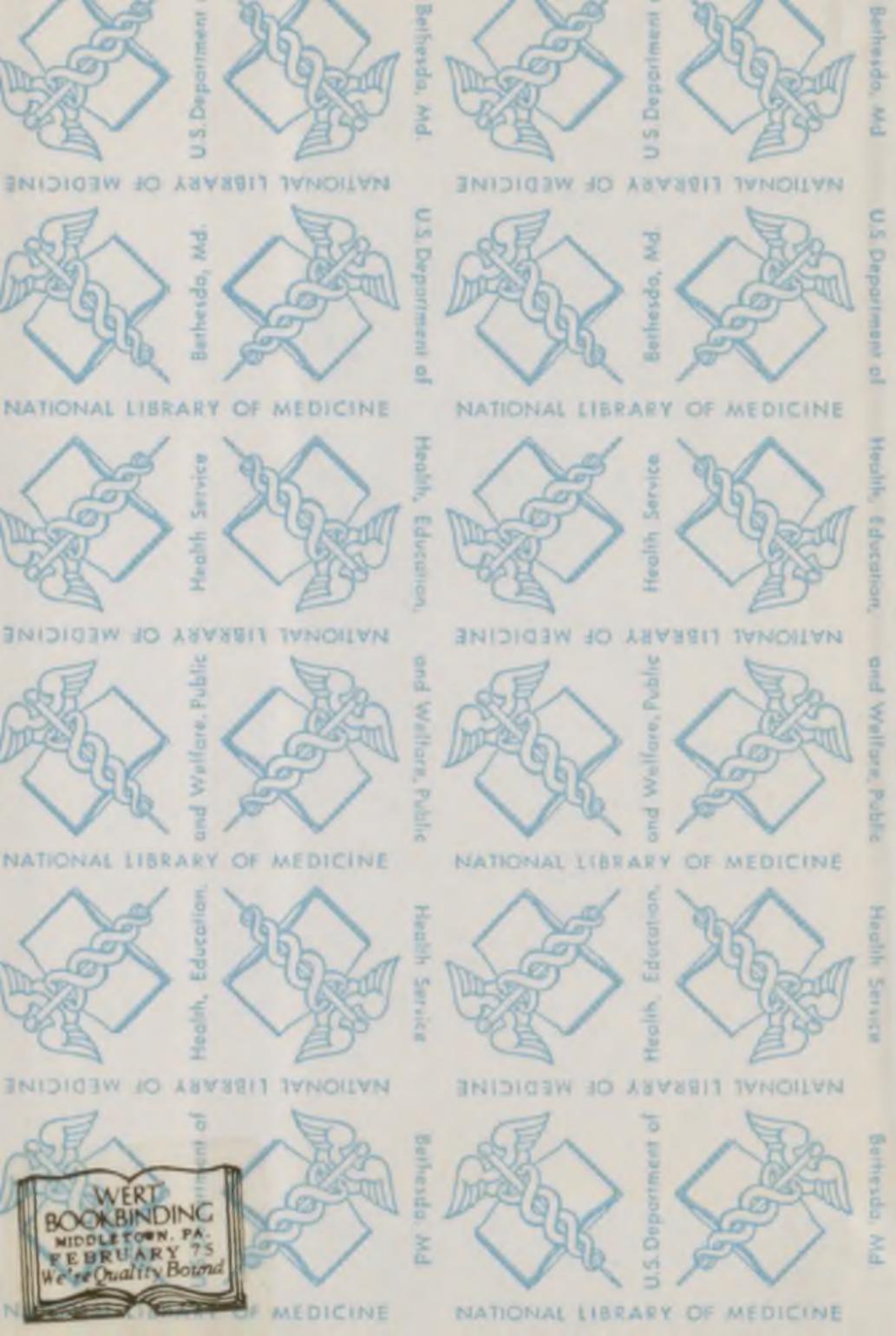
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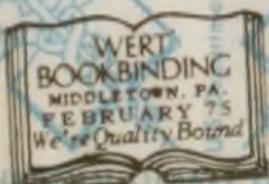
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