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„Die milde Macht ist groß“

Constantin Hering



C. HERING'S
DOMESTIC PHYSICIAN.

THIRD AMERICAN EDITION,

COMPRISING THE FORMER EDITIONS OF THE

HOMŒOPATHIST, OR DOMESTIC PHYSICIAN,

revised, with Additions from the Author's Manuscript

OF THE

FIFTH GERMAN EDITION,

TOGETHER WITH THE ADDITIONS OF

Drs. GOULLON, GROSS & STAFF,

TO WHICH IS ADDED A CHAPTER ON THE

Diseases of Women.

PHILADELPHIA.

1845.

For sale at *C. L. Rademacher's* Homœopathic Book and Medicine Store,
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Other ed. ? See 6105.53

Miss Anna A. J. Parsons,
Nov. 20, 1901,

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PREFACE OF THE PUBLISHER.

In presenting the third American Edition of this work to the public, the short period of time that has elapsed since the publication of the second, would almost cause us to believe, that the numerous objections urged against that edition in relation to the printing, paper, arrangement, &c., were without foundation; but we acknowledge, that in the second edition there is much room for improvement in its outward appearance.

We would therefore attribute the rapid sale of that edition, solely to the intrinsic merit of the work, and the high estimation in which the labors of its author are held by an intelligent public.

We hope it will be found, that the above defects do not mar the present edition: in comparing it with the second, it will be perceived—that no expense has been spared to improve the general appearance of the work—that many affections not enumerated in that edition, are fully discussed in this—that others, particularly the diseases of women and children, have been treated of more at large—that the number of remedies has been increased—and, that to many chapters, have been added tables which facilitate the selection of the remedies according to the symptoms of the parts affected.

With these improvements, the third edition appears before the American public; and subjoined, is an extract from the British Journal of Homœopathy, London, which shows in what estimation the labors of the author are held on the other side of the Atlantic.

PHILADELPHIA, August 10. 1845.

Extract from the British Journal of Homœopathy.

It is quite refreshing to turn from the clumsy compilation of Dr. N., to the original and forcible work of Dr. Hering. In the former, all is at second-hand, and the author seems to have no idea of the relative importance of the different statements he makes; in the latter, it is obvious that the greater part of the book is merely the directions and advice which the author, as a practitioner, has been long in the habit of giving, written down in plain language, and arranged with a methodic simplicity, indicative of a scientific mind. There is a certain homely gossiping manner about the book, that may at first give the impression of its being superficial; but a little more attentive perusal will convince the reader, that this is merely owing to the peculiarity of style which Dr. Hering has adopted; and, in reality, that it is a book deserving of attentive study, even by medical practitioners, as it is evidently the result of much patient observation, by an independent and accurate mind. What pleases us most about the book, is the sound common sense which pervades the whole of it. There is no narrow sectarianism in it. He seems to forget altogether that he is a homœopathic author; and to recollect only that he is to give advice to those in need of it. This leads him on many occasions to recommend appliances in domestic practice, which we presume he has not recourse to in his own treatment of similar cases. For example, in treating of croup, he recommends leeches to be applied, a practice certainly not necessary if the proper medicines be given,—but a practice which is as certainly not injurious, and which, in the uncertainty attending the choice of medicines in domestic practice, can do no great harm. **D**

not let it be supposed from this, that either we or Dr. Hering recommend blood-letting generally in acute diseases; it is only in cases where we have no security for the administration of the proper remedy, that we would employ means inferior indeed, but still proved, by ample experience, to be highly beneficial; and let those Homœopaths who scout the employment of the lancet at all times, and in all circumstances, remember that, by this zealot exclusiveness, they are really doing great injury to the cause they wish to advance, by occupying exactly the same position towards Allopathy, as we accuse Allopathists of assuming towards us,—that is, inveighing against a practice, as in itself mischievous or useless, which the experience of competent and dispassionate observers has decided to be beneficial. If we will not recognise the good of the old school, can we be surprised that it should treat our claims with indifference?

We cannot but regard this book as a very great acquisition; and should be most unwilling to include it in the sweeping censure we felt it our duty to pronounce on Domestic Treatises generally. Besides, Dr. Hering has vindicated his claim to write a domestic treatise, by having graduated in authorship, by the publication of many admirable, strictly scientific papers, and having established his reputation as a successful practitioner, well entitled to give advice. His book derives its name from him; he does not seek a name from it. We heartily recommend this little work as a most useful and innocent family counsellor; and should not be surprised if in time, it became, both for this country and America, the Homœopathic Buchan.

INTRODUCTION.

This book is designed as a guide to enable persons to effect a cure, in most cases of disease, by the use of homœopathic medicines, which are never injurious, and which rarely fail in affording the desired relief. It offers itself to those whom experience has convinced of the inestimable advantages of the new or Hahnemannian system of medicine, with the familiarity of an old friend, and claims from those who have had no opportunity of testing its merits, and who know or have heard nothing of this system, naught but a candid, unbiassed consideration of its worth.

This volume is intended as a Domestic Physician, to which parents may refer in most cases of indisposition in their families, and which will obviate the necessity of consulting a physician on every trifling occasion. To persons living in remote parts of the country, it will prove particularly valuable—as medical aid, especially at night, is procured not unfrequently with much trouble, expense and delay; but, with this guide at hand, relief can be obtained by following the directions hereinafter given.

As this work is intended for the great mass of the community, and to make the homœopathic system intelligible and useful to all, the author has studied distinctness and simplicity throughout, preferring even redundancy for the purpose of being *generally* comprehended, to critical conciseness, where there was a possibility of being obscure to a *few*. All being subject to disease, the author has endeavored, in this common place,

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familiar style, to make every one, whether he be the student in his closet, or the traveler on the road, the simple farmer or the wealthy merchant, the mother in her nursery or the mariner on the ocean, to a certain extent, his own physician. Clouds of objections, charged with no small share of invidious malignity, have gathered from time to time over the devoted heads of the disciples of Hahnemann, but ere long they will be absorbed or dispersed by the rays of practical experience, as the foul mists vanish before the morning's sun. The objection, (the only one which we have time or disposition to notice,) that homœopathic practitioners do not deem it necessary, and that it is not *absolutely* necessary to be acquainted with the old system of medicine, is unqualifiedly erroneous in every particular. No one can be a successful disciple of Hahnemann who is not well versed in the learning of the medical schools, and it would be just as impossible for him to act judiciously without a knowledge of anatomy, surgery and materia medica, together with mineralogy, chemistry and botany, as for a man ignorant of navigation and seamanship to carry a vessel with safety into port without a compass or a chart.

In giving this little work, though the result of much labor, to the public, the author is influenced only by a desire to introduce a more judicious and rational system of domestic practice, and to put the community on their guard against the glaring absurdities of the old system of physic, as at present practiced, and, in too many cases, obstinately persevered in.

METHOD OF USE.

The following directions for using this book must be accurately observed. In most cases, nothing more is

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necessary than to examine the table of contents, and the remedy to be administered will be readily found. The work is divided into two parts; the *first* treats of the most common causes of disease, and their proper remedies; the *second*, of diseases which occur most frequently in every-day life. Therefore, when the cause of sickness is obvious, or probable, first examine what is said of it in Part 1; then see what is said of the *disease* in Part 2. These are treated of in regular succession, commencing with the *head, neck, breast*, and so on downward, enumerating under each head the diseases to which that part is principally subject, and concluding with "*Some General Diseases.*"

By bearing this arrangement in mind, the reader will readily find what he may desire. The following examples of the manner of proceeding will be sufficient: Suppose a case of cold, attended with headache and diarrhœa; look first for "Colds," then for "Headache," then for "Diarrhœa." If a person is taken sick, and the direct cause is not perceptible, but the patient complains of pains in various parts of the body, examine the affections to which these several parts are subject; thus you will readily find the remedy applicable to all of them.

When the patient is ill, and labors under several complaints at the same time, it is well to ascertain and note down all the symptoms, without referring to the book, lest he may imagine, as it sometimes happens, something different from what is really the case, and thereby lead to the application of an improper remedy. Having thus noted accurately the complaints of the patient, then inquire minutely into all the attending circumstances.

First. The precise locality of the pain.

Secondly. Require of the patient a description of the

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pain, and to what it may be compared—whether tearing, cutting, beating, throbbing, &c.

Thirdly. The occasion of its getting worse or better, according to the time of the day—morning, evening or night—to the weather, whether damp, cold or dry—to the position of the body, whether still or in motion—whether before or after eating—after sleep, when touched, pressed, &c.

Fourthly. Note the combination of signs, (if any,) for instance, when coughing is accompanied with headache; or headache with inclination to vomit; or with this inclination, shivering, &c. Having written down these observations, look into the book for the principal signs, and you cannot fail to find the proper remedy.

Do not be discouraged because of difficulty in finding a suitable remedy, as these difficulties will vanish as you become familiar with the book.

HOW TO APPLY THE MEDICINE.

It is applicable in three different ways—first, by taking one or two globules; second, dissolved in water; third, in water mixed with alcohol.

First. For all common complaints, such as headache, toothache, stomach-ache, affections of the breast, &c.; or in more tedious cases, such as acute pains, foul stomach, sickness accompanied with violent vomiting, &c., *one or two globules* of the proper remedies should be administered. To children, to very sensitive persons and persons very aged, give but *one* of these globules.

Second. In all dangerous cases, or diseases of long standing, when much medicine has already been taken, and the system injured, and the dry medicine does not answer—in such case, the appropriate remedies should

be administered in water. For this purpose the glass must be very clean, and have contained nothing but milk or water, else you must rinse it out with cold then with hot water, dry and heat it on a stove as much as the glass will bear, and then suffer it to cool. The water you take should be as pure as possible, should contain no mineral particles, not hard, but so as to dissolve soap readily—or let it remain covered for twenty-four hours, and then pour off from the top as much as you may want. Put two or three globules of the medicine to be used into the glass, pouring thereon from a half to a whole pint of water, mixing it effectually.

Third. In case the medicine thus prepared and given has no effect, or does not operate as desired, and you are perfectly convinced that the remedy has been well selected, then prepare the medicine by putting it into a pint of pure water, and add thereto one or two tablespoonfuls of pure alcohol. When thus prepared, viz. with water, or with water and alcohol, a tablespoonful to adults and a teaspoonful to children must be given; in very violent cases, every hour, but in chronic complaints, or diseases of long standing, every morning will suffice. When the patient, after taking medicine, begins to feel better, however little, he should cease taking the medicine, because a healthful progress in the cure of the disease may be interfered with by taking too much of the remedy, but as soon as his convalescence ceases, he should begin to take some of the same medicine or an other appropriate one. It not unfrequently happens that the medicine aggravates the symptoms, and makes the patient *temporarily* worse, which is nevertheless, a good sign. In such cases, the patient should cease to take any more, and wait for the effects of what he has taken. Should the aggra-

vation be very violent, let him smell of camphor, but not change the remedy. But should the beneficial effect of the medicine be interrupted, and cease altogether, the patient consequently growing worse, in consequence of unavoidable bad smells, or catching cold, eating improper food, &c., he should take something to counteract the cause which occasioned this interruption, and then recur to the same medicine which had previously produced the favorable change. With regard to the external application of the Tincture of Arn., Symph. and Hyperic. it is only necessary to put 1 or 2 drops of the remedy in a tumbler with water, and apply this, as often as mentioned under each particular case, to the injured part.

While taking homœopathic medicines, in order to effect a speedy and permanent cure, the strictest attention should be paid to the rules of diet mentioned under the following directions, else all may be in vain.

DIRECTIONS FOR THE REGIMEN OF THE SICK DURING HOMŒOPATHIC TREATMENT.

The needful dietetic observances during Homœopathic treatment, are comprehended under the following general rule, viz:—The patient should abstain from the use of every thing of a medicinal nature, and should partake of light, digestible food to satisfy hunger, and of such drink as nature requires to allay thirst. According to this rule, the aliment may be classified under the following sub-divisions:—

A. ALIMENT ALLOWED.

1. In acute diseases the appetite is mostly impaired, and only the lightest and most simple kinds of nutriment are proper; but in these cases nature herself usually dictates the needful abstinence and the patient is allowed:

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Pure water in preference to all other drinks; toast water, or water with the addition of sugar, raspberry or strawberry syrup. Barley-water, rice-water, thin oatmeal gruel, panada, gum Arabic water, whey, milk and water, preparations of arrow root, sago and tapioca, without any other seasoning than a little salt and loaf-sugar, or one of the syrups mentioned:

Most kinds of ripe succulent fruits possessing little or no acidity, fresh or prepared by cooking, and eaten in moderate quantities at a time; as grapes, melons, dried fruits, as figs, raisins, prunes, dried currants, apples, peaches, strawberries, raspberries, and sweet cherries; but no fruit whatever should be used in cases of colic or diarrhœa.

2. After the more violent symptoms of acute disease have subsided, and the appetite calls for more substantial food, or in most chronic diseases, a wider range may be taken in the choice of aliment, and in such cases the following articles in addition to those already enumerated are allowed, viz:

All kinds of light bread and biscuit not containing potash, soda, or other similar ingredients, and not too fresh; cakes composed of meal, eggs, sugar, and a little butter; buckwheat cakes not raised with fermenting powders; light puddings and dumplings of wheat, Indian meal, rice, oatmeal or bread, without wines, spices, or rich sauces. Hominy, Indian mush, rye mush, groats, pearl barley.

Potatoes, turnips, carrots, spinage, cabbage, cauliflower, asparagus, green or dried peas or beans; (but these vegetables should not be used in colic or diarrhœa.

Milk, not too recent from the cow, butter-milk, boiled with milk or water, pure plain chocolate, weak black tea,

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Butter, free from any rancid or unusual taste, cream; mild cheese, curds and other simple preparations of milk, plain custards.

Raw or soft boiled eggs and egg tea, except in diarrhœa.

Soups and broths of animal and vegetable substances elsewhere permitted, seasoned with a little salt only; beef tea, chicken water, (the flesh being boiled at least for half an hour.)

Chickens, pigeons, turkeys, venison, and other wild game.

Beef, mutton, the lean part of ham, neats' tongues.

Fresh scale fish, except salmon.

Salt, sugar, ice creams with the syrup of strawberries and that of other allowed fruits, and not flavored with aromatics.

B. ALIMENT STRICTLY FORBIDDEN.

Old smoked salt meat, salted fish, veal, geese, ducks, the liver, heart, lungs, or tripe of animals.

Rancid butter, old strong cheese, lard, fat pork, turtles, terrapins, oysters raw or cooked, hard boiled eggs, omelets.

Fish without scales, as catfish and eels; lobsters, crabs, clams and soups prepared from them.

All kinds of nuts. Coffee and green tea.

Food, prepared from blood, and much animal fat.

Veal cutlets; all kinds of sausages, particularly such as are smoked.

The flesh of all young animals.

All soups highly seasoned, sauces, drawn butter, pepper-pot.

Cakes prepared with much fat or aromatics.

All kinds of colored confectionery, pastry, honey. (Colored toys, if the colors be not fixed, are on all occasions to be withheld from children.)

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Cider, vinegar, salads or cucumbers prepared with it; sauerkraut, pickles.

Artichokes, pickles prepared from spices, or greened with copper; catsups, parsnips; celery, horse-radish, garlic, raw or pickled onions, all kinds of pepper, sweet oil, mustard, saffron, nutmeg, ginger, lemon or orange peel, vanilla, laurel-leaves, bitter almonds, peach kernels or peach leaves, cloves, cinnamon, allspice, coriander, fennel or aniseed, marjoram, sage, thyme, spiced chocolate, mushrooms, tomatoes, beets, radishes, boiled or roasted unripe Indian corn.

All kinds of distilled and fermented liquors, lemonade, and drinks prepared from acids.

All natural and artificial mineral waters.

Wine vinegar; beer vinegar, adulterated vinegar, and diluted mineral acids.

N O T E S.

Should any of the allowed articles of diet disagree with the patient, on account of some constitutional peculiarity, or the nature of his disease, they should be avoided by him, though perfectly wholesome for others.

The patient should not overload his stomach, nor oppress it with various or incongruous dishes. The demands of the appetite for solids are to be satisfied at stated and not too frequent periods, and at no other time. Regularity in the time of eating is of importance.

The diet of children at the breast should not be changed during their sickness, but in such cases, that of the mother should be regulated according to the preceding rules.

With the view of guarding against every extraneous influence calculated to disturb the due effect of homœopathic remedies, every article of diet and every medicine

ought to be avoided; not only all medicines procured at the shops, and all such as are empirical, but every description of domestic medicines, as all manner of herb teas, syrups, medicated poultices and irritating or medicinal substances applied to the skin.

Blood-letting by the lancet, or by leeches and cups, and laxative injections, except those of lukewarm water, are likewise forbidden.

All perfumery, particularly musk, hartshorn, camphor, Cologne water, eau de Luce, or other aromatic waters, flowers used for their odor, cosmetics and tooth-powders must be avoided.

The cure is disturbed by hot baths, or baths impregnated with herbs, sulphur, and other medicaments.

Linen, cotton, or leather worn next the skin is preferable to woolens.

When the nature of the malady will permit, the patient should use moderate exercise in the open air, for an hour or more every day, and his chamber should be subjected to daily ventilation.

Other things being equal, a good moral regimen places the patient in the most favorable condition for recovery.

Labor which diverts the mind, while it exercises the body, should be daily used in chronic diseases, as far as the strength will conveniently permit.

Homœopathic medicines should be taken fasting, and for about half an hour afterward the patient should abstain from eating or drinking, the use of tobacco, and, if possible, from much mental or bodily exertion. The medicines are to be kept in a clean, dry and cool place, free from odors.

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Numbers used in the first edition.	Abbreviations.	Full names.	Antidotes.
3	Acon.	Aconitum napellus	Wine and vinegar.
20	Ant. crud.	Antimonium crudum	Hep., Merc., Puls.
15	Arn.	Arnica montana	Camph., Ign.
19	Ars.	Arsenicum album	Chin., Hep., Nux vom., Verat.
	Agar.	Agaricus musc.	Camph., Coff., Puls.
	Baryt. c.	Baryta carbonica	Camph.
5	Bell.	Belladonna	Coff., Hyos., Hep.
12	Bry.	Bryonia alba	Acon., Camph., Nux vom.
	Camph.	Camphora	Opium.
29	Carb. veg.	Carbo vegetabilis	Ars., Coff., Nux, Lach.
35	Calc. carb.	Calcarea carbonica	Camph., Sulph.
34	Caps.	Capsicum annuum	Camph.
45	Caust.	Causticum	Coff., Coloc., Nux vom.
14	Cham.	Chamomilla vulgaris	Acon., Coff., Nux vom.
17	Chin.	China regia	Ars., Ipec., Nux vom., Puls.
27	Cin.	Cina	Ipec.
1	Coff.	Coffea cruda	Acon.
41	Cocc.	Cocculus	Camph., Nux vom.
28	Col.	Colocynthis	Caust., Cham., Coff.
42	Cupr.	Cuprum metallicum	Bell., Chin., Ipec., Nux vom.
26	Dros.	Drosera rotundifolia	Camph.
22	Dulc.	Dulcamara	Camph., Ipec., Merc.
44	Euphr.	Euphrasia officinalis	Camph., Puls.
36	Ferr.	Ferrum metallicum	Ars., Hep., Puls.
16	Hep.	Hepar sulphuris calcis	Bell., Cham.
33	Hyosc.	Hyosciamus niger	Bell., Camph., Chin.
	Hyper.	Hypericum	
4	Ign.	Ignatia amara	Arn., Camph., Cham.
25	Ipec.	Ipecacuanha	Arn., Ars., Chin., Nux vom.
	Kali c.	Kali carbonica	Camph., Coff.
38	Lach.	Lachesis	Ars., Bell., Phosph. ac.
	Lyc.	Lycopodium clavatum	Camph.
	Mang.	Manganese	Coff.
24	Merc. s.	Mercurius sublimat. corrosiv.	Bell., Hep., Lach., Sulph.
7	Merc. viv.	Mercurius vivus	Bell., Chin., Carbo veg.
40	Natr. m.	Natrum muriaticum	Ars., Camph.
13	Nux vom.	Nux vomica	Cham., Coff., Wine.
2	Op.	Opium	Bell., Coff., Ipec., Nux vom.
	Phosph.	Phosphorus	Camph., Cham., Nux vom.
10	Phosph. ac.	Phosphoricum acidum	Camph., Coff.
32	Plat.	Platina	Puls.
8	Puls.	Pulsatilla nigricans	Cham., Coff., Ign., Nux vom.
9	Rheum.	Rheum palmatum	Camph., Cham., Nux vom.
23	Rhus.	Rhus toxicodendron	Bry., Coff., Sulph., Camph.
	Ruta.	Ruta graveolens	Camph.
31	Samb.	Sambucus nigra	Ars., Camph.
	Sang.	Sanguinaria canadensis	
21	Sil.	Silicea	Camph., Hep.
	Sep.	Sepia	Acon., Vinegar.
	Spig.	Spigelia	Camph.
43	Spong.	Spongia marina tosta	Camph.
11	Staph.	Staphysagria	Camph.
	Stram.	Stramonium	
	Sulph.	Sulphur	Acon., Nux vom., Puls.
	Symph.	Symphytum officinale	
	Tart. em.	Tartarus emeticus	Cocc., Ipec., Puls.
6	Verat.	Veratrum album	Acon., Camph., Coff.
	Zinc.	Zincum metallicum	Camph., Hep., Ign.

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# PART FIRST.

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## OF THE MOST COMMON CAUSES OF DISEASE.

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### CHAPTER I.

#### AFFECTIONS OF THE MIND.

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##### SUDDEN EMOTIONS.

They are often attended with injurious consequences, which appear immediately or some time after. If the exciting cause is an agreeable surprise, producing pleasurable sensations, accompanied by great excitement, trembling, fainting &c., an occurrence happening frequently to women and children, give Cof. If injurious consequences result from a common *fright*, caused by a sudden noise, give Op., if it can be given immediately; but, if only a half hour or an hour elapse, Acon. is better. Should it, however, produce no effect, give Op. an hour after—then waiting from a half to a whole hour, give both alternately. If the *fright* was accompanied with great *terror*,\* Op. is the best remedy; and afterward, if requi-

\* To enable the reader to form a correct idea of the several terms denoting affections of the mind, we have thought it prudent to point out the distinctions between those words which, to some readers, may seem so closely allied as to create ambiguity and doubt. *Terror* springs from any event or phenomenon that may serve as a prognostic of some catastrophe. *Fright* is a less vivid emotion, as it arises from the simple appearance of

red, those recommended under the caption of „*Fear*.” But if the *fright* was accompanied by *vexation*, Acon. is a good remedy; if followed by *sadness* or *grief*, Ign. is better. If *fright* is attended by its worst consequences, pains in the forehead, sour vomiting or eructation, weakness and cold perspiration, or stupor with internal heat, agitation and heaviness in the abdomen, or coldness of the body, with trembling or nervous twitching, oppression of the chest, stiffness of the limbs, unnatural sleep with difficulty of breathing, &c., give Op.: if this proves ineffectual, Acon., which may be repeated every three hours, if necessary. If the *fright* is followed by involuntary twitching of the limbs, or convulsions, insensibility, momentary blindness, difficulty of breathing, or unavoidable evacuations, give Op. or Ign. When children have been frightened into *fits*, scream, tremble, or have twitchings in the arms and legs—if the head is hot, with much perspiration and redness of the face, give Op.;

danger. It is more personal than *terror*—for we may be *terrified* for others, but we are mostly *frightened* for ourselves. The sentiment of *fear* is anxiety, as that of *dread* is wretchedness. The words *affliction*, *grief*, *sorrow*, mark a state of suffering which differs either in the degree or the cause, or in both. *Affliction* is much stronger than *grief*—it lies deeper in the soul, and arises from a more powerful cause; the loss of what is most dear, the continued sickness of our friends, reverse of fortune, &c., will all cause *affliction*. The misfortunes of others, the failure of our favorite schemes, the troubles of our country, will occasion *grief*. *Sorrow* is less than *grief*; it arises from the untoward circumstances which perpetually beset our pathway in life. A disappointment, the loss of a game, our own mistake, or the negligences of others, cause *sorrow*. *Affliction* lies too deep to be vehement; it discovers itself by no striking marks in the exterior; it is lasting, and does not cease when the external causes cease to act. *Grief* may be violent, and discover itself by loud and ludicrous signs; *sorrow* discovers itself by a simple expression. *Vexation* and *mortification* spring from a variety of causes, acting unpleasantly on the passions of men; *mortification* is a strong degree of *vexation*. *Vexation* arises principally from our wishes and views being crossed; *mortification*, from our pride and self-importance being hurt. *Anger* is defined by moralists to be “a desire for revenge for some injury offered.” When this passion increases in violence until it breaks forth into extravagant expressions and violent distortions. it is called, in its progressive force, *cholera*, *rage* and *fury*, according to the degree of extravagance or ebullition.

if the desired effect is not produced, give Bell.; but if they become very pale: Ign.; if very cold, and have involuntary evacuations, give Verat. In cases of simple vomiting, or sickness of the stomach, Acon. For simple diarrhœa, caused by sudden mental emotion, give Op.; and if it returns, the patient being excited, Acon. If this proves ineffectual, give Verat. For fainting, after a fright, Op.; If the patient becomes cold, sprinkle his face and bathe his feet with cold water; if it returns, give camphor once or twice every hour. When after a fright there is much determination of blood to the head, give first Op., if this fails: Acon., and if it returns the next day or the day after, Bell.—but the latter only once. When after a *fright* a person continues to be greatly agitated, Bell. given once will afford relief.

If *fright & agitation* produces derangement of the mind, give Bell. If this proves insufficient, particularly if the patient is very indifferent or low spirited, alternating with paroxysms of laughter, or displays much pride and contempt for others, or is agitated, and fears the approach of death—or when, with females, it is accompanied with a copious menstrual discharge, give Plat.; should the discharge, however, be trifling, give Puls. If Bell. has been previously given, and the patient remains much agitated, the least exertion producing trembling and orgasm, inability to sleep on account of frightful visions, is worse at night, can not bear the heat of the bed, wishes to escape, is quarrelsome, complains of his friends and all about him, give Merc. viv. *Fear* is not unfrequently combined with fright, and the same remedies may be used to which reference has been made under the foregoing head. When children are very timid, give Acon. in the evening, or Bell. in the morning. For diar-

rhœa, caused by fear, give Verat.—and when the body feels hot and the limbs cold, Puls., when other symptoms appear, particularly stupefaction, difficulty of swallowing, convulsions, laughing when asleep, starting, constant apprehension and a desire to escape, give Hyos.

### GRIEF AND SORROW.

These are attended with worse consequences than any other affections of the mind; they either follow soon, and are very sudden, or when these affections are of long continuance, are tedious and even dangerous. The first may be soon removed—the latter not always—and without the proper moral remedy, medicines are useless. Whoever can not find the former, need not expect relief from the latter. For silent inward grief, combined with mortification, for suppressed vexation which we can not quiet, for silent grief, caused by misplaced affections, or in consequence of losses which we can not forget—for something continually preying upon the mind, give Ign., which, in many cases, may be repeated for a day or two. When vomiting, sickness of the stomach, or headache and giddiness are thereby produced, give also Ign.; and if this fails, Phosph. acid. When epilepsy is caused by grief or mortification, give Ign. first; if this does not relieve, give Op. during the attack, and then Phosph. acid.—to be repeated the day after every attack—or give it in water every day for a week. When caused by *crosses in love*, give Ign. first, and after some days, if necessary, Phosph. acid.—particularly when the patient is very quiet, taciturn, or has a slow fever. If the patient, by watching over the bed of suffering for many nights, is much exhausted, give Phosph. acid. If his language is much confused, without connection—is jealous and violent, give Hyos.

When other mortifications have produced a derangement of intellect, give Bell.; if this fails, on the following day give Phosph. acid. In circumstances spoken of under the head "Fright," Merc. viv. and Plat. may be given. When caused by *home-sickness*, and the patient cannot sleep—is hot and flushed in the face, give Cap. If this does not relieve, and the patient is evidently wasting away, does not wish to speak, perspires much in the morning, is sleepy and stupid, give Phosph. acid. When the patient is very weak, trembles, is uneasy, agitated, particularly during the night, has chills, and perspires during the night, give Merc. viv. For tedious consequences of grief and sorrow, when the patient is irritable, cross, uneasy, fearful, dejected, anticipating danger, dreads the future, frets and grieves constantly, is sleepy during the day but cannot rest at night, perspires night and day, loses his hair and his voice—becomes feeble, give Staph. If he is contemptuous, refuses to speak, is feverish and loses flesh, give Phosph. acid. If quarrelsome, obstinate, sensitive, and manifests great anxiety, give Merc. viv. If the menstrual discharges are produced by grief, fright, anxiety or fear, varying much in quantity with other indispositions, give Plat.

#### VEXATION.

If grieve or shame is the consequence of vexation give Ign. If followed by chills, and the patient remains cross, give Bry.; should Bry. not suffice, give Nux vom. If the vexation is accompanied by just and violent indignation and abhorrence of the occurrence which induced it—if he rejects every thing that is offered to him, give Staph.; Cham. generally answers best when the vexation is attended with violent fits of anger and great heat. If

vexation produces cough, or palpitation of the heart, asthma, spasms in the chest, so that the patient is threatened with suffocation, give Cham. In this case it will be well also, to put the hands for a short time in cold water, and if this fails, to bathe the arms in warm water until he is better.

If vexation causes a bitter taste, retching and vomiting of bile, headache, oppression at the heart or stomach, a cutting pain in the bowels, diarrhœa, fever with heat and thirst, redness of the face and eyes, agitation, bilious fever or jaundice, give Cham., which may, in some cases, be repeated in six or twelve hours, according to circumstances. If the patient is rather cold and chilly, give Bry., and if it produces no effect in eight hours, give Verat.

If a person has drunk much chamomile tea, and has afterward been vexed, or if he has taken, improperly, chamomile tea for the fever, give Cof., and if this does not relieve, give Nux vom. If, after this, pains still remain, give Cham. If the patient is naturally of a mild disposition, and Cham. does not effect a perfect cure, give Puls.

When food or drink, taken immediately after vexation, produces bad taste, bitter eructations, vomiting of bile, pain in the bowels, heat of the head, uneasiness, disturbed sleep, &c., give Cham. once or twice; but if it recurs frequently, and this medicine loses its effect, give Puls. or Nux vom.

#### ANGER.

When persons of violent temper feel unwell, after having been in a passion, give Nux vom. If the anger be attended by a just indignation, and the person is not of a sanguine temperament, give Staph.

If anger and vexation produce mental alienation, give Plat. When little children get into so violent a rage as to lose their breath or fall into convulsions, give Cham. If they shriek and weep violently, with frequent attacks of coughing, give Arn. If they continue to cry and will not be pacified, give Bell., and if this does no good, Hep.; the latter medicine but once.

### SENSITIVENESS AND IRRITABILITY.

They are the causes of indisposition with many, who are sensibly affected by the most trifling emotion. If this great sensitiveness is combined with inward vexation, great pain in the parts affected, so as to excite crying and suffuse the eyes with tears, at the most trifling and imaginary causes, give Cof. several times. The patient must abstain from drinking coffee. When there is great irritability of the nervous system, of the organs of sense, agitation, and inclination to lie down, aversion to fresh air, a stubborn, and refractory disposition, and when the menstrual periods are irregular, give Nux vom.; but when the patient is pale, inclined to weep, or when the menstrual period is too late with persons of this disposition, and is insufficient or suppressed, give Puls. If you do not always succeed with this, and the patient is fretful, give Ign.; if more peevish and passionate still, give Cham. If the patient is greatly excited, forms plans, and is exceedingly lively, particularly in the evening, give Chin. If the pain is distracting, give Cof.; if this does no good, and the patient has a fever, and a quick hard pulse, give Acon., and if this fails to afford relief, give Cham. six hours afterward.

When persons become flighty or distracted, from excessive pain, and are subject to its recurrence from a change

of weather, or catching cold, and are worse by being touched, give Chin. Should this prove ineffectual within six hours, give Merc. viv. If by the pain the affection of the mind is increased to delirium and madness, give Verat.

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CHAPTER II.

CONSEQUENCES OF COLDS.

So many disorders are caused by taking cold that we can say but little about them here. The most common results are catarrh and cough, sometimes accompanied by fever, colic and diarrhœa, pains in the teeth, ears, and limbs. When giving medicine it will be necessary to refer to the several accompanying symptoms. Here we shall only mention what is most requisite.

The first rule to be observed to prevent bad effects from catching cold, is to keep warm, and see that your feet are dry; abstain from all spirituous liquors, which might easily aggravate the complaint; also from animal food and spices, if the cold is already very bad.

When you feel that you have caught cold, without any decided consequences having yet manifested themselves, take Nux vom. in the afternoon or in the evening, an hour or two before going to bed; keep quiet for an hour, without speaking, reading, or other mental exertion, drink a large tumbler of cold water before going to bed, both winter and summer; cover yourself well and perspire. Either next morning, or before noon, the symptoms will have disappeared.

If children can not be induced to drink water, or when you know from experience that it does not produce perspiration, let them drink milk and water, in equal quantities, with much sugar, and very warm. Not much of

this must be given to females in their confinement, as it easily produces too much perspiration; with them it will be better to cover the neck and head with woollen cloths. Cham., however, will produce perspiration still easier with females thus situated, when they have taken cold.

For pain on one side of the head, or in the neck, produced by a draught of cold air, in consequence of being uncovered in child-bed, give Bell.

Robust labouring men or women, who, after having overheated themselves, catch cold, may take in the evening, on going to bed, one or two glasses of cold water, or Carb. veg. or Sil.

To a person, who, in winter, has become quite stiff with cold and wet, give a cup of strong coffee, without milk, and if this should prevent him from sleeping at night: Nux vom.

When perspiration has been checked by taking cold, and there is head-ache, ear-ache, tooth-ache, or pain in the bowels, give Cham.

When a person, perspiring freely, is made wet by a shower of rain, and indisposition follows, give Rhus. Should no relief be experienced within ten or twelve hours, particularly if the patient has over-exerted himself, give Bry.

If perspiration of the feet has been checked by taking cold or otherwise, put in a small tub some bran, heated in an oven, to the depth of three or four inches, place your feet upon it and throw the remainder close about the legs, so as to cover them over the calves. The bran ought to be as hot as it can be borne. Keep the feet in this *bran bath* for half an hour, and if this does no good, take Sil. two mornings successively, and if required, once more a week after.

## CATARRH.

When *Catarrh* results from a cold, and the patient can neither smell nor taste, give Puls.

When the catarrh is accompanied by much heat in the eyes and head, and pain in the nose, give Bell. If the nose is entirely stopped up Nux vom. or Ipec.

When a catarrh has been checked by taking cold, give Puls. or Chin. When an eruption has been checked, give Ipec. every two hours, and if that does not avail, give Bry. once or twice; if this does not relieve, give Puls.

## COUGH.

When Catarrh is accompanied by cough, or when the cough remains after other medicines have been taken, and is dry, give Nux vom. If dry, so as to excite vomiting, Ipec.; if it is hollow and causes vomiting, Carb. veg.; if with tough expectoration, particularly with children in winter, Cham.; if moist, Dulc. or Puls.; \* if the cold returns at every blast of cold air, give Phosph. acid; if it returns at every blast of cold air, give Phosph. acid; if it returns every time that a foot or arm is exposed when in bed, and is hollow and weakening, give Hep.

When the cough is caused by cold air, is dry and convulsive with vomiting, or the expectoration is spotted or streaked with blood, if accompanied by a stitch in the side, or by headache, pain under the ribs; if the cough is caused by a tickling in the throat, and the chest feels sore after it, and when the pulse is hard and quick, give Bry.; but when the pulse is not so hard, if there is soreness in the chest after or during the cough, not so much a pricking as a scalding pain, oppression of the chest and palpitation of the heart, give Carb. veg.

\* See other Medicines for *Cough*.

## DIFFICULTY OF BREATHING.

When taking cold produces *difficulty of breathing*, as if the patient were suffocating, &c., give Ipec., if necessary, every hour or half an hour. If this fails, give Ars. every hour until the patient is better. Sometimes the other remedies prescribed for oppression on the chest are preferable.

## DIARRHŒA.

When immediately after taking cold *diarrhœa* appears, give Op. If this does no good, or if the diarrhœa does not appear for a day or so after, and it is attended with pain in the bowels, or other symptoms, give Dulc.

If the diarrhœa is not attended with pain, give Phosph. acid.; if it is produced by eating ice or drinking ice water, look under Part II., Chapter IV.

When diarrhœa is caused by taking cold whilst in perspiration, or by cold bathing, with much heat in the head, preceded by slight pain in the bowels, if the stools contain much undigested food, give Bry. If partly caused by bad water, undigested food is discharged, and Bry. proves ineffectual, give Chin. When accompanied by much flatulence, cutting pains about the naval during the evacuation, much tenesmus, and great weakness at the same time, with discharges of mucus and sometimes blood, or if the patient has drunk spirituous liquors, give Nux vom. If there is much blood and mucus, give the remedies recommended for dysentery; if not so bad, but tedious, give Sulph.

## PAIN IN THE BOWELS.

If the pain in the bowels is violent, spasmodic, pressing, particularly before evacuations, if the latter are acrid,

thin, brownish, and produce burning in the rectum, give Chin.

If the pain in the bowels is violent, tearing, with rumbling, as if the intestines were in motion, so that the patient can not remain quiet, but runs about; if it appears as if a large ball was forming in the side, or as if the whole abdomen was hollow, accompanied by vomiting and sickness at the stomach, the diarrhoea watery, slimy, or greenish, with an odor like bad eggs, give Cham.

If the cold is caused by exposure to the evening air, and the diarrhoea is greenish and watery, with much pressure before the discharge, accompanied by a disposition to faint, the pains about the navel of a pressing nature, below the navel griping, with a constant uneasy sensation as if to evacuate, rumbling in the belly, griping in the pit of the stomach, tearing pains in the abdomen, which feels cold, accompanied by nausea; shivering and chills, give Merc. viv.

If partly caused by a disordered stomach; if the patient has eaten much pork, or fat pastry and the like, if the griping of the bowels is worse in the afternoon, or particularly in the evening, or during the night, if the wind rolls about in the stomach, or if the belly is sensitive to pressure, give Puls. The same to females in the family way, when the pains resemble labour pains.

When taking cold produces pains and disposition to cry, great sensitiveness and sleeplessness, give Cof.

When the pains are so violent as to drive the patient almost mad, give Cham.

## HEADACHE.

For violent headache from cold, with determination of the blood towards the head, increased by walking or

going up stairs, at every step, or in stooping; worse in the draught, with a feeling as if the head would be dis-severed, give Bell. If the headache is more painful in some particular part than others, with buzzing in the ears, or difficulty of hearing, give Dulc.

If the headache is caused by a draught of air, and is merely external, give Nux vom.; if internal, give Bell.; if caused by bathing, and Bell. does not cure it, if accompanied by nausea and giddiness, disordered stomach, worse when smoking, give Ant. crud.

### AFFECTIONS OF THE EYES.

Affections of the eyes, caused by taking cold, may best be cured by the remedies recommended for "diseases of the eyes." In general either Bell. or Dulc. will answer in both cases, but one only should be used. For much pain, heat, inflammation in the eyes, acrid tears and inability to bear the light, give Bell., and if this does not cure it, Merc. viv.; if this fails, Hep.

When the pains are less violent, but the difficulty of sight greater, if the patient can not read, sees sparks before the eyes or when the eyes are affected after every cold, give Dulc. and afterwards Sulph. If this fails, or if the patient has taken it already, give Calc.

### COMPLAINTS OF THE EAR.

They arise frequently from taking cold. If there is much buzzing in the ears and a difficulty of hearing, give Dulc., and some weeks after, if it returns and the medicine is no longer efficacious, give Sulph.

If accompanied by violent earache, tearing externally, stinging internally, the ear dry, and the patient is peevish, give Cham., or when there is rending, stinging, aching

pains, give *Nux vom.*; when the mind is more easy, a disposition to cry, the ear moist or running, or very hot and red and tearing, twitching pains sometimes in the face, give *Puls.*; or when it tears and stings, with much buzzing, when it is not so hot and red but is excoriated by the matter, or when blood is discharged, when the glands around the ears or of the throat are swelled, give *Merc. viv.*, and if that should not effect a complete cure, and the heat, redness and pulsating pain remain, pricking when blowing the nose, buzzing and throbbing, give *Hep.* once. If the discharge of matter, the buzzing and burning in the ears still remain, give *Sulph.*

#### TOOTHACHE.

Toothache from cold, usually yields to *Cham.* or *Rhus.* See the chapter "Toothache," 2d part. If these remedies however should not relieve, give *Dulc.* But if the patient is subject to the toothache whenever he takes cold, he should occasionally take a dose of *Sulph.*, not oftener however than once a week. *Chin.* is also sometimes beneficial.

#### SORE THROAT.

Affections of the throat from cold, will in most cases yield to *Bell.* or *Dulc.*, but it is necessary to have patience and await the effect of the medicine, See "Inflammation of the throat."

When it arises from drinking cold water, *Bell.* is better; when the cold is general, give *Dulc.* When the throat is constantly dry and hot, with frequent efforts at swallowing, much saliva in the mouth, or the tonsils are swollen, and speaking and swallowing are attended with pricking pains; if the patient hawks much, the swallowing difficult, is in dread of suffocation, the throat seeming

too narrow, regurgitates what he drinks, through the nose, is very hasty, give Bell., and if this affords no relief give Sulph. When the pains are less violent, the tongue appears paralyzed, much perspiration, sometimes offensive, without giving any relief, the patient is more quarrelsome, give Dulc.; if this fails, give Merc, viv., or one of the other remedies prescribed under "Sore Throat," and be always governed by the particular indications.

### NAUSEA AND VOMITING.

When these symptoms appear after a cold, particularly when miliarly or other eruptions of the skin have been suppressed, they are most readily cured by Ipec. It may be given, if necessary, every hour, or every two or three hours. If this does not answer, and the vomiting is sour, bitter, with many empty eructations, give Bell.: if nothing but tough phlegm is thrown up, Dulc. If it returns constantly, particularly after exercise, eating, speaking, or when riding, or after sleep, give Cocc. If it returns from every motion of the body, and the patient is, notwithstanding, unable to keep quiet, is very weak, thirsty, and cannot bear drinking, give Ars.

### RHEUMATIC PAINS.

When such pains result from cold, and the parts feel uneasy, so as to require constant change of position, every thing feeling as if too hard, and the limbs as if palsied, the patient complaining when a person is walking across the room, or is approaching him, give Arn. But if the pains are attended with fever, give Acon. every three hours until the fever abates, and then, after several hours, give Arn. In many cases it will be well to give Arn. and Acon. alternately every six hours till the patient

is relieved from his acute suffering. Should they not remedy the evil, refer to what is said under "Rheumatism."

If the rheumatic pains are worse when lying down, and at night, accompanied by lameness or coldness of the limbs, with pale swelling or burning in the feet, or with redness and swelling of the big toe, with a stiff neck, the skin very dry, or offensive perspiration, which affords no relief, give Dulc.; and if this no longer affords relief, Merc. viv.

When the same symptoms return after every cold, with the uneasiness at the approach of other persons, or when attempting to swallow; when it is worse while sitting or lying, but better when walking up and down, with swelling in the big toe, much rending, burning and throbbing in the head, give Phosph. acid.

If accompanied by swelling of the knees, lumps on the joints of the hands and fingers, give Sulph., and if that does not answer, Calc.

When a cold is succeeded by fever, give Acon. If, after two or three doses, you do not see any improvement, select one of the following medicines, recommended for fevers, unless some other should, from the symptoms, appear more suitable: Nux vom. or Cham.; Bell. or Dulc.; Ign. or Puls.

In general, the following medicines answer best in complaints from colds: in inflammatory, Cof., Acon., Cham., Nux vom., Puls., Bell., Coloc. When tedious and less painful: Dulc. and Ipec. When tedious and often returning, and the patient has formerly taken too much mercury; Carb. veg., Sulph., Chin. If these do not relieve, give Sil. or Hep. When these affections result from bathing; Ant. crud. or Sulph., and after a few weeks;

Carb. veg. or Calc. When the patient cannot perspire: Cham., Chin., Sil. When the perspiration is too copious, Merc. viv., Phosph. acid., Carb. veg., Hep.

When a person is very *subject to colds*, or is unable to take sufficient care of himself, he should abstain from coffee and all spirituous liquors; use more cold drinks than warm; wash himself frequently in cold water; and accustom himself more and more to the air in every kind of weather; this custom will gradually diminish the disposition to take cold, and finally remove it entirely, particularly if the patient takes some of the following medicines: Cof., Bell., Nux vom., Chin., Dulc.; or Sil., Carb. veg., Calc. The latter three must not be taken too frequently, but only at long intervals.

If, notwithstanding, the disposition continues, and the patient is chilled by every draught of cold air, let him take Nux vom. or Cham. If cold produces pain, give Ars. When the extremities are liable to be frost-bitten, and the patient is not taking any other medicine at the time, let him, before he goes out into the cold, rub himself with spirit of camphor; if chilblains have recently appeared, let him take the remedies prescribed under "Chilblains;" if every blast of cold air makes him sick, give Bry. or Rhus, Verat. or Merc. viv., and if they do not answer, Carb. veg. or Calc., according to circumstances. If he cannot bear the wind, Carb. veg.; if not the draught, Bell., Sulph., Sil. or Calc., one after the other, at intervals of five or six weeks. These last remedies are, of course, intended for chronic states; and in the majority of such cases it is most advisable to consult a judicious homœopathic practitioner. When the night air only is injurious, Merc. viv. will prove beneficial, and after some time, Sulph.; if this fails, Carb. veg. If a person feels ill

in damp weather, give Dulc., Rhus, or Verat., and later Carb. veg. or Calc. If it affects the chest, Dulc. or Carb. veg.

A person who feels affected by a thunder-storm should take Bry., and afterwards Sil., during the storm. Sulph. is also recommended. If every change of the weather aggravates the complaint, give first, Merc. viv., or Rheum, or Rhus; and if this does not suffice, Sulph., and later, Sil. When a change from warm to cold occurs, Dulc.; and from cold to warm, Carb, veg.

For colds in the spring, the most general remedies are, Verat., Rhus and Carb. veg.; in summer Bell., Bry. and Carb. veg.; in autumn: Verat., Merc. viv. or Rhus; in winter, during dry weather: Acon. or Bell., Bry., Nux vom., Cham. or Sulph.; sometimes Ipec.; but during damp weather: Dulc., Verat., or Carb. veg. It is, however, necessary to examine closely, under the heads of the different complaints, which remedy is most suitable, as these general remarks are merely intended to guide the patient to which remedy to give the preference in doubtful cases.

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### CHAPTER III.

#### CONSEQUENCES OF OVERHEATING, IMMODERATE EXERTION AND GREAT EXHAUSTION.

After immoderate exertion great relief will be felt from taking a warm bath for half an hour. If the limbs are very painful, rub them, whilst in the bath, with spirits of soap, which will remove the pain and burning.

#### OVERHEATING.

When you have *overheated* yourself with work in summer, take Acon., and refrain from drinking cold

water till some time has elapsed. If you are much fatigued, it is advisable to take a cup of weak green tea; if much fatigued in cold weather, and if you have to go out again in the open air, merely drink a little cold water; but if you can remain at home, drink warm mulled beer. Spirituous liquors, when taken in cold weather, only render persons more sensitive to cold, as they will produce a feeling of exhaustion the next day.

If a person is easily exhausted in warm weather, let him drink coffee occasionally, but no spirits.

When a person, by remaining long in the cold, has brought upon himself a torpid feeling, or an irresistible propensity to sleep, let him take, or frequently smell, a small piece of camphor.

#### SUNSTROKES.

When a person has exposed his bare head or neck to the rays of the sun, or has slept where the sun has shone upon him, give immediately, Acon., repeating the dose every fifteen minutes till the patient is better, then give Bell. Should these not restore him, let him smell camphor.

#### HEADACHE.

In cases of severe *Headache* from heat, accompanied by fullness, as if the head would split, worse when stooping, a feeling about the forehead as if the brain were pressing out, increased when walking, and worse from every slight affection of the mind, combined with hot fever, thirst, vomiting and sleeplessness, give Bell. or Bry. If combined with anxiety, uneasiness, rage or great irritation, despair, fear of things present, lamentation, weeping, &c., give Bell.

When the sick person is very peevish in the morning, cannot bear his clothes, is more passionate and cross

than plaintive and desponding, and apprehensive of future evil, give Bry.

Whenever the patient overheats himself, suffers from headache, particularly from heaviness and throbbing, pressure over the eyes and pains in the eyes from looking fixedly at any thing, give Carb. veg.

When headache is caused by heat or great exertion, while exposed to the sun in summer, or by getting too warm before the fire; when the head feels too full, there exists a want of appetite, particularly in the morning, much thirst, fever, trembling, nausea and vomiting, or diarrhœa, give Bry.

#### DIARRHŒA.

If diarrhœa is caused by excessive heat in summer, it soon yields to Bry, which may be repeated after twelve hours. To a person who cannot bear the heat of summer, or cannot work in the heat, particularly when troubled with nocturnal perspiration, who is very sleepy, or suffers from pain in the stomach and abdomen, and where Bry. did not answer, give Ant. crud. If mere nausea is caused by the heat, and the prescribed remedies do not afford permanent relief, and it constantly returns, give Sil.

The *fatigue* after walking a great distance, or after much labour, particularly in summer, is frequently so great that rest does not relieve it, but sometimes exacerbates it. If possible let the sufferer take a warm bath; if it is impracticable let him put his feet into warm water in which a handful of salt has been thrown. If this does not relieve him, give Cof. Should fatigue produce a sensation of faintness, or actual fainting, give Verat. If he has not eaten for some time, give Cof. If the patient

has perspired too much and feels weak in consequence, or had been weak before, or perspired much during the night, give Chin. If he merely feels soreness in all the limbs, particularly in the muscles, Arn. is the best curative.

If the feet are much swollen, or pain from walking, take Arn., or wash the feet in water in which some Arn. tinct. has been diluted.

If the limbs feel painful after carrying or lifting something heavy, particularly on moving them, give Rhus; if the pain is confined to the body, give Bry.

If a person, who is otherwise in good health, feels tired after the least exertion, even from talking, give Cocc., and if this does not answer, Verat. twice; if this fails also, give Calc.

When running causes loss of breath, pain in the side or limbs, give Acon., if the pain in the side continues, Arn., and if this does not afford any relief in 12 hours, give Bry.

If the shortness of breathing continues, or becomes worse by ascending the staircase, combined with coughing and phlegm, give Sil.

### SITTING UP AT NIGHT.

This always weakens, yet every one should be able to bear it in case of need. If it produces greater weakness than usual, if persons cannot deprive themselves of one hours sleep, give Cocc. or Phosph. acid. If sitting up occasions headache, or if a person has taken much coffee, wine or spirituous liquor to keep him awake, give Nux vom. before going to bed; if not caused by spirituous liquor and the patient can not lie down, yet feels nausea, give Ipec. If the headache is worse in the evening but better in the morning, give Puls. When there

is a determination of blood toward the head, heaviness when moving the eyes, aggravated in the open air, and worse when walking, give *Nux vom.*; the same remedy, if the head is heavy as if the patient were intoxicated, buzzing and heaviness in the forehead, pale, haggard countenance, feels nausea, is chilly, weak and cross.

When the head feels as if empty and light, the patient can not bear the light, is better in the open air, worse when lying down, give *Puls.*, particularly to mild persons.

When the head trembles, is light, the face flushed, blue circles around the eyes, the mouth perfectly dry without thirst, loathing of food, rising, nausea to fainting, fullness of the stomach, oppressed breathing, if worse in the air, from speaking or drinking of coffee, if the patient is very melancholy and is troubled by frightful dreams, give *Cocc.*

### CONFINEMENT AND MUCH MENTAL APPLICATION.

They tire the body, and should therefore be avoided as much as possible. An hour's walk every day in the open air is indispensable to health. If the confinement produces pains in the abdomen, and if the patient was accustomed to drink coffee or spirituous liquors, *Nux vom.*, taken in the evening, will often have a good effect; if after four or five days it gets worse again, give *Sulph.* for five or six days, every morning. If necessary, the same may be repeated in a month. When the head is more affected. *Nux vom.* is a good remedy, and afterwards *Bell.*; sometimes *Puls.* — See Headache. — If all these medicines prove ineffectual, and if every exertion of the mind causes headache, give *Calc.* If it is merely a sensation of giddiness or intoxication, give to a person

of a sanguine temperament, *Nux vom.*, and to a person of phlegmatic temperament, *Puls.* Toothache, cough, and other complaints caused by mental application, yield to *Nux vom.*, or to other medicines recommended under their respective heads.

*Excesses* injure body and mind more than any thing else. If they consist in intemperance in eating or drinking, apply the remedies prescribed under "Disordered Stomach." But if they are such as waste the very marrow and essence of the constitution, the greatest abstemiousness is a most absolute condition, together with which the following remedies may do much good.

The principal remedy which should be given first, but which may sometimes be given after other remedies, is *Chin.* Afterwards, when the patient regrets much his vicious conduct, give *Phosph. acid.* Besides, look under the head of the complaint of the patient, and select in preference such remedies as *Chin.*, *Phosph. acid.*, *Staph.*, *Nux vom.*, or *Sulph.* and *Dulc.*, the one or the other, whatever suits best.

The same treatment is recommended when the patient has lost his strength by unnatural vices; give in the beginning *Chin.*, or *Staph.*, or *Nux vom.*; later, *Phosph. acid.*, *Sulph.*, or *Calc.* Encourage the patient that he may rouse himself by constant occupation; and by hard work, moderate eating, little sleep, abstaining from all spirituous liquors, bad company, and the reading of bad books, preserve himself from temptation. Should a morbid irritation trouble the patient, as is often the case with children, select in preference among the following medicines: *Chin.*, *Merc. viv.*, *Carb. veg.*, *Nux vom.*, *Puls.*, *Staph.* or *Ant. crud.*, *Sil.*, *Plat.*, or *Calc.*, *Col.* Frequently, when *Chin.* and *Carb. veg.* are insufficient, *Merc. viv.*

will effect the object; if not, Sulph. Among these medicines, which must not be repeated frequently, Cof., Op., Acon., Ign., according to circumstances, will suit.

When these vices have so weakened the constitution that the effects appear after marriage, although then living temperately, give, if the head is much affected, Calc. For great weakness, trembling of the legs, the same; for asthma, Staph.; a burning in the parts, Merc. viv. or Carb. veg.

### LOSS OF FLUIDS.

Loss of fluids through much perspiration or purging, or long continued diarrhœa, too long suckling of children, through too great a flow of milk, or other fluids, much bleeding, or loss of blood by other means, often occasion incurable diseases, if Chin. is not given soon after, and repeated, if necessary, some time after. In some cases it is necessary to give Staph. or Sulph. If any of the above causes, particularly improper bleeding, or with children the bleeding after leeches during the night without it being perceived at the time, should produce fainting, or convulsions, give immediately Chin., and nothing else; as soon as the sick person recovers, and if he is very dry, or moves the tongue, give him a little cold water; if he faints again, or has convulsions, or he does not recover entirely, give a teaspoonful of good old wine; after a while repeat Chin., if necessary, and later, the wine. After this give him as much cold water as he likes to drink, only first not too much at once. If some after pains remain, which Chin. does not take away, give Phosph. acid.; and if this does not suffice, a week after, Sulph.

## CONSEQUENCES OF SURFEITING AND DISORDERED STOMACH.

When a person has eaten too much, or something which is too heavy, and soon after feels that his stomach is out of order, give him strong coffee without milk; should severe headache and nausea follow, yet no vomiting, dip a very soft feather in oil, and tickle the throat with it until he vomits. If this does not produce vomiting, give some lukewarm water. If nothing will make him vomit, and he is retching, feels very hot, particularly in the head, give Acon. If he is cold and has severe pain in the stomach, give Ipec. every 10 or 15 minutes. Should this not answer, in dangerous cases give Ant. crud. If the patient has not vomited enough, tickle his throat again with a feather, and give warm water, till all has been thrown up. As soon as bile is coming up, cease, and give him a tumbler of cold water and sugar. When the above medicines fail, the following may be more efficacious, viz.: Nux vom., Arn., Puls., Ars. The patient ought to take nothing but thin broth for a couple of days, to give the stomach time to recover its functions.

A disordered stomach produced by eating fat pork, or other meat, pastry, rancid butter, &c., will be relieved by Puls. If this does not suffice, Carb. veg.

A disordered stomach from other food, rising, with a taste of what has been eaten, nausea, inclination to vomit, will yield to Ant. crud.

For a disordered stomach from fruit, Puls.; particularly if from frozen fruit, or other cold things, such as ice cream, ice, &c., of which children will sometimes swallow pieces, give Ars.—See 2d Part, Chapter IV.

Disordered stomach from bad, sour wine, particularly with much nausea, give Ant crud.; from sulphurated wine, Puls.; from sour beer, vinegar, Acon. gives relief, particularly when there is a pressing pain in the stomach nausea, inclination to vomit, vomiting of phlegm or blood; but if the vomiting is sour, a burning in the throat, cutting in the bowels, purging, give Hep. For vomiting of food, burning in the stomach and abdomen, cutting pain in the bowels, with coldness, agitation and thirst, give Ars.; if connected with great debility and sensitiveness to warm and cold, damp and dry weather, give Carb veg.

Disordered stomach from putrid fish or meat, give Chin.; if there is a corrupt rising, a putrid taste, give Puls.

Disordered stomach from salt victuals, Carb. veg. Lingerin illness from the same, Ars.

From old cheese, sausages, old spoiled smoked beef, &c.—See under “Poisoning.”

### OVERFEEDING OF CHILDREN.

Children are generally made sick by overfeeding, or giving them indigestible food, such as pap made of flour, bread not sufficiently baked and the like; this occurs most frequently with children who are swathed or banded too tightly, are rocked too much, and are, moreover, filled and purged with rhubarbs, salts, castor oil, &c. All these things should be avoided. To check the vomiting, give Ipec., particularly if the vomiting is accompanied by purging. If this does not give any relief after several doses, give Puls. If there is only purging, with a discharge of undigested food, give Chin. If vomiting is accompanied by constipation, give Nux vom.

## HEADACHE.

If headache follows a disordered stomach and the whole head feels as if every thing inside were bruised, with nausea, give Ipec. Oppressive headache, with heat in the brain, worse after walking, reading, eating, with putrid taste, give Arn. For throbbing, pricking headache worse when talking, with much nausea, give Acon.; for dull, general headache, worse whilst going up stairs, and smoking tobacco; without appetite, with a bitter taste, rising, hiccough, loathing and nausea, worse after drinking wine, give Ant. crud; for burning, pressing, bursting headache, worse when stooping, as if all would fall out through the forehead, throbbing or tearing when walking, or splashing as if from water, worse in the morning early, or with chills, give Bry.

## VOMITING.

When vomiting is produced by eating too much bread, with great oppression about the pit of the stomach, give Bry. If produced by surcharging the stomach, with bitter taste while chewing the food, or when accompanied by a burning sensation in the throat, give Puls.

## FLATULENCE.

If flatulency swells the belly, renders breathing asthmatic, and is very troublesome, arising from flatulent food, such as cabbage, sour crout, fresh beer and the like, and particularly when there is a painful tightness across the belly, with pains and pressure about the naval; when the patient, after drinking, shivers and is chilled, give Chin. When drinking causes pains in the pit of the stomach, which obstructs breathing, the clothes around the ribs feel too tight, and there is a weight as from stones

in the abdomen, give *Nux vom.* When it is caused by fat, after which much water has been drunk, when the wind rolls in the bowels, the belly appearing too full and hard, worse in the evening, give *Puls.*

### SLEEPLESSNESS.

After the stomach has been overloaded, sleeplessness often yields to *Cof.*, particularly with children, or *Puls.* If partly caused by strong coffee, *Nux vom.*; if by eating too much in the evening, drink a glass of cold water with loaf sugar; if this occasions too much acidity, drink merely water.

### NIGHTMARE.

After eating too much, nightmare cannot be prevented, unless the cause is avoided; sugar-water may sometimes remove it. A person who is subject to this complaint should not eat too much, and should take the medicines recommended for "Nightmare."

### FEVER.

Fever with much chill and coldness, and constant disorders of the stomach, diarrhoea or constipation, in persons of a passionate cross temper, may be removed by *Bry.* If the fever returns every second day, *Ant. crud.*

### ERUPTION.

A rash, from a disordered stomach, with chills and sulkiness, is often cured by *Puls.*; with sickness of the stomach, and difficulty of breathing, *Ipec*; if this proves useless, *Bry.* If caused by noxious food, see "Poisoning." For further remedies, see "Eruptions."

## INDISPOSITION FROM ICE OR COLD WATER.

If a person feels unwell after drinking water, he may take one of the following remedies:

If the *drinking of water* aggravates every complaint, confuses the head, produces nausea and heat, take Cocc. If it produces cough and headache, Acon.; if cough, vomiting and chills, Ars.; if bad taste, as if the water were impure, coldness in the belly, pain in the bowels and chill, Chin.; if nausea and pain in the bowels, Puls., and if this does not give relief, Rhus. Continuous nausea from drinking water may sometimes be removed by taking a little salt—as much as will lay on the point of a knife. If water drinking produces only hiccoughing, take Ign.; if it causes swelling of the abdomen, as from flatulence, with pressure in the pit of the stomach, difficulty of breathing, chills, take Nux vom.; if it purges, Caps.; pain in the chest and shuddering, Verat. If it produces toothache, take Bry, or Merc. viv., or Staph., according to circumstances. If it is only an irritability, without regular pain, Merc. viv. or Sulph.

When a person habitually takes cold in the stomach from drinking cold water, and has, in consequence, accustomed himself to mix spirits with the water, and wishes to leave off this injurious habit, let him try some of the recommended medicines. If he does not succeed, let him take a drop of pure sulphuric acid, and mix it with a pint of water, by pouring it for some time from one tumbler into another, and take a table spoonful of this in the morning, fasting, once or twice. This will warm the stomach, and gradually accustom it to pure water again.

Indisposition from ice or cold water, during great heat, when sudden and dangerous, generally yields to

Op.; afterward take Carb. veg. Violent cutting pain, which does not yield to these remedies, may be removed by Bry. or Ars. Indisposition of longer standing, Bry., and afterward Carb. veg. For *convulsion*, and determination of blood to the head, only Op., and afterward Bell.

When merely *cold* drinking causes indisposition, Nux vom. or Staph. generally gives relief; if not, Calc.

When *drinking hastily* disorders the stomach, give Sil.

Every body should be able to *drink milk*, and it is a bad sign when it causes indisposition. Something should be taken for it. If it produces a sour taste, give Nux vom.; if pains in the bowels and diarrhœa: Bry., or Lycop.; and if the other medicines do not give relief, Sulph. If rising and vomiting of phlegm and other indisposition, and the other remedies do not remove it, give Sulph.; if it produces lasting nausea, give Calc.

Persons who feel indisposed after *drinking beer*, will do well to refrain from it, for it mostly contains injurious drugs. But if the beer is good, and drinking it can not well be avoided, take Rhus in the morning, if it easily affects the head; if this proves useless, take afterward Bell. once. If the beer causes vomiting, take Ferr.; if nausea, Ars.; if colic, Col.

Whoever feels indisposed after *drinking brandy*, may congratulate himself; the best and most salutary advice we can give him, is to abstain altogether from it.

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#### CHAPTER V.

### CONSEQUENCES OF SPIRITUOUS LIQUORS, TOBACCO, ACIDS &C.

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#### INTOXICATION.

This disgraceful condition, in which we still see so many persons, needs no description. Every one knows that

however drunk a person may be, the best way is to let him sleep it off; but sometimes it may be of consequence to restore him sooner—at least so far that he may be removed from the scene of his debauch. The best remedy is an external application of cold water. If a person is lying in the road, throw the coldest water that can be procured over him; if this does not succeed, throw water upon him by bucketfuls, from a certain height, so as to hit him with great force. If he is vomiting and retching, give him coffee without milk, as much as he will drink, but very hot.

If he is not quite so far gone, a cloth dipped in cold water, and wrapped round the abdomen and certain parts, may afford relief.

If he has been drinking beer, give green tea and milk; if wine, give him a bitter almond to eat, (but not children;) if from spirits, give him salt water to drink, and if that does not produce any effect, put grated garlic into his mouth.

If the face of a drunken man has a dark appearance, his eyes fixed, does not come to his senses, the throwing on of cold water producing only a temporary effect—if the muscles of the face are convulsed, or a cramp prevents the opening of the mouth—apply nothing but a piece of cloth, dipped into cold water, to the head, and give Op., every quarter of an hour until he improves; if this will no longer avail, give Acon. or Bell., according to circumstances.

If children are made tipsy by thoughtless or vile persons—or by accident swallow brandy, wash their head and abdomen with cold water, and give them, every quarter of an hour, a teaspoonful of hot water, a pint of which has been poured on a bitter almond. If they

do not soon fall into a sound sleep, give Nux vom. If they fall into a torpid sleep, with snoring, the face red and the head hot, give Op. If they are too lively and merry, and cannot sleep, give Cof. If they have fever, give Acon., and if this does not remove it in two hours, give Bell. If they fall into convulsions, give first Op., if this does not answer, Nux vom., and if this fails, Cham.

Many females, when confined, drink out of ignorance, from habit, or by the advice of stupid midwives, spirituous liquors, to obtain sleep for themselves and the child. This is a horrid, abominable habit; they expose themselves and their child to the greatest danger; and if not attended by immediate bad consequences, it may cause the child to become a drunkard, when grown up. Under these circumstances, give to the mother and child the aforesaid medicines.

Besides the confirmed drunkard, there are others who, only once in a while, allow themselves to be led astray, and who are ashamed of their conduct afterward. These we advise to put a globule of Nux vom. into a glass of water, to stir it up well, and to drink it before going to bed; the next morning they may take the remedies prescribed for intoxication.

There are, however, many who have fallen into this vice from vexation, grief and sorrow. Their own conscience will tell them to what a horrid alternative they have had recourse; and we earnestly exhort them to touch not, taste not again, under any pretext, but to force themselves to drink, daily, cold water, until their stomach becomes quite weak from it, and to take the medicines recommended for the consequences of drinking; also, the medicines which suit for vexation and grief. When they have thus become *men* again, let them, in fervent prayer,

implore Him who teaches us to bear with every tribulation, and who has promised that he will give rest unto every one, who calls upon him zealously, earnestly and unceasingly, to strengthen them in their resolution not to fall back again into a habit so disgraceful and vicious.

There are other drunkards who are driven to drinking by a morbid state of their system. These deserve our compassion; but although we may pity, there is not sufficient ground to exculpate them. For the same morbid state urges one to anger, another to laziness, a third to incontinency, but it is no excuse for either. Were it otherwise, every one might find a ready excuse for his favorite vice, and easily imagine that he could wash off his impurity in a sink. When the passionate man does not bridle his anger, and the lascivious his cravings, and the intemperate his inclination to strong drink, their morbid sensibilities will increase. No, they ought to pursue a course directly opposite. He who is given to anger should constrain himself to submit even to unmerited abuse; the voluptuary should repress all vicious thought, and avoid every temptation; the lazy should work until he is perfectly exhausted; and he who longs for strong drink should not even smell of brandy, wine, or beer, though he were almost dying with thirst.

Let every one thus reason:—God has permitted me to be afflicted with this horrid disease, not that I should give myself up to sin, but that I should prove my strength, and learn to resist temptation. And he who conquers will be doubly strong to do good afterwards, and the blessings of Heaven will attend him.

To him who has thus fortified his mind we recommend the following remedies, which will contribute to subdue the disease under which he lingers:—Take Sulph. every

morning for seven days. Should the craving abate, and return afterwards, let him take *Nux vom.* in the evening; and if it returns again in two or three days after, *Sulph.*, repeating these remedies in the same order. If this does not prove efficacious, give *Ars.* If this does good but temporarily, give *Nux vom.* one day, and three days after *Ars.*

Although this treatment will succeed in many cases, yet there may be some where it will prove unavailing. If so, put a drop of sulphuric acid into a tumbler of water, mix it, and drink it early in the morning. This may be done every two or three days, until it produces disagreeable symptoms. For these symptoms the patient should frequently smell camphor.

If a person has a craving for liquor, and cannot be induced to refrain, we would advise his unfortunate wife, or children, or sisters and friends, to administer to him, secretly, the following remedy:—Take pure sulphuric acid, mix it with plenty of water, so as to taste only a little sour, and give it to the drunkard in every thing he eats and drinks, and as much and as often as possible; put some of it in the coffee, tea, soup—into every thing, although others have to partake of it; mix it particularly in sour sauces or lemonade. If it weakens the stomach, give tea made of bitter herbs, bitter oranges or roots, continuing at the same time with the sulphuric acid, until his mouth gets sore, then stop. If it produces no other bad symptoms, give no medicine for this; but should lasting diarrhœa, weakness of the stomach, vomiting and giddiness appear, give *Puls.*; if it produces lasting ulcers in the mouth, give *Merc. viv.* The consequences are not dangerous, and can be easily removed.

## CONSEQUENCES OF INTOXICATION.

After drinking too much in the evening, sometimes after a few glasses of wine, we feel unwell, heavy, and stupid in the morning; the face is pale and haggard; the eyes are pained by the light; the mouth is parched and rough; with nausea, pains in the pit of the stomach, hoarseness, heat in the hands and soreness in the limbs, as if sprained, we become weak, sleepy, chilly, languid, cross and passionate; some times there is bleeding of the nose, or cramp in the stomach, &c. Give Carb. veg. or Nux vom.

If the headache is violent, with pressure over the eyes, or better in the air, take Carb veg. If the pain is severe, and on one side only; worse when walking, at every motion, in the open air; from thinking and stooping, take Nux vom. If only nausea, Carb veg.; an inclination to vomit, and retching, Nux vom. If the stool is thin and pale, Carb veg. If there is none, or much pressing, and forcing, with slimy purging, Nux vom. If there is much giddiness; red eyes, mith matter in the corners, great sensitiveness to the light, or dry, small cough, take Nux vom.

Should Carb. veg. not produce an immediate effect, smell camphor from time to time. If the headache does not abate after a couple of hours after taking Nux vom., take Cof. If the nausea continue after the above medicines, and the stomach is very weak, take Ant. crud.

In indisposition from repeated excesses in the use of wine or spirits, which has already continued for some time; in tedious headache, fulness and heaviness of the head, or cramp in the stomach, weakness of the stomach, constipation, piles, pains in the back, miliary eruption, or much itching and biting over the whole body, Nux vom. generally proves efficacious. It should be taken in the

evening; and whilst the patient keeps improving, he should neither drink wine, spirits nor coffee. Later, take Carb. veg. in the morning, if required.

For tedious headache, which has not only been caused by intemperance, but is aggravated by drinking spirituous liquors, by thinking, mental application, speaking, stooping, after reading, or writing, the patient is very weak, give, if he is plethoric, Calc.; if of a spare habit, Sil. Do not repeat the dose until he is worse again, and should the repetition fail, give Lach.

#### MANIA A POTU.

This terrible disease, to which many drunkards are subject, is when the attacks begin with delirium, raging and convulsion, almost beyond the reach of medical aid. But, instead of worrying the unfortunate being with quantities of tormenting, weakening drugs, it is better to give him Op. every hour; and if he does not improve in twenty hours, Nux vom.; and if the attacks return, Op. again. At the same time, cold water may be of service.

Relief is frequently obtained by giving Bell. every two hours. If this remedy, however, should fail, a cure may be effected by Lach.

Should the case prove tedious, give Sulph. for a few days; afterwards, if necessary, Op. After the fit, Nux vom.; after which, again, Sulph. In many cases where Op. and Nux vom. become unavailing, weak barley water may do good. Pour boiling water, two pints, on a handful of oats; let the patient drink it warm or cold, with milk and sugar according to his taste.

#### BAD EFFECTS OF COFFEE.

A person who is not accustomed to coffee, who drinks too much, or who drinks it too strong, may feel unpleasant

symptoms in consequence, which he might wish to remove as speedily as possible.

For sleeplessness, palpitation of the heart, great irritability of the nervous system, violent spasms in the stomach, *Nux vom.* almost always suffices.

For violent headache, as if a nail were driven into the head, or heaviness, rending pain in the head, give *Ign.* or *Nux vom.* If it is better when stooping, or if there is a throbbing in the whole head, if the patient is of an undecided, inconstant disposition, give *Ign.*; if it is worse when walking, attended with much giddiness, confusion and heaviness in the head. and the patient is of a sanguine temperament, give *Nux vom.*

Violent one-sided headache yields usually to *Nux vom.*; if accompanied by much weeping, and loud crying, and great sensitiveness, to *Cham.*

Tedious effects of the too frequent use of coffee may be removed by the same medicines. *Nux vom.* is one of the principal medicines in these complaints; if it does not suffice, *Cof.* may sometimes be given, and then *Nux vom.* again.

Frequent toothache when drinking coffee generally yields to *Cham.* If very violent, when the patient is almost beside himself, give *Cof.*, and afterwards *Cham.*; sometimes *Nux vom.* Sometimes, but very seldom, the following medicines: —*Cocc.*, *Bell.*, *Merc. viv.*, *Carb. veg.*, *Puls.* and *Rhus.*

Violent spasms in the stomach, if they get worse after drinking coffee, *Nux vom.* or *Cocc.*; if it relieves them but temporarily, *Cham.*

Violent pain in the bowels or colic, *Cham.* or *Nux vom.*; frequently *Col.* or *Bell.*

If, after the habit of drinking coffee has been aban-

done and the above tedious effects will not yield to Nux vom. and Cham., the following remedies are sometimes useful: —

Cocc. when every motion is attended by perspiration, which weakens; frequent trembling; starting when asleep; sudden heat; frequent toothache when eating; lightness in the head; sadness; agitation; when every indisposition is aggravated by fresh air, exercise, eating, drinking, sleep, or even smoking.

Ign. when there is much debility; emptiness in the pit of the stomach; frequent spasms in the abdomen; falling asleep, or painfulness of the limbs, generally pressing as from hard-pointed substances, the pains oblige the patient to shift his position constantly, after which he feels better; the disposition is inconstant, sometimes excessively lively, at others depressed and inclined to weeping.

When these remedies do not operate a favorable change in a few days, give Merc. viv.; and if this fails, Sulph. seven days after.

### EFFECTS OF TEA DRINKING.

For indisposition from green tea, take Cof., and if it does not improve in half an hour, Chin. For tedious complaints from drinking much tea, Chin. is generally the best; later, Ferr.

### EFFECTS OF SMOKING TOBACCO.

Those who are not accustomed to it will be quickly restored by Puls.; violent headache and nausea by Acon.; giddiness and dizziness to fainting, vomiting of bile and diarrhoea, Cham.; and if this does not give immediate relief, and there is much coldness, Verat.; if this will not answer, let him smell camphor. Violent convulsions and

other symptoms may be removed by Cupr. For other remedies see "Poisoning."

If a person accustomed to smoking feels unwell after it, Cocc. will generally relieve him. If it occasions toothache, give Bry.; sometimes Chin. is good. If it causes sickness of the stomach, Ignat, or Puls.; if uneasiness and nausea, Staph. The same applies to chewing tobacco. Nux vom., Cham., Puls. or Cocc. will, however, be found most applicable; sometimes Cupr.

Tedious consequences of smoking are difficult to cure, and the disease to which those who manufacture tobacco are subject cannot be removed unless the patient forsakes his employment. He should apply to a homœopathic physician. The foregoing remedies may, however, be tried; also, Ars., Col. and Cupr.

#### CONSEQUENCES OF ACIDS.

See what has been said under Part I., Chapter IV., about this subject. When other indispositions arise from acids, they yield generally to Ars., or Sulph. When acids aggravate the symptoms, give Bell. or Lach. When a person has a craving for acids and sour food, give Ars., Arn., Bell, Chin. or Lach. Ars. is the best when there is a loathing of other food; Sulph. when an aversion to sweets. If the craving is merely for sour drinks, give Bry.; Natr. mur. when sour taste after acids continues. For heart burning and vomiting after sour victuals, give Ferr.; or if a watery fluid after acids is vomited, give Phosph. For disordered stomach from acids, give Ars.; if it does not suffice, give still Lach.; if obstinate, both alternately. For diarrhœa from acids and sour fruits, give Lach.; if merely from fruits, give Chin.

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**EFFECTS OF THE MEDICINES HITHERTO IN GENERAL USE,  
AND REMEDIES TO COUNTERACT THESE EFFECTS.**

When sudden and dangerous symptoms appear after administering a so called medicine, we may take it for granted the patient is poisoned, and we must look under the head of "Poisoning." There is no poison in the world which, by the old system of medicine, has not been given as salutary, and been tried on sick persons. Still worse is it when some hypocritically pretend to cure all diseases by herbs or vegetable substances; for the vegetable poisons are much more deleterious than the mineral, such as mercury, &c., which every physician who has studied natural history must know. Animal poisons, again, are worse than vegetable poisons; as, for instance, that of venomous serpents and toads. Whatever is said of the innoxious effect of vegetable medicine is nothing but deception and humbug.

It is true, there are some herbs which do not produce any dangerous effect, and medicines which are not very injurious; but even these should not be given without due consideration, nor in large quantities for any length of time. For it is certain that if you give the proper medicine, very little will suffice, and if you give an improper one, the larger the dose the more injurious it will prove.

In large and frequently repeated doses every medicine may, therefore, be considered a poison. In Germany more children have died of chamomile tea than of scarlet fever; and more people are, even now, killed by Peruvian bark than by the fever and ague. Formerly the cause of their death was not known, and the thing was called by a different name. Of a hundred persons who have died

of dropsy, eighty, at least, have been made dropsical by the irrational administering of drugs. Ask only how often such persons have been bled, or what medicine they have swallowed, such as mercury, Peruvian bark, quinine, cathartics, sulphur or saltpetre, laudanum and other narcotics, and you will see how the dropsy has originated.

When a person, under the impression that it was all right, has taken such various trash, or given it to children upon the recommendation of an ignorant physician or apothecary, he may often remedy the evil by following these directions:—

#### EFFECTS OF CHAMOMILE TEA.

This tea frequently occasions severe pain, or aggravates the sufferings of the patient considerably; in this case give Cof. and afterwards, if necessary, Nux vom. For spasms in the stomach give Nux vom. For nausea, vomiting and purging, Puls. If it produces fits and convulsions in children, give Ign.; if fever and heat, with great sensitiveness and irritability, give Cof.; for fever, heat, tearing, drawing pains, less when moving, give Acon.

#### EFFECTS OF OPIUM OR LAUDANUM.

This drug often produces dangerous consequences, particularly when an ignorant physician applies it in injections, where its effect is a great deal more powerful. See under "Poisons." For the tedious consequences of laudanum, which never fail to appear, sooner or later, not much can be done. The best is to give, from time to time, Cof. and sometimes Merc. viv., which should be allowed to operate a week, or longer. Sometimes Nux vom. or Bell. may be given.

## EFFECTS OF PERUVIAN BARK, OR QUININE.

This is a medicine which, next to opium and mercury, most frequently undermines the constitution, and occasions incurable diseases. Should the patient escape death, he will be troubled for years by the effects of bark. It is more difficult to expel quinine from the system than mercury; and he who pretends that this can be effected by cathartics is utterly ignorant of physic. It enters the blood and all the fluids, and no purging in the world will remove it. To relieve the patient from its effects, will require patience, but it may be gradually accomplished by the following means. The chief medicine, in most cases is Ipec. once or twice a day, until there is an improvement. For rheumatic pains, heaviness, prostration, soreness in all the limbs, drawing pain in the bones, great sensitiveness of every part of the body; when exercise, speaking, blowing the nose, loud sounds aggravate the pains, give Arn. When the body is cold, with cold perspiration, constipation or diarrhœa, give Verat. For consumptive cough and expectoration let the patient drink an infusion of Iceland moss. For jaundice give Merc. viv. and later, perhaps, Bell. For heat in the face, determination of blood to the head, much pain in the head, face and teeth, give Bell. For earache, Puls. For swelling of the feet, Ferr. For ulcers on the legs, dropsy, short cough and shortness of breath, Ars. If there are other complaints, look under the respective heads, and select the medicine accordingly; in preference, take these: Sulph., Calc., Carb. veg., Cin.

When bark has been given in intermittent fever, and the disease has been bungled, and another and worse one than the fever makes its appearance, or the fever remains, which is now more difficult to cure:

If the fever has been suppressed and earache, toothache, headache and pains in the limbs make their appearance, give Puls., and if this fails: Calc. For affections of the stomach give Ipec. or Puls.; for swelling: Arn., Ars., or Ferr., and select, according to circumstances, one of the above recommended remedies.

If the intermittent fever continues, as it often does, give first: Ipec., which mostly proves efficacious; afterwards: Ars. or Carb. veg.; sometimes Cin., Verat., Arn., and at other times, but very seldom, Bell., Merc. viv., Sulph. and Calc. will effect a cure.

When the mixtures which the twice unfortunate man had to swallow contained Conium or Cicuta, Digitalis, Laurocerasus or Acidum Hydrocyanicum, it is scarcely possible to save him, if a good constitution, good living, fresh air and the drinking of much water do not assist us in our treatment.

Persons who have swallowed much asafœtida, or much valeriana and other drugs which enter largely into the composition of the notorious Morrison's pills, are generally in a very critical situation. Chin. or Merc. viv. sometimes counteracts the effects of asafœtida; Cof., Nux vom., Cham. or Sulph. those of valeriana; Puls. and Nux vom. those of colchicum; Bell. Bry. and Arn. those of senega; Merc. viv. or Bell. those of sarsaparilla.

If a person feels bad effects soon after the application of a blister of spurgelaurel (mezereum), let him first smell camphor, and afterwards, if these effects appear in the mouth or in the bones, give Merc. viv.; and if they appear more in the limbs; Bry. or Rhus.

If the application of Spanish flies produces bad effects, let the patient smell camphor frequently, and if this does not counteract them, give Acon. or Puls.

When a child gets much worse an occurrence very common, after the application of yellow powder (*Lycopodium*), let it first smell camphor, afterwards give *Puls.*, and in long constipation: *Nux vom.*; for fits: *Cham.*; for fever and heat: *Acon.*

When children have taken much rhubarb, and consequently are troubled with much flatulency, and slimy diarrhœas, give *Nux vom.*; if they vomit sour stuff during the night, and have miry stools and diarrhœa: *Puls.*; if they have sour stools, green or mixed with blood: *Merc. viv.*; bad colic and green evacuations: *Cham.* and if the colic does not get better: *Col.*

#### EFFECTS OF MAGNESIA.

If a person has taken magnesia and feels worse, particularly after burnt magnesia, let him smell sweet spirits of nitre; if he cannot sleep, give *Cof.*; if it produces violent pains in the bowels, give *Cham.*, and if they are very bad, without much or any evacuation, give *Col*; if no evacuation follows in 24 hours, give *Nux vom.*; if the patient has violent pains, burning with fever, give *Ars.*; but if the magnesia has produced sour, thin purging with colic, give *Rheum* and if this fails, *Puls.* The same remedies should be given if similar effects are produced by *Epsom salts*.

#### EFFECTS OF SULPHUR.

The effects of sulphur are as bad as those of mercury, and the tedious complaints which it produces are as difficult to cure. If a person feels unwell soon after having used it, he should smell camphor; if this does not relieve him and when the pains are violent, particularly in the head, accompanied by heat, let him take *Acon*; later when the

complaint is tedious: Merc. viv. or Puls. and sometimes according to circumstances, Sil. or Sep. For the bad effects of sulphuric vapors from the lighting of matches, from which children often get coughs, shortness of breath and pains in the throat and chest, Puls. is best.

### EFFECTS OF MERCURY.

This is the universal elixir of the quacks in all diseases, who, whilst they pretend to restore their patients to health, destroy their constitution. They administer it as calomel in powders, or dissolved as corrosive sublimate, or in pills—those abominable blue pills. That no one may be deceived, at least not those for whom a physician prescribes, I will here mention the names under which this poison is generally administered. When the physicians wish to conceal from the patient the medicines they are giving, and if they think that the names of mercury, calomel, sublimate or corrosive sublimate are too well known, they generally write first "*urias*," afterwards "*hydrargyrum*" instead of mercury, or put this sign 8. Precipitate, albus or ruber, is the same arch enemy against which we have to guard. Applied externally or internally it is always equally destructive. Frequently they impose upon people by telling them that mercury can be expelled again by taking aperient medicines after it. Such language in the mouth of a physician is the most convincing proof of ignorance and baseness, for supposing it was as easy to remove the calomel as it was to swallow it, the effect produced upon the body will certainly remain; just as if you were to drive a nail into a man's leg and then pull it out again; the hole will remain; it will heal after awhile, but requires time and a rational mode of treatment, or the consequence may be very

serious. To give aperient medicine then for the effects of mercury, is about as sensible as if I were to poke a wooden peg into the wound made by the nail and imagine it to be all right again.

Prepared mercury however cannot be expelled again so easily, and least of all, by purgations, as it immediately penetrates every part of the system, the fluids, the glands, and even the bones.

This is the reason that the slow poisoning by mercurial medicines is far more difficult to cure than any natural disease; it always requires much time, and in many cases mitigation of the sufferings is all that art can effect for the patient.

In most cases, as well immediately as long after taking mercury, Hep. will be found of great service, and particularly with the following symptoms: headache during the night, loss of hair, painful lumps on the head, inflamed and red eyes, with pains in the nose when pressed, eruption around the mouth, phlegm deep in the throat, much saliva in the mouth and ulcerated gums, swelled tonsils, hard glands on the throat, a pricking pain when swallowing, coughing, breathing, or vertigo in the head, inflamed suppurating humors in the groin or under the arm-pit, or small ones on the chest, thin evacuations, with a great effort, sometimes mixed with blood, slimy and green; the urine dark red, hot and acrid; coughing when a hand or foot has been cold, or after drinking, sometimes accompanied by spitting of blood; whitlow, or other red inflamed swelling on the hands and fingers, also on the knee, like gout; the skin does not heal well; every little wound or scratch suppurates and spreads; the skin of the hands and feet bursts; ulcers, which bleed easily, burn in the night, with throbbing and pricking pain; chilly in the

air; in the night chills and frequent pains in the limbs; also fever, and afterwards clammy, sour perspiration; very sensitive, the pains almost produce fainting.

It is advisable to await the effect of Hep. for many days; if it improves slowly, wait a fortnight; if after this the improvement does not continue, repeat the same medicine; if the improvement was but of short duration, and it were absolutely necessary to give something, Bell. would be the best; the same has been given when Hep. has been given two or three times, once every fortnight, and has lost its efficacy.

For complaints of the mouth and throat, for swelling of the tonsils and deafness, give Hep. and Bell., and if they produce no change, Staph.

For great sensitiveness to the weather, violent pains, particularly during the night, worse when touched, great weakness when the patient has been debilitated by much purging and salivation, give Chin, and if this, after having been administered two or three times every four or five days, has no further effect, give Carb. veg., particularly if the weather makes the patient worse.

If, after taking some of the said remedies, there remain rending pains in the bones and gouty swellings, give Dulc. and afterwards Phosph acid.; for swelling on the bones (nodes) give Phosph. acid. and afterwards Staph.; and when this ceases to do good: Calc.

If these medicines have been taken for a considerable time and the complaint is not completely removed, try Sulph. but once, and sometime after one of the above remedies again. If Sulph. gives relief, take several weeks afterward Calc., and it is only in this case applicable, but in no other complaint caused by mercury, take after this another suitable remedy, viz. Lyc.

If a person has taken much mercury and afterwards sulphur, it will be well to give Merc. viv. and then: Bell. or Puls. after this, but not: Hep., Merc. viv.

When a person has taken much mercury, but no sulphur after it, and Hep. should not exactly answer, according to the foregoing description, give Sulph.

In tedious complaints, caused or aggravated by mercury, select from the following: Hep., Bell., Chin., Phosph. acid., Carb veg., Dulc., Staph. In many cases where immediate relief is required, Op., Puls. or the medicines prescribed under "Poisoning," will answer.

#### EFFECTS OF LEAD.

Lead is commonly an ingredient in medicines, such as: white Ointment, plasters, lead water &c. which are used to dry up and cure eruptions, ulcers, bruises and wounds. It is as poisonous, when it is applied externally, as if it is used internally and produces constipation, colic, cough and complaints of the lungs. If such is the case, give frequently Op., afterwards Bell. and if necessary after Bell.: Plat. or Nux. vom.

#### EFFECTS OF ARSENIC.

If the so called medicines contained arsenic, which is mostly given in fever and ague when the quinine powders will not cure it, or for cancers, internally and externally and which generally aggravates the disease, give, every hour or two, as often as it is worse, Ipec.; and if this does not improve, give Nux. vom. once; if these remedies fail, or if, from the circumstances, Verat., Ferr. or Chin. seems to suit better, give one of these.

#### EFFECTS OF IRON.

Iron is frequently given as steel-drops, steel-pills &c., for intermittent fever and complaints of the lungs; but

instead of curing the evil, it generally makes it much worse. When the menses are not regular, and in general when the patients are weak and pale, the doctors either imagine, that if they paint the patient red inside, his outside will likewise become the more fascinating, or, that the iron will enter the bones and make the patient strong. Iron, however, is a poison, as well as all the other metals, only it does not kill quite so rapidly. A proof of this assertion we find in springs which contain iron and wherein rust is formed; neither man nor beast thrives upon this water, and even those who at last become accustomed to it will sooner or later suffer for it. In cases where speedy relief must be afforded, give Puls. or Chin., and if they do not avail, give Hep. and after some time the former medicine again.

In all poisoning by medicine it is necessary to look under the particular complaint, and to give the medicines there recommended in preference.

He who has already taken different medicines, and has become worse and worse by their use, will do well to lay them all aside, no matter what they are called and should his health not improve by itself, nor from the medicines which have been recommended here, let him apply to the nearest homœopathic physician. It is often very difficult to give relief to the sufferer, and in most cases it takes a year and more, before he begins to improve, provided he has no hidden disease, which neither the old nor the new method can cure.

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CHAPTER VII.  
O F P O I S O N I N G.

Wilful murder and suicide by poison are but rare occurrences; most cases of poisoning originate in the

carelessness with which poisonous things are handled in ignorance of their poisonous qualities, or in the wicked adulteration of eatables and of liquors. With the necessary knowledge we are frequently able to avoid this danger. As it is of importance to every body to be acquainted with the poisonous substances which threaten our life, we will in the first place give some directions how we may discover these adulterations; how we can guard against other poisoning; and then recapitulate the remedies, which every one is able to apply himself.

*Adulteration of food and liquors and how to detect it.*

### 1) ADULTERATION OF WINE.

Wine is most frequently adulterated, and here more than elsewhere; those imported into this country have either been adulterated already by the shipper, that they might keep, or it is done here when they are near spoiling, to make them resemble wines of better quality, or for other purposes. We will give directions how to recognize adulterated wines, that the honest dealers and venders of wine (if there be any,) may be able to examine the goods which they purchase, and that all who have to deal with rascals may first try the wine. All those who, by the directions given below, shall discover that wine has been adulterated, if they have but a spark of feeling for their fellow men, should expose, without the least hesitation or forbearance, the persons so offending, that this horrible practice might be checked in this country. It is true, that the venders may excuse themselves by saying that they have bought the wine in that state. But the poison is there, and no one should deal in wines who does not know how to discover these adulterations, or who has not trustworthy people from whom he orders

his wines. At all events it ought to be made known that he had been deceived, and particularly by *whom* he had been deceived.

Wines may be adulterated with harmless or noxious substances, and whoever employs the former will employ the latter, for the distinction is but too easily overlooked. We will, therefore, first give some directions how to discover the harmless adulterations. To improve light wines by an admixture of finer qualities cannot be called adulteration, and may be done without any detriment to the health of the consumer.

a) *By water.*—There is water in the wine when a little of it put into boiling water crackles; when small drops adhere to an oiled reed dipped into the wine; when unslacked lime slacks therein.

b) *By sugar.*—There is sugar in the wine, when, on causing a spoonful of it to evaporate over a coal fire, there remains a sweet sticky substance, similar to molasses.

c) *By brandy.*—There is brandy in it, when, on rubbing a little of it between your hands until dried up, it leaves a smell of spirits; also when the wine burns in the mouth.

d) *By coloring matter.*—Wine which contains coloring matter, is always bad and adulterated. Fill a small vial with the wine, put a finger over its mouth, and place it into a tumbler full of clean water, with the mouth of the vial downwards; withdraw the finger slowly, and leave the vial for a while without shaking it. If there is coloring matter in the wine, it will gradually mix with the water, but the wine will not. Or strain the same wine through white printing paper, and the color will remain on the paper. Or drop some spirits of sal ammoniac into

a glass of wine, if it will turn blue it has been colored. Or dissolve green vitriol in water, and mix it with the wine; if it leaves much black sediment the wine has been adulterated by bark.

All these adulterations cannot do much harm, but they are a sign, that he, from whom the wines are bought, does not sell them pure. We are now a going to point out some adulterations which operate as a slow poison, and which may be the cause of many diseases.

e) *By lime or chalk.*—Lime or chalk is often used to restore wine that is spoiled, or to give new wine the appearance and taste of old; this admixture is very injurious to all who drink it. Take a few grains of salts of white sorrel, and dissolve them in two tablespoonfuls of distilled water, or in water obtained by letting the steam from the spout of a tea-pot, filled with boiling water, pass into a cold vessel. This salt, itself a poison, you drop into a glass of wine; if you perceive a whitish cloud in it, and the next day a white sediment, there is chalk in the wine. Such wine drank frequently will occasion gravel, hard glands, swellings, ulcers, sore eyes, tedious headache, diarrhoea, &c.

f) *By sulphur or brimstone.*—Sulphur or Brimstone is often found in wine, and many pretend that wine cannot keep without it. This, however, is erroneous and too much sulphur in wine acts as a poison, particularly with persons of a consumptive habit or who are subject to bowel or liver complaints; in fact, it is injurious to every one who drinks it. The presence of sulphur may be easily detected by putting a clean new-laid egg into a tumbler, and filling it with wine; if the wine contains sulphur, the egg will be of a blackish color the following morning. The same will happen to a well polished silver

teaspoon. Another method is to drop a little of lapis infernalis, dissolved in water, into the wine; if it leaves a brown sediment, it contains sulphur.

*g) By alum.*—Alum is sometimes contained in wine, which is very injurious, when drunk often—a single glass will not unfrequently hurt a sick person. Dissolve potash in water, strain it through blotting paper, and drop it into the wine; if it foams and precipitates a white powder, there is alum in the wine.

*h) By lead.*—Lead, or other metal, is often found in sweet wines, sometimes also in others, and is indeed a slow poison, worse than any other adulteration.—Whoever has a nice taste will detect metallic poison in wine; its sweetness is disagreeable. Dilute sulphuret of lime in water, and drop some of it into a glass of wine—if it turns brown or black, it contains metallic poison. Suspend a bit of polished spelter in the wine—particles of lead will adhere to it, if contained in the wine. Dissolve Glauber Salts in lukewarm water till it becomes saturated, let it cool, and drop from what is clear of it into a tumbler half filled with wine, as much as will fill the tumbler, let it stand over night, and there will remain a white sediment from the lead. If you put into a glass of wine a few drops of sulphuric acid, and the wine becomes turbid leaving a white sediment, it contains poison.

*i) By corrosive sublimate.*—If you put a few drops of spirits of sal ammoniac into a teaspoonful of water, and throw this into a glass of wine and it leave the least sediment, the wine contains corrosive sublimate. Try this same wine thus: Put a gold coin on a piece of spelter, put both into a split made in a small stick and throw this into a large tumbler full of wine. Should a gray dust

immediately appear on the coin, there is corrosive sublimate in the wine.

*k) By arsenic.*—When you dissolve lime in water till the latter becomes saturated, pour off what is clear into a clean tumbler, drop some wine into it, and if the wine occasions white clouds, it proves that arsenic is contained in the wine. To convince yourself still more, dissolve sugar of lead in aquafortis, pour a wineglassful of this solution into a bottle of wine, and stir it. The next day pour off what is clear, and with the turbid part wash the sediment well out, and strain it through blotting paper, till every drop of the liquid has passed through; then let the sediment dry with the paper, and put it upon live coals; if it smells like garlic, it is arsenic.

## 2) ADULTERATION OF VINEGAR.

Vinegar is often adulterated—for this reason use cider vinegar, which may always be had pure. Wine vinegar contains poison as often as wine. There is frequently sulphuric acid in it. This you can discover by a solution of sugar of lead, which leaves a white sediment. Corroding vegetable poison is also frequently used. Such vinegar will burn on the lips, which pure vinegar will not do; it leaves also an acid taste in the mouth. You can ascertain it still more positively by dropping a solution of potash into the vinegar, until blue paper dipt in it no longer turns red. Pure vinegar will then have lost its sharpness altogether, and only taste salt or soapy, while poisonous trash will remain of a sharp and acrid taste.

## 3) ADULTERATION OF BEER.

Beer is frequently adulterated, but its effects are not so easily discovered. This is generally the case with the

far-famed London brown stout or porter, into the composition of which those poisonous grains of *Cocculus Indicus* enter—which probably, are also used in the imitations of porter made here. You perceive this by a sudden intoxication and headache the next morning, or by a healthy person, after drinking a tumbler full of it on an empty stomach, feeling nausea. Any brewer who uses other substances in his beer than malt and hops, brews poison; salt and sugar may pass, but the effects of other substances will sooner or later be felt by those who drink the beer. It is a vile deception to use bitter roots and herbs instead of sufficient hops and malt; but *Cocculus Indicus* is as bad as arsenic. How alum and vitriol may detected we will show in the sequel, under “Bread.”

#### 4) ADULTERATION OF BRANDY.

Sometimes there is poison in Brandy, with or without the fault of the distiller, particularly if the fermentation proceeds too rapidly or is continued too long. This you will perceive when boiling the brandy, in a bottle put into a kettle full of water, over a slow fire, till all the spirituous parts are evaporated. An acrid, disagreeable taste proves the existence of poison; and experiments similar to those recommended for wines will show what it is. It is usually lead.

#### 5) ADULTERATION OF SWEET OIL.

Sweet Oil is often adulterated with lead or copper. Dissolve liver of sulphur in water and mix the oil with an equal portion of such solution; if it turns brown or black, it is poisonous.

#### 6) ADULTERATION OF MILK.

Milk is sometimes mixed with potash or lime; by put-

ting some aquafortis into it, it will foam. When milk has been adulterated with starch, it will thicken in boiling; or, if you strain it through fine linen, something will remain behind.

#### 7) ADULTERATION OF BUTTER.

Butter often contains chalk, sand or dye-stuffs. Melt it in hot water, and the foreign substance will precipitate or mix with the water.

#### 8) ADULTERATION OF FLOUR.

Flour is often adulterated with sand, plaster, &c. Burn some of the flour or bread to ashes, and you will find the white grains in the ashes.

#### 9) ADULTERATION OF BREAD.

*a) By potash.*—A trifling admixture of potash can only affect nervous, debilitated persons, but when there is too much, it may prove injurious to the strongest—occasioning consumption and dyspepsia. Pour hot water over the bread till it is quite covered, and let it get cold; then put a strip of blue paper into it, which has previously been drawn through weak vinegar, and reddened thereby. If it turns blue again, there is much potash in it; the quicker it changes the more potash is there in the bread.

*b) By magnesia.*—Magnesia is also used as an admixture to give to bread, baked of bad flour, the appearance of good bread. This is principally injurious to children and to people of a weak stomach; you may perceive it in the bitter taste. Burn a pound of such bread to ashes, and you will find the magnesia.

*c) By alum.*—Alum is a very pernicious substance, and frequently used. In England the bakers make no secret of it and mixtures of flour and Alum, or Alum and salt, are sold publicly—intended to make white bread out of

spoiled flour—doubly detrimental to those who eat it, as spoiled flour from itself is already unwholesome. Some bakers do it without knowing that they injure the health of their customers. To detect this, soak the bread in water, knead it till it dissolves, adding enough water to make it thin, let it remain over night, then strain it, boil it down and let it stand; the crystals of alum will adhere, and you can taste it.

*d) By copper.*—Copper is the worst of all adulterations, and thousands had been poisoned with it by the bakers in France and Belgium, before the physicians discovered the imposition. The perpetrators were punished by imprisonment. When a baker furnishes bread uncommonly white, fine, large and heavy, you should be on your guard. When burning such bread, the flame now and then burns green. To convince yourself perfectly, soak some pounds of it in water, and add enough to cover the whole completely, let it get sour and stand until it becomes clear. If you suspend a rod of polished iron in it, and this turns ever so little red, you may be sure that the bread is poisonous, and will ruin the health of any one who eats it often.

*General remarks on the foregoing chapter.*

We will now call the attention of our readers to some other poisons, which ought to be known, that they may be guarded against.

We are apt to inhale poison in the air. Old wells, caves, cellars, vaults, and particularly old privies, contain frequently air that is deadly poisonous; we should, therefore, not enter such places without proper caution, and previously purify the air by lighted straw or gunpowder. The glare of charcoal, in a close room, or the phosphoric glare of the woodwork in ancient buildings, may occasion

the death of all who sleep there. The dry rot in a house, which gradually destroys the timber and walls, can cause dangerous diseases to its inhabitants; this was even known to Moses. Such a building is not tenantable, and ought to be pulled down, unless the dry rot can be removed, as indicated below. Mouldy garments, and mouldy spots in linen, even when washed are noxious. The smell of walls, newly whitewashed, of paint in new buildings, or wherever much painting or varnishing has been done, particularly with poisonous green or red colors, consumes the pure, and engenders a mephitic air. Nothing that has a strong smell ought to be suffered in sleeping rooms; no clothes to dry; no flowers, herbs, fermenting substances, fresh hay, poison against vermin, or quicksilver—all of which will prove injurious to persons sleeping there—and much more so to children, and females in their confinement. For in sleep, man is more exposed to external influences, and things, which he would hardly notice when awake, or the injurious effects whereof he would easily overcome, will affect him seriously, and may kill him. A person may become ill from sleeping on a damp ground, exposed to a draught, in sunshine or moonlight, close to a hot stove, or in an atmosphere filled with the exhalations of plants or minerals.

Water is often impure, and people fall sick from using it. Whoever considers the loss of time which a trifling indisposition may cause to a whole family, will not deem that time lost which is spend upon improving the water.

Drink no water from rivers on which, a little higher up, there are manufactories, from which dye-stuffs and other noxious matters run into it. Spring or well water is hard, or contains particles of lime or iron, when soap

will not dissolve in it; such water ought to be boiled before using it. You should however not drink too much, nor too often of it, but rather accustom yourself to rain water, which can be preserved in cisterns, or in casks slightly covered. Water containing sulphurous or salty particles, ought never to be used for drinking or culinary purposes, except in cases of the greatest necessity, for water of that kind cannot be improved by boiling. Stagnant water from ponds, tanks, &c., ought not to be used; yet, when no other can be had, improve it by throwing into it powdered charcoal, shaking it well, and strain it through a double linen or cotton cloth. It commonly contains putrid particles and eggs of insects scarcely visible, which occasion tedious fevers and other diseases; it will avail nothing to mix it with vinegar, molasses or brandy; if it has previously not been cleaned by charcoal.

Bad wells ought to be well cleaned and secured, for whole families may be made sick by water in which dead snakes or toads are found. Water is hurtful when many leaves or plants are rotting in it. Pipes of copper, lead or spelter, used to convey water, render it injurious. You should always let so much water run out as may have stood in the pipes.

#### M I L K.

Milk is often noxious—nay, poisonous, when the cows are sick—and he, who is not quite void of conscience, will rather sustain a small loss himself, than subject others to a loss ten times heavier.

Distiller's slops continually used never fail to disease the cows, and render the milk highly injurious to the health of the consumer. Hogs, when fed for a length of time upon this innutritious substance, have been known to lose their teeth, become poor and die in consequence.

## M E A T.

The meat of sick animals, slaughtered just before they were dying is very injurious, particularly when the animal had an eruption, or disease of the bowels. The consequences may not appear immediately, but they are certain to come some time or other.

Meat badly smoked, or which was not constantly in smoke, or exposed to frost; sausages or liver puddings smoked badly or too late, or which have been kept too long, and are greasy in some places; hams not salted sufficiently, or taken too soon out of the pickle, and smoked at intervals, or in the spring, when they get alternately warm and cold, or those which were kept piled upon each other in boxes, or were packed when damp—particularly when they are smeary around the bones, and have a bad rancid smell,—contain a very violent poison, which, in many cases, may kill in an instant, or be the cause of incurable disease. This is the poison of fat. It also originates in hams and meat when preserved with acids, instead of being smoked, and we cannot be too much on our guard against it. You can easily know the poison which is developed in fat, or cheese, or old ham, by rubbing it on blue sugar-paper, or any other kind of blue paper; if the paper turns red, or reddish, beware of the fat, or the meat or sausage which produces such redness.

The same poison is contained, though in smaller quantity, in rancid bacon, rancid butter, or rancid sweet oil. It would be best to throw away such things—yet, if you must use them, let them be well washed. This should be done first in cold water, then in three or four times as much boiling water, let it boil about ten minutes, take

it out of the water, wash it again in fresh cold water, and try whether it still contains poison of fat.

Whatever has become putrified: meat, blood, eggs, cheese, fruit, &c., is hurtful, often poisonous and nothing can be done to improve it. Meat, preserved in summer by ice, which has acquired a certain red appearance, and has no longer the proper smell of flesh, is very unwholesome food. Putrid fish, though ever so well dressed, are considered very dangerous.

The gall of every animal is poison.

Poison is generated in curds and cheese prepared too damp, or without a sufficient quantity of salt.

It is a fact well substantiated, that in the short period since public attention was first directed to the poison which developes itself in fat, in cheese, sausages, &c., several hundred persons in Wirtemberg have fallen sick of this poison, of whom more than one half were incurable, and died a miserable, painful death. How many persons have perished thus, of whom no one knows! And yet this danger may easily be avoided, by eating nothing that is putrid.

### FRUITS, VEGETABLES AND ROOTS.

No one should eat fruits, vegetables or roots of any kind, if he does not know them well; and children ought to be early accustomed to partake of no fruits &c., unknown to them, for it is often the case that poisonous insects infest vegetables, (cabbage in particular,) or leave their slime on them, and consequently render them very injurious. Mildew which blasts vegetables, is also poisonous. Thus with grain, the blasted grains which are among it are hurtful to man and beast. Also the seeds of many weeds are noxious. In dry vegetables, insects

and worms are often found, which we ought to be careful not to eat.

### SEED CORN AND NUTS.

They taste sweet and yet contain rank poison. Even sound walnuts become poisonous when old and rancid and occasion in many a child a dangerous cough or diarrhœa, which we are apt to ascribe to a cold.

### MUSHROOMS.

Are not so good in this country as in Europe, and of these more than one half are poisonous. It is not true that onions turn black from poisonous mushrooms.

The best precaution is to eat none from which a milky juice exudes; none that are old, or dissolve readily. As to the others, make inquiry and learn which are eatable. Taste them raw, and if they have any thing acrid or disagreeable either in taste or smell, do not use them. Let them be well washed in cold water, have them pared and every thing cut out that has been gnawed. When cut up they should be scalded with boiling water, then stand and afterwards be boiled in fresh water.

No one should eat fruit which is half ripe on one side and rotten on the other, at least not without first cutting out whatever is spoiled. If proper attention were paid to children in this respect, they would not be so frequently troubled with bowel complaints and a weak stomach when they are grown up.

### KITCHEN SALT.

Good kitchen salt being an indispensable article, every father of a family ought to endeavor to have it pure. When salt exposed to the open air easily becomes moist, it is bad. If half an ounce of fine salt does not perfectly

dissolve in two ounces of cold rain water, it contains plaster, and is injurious.

### KITCHEN UTENSILS.

You should also be careful with kitchen utensils. Those of earthenware are often glazed with poisonous substances, Try and let vinegar stand in such a vessel over night, and the next morning mix it with a solution of liver of sulphur in water. If it turns black, there is poison in the glazing. Let, therefore, nothing acid stand or be prepared in such a vessel.

You cannot be too cautious respecting iron utensils glazed inside. Copper vessels ought never to be used for any thing that is sour; they should always be kept clean and polished and whatever is *cooked* therein ought *not to be left standing* until it is cold; for at the very moment of cooling it will imbibe the poison. This should also be observed with tinned utensils. If, during the process of cooking, you suffer the tin to melt off, or scrape or stir at the bottom with spoons, it is no wonder that we hear of so many slow and tedious diseases which no physician can cure. But he, who is so ignorant as to give to sour cucumbers or beans a fine green color by boiling them in copper vessels, and eats such trash on account of its fine appearance, or who draws vinegar from casks by a brass spigot, should not complain when suffering from a weak stomach, or colic, or cramp, or other nervous diseases; nor expect that a physician or any medicine can expel the copper as readily out of his system as he introduced it. There are those who can bear it for a long time, yet the bad effects will inevitably follow sooner or later. The copper itself is not always injurious when introduced into the body and even into

the blood, but copper dissolved in vinegar is always poisonous. This is the reason why coppersmiths are not apt to be more sick than other people, and that a person swallowing a copper coin gets rid of it without sustaining any injury. Thus you may have a leaden bullet in your flesh for years without detriment; but the same lead dissolved and taken would destroy you in a few hours.

### P A I N T S .

For the above reasons paints are so noxious, because they almost all consist of metallic substances in a state of solution. White lead and other white colors are nothing but lead and as bad as if prepared from bismuth or tinglass and tin. Red lead is lead and vermilion or cinnabar quicksilver. Massicot, chrome, Naples and other yellow are compositions of lead. King's yellow, tinsel and orpiment are arsenic. Blue paints contain copper, as ultra-marine or that dreadful poison Prussic acid, as Prussian blue, Paris blue, mineral blue, or cobalt, which, though not as pernicious as arsenic, operates badly enough; it is used as smalts, king's blue and blue starch. Green paints consist chiefly of copper, as verdigris; mineral green, Brunswic and other green. The chrome green is the least hurtful, but Swedish green the worst, because it contains arsenic and proves injurious even by exhalation. That it contains arsenic may be seen by strewing some on live coals, when it will smell like garlic.

Bronze which is used in gilding and silvering toys is composed of copper, quicksilver, zinc, tin and bismuth.

Therefore be careful with such paints, do not let their dust fly about; use when painting yourself no colors containing arsenic, suffer none to come nigh the things that are used in the kitchen. To small children no paint-

boxes, nor painted wooden or leaden toys should be given, because it is actually putting poison into their hands; painted wafers may also prove injurious to children.

Although mineral paints are the most poisonous, yet others also contain deleterious substances. Gamboge is a powerful cathartic. Indigo causes violent cramps and swellings. Cochineal causes toothache and obstruction of urine. And we might enumerate many others. However, where painting is to be done, use in preference chalk, dyed yellow with birch leaves or curcuma, or blue with indigo, or green with both; ochre and other iron colors and real chrome; also woad, madder, orleans, cochineal and carmine.

#### COSMETICS AND WASHES.

Of cosmetics and washes we ought not to speak at all, as it is known that all of them contain poison and poison of the worst kind. Cosmetics that are not poisonous will not keep long and such as do keep are poisonous. There is but one true cosmetic, that is: fresh air and water, and a rational manner of life. To induce ladies to leave off the use of these poisons, the following will be found most effectual. After having used them, let them wash themselves in the dark with water in which some liver of sulphur has been dissolved. It can do no harm, and will have the desired effect.

Oil of vitriol, aqua fortis, spirits of salt, aqua regia, salts of white sorrel, (which is used to take out spots) are dangerous articles, and should never be left within the reach of children. Sulphuric acid much diluted is not poisonous; aqua fortis mixed with strong spirits is not so dangerous; but the others, however much diluted,

operate as violent poison. English smelling salts, kali or potash, lapis infernalis, salts or oil of tartar, soda, spirits of sal ammoniac, salts of hartshorn, unslacked and even slacked lime are dangerous indeed. Many a person has been killed by spirits of sal ammoniac, salts of hartshorn, when those ignorant of its effects have used or given it to the sick, or made those, who had fainted, smell it. These things ought never to be given to smell, or otherwise used, except much diluted. Alum, vitriol, saltpetre, sal ammoniac and liver of sulphur abundantly used are also injurious.

Not only things containing mercury, arsenic, lead and copper are poisonous, but also those in which there is antimony, sulphur of gold and various powders. Also whatever contains tin, bismuth, spelter; lapis infernalis (in short every thing that is brought from an apothecary's shop), all minerals and chemicals are more or less dangerous. Even harmless things, improperly used, may prove so.

#### REMEDIES AGAINST WORMS AND PANACEAS.

Beware of giving children the so-called remedies against worms. Whoever is so inconsiderate as to fill the stomach of his children with such trash, should first try it on himself, and every morning take a small spoonful; we think it would alter his opinion.

This remark applies also, to remedies for vermin in the head. These remedies in general are poisonous. Cleanliness is the best remedy, and should frequent washing and combing not avail, rub oil or a little tobacco juice into the hair. Cleanliness will also exterminate all other descriptions of domestic vermin, therefore do not run the risk of having poisonous remedies in the house,

for they always contain corrosive sublimate or something similar and their very smell is injurious.

Vermin in grain is more easily expelled by strong smelling plants, and frequent shifting, than by poison; and there are many instances, where notwithstanding the utmost precaution, men have been killed instead of vermin.

The worst, the most injurious of all poisons are those abominable Panaceas, which, under numerous enticing names, are palmed upon the public. No physician will deny that sometimes cures have been performed by them yet every one knows how seldom this has happened. No medicine will do good unless properly applied; where this is not the case, and in the manner in which these things are generally prepared, they cannot be otherwise than injurious. From the manner in which Panaceas and other nostrums are extolled and recommended, it is apparent that those who offer them for sale are only anxious to find purchasers. Thus pulmonary consumption is no fixed disease, against which a specific can be recommended. It is so very different, and in almost every patient a peculiar kind, that great reflection and careful consideration is necessary to discover its nature. The remedies must be adapted to the peculiarities of the disease. One and the same medicine cannot possibly answer in all cases. You cannot always rely upon the certificates which accompany the recommendations of these universal medicines. A case often appears worse than it actually is, and even medical men may be deceived; at the same time a trifling medicine, sometimes simply cold water, will cure it.

The great number of universal medicines which we see extolled as specifics against various diseases, does

certainly not appear creditable to the inhabitants of this country. It proves the ignorance and credulity of the purchasers.

He who buys and uses such things may be compared to him who buys a lottery ticket. The ticket venders are the only persons certain of a large profit. As many blanks as are in a lottery, as many blanks are there in these universal medicines; and the number of prizes in the one and of cures in the other are about equal. No man of sense will venture in a lottery, if he cannot spare the money which, in all probability, will be lost. But he who ventures in a medical lottery, not only loses his money, but, if he does not get a prize, receives certain injury, rendering his case worse, more obstinate and more difficult to cure. When a physician prescribes medicine for you, you know at least what you get, and should it prove injurious, may at least be counteracted; if you have not taken too much medicine, or persisted in the use of it for too great a length of time, it is always possible to make good the injury that has been done. But with those unknown universal medicines this is impossible; we do not know what we are to treat. Whoever relies upon the impudent assertion that nothing injurious is contained in these nostrums, must be credulous indeed. We have mentioned already, in our preceding pages, that the poison from many plants is far more virulent than that from minerals.

Many of these universal medicines contain, also, mineral poison. For instance, the fever drops (diaphoretic tincture) contain arsenic; the imperial pills, mercury; and so with many others. Many things of this kind are sold at an enormous price, and the ingredients of which they consist may be had in every apothecary's shop for

a tenth part of their cost; for instance, Harlæm oil is nothing but a combination of sulphur with oil, and the value of a vial is less than half a cent. So it is with all others.

There is not a single one of these pretended secret medicines that a real physician might not have discovered and made known. A physician can apply every medicine in its proper place: the vender of nostrums cannot—his object is to make money; whether his medicine kills or cures is a secondary consideration.

### WHAT IS TO BE DONE IN CASES OF POISONING.

The main object is to expel the poison as quickly as possible, and to prevent its spreading; or to render innoxious what cannot be expelled. Much depends upon promptness; the sooner every thing is done, the better. Yet too much haste frequently leads to mistakes, and nervousness and agitation make many act without consideration.

The first rule always is, “never lose your presence of mind.” Whoever is possessed of this ought to act and direct what is to be done. Let him despatch the bystanders after what may be wanted, thus rendering those useful who would otherwise be worse than useless.

In most cases, when poison has been taken into the stomach, the principal object is to excite vomiting, particularly when the sufferer feels inclined to it; or if vomiting has already taken place, to promote it. The best means of effecting this is administering tepid water, and tickling the throat with a soft feather. The cases are very rare where this can do harm; it ought, therefore, to be done at once.

Have water heated as quickly as possible; in the mean time take the whites of eggs and beat them to a froth. Take pure white Castile soap and let suds be made. Let another person procure sugar, vinegar, sweet oil, milk and butter. Have some strong black coffee made, and gruel of oatmeal, barley, flaxseed, or meal of any kind.

The principal remedies which are mentioned below ought to be kept in every family.

Whilst you are promoting vomiting and procuring what is requisite, inquire and try to ascertain what kind of poison the sufferer has taken. Sometimes a sudden case of sickness is erroneously attributed to poison. Consider, therefore, what may be most probable, and should any uncertainty exist, do not over-hurry yourself. You may do many things at random without doing any injury; you will have to do this until you attain certainty.

There is reason to apprehend poison, when violent, dangerous symptoms, such as are indicated below, occur suddenly, particularly if these show themselves at once, or some time after the sufferer has been eating or drinking. The probability is still greater, if the patient has eaten any thing uncommon.

Be therefore diligent in inquiring of the sufferer himself, as well as those who are about him, where he has been, with whom, and so forth. Preserve carefully what he has thrown up, and likewise whatever may have been left of his meals or drink. Do not suffer these things to be thrown away, although they should become putrified; for mineral poison can be traced notwithstanding, an object which may prove interesting to the patient, or his relatives. Should this be a matter of importance, throw the whole together into one vessel, and pour plenty of strong brandy over it.

As in every serious case of the kind an experienced physician, or an apothecary, will no doubt be called in, let him subsequently examine these things.

The treatment must, however, not be deferred; the assistance must be immediate, and while it is being rendered, the cause must be ascertained.

Always consider, that he who is poisoned may die, if you apply too many things, or proceed with too much violence. Reflect, and do one thing after another quietly and soberly, lest by the means applied you hurt the sufferer more than you do him good.

When you know what poison has been taken, or when you are almost certain, have recourse to such medicines, as are prescribed against that poison, avoiding such as might prove detrimental.

When you are uncertain, act according to the following direction, proceeding from mild remedies to stronger ones; if the former prove insufficient. In cases of imminent danger you must, of course, use whatever remedy may be at hand.

*Vomiting* is always most important, whenever there appears an inclination for it, when the symptoms appear immediately, or soon after meals. Yet to administer an emetic is often as noxious as dangerous. The best and most harmless remedy is lukewarm water, without either oil, grease or butter. Let the sufferer swallow as much of it as he possibly can; at least every minute half a tumbler full, and more if possible. Try to induce children first by kindness, then by threats, and if neither will avail, by force. Open their mouth by inserting a finger at the joint of the jawbone, and pour in the water. Or you may, after the child has just been breathing, suddenly

shut its nose and pour the water into its mouth; but beware of doing this while the child is breathing.

At the same time let the patient put his finger down his throat, or take a feather, put it into the throat, and turn it around till it excites vomiting. Let the patient incline forward, place your hand on his stomach, support his head, beating him softly between his shoulders. Let him rinse his mouth after he has vomited, and remain undisturbed for a few minutes. As soon, however, as he feels another attack of pain, or other symptoms, such as retching, hiccough, or uneasiness, let him drink again until it appears that every thing has been ejected.

If he cannot be brought to vomit, or if he cannot swallow, at least not sufficiently, or retches in vain, does not throw up as much as he drinks, or should he absolutely refuse to drink, and you cannot introduce enough; should he even swallow what came up, chew some bread and mix with it half a tablespoonful of snuff, put it on his tongue till it excites vomiting, and let him drink tepid water after it. With people accustomed to tobacco it will operate but seldom, with them therefore substitute dry mustard, or mustard seed finely powdered, mixed with a tea-spoonful of kitchen salt in a tumbler full of water, to be drank off at once; and afterwards tepid water. These means will always suffice, therefore beware of using any other. In case the sufferer can get nothing down, is quite confused, cannot swallow, his jaws being tightly closed, blow some tobacco smoke into the anus. Take a pipe with tobacco, light it, grease the point of its stem with oil, or fat, insert it in the anus, not deeper than about the depth of a finger nail, turning it carefully; then place on the head of that pipe the head of another empty one, and blow through this into the other, propel-

ling the smoke inward. After blowing three or four times, stop, and then begin again.

The next important remedy is *the white of eggs*. Have the white of several eggs beat up, mixed with cold water, and let them be drank. This will never do any harm, and will certainly give relief, if the poison is metallic, or if the patient is suffering violent pains in his stomach, or bowels, feels as though he should purge, as when poisoned by corrosive sublimate, quicksilver, verdigris, compounds of tin or lead, alum or vitriol. Give the white of eggs abundantly, and often when the substance vomited is of a red or green color, when the patient has a metallic, coppery, or salty taste in his mouth; in general, when you suspect that he has swallowed verdigris, red lead, vermilion, corrosive sublimate, &c. If the patient finds relief from the taking of white of eggs, you will continue it, and should he be afflicted with diarrhœa and pain in the anus, give him an injection of water and white of eggs. Subsequently proceed as hereinafter mentioned under "After-pains from Poisoning."

Another very important remedy, in most cases of poisoning, and applicable when the white of eggs seems ineffective, is *soap-suds*. But for this purpose you must not take soft soap, nor any resinous hard soap, except in cases of the utmost necessity, nor any soap which is stained red, as this is done with poisonous ingredients, but the best white Castile soap. Dissolve this in hot water, and let the patient drink a cup full of it warm every three or four minutes.

*Soap-suds* will only prove injurious when the poison itself was alkaline, or lye, or potash, soda, caustic potash, oil of tartar, spirits of sal ammoniac, sal ammoniac itself, English smelling salts, salts of hartshorn, lime, slacked

or burned, barytes, (often sold as ratsbane, under a pretence of its not being injurious to people, because it is not arsenic,) salts of tartar, which is often mistaken for tartar emetic, or tartarus tartarizatus. When the substance which the patient vomited does not smell sour but soapy; when blue paper which had become reddish from having been drawn through vinegar, is turned blue by it; when it begins to ferment upon aqua fortis, or oil of vitriol, or sulphuric or muriatic acid being dropped into it—in all these cases you must not use soap-suds, but substitute vinegar.

Soap-suds is the principal antidote in poisoning by arsenic, lead, oil of vitriol, aqua fortis, all strong acids, and most metallic solutions. You may conclude that the poisoning originated from acids, when the mouth of the patient is as if scalded, when blue paper dipt in what he vomited turns red on the instant. Soap-suds is also applicable when a person has swallowed alum. It will also prove beneficial in poisoning by plants of a burning, acrid taste, exuding a pungent juice or milk; likewise in dangerous accidents from resinous or castor oil.

*Vinegar*, as already mentioned, is an antidote against alkaline poison. As soon as this is ascertained by observation, let the patient drink vinegar in great abundance, and give him injections of it. Let him also eat slimy gruel which will excite vomiting. But vinegar is injurious after strong vegetable poisons, various salts, all mineral acids, arsenic, particularly when the stomach pains when touched. On the other hand it is of great service in cases of poisoning by laudanum, mushrooms, all soporifics, carbonic gas, and liver of sulphur. In such cases give alternately gruel to bring on vomiting, and subsequently, after having vomited freely, let the patient drink vinegar

again, which will remove the inclination to vomit. Vinegar also answers against poisonous clams and fish. It is an important antidote against the poison generated in fat. If a person feels sick from having eaten spoiled rancid hams or sausages, and his throat is very dry, and he feels nausea, hasten to give him vinegar to drink, not forgetting, however, the other remedies afore-mentioned.

*Oil* is a remedy by far too generally applied; it is taken to be a principal one, which is not so. This refers also to grease, butter, and similar things—also to buttered water. If to be used, you ought to be careful of the kind of oil—rancid oil, train oil, or sperm oil, ought not to be applied, slimy substances will answer far better to envelope the poison, or sugar, which sooner assuages the stomach, or other means to neutralize the poison. When you are sure that the poison was alkaline, and you are applying vinegar successfully, you may alternate with oil, particularly when the patient complains of burning in his mouth, throat, or stomach. Oil, however, may be applied [to great advantage, when a strong acid, aqua fortis, oil of vitriol, &c., has got into the eye, the mouth, the throat, or the stomach. Sometimes it is of service against poisonous mushrooms. Oil is injurious in poisoning by arsenic; useless in most poisoning by metallic substances, and very injurious when Spanish flies have got into the eye, or the stomach. It is literally throwing oil into the fire. This is also the case with insects and venomous bugs, which may have got into the eye. Oil is of great service when live insects have crept into the ear.

*Milk* is not so good as other slimy substances; but as it is more frequently at hand, it will do well to let the sufferer drink it, instead of waiting for other things.

Rich milk is good wherever oil is good, injurious wherever that is injurious. Sour milk is good wherever vinegar is so, injurious wherever that is. When you have no good oil, rich milk is the best thing; also when oil becomes disgusting to the patient. Sour milk is preferable to bad vinegar; it may also be applied where vinegar has already been used. Milk is very good when the first storm has subsided, and nothing but after pains remain, provided the patient likes it, and feels revived by it. When you cannot ascertain what kind of poison the sufferer has taken, and you can not, therefore, choose between the antidotes, but have given milk in the first instance, and the patient feels better after it, you may continue with it. The main object, however, is that the patient vomits at once so much that you may suppose the poison has been ejected with it.

*Sugar* and sugar water is in most cases one of the very best remedies. Only when you are certain that the poison was a mineral, acid, or strong alkaline poison, prefer the remedies prescribed against such poisons. It cannot do much harm, were you to apply sugar improperly. If the person who is poisoned wishes sugar, give him as much as he desires. It is the best antidote against metallic poisons, poisonous paints, verdigris, copper, tin, vitriol or alum, and continue with it, if the patient finds relief from it; should he, however, not feel better, alternate with whites of eggs and sugar; or, where it is applicable, with soap-suds. Against arsenic sugar is also a principal antidote. When the poisoning was effected by sharp acrid plants which occasion a burning or swelling in the mouth, or in the throat, you may give it between other things, letting the patient either put it into his mouth, or give it to him in water.

*Coffee* is an antidote against so many poisons that we cannot do without it. You must be careful that the coffee has not been spoiled in roasting; give it at first very strong, and then somewhat weaker. In the intervals, do not neglect to excite vomiting, should it be still required. When the poison is unknown, coffee is the best thing you can give; when the patient is stupefied, sleepy, senseless, giddy as if intoxicated, his face red and full, or pale, cold, and cadaverous; or when he acts as if he were delirious or raving. In all these cases, give him plenty of strong black coffee, till he gets better. Even after he has vomited the whole contents of his stomach, continue giving him the coffee with sugar. In all cases of poisoning, give coffee, if the patient desires it.

When the poison is known, and the tepid water intended to bring on vomiting, and tickling in the throat for that purpose has been resorted to, give black coffee in abundance, as a drink and in injections, particularly in cases of Prussic acid, which you will know from its smelling like bitter almonds, or peach kernels, or peach brandy. Also against laudanum, poisonous mushrooms, &c.; where a person has swallowed the juice of sumac; or when dangerous symptoms appear after medicine, containing belladonna, colocynth, valeriana, conium (cicutia;) or after chamomile tea. Coffee is also important in cases of poisoning by wine of antimony, or when antimony, phosphorus or phosphoric acid have been swallowed, and particularly from poisoning by nuxvomica.

*Camphor* is a principal antidote in all poisoning by vegetable substances, and particularly sharp, acrid, burning poisons, which cause inflammation and redness; in all cases of poisoning, where the patient suffers from

vomiting and diarrhœa, is pale, cold as ice, and almost senseless; in such cases, if you do not know what kind of poison has been taken, you should prefer giving camphor. It will suffice to let the patient smell it, or rub it on his skin. You can make a salve of it with warm oil, or easily dissolve it in heated brandy.

It is the principal remedy for poisons from insects, Spanish flies, whether they have been swallowed, or got into the eye, or when used as a plaster, and they have produced a poisonous effect, camphor is always the best remedy. Also when venomous insects or infected honey has been swallowed, for violent symptoms after food, in which small bugs or worms may have accidentally fallen, or when small moths have been swallowed—likewise after the sting of insects.

When, together with other symptoms, the patient finds it difficult to make water, or it is very painful to him, and intermixed with blood, you may always presume that this originates from Spanish flies, or other insects, and camphor is the best remedy.

Camphor, finally, is applicable to diminish the effects which medicine may have produced; when children fall sick after the usual preposterous worm [medicines; in accidents from tobacco, bitter almonds, and medicines that have the smell of these things, or cherry stones, peach kernels, acorns, or nuts.

It is very useful for the after-pains from phosphorus, poisoning by minerals, or acids, and particularly salty things. When every thing has been ejected from the stomach, let the patient smell camphor from time to time. This may also be done in poisonings by mushrooms, or in accidents from charcoal fire.

The ingredients sometimes requisite, such as charcoal,

lye, kitchen salt, starch, green tea, tobacco, are in most families; the other things, often as necessary, such as magnesia, spirits of nitre, spirits of sal ammoniac, ought to be kept likewise, being useful not only in cases of poisoning, but in many other diseases. In cases of poisoning, things of this kind can only be serviceable where the poison is perfectly known. They will be mentioned in their proper place.

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From the preceding remarks it is evident, that, in cases of poisoning, measures ought to be immediately adopted:

1st. To excite vomiting.

2d. To lessen the effect of the poison.

At first you will have to attend to both alternately, subsequently to the latter object only.

The usual emetics are poisonous, and may therefore prove injurious; it is, therefore, best to excite vomiting by the following means:—

Drinking lukewarm water, as much and as often as possible.

Tickling the throat; and only when this proves ineffective,

Snuff put upon the tongue; or with those upon whom this has no effect,

Mustard with salt in water; and only in cases where nothing can be introduced into the mouth,

Injections of the smoke of tobacco.

The principal remedies to lessen the effects of the poison, when the poison itself is unknown, are, where pains prevail, water and the white of eggs—where insensibility predominates, coffee.

As soon as it is ascertained whether the poison is an

acid, a metal, or an alkali—if acids and metals, give soap-suds; if alkali, give vinegar.

All other remedies are only applicable when you know what kind of poison it was.

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### TREATMENT WHEN THE POISON IS ASCERTAINED.

Generally, the same rules hold good; besides attending to the vomiting, however, administer immediately the remedies here recommended.

The antidotes recommended against each particular poison, have been arranged according to their efficacy, the most efficacious being mentioned first. When these are at hand, give what can be first procured. If a person, for instance, has swallowed sulphuric acid, it would be a folly to wait until magnesia or white soap could be brought from the apothecary; where this cannot be had on the spot, take a handful of wood ashes, stir them in water, and let this be drunk immediately, although it is less efficacious.

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## I. POISONING BY INHALING GASES OR BY BRINGING SUBSTANCES INTO THE STOMACH.

### 1. POISONOUS GASES, THEIR ANTIDOTES AND TREATMENT.

a) *Gases produced in places deprived of fresh current of air.* In deep privies that have not been cleaned for a length of time; in places deprived of a fresh current of air, where offal of animals is suffered to decay, a poisonous gas of a fetid, offensive smell, in which polished metal, particularly silver, turns black, is generated. Such

gas inhaled will cause nausea and difficulty of breathing; the pulse becomes feeble, the eyes weak; a coldness is felt in the ears, the abdomen is contracted, and unless the sufferer is speedily removed from its influence, convulsions and apparent death ensue, which latter, if no medical aid is afforded, will terminate in actual death. The best remedy is chloride of lime. Before persons expose themselves they should provide chloride of lime; some of it diluted with water will destroy the fetid gas, and enable them to work in such places without danger. The bad smell is speedily removed by throwing in a few shovels of quick lime.

The person who has met with such an accident, should immediately be brought into the fresh air, undressed, and placed on his back, the breast elevated. Throw cold water on his face and breast. If you have a solution of chloride of lime in water, dip a sponge in it, and hold it occasionally before his nose. The solution should be rather weak, so as not to excite cough in a healthy person who inhales it. Put a tablespoonful of the strong solution into a tumbler full of water, and bring half a teaspoonful into the mouth of the sufferer. Repeat this from five to ten minutes, discontinuing gradually as the patient improves.

Vinegar can be had sooner; mix it with an equal portion of water, and sprinkle the face with it—and hold a sponge dipt in vinegar before the nose and the mouth.

During this time the patient should be rubbed with hot flannel. If you have sprinkled his face with cold water or vinegar, wipe it dry after a little while; then rub it with hot flannel, and repeat the sprinkling. The feet, the stomach, breast, and arms particularly, ought to be well rubbed. The soles of the feet and the back may be brushed a little with a stiff brush.

Be not too hasty, but proceed gently and continue patiently. Life sometimes does not return in less than three or four hours.

If the patient, apparently dead, does not breathe at all, it is useless to hold a sponge before his nose; only try from time to time, by holding a light feather there, whether his breathing has recommenced. Occasionally blow breath into his mouth, which is best done by a person inhaling as much as he can, and then placing his mouth on that of the patient, (whose nose should be closed,) and blowing in the breath gradually. If this expands the chest, let the breath go out of itself, and repeat the operation. If the breath will not come out again of itself, place a towel around the breast, and after the breath has been blown in, tighten it gently. By thus producing an artificial respiration, a person apparently dead may often be restored again, but he, who undertakes the operation should himself be healthy, and have a clean breath, and either drink some vinegar, or rinse his mouth with it occasionally. As soon as the respiration becomes voluntary, or the expiration rapid, discontinue; gently fan fresh air toward him, and only when the breath becomes stronger hold a sponge to his mouth, dipped in a very weak solution of chloride of lime, or vinegar. You ought to be very careful, indeed, lest you extinguish the feeble life which is just returning. If the patient recovers, give him a few drops of a weak solution of chloride of lime or vinegar. If he complains of cold, inclination to go to stool, or nausea, and vinegar will not remove this feeling, or the patient dislikes it, give him a little black coffee. If he complains of heat and great weakness, give him a little good old wine. The smell of camphor, too, is often beneficial; in this respect consult the wishes of the patient;

whatever is most agreeable to him, or affords him relief, deserves the preference.

Another mephitic gas, which is suffocating, is generated in deep wells, vaults and lime furnaces. It has no bad smell, but makes him who inhales it sleepy, giddy, and at last senseless. Persons affected by it will usually revive in a short time, by bringing them speedily into the open air, sprinkling them with cold water and vinegar, and infusing some black coffee. Do not act with too much precipitation—delay is not dangerous in such a case. If perspiration does not return, it will be necessary to inflate the lungs, by breathing into the mouth.

b) *By vapor of charcoal.*—The vapor of charcoal is a most dangerous poison, particularly to persons sleeping. Never sleep with lighted charcoal in a room which has not an open fire-place. The same applies to stone coal. Old woodwork, too, has been known to glimmer and smoulder for days, without any smoke being perceptible; the inhabitants of the house, who had not paid attention to the somewhat smoky smell, were found in the agonies of death before the smouldering was at all perceptible.

It is remarkable that all persons who are exposed to this vapor become so feeble as to be unable to go into the air, to open doors or windows, or to call for aid. They suffer much and know the danger, but cannot make up their mind to move from the spot, in order to save themselves. A similar sensation seizes upon those who, in very cold weather, sit down in the open air to rest themselves—they know the fate that is before them, but want energy to resist it.

The symptoms of having been poisoned by coal vapor, where animation is not yet suspended, are headache, with nausea, retching and vomiting—sometimes of blood;

a heavy burden seems to oppress the chest, the face becomes red, and at last purple and bloated, the patient is seized with involuntary hysterical weeping, talks incoherently, falls down suddenly, gets fits and convulsions, and finally becomes perfectly unconscious, and is seized with apoplexy.

Carry the patients into the fresh air, rub them with vinegar, and let them inhale the vapor of vinegar. If the face is already very red, and they begin to rave, throw ice-cold water on the head. In general, it is well to make cold applications to the head, and warm applications to the feet. When the patient has somewhat recovered, it is well to give Op., and to remove the vinegar. If Op. gives relief, but only for a short time, repeat it. After some hours, or earlier, if Op. does not seem very efficacious, give Bell., and allow it sufficient time to operate.

c) *By dry rot in old buildings.*—The effect produced by dry rot in old buildings is similar to that produced by coal fire, only it operates less suddenly. The best thing is to leave such houses or to rebuild them; but, if people have to live in them, they should try to kill the dry rot by coal fire. Place this, as much as possible, above, below and about the spot where the dry rot appears. The spots themselves may, from time to time, be washed over with a strong solution of blue vitriol or sulphate of copper. To guard against the effects of dry rot, take from time to time a little rain water, in a gallon of which a few drops of sulphuric acid have been mixed.

To obviate the bad effects of the vapors of chloride of lime, to which many persons are exposed, smoking tobacco is the best; or drop some strong brandy, rum or spirits of wine on a piece of loaf sugar, and take it in your mouth.

d) *By vapor of Prussic or mineral acids.*—For the effects of poisonous vapors, as of Prussic acid or mineral acid, the best is spirits of hartshorn, or of sal ammoniac; but by no means apply the vial containing such spirits close to the nose; this would only increase the evil; rather move it at the distance of about six or eight inches from the nose and mouth slowly to and fro, so as to smell it very faintly. Repeat this as often as necessary, or put a drop upon paper and introduce the paper into a large empty bottle, and smell from time to time the bottle. If the vapors were from alkali, such as have been mentioned before, when speaking of the alkaline poisons, this remedy does not answer. In this case, the patient should inhale the vapor of vinegar.

Whether the vapors are from acids or from alkali, may be discovered by blue paper. Acids will turn it red, alkali will turn that which has been turned red by acids blue again. In cases of poisoning by acid vapors, you may put one drop of spirits of sal ammoniac into a tumbler full of water, and give of this mixture a teaspoonful every ten minutes. In poisoning from vapor of alkali, give from time to time a teaspoonful of vinegar.

## 2. POISONING BY MINERAL AND OTHER STRONG ACIDS, THEIR ANTIDOTES AND TREATMENT.

In cases of poisoning by sulphuric acid or oil of vitriol, muriatic acid or spirits of salt, nitric acid or aqua-fortis, aqua-regia, salts of wild sorrel, phosphoric acid, spirits of vinegar, wood vinegar, or too much strong winevinegar, the poison may be known by a sour burning taste and smell, a burning acrid heat in the throat and the stomach, pricking pains in the stomach and intestines; drinking increases the pains—the breath soon becomes

offensive; what is vomited tastes very sour, ferments, and blue paper dipped into it turns red; frequently the inside of the mouth looks as if scalded, full of spots. In this case give—

1. Tepid soapsuds in great abundance.
2. Magnesia—a spoonful in a cup of water—after every fit of vomiting, or repeated when the pains increase. Burnt magnesia is not so good as common.
3. Chalk powdered and mixed with water.
4. Woodashes—a spoonful mixed in a tumbler full of warm water.
5. Potash or soda—dissolve as much as will lie upon the point of a knife in a large tumbler of warm water.

Give Nos. 1 and 2 alternately; the others are merely as substitutes until the former can be procured.

After the patient has vomited sufficiently, let him drink gruel or barley water, pearled barley, decoction of linseed or rice; or any thing else slimy that is at hand, and let him use nothing else for several days. When the worst is past, give after sulphuric acid Puls.; after muriatic acid, Bry.; after nitric acid, Hep.; after phosphoric acid, Cof.; after other acids or wood-vinegar, Acon. Before administering these medicines, try what smelling camphor will do.

When strong acids have got into the eye, oil of almond is best—or fresh unsalted butter; for want of something better, weak soapsuds. Pure water is injurious, and should not be used until later to wash the eyes.

For an external scald or burn with strong acids, soap is the best, for it heals wounds from scalding or burning very rapidly.

### 3. ALKALINE POISONS, THEIR ANTIDOTES AND TREATMENT.

Pot and pearl ash, lapis infernalis, lye, salts of tartar, soda, ammonia, corrosive spirits of sal ammoniac, spirits of sal ammoniac, English smelling powders, salts of hartshorn, spirits of hartshorn, burnt and unslacked lime, may be known by the alkaline, urinous, acrid taste, no fermentation in what is vomited; the blue paper which has been turned red by acids becomes blue again; the symptoms are nearly the same as from acids, only what is thrown up is not sour.

1. Stir two tablespoonfuls of vinegar in a glass of water, warm, if you have it, and give, every five minutes, a wineglassful of it.

2. Lemon juice or other acids, but greatly diluted; or sour fruit bruised in water.

3. Sour milk.

4. Mucilaginous drinks and injections. Emetics are very dangerous, and vomiting should only be excited by these drinks, and by tickling the throat with a feather.

In poisoning with barytes, (a peculiar kind of heavy, white earth, which is sometimes sold as ratsbane,) pure vinegar is injurious; in this case give merely mucilaginous things and oil, and excite vomiting until you can procure Glauber salts or sulphate of soda, which should be dissolved in vinegar and then diluted. Afterwards let the patient sometimes smell of camphor, or if this is of no use, smell sweet spirits of nitre. After potash, Cof. may frequently be given, and afterwards Carb. veg.; after spirits of sal ammoniac, Hep.

4. OTHER SUBSTANCES WHICH HAVE A POWERFUL EFFECT,  
THEIR ANTIDOTES AND TREATMENT.

a) *Liver of Sulphur*.—To counteract the effects of liver of sulphur take water, with some vinegar or lemon juice, oily and glutinous drinks and injections. If much drinking and tickling of the throat does not produce vomiting, give a weak solution of tartar emetic. After the patient has done vomiting, give vinegar, if it gives relief; if not, Bell., and no more vinegar.

b) *Iodine* is often given as a medicine, although it sometimes produces sudden and dangerous maladies. Give, 1. Starch stirred in water; 2. Paste made out of it. 3. Wheat flour and afterwards, thin mucilaginous drinks. For the consequences give Hep.; sometimes Bell.

c) *Phosphorus*.—Oil and fat of all kinds are dangerous. Give merely mucilaginous drinks and excite vomiting as quick as possible; if you cannot succeed immediately, take tobacco or mustard. Afterwards coffee without milk. Some hours after it a spoonful of magnesia, has frequently a good effect. If neither this, nor the smelling of camphor gives relief, take Nux vom. If the patient wishes for it, give a little good old wine or brandy, but only a few drops on sugar.

d) *Alcohol*, or strong spirits of wine and ether, taken inadvertently, may produce dangerous consequences. Generally it suffices to give milk and mucilaginous drinks. If it does not get better, give a drop of corrosive spirit of sal ammoniac in a glass of sugar water, a teaspoonful at a time. If that does not give relief in a short time, give Nux vom. and, as long as the stomach can bear it, mucilaginous drinks. Afterwards, coffee without milk.

e) *Prussic acid*.—Known by the smell resembling that

of bitter almonds. It operates so rapidly that you must hasten to administer the proper remedies. In such a case there is no time to excite vomiting. Let the patient smell spirits of sal ammoniac, held at a little distance. Drop a little on a handkerchief, and hold it so that only a faint exhalation may reach him. Or, put a drop of it into a tumbler full of water, stir it, and give him a teaspoonful of it every three or five minutes. As soon as you can, get coffee made, give plenty of it to drink, and also in injections. If no other remedies are near, let the patient smell camphor or vinegar, and inhale the vapor. Afterwards give Cof. or Ipec.; and if this does not remove the afterpains, give Nux vom.

*f) Alum.*—Give soapsuds or sugar-water until vomiting ensues; afterwards Puls. or Verat.

*g) Vitriol, white, green and blue.*—Give sugar and warm water, or the white of eggs dissolved in cold water, until the patient has vomited several times; afterwards, give gruel, &c.

*h) Saltpetre and Sal Ammoniac.*—Give tepid water, melted butter mixed with water, until the patient vomits copiously; then plenty of mucilaginous drink.

##### 5. METALLIC SUBSTANCES, THEIR ANTIDOTES AND TREATMENT.

*a) Arsenic.*—Arsenic is contained in ratsbane, fly-stone, cobalt, king's yellow, orpiment; in fever drops, unguents, and plasters for cancers, and numerous secret remedies, particularly in those for horses and cattle. For cases of poisoning with arsenic give, 1. Soapsuds; 2. Water with white of eggs; 3. Sugar water; 4. Milk. As soon as the patient has vomited, repeat the remedy. There is not

much danger when copious vomiting brings up every thing. Vinegar is of no use, and oil is rather injurious.

German physicians have, of late made known that the best antidote against arsenic is oxydhydrat. You may substitute common rust of iron; give, as soon as you can procure it, half a tablespoonful in a cup of water, repeating the dose if it proves beneficial. The apothecaries ought to have this article. It is prepared by dissolving iron in rain water, and precipitating with a much diluted solution of potash; the sediment is washed carefully with hot water, and dried by the air on a filter.

Subsequently, give *Ipec.* several times; if the patient feels yet very uneasy and irritable by night, also feverish, give *Chin.*; if he is worse during the day, after sleeping—if he is constipated, or has slimy diarrhoea, give *Nux vom.* If *Ipec.* leaves frequent nausea, vomiting, with heat or cold, and great weakness, give *Verat.*

The liquid which hatters use in the manufacture of fine hats contains arsenic. The wearing of such hats frequently causes eruptions on the forehead, or sore eyes. Have the hat well lined with silk and leather, and for the bad effects give *Hep.*

b) *Corrosive Sublimate.*—For this poison give, 1., the white of eggs in water; 2., sugar-water; 3., milk; 4., starch from wheat flour, dissolved or boiled in water; 5., flour paste.

White of eggs in water is the principal remedy; you may give it alternately with sugar-water. The after-pains require the same treatment as those from poisoning by medicine. See “*Mercury.*”

c) *Copper, Verdigris.*—For these or any other preparation of copper, give, 1., white of eggs; 2., sugar—both with or without water; 3., milk; 4., other slimy things.

Iron-filings in gun-water are said to effect a speedy cure, when a person has been poisoned with copper.

d) *Lead*.—In this case give, 1., Epsom salts or sulphate of magnesia; 2., Glauber salts or sulphate of soda. The former is the best; when it cannot be had, take the latter. A tablespoonful dissolved in a pint of warm water, and drank often and abundantly, in proportion to the quantity of poison. 3., Soap; 4., white of eggs; 5., milk.

After the salts or soap give mucilaginous drinks and injections.

e) *Lunar Caustic*.—Give common salt dissolved, in abundance; afterward, mucilaginous drinks.

f) *Antimony*.—For this either as antimonial wine or tartar emetic, give, 1., a decoction of gall-nuts, or oak bark, or the peel of pomegranates; 2., coffee without milk, in large quantities; 3., mucilaginous drinks.

For convulsions give Op.; for nausea and other effects, Ipec.

g) *Tin*.—For poisoning by tin, give, 1., white of eggs; 2., sugar; 3., milk.

Poisoning by tin occurs very often, from sour victuals being left in tin vessels. Things that are sour or sourish should never be allowed to cool or to remain in metal vessels, nor should silver, tinned or tin spoons be left in victuals. Sour things should only be kept in wood, stone or glass.

The tedious effects of tin, which occurs so frequently, are mitigated by Puls.

## 6. VEGETABLE POISONS, THEIR ANTIDOTES AND TREATMENT.

a) *Poisonous mushrooms*. They generally do not produce any visible effect until several hours after they have

queen taken. The belly becomes enlarged, with a cutting pain in the region of the stomach; vomiting and purging commence with thirst, nausea, hiccough, agitation, coldness of the limbs, small pulse, numbness, or incoherent talk and convulsions. If these symptoms appear promote vomiting, and let the patient drink much cold water, as cold as it can be had; from time to time give finely powdered charcoal, made into a sort of paste with oil. Should this afford no relief, let the patient smell gently of spirits of sal ammoniac. The after-pains are mitigated by wine or coffee.

b) *Blighted corn.* Blighted corn, or those thick, black grains in Indian corn, rice, wheat, rye or other grains; also the sweet or black rusty taint in grain is very injurious to man and beast. The ill effects of it however can be counteracted by the common nightshade, bruised in cold water, and then hot water poured on it. Inhale the vapor or wash the cattle with it.

External injuries from plants which exude an acid milky juice, and which are very common in the country, are cured by washing with soapwater and afterwards with brandy. If some of the juice has got into the eye, apply the oil of almonds, unsalted butter or milk; if it has got into the stomach use soap-suds, milk, &c.; but neither acids nor emetics. The same holds good of all acrid, burning, corrosive vegetable substances, as gamboge, euphorbium, &c.

c) *Intoxicating plants.* For plants which are intoxicating, making the person who takes them drunk, or depriving him of consciousness, making him mad and raging, the principal antidote is, coffee drank in large quantities and given as injections. For some of these plants vinegar answers very well, such as opium, lauda-

num, or poppy heads. If the patient has a red face, red eyes, looks wild and stares, cold water thrown over him is very useful.

For parts of plants which smell of bitter almonds, and consequently contain that virulent poison "Prussic acid," such as bitter almonds, peach kernels and laurel leaves; also for cordials prepared with them, such as cherry brandy, persico and noyau; many preparations called medicines, all easily detected by their peculiar smell and bitter taste and by their effects: heaviness, giddiness, agitation, particularly oppression on the chest, first a quick, afterwards a slow pulse, lameness or a feeling as if lameness were to follow: for all these coffee without milk is the chief remedy, and in very dangerous cases, spirits of sal ammoniac, of which the patient may smell gently from time to time, or mix a few drops in a tumbler of water and give every ten or fifteen minutes a teaspoonful.

d) *Opium or laudanum.* For poisoning with opium and laudanum, the seeds of poppy, or a decoction of poppy heads, which are foolishly given to children to make them sleep, coffee is the best; before this can be got ready give vinegar; if the patient lies insensible, beat him hard on the back and bottom until consciousness is restored. Emetics are useless, and if the drinking of coffee does not produce vomiting, try to force it with cold water and tickling the throat with a feather. Some time after, it is well to give Ipec., repeating it a couple of times, and if the pains remain, after some days, Merc. viv. For thorn apples, give also coffee, lemon juice or vinegar in large quantities; if no vomiting ensues, tobacco is very applicable in this case; for after-pains give Nux vom.

e) *Poison oak*. Poison oak is apt to cause a complaint similar to St. Anthony's fire. Rubbing or scratching is not advisable, and washes or unguents to drive in the infections are highly injurious. If careful washing with soap and water does not relieve the itching, try rubbing with wheaten bran, or dusting with hair powder. Let the patient abstain from every thing that is spirituous or sharp, and give Bry.; not to be repeated as long as it is better; but when it gets worse again, give the same. If it is in the face and if Bry. does not give relief, give Bell.

f) *Pink root*. In cases of poisoning by that noxious plant, "Pinkroot," (*Spigelia*), so frequently given for worms, let the patient smell camphor, give him coffee without milk, and if after some days the after-pains, palpitation of the heart, giddiness, &c., do not discontinue, give Merc. viv.

g) *Camphor or Saffron*. In cases of poisoning with Camphor or saffron give coffee without milk till it brings on vomiting, and for after-pains Op. every hour until they cease.

For all other vegetable substances let the patient smell camphor, and give him coffee to drink if the camphor does not afford relief. When the effect is more stunning, weak vinegar may also be given; when very painful, soap-suds and milk.

#### 7. ANIMAL POISONS, THEIR ANTIDOTES AND TREATMENT.

a) *Spanish flies*. Spanish flies, (*cantharides*), or blisters made thereof, contain a virulent poison; it is worse when it gets into the stomach or into the eyes. It causes violent burning, aggravated by oil, fat, milk, &c. The best, both inwardly and for the eyes, is the white of eggs, tepid slimy things, such as gruel, &c. Put these thick

into the eye, or if you have nothing else use flour, and do not wash and rub too much, but let some person extract the poisonous substance with a small roller of linen.

For all bad consequences from taking cantharides, or from their application in blisters, and for similar poisoning from other insects, camphor is the chief remedy. Let the patient smell it every minute, and rub with spirits of camphor the parts most affected. For headache rub the temples; for violent pains in the kidneys or bladder, rub the loins.

b) *Poisonous honey.* After poisonous honey, camphor is also most to be recommended. Smell of it and rub with it. Inwardly give warm tea or coffee without milk.

c) *Hair of caterpillars.* The hair of caterpillars are apt to cause violent inflammation. Do not rub, for it will only make it worse; but apply handkerchieves which have been moistened with spirits of camphor.

d) *Shellfish and other poisonous fish, &c.* Among shellfish, such as clams, muscles, cockles, &c., we sometimes find some which are poisonous and produce troublesome complaints. If there is an inclination to vomit encourage it; give charcoal with sugar and water, or in molasses: let the patient smell camphor and afterwards drink coffee without milk. For eruptions and swelling of the face give Bell.

If poisonous fish produce bad symptoms, give finely powdered charcoal with brandy, and if this affords relief, some hours after coffee without milk; if it does not afford relief, give quantities of sugar to eat or to drink in water; if this also proves ineffectual, give weak vinegar internally and externally.

When the poison of toads, frogs or Lizards has got into the eye, rub in the saliva of a healthy person, and

give Acon. every hour, or whenever it is worse. If the poison has entered the mouth, take first a tablespoonful of finely powdered charcoal with milk or oil. If sudden and dangerous symptoms appear, let the patient smell spirits of nitre. Some time after give Ars.

e) *Fat poison in half-putrefied meat.* The fat poison, generated in half-putrefied, half-sour meat, blood and fat also in cheese, particularly in blood-puddings, liver-puddings, sausages, head-cheese, sour pork, bacon and hams, old rancid goose-grease, and substances not sufficiently or regularly smoked is very injurious. It is generated very fast, and things which were eatable to-day may be poisonous to-morrow. The principal symptoms of this poison are: heart-burning and nausea, a feeling of dryness in the throat which after some days produces cracking of the skin on the eyelids, the sides of the nose and the points of the fingers. The voice becomes hoarse very soon, the pulse is slow and weak; hunger and thirst are very great, but the patient can scarcely swallow any thing. It is generally attended by great weakness, the eyelids seem lamed, the pupil of the eye is distended, and the patient does not see distinctly, but as if he were looking through a fog, or he sees every thing double. The abdomen at the same time is tight, with much pain and constipation; finally, the knees and feet become stiff. If the patient does not die in a few days, a tedious incurable disease will remain.

He who has eaten of such things, and after some hours notices these symptoms and their gradual increase, should not be tardy in applying the proper remedies. If within four or five hours after the meal he feels disposed to vomit, let him drink tepid water to bring it on. Sometimes the burning and dryness in the throat

are supposed to arise from acidity in the stomach, and people take magnesia, which does no good; or they imagine it to be from corrosive poison and take oil, which likewise is useless. The only things that can do good are acids. As soon as the stomach has discharged its contents, give weak diluted vinegar; let the patient wash himself with it and gargle with it. Lemon juice answers still better. When the patient is sick of the acid, give from time to time some sugar. Occasionally you may give a cup of coffee without milk, or, what is still better, strong black tea. If the dryness does not diminish or returns again, if slimy injections do not produce any evacuation, give Bry., and give it six hours to operate. If a temporary improvement takes place, give Bry. again, as often as it gets worse. None but slimy injections, with a little acid, ought to be administered.

What Bry. does not take away, may often be removed by Phosph. acid.; should lameness or dryness remain, give Ars.

#### 8. POISON, GENERATED BY SICKNESS OF ANY KIND.

*Sickness of any kind in man or beast* generates poison in a similar manner, as putrefaction does in animal substances. These poisons differ as much in their nature as the diseases themselves; some produce but a trifling effect, upon others a considerable effect; some by mere evaporation, but most of them when they enter the blood or the stomach. Every one shuns what a sick person ejects, and thus a natural loathing preserves us from these baneful influences. For this reason careful people avoid the garments of those who have for a long time suffered from a dangerous disease. But against diseased animals we are not sufficiently on our guard; their ex-

halation alone proves injurious in many cases. Thus, that of a horse having the glanders, may effect a human being with a disease quite different. Still worse are all the excrements of sick animals: their saliva and the pus from sores is always poisonous; but notwithstanding the decidedly dangerous consequences, leprous or measly pigs continue to be killed and eaten.

The most dangerous disease in this respect is the *disease of the spleen* in cattle. If the blood of such an animal only falls upon the hand it may prove infectious; the same consequence may result from the skinning of such animals, nay from the tanning of the skins, and yet avarice and ignorance continue to persist in the skinning of these diseased animals. Their flesh, though salted and smoked, is a poison, and has always produced death or a lingering incurable disease.

The disease of the spleen in cattle is known by a sudden sadness and dullness; they stumble and tremble, particularly after drinking; they have a dry hot and short breath; during these symptoms, inflammatory tumors are formed. Unless such cattle can be saved by throwing frequently large quantities of water on them, they must die. In that case, endeavor at least to preserve the others by cold water. Those which perish should be buried in a very deep pit, without being touched by the hands. Every thing which has been in contact with such animals, should be burnt, buried, or be purified with chloride of lime in water.

When a person has been infected with the disease of the spleen, he feels first melancholy, weak and cold; red spots, with a black pimple in the middle, show themselves on different parts of the body; they soon become blue tumors, and terminate in inflammatory gangrenous

ulcers. By no means put a poultice on them, nor any thing warm and moist; bleeding, also, is dangerous. The only remedy is quietness, a strict diet, drinking of much cold water, and frequently throwing cold water over the patient, and drying him quickly afterward. Internally give Ars.; which must only be given again when it is worse,

Whatever has been soiled by horses which had the glanders, should be cleaned with chloride of lime; exposing it for a long time to the air and the sun, also, will make it innocuous. If a person has been infected by a horse which has the glanders, give Phosph. acid., and if this fails, Ars. Some time after Sulph. may be taken, if necessary; and if the symptoms still remain, after some weeks, give Calc. All these remedies only once every five or ten days—and not to be given as long as it improves.

When one has reason to fear he has contracted these diseases by contact with the animal, exposure to oppressive heat is recommended. Should the infection be imparted, Lach. is an excellent remedy.

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## II. POISONING BY EXTERNAL INJURIES.

### I. STINGS AND BITES OF ANIMALS, THEIR ANTIDOTES AND TREATMENT.

*a) Stings of spiders.* The sting of spiders, and of the long, broad, many-footed animals (centipedes, &c.,) with two fangs in the mouth; that of the scorpions with a loose sting at the end of the tail; that of the bees, wasps, hornets, humblebees with a sting in the back part of the body; the stings of many flies, musquetoës, and of the bugs with the fine tube for drawing blood. All these are rarely

dangerous, but may become troublesome by their numbers, and produce serious consequences by attacking delicate parts; also by falling upon little children or very delicate persons.

The chief remedy is smelling of camphor, and washing with cold water. If you can catch an insect of the same kind, crush it and put some of it on the wound. If you can bear it, a good way is to hold the wounded part to the fire, or to bring a red-hot coal, wire, or a burning cigar or pipe as close to the spot as possible, and to hold it there until the pain is gone.

b) *Stings of bees &c.* When pursued by a swarm of bees, take care not to strike at them with your hands, for it does no good, and only irritates them the more; make your escape as quick as possible; but should a swarm follow you notwithstanding, particularly in the bushes, and should many have already alighted on your head, and there be no water near into which you might plunge, lie down flat upon the ground, with the face downward, protecting the sides of the head with your hands, and lie still till they are gone. Moisten the bites with saliva, and pass your finger nails over them to extract the sting and the poison; then put on black garden mould, renewing it whenever the pain increases; or rub it with honey, scraped chalk, or one of the remedies mentioned.

When a bee has stung into the eye or the mouth, honey is best; try to extract the sting out of the mouth by scratching, out of the eye by very delicate pincers; afterward smell of camphor, or give Arn., Bell. or Puls., until it is better.

The same observations apply to the stinging of wasps, only that their sting does not remain in the wound. Al-

ways warn children not to bite imprudently into an apple or a pear in which there is a hole; sometimes a wasp is hidden in it, and their sting in the mouth is very dangerous.

When a person has been stung in a very delicate part, and inflammation, swelling and fever ensue, give camphor to smell as long as it relieves the sufferer. Should the inflammation, however, continue, give Acon., and if this does not operate quickly, Arn. If the tongue is much swelled, and Acon. did not produce good effects in half an hour, and Arn. in an hour or two, give Bell. every half hour or hour until it is better. If this should fail, give Merc. viv. in the same manner. If the eye is much inflamed, give Acon. and Arn. alternately, allowing the former to operate one and the latter four hours, extending these periods as long as there is any improvement; externally, apply only cold water. The after pains, if they continue for several days, are mostly removed by Merc. viv.

*Musquetoës* may be driven away by the smoke of brown sugar, strewed upon live coals or red-hot iron; after some time let the smoke pass out, and close the doors and windows. The bites of musquetoës which pain severely soon heal when some lemon juice is put on.

Be careful not to remove the effects of the stings or bites of insects too quickly, when they are numerous; the consequences are the same as when an eruption of the skin is too suddenly checked; rather give Acon., and some hours after Arn. Should it not be better the next day, give Hep.

c) *Bites of snakes.* Of the bites of snakes, it is necessary to know immediately whether they are poisonous or not. All poisonous snakes have in the upper jaw two

long, large teeth; all serpents which have in the upper and lower jaw, in each two rows of teeth, are not poisonous. The bite of a venomous snake is generally attended with violent pricking, and sometimes burning pain.

When the serpent is not venomous, rub salt or gunpowder into the wound. But if the serpent is venomous, tie two or three inches above the wound a ribbon or cloth, or any thing else, tightly around the limb, to prevent the blood to return from the wound to the heart, and leave it as long as the patient can bear it, or until the danger is past. The best remedy is heat. Whatever can be had soonest, red-hot iron or coals—if nothing better, a burning cigar—must be brought as near to the wound as it can be done without causing violent pains, and without burning the skin. Cauterizing, or burning with a hot iron, is useless, because it destroys the smaller vessels. Apply, therefore, the hot iron or something else so close to the wound that the patient feels the heat a good deal. As soon as the iron or coal cools, have something else ready. Place several pieces of iron at once into the fire, and change them frequently; and take care that there is a sufficient supply of red-hot coals. The heat must only operate upon the wound, not too much and on too large a space of the adjoining parts. Do not blow the coals which you apply, this would cool the skin too much. If you have oil or fat on hand, smear it around the wound three or four inches, and when absorbed renew it. If you have no oil or fat, take saliva or soap. Whatever oozes forth from the wound must be carefully wiped away. Continue to apply the heat until the patient begins to shudder and to stretch; if this should occur soon, continue the application for an hour if he can bear it, or until the symptoms of the poison

disappear. If these symptoms return, renew the application.

Inwardly, give, as soon as possible, some salt-water, or as much salt or gunpowder as will lie on the point of a knife, or a little garlic. If bad symptoms appear, notwithstanding, give wine or brandy by drops, or half a teaspoonful at once, every two or three seconds, until they disappear again, but resume the treatment as soon as they re-appear. If the pricking pains grow worse—if they are in the direction of the heart—if the spot turns blue or spotted, or swells—if vomiting, giddiness or fainting ensues, give immediately Ars. If the symptoms become worse, notwithstanding, repeat the same half an hour after; if there is no change, repeat it some hours after; if it improves, wait until it gets worse again. If two or three doses produce no effect, give Bell. If ash-root can be had, make a poultice of it, and put it round the limb; give, also, an infusion of it to drink. Seneca-root, also, is at times serviceable. Phosph. acid. will sometimes remove the lingering after pains; sometimes Merc. viv.

The poison may also be sucked out. This can do no harm unless the person who sucks the wound should have a sore on the lips, or in the mouth. It is, however, well at any rate to take a little garlic or salt in the mouth. The sucking must be strong and continuous, and the wound must be drawn well asunder. Whilst sucking, press your hand hard toward the wound over the adjoining parts, particularly from the side of the heart. Immediately after the wound has been sucked, rub into it fine salt as long as it will receive any, or gunpowder, tobacco ashes, chewing tobacco, wood ashes or whatever is at hand; the salt, however, is the best. At the same time,

let the patient keep as quiet as possible; the more motion, or the greater the agitation, the greater will be the danger of the consequences.

d) *Bites of mad dogs.* The bite of a mad dog, or of other raging animals, is in the beginning treated the same as the bite of serpents. Burning, cauterizing, cutting, lacerating, suppurating, and all similar cruelties, are positively useless; the more you lacerate the wound, the more rapidly will the poison enter into and circulate with the blood. The physicians, in fact, only have a recourse to this mode of treatment either to show their importance, or from a satanic craving after murderous, butchering, and destructive operations; it has never been of the least utility. The application of radiating heat should be repeated every day three or four times, every time for an hour, or until shuddering appears. Let the wound heal quietly after the above means have been resorted to, and only employ the following precaution.

The undermentioned preventive, or another in which you have confidence, ought to be applied until the scar of the wound becomes of the natural color of the skin. It should be renewed whenever the wound appears hard, dark colored, red or inflamed.

Sometimes after seven days, or later, particularly when the patient has a slight fever, a small blister will appear under the tongue; have this lanced with a pair of finely pointed scissors, or a penknife, and let the patient rinse his mouth with salt water.

The vapor bath has proved a very efficient remedy. If there is an opportunity of using it several times, soon after the bite, it will, no doubt, be of benefit to the patient; at any rate, apply it as soon as the least suspicious symptom makes its appearance. These symptoms are,

shuddering and loathing when drinking; an aversion to any thing bright, and to the wind; great sadness and dejection. It may be of service, although the convulsions should have commenced. To administer the vapor bath, the patient should be in a place large enough to have sufficient air to breathe, and yet so small as to be easily filled with hot vapor. A small, wainscoted room, which can be tightly closed, is best. If the patient suffers already from convulsions, he should be wrapped in a sheet, to confine his hands and feet, but the neck and head ought to be perfectly free. In this room carry red-hot stones, as many as possible; upon which throw water, or if the patient cannot bear this, wet sand. Accordingly as the stones cool they must be removed, and reheated by a strong fire. Place a tray with wet sand near the door, in which saw a hole to pass the stones through, or place them on a bench or table near the window. It is better if there is another person in the room with the patient. All these endeavors, however, become useless, unless a good fire is kept up, and there is a sufficient number of persons to change the stones and heat them, for the whole room must be closely filled with hot vapor for a sufficient length of time. If the bath is used as a preventive, one to two hours are requisite; if after the convulsions have commenced, until they cease.

If the patient labors already under hydrophobia, give Lach. at every return of the convulsions. Should the next fit be stronger, wait for two or three more; if they are less intense, give nothing further. As soon as they become more violent, give the same medicine again. If they do not vary, repeat the same medicine after three hours. When Lach. appears no longer efficacious, give Bell. or Hyos.

The endless variety of medicines for hydrophobia, to which every country and every year contribute anew, do not deserve much consideration, as not a single mad dog has ever been cured by them. They are mostly recommended as having prevented the disease; but as of twenty, on an average, only one is really attacked by hydrophobia, whether medicines have been used or not, this pretended prevention proves nothing. Many persons get hydrophobia from imagination, and for this case any remedy will answer. For these reasons we ought not to place too much confidence in such recommendations; and to subject every one bitten to the tortures of cauterizing, cutting and bleeding to excess, is absurd. In most cases nothing is required; and in the few cases where the poison takes effect, it is of no use whatever.

When putrid animal substances have got into a wound, or pus, matter from the ulcers of a man or animal, give Ars.

The chief remedy for the effects of matter from diseased men or animals is chloride of lime, which may be had in every apothecary's shop.

According to the foregoing remarks, we have thought it advisable, to arrange a table, by which any one can easily find the proper antidotes, in very dangerous cases of poisoning, where immediate steps are necessary.

## TABLE OF ANTIDOTES TO THE MOST POWERFUL POISONS.

| P O I S O N S .                                                                                    | A N T I D O T E S .                                                                                            |
|----------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|
| <b>I. GASES.</b>                                                                                   |                                                                                                                |
| Gas produced in places deprived of fresh air, such as privies, wells, &c. . . .                    | Chloride of lime; vinegar.                                                                                     |
| Vapor of charcoal . . . . .                                                                        | Vinegar and vapor of vinegar.                                                                                  |
| —                                                                                                  |                                                                                                                |
| <b>II. ACIDS.</b>                                                                                  |                                                                                                                |
| Prussic or mineral acids . .                                                                       | Spirits of hartshorn.                                                                                          |
| Sulphuric, muriatic, nitric, phosphoric acid, spirits of vinegar and strong wine vinegar . . . . . | Tepid soap-suds; Magnesia; chalk, powdered and mixed with water; wood-ashes mixed with water; Potash or soda.— |
| —                                                                                                  |                                                                                                                |
| <b>III. ALKALINE POISONS.</b>                                                                      |                                                                                                                |
| Pot and pearl ashes, lapis infernalis, salt and oil of tartar . . . . .                            | Vinegar; lemon juice and other acids; sour milk; mucilaginous drinks and injections.                           |
| —                                                                                                  |                                                                                                                |
| <b>IV. METALLIC SUBSTANCES.</b>                                                                    |                                                                                                                |
| Arsenic . . . . .                                                                                  | Soapsuds; white of eggs with water; sugar water; milk; rust of iron —                                          |
| Corrosive sublimate; Copper; Verdigris . . . . .                                                   | White of eggs in water; sugar-water; milk; starch from wheat flour —                                           |
| Lead . . . . .                                                                                     | Epsom salt; glauber salt —                                                                                     |
| Lunar caustic . . . . .                                                                            | Common salt dissolved in water —                                                                               |
| Tin . . . . .                                                                                      | Sugar, white of eggs and milk —                                                                                |

## CHAPTER VIII.

## EXTERNAL INJURIES.

## 1. CONCUSSION.

Concussion of the body from a fall, blow, or push, may occasion a variety of pains, and other complaints. Sometimes internal parts are thereby distended or torn; pain is felt, which increases the following day; violent headache, giddiness, pains in the chest, asthma, small cough, spitting of blood, pain in the back, descending pains in the belly, &c. In all such cases Arn. is the chief remedy. The patient should keep as quiet as possible; drink much water; wash the painful parts frequently with cold water; neither eat nor drink any thing heating; make use of no wine, brandy, coffee, tea, spices—of little salt, and of nothing sour.

If the accident was attended with sudden fright, give, first, Op., and some hours after, Arn. If the patient faints, merely wash his head, face and arms with cold water, and give Acon.; and after he has recovered from the faint, or some hours after, Arn. Bleeding, in such cases, is quite unnecessary; Acon. will keep down the inflammation, and Arn. will accelerate the healing.

When pregnant females, in consequence of a fall, slip, or other violent concussion, feel pains in the abdomen, a thing which occurs very frequently in the first months of pregnancy, and which can easily bring on a miscarriage, give Arn., and let the patient keep quiet, if possible, in a lying position, and avoid, for several days, every exertion. Should, notwithstanding, the pains become violent. some

hours after Arn. has been given, give Cham., or one of the other medicines recommended to prevent miscarriage.

## 2. OVERLIFTING.

If lifting or carrying heavy loads, or lifting something suddenly, produces complaints, give Rhus, which, in fact, may always be given first when lifting was the cause, and the exertion, more than external violence, produced the complaint.

When, from this cause, pricking pains are felt in the back, which become worse on every motion of the body, give Bry. If this does not relieve entirely, give Sulph.

If headache ensues, and Rhus will not remove it, try Calc. once.

If a person, by lifting, has strained or over-exerted himself, by which he feels nausea, a disposition to vomit, with violent pain in the bowels, give Verat.

If headache is caused by concussion, and Arn. does not suit, give Bell. or Phosph. acid., whatever suits best according to the symptoms enumerated under "Headache."

## 3. FALSE STEPS.

A false step sometimes causes similar pains in the limbs, give Bry.; sometimes Rhus may give relief. If the stomach is affected, Bry. or Puls. should be given.

## 4. BRUISES.

Nothing will cure a bruise so soon as giving Arn. internally, and applying linen, dipped in cold water, to the part affected. Only in severe cases, and when there is fever, give Acon., and, six or eight hours after, again Arn. A second dose of the latter is but seldom required; if so, give it a couple of days after. If a limb is crushed,

it should be straightened with a piece of pasteboard, so as to be in a natural position; or you may press it a little from time to time, until it returns to its proper form. All unguents or salves are useless, often injurious; the above remedies, cold water and proper diet, will effect a more rapid cure than any medicine. Persons whose blood is in a bad state, and where much matter is produced, must, after some days, take Hep. once.

If it is a bad bruise, injuring a part of a bone, such as the shinbone &c.; and the pain appears to be in the bone itself, dip a piece of linen in water, in which some *Symphytum off.* has been diluted, and apply it frequently to the injured part; But if the injury is not very bad, more externally, the part only painful when pressed upon, looking red and the redness is spreading, give *Ruta* internally and apply it likewise externally in the same manner as mentioned by *Symphytum*. If mortification appears from carelessness, give *China* and be in no hurry to have a limb amputated, for many have preserved an arm or a leg by mere reluctance to the operation.

### 5. BRUISES OF THE EYES.

Bruises of the eye, from blows with the fist, a stick, stone &c. are to be treated in the manner above; change the piece of linen, as soon as it becomes warm, for a cold one, and tie over both of the eyes a cloth, as tightly as it can be borne, for the purpose of keeping the light and the air from them. Whenever the pain becomes more severe, give *Arn.* and *Acon.* alternately.

### 6. SHOCKS AND BRUISES ON THE HEAD.

When children fall, and their heads receive a considerable shock, they often begin to vomit, cry but little or not

loud, and sleep uncommonly sound and long, give Arn., and let them avoid catching cold or overheating themselves; do not let them eat nor drink any thing heating; let them not sleep too long—and if fever or convulsions should appear afterward, give Bell., and beware of their catching cold. If this does not cure it, and they dig constantly with the finger in the nose, give Chin.; if they begin to ail, and toss much with the head on the pillow, when the pupils of the eyes are dilated, not only in the dark or when they awaken, which is natural, but at all times, give Bell.; and if this does not prove beneficial after the second dose, give after four or five days Hep., which allow to operate for a couple of weeks. If some of the above symptoms continue, notwithstanding—if the head grows larger—if the skin is raised on the top of the head where the soft part is, and if a beating is perceptible there, give Calc.

Bruises on the heads of children should not be compressed with a knife. If caused by a severe fall, put on cold water and give Arn. If worse symptoms appear afterwards, notwithstanding; if the child feels giddy after shaking the head, or has pains; if the pupils of the eyes are dilated; if it presses with the back of the head on the pillow, has fever, convulsions, or when dropsy of the brain may be apprehended, in this case give Bell. or Hyos.

## 7. SPRAINS.

A limb is sprained when, after a fall or other violence, it pains severely, cannot be moved without pain, swells and turns red; give Arn. Sometimes Bry. may be necessary afterwards. Apply plenty of cold water, and try to move the limb without exerting it too much.

## 8. DISLOCATION.

A limb is dislocated when a bone has been so twisted as not to return to its natural position. The pains here are much more violent; no moving is possible, on feeling it, and comparing it with its fellow limb, every one can see that the joint is in a false position, sometimes the limb appears shorter or longer, at other times crooked. Swelling, violent pain, tension in the limb, and fever ensue very soon. The best is to give Arn. immediately; or, if there is already redness and inflammation, Acon., and to apply cold water. You seldom find a person who will undertake to set the joint again; and as abortive attempts can only make the matter worse, the sooner you send for an experienced surgeon, the better for the patient. Cold applications, and Arn. internally, will always be beneficial. Nor is it necessary to do anything more after the bone has been set; and all poultices, salves, bleeding, &c., are injurious. A proper bandage must be applied; but, as soon as the inflammation abates, which, after taking Arn., and perhaps Acon., will soon take place, the limb should be moved often, but carefully, lest it grow stiff.

## 9. FRACTURES.

A bone is fractured when, after external violence, sometimes after a sudden, violent motion, sharp pains appear in a particular spot in the bone; when the bone feels thicker in that spot, and uneven, or you can plainly feel the fracture; the limb is shorter or twisted; or when the bone still adheres, the fracture being only partial, stands in a wrong position, the limb is generally useless, and may be bent by others as if there were a joint there, which bending produces a peculiar grating sound.

In all such cases send instantly for a surgeon, or have the patient carried to him on a litter. The broken limb should be moved as little as possible; on the painful part make applications of linen bandages dipped frequently into cold water; internally give Acon., if the patient is very weak or fainting, and some hours after, Arn. Only when the pains are insufferable, and occasion convulsions, give, first, Cham., and afterwards Arn. In very rare cases only when the pains are excruciating, and other bad symptoms appear, will stretching of the limb afford any relief. Put a towel around the limb, above the fracture; another below it; fasten these towels to ropes, and these to the bed post, thus stretching the limb, and keeping it for some time extended.

Arn. will also accelerate the recovery of the patient after the bone has been set, and enable him to use the limb much sooner than otherwise.

## 10. WOUNDS.

a) *General treatment.*—First we ought to know which wounds will heal of themselves, and which will not; we ought to know how the cure can be accelerated, and what must be done, in dangerous cases, until a surgeon can be procured.

All wounds which are not mortal heal of themselves, without any medicine, unguents, plasters or salves. External applications are almost always injurious, and all rational practitioners have long ago discontinued the use of them. Nothing more is necessary than to apply a proper bandage, and to wet it, from time to time, with cold water. If necessary, some medicine should be given internally, and attention be paid to the diet.

The most important part of healing a wound is to bring

the sides in close contact. Small superficial wounds may be closed by pressing the sides together, and tying a bandage around the limb to keep them in that position. Common; small cuts are often troublesome for a considerable time, as they prevent us from using the hand; but they will heal quickly with a healthy person, if sewed together, an operation which after a little practice can be done easily and without giving pain. Close the wound immediately, to prevent the escaping of blood; press till the skin becomes white, that you may see the cut and take hold of it; then take a very fine needle, with a linen, or better, a silk thread, which has been divided, pierce through the skin, either entering near the cut or at the cut; if it pains, you have gone too deep. When the wound is very small, and not deep, you may stitch from one side to the other, right through, making a common seam, without a knot at the beginning or end. When the cut is deeper, or forms an angle, draw only once through; tie the ends together over the wound and cut them off; proceed in this manner, placing one loop near the other. It is better to take but a short thread, for if you have to pull much the skin sometimes breaks and gives pain. Sometimes it may be better to take two needles, fasten in each one end of the thread, and pass each needle from the interior edge of the cuticle outwards.

When the wounds are longer, penetrating through the skin into the flesh, this superficial suture will not suffice, but you must use sticking plaster. Cut this into strips, a few inches long, narrower in the middle than at the ends. Warm them with your breath, or by wrapping them around a bottle filled with hot water, the side on which the plaster is of course turned out, or around your arm, till the plaster becomes soft. The narrow part must be

placed on the wound. They must be drawn as tight as possible, and not be too short, so as to close the inside of the wound as well as possible. Open spaces ought to be left between the strips, particularly where the wound is deepest, that in case of suppuration the matter may not be prevented from escaping.

In closing the wound the limb should be put in such a position that the wound cannot gape, and should be kept in that position as much as possible.

Deep lacerated wounds, or long cuts in the face, lips, eye-lid, neck, &c., have sometimes to be united by deeper sutures, which a surgeon alone can make properly.

Considerable stabs, or other narrow and deep wounds, must not be closed in this manner, as they would heal on the surface, and suppurate at the bottom. But if they are so situated that they can be compressed at the bottom, as well as at the orifice, it may be done until the surgeon arrives, who in all such cases should be consulted.

Besides being sewed, every wound ought to be dressed with sticking plaster, that it may be the more firmly united, and that the air may be prevented from penetrating, at the same time the limb ought not to be more pressed and laced than is necessary.

Wounds which have been closed and dressed in the aforesaid manner, generally cease to bleed. Sometimes, however, it is necessary to place a compress of linen upon the wound, and to tie it upon it. Cold water applied immediately and frequently is the best means to stop the bleeding, yet there are cases where it does not suffice.

When the blood is gushing out of the wound, when the wound is on the throat, the superior and interior part of the thigh or arms, the whole limb or side of the

neck should be compressed, and a surgeon be procured immediately.

The hemorrhage is still more dangerous when light red blood flows from the wound, and the blood squirts at intervals as the pulse beats. Hasten to obtain the assistance of an experienced surgeon; but as every delay is dangerous, tie a cloth tight around the limb above the wound, in the direction of the heart; above this bandage on the interior part of the limb feel for the artery, which you will know by its beating; place on this spot a cork lengthways, press it well home, put over it a compress of a few inches square, and as thick as a finger, and over it a bandage, which tighten until the blood stops. Immediately upon compressing the artery, the blood sometimes flows more freely than before, but it will soon stop. Do not omit frequent applications of cold water or ice to the wound.

People are apt to have recourse to very improper and injurious means to stop the bleeding; in the fright they tie one cloth over the other, until they exhaust their whole stock of rags and handkerchiefs. But that cannot stop the bleeding—it merely conceals it. When the first firm bandage does not stop it, the rest are useless and pernicious, as they prevent the water from penetrating, and conceal the danger.

Some persons put upon wounds which bleed profusely a mass of the most heterogeneous things imaginable; vinegar, cobwebs, balsam, brandy, spunk, lead-water, salves, unguents, and other trash, to stop the effusion of blood; all these things render the healing of the wound more difficult, as they soil the surface, and as every thing extraneous entering into a wound can only be expelled by suppuration.

When a proper bandage, the application of cold water and of ice, a quiet and easy position of the patient, does not stop the bleeding, then hasten for a surgeon—until he comes use the following:

Put on the tongue a little salt, and if this proves useless, a little vinegar and water, otherwise not much to drink, particularly nothing warm. Let him lie high with the wounded part, and see that no part of the body is pressed upon. Should he faint, leave him at rest, and do not pester him with smelling bottles. Fainting is always beneficial, for then the blood flows less rapidly, and is more apt to congeal in the wound through the coldness of the water. Only when the patient turns quite pale, and becomes blue in the face, or jerks with the limbs, is there danger. Give him Chin. After this, if it gets worse again, give him a little good old wine, and after that, if necessary, Chin.

The same remedies ought to be given after much loss of blood, but when the bleeding has ceased the patient might drink small quantities of cold water as often as he asks for it.

To stop the bleeding, when the first bandage and the application of wet rags does not do it, take some tobacco juice out of a pipe which a healthy man has smoked; to one teaspoonful put thirty teaspoonfuls of water, and drop it slowly upon the wound. Still better are the black glutinous drops which hang in chimneys where wood is burnt. Take of this the size of a pea, dissolve it in a tablespoonful of brandy, until the latter turns brown—mix this with half a tumbler of water, and drop it into the wound. If creosote can be had at the apothecary's, it is to be preferred.

However well a wound may have been bandaged, it

can never heal if it has not been properly cleaned; therefore, before dressing the wound, try to free it from every thing extraneous. If the wound is full of dirt, or if there are splinters in it, small pieces of glass, fish bones, shot or rags, or if the iron which made the wound was rusty, the wound will not heal so easily; therefore, wash such wounds well with water, and try to remove every thing foreign by laving, syringing and rinsing. If you find it impossible to remove all, dress the wound but lightly, so as to prevent the air from penetrating, without pressing it much, and renew the dressing frequently.—Wounds of this kind, particularly when splinters remain in, should always be dressed by a surgeon.

When a person has run a nail fish-bones, splinters or glass into his foot, you cannot always remove it altogether; surgeons sometimes cut in every direction, but in vain. Into such a wound drop at once a little vulnerary balsam; balm of Peru is best, but if you have none, use Canada or any other; put over it a compress of linen, and tie it to the sole of the foot. Renew the application of the balsam every day until the wound has healed from within. At the same time the wounded person should walk occasionally, although his foot pains; it ought by no means to be rested too much, for the treading on it cleans the wound. If there is much inflammation, apply cold water externally, and internally the remedies prescribed below.

If a wound in the sole of the foot heals, and leaves behind a violent pain when walking, which leaves us to suppose that something is still in the foot, tie a cork sole, a thick piece of pasteboard, or a thin board in which a hole has been cut, in the spot which comes under the sore part, to the sole of the foot, and let the patient walk on

it frequently; at the same time, give two successive mornings Sil., and if this fails, Hep. After waiting seven days, Sil. again. This treatment generally brings the extraneous matter out very soon. If you can feel it plainly under the skin, and if the latter is very thick, let an incision be made to take it out, or let the skin be scraped very thin with a sharp knife.

Besides the stopping of the hemorrhage, the cleaning and dressing of the wound, its subsequent treatment, as well as the diet of the patient, are matters of importance. When the wound is large, the patient should keep as quiet as possible; he should neither exert his mind nor his body too much; he should drink much cold water, and avoid every thing heating—salts, spices, smoked food, &c. As soon as the patient is at rest, give him, as in other injuries, Arn.; if there is much fever, give Acon. once, and some hours after, Arn. again. If the patient had lost much blood, always give Chin., and Arn. not until the following day. Staph. is better than Arn. in *cuts* made with sharp knives or glass, which penetrate deeply into the flesh; likewise after surgical operations. Hyperic. is especially indicated, when the pain is very severe, continues long, is similar to a severe toothache and extends to distant parts from the injured limb.—The same remedy is also beneficial, when children become convulsive after every trifling injury.

To persons who have a bad skin, with whom the least thing in life festers, give Cham., and should it do no good, give Hep. Sometimes it is necessary to give the remedies prescribed for ulcers.

When convulsive symptoms appear, and tetanus or lock-jaw is to be apprehended, it is always best to call in a physician; but if lock-jaw exists already, it is of no

use to send for a common physician as they cannot cure it. In this case, give the remedies recommended further on for "Tetanus."

If the dressing was necessarily put on very tight, loose it somewhat when it feels too troublesome; or the next day. If it was not too tight, leave it undisturbed for two or three days, if the wound does not suppurate, and remove it gradually.

On removing a piece of sticking plaster, always begin at both ends and proceed to the centre; begin to remove the strips at the one end of the wound, replace the strip removed immediately by another, and continue in that manner to the end of the wound, that it might not open again or be dragged asunder. If possible, leave the dressing until the wound is healed; in summer, however, and when wounds suppurate, the dressing should be changed oftener. The threads in the sutures remain until they drop off of themselves.

Cold water is not only serviceable in stopping the blood and cleaning the wound, but also in healing it afterward. Put on a compress of linen, and dip it frequently in cold water—particularly when swelling, redness and pains appear. Or take lint, dip it in water, and cover the wound with it; put over this some paper which has been rubbed over with wax, or thick oiled paper, and tie a handkerchief over it, to keep the rest of the patient's body dry. In the beginning, renew it three times a day; afterward twice. As the heat abates and the wound heals, renew it less and less, and when the heat is gone, leave it alone altogether.

All wounds which suppurate badly, are after some days treated like ulcers—of which more hereafter. Here, not cold but warm water should be applied.

All wounds from laceration, bruises, and others which cannot be united, must be drawn together and treated with cold water, unless they turn into ulcers.

To all wounds over a bone, on the head, the breast-bone, the elbow, finger-joints or the knee, the shin-bone or the ankle, apply nothing but cold water; without any bandage—only in the beginning, to stop the bleeding, you may apply some pressure; afterward, only tie something over it to keep off the air. All other applications are very dangerous, as they easily produce ulcers, which sometimes eat into the bone.

The *bites of leeches* sometimes bleed to much; children have bled to death in the night, when they were unobserved. The wisest plan is to use no leeches at all; but whosoever does not know of a good remedy, will always make use of a bad one. These wounds can be closed by putting in a couple of stitches, as has been before explained—they give no pain whatever. With children who dread this, it may be stopped by pressing the finger upon the wound for a considerable time, and applying some gum. During the night particular attention should, notwithstanding, be paid. After a vein has been opened, the same precaution is necessary.

Frequently the gums *bleed considerably after the extraction of a tooth*. Vinegar is always injurious; stanch the blood with cold water. If this proves insufficient, bite a small roller of linen into the hollow until the bleeding stops; if this will not do, take soot-water, as before described, moisten the linen with it, and bring it again into the cavity. If there is much pain and swelling, take Arn.; if fever, Acon. Sometimes it is well to give them alternately. If cold has been taken, and the medicines do not afford any relief, give Rhus or Bry. If the jaw

swells, and a tedious suppuration appears, take Sil. every seven days until it improves.

b) *Large wounds on the head.* When the bones of the head have been injured; deep wounds on the throat and in the breast, stabs in the abdomen—all wounds where the joints have been crushed, or which penetrate into the joints, must absolutely be treated by a surgeon. We will however mention here, in a few words, the course which may be pursued in case a surgeon is not near at hand. —

When a limb has been partially crushed, it may sometimes be preserved by cold fomentations, or by putting ice upon it, and by giving internally Arn., alternating sometimes with Acon.; this is possible even when mortification has already taken place, by giving first Chin. and afterward, when the skin begins to turn black, Lach. The physician alone can, however, judge what is to be done, and we only propose this treatment when the patient refuses to submit to amputation, when no doctor who can perform the operation is to be procured, or when it is too late to undertake it.

c) *Large wounds in the abdomen.* They are often not so desperate as they appear; even if the bowels protrude and the whole belly is torn open, do not give up the patient; these wounds sometimes heal more rapidly than could be expected. Replace the entrails as soon as possible, but not without having first cleaned them of sand and dirt. This ought to be done with lukewarm water, by merely rinsing and rubbing. Be careful that no water enters the abdomen. Do not lay hold of the entrails with your hands, but with a clean linen cloth. Let the patient neither smell nor take any thing strong, only if he is quite indifferent or stunned, Op.; if beside himself, Cof.;

if he has convulsions, Ign.; if he turns pale, if the nose becomes sharp and the limbs cold, give Chin.; but as soon as the first alarm is over, give, in all cases, Arn. When no physician can be procured, sew up the wound with a waxed thread, only leaving a small opening in the deepest places, and dress it, to prevent the air from penetrating, in the manner above described, without giving any thing further. If very bad symptoms appear, try Lach.

### 11. BURNS AND SCALDS.

When you have burnt or scalded the skin, the best thing you can do is to hold the spot to the fire, and the worst to put it into cold water, or to apply to it other cooling things, such as potatoes, carrots, turnips, &c. It is well known that the latter always produce blisters and ulcers. The former, on the contrary, draws out the heat; that is to say, the effects of the burn disappear entirely, and in a short time, without any after-pains, by the application of moderate heat. The application of dry heat, however, is not, at all times, practicable; particularly when the burnt or scalded surface is large, as in this case the heat cannot be applied equally to every part. For children the operation is too painful; and in burns where the skin is destroyed, or when the injury is in the face, it is entirely inapplicable. Our attention has therefore been directed to other remedies, which are of easier application, and of which the effect resembles that of moderate heat.

The application of *spirits of wine*, strong brandy, rum, &c., particularly when warmed, is much better. Place some in a flat saucer, or other vessel, upon the stove; in the mean time, set fire to some in another saucer, and

let it burn until hot, then put it out by covering it, and apply it whilst the first saucer full is heating over the fire or on the stove. Continue to moisten the scald or burn with it as long as it aggravates the pain in the least. To extensive scalds and burns it may be applied by dipping rags into the spirit and keeping them constantly moist. When half the body is burnt, however, or when the injuries are deep, this remedy cannot well be applied; nor is it of use in the vicinity of the eye, or other tender parts—and it will do no good when, in the first confusion, cold water has been applied.

A better remedy, however, is the *tincture of nettles*; every one can prepare this by expressing the juice of this herb and mixing it in equal parts with the spirit of wine, and applying it to fresh burns, mixed with tepid water, in proportion of one fourth of the tincture to three fourths of the tepid water—to be used as above described, with moistened rags. If ulceration, however, has taken place, the pure tincture must be applied as above changing the moistened rags every three or four hours. In very dangerous cases, put a drop of the tincture on a small piece of sugar and swallow it.

In many cases where the scald or burn covers a large surface without being very deep, *raw cotton* is a very good remedy. Put picked cotton or split wadding in layers over the burn. Blisters should be spread first and be washed with warm water. If the wound suppurates, take off the upper layer, but let the lower one remain, and put fresh cotton on the top; at the same time the whole limb must be properly dressed. The earlier the cotton is applied, the more efficacious it proves; but after the application of cold water or cooling roots, it is of little use.

The remedy which applies to most cases is *soap*. It is a very proper remedy; as it can be easily procured and applied, it is most to be recommended for bad and deep burns. It will prove of service even after other improper remedies have been used. Take common white soap, (Castile soap,) not the common resinous soap, scrape it fine and make a thick salve with lukewarm water; put this, of the thickness of the back of a knife, on strips of linen or other stuff, and cover the scalded or burnt surface with it, taking care that it comes in contact with every part, for where it does not touch, it cannot heal. When blisters have already formed upon them, cut off as much of the skin as possible, and dress the wound so as to keep the surface in contact with the plaster; let it lie firm eighteen to twenty-four hours; take it off carefully, particularly if the skin has been much injured, and put on a fresh one without washing or rubbing. In the beginning, it rather increases the pain, but it soon mitigates it. If the pains had been already less, and become worse again, put on a fresh plaster; after the first dressing, prepare a quantity of salve, which may be made much more even than in the first confusion, and continue this treatment until the wound is healed. The completion of the cure will of course depend upon the extent of the injury—but at all events it will take place much earlier than if you commence to apply cold water, and smear oil, lead-water, and the like things upon it. Common slight burns and scalds will heal in two days—the worst in eight. It will effect a cure even where the burn has penetrated to the bone; generally it prevents suppuration, and if skillfully applied, leaves no scars.

*Creosote*, which produces a burning sensation on the skin and in the eyes, must also be efficacious. In cases

where soap causes a bad smell, which the renewal of the plaster does not remove, or where the application of the salve is troublesome, because the bandages cannot be fastened properly, or where the patient is not able to keep perfectly quiet, the creosote water is preferable. It is efficacious in slight and bad burns, immediately after the injury, or later, after proper or improper remedies. Apply it to the wounds with a hair pencil, put on linen bandages which have been dipped in it, and dress the wound very lightly, merely to keep off the air; the blisters should be cut open, and the skin be cut off as far as possible; it causes but little pain, which soon ceases, and heals the wound very fast. It should be renewed whenever the sore begins to pain again, two or three times a day.

The pains may be removed by the *tincture of causticum*. One or two drops may be put in a tumbler of water, well mixed, and applied with moistened rags. Should it produce too much burning, add two spoonfuls of water; if, on the contrary, it is not sensibly felt, add one or two drops of the tincture.

If nothing else is at hand, the violent pains may be mitigated by strewing hair-powder or flour upon the burn or scald.

For the fever which sometimes accompanies burns, give Acon. Arn. should not be used in injuries of this kind. Considerable burns are sometimes attended by diarrhœa or costiveness, but nothing should be done for either; if the latter lasts longer than four or five days, give injections of warm water. The diarrhœa which sometimes makes its appearance is very necessary for the preservation of life, and ought, on no account, to be interfered with, unless it continues for weeks after a

complete cure has been effected; in that case, give first Ipec., and after a couple of days, if required, Bry.; if this fails, Dulc. In most cases it disappears of itself, if you drink plenty of cold water, and take frequent exercise in the air; both are necessary to restore persons who have been severely burned or scalded.

Of the application of ointment of lead, or lead-water, I can only assure my readers that it has never done the least good; the horrid suppuration, ulcers, and dreadful scars which it leaves behind, could not be worse if nothing had been done. To put a stop to the use of these abominable medicines among rational people, it cannot be too often repeated, that all those who have lead-water applied to a considerable part of their bodies, must almost always die, and also children who have lead-water applied to half the body—not, as is falsely alleged, in consequence of the burns, but of poison—of which the symptoms furnish incontrovertible evidence.

## 12. FROZEN LIMBS.

The treatment required when parts of the body have suffered from cold, is to be found under the head of "Chilblains." How persons frozen are to be treated, under "Apparent Death;" where rules are also laid down for the treatment of "Suspended animation" from suffocation, hanging, drowning, and other causes.

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## CHAPTER IX.

FOREIGN SUBSTANCES INTRODUCED INTO THE  
HUMAN BODY.

## 1. INTO THE EYE.

Washing will only avail when merely dust has got into the eye; whatever is soluble is only diffused the more by washing. Sweet oil mitigates the irritation, when caustic, sharp acids or salts have entered the eye; it is injurious with Spanish flies and other insects. The white of egg is very good when sharp dusty mineral substances, paint, or small pointed things, are in the eye.

Draw the eyelids apart, roll up a bit of paper, so as to have a soft point; with this, as with a hair pencil, you may seize and take away whatever is in the eye. The eye ought to be slowly turned in every direction, whilst you hold the eyelids off, to examine whether any thing adheres to the interior part of the eyelids. Unsized paper answers best for the above purpose, as the foreign body will more readily adhere to it. When you have to push far back, moisten it with saliva.

Particles of iron, particularly those projected hot into the eye, when striking fire, or from a smithy, usually adhere very tenaciously; sometimes you may succeed in extracting them with a bent horse-hair, pushed under the eyelid, and moved backward and forward, or with a clean ear-pick. A magnet is seldom of much use, unless the particle should be loose, and in that case paper will answer every purpose.

Much rubbing is injurious at all times; it is better to put on a linen compress dipped in water. Sleep some-

times diminishes the pain. If the eye is red and inflamed, give Acon., which is also of service if the foreign body is still in the eye and cannot be got out. This will diminish the pain until you can procure a physician, or till the night is passed, when daylight will enable you to examine more closely. If after giving Acon. several times the eye continues sensitive and red, give Sulph., and only when this does not prove efficacious, Calc., 7 days after.

## 2. IN THE EAR.

When an insect has got into the ear, let the patient lie upon the other side, and drop sweet oil into the ear, until the insect becomes visible; then take it out with a small roll of paper. When a child has put something into the ear, particularly a pin, bean or grain, or any thing that will swell, do not delay a moment. Take a hair needle, bend the curved end, so as to form an obtuse angle, that the upper end may have a heel like a spoon, which may be easily done with a key, and put the two points into a cork. Place yourself behind the ear, draw it up with one hand, and at the same time from the head, that you may look in as far as possible; dip the instrument in oil, and pressing the bent part against the back part of the internal ear, push it so far back that it passes behind and around the object; lift a little, and the end of the needle will take hold of it from behind, like a spoon, and bring it out.

If pain and inflammation of the ear remain, give Puls. If the inflammation is already very considerable, and the ear so much swelled that nothing can be got out, Puls. is also of service. In some cases, where the children are in great pain, have much fever, speak incoherently, or

seem mad, Puls. does not suffice, in that case Bell. If pains remain still, Sulph. may do good.

### 3. IN THE NOSE.

Let the child draw in its breath, and close its mouth, to force the breath out through the nose; or tickle the nose with a feather, or a little dry snuff. Sometimes objects may be extracted from the nose by the same instrument recommended for the ear, or by a similar one, only somewhat longer, or they may be pushed back, so as to fall into the mouth. Do not make too many experiments, but rather apply to a physician who has the necessary instruments. The swelling of the nose, which will sometimes prevent the extracting of an object, or which remains after it has been extracted, may be considerably lessened by Acon. and Arn.; if this does not succeed, give Rhus, or Bell. For the remaining pain and supuration, give Sulph.

### 4. IN THE THROAT.

Try to make the child throw up, by beating it between the shoulders; let it open the mouth, press down the tongue with a spoon, look into the throat, if any thing can be seen, which might be seized and brought out with the fingers.

If it is a large piece of food, which remained in the throat on account of its size and hardness, it is advisable to excite vomiting, particularly if upon retching you perceive it moving upward. Tickling the throat sometimes will do, if not, put snuff on the tongue, or give an injection of tobacco. When it can be felt on the outside of the throat, a gentle pressure upward may also force it up. At first you ought to endeavor to make the

child throw up again what has been swallowed, but do not proceed with too much violence. If the morsel has already descended too far, so that nothing of it can be felt in the throat, and that it is detained in the chest, it has to go down into the stomach, particularly if it is soft, smooth and soluble, and is only arrested on account of its size. If the sufferer feels that at times it slips down, let the morsel fall entirely into the stomach, and give merely a little water, if it is an object which will not swell. Otherwise, a little melted butter, or if the symptoms are too troublesome, try to push it down. For this purpose take a smooth willow twig, or a small piece of whalebone, scraped perfectly smooth, and tie to the end of it a bit of sponge. To be able to fasten it on well, cut a few notches in the stick, and take waxed thread or silk. Rub some oil on this instrument, and introduce it cautiously into the throat, pushing against the back of the throat, without using much force.

If a contraction takes place to prevent the morsel from moving, if pains, difficulty of breathing, and other symptoms make their appearance, give Ign.; and if this fails, Cham.; then some sweet oil or butter; and after this, try again to push it down.

Frequently the sensation of something sticking in the throat will remain, although the thing has already descended into the stomach. This, however, is of no consequence, and will disappear of its own accord, or after some medicine. You may judge that this is the case when the pain increases no longer, but remains the same, and when no other symptoms appear; also when soft or fluid things can be swallowed without coming up again, and which, when passing the sore spot, produce some pain, without making it much worse. In such

cases give Arn., and if this fails, Merc. viv., or one of the medicines prescribed below.

If a bone remains in the throat, which is so large that it cannot go down, extract it in the manner recommended below, or let a physician extract it.

With sharp, pointed articles, such as pieces of glass, fish bones, small bones, needles, &c., be cautious and use no violence. Frequently swallowing a large morsel of slightly chewed bread, figs, dried prunes, &c., will be sufficient; or if they are small pointed things, which enter the skin, pills made of wax as large as a musket ball, dipped in honey; they are best made of wax from the hive, and rolled in the honey until they become round and smooth.

When the dangerous symptoms, violent pain, retching almost to suffocation, great anguish, fits, &c., are produced, hasten to extract the object, or at least to loosen it. A thread sling will answer this purpose, or a fine wire, bent, which must be introduced in such a manner that both ends of the sling are out of the mouth. Push it until it is below the painful spot, move it up and down, and twirl it round several times, then draw it up again slowly. In some cases a piece of whalebone, or a small willow twig, is better, as described above. Carefully twist the end until the sponge is below the object, then give a mouthful of water, and after the sponge has swelled a little, draw it up slowly. You may also tie a bushy quill to a thread, and push it, the barrel foremost, down the throat, so that the feathery part when pulled up may press against the sides, and on being turned several times may loosen and bring up the body. Or you may tie to a willow twig a number of silk slings, made like those for catching birds, which you may introduce in the man-

ner above described, and turn round several times, when you may bring up needles, or the like. When needles or fish-bones stick in the throat, it has been of use to tie a piece of meat or bacon to a thread, to let the patient swallow it, and after it has passed the painful spot, to pull it up again. If necessary, or when splinters of glass stick in the throat, take the upper end of a tallow candle, tie a strong thread to the wick, let it be swallowed and pull it up again, repeating this several times. In dangerous cases, always take whatever is at hand, considering of what nature the substance swallowed is. Thus, a fish-hook being swallowed the string hanging out of the patient's mouth, was detached from the flesh by a leaden ball prepared, with a hole, for this purpose.

In all such cases let the head lean back upon somebody's breast, press the tongue down with the left forefinger, and introduce the instrument, previously oiled, slowly and carefully, pressing against the back part of the throat. From the sudden resistance, or the convulsive motion and pain of the sufferer, you will know that the instrument is near the body, or at the painful spot. In pulling it up, be careful not to strike against the larynx, and lose again what you have brought up. Rather press the instrument a little against one side, and bend the head quickly forward, as soon as the end of the instrument reaches the top of the throat.

In very dangerous cases, where even the experienced practitioner is unable to afford relief, the last alternative is to make an incision in the throat, whereby, sometimes, those may even be saved who were already thought suffocated. The pain following the operation, or the small particles of the substance extracted, which sometimes remain, may be removed by Sil.

### 5. IN THE STOMACH AND INTESTINES.

The eating of thin, mild and glutinous food generally suffices; whatever is heating, irritating or sour should be avoided, and the discharge of the swallowed, indigestible body be quietly waited for. Rubbing and kneading softly, or lying on the belly, frequent moderate exercise, without violent exertion, may accelerate this event. Coins, rings, leaden balls, &c., though much larger than the thin intestines, pass off, notwithstanding, after some time, without any pain, if proper attention is paid to the diet and mode of living. A person who is disposed to be costive should take no aperient medicine, which weakens the intestines, but should eat light food, much butter, and have, daily, an injection of warm water or milk administered.

In all such cases the excrement ought to fall into a close bucket filled with water, to be stirred and strained through a sieve or basket, or, if needles had been swallowed, through a coarse cloth, to ascertain whether the article swallowed has been discharged. Needles sometimes make quite a different passage for themselves, and come out without causing any injury; if they remain too long, give, every week, Sil., or, afterwards, Hep., for a change.

If, some time after needles or coins have been swallowed, bad symptoms make their appearance, such as violent pains in a particular spot of the abdomen, as if something were jammed, give Ipec. If it does good, repeat it as often as it gets worse again; if not, give Nux vom. Should, notwithstanding, more violent symptoms, severe colic and constipation appear, give Op. in frequent doses; if violent attacks, with a throbbing pain in a particular spot, as if suppuration was about to commence, give Lach.

Sometimes things which have been swallowed pass, without any difficulty, through the intestines, and remain in the anus. Give injections of linseed oil, olive oil, or milk; cut long, thick strips of bacon, and put them into the rectum, letting one half hang out, or hold them by a thread, that the bacon may protect the anus against the hard substance. In this manner the latter is frequently extracted with much facility, particularly if somebody assists with a piece of rounded whalebone or a silver spoon. If you cannot succeed with it, send for a physician, and let him examine the parts; but have recourse to no aperients, which may prove dangerous. If the anus closes convulsively, give Ign.

Leeches, introduced into the stomach, cause dreadful casualties, a burning pain, hiccough, spitting of blood and a slow fever, reducing the patient visibly. Administer, immediately, a great deal of common salt, dissolved in water, and occasionally melted butter; to children sometimes sugar, until the symptoms cease. Then give Arn., and, some days after, Ars.

When other live creatures have got into the stomach, if they are insects, let the patient swallow some sweet oil or fresh salt butter; and if he finds no relief, let him swallow a bit of camphor of the size of a pea, ground with oil. When worms, snakes, frogs, &c., have got into the stomach, let the patient drink sugar-water and eat sugar, until it acts as an aperient. If this does not succeed give chewing tobacco, of the size of a pea, in the night, before going to bed, and in the morning fasting. To children, but one pill; to grown persons, two or three; to persons who are in the habit of smoking or chewing, from five to six, and gradually more. Bad effects of these pills will be obviated by smelling camphor, and giving Ipec. several times, or Nux vom., in the evening.

## 6. IN THE LARYNX AND WINDPIPE.

When a person talks or laughs when swallowing or breathing rapidly, whilst holding something in his mouth; or when children, in their play, catch something with their mouth which is thrown towards them, and it gets into the larynx or windpipe, beating with the flat hand on the back whilst the sufferer bends forward, or blowing snuff up the nose to induce them to sneeze, or tickling them with a feather in the throat to produce vomiting, is not always attended with success, but, in trifling cases, it sometimes makes it worse, wherefore neither too many nor too violent attempts of this kind ought to be made. In the beginning you may cause the head to be bent back as far as possible, that the object may be brought up by coughing. Yet not much can be expected from all this, when it is really firm in the windpipe. Either medicine will put the patient to sleep, and whilst asleep the extraneous matter gives way of itself (the head, in this case, must not be high), or if the danger increases notwithstanding the medicines, the operation must be performed. Hasten, therefore, to call in the nearest experienced physician, who knows how to make the incision in the windpipe, the only means which can save the patient, and which sometimes succeeds even when he appears already suffocated. This operation, if properly performed, is by no means so dangerous and difficult as it would appear, for most of those who are operated upon recover; and even those who have severed the windpipe in an attempt at suicide have, not unfrequently, been restored. It is therefore unwise not to have recourse to this operation, if a skillful surgeon can be procured in time.

As the symptoms frequently resemble those of obstruction in the throat, you should always look into the

mouth, whilst pressing down the tongue, and try if you can feel any thing with your fingers or the spoon; also try with whalebone or a willow twig whether you can feel any object in the throat. You may also know by the following signs that the body is in the larynx: the pain is more towards the front, so that the sufferer can show it with his finger; when the thing is in the throat, the pain is more back. The difficulty in swallowing and breathing is, in both cases, the same; but when the wind-pipe is obstructed, breathing is particularly difficult, the face is bloated and purple, the eyes protrude; but the voice is, in the latter case, more affected, becomes hoarse, or is gone altogether; the cough whistles or rattles, and threatens to terminate in suffocation. First, the symptoms are trifling, and increase gradually, or they disappear, and return with greater violence.

After having ascertained that the object is in the wind-pipe, give, at once, *Ipec.*, repeating the dose, if it affords relief, as often as the symptoms become worse again. Nothing besides this but sugar or sugar-water should be given. Until a physician can be procured you may give *Bell.*, if *Ipec.* does not suffice, which cannot but have a good effect. When the patient falls asleep, do not disturb him; and if the symptoms re-appear, do not immediately give a fresh dose, but wait until they are really worse. Sometimes the object is ejected during sleep. If *Bell.* does not suffice, or if symptoms remain after the danger is over, you may give *Hep.* If, despite of all these remedies, the patient should be in danger of suffocation, give *Tart. em.*; or, when the patient becomes purple in the face, first *Op.* every quarter of an hour.

When dust has been inhaled, which causes violent cough, or hair or feathers have got into the windpipe,

Bell. will be of service; afterwards give Hep. The relief will, however, be but gradual. It is well to give, at the same time, some sugar or gum Arabic.

### 7. IN THE SKIN.

When something has got under the skin, proceed as recommended above, under the head of "Wounds." We shall only mention here what is to be done when a number of small, pointed things, such as thorns, thistles, &c., stick in the skin. Put oil on the spot, and hold it as near to the fire as you can bear; take a common knife, not too sharp, and scrape the skin slowly. Apply the whole blade, as if shaving, and press moderately hard. When the thorns have entered obliquely, scrape with the grain, so as to press first upon the points. Repeat this operation, and put on oil and hold it to the fire until every thing is extracted.

The same may be done when glass splinters have got into the skin; but this is very painful, and it is better to let them come out by suppuration, treating the whole spot like any other wound. If the splinters do not come out after Arn., give Hep.; and if that does not bring them out, Sil. In cases where the suppuration is very deep, and neither Sil. nor Hep. will bring them out, give Lach. a couple of times, or, afterwards, Merc. viv.

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# PART SECOND.

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## TREATMENT OF DISEASES.

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### CHAPTER I.

### AFFECTIONS OF THE HEAD.

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#### GIDDINESS.

Giddiness sometimes arises from causes which we can remove by medicine; such are disordered or foul stomach, weakening evacuations, ardent spirits, narcotic medicines, and falls or blows on the head. Sometimes it is connected with other complaints, and can only be removed by attention to the general health of the patient.

A person who is subject to giddiness should be moderate in eating and drinking—should rise early, walk frequently in the open air, and use the flesh-brush in the evening.

Giddiness, with nausea, vomiting and risings, is relieved by Acon.; and if the stomach continues in a disordered state, Puls. or Ant.

Giddiness during dinner, or after hearty meals, is alarming. Temperance, and Arn. in the morning, frequently gives relief; also Nux vom., Cham., Puls., or Rhus, according to the disposition of the patient.

Giddiness after suppressed ulcers is a bad symptom; sometimes Sulph. or Calc. cures it.

If the giddiness appears only in the evening, and is accompanied by dimness of sight, give *Merc. viv.*; if by sparkling before the eyes when moving, increased by stooping, *Bell.*; if by sitting upright in bed, *Cocc.*

Giddiness from close thinking is relieved by *Nux vom.*; from looking up, by *Puls.*; on moving—better when lying—*Chin.*; in the bed, *Nux vom.*; on lying down, *Rhus*; on rising, *Cham.*; on stooping, *Acon.*, and afterward *Bell.*; from riding, *Hep.*, and afterward *Sil.*; when sitting, *Puls.*

Giddiness, with partial loss of consciousness, or agitation, *Bell.*; so bad as to fall, with fear of death, *Rhus*; with buzzing in the ear, headache, heat or paleness of the face, dimness of the eyes, *Puls.*; with weakness in the head, *Chin.*; with bleeding of the nose, *Sulph.*; with fainting, *Cham.*, subsequently *Hep.*

#### WEAKNESS OF MEMORY.

Weakness of memory, from bleeding, purging and debilitating causes, *Chin.* or *Lach.* removes; from blows on the head, *Arn.*; from spirituous liquors, *Nux vom.*; from fright, anger, vexation, particularly *Acon.* and *Staph.* among the remedies given for these causes; from damp air, *Verat.*, *Rhus*, or *Carb. veg.*; with determination of blood to the head, particularly *Acon.* and *Bell.*; and among the remedies prescribed for these causes, *Chin.*, *Rhus*, *Merc. viv.* or *Sulph.* Besides, wash the head every evening with cold water, and tie a handkerchief round it; and every morning wash the forehead and eyes in very cold water.

A better remedy, perhaps, is to place the feet, before going to bed, into very cold water for two or three minutes, after which rub them with much force.

## DETERMINATION OF BLOOD TO THE HEAD.

This is a very troublesome, and when of long continuance, a dangerous complaint. The arteries in the head can be felt to beat as the pulse beats; the veins of the head and neck are swelled, the head feels full; frequent giddiness, particularly when stooping or when walking in the sun; as if the head over the eyes would burst—worse when stooping and coughing—give Acon.; if it does good, repeat it. Cold applications to the feet are recommended. At the same time abstain from coffee wine and ardent spirits, and be moderate in the use of warm drinks—but drink freely of cold water, and wash the neck and head frequently with it. If this should not afford relief, and the patient is very irritable, passionate—has drunk much ardent spirits, or has been much confined, give Nux vom.

If he has severe, jerking, burning, pricking pains on one side of the head or violent pressure in the forehead at every step or motion, increased by stooping, or even by noise, or the glare of light, give Bell.

If accompanied by sparkling, flickering before the eyes, seeing double, buzzing in the ears, frequent fainting, stunning, heavy sleep; if children are teething, or when girls have arrived at the age of puberty, or if they have caught cold during menstruation, particularly from wet feet, give first Acon., and 6, 8, or 12 hours after, Bell.

### 1. CAUSED BY JOY OR EXCITEMENT.

If occasioned by excess of joy, or accompanied by too great an excitement, give Cof.; after a fright, Op.; after vexation, Cham.; after suppressed vexation, Ign.; after anger, Nux vom., as mentioned before, when treating of these causes. When caused by a fall or blow upon the

head, Arn., which may be repeated 24 hours after, if requisite. The bleeding from the nose which is apt to accompany it, should not be interfered with.

## 2. CAUSED BY DEBILITY.

If the determination of the blood is caused by great debility, give Chin.; if it returns every time after taking cold, Dulc.; if it returns after lifting something heavy, Rhus; when at the same time the patient perspires too easily, and too much, give Merc. viv.; if he feels cold with it, let him smell camphor a couple of times. If, in spite of all these remedies, it returns, give Sulph., if the patient has not already had this medicine; if so, give Hep., and if this fails, a fortnight after, Sil., but at most two or three times.

If the first mentioned medicines do not immediately operate, and there appears to be danger, make a poultice of oatmeal, and wrap it quite warm around the feet; or bathe the feet in very warm water, and repeat it frequently until there is an improvement or until a feeling of chilliness comes on; if the bowels are not open, give injections of pure milkwarm water.

## H E A D A C H E.

We may frequently be guided by the causes which produce the pain, or by the other complaints which accompany it; it is, however, necessary to distinguish the different kinds of headache, as the same medicine may prove beneficial or injurious under different circumstances.

### 1. HEADACHE FROM DETERMINATION OF BLOOD TO THE HEAD.

When it *proceeds from a determination of the blood to the head*, or from inflammation, it is usually throbbing

with heat, the arteries on the neck are seen to beat; if the pain increases, and vomiting ensues, this becomes still worse; when, after shaking, moving the head, lying and stooping, sometimes better when standing. Among the domestic remedies, vinegar is the best; tie a crust of bread, which has been soaked in vinegar, on the forehead, and give injections of warm water; if they do not afford relief, mix some vinegar with the water, bathe the feet in warm water, and afterwards rub the feet with flannel. Persons who are liable to this complaint, should accustom themselves to drink much cold water, and rub their head every morning with a cold, wet cloth, particularly the forehead and temples, and bathe the feet in cold water every evening before going to bed.

When the pain is very severe, with great heat over the whole brain, particularly in the forehead, the face red and bloated, the eyes red; if accompanied by raving or violent conduct leave out the vinegar and give Acon.; if it improves, give the medicine sufficient time to operate; if it gets worse, repeat the dose; if it loses its effect, give Bell.

If the pain is seated deeper, oppressive and heavy, the face pale and haggard, with unconsciousness, raving, murmuring, drowsiness, give Bell., and wait several hours.

If the pain is dull, oppressive on one side only, very harassing and weakening; if it commences in the occiput, or at the root of the nose, and goes back; is mitigated by compressing or lying; is worse when sitting, better when walking; if the head is heavy, the face pale, with dizziness, agitation, inclination to cry, give Puls.

For burning, throbbing pain, with fullness of the head, oppressive weight, crawling, or a sensation as if a fluid was rolling inside, as if every thing were loose, particularly when felt after meals, give Rhus.

## 2. HEADACHE FROM CAUSES WHICH LIE IN THE BLOOD.

When similar headache, *of which the cause lies in the blood*, makes its appearance after meals, with great drowsiness, stiffness, and pains in the back of the neck, the speech being thick, or the face distorted, the mouth drawn to one side, the limbs fall asleep, give Bell.; bathe the feet in hot water, send quickly for a physician, and treat the patient as recommended under "Apoplexy."

## 3. HEADACHE CAUSED BY CATARRH.

When *caused by catarrh*, headache is mostly in the forehead, oppressive, burning, better in the morning, worse in the evening, the eyes full of tears, sneezing, dry heat in the nose, frequent chills, sometimes a little cough; in this case it is advisable to draw warm water into the nose, and drink cold water before going to bed. If it is better in the air, but worse when talking, give Acon. If it is worse in the air, when reading or thinking; if it presses like a load, draws and tears, give Cin.; if the nose commences to run, the discharge being acrid, if it causes hoarseness, restlessness, and is accompanied by buzzing in the ears, throbbing in the forehead, nausea, better in the air or in the warm room, give Ars. For the other remedies, see "Catarrh."

## 4. HEADACHE FROM RHEUMATISM.

*Rheumatic pains*, when seeming to tear and draw, when they frequently change their place, go to the nape of the neck, the ears and the temples; the head pains externally when touched or moved, worse in bed towards midnight, frequent perspiration; in different parts small swellings appear, or when vomiting gives relief, frequent warm bathing of the feet is sometimes of service, also the drawing of the vapor of hot pap into the

nose, and combing the hair every evening. The best remedy, however, is Cham.; and if this does not afford relief, some hours after, give Nux vom. in the evening, or Puls. in the morning. Gout produces nearly the same sensation, only that the pains are still more piercing, relieved by heat, and cease when the patient vomits; give Ipec.; if this affords no relief, particularly when the worst pain is over the nose, or is rooting, piercing, tearing, deep in the head, and better when stooping or lying down, give Ign.; when there are shooting pains in the side of the head, worse in the air or when stooping, Nux vom.; for the very worst, give Col.; but if this does not operate speedily, give a little coffee without milk.

#### 5 HEADACHE FROM DISORDERED STOMACH AND BOWELS.

*Disorders of the stomach and bowels frequently produce headache.* When from undigested food, strong coffee without milk or sugar is very useful; but if from a foul stomach, give the remedies recommended under that head; if the bowels are constipated, injections of warm water will give relief.

The symptoms accompanying this kind of headache are: a furred tongue, bad taste, entire loss of appetite, early nausea or vomiting, which increases with the pain. If headache is the cause of the sickness of the stomach, give the remedy for headache; but if the disordered stomach is the cause of the headache, give the remedies for disordered stomach.

#### 6. HEADACHE FROM CONSTIPATION.

*Constipation causing determination of the blood to the head and headache* is generally cured by Bry., Nux vom., or Op. If walking or moving the head makes the brain

feel sore, if there is pressing in the temples, when neither sitting up nor lying down gives relief; when the eyes are dull with inclination to shut them, and sleeplessness notwithstanding; if the head is heavy, particularly when moving the eyes, ready to burst during mental application; when it is worse in the morning, in the open air, or after meals, and particularly after coffee, or when there is a loathing of coffee, give *Nux vom.* When the pains are only on one side, with little determination of blood, but shivering, no thirst, when persons of a mild and quiet temperament incline to weep and are agitated, give *Puls.* When the head feels as if pressed together from both sides, and when on stooping as if every thing would fall out of the forehead; the nose bleeds, which affords no relief; when the eyes water and burn, give *Bry.*, which may be repeated 6 or 12 hours after. If the pain is violent, with tearing, outward pressing in the forehead, external throbbing in the temples, considerable congestion of blood, restlessness of the eyes, much thirst, dryness of the mouth, sour risings, inclination to vomit, and even foul and offensive vomiting, give *Op.*; if it does good, repeat it every two or three hours, or still oftener, until no longer required, or another remedy may be given; frequently *Merc. viv.* will suit when the head seems full to bursting, as if tied with a bandage, worse at night, tearing, burning, pricking pain.

If nausea commences with the headache, if every part of the head to the very tongue feels as if bruised, if vomiting or retching follows, give *Ipec.* If continued costiveness occasions a determination of blood to the head, with pains on one side, oppressive throbbing as if the brain were bruised with a strangling sensation in

the throat, or with stomach-ache, with painful stiffness of the neck, frequent emission of light colored urine, nausea and vomiting, give Verat., Lyc. or Sep.

#### 7. SICK HEADACHE.

*Sang.* will give relief, if the pains come on periodically, or if they begin in the morning and last till night, with a fullness of the head, as if it would split, or as if the eyes were pressed outwards; or a shooting, stinging beating pain throughout the head, but more in the forehead and worse on the right side, attended with chills, nausea, vomiting, inclination to lie down, and if the symptoms are made worse by motion.

*Bell.* is the next best remedy, if the pains are worse on the right side, when the external part of the head is very sensitive, the veins of the head and hands being swelled, rattling in the head, buzzing in the ears and dimness of the eyes. It is likewise beneficial in the worst pains, extending to the eyes and nose, on one side of the head, with a pressing, cleaving, rolling, sensation, augmented at every motion, at the turning of the eyes, by a bright light, by every noise, the walking of others, in fact at every concussion; when there is a jolting sensation in the head and forehead at every step, or on going up stairs; also when the pains return every afternoon, and continue till after midnight, aggravated by the heat of the bed, or on lying down; worse when in a draught. Also, in pains which commence with a mere breath, changing to an acute pain, seizing half the head; sometimes piercing momentarily, but so penetrating as to deprive the sufferer of his senses.

*Sepia* proves very beneficial in very severe cases where the pain is mostly above *the right eye*, pricking, and

boring, so that the patient screams out, with nausea and vomiting, made worse by shaking or moving the head.

*Aconit* will relieve a similar pain on the *left side*, and if it is not entirely gone, an hour after having given *Acon.*, give Sulph. or Sil. with which the symptoms may be compared under the head of "nervous headache,"

*Spigelia* is suitable in the worst pains on the left side, if they are attended with an insupportable beating in the temple, and with pain in the whole left side of the head, and sometimes pain in the face and teeth, increasing with the ascending of the sun, or augmented by stooping, and motion, in the open air, with the greatest sensibility to the least noise and if attended with a fetid odor from the mouth. In selecting a remedy the following may be taken as a guide.

If the pain is accompanied with great sensitiveness to the light, give Bell.

If the pain is accompanied with great sensitiveness to noise, *Spigelia*;

If the pain is accompanied with great sensitiveness to the walking of others in the room, Sang.; and

If the pain is accompanied with great sensitiveness to all kinds of odor, give *Sulph.* or *Aconit.*

#### 8. NERVOUS HEADACHE.

*In headache arising from an affection of the nerves*, the head is generally cool, the face pale, in the beginning the patient sometimes discharges a colorless urine; vomiting gives relief; the headache, however, returns frequently on one side only, or is rooting, as if produced by a nail on particular spots; touching the head increases the pain. Lying down quietly in a dark room mitigates

the pain during the paroxysms; it may be prevented by frequent washing in cold water, by rubbing and brushing the skin, and by using the undermentioned medicines. Coffee is so injurious in this headache, even if it should give relief during the attack, that the patient must entirely abstain from it.

Cof. will do good in violent, drawing, pressing pains on one side of the head, as if a nail were driven into it; as if the brain were shattered, crushed and torn, recurring on the slightest occasion, after close thinking, vexation, taking cold, eating too much, &c., with a distaste for coffee, sensitiveness at the least noise, even music; the pains appear intolerable, making the patient fretful; he is almost beside himself, shrieks and cries, tosses about, feels much agitated, dreads the fresh air, and is chilly. Cof. may be repeated frequently, if required; afterwards Nux vom., and sometimes Ign. and Puls.

Acon. often proves efficacious when the pains are most violent; when the patient lies unconscious, at intervals retching, crying and lamenting, and apprehensive of dying; the least noise or motion is intolerable; the pulse very weak and small, stopping at intervals; particularly when the pain is throbbing, pricking or pinching over the nose, aggravated by the reading and speaking of others; also in headache from cold, with catarrh, buzzing in the ears and pains in the abdomen; also with the troublesome sensation, as if a ball were rising up into the head, producing a sensation as of cool air.

Ign. will relieve the pressing pain above the nose, which is mitigated by bending forward; pressing outwards from within, shooting and throbbing; tearing in the forehead, as if a nail were driven through the head, piercing deep into the brain; with nausea, darkness be-

fore the eyes, aversion to light, pale face, much colorless urine; the pains often cease for a time when the position is changed, and frequently return after meals, at night after lying down, in the morning after getting up; the patient being very nervous, inconstant, taciturn and dejected.

Acon. may be given for those symptoms which are mentioned after Bell., under the head of "Sick headache," and if Acon. has not a good effect, give, some hours afterwards, Bell. Let this operate at least from six to twelve hours; if the said sensation then continues, as if there were water in the forehead, and does not gradually disperse, Plat. may afford relief, particularly when there is a sensation of coldness in the ears, the eyes, on one side of the face, about the mouth; or if every thing trembles and flickers before the eyes, and objects appear smaller than usual. You may also give Merc. viv. when Bell. has ceased to operate, or when the pain shoots down into the teeth and neck; acute pains in the ears, only on the left side; or when always very violent at night, with perspiration, which affords no relief. After Merc. viv. or Bell., sometimes Hep. is found suitable, when the pain is as from a nail driven into the head, with violent, rending pains during the night, as if the forehead would burst, and when painful lumps appear on the head.

Verat. is frequently of use in nervous headache; also, when the hair seems tender; when accompanied by diarrhoea, and the pains are so severe that the patient loses his reason, or becomes, at least, very weak, faint, worse when getting up, and when lying in bed, with cold perspiration, chills and thirst. For the rest of the symptoms see what is said above of headache from constipation.

Puls. appeases the tearing pains, which grow worse in the evening, or are throbbing, pricking after rising in the morning, and in the evening after lying down; with jerking, pricking, tearing in the temples, particularly when the pain is only on one side of the head, accompanied by frequent giddiness, sickness of the stomach, heaviness of the head, the eyes become dark, and cannot bear the light; buzzing in the ears, or pricking, jerking and tearing; pale, doleful face, no appetite, no thirst; chilly, agitated; sometimes bleeding at the nose, and palpitation of the heart. All the symptoms are worse when at rest or sitting, and become better in the fresh air; the headache is relieved by pressure or a tight bandage. It answers best with mild, phlegmatic persons.

Bry. is good for burning and oppressive pains in the head, or when, while stooping, every thing seems to fall out of the forehead; worse when walking; or more external tearing, extending to the face and temples, or pressing, rooting, rending in particular spots, especially with persons suffering from rheumatism, and of petulant, passionate temper. Rhus will frequently be found of service after it.

Nux vom., as mentioned before, is suitable for headache from constipation, coffee drinking; also, when the pain resembles the piercing of a nail, or pricking jerks, with nausea and sour vomiting; when there is a pricking and oppressive sensation on one side, beginning early in the morning, and growing worse and worse, until the patient is distracted, and almost mad; when the brain feels as if rent asunder, the face pale and dejected, the head heavy, with a buzzing noise and giddiness when walking; worse when moving the eyes, in the air, early in the morning, after meals, or when stooping; also,

when the head is externally painful, and worse in cold weather.

Cham. relieves the pains in the head which are caused by a cold, or by drinking coffee, when there is a rending or drawing pain on one side, extending to the jaw; acute, shooting pains in the temples, heaviness over the nose, or very troublesome throbbing; particularly when one cheek is red and the other pale, or the whole face bloated; when the eyes are painful, a sore throat or cold in the chest, or a bitter, offensive taste. It is useful for children, and when persons cannot bear the least pain, and become quite unmanageable.

Chin. is suitable for sensitive persons, when the pain is oppressive, and prevents them from sleeping at night, or when it tears in the temples, as if they were bursting; rooting in the vertex, whilst the brain feels as if bruised; jerking, and rending, and rolling, and bursting, worse when walking, at every motion, when opening the eyes; relieved by lying down and being quiet; particularly when the outer skin is tender to the touch. For discontented persons; stubborn, disobedient children, who are fond of dainties, and have a pale complexion, red and hot only at times; when they become very talkative, or are restless the whole night. It often suits after Cof.

Ant. crud. may sometimes be given for a disordered stomach or cold, or when an eruption has been driven in, and pains ensue; particularly when they are in the bones; dull rooting in the temples and forehead, rending, tearing; improving in the air, aggravated by going up stairs. It answers well after Puls., when the stomach is out of order, or when the headache causes the hair to fall out.

Col. is efficacious in the most excruciating headache,

raging, tearing or when the pain is on one side, tearing, oppressive, squeezing; pressing in the forehead, aggravated by stooping and lying on the back; in attacks coming every afternoon or towards evening, on the left side, with great restlessness and agitation; particularly when the perspiration smells like urine, with small or offensive discharges of urine; while during the pain, the discharge is considerable and very clear.

Cap. is sometimes given for throbbing headache, or such as is distending, bursting, pressing outwards, worse when walking or moving; pricking, tearing when at rest; when moving the head or eyes and stooping aggravates it, also worse in the air and cold; with phlegmatic, sluggish persons, who easily take offence, or with children who are very obstinate, clumsy and unruly; particularly those who are afraid of the air and of exercise, and are chilly, especially after drinking.

When the above medicines do not afford relief, try the following, which are, however, slow in their operation, and which must not be repeated under seven days.

Try Sulph. for throbbing, tearing pains, with heat, principally in the morning and evening; with nausea, worse in the air, better in the room; tearing, with a stunning sensation and pressure; it returns weekly; loss of hair, after suppressed, cutaneous eruptions, ulcers, or perspiration.

Ars. for the same pains, if worse in the room and better in the open air.

Sil. also, for beating, throbbing pains, with heat and determination of the blood to the head; when caused by exertion, speaking or stooping, with nightly pains from the neck to the top of the head; for tearing pain every forenoon; when the forehead and eyes are ready to

burst; when excrescences appear on the head, the hair comes out, the skin very tender, the pain extending to the nose or face, with perspiration of the head.

Violent headache, with great weakness, indifference and melancholy, often indicates a disease which may be prevented either by Verat. or Ars. If they do not suit the symptoms, give Phosph. acid.

9. HEADACHE CAUSED BY SUPPRESSION OF RHEUMATISM, GOUT, ERUPTIONS, &c.

When rheumatism, gout, erysipelas, eruptions or ulcers have been suppressed, a dangerous headache frequently follows, which ought not to be neglected. Give the same remedies applicable to these complaints; and see, at the same time, what has been said in the preceding pages relative to medicine for the headache.

When the pain is seated deep in the socket of the eyes, acute shooting pain through the brain, accompanied by weakness of the eyes, it is a symptom of approaching blindness. If neither Bell. nor Sulph. give relief, apply without delay to a homœopathic physician.

When a pain always re-appears in the same spot, deep in the brain, and on the other side of the body lameness, crawling, jerking and similar affections, it can scarcely be cured—but you may apply to a physician.

When aged persons have continual headache, and at the same time discharge but little urine, which is thick, turbid and offensive, it forebodes nothing good. They must drink much water, brush the skin, and apply to a physician.

For scald head, eruptions in the face, see under “Eruptions.”

## LOSING THE HAIR.

When what you lose is replaced by growth, no other medicine is required than frequent washing, brushing and combing; but if the hair becomes thinner, have it cut a little once a month, when the moon is increasing. Washing the head frequently in cold water, particularly in the evening, and afterward binding a handkerchief round the head, will be of service when the hair is getting thin; if this fails, try beer. If the hair is too dry, oil, grease, ointments and pomatum are injurious; washing once a week with fine soap is much better; if that should not answer, boil wheat bran, and wash the head once a week with the decoction. When the hair splits, it may be advisable to use a little fat or oil—bear's grease is best—and to cut the ends every other day. When single bald spots appear, it may at times be serviceable to shave them and part of the surrounding hair; if this does not succeed after a fortnight's trial, rub the spot once a week with a sliced onion in the evening. When persons become bald after severe illness, washing the head morning and evening with pure spring water is very proper; if the baldness is hereditary, all attempts at preserving the hair are useless. When baldness appears early in life, the following pomatum is very useful; melt the marrow out of beef bones by the fire, put a single drop of tincture of cantharides into a saucer, mix gradually as much marrow with it as will fill the saucer, stirring and beating it up all the time; with this mixture rub the bald spots once every third or fourth evening.

If the hair falls out from debilitating causes, give Chin., and afterward Ferr. Also, for clammy perspiration in the hair, Chin. is sometimes of service. If the hair falls out from strong perspiration, Merc. viv. may be given.

After the use of quinine or bark, give Bell.; after mercury, Hep. or Carb. veg.; after much grief and trouble, Staph. or Phosph. acid.

After inflammatory diseases, Hep., Sil. or Lyc.; after chronic headache, hysterical or gouty affections, Hep.; and headache produced by disorders of the bowels, Lyc.

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The adjoined tabular view will assist in selecting a remedy, and if the one is found which seems to be best suited to the case, it will be well to compare what has been said under the remedy in the foregoing pages.

The mark “\*,” in the table implies that the characteristic in the first column belongs to the medicine in the column in which the “\*” is under the name.

CONCISE VIEW OF THE AFFECTIONS OF THE HEAD OCCURRING FROM FEVERS

|                                                    |           |                   |
|----------------------------------------------------|-----------|-------------------|
| Pain in the entire head.....                       | * * * * * | <i>Acon.</i>      |
| Determination of blood to the head.....            | * * * * * | <i>Ant. crud.</i> |
| Burning in the head.....                           | * * * * * | <i>Arnica.</i>    |
| do do forehead.....                                | * * * * * | <i>Bell.</i>      |
| Pressure in the forehead, from within outward..... | * * * * * | <i>Bryonia.</i>   |
| Pressure in the temples, from within outward.....  | * * * * * | <i>Camphor.</i>   |
| Pulsation in the head.....                         | * * * * * | <i>Capsic.</i>    |
| Tearing pain in the head.....                      | * * * * * | <i>Colocynth.</i> |
| Feeling of heaviness.....                          | * * * * * | <i>Cham.</i>      |
| Stitches in the head.....                          | * * * * * | <i>China.</i>     |
| Fullness do do.....                                | * * * * * | <i>Cina.</i>      |
| Pain in the forehead.....                          | * * * * * | <i>Cocculus.</i>  |
| do do crown of the head.....                       | * * * * * | <i>Coffea.</i>    |
| do do back of the head.....                        | * * * * * | <i>Drosera.</i>   |
| do do temples.....                                 | * * * * * | <i>Hyos.</i>      |
| do do on the entire right side.....                | * * * * * | <i>Ignat.</i>     |
| do do do left side.....                            | * * * * * | <i>Ipecac.</i>    |
| do do do in the morning.....                       | * * * * * | <i>Lachesis.</i>  |
| do do do forenoon.....                             | * * * * * | <i>Nux rom.</i>   |
| do do do afternoon.....                            | * * * * * | <i>Opium.</i>     |
| do do do evening.....                              | * * * * * | <i>Puls.</i>      |
| at night.....                                      | * * * * * | <i>Rhus.</i>      |
| by motion.....                                     | * * * * * | <i>Rheum.</i>     |
| by stooping.....                                   | * * * * * | <i>Sang.</i>      |
| after waking.....                                  | * * * * * | <i>Samb.</i>      |
| after eating.....                                  | * * * * * | <i>Spigel.</i>    |
| when walking in the open air.....                  | * * * * * | <i>Spong.</i>     |
| by drinking spirituous liqrs.....                  | * * * * * | <i>Staph.</i>     |
| by pressure.....                                   | * * * * * | <i>Stram.</i>     |
| in the open air.....                               | * * * * * | <i>Veratrum.</i>  |
| by lying down.....                                 | * * * * * |                   |
| by being quiet.....                                | * * * * * |                   |
| by remaining in the room.....                      | * * * * * |                   |
| by application of cold water.....                  | * * * * * |                   |

Time of occurrence

aggravated

relieved

## CHAPTER II.

## DISEASES OF THE EYES.

## GENERAL REMARKS.

All kinds of eye-water, salves and ointments, injure the eyes; almost all contain more or less strong poison—and if they accidentally cure one disease, in most cases a new and worse complaint makes its appearance, sooner or later. Whoever values his eyes ought to shun these poisonous, dangerous, and utterly useless things; simple remedies will generally effect a cure—particularly when the eyes have not been injured by quackery.

Pure cold water, as an *external remedy*, is the only wholesome eye-water; it does good in many cases where the eyes are painful, red and burning, when there is cough and catarrh; also in tedious sore eyes, with great aversion to light—growing worse on the slightest occasion—particularly from cold winds or cold wet weather. Apply bread, soaked in cold water. In all cases where the patient cannot bear cold water, or where it proves useless—where not merely burning, and a sensation as if sand were in them, with a dread of the light is felt—but where there are also violent pains and a discharge of acrid tears, lukewarm water will be preferable, applied either on a linen rag or with bread which has been soaked in it, repeating the application whenever the pain increases. When the eyes are very dry, and the eyelids close spasmodically, fresh olive oil is very useful.

When erysipelas affects the eyes, which is known by the redness which spreads far around them, nothing wet should be applied, but warm bags, filled with bran, should be laid on.

When the eyes have been injured by the poisonous sumac, nothing should be applied outwardly, give nothing but the remedies which have already been pointed out against this poison.

He who absolutely wants a salve, may take the white of a fresh egg, beat it with a teaspoonful of the finest loaf sugar, and a little camphor, to a froth, and put it on the eye. The most rapid cure, however, can be effected by the following remedies, leaving the camphor-salve aside.

### INFLAMMATION AND SWELLING OF THE EYELID.

The *eyelids are sometimes red, inflamed and swelled*, but the eyeballs not affected. For red hard swelling, with burning heat and dryness, give Acon.; if it has a good but merely temporary effect, repeat it; if the eyelids are pale, of a yellowish red, swelled, shining as if transparent, burning, with tension, and copious secretion in the eyes and nose, perhaps fever, Acon. is the best medicine; if not completely cured in a couple of days, give Hep., particularly in case the pressing pain remains, or the lids feel sore. When the swelling is bad, and Acon. does but little good, or when the lids are much inflamed and continue red and hot, pus escapes, Sulph. is preferable to Hep., particularly when the eyes are contracted in the morning and the patient cannot endure the light. If no immediate improvement takes place, repeat Acon., which will then have more effect. If Hep. has been given without producing any effect, particularly when the eyelids burn and itch, and are swelled and red—when they stick together and bleed when opened—when the edge is turned inside out, or is heavy and lamed, give Bell.

When the inside of the eyelids are inflamed, red and painful, burning violently, and the eyes can scarcely be opened. give *Ars.*; but if they appear as if forcibly contracted, are swelled, difficult to open, and the pain is more acute, with ulcers on the edges and scabs on the outside, give *Merc. viv.*; and should you not succeed to your satisfaction, *Hep.*

When the eyelids of infants are inflamed within, much swollen and red, cannot be opened but with violence, contracted as if by spasm, emission of much mucous matter when forced open—which happens generally in the fall of the year—give *Rhus.*

For the common tedious sore eyelids, which itch by day and are glued together at night, are red and sometimes swelled, the edges ulcerated, wet and purulent, causing winking, dread of light, constant catarrh, accompanied sometimes by a severe headache—by heat in the head—give *Euphr.* When the edges burn and itch, feeling very sore when touched, and are only glued together by suppuration toward the morning, give *Nux vom.*, which may also be given when *Euphr.* is inapplicable; and when this proves ineffective, give *Puls.* If in each inflammation the lids turn outward, with pricking, burning and itching, or without pain, give *Merc. viv.*; later, if necessary, *Hep.*; sometimes *Bell.* is required.

If these remedies fail, and the lids are quite red, with some mucus in the corners of the eyes, the eyes too tender for the light, and a pricking pain in them, give *Ant.* When the lids burn and smart when reading, and *Sulph.* only afforded partial relief, let the patient take *Calc.*; when there is much crawling on the inside of the lid, increased in the evening, with running of tears, *Chin.* Biting, itching and stiffness in the lids, as if lamed, give

Rhus; convulsive contraction and closing, give Hyos.; the upper lids feeling as of lead, give Cham.; considerable dryness, running of tears, with difficulty of motion and heat, give Verat.

### STY ON THE EYELID.

A sty on the eyelid is best cured by Puls., and often disappears soon after taking it; sometimes it may be removed by touching it with a cold key. Cold water is injurious; a warm poultice of bread and milk left on during the night is better. If they appear after, or leave hard spots behind, or do not open but become indurated, particularly when the eyes are apt to close with suppuration, with biting and burning in the corners, where dry pus forms constantly, give Staph.; should induration remain, give, after a couple of weeks, Calc. *once*, or Sep.

### INFLAMMATION OF THE EYES.

In *inflammation of the eyes*, or sore eyes, when not only the lid but the eye itself is affected, or the latter alone, Acon. is generally the best remedy, particularly when the complaint came on suddenly, and rapidly grew worse—when the whole eye is red, or full of red veins; runs much, and is very painful. When the eyes are sore from a cold, with catarrh, headache, cough, sore throat, &c., the following remedies will be useful:

Nux vom. when the corners of the lids are more red than the eyes, or the latter are bloodshot and smart as from salt—when they burn as if there were sand in them, with constant running of salt water—the patient cannot bear the light, particularly in the morning, combined with fever, which is worse in the morning and evening.

Cham., particularly for children, when the eyes prick, press, and burn, as if heat were escaping, swelled and closed in the morning, or very dry, the patient being very impatient on account of the pain.

Bell. when the white of the eye is quite red, or large red veins can be seen; much heat, a discharge of sharp burning rheum, or the eyes are quite dry—much affected by the light—when the pains are spasmodic or deep-seated, accompanied by a catarrh so severe as to make the nose sore; pimples coming out about the nose and mouth, a short, dry, panting and spasmodic cough, coming on in fits which last for some time.

Euphr. when there is much pressure in the eyes, much mucus and acrid water, the lids are contracted, the eye is very red, with bad headache and catarrh in the evening.

Ign. when the pain is worse, not so much redness, severe pressing, great discharge of water, great dread of the light, catarrh very bad and running. It may be repeated in from 12 to 24 hours, if requisite.

Puls., too, suits in these kinds of sore eyes, and is further described below. If you have not given Nux vom., it may suit after other remedies to remove the great sensitiveness which is apt to remain. Bell. also is useful when the sight has suffered, or flickering, sparkling, and obscurity before the eyes remain.

For sore eyes, which come after rheumatism, the inside of the eyes being red, the light insufferable, much discharge of salt water, pricking, tearing pains, not only inside, but also around the eyes, always worse in the heat, the following remedies are recommended.

Puls. after the worst inflammation has been removed by Acon., when severe pains remain, piercing, rooting,

and cutting, the light insupportable, worse in the afternoon and evening; when the complaint has returned several times, makes the patient fretful, inclined to weep, and becomes worse from weeping.

Bry. may be given when Puls. has removed the pain, but not the redness; when it burns inside, or presses as from sand, is worse in the evening and at night, when the lids are swelled and cause a pain in the head when opened.

Rhus is to be given when Bry. seemed to answer, but did not effect a cure; the eye continues to smart, presses and pricks, discharge of much water and agglutination of the eyelid during the night; or when swelled in the vicinity, resembling St. Anthony's fire.

Verat. when the pain is tearing, interrupting sleep at night, intolerable headache, much heat in the eyes, and a sensation of dryness.

Euphr. is sometimes suitable, in particular when small watery pustules appear on the eye, when the light becomes less offensive, but the pain more violent, and the redness so bad that every vein can be seen.

### GOUT FALLING UPON THE EYES.

If *gout attacks the eyes*, give first Acon., afterwards Ant. crud., Sulph. or Cocc. Bell. is often good after the symptoms enumerated above under the head of Bell., particularly when the pain is very oppressive all around the eye, above it or alongside of it; if there is a pricking pain above it, as if it were about to be torn out, or to be pressed in; when the pain comes and goes, when it seems to flash before the eyes, or the patient sees sparks, black spots with a bright border, or every thing appears to him as in a fog, or through crape; if these symptoms are ac-

accompanied by giddiness and headache, so bad as to deprive him of consciousness. In other kinds of sore eyes, with severe cutting pains, which penetrate into the head, press particularly into the forehead, or on one side of the brain, are drawing, tearing, or extend into the nose, or even through the whole body, with great agitation and weakness, give Col.

### SCROFULOUS EYES.

Many *tedious complaints of the eye arise from scrofula*, which may be distinguished by the symptoms prescribed below; we meet with them in children who suffer from this complaint, or in grown persons who have had it in their childhood. When this disease has once weakened the eyes, they are liable to a relapse from cold and other causes, and obscurity of the eye and ulcers on the pupils are much more frequent. Give the above recommended medicines, and should the complaint return notwithstanding, apply to a homœopathic physician to cure the scrofula fundamentally. In the mean time, take these medicines:

Puls. often suits in the beginning, when the margins of the eyelids turn red, burn, and pus makes them adhere; when tears flow, which are so acrid as to make the cheeks sore and a watery swelling appear; when the eyes cannot bear the light. Or Puls. is otherwise applicable according to what was said above under this head. If it gives relief, but does not effect a complete cure, give Ferr. a week after.

Bell., when pressure is severe; worse when the eyes are turned upward, when many red veins can be seen, and pustules and ulcers appear on the eye; when catarrh and other symptoms already mentioned accompany it, if

the affection arose from a cold or damp, and cold weather and wind.

Merc. viv. to children who have not yet taken any mercury; when the pains are cutting, particularly when straining the eyes; worse in the evening and in the warm bed, burning in the open air, scalding and full of tears, light is insufferable, the sight clouded, or small pustules appearing on the pupil of the eye, returning with every fresh cold; it will often be of service after Bell. has operated for a week or two.

Hep. may be given after Bell. or Merc. viv., or when children have taken much calomel, when the eyelids and eyes are red and sore, and being touched, pain as if excoriated, close convulsively, can scarcely be moved, the light insufferable in the evening; the eyes are sometimes quite dull, at other times bright and clear, when there is a pressure in the eye as if ready to burst; when small pustules or spots appear on the iris, and red spots externally around the eye. After giving this medicine wait at least a fortnight before you repeat it, or give another, unless the complaint should accidentally become much worse, and require another remedy.

Sulph. give instead of Hep. when Bell. or Merc. viv. had been given before, but not after Hep.; in cases where the eyelids are contracted in the morning, and the daylight is particularly odious to the patient, or he is quite blind during the day, and can only see a little during twilight; when there seems to be a mist before the eyes, the iris being dim, appearing as if dusty; or when the eyelids are particularly affected, as noticed before.

Dulc. is of great use when the sore eyes proceed from cold, particularly oppressive when reading, and every thing appears covered with a veil; sometimes flashes of

fire seem to issue from the eyes; at the same time much pain over the eyes. If the sick person feels better when quiet, and worse when moving about, do not give Dulc., but rather Bell.; but if worse when at rest, and he likes to walk about, give Dulc., and give it time to operate.

Calc. is sometimes applicable after Dulc., or when ulcers and films make their appearance on the eye, accompanied by violent pressure, itching and pricking; or burning and cutting when reading in the evening; when there is a dimness and haziness before the eyes, particularly after eating, reading, sewing, &c.; also when the part affected feels cold inwardly.

Chin. should be given when the eyes are much more painful in the evening, as if full of sand, or as if something were being forced into them; when the transparent centre has lost its brilliancy, or when on looking close into the eyes there appears to be a sort of smoke or fog in them.

Ars. is sometimes of use when the pains are as if produced by red-hot coals, and when spots have already made their appearance on the eye.

### INSECTS IN THE EYES.

Sometimes small insects get into the eyes, and make them sore. Put camphor on linen and tie it on the eye, or use the camphor salve before described. Very bad diseases of the eye are caused by the suppression of cutaneous eruptions, ulcers, or certain other diseases; in such cases apply to a homœopathic physician. If they appear after smallpox, measles, scarlet fever, read what is said under these different heads.

Spots or films on the eyes should never be treated with corrosive remedies, as is but too generally the cus-

tom, and by which many thousands have lost their sight. Rather give the eye rest, and if you cannot consult a physician, make use of the medicines prescribed above, allowing each to operate from a week to a fortnight; particularly effective are Euphr., Puls., Hep., Bell., Sulph., Calc. and Sil.

He who is too impatient to try these remedies may use genuine pure nut oil, pressed by a moderate heat from walnuts not a year old; introduce one drop of it into the eye every evening. On very thick, swollen, white spots put finely powdered table salt, with a hair pencil. If filmy skins grow over the whole eye, commencing at the angles, let some of the best loaf sugar, finely powdered, be put on every day. When the whole eye appears like a pane of dim glass, take the fat of a snake, melt it by a moderate heat, and apply a little of it every morning. The gall of fish, also, is good, but only when the film deprives the patient entirely of sight.

#### WEAKNESS OF SIGHT, WITH REMARKS ON THE USE OF SPECTACLES.

*Weakness of sight.* This name is given improperly to all affections of the organs of sight. It is correct when the eyes feel weak after the least exertion, refusing their services altogether, or feeling painful without any perceptible cause on the eye. Short-sightedness is no weakness, for we often find it with the strongest eyes, and principally in young people whose occupation leads them to look on objects very closely; it is an incapacity minutely to distinguish objects at a distance; the more distant the objects the more confused they appear, and they can only be distinguished after looking at them for a length of time; what is near by appears very distinct, and even

the most minute thing can be seen accurately. Neither is *far-sightedness* a weakness, for it belongs to the strongest eyes, chiefly with aged persons whose calling has afforded them opportunities to examine things at a great distance; it is an incapacity minutely to distinguish objects which are near; the nearer small objects are, the less can they be recognized.

When the eyes are really weak, spectacles are always injurious; they are only useful for persons either far-sighted or short-sighted. As much mischief has been done by the use of spectacles, we will here warn against the principal errors into which others have fallen.

Let no one who is not either short or far-sighted ever wear spectacles, not even at times. If he is either the one or the other, and has weak eyes besides, let him use the spectacles as seldom as possible. For weak eyes are always deteriorated by spectacles, of whatever kind they may be; sometimes they destroy them altogether.

Green spectacles are almost without exception extremely injurious, and physicians are much to blame when they recommend their use indiscriminately. Every one may convince himself of their injurious effects by looking for a short time through a piece of green glass on white paper lying in the sun; on suddenly removing the glass he will perceive a red spot on the paper. This proves that the eye is compelled to produce a red color to counteract the green; this excites the eye unnaturally, and the power of vision becomes enfeebled. Innumerable instances of the injury done in this manner are on record. Green glasses are to the eyes what brandy is to the nerves. Only in very rare cases can it be of use to excite the eyes for a few hours by green glasses, as in some cases of blindness it is of use to expose the eyes to the glare

of the mid-day sun; either, when applied improperly, cannot but prove very pernicious. To protect the eyes against the glare of the light when walking over snow-covered regions in bright sunshine, or when walking near the fire, spectacles made of light wire with large round openings, in which, instead of glass, black crape is fixed tightly, are most useful.

Persons who are short-sighted must use concave glasses, which present to them whatever is distant, smaller and better defined. Those who are far-sighted must use convex glasses, which will make objects which are near appear larger and plainer. As every pair of glasses is adapted to a certain distance, they should only be used for such distance; you should not look at remote objects through glasses adapted to near ones, nor use glasses calculated for a great distance to look at objects which are very near. Spectacles ought to be selected for the distance for which you most commonly require them. Short-sighted persons should use glasses, which at the distance for which they are intended diminish but little, the less the better; for those which diminish too much injure the sight. Far-sighted persons should select glasses, which when used to read with at a proper distance do not much enlarge the letters, the less the better; for when they do, they also are injurious to the eyes. It is often necessary to have a different kind of glass for each eye; the one adapted to the left may injure the right; generally the latter is stronger; try therefore each eye by itself. This should not be done immediately after meals nor after drinking; nor ought several spectacles to be tried in succession, for it contracts or dilates the pupil and prevents you from selecting the most suitable. It is better to try one pair every day, until you find some exactly adapted to your eyes.

The glasses ought not to make the eyes feel sore, it is a proof that they are too strong, that they are altogether bad, or that the eyes are too weak to use any spectacles. It is rare that spectacles which are too weak produce pain in the eyes. Either change the glasses until you suit yourself, or wear none at all. When they cause uneasiness, pressure in the eyes, even in the head; when they make you feel sleepy, produce heat and redness in the eyes; when you are often obliged to allow the eyes to rest, or when after the removal of the spectacles some time elapses before you can see properly again; when the objects appear larger or smaller through the glasses than they used to do, it is high time to have your glasses changed if you do not wish to injure the eyes. By a proper change of glasses the sight may be much improved. When a short-sighted person sees objects through the glasses smaller than he used to do before, he ought to have weaker or less concave ones; if he sees them larger and less plain he ought to have somewhat stronger or more concave glasses. When to a far-sighted person objects appear smaller and less distinct, he ought to have glasses of greater convexity; if they appear larger, some of less convexity.

The spectacles ought to be as light as possible, and have slides to keep them firm without pressing; the larger the glasses are, the better; they should be perfectly clear and white without a red or green shade, without flaws, notches, streaks or cracks; they should be well and uniformly ground. Cracked glasses are injurious, and it is unaccountable that any one could be mad enough to recommend cracked glasses, or that any one should follow this recommendation. The glasses should always be kept clear and bright, should never be touched with

the bare finger, and be frequently wiped with soft buckskin. When taken off they should be put on the sides not on the glasses, and when the glasses are cracked they should be replaced by new ones. A skillful optician will be able to select suitable glasses when he is furnished with the exact distance at which the person can read large letter-press, which ought to be sent with it. Pieces of the broken glass may also be sent, to select others exactly of the power wanted, or a number higher or lower.

### WEAKNESS OF THE EYES AND OTHER DEFECTS OF SIGHT.

These may frequently be lessened by washing the whole head every day in cold water. Bathing the eyes with a mixture, composed of a teaspoonful of old cognac brandy and a tumbler full of water, may sometimes prove serviceable, but not always.

When weakness is caused by excessive reading, sewing, &c.; and every thing before the eyes appears dusky and foggy, nothing at a distance can be distinguished, and occasionally spasms of the eyelids, Ruta is of service. Agaric. for weakness and cloudiness with brown spots before the eyes, winking of the eyelids and spasms in the eyes.

### SHORT-SIGHTEDNESS.

Short-sightedness, which is not of long standing, particularly when in consequence of inflammation of the eyes, may be cured by Puls.; after much calomel, by Carb. veg.; after nervous fever and debilitating causes, by Phosph. acid.

### FAR-SIGHTEDNESS.

Far-sightedness, after excessive indulgence in ardent

spirits, by *Nux vom.*; with dimness of sight when reading, running together of the letters, dazzling of the eyes in the light, by *Dros.* If these do no good, give *Sulph.*, and if necessary later, *Sil.* to lean persons, or *Calc.* to corpulent persons. But in all similar cases it is better to consult a physician.

### ATTACKS OF BLINDNESS.

For sudden temporary attacks of blindness, give *Acon.*; if it returns frequently, *Merc. viv.*; but if the patient has taken calomel, *Sil.* For night-blindness, when the patient can see nothing after twilight, give *Bell.*, particularly if something red or if sparks appear before the eyes, or a variegated circle around the candle; if more like black spots or sparks, give *Verat.* Should these fail, try *Hyos.* For day-blindness, where the patient can only see in the evening, give *Sulph.*, and later, *Sil.* if necessary.

### SHRINKING FROM THE LIGHT.

The shrinking from the light, where the patient can bear nothing bright, is usually connected with other complaints, for which the remedy must be selected. Where this is not the case, give *Acon.* for two successive mornings and wait a few days, then at night give *Nux vom.*; if no better after three days, give *Bell.*; after eight days, *Merc. viv.*; and after eight days again *Hep.* For photophobia or great desire for light, give also first *Acon.*, then *Bell.*, then *Sulph.*

For shrinking from the light with headache, when the light of a candle appears dark and unsteady, give *Euphr.* When a fiery halo or circle appears around the light, or the sight is dim, as if something were to be wiped away, every thing appears double or is totally obscured,

give Puls.; when a variegated halo surrounds the light of the candle, when the patient sees red spots, or a mist, where the objects appear double and there is incipient blindness, give Bell.; for black spots and sparkling before the eyes and seeing objects double, Verat. With dimness of sight, black flashes and flickering during the day, in the night fiery meteor-like appearances, or a halo around the light, Staph.

### SQUINTING BY CHILDREN.

Squinting of children, who have much heat in their head, is often cured by Bell.; when from worms by Hyos. If it arises, as is very common, from the light being always kept on the same side of the bed of the child, place it for some time on the other side, and turn the child in the bed, so as to accustom the eye to the other side; afterwards place the child in such a manner as to have the light in front, which is the proper position. If this cannot be done, put a dark screen before the light. With other children this is seldom of much use. Tie up the sound eye first every day for several hours, afterwards for whole days, so that they cannot see with it at all, and may accustom themselves to use the squinting eye properly. If they squint with both eyes outwardly, put a bit of black court plaster on the tip of the nose; when inwardly, put a screen of shining silk on both sides of the head, like winkers. If all this proves unavailing, consult a physician, for it is a spasmodic complaint.

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Before making use of the following table, we refer the reader to what has been said page 156.



## CHAPTER III.

## AFFECTIONS OF THE EARS.

## ERUPTIONS.

*Eruptions* behind or in the ears. See "Eruptions."

## MUMPS.

The *Mumps*, a swelling of the great salivary glands lying under and in front of the ear. They frequently occur with children, but are not dangerous if they do not strike in. Sometimes the swelling extends over the whole neck, so that the patient can neither chew nor swallow, and increases for three or four days, yet there is no danger; on the fifth or seventh day the swelling on the neck disappears, and shows itself on the breast or testicles, which are sometimes red and painful; pain in the bowels or other symptoms make their appearance. This is the most critical time. Keep the patient therefore constantly warm, not too much so, but prevent his taking cold or overheating himself, and let him avoid all stimulating food. No external application must be made. A cotton or linen handkerchief may be tied about the neck,

The principal remedy is Merc. viv., which requires but very seldom to be repeated. When the disease assumes an inflammatory character, or the swelling is red, resembling erysipelas, or when it strikes in and affects the brain, which may be known by the sudden lowness of the patient, followed by unconsciousness and delirium, give Bell. When the patient has a slow fever, the swelling becoming harder and will not disperse; when striking in, it falls upon the stomach, Carb. veg. will give relief; should this not prove useful, give Cocc. If Bell does

not remove the inflammation in thirty-six hours, give Hyos. If Merc. viv., given in the beginning produces no effect, or if the patient has used much calomel, give immediately Carb. veg.

When attended by pain in the throat, see under this complaint; when by much hoarseness, Carb. veg. almost always proves efficacious.

### INFLAMMATION IN THE EAR.

The ear becomes red and hot, swells and pains; the passage or auditory tube is nearly closed and the pain so severe that the ear scarcely bears touching; the pain is worse inside than near the surface; sometimes accompanied by so violent a tearing, rooting, throbbing, pricking and burning, that the patient becomes delirious, give Puls. Only when the pain penetrates into the brain, with great agitation, vomiting, coldness of the extremities and other dangerous symptoms, Bell. will be useful.

### O T A L G I A.

*Otalgia* and other pains in the ears, caused by taking cold, suppressed perspiration, single acute shooting pains, as if from a knife; the external ear is dry and without cerumen; tearing pains in the ears, extending to the lobes; the patient is very cross and easily offended; the pains seem insufferable: give Cham. If the patient perspires, without feeling relief when there is a tearing pain as far as the cheeks, pricking deeply, at the same time tearing, pressing burning pain; when it burns externally, or feels cold inwardly, with violent twitches and jerks; particularly when the ear is damp, give Merc. viv.

Should it be a rheumatic attack, which has fallen upon

the ear, jerking, tearing pains, as if something were to be pressed out; or when externally red, hot and swelled, the pains passing through the whole side [of the face, particularly with persons of a cold disposition, inclined to weep, give Puls. With passionate, angry persons, for otalgia, when very violent, give Nux vom. With very sensitive persons, who have a return of it on the slightest occasion, with oppression and pricking in and behind the ears, tearing, heat and irritability at any loud noise, give Arn.; but if the pain is more external, with redness, pricking and tingling inside, give Chin. In other cases like these, with pricking in and behind the ears, rooting, screwing pain, with tearing and pricking down to the throat, with ringing, buzzing and rushing, particularly when the head and eyes are affected; the pains during the paroxysms are worse when the parts are touched, or on moving about, give Bell. If this is insufficient, and there is a pricking pain when blowing the nose, it throbs and buzzes, give Hep.

When the pain is generally on one side, and so violent as almost to distract the sufferer, give Calc., and repeat it if the pain returns.

Or in similar cases, when the pains are very severe, like cramps, a jerking, rumbling and rolling sensation in the ears; the ears are as if deaf, and cold, a crawling as far as the face, give Plat. In other similar cases, where the pains are worse when at rest, particularly during the night, attended by nausea, give Dulc.

Other remedies, such as Phosph. acid., Sulph., Ant. crud., &c., may be used with benefit.

Make no external application; oil, even, can become dangerous; hot vapors may burn the ear, and what is

onec injured cannot be restored. A sponge dipped in warm water and tied upon the ear is the only thing which may sometimes mitigate the pains, and does no harm.

If the medicines are to take effect, no cotton must be crammed into the ear. This should only be resorted to in case of need, as prescribed under "Running of the ear." When the remedies prescribed do not quickly operate upon children, tie a thread dipped in sulphur around the ear; this frequently produces running, and mitigates the pain.

### RUNNING OF THE EARS.

*Running of the ears* is a complaint which must be suffered patiently, because the most insignificant running can, when suppressed, produce the most serious consequences. The tedious running of the ear is hard to cure. Let nothing be syringed into the ear; oil, even, is injurious, because some of it always remains, and becomes rancid. Things which harden are still worse. Lukewarm water is the only fluid not injurious; use as much as is required for cleanliness. It is also good to put a little fine wool into the ear, in winter to keep out the cold, and in summer to hinder the flies, which sometimes drop their eggs into them, and which cause dreadful pains. When the patient feels the crawling of the maggots, drop sweet oil into the ear until it is full, and proceed as directed in Part First, where the ear is treated of, under the head of "Foreign substances introduced into the human body."

But important as it is to have cotton in the ears, particularly in summer and whilst asleep, when the discharge

smells offensively, the greatest caution is to be recommended in its use.

When the running of the ear remains after inflammation, or when accompanied by pain, particularly by pain pressing outwardly; or the ear is hot and red, or covered with a scabby, itchy eruption; or when it is after measles, give Puls.; if it does not relieve, give Sulph. When after scarlet fever, give Bell.; and after a few days, if necessary, Merc. viv., and then Bell. again; if this be not sufficient, Hep. If after the small pox, combined with pricking pain and an issue of blood; if outwardly ulcerated, and the discharge offensive, give Merc. viv. But if the patient has taken much calomel, give Hep.; if he has taken too much sulphur, give Puls., and, a few days after, Merc. viv. Should it, notwithstanding, become very tedious, then take as much potash as will lie on the point of a knife, shaking it in a pint of rain-water until it is dissolved, then pour a teaspoonful into the ear every day, until it begins to improve. If the discharge be purulent and tedious, give Merc. viv., and eight days later, Sulph.; and this last, repeat once every week. Should it not improve under this treatment, give Calc. If there be a severe headache combined with it, give Merc. viv. or Sulph.; if this gives no relief, give Bell., and afterwards Lach. Should no benefit accrue, give, two mornings successively, Sil., and repeat it after one or two weeks, if necessary. A tedious discharge is sometimes relieved by Caust., particularly when the patient is frequently attacked with rheumatism. But if all these remedies fail, then try borax, in a weak solution, as was described above in reference to potash.

Should the discharge be checked suddenly, whether it be for a long or a short time, it is always dangerous.

Examine the ear carefully with a hair-pin, and if a crust or other obstructions have been formed, admit warm steam moderately into the ear, to soften what may have been hardened; but if the ear be not obstructed, yet dry within, then take some bread, just out of the oven, and lay the broken part on the ear, not hot enough to be painful, and repeat it as often as the bread becomes cold; or take a small loaf made of rye flour or bran, make a hole through the crust, and hold the ear over it. When the glands of the neck become hard and swollen after the suppression of the discharge, give Puls.; later, Merc. viv. or Bell. If severe headache and fever occur, give Bell. first; if no relief is obtained, then give Bry. If it is produced from a violent cold, or wet feet, and the patient is better from exercise, give Dulc.; but if better by keeping quiet, give Bell. If worse when warm in bed, Merc. viv. If, after a suppressed discharge, a swelling like mumps takes place, then give the remedies prescribed for mumps. But if the swelling be on the genitals, give Nux vom. in the evening; and if it does not relieve, give Puls. in the morning. Sometimes a violent headache arises, which becomes obtuse, with a pressure, as if the skull were too small; the eyes become red; pains when moving, followed by fever; sometimes spasms in the face, swelling of the head, the recollection vanishing, &c.; followed by a sounding and rustling in the ears, deafness, and a sudden discharge of matter. This must not be meddled with; only let it be cleansed with lukewarm water, and let the patient lie on the side of the ear affected, having a small cushion or folded napkin placed around it. If the malady is perceived before the purulent discharge, give Hep.; if not better in a few days, Merc. viv. If this produces no marked result, give Lach.; after

this again Hep. Wait from four to six hours between every remedy.

The same treatment is to be observed when the running discontinues suddenly. As soon as the matter escapes, the patient is safe, and nothing more is necessary to be done; if it does not take place, the patient must die. The most skillful physician cannot always cure this evil.

### BUZZING IN THE EARS.

This complaint is generally connected with running, and difficulty of hearing; or with pains in the ears. Sometimes with headache, and determination of the blood to the head. Give medicine according to these symptoms. If it comes, however, quite alone, is not of long standing, from catching cold, give *Nux vom.* if worse in the morning; *Puls.* if worse in the evening; *Dulc.* if worse in the night; to persons who perspire much, *Merc. viv.*; to those who cannot perspire, *Cham.*; to very sensitive persons, who have taken much mercury, or suffer much from fever, or liver complaints, when the buzzing is more hissing, like a ringing or singing, give *Chin.*; but if coarser, more like the noise of a humming-top, or when *Chin.* does no good, give *Carb. veg.*; if the buzzing has continued for a considerable time, apply to a physician. Sometimes, when the ears cannot suffer the least noise, *Sulph.* given once, and afterwards *Acon.* several times, will do good. If this fails, give *Carb. veg.* once and *Cof.* several times. If attended with great sensitiveness when exposed to the wind, or with echoing of every step and word, with persons who suffer frequently from tearing pains in the limbs, give *Caust.* two successive mornings.

## HARDNESS OF HEARING.

This complaint is generally connected with other diseases, and will only cease when they are removed. When this complaint is of long standing, it cannot easily be cured; but that which is of a recent date is very easily removed. With children, and not unfrequently with grown persons, it is caused by some obstruction in the ear. Examine the patient carefully as directed in Part First, where the ear is treated of under the heading, "Foreign substances introduced into the human body." Place him in such a position that the light may fall into the ear; introduce an ear pick or hair-needle as far as the patient can bear it, but withdraw it as soon as it gives pain. When the obstructing substance has become too hard, let the steam of warm milk go into the ear. If too great a dryness or want of cerumen is the cause, sometimes Carb. veg. proves useful. If connected with a running, give the medicines prescribed for this complaint. If it is in consequence of measles, Puls. or Carb. veg.; after scarlet fever, Bell. or Hep.; after small pox, Merc. viv. or Sulph. If connected with cold in the head, and its general attendant, a sore throat, which is relieved by swallowing, gargling with warm water is advisable; if this does not cure it, give Cham., or Ars., or Lach. If it arose from rheumatism, which had been suppressed by a cold, and had fallen upon the ear, give the medicines proper for the rheumatic pains, and afterwards Dulc. or Sulph. If caused by suppressed eruptions of the skin, or ulcers healed by salves, &c., give the remedies for these, particularly Sulph. or Ant. If the patient had been affected with piles, sometimes Nux vom. gives relief; if with nervous fever, Arn. or Phosph. acid. If the tonsils are swelled,

and cause hardness of hearing, Merc. viv. and Staph. frequently prove useful. In tedious complaints of this nature, dieting and drinking plenty of cold water is the principal remedy. If this does not remove it, consult a homœopathic physician.

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Besides the foregoing affections of the ear, other symptoms frequently occur in and in that organ, for some of which we have arranged the following table, in which a proper remedy may easily be found.

Before making use of the following table, we refer the reader to what has been said page 156.



## CHAPTER IV.

## AFFECTIONS OF THE NOSE.

## PAINS AND ERUPTIONS.

For pains in the face, nose and cheeks, see "Tooth-ache." For eruptions on the nose, see "Eruptions."

## SWELLING OF THE NOSE.

When the nose is swelled in consequence of a blow, or when it happens without any apparent cause, accompanied by itching, pain in the superior part of the bone, as if after a blow, give Arn. When attended by catarrh, when the orifice of the nostril is swelled and sore, with redness, heat and pains, sometimes running far in, with burning, pricking and dryness; the smell sometimes very sensitive, sometimes too weak, give Bell.; and where it does not suffice, Hep. after it. When the catarrh is running, very watery, makes the nose sore, which is swelled, red, and shines, with itching, pains in the bone when pressed upon, it is better to begin with Merc. viv., and to give Hep. afterwards, or perhaps Bell. Persons who have taken much calomel should first take Hep., and afterwards Merc. viv. Bry. sometimes is of service in tedious, painful swelling; or when black specks are on the nose, Sulph.; for red specks, Phosph. acid.; for warts, Caus.; when the point of the nose is red, Rhus; when the nose is of a coppery red, with craving for spirituous liquor, Ars.

## BLEEDING OF THE NOSE.

It appears at the termination of many diseases, and frequently benefits the patient considerably. It ought not

to be interrupted, unless it be too violent or last too long. Cold water, vinegar, sponges, corks, brandy, tinder, &c., applied inconsiderately, may have a very injurious effect. filling up the nose is always useless; it is better merely to compress it, and to see whether the blood stops, or whether it flows into the throat.

For bleeding of the nose after a blow, or when itching in the nose and forehead precedes; when the nose feels hot, the blood is light red and liquid, particularly with men, give Arn.; with women, and particularly with those of a mild, quiet disposition, or with such as have their changes but weak, give Puls. When in consequence of overheating, or when the patient appears much heated, give Acon., and if that does not stop it soon, Bry.; if worse every time the patient stoops, or if it arose in consequence of great exertion, lifting, &c., give Rhus.

When determination of blood towards the head is the cause, and it is preceded by the symptoms stated under the caption "Determination of blood to the head," or when they continue still, Acon. is best in many cases; else one of the remedies there prescribed. Drawing cold water into the nose is improper; when the blood cannot immediately be stanch'd by the remedies, or when they are not to be had, it is better to put a wet cloth about the abdomen, as directed under the head "Intoxication." If it is caused by overheating or drinking of wine, and the remedies, Acon., Bell. or Bry., in the former case, and Nux vom. in the latter, do not immediately stop the blood, let the hands be put into warm water, and the patient keep quiet afterwards. When the blood immediately coagulates, and forms a coneshaped clot on the nose, give Merc. viv. When it takes place during a catarrh which runs and stops up the head alternately, give Puls. When with

children it is caused by worms, or rather by picking and rooting in the nose, give Cin. Enervated, debilitated persons, who have frequent and lasting attacks, give Chin. If it returns every afternoon, evening, or before midnight, give Puls.; if it awakens the patient when asleep, give Rhus., Bry. or Bell.; if it returns in the morning, Nux vom., Bry. or Bell.; after long continued bleeding, give Chin., to remove any weakness. The same is proper when the loss of blood is so great that it causes paleness, coldness of the extremities, and convulsions. To persons who are very subject to it, give Sulph. or Sep., sometimes Carb. veg.

#### CATARRH, OR COLD IN THE HEAD.

The principal remedy for this complaint, particularly when many persons are effected with it at the same time, is Merc. viv.; with persons who have already taken much calomel, Hep. When the catarrh is attended with much sneezing—when much water drops from the nose, which is somewhat sore—if the mucus of the nose smells offensive, and only the usual pains are felt in the head and cheeks, give always Merc. viv. first, or Lyc. Merc. viv. is applicable when the patient perspires during the night, and the catarrh returns notwithstanding in the morning; when he has fever, does not like to be alone, and has much thirst, feels the heat uncomfortable yet cannot bear the cold. If, after twelve hours, the symptoms are milder, give nothing more; if they have been better and become worse again, give Hep.; the same when every breath of wind causes a new cold, or when the catarrh effects only one nostril, and the headache is increased by every motion. If, after waiting twelve hours, Hep. does not prove effective, give Bell. For the

worst catarrh of this kind, where water escapes plentifully, and the parts are all swelled and sore, give Lach. The catarrh is different when the sick person has not so much heat, redness and thirst, but prefers to be in a warm room, yet sometimes drinks but little—is uncommonly weak, uneasy, agitated—complains of burning as if caused by fire, without much redness and heat being perceptible; where the mucus does not appear offensive, but is more corrosive and acrid; when the soreness of the nostril is excessive and very troublesome; when exercise and warmth are agreeable, and every exposure increases the evil, give Ars., Dulc., Nux vom. Sometimes, when the nose is obstructed and runs notwithstanding; when the discharge is very acid, and it burns internally and externally—when the patient is restless at night, without any apparent cause, and when the nose begins to bleed, give Ipec. and Ars.; if no improvement takes place in twelve hours—or when during the day the catarrh runs, and stops in the evening with obstruction, the mouth is parched without much thirst, also the breast dry and the stool hard, give Nux vom. When the catarrh partly resembles this one and partly the one described before, but the patient feels better when in motion, and worse when at rest; when every breath of air causes fresh obstruction, give Dulc.; or when Ars. and Nux vom. appear to suit the symptoms, but prove useless, give Ipec.; if the patient improves, give the same again—which is not advisable respecting the other remedies.—When the catarrh does not so much affect the nose, but immediately deprives the patient of his appetite and smell, accompanied by a discharge of thick yellow, sometimes green and offensive mucus, give Puls.; when much white mucus is discharged, and the eyes are affected and run, give Euphr.

**Cham.** frequently cures catarrh with ulcerated nose, chapped lips, the one cheek being pale and the other red, chills and thirst. **Merc. viv.**, particularly with children, when caused by suppressed perspiration, the catarrh is accompanied by fever, with pains in different parts of the limbs. **Nux vom.** where fever and chills alternate, particularly in the evening—great heat in the head and face, or over the whole body.

**Sil.** frequently cures a tedious catarrh of frequent recurrence; is either running or causes obstruction. It should be given two successive mornings.

When the *catarrh has been suppressed*, and headache is the result, give **Acon.**, and if the former does not return soon, give **Puls.** or **Chin.** When the breast is affected, with difficulty of breathing, give **Ipec.** a couple of times, and if the patient does not improve, **Bry.**; let the patient drink hot water with milk and sugar, and let the vapors go into the nose. If nothing will give relief, give **Sulph.**

If the catarrh is connected with other complaints, particularly with those mentioned in the subsequent chapters—such as affections of the breast or lungs, hoarseness or cough, look under these respective heads for the necessary remedies.

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Before making use of the following table, we refer the reader to what has been said page 156.



## CHAPTER V.

## AFFECTIONS OF THE CHEST.

## HOARSENESS.

Among the common domestic remedies, there are many which are decidedly injurious; and others which, if they do good, always leave after them a disposition to a relapse. Hoarseness which returns frequently is always a critical complaint. It may sometimes be relieved by mixing sugar-candy with the yelk of a fresh raw egg and taking this two or three times at night; a perfect cure however, can only be effected by the following remedies.

Hoarseness with catarrh, from tough mucus in the throat, with dryness, burning and thirst, the temper cross, vexed or morose and taciturn, particularly with children, give Cham. For a rough, deep, dry cough, arising from dryness in the throat, with tension and sore throat, the mucus not loose—alternately chills and heat, with sulky, quarrelsome, obstinate and headstrong temper, give Nux vom. For pricking and soreness in the throat and the palate, pain when swallowing, catarrh, with much yellow, green and offensive discharge, a loose cough and pain in the chest, with chills without thirst, give Puls.; this is particularly applicable when the patient has been several days without being able to speak a single word; if it does not effect a perfect cure in one day, give Sulph. One of the principal remedies is Merc. viv. when the voice is hoarse and rough, with burning and tickling in the larynx—a disposition to perspire, without relieving the patient, and when every breath of air makes it worse.

When the itching in the nose is connected with obstruction or with cough, which causes pain in different places, give Caps. When with hoarseness the throat feels rough, with much sneezing and mucus, without any actual catarrh, or when attended by difficulty of breathing, Rhus; in a deep, hollow cough, without mucus, or much yawning with uneasiness and thirst, give Samb. For tedious hoarseness, worse every morning and evening, and when speaking much, or after measles, give Carb. veg.; if attended by a tedious catarrh, Sil.; very hollow and deep-seated, Dros. In very obstinate cases, without other symptoms, or combined only with catarrh, *causticum* is the best remedy.

### C O U G H.

Cough is to the chest what catarrh is to the nose, and whether combined with catarrh or not, the above mentioned remedies should be applied. When it is produced by other complaints, look for the remedies prescribed for such complaints. It frequently happens that an obstinate cough can be cured only by a homœopathic physician; and sometimes it is a symptom of a disease which is already incurable.

Nux vom. should be given for a *dry cough*, which is caused by a rough, scraping, acrid sensation, and itching in the palate; when it is lasting and weakening, with pain, as if the head were being rent asunder, or a sensation as if bruised in the upper part of the belly—afterward pains under the ribs, particularly when the cough awakens the patient early, or only a little mucus is discharged with much trouble. Also, when a slight cough lasts the whole day, with pain in the pit of the throat—is worse in the evening, but better during the night;

during the night oppression of breathing, an apparent weight upon the chest, and the patient has a heated and a parched mouth. For energetic and *plethoric patients*, who drink much coffee and spirituous liquors. It also answers for a dry exhausting cough, which is worse during the night, with trifling expectoration in the morning—worse from reading, thinking and exercise.

Cham. should be given for a similar dry cough, which is worse at night, even during sleep, and arises from a tickling in the pit of the throat—something rising in the throat which takes away the breath, particularly with children, and during the winter after taking cold. Also for a tickling cough which is caused by speaking, in the morning and evening, but which ceases after the patient gets warm in bed; also when in the morning some tough bitter mucus is thrown up.

Hyos. answers for a dry cough, which is worse at night, and prevents sleeping; also when lying down, with tickling in the windpipe, or when it comes in spasms, sometimes attended with pricking pains over the eyes; a rattling noise in the throat, caused by breathing whilst there is mucus in the windpipe.

Ipec. frequently answers for *children*—even for the smallest—when on coughing the mucus almost suffocates them; when it is spasmodic, or affects them so much that they can scarcely breathe, become purple in the face, and the limbs are quite stiff; when there is a tickling sensation in the larynx, with contraction, the cough quite dry, but trifling expectoration, or of mucus of an offensive taste—or when it causes loathing, nausea and vomiting of mucus; when it is attended with pain in the abdomen, particularly about the navel, or a pressure upon the bladder, as if the urine could not pass—or

there is a throbbing in the head and pit of the stomach, soreness of the chest; after the cough, shortness of breath and perspiration on the forehead; walking in the cold air excites the cough afresh. This remedy may be repeated after a couple of hours, if required.

Bell. for a similar spasmodic cough, which does not allow the patient to recover his breath, which shakes the whole body, and is excited by a constant insupportable tickling in the larynx, without any phlegm on the chest; or as if caused by down in the throat, forcing the head asunder, with pressure in the neck, as if it were being broken off; or when coughing, with a trifling discharge of mucus, mixed with blood, with stitches in the chest and on the left side under the ribs; tearing pains in the chest; short, quick, agitated breathing; chapping of the lips, a red face, and pain in the head; or when the attacks terminate with sneezing, accompanied by catarrh, or pricking pain in the hips and below in the abdomen, as if something were cutting there.

Merc. viv. for a dry cough, which exhausts and convulses the patient much, particularly by night; or a tickling cough before falling asleep; sometimes attended with spitting of blood, pricking pains in the chest; with children frequently attended with bleeding of the nose, inclination to vomit, pains as if the chest and head were going to burst, accompanied by hoarseness, running catarrh, or diarrhœa.

Carb. veg. for spasmodic cough, coming on several times during the day or evening, the coughing up of blood, with burning pains in the chest; pain in the larynx, as from ulceration, shooting pains through the head.

Caps. for a dry cough, worse in the evening and during the night, and sometimes exciting vomiting; pains

shooting through one or the other of the extremities, also causing rending headache; sometimes accompanied by oppressive pains in the throat and ears, or with drawing pains from the chest to the throat, pricking in the chest to the throat, pricking in the chest and back, or pressure on the bladder and shooting pains therein, or pricking and tearing pains from the hips to the knees and feet.

Rhus, sometimes for a dry, short, night-cough, commencing with a tickling in the chest, which causes agitation and asthma, particularly in the evening and before midnight, whereby the head and chest are shaken a great deal; or with tension and shooting pain in the chest, pains in the stomach, sometimes shooting pains in the thighs, particularly when the air makes it worse, when heat and exercise affect it favorably; also for coughs with a taste of blood in the mouth.

Cin. for a dry cough, sometimes only accompanied by expectoration of mucus; for children who start suddenly as if they were losing their senses; afterwards with anxious gasping for breath, moaning and paleness, or a hoarse small cough every evening, particularly with children who have worms; or at the same time running catarrh, with a burning sensation in the nose, and violent sneezing, which makes them cry.

Ign. for a dry cough, during the day as well as by night, with a running catarrh; for persons who fret much, or when worse every day after meals, in the evening after lying down, and in the morning after getting up, it is frequently to be given a second time after 6 hours have elapsed.

Euphr. for a cough with a bad catarrh, which also affects the eyes; during the day attended with difficult

expectoration, sometimes with difficulty of breathing; when it ceases during the night; in the morning worse again, with considerable discharge of mucus.

Puls. when the cough was dry in the beginning for half a day, with retching; then attended with expectoration of mucus, which is discharged easily; it sometimes is streaked with blood; in the morning much yellow, salty, bitter, disgusting expectoration, sometimes accompanied by retching; the windpipe at the same time feels rough, and the abdomen pains as from a bruise, or there are shooting pains in the arm, shoulder and back; or the urine escapes whilst coughing,

Bry. answers for a dry and for a moist cough; for a dry one, when commencing with a tickling in the throat, or when the fit comes on after eating, and is so bad as to cause vomiting; or for a cough which begins as soon as the patient gets into a warm room; or with bad stitches in the side, and afterwards a trifling spitting of blood; with a yellowish expectoration; when every fit of coughing is felt in the head, or accompanied with shooting pains in the head, throat and chest.

Chin. when there is an inclination to cough, as if caused by sulphur, without any discharge of mucus; it is, however, in the throat, and causes a whistling noise; the expectoration which follows is streaked with blood, with pressing, pricking pains in the chest and the windpipe, or a clear, tough mucus, which is difficult to loosen, with pains in the shoulders, sometimes accompanied by vomiting of bile; and for cough after hemorrhage from the lungs.

Arn. for cough with expectoration of mucus and coagulated blood, or light frothy blood, at the same time asthma; all the ribs and abdomen as if bruised and

lacerated, shooting pains in the head, the chest, the belly, and the small of the back; also for moist and dry cough with children, early or when asleep, with weeping and crying.

Verat. for a deep hollow cough, as if from the abdomen, with griping, salivation, a blue face, involuntary discharge of urine, violent pains in the side, and at the same time difficulty of breathing and great weakness, sometimes accompanied by shooting pains which pass downwards through the abdomen.

Ars. for a moist cough, but without much expectoration, which is tough, lies on the chest and causes asthma; coughing every time after drinking; for cough during the night, with spitting of blood, and a burning heat all over the body, want of breath, extreme fatigue and weakness; or every evening dry cough, which weakens very much, with oppression of the chest when going up stairs and in the cold air, with palpitation of the heart and agitation during the night.

Dulc. for a moist cough, particularly after taking cold, with hoarseness, sometimes accompanied with spitting of light red blood during the night; or a whooping, barking cough, excited by deep breathing; coughing from a cold, aggravated by being in a room, and by lying still; better when moving.

Dros. for a moist cough or for a dry one, accompanied by hoarseness, pain in the chest and under the ribs, so that the patient is obliged to hold the painful part with his hands, sometimes attended by retching and griping in the abdomen, when the expectoration is tardy; vomiting of food, after which, of phlegm and water, a discharge of bitter, purulent matter; or with oppression, as if while

coughing the breath remained in the chest, so that either coughing or speaking seems impossible.

Staph. for cough with expectoration of yellow mucus, resembling pus, particularly during the night, with pains as if caused by ulceration under the breast-bone, collecting of water in the mouth, occasional spitting of blood after scratching the breast, and involuntary discharge of urine.

Phosph. acid. for coughs with expectoration, great hoarseness, coughing from a tickling in the pit of the stomach or of the throat, dry in the evening, in the morning attended by a white or yellow discharge; cough with oppressive pains in the chest and expectoration of pus; when coughing a rending headache, inclination to vomit, and burning in the throat and chest.

Sil. for *tedious cough* with expectoration of much phlegm, transparent lumps, or yellow pus, with a pressure on the chest, so convulsive as to cause pain in the throat and abdomen; or a deep hollow cough, with spitting of blood; a dry cough, with a pain as if the chest were sore; or a cough which threatens to suffocate the patient in the night, with asthma and emaciation.

Sulph. for tedious dry cough from tickling in the throat, coughing with contraction of the chest, and retching; only during the night, preventing the patient from sleeping; or dry during the night, by day attended by yellowish expectoration, or thick mucus, pus and blood; when coughing single stitches in the chest or under the ribs on the right side, as if the chest were to burst when coughing or sneezing; the breast tight and full, difficulty of breathing, whistling and snoring in the chest, palpitation of the heart, the patient is obliged to sit up during the night; or the cough is attended by a rending pain in

the head, blackness before the eyes, heat in the head and face, but cold hands.

Calc. for tedious cough from tickling as from down in the throat, so violent in the evening and during the night that every vein throbs, or in the night during sleep; dry, with a pain in the chest, or snoring and rumbling on the chest, particularly with very fat children, where Ipec. suits, but does not suffice; or with much expectoration, particularly during the day, lumpy, purulent, yellow, greenish, brown, so offensive as to cause vomiting; when coughing, a stitch in the side and chest, burning in the latter, tearing and pricking pains in the head; beside, a pricking pain in the side when breathing deeply, when moving and bending; in the evening heat, then chills and thirst, perspiration during the night, great weakness, and much anxiety respecting the malady.

Lach. for cough excited by pressing the hand upon the chest, the patient can bear nothing on the neck, coughs during the night in his sleep; or feels a tickling in the throat, the whole chest feels sore to the shoulders, with stitches in the side, and spitting of blood; or coughing as if something liquid had got into the windpipe; or violent cough from ulcers in the throat, with retching, hawking up of phlegm. and much saliva in the mouth; difficulty to expectorate, the cough bad after meals and after sleeping, after rising; at the same time pains in the throat, ears, head and eyes.

Caust. for a protracted, dry, short cough, or for a hollow one, with excoriating or burning pain on the chest and in the windpipe; scraping in the throat and rattling in the chest; pain in the hip, as if going to burst open, or other rheumatic pains; the urine escapes while coughing.

For tedious coughs choose particularly among the remedies recommended last: Caust., Lach., Calc., Sulph., Sil., Phosph. acid.; but should they not, though agreeing with the symptoms, effect a permanent cure, use Staph., Dulc., Ars., Carb. veg. All the remaining remedies are efficacious in coughs, which are not of long standing. When a cough which appeared suddenly is immediately accompanied by tension in the chest, difficulty of breathing, the throat and windpipe as if excoriated, the voice rough and hoarse, fever, and a quick, hard pulse, always commence by giving Acon., and from 5 to 6 hours after, or the following morning, the suitable remedies. But when the cough is very exhausting and suffocating, with much phlegm on the chest, give first Ipec., and a couple of hours after another suitable remedy. When the cough is rough and hollow, and there is barking, or whistling and wheezing, particularly with children, read what is said of hooping-cough, croup, and suffocating cough, and compare the remedies there prescribed with those indicated here.

In recent coughs, with cold in the head, it is always best to keep warm, and guard against further cold for a couple of days; but this ought not to be carried to excess, or such a patient will become more and more sensitive to cold. For children, in particular, it is much better to let them go out every fair day, and to wash them daily in very cold water. Children who are apt to get their feet wet should wear no stockings, but have paper in their shoes or half-boots. Persons affected with cough should not be placed in a cold damp room which lies to the north or north-east, but they should be brought into a dry room facing the south.

Those who are very liable to catarrhs and coughs, or

sore throat, will be benefited much by washing and brushing the whole body every day; it is sometimes of use to wear a black or white silk ribbon around the neck, or a silk stocking or silk stock to be kept around the neck; they should wear cotton next the skin, but no wool or flannel, which is only suitable for sailors, and others who are frequently drenched to the skin by the rain.

Never refuse to give cold water to a person who suffers from cough, although it should every time make the cough worse; and force no one to take warm or intoxicating drinks—it is a prejudice which has sent many a patient to the grave, and subjected others to long and severe tortures.

### HOOPING COUGH.

When hooping-cough prevails, and children begin to cough, give immediately of the above described medicines the one which appears the most suitable; in most cases this will prevent any further cough. When the cough is very dry and whistling, accompanied by fever, or when the children complain of a burning pain in the windpipe, and point to it, give *Acon.* immediately, and wait a few hours or half a day. If it is in the beginning moist and loose, commenced after taking a severe cold, and is accompanied by hoarseness, give *Dulc.*; if moist, causing vomiting immediately, give *Puls.*; if dry, causing vomiting and agitation, as if the children were suffocating—if they become purple in the face at once, the cough particularly coming on after midnight and lasting till morning, give *Nux vom.*; and after this it becomes moist and loose, give *Puls.* If only the vomiting ceases, but not the fear of suffocation, give *Ipec.* Before giving these remedies, always examine what has been said of them before, Should they not prevent the hooping-cough, or should

it in the very beginning come in fits, as if spasmodic, the children continuing to cough for awhile, with a hollow sound; these attacks occurring daily a couple of times, and particularly in the evening and the first half of the night, perhaps the palate being more red than usual, or some pain in the throat when swallowing, and the eyes are running, give immediately Carb. veg., which is the principal remedy; if it affords no relief in the first twenty-four hours, it may be given once more. It also suits when the children complain of shooting pains in the head, pains in the chest and throat, or when they have an eruption on the head or body, together with the cough. It is also the best remedy when the crisis of the cough is passed. As soon as the symptoms of this disease appear, the best means of prevention and cure, however, is Tart.

In real hooping-cough, the children are sometimes attacked by single fits, before which they run to the mother in great agitation, or hold fast to something, then cough so rapidly that they have scarcely time to recover their breath, or the whole cough is one long groaning, wheezing sound—they then seem terrified, as of suffocation, and become purple in the face; they stretch out the neck, of which every part is strained and cramped, and cannot be touched without giving pain. These paroxysms terminate in retching and vomiting of phlegm, blood sometimes issuing from the nose and mouth; afterward the children are lively again; but as they frequently throw up all they eat and drink, they become weaker and weaker the more frequently these paroxysms come on, and are sometimes entirely debilitated by them. For this stage of the cough give Verat., Dros. or Cin., as you please—sometimes one after the other, or alternately with

the remedies mentioned above, particularly with Nux vom. and Carb. veg.

Verat. operates very quickly, and may be tried first, therefore, in most cases. Give a globule of it immediately after the paroxysm, and wait until the next; if they are as severe, or severer, give one more, and then wait from twenty-four to thirty-six hours, or as long as it continues to improve; when it gets worse again, give another remedy. Also, when the cough is already of some standing, this remedy may be given; when the children are already very weak, have some fever, cold perspiration, particularly in the forehead, quick, weak pulse and much thirst. It also answers very well, when during the attacks the urine escapes, or when they complain of pains in the chest, the abdomen and the groin; when between the paroxysms they are not very lively, and shun exercise; when the neck is so weak that they cannot keep up the head well; when they are very chilly and have much thirst, and do not seem inclined to speak; also when the body is covered with dry, thin eruptions, or this appears on the hands and face only. After this, Dros. or Carb. veg. generally answers best.

Dros. This is to be given the same as Verat., in two successive doses, then wait, at most, two or three days; if the patient improves, wait as long as it continues to get better; when it stops, select another remedy. This suits for many other kinds, where the symptoms resemble more those mentioned under Dros. It answers best when the patient is worse at rest than when in motion; when chills are accompanied by thirst, which comes afterward—when the perspiration is not cold but rather warm, or merely during the night; or when the paroxysms are very violent, sound very clear, and are without any fever,

or with a regular fever, chills and heat, but not a slow fever, as mentioned under Verat.

Cin. answers when during the cough the children become quite stiff, and after the paroxysms a gurgling sound is heard, as if it descended from the throat into the abdomen. This medicine should be preferred for children who pick much at the nose, and have frequent griping and itching in the anus, or where symptoms of worms had been observed before; also where large maw-worms have been passed.

Sometimes children have a cough resembling that described under Merc. viv., which makes its appearance by two paroxysms coming shortly after one another, when a longer interval follows. It will be well to give this remedy once, particularly when on vomiting they bleed much from the nose, and the blood soon coagulates; when the children perspire much during the night, are very sensitive, have before suffered from worms, or have had convulsions in consequence. After Merc. viv., Carb. veg. may sometimes be given. Sometimes a change takes place, and the cough begins to resemble the one described under Bell., with affection of the head, as described under Bell. in "Determination of Blood to the Head," and "Head-ache," give Bell. and afterward another suitable medicine.

In many cases of whooping-cough, the patients become perfectly stiff, the breath fails, they remain in this condition for some time, vomit, and recover slowly; besides the cough, there is a rattling in the chest, caused by the phlegm; in this case give first Cupr.; afterward Verat. generally answers best.

As soon as the paroxysms diminish in number, the cough is no longer so dry, but moist, when no vomiting follows but a slight coughing up of thin phlegm; do not

hasten to give other remedies, but wait for the result if the patient improves; only when a whole week has passed without any further improvement, select another remedy; generally it requires one which the patient has not yet had; Puls. answers very frequently. For relapses, or when the vomiting will not cease, give Carb. veg.; when much phlegm is thrown up, Dulc.; for much crying after the cough, Arn.; for decreasing but hollow ringing, cough, or for a dry, hoarse cough with retching, and followed by much crying, Hep.

### C R O U P.

This dreaded disease can, in most cases, be easily cured with homœopathic remedies, so that scarcely one fifth as many children die with it as when treated by the old method. It requires, however, great attention; the parents ought to be well acquainted with the symptoms, as it is always a dangerous disease. The children are usually troubled with a trifling cough a few days before their voice is rough, and sometimes the cough sounds already somewhat hollow. By selecting one of the above prescribed remedies, the complaint may, in most cases, be prevented. When it is a hollow wheezing cough, always give Hep. first; it is the best remedy, but does not operate very rapidly; if you wish for a rapid effect, dissolve some in water, and give a teaspoonful at a time. After this, Samb., Hyos. and Cin. answers; sometimes Nux vom., Verat., Cham., Chin. and Dros.

If this cough is not cured, the croup commences; sometimes it appears without any preliminary symptoms. The children awake about midnight with the croup; the cough has a shrieking, sharp sound, like the braying of an ass, or like the attempt at crowing of a young cock. It sounds

very hollow; there is something sharp and hissing in it, or it is quite rough, deep and hollow, like the bark of a hoarse dog. The patients inhale with difficulty, and slowly, and emit the breath in jerks. They are much agitated, and try to stretch the neck. At this stage there is no danger as yet, but it should not be neglected. The best way to diminish the agitation, and destroy the virulence of the disease, is to bathe the arms in very warm water. As soon as possible, let both arms be put deep into warm water, as warm as the patient can bear it, and retained until the suffocating cough ceases. At the same time give of Acon. one globule every half an hour. In most cases this first attack passes off soon, but the children remain cross, and retain a rough voice. If, during the night, Acon. has been given, give Hep. in the morning. Keep the children warm the next day, and let them diet; you may also put a blister on the neck.

If the cure of the disease is not effected in this manner, and it increases the first night, the children complain of a burning sensation in the throat, or point with the finger to the larynx, which is very sensitive, particularly when touched, somewhat swelled, at least very hot. The paroxysms have become more violent, as if the patient were in danger of suffocating; to this is added fever and thirst. They fall asleep, but soon awake again with a worse fit. The breath, during sleep, is panting, agitated; the head is frequently bent back, so that the throat protrudes; they cannot bear it to be touched. If Acon. has not been given last, give it now, and repeat it every thirty minutes for two hours; or give Acon. and Bell. alternately, if necessary. Bathing the arms in hot water is also serviceable at this stage. Leave the head entirely free, but keep the feet warm; if the children do not re-

sist too much, give injections of warm water. If it improves after Acon. and Bell., when the paroxysms become less frequent or weaker, if the patient perspires, wait from two to six hours, and repeat Acon.; but if it does not improve, or if the disease becomes visibly worse, notwithstanding the remedies and the danger increases, give Spong. If this does not soon effect a change for the better, give Hep. These two remedies you may give alternately until the improvement takes place; but do not hasten too much; wait, after the slightest improvement, until it gets worse again.

At the same time, keep the children as quiet as possible, and, from time to time, give them a little mucilaginous drink, if they like it.

When the disease advances, the hands and feet become cold, the pulse quite small, and the sufferers bend back the head as far as possible; the belly expands and contracts considerably at every breath, but not the chest. By no means force the head forward, as it would cause suffocation. At the same time a rattling is heard when breathing, as if something were in the windpipe. With the cough comes retching, and finally pieces of skin are thrown up. The children are no longer as red as before, but pale; during the cough they are of a bluish color in the face, the eyes start from the head, as from terror, and they grasp convulsively with their hands.

If the above mentioned medicines, Acon., Bell., Hep. and Spong. have been given, and the disease attained this point notwithstanding, there is but little hope of saving the patient; though you may give Lach. and Phosph. every half an hour as long as it improves; but should no good follow, give Ars., then Samb.

When the homœopathic remedies are applied properly,

and in time, the disease seldom reaches this stage; but should it prove obstinate, a few leeches may be applied to the larynx, of which the consequence, however, may be that the child remains much weaker and more sensitive, and will have a relapse of croup every now and then, when the medicine will be less effective. The warm bath, however, may be used without any danger whatever. If these dangerous symptoms should really appear under homœopathic treatment, try the vapor of sulphuret of potash, at any rate it will do no harm; but every other application must be avoided with these medicines.

For the remaining hoarseness give Hep., if this has not already been used, then Bell.; and if this does not answer, Carb. veg.: if this also fails, Arn. several times. For other complaints consequent upon this malady select the suitable remedies; guard the children against taking cold, and repeat Hep. if, in a week or two, the hollow cough should return.

### CONGESTION OF BLOOD ON THE CHEST.

When the chest appears too full, with throbbing and palpitation of the heart, agitation, difficulty of breathing, short, wheezing breathing, oppression, give Nux vom. in the evening. When the shortness of breath is very bad, with a constant short cough, which disturbs the patient in his sleep, much heat and thirst, and it appears dangerous, give an injection of warm water, and after that Acon. If this does not produce a favorable effect in an hour, or if it returns give Bell. once. For other remedies see "Determination of the blood to the head." When the causes are the same, the same remedies will prove efficacious. Frequently, strong sucking in the nape of the neck or dry cupping will do good. Ferr. is also an excellent remedy.

Persons subject to this complaint should avoid running, and abstain from ardent spirits and strong beer; should drink plenty of water, wash the chest and arms every day in cold water, and should not sleep too long in the morning.

### HEMORRHAGE OF THE LUNGS, OR COUGHING UP OF BLOOD.

When, on coughing, a little blood is expectorated, there is not such imminent danger as many imagine. The blood is frequently from the nose, from hollow teeth, or only from the throat. When it is really from the chest, it is almost at all times accompanied by a sensation in the chest; it is warm, generally tastes sweet, the taste of it precedes the rising of the blood, or there is, at the same time, a painful and burning sensation on the chest.

Under these circumstances avoid every thing which might fatigue the chest, such as long and loud speaking, calling, crying, singing, blowing the horn or the trumpet; all violent exercise of the arms, or quick running, ascending, particularly walking upstairs. Sometimes this disease is produced by the inhaling of sharp substances, which cause a dust or exhalation, such as lime, gypsum or plaster Paris, metal filings, tobacco, or sulphuric acid.

When the discharge of blood is but trifling, and the cough of a nature that a remedy may be selected from the symptoms, look under "Cough attended by spitting of blood," and choose from among them such as Bell., Merc. viv., Carb. veg., Bry., Chin., Arn., Sil. and Lach.

But when the complaint has already progressed, and the blood is discharged in considerable quantities, or when it commences with a violent hemorrhage, there is danger, but not to such a degree as to be excessively terrified,

which only makes the matter worse. It is seldom so bad as most persons think. Only when several attacks have preceded; when the patient has long suffered from other diseases; when the blood comes in large quantities, and is of a blackish color, then the life of the patient may be considered in immediate danger. In other cases it soon ceases of its own accord. The most important object is the cure of the complaint after hemorrhage has ceased, for that time is the most critical; the hemorrhage either frequently occurs, or it changes to an incurable disease of the lungs.

On no account allow a vein to be opened during or after hemorrhage from the lungs; this remedy is worse than the disease, for it invariably aggravates the complaint.

Persons who have had several attacks, and have every time been relieved by bleeding, are really in a dangerous state; hemorrhage will either constantly return, or an incurable disease of the lungs will be the consequence, for the bleeding must have aggravated the principal cause considerably, and the constitution must have suffered so much that other remedies do not easily operate. Under these circumstances it is best to submit to a regular course of treatment by a homœopathic physician, while there is yet time.

Bleeding for hemorrhage of the lungs, is most injurious with individuals who have suffered from piles, or with women, who, instead of having their monthly changes, commence spitting blood. In these cases there is no danger whatever—it will cease of its own accord, and all the bad consequences may be prevented by medicine.

After a heavy fall, blow or thrust, it is also wrong to bleed; in most cases it does more harm than the actual

injury, and it is nothing but an old custom when physicians do not know what other means to resort to. In these cases give Arn. and good diet; if, after some days, pains in the chest and fever make their appearance, give Acon.; and if after this it gets worse again, repeat Arn., alternating with these two remedies.

The first thing to be done for a violent hemorrhage is to tie a handkerchief around the upper part of the right thigh, and if it does not stop, the same around the right arm and the left thigh.

When the hemorrhage has entirely ceased, begin to loosen the bandages by degrees. Let the patient remain perfectly quiet in a half sitting, half lying position, and place plenty of pillows under the head and chest; also, after the bleeding has ceased, keep him quiet for a considerable time, always in a cool atmosphere, and do not allow him to drink any thing warm for ten days, no spirits of any kind, better something mucilaginous. Let him avoid anger and vexation, and let him sleep sometimes during the day, particularly before meals.

When the bandages do not afford immediate relief, or when the patient cannot bear them tight enough, apply dry cupping to the belly and under the ribs, also near the pit of the stomach. As a substitute for regular cupping glasses and tumblers, put a small piece of burning paper, cotton, or other substance, into a tumbler, turn it and let the paper fall out, and apply it as quick as possible to the bare skin; the closer they adhere the better; if you do not succeed immediately in fastening it, repeat the experiment.

The third thing which may be done, is to dip a cloth into cold water, and to apply it to the lower region of the abdomen. No other cold application should be made,

and not too cold water be given, when it aggravates the cough.

A little fine dry table salt is sometimes administered; this may do good, but when it aggravates the cough it is better not to give any more.

When the cough continues, and brings on fresh bleeding, give the white of an egg, with sugar, a teaspoonful at a time; or put a drop of sulphuric acid into a tumbler of water, and take a tablespoonful every hour or oftener.

Next we must apply ourselves to select for the patient, medicine which will not only accelerate the cure, but prevent a relapse, as much as possible.

When there is great danger, choose between Acon. and Ipec., or Chin. and Op.

When the slightest attempts at coughing bring up blood, when the patient previously feels a flowing of blood in the chest; if the latter appears full, with a burning sensation, palpitation of the heart, agitation, uneasiness, worse when lying down, with an agitated, pale countenance; if the blood comes by starts, and much at a time, give Acon., and wait the result for a couple of hours. If after several hours a taste of blood continues, with a small cough, discharge of phlegm mixed with blood, nausea and weakness, give Ipec. If Acon. does not suffice, if palpitation of the heart and agitation increases, and prevents the patient from sleeping, or disturbs him when asleep, drives him out of the bed, with a dry burning heat, give Ars., and give it time enough to operate. If it gets worse again, give Ipec., Nux vom., Sulph., or Arn. If, after these remedies, it still grows worse, give Arn. again.

By these means the recurrence of the complaint may sometimes be prevented and the disease entirely cured.

When not a small cough, as mentioned above, but a violent cough, which was before very dry, rough and painful, with a taste of blood; when the patient feels chilly, with occasional flushing heat, is very weak, wants to lie down constantly, brings up blood, perspires sometimes, but not long, commences to tremble, with dimness of the sight, or confusion in the head, or when he has lost so much blood as to become quite faint, or pale and cold, and begins to grasp with the hands, the face being convulsed, give Chin., and wait the results, although it should at first grow a little worse. Later, Ferr. frequently answers for the same patient; also Arn.; sometimes Ars.

If the blood is easily thrown up, without retching, not in very great quantities, is quite pure and of a light red, if attended with pain between the shoulders, asthma, particularly during the night, the patient cannot sit, feels better when walking up and down, but must frequently lie down, is very weak, particularly after speaking, give Ferr., especially to lean persons, who do not sleep well by night, and who are of a yellowish complexion.

When the blood is coagulated, blackish, is thrown up without any difficulty; at the same time asthma, shooting pains in the chest, burning, contraction, palpitation of the heart, great heat over the body, with weakness, frequently as if about to faint, Arn. answers.

When the blood is vomited while the cough lasts, is light red, ferments, is full of coagulated lumps and phlegm, sometimes attended by tickling under the breast-bone, with coughing, shooting pains in the head, all the ribs as if bruised, give Arn.

If it has already continued for some time, if the blood is black, coagulated, if the patient becomes agitated during the night, feels cold, complains of weakness, pains

in the lower part of the breast, with a flabby sensation in the stomach, is of a shy, melancholy and phlegmatic disposition, give Puls.

In a similar case, but when the blood is of a lighter red, or the mind agitated, cross, uneasy, and worse after vexation, or there is much tickling in the chest, give Rhus. When the same tickling appears, with passionate persons, is worse in the morning, not so during the night, as mentioned above, when the cough affects the head, give Nux vom.

When the coughing up of blood is probably caused by suppressed piles, which ceased to flow in consequence of cold, vexation, or other causes, give Nux vom. in the evening, and, if no better the next forenoon, give Sulph., or any other of the remedies recommended which appear to suit the symptoms. If the coughing up of blood is caused by suppressed menstruation, give Puls., and afterwards Cocc., or other remedies to promote the natural discharge.

Op. suits when the discharge of blood is very thick, and ferments, mixed with phlegm, particularly with persons addicted to drinking, or when the cough is worse after swallowing, accompanied with asthma without agitation, burning near the heart, trembling of the arms, sometimes faintness of speech, drowsiness and sudden starting, coldness particularly of the extremities, or heat particularly of the breast and the body, without perspiration. It may be repeated after a couple of hours, or earlier if necessary.

Hyos. when it comes with dry cough, particularly in the night, forcing the patient out of bed; when he starts after going to sleep, &c.; also with persons accustomed

to ardent spirits; after Op. and Nux vom.; when these prove insufficient; afterwards Ars. answers for these.

Bell. when tickling in the throat excites cough, which aggravates the complaint, with a sensation of too much blood in the chest, and shooting pains, worse when in motion,

Dulc. if worse when at rest, otherwise the same as under Bell., particularly when light red blood is thrown out; when caused by a cold, or when the patient has already suffered from a loose cough for a considerable time.

Carb. veg. when there is a burning sensation on the chest, even after the hemorrhage has ceased, particularly with persons who cannot bear the changes of the weather, or who have taken a great deal of calomel.

For the attendant weakness do not give too much medicine, good diet will do more; let the patient eat often, but not too much at a time; little meat, much milk, and freely of eggs; flour prepared in different ways; and let him take exercise in fine weather. If the patient remains weak, and too sensitive, give Chin.; if he is weak, but at the same time too lively, give it alternately with Cof.; and if too cross and fretful, Ign.

### PALPITATION OF THE HEART.

The causes of this complaint will frequently indicate the remedies; it is generally produced by violent emotions of the mind, or by the use of ardent spirits; drinking cold water, particularly before going to bed, and eating but little in the evening is the best remedy for young people. Persons who are troubled with this complaint sleep better on the right side than on the left, and prefer to have the head rather high.

If caused by vexation, give Cham.; by fear, Verat.; by joy, Cof.; by sudden fright, Op. or Cof.; by great agitation and anxiety, either Op. or the smell of a bitter almond crushed between the fingers, will do good.

With pregnant females, when connected with weakness of the nervous system, when it returns frequently, give, from time to time, a drop of Spanish wine. During the attack it is sometimes better to give a spoonful of hot water, particularly when the skin is very dry. Females of a pale complexion may experience some benefit from smelling vinegar. Those subject to this complaint must drink no coffee or tea.

For plethoric persons Acon. is generally best; after this, Nux vom. and Bell. With persons of weak nerves, and when worse on lying on one side, Puls.

Chin. often suits persons who have been much weakened by the loss of fluids.

Bell. when the palpitation of the heart produces tingling in the head, when the chest feels full, or when there is an uneasy and throbbing sensation in it, particularly with females, after their confinement, when the milk fails, or after weaning. In the latter case give Chin. some time after.

Sulph. for the same sensation, when Bell. proves insufficient; particularly after suppression of eruption, and the healing of an ulcer. Also, when the disease is increased by going up stairs, or ascending a hill.

Ars. can sometimes be given after Sulph., when the latter does not suffice, particularly when eruption or ulcers were the cause. It also answers when the palpitation comes on during the night, with great agitation, and is otherwise very bad; with burning heat in the

chest; with difficulty of breathing, warm when lying down, better when in motion.

Verat. answers in similar cases, when accompanied by difficulty of breathing and agitation; particularly when better on lying down, and worse when rising or in motion.

For tedious palpitation of the heart, when the prescribed remedies give only temporary relief, apply to a physician, and submit to his treatment for a considerable time; if not, an incurable disease of the heart may be the result.

### SHORTNESS OF BREATH, ASTHMA AND SPASMS IN THE CHEST.

Shortness of breath, asthma, spasms in the chest, and other difficulties of breathing. In these complaints, first attend to the cause. Sometimes they proceed from things which are considered very innocent, such as chamomile tea, ipecacuanha, vapor of sulphur, &c. If this is the case, smelling of camphor, or of sweet spirits of nitre, sometimes a little black coffee will remove it. If caused by sulphur, give Puls.

In sudden attacks, relief may sometimes be had by putting the hands into warm water, or by putting glasses, from which the air has been exhausted by burning paper, on the stomach, as recommended for hemorrhage from the lungs. The placing of a tight bandage around the upper-arm, may also do good; first apply it to the left arm, and if this does not relieve the patient, to the other limbs.

When the attacks come on after meals, or particularly after a nap after dinner; when the patient cannot breathe, draws and stretches the neck as if suffocating; is dry,

and the throat appears too narrow, without great agitation, let him chew a little ginger with sugar.

When caused by taking cold; with cough, which is not loose, give weak aniseed tea, a teaspoonful at a time, particularly in the evening.

Persons subject to this complaint should take plenty of warm drinks, and brush and rub the body frequently.

It is best to use, however, the following remedies, of which a careful selection should be made. For instance, when the chest appears confined, as if bound, panting; a rattling in the windpipe, as if full of phlegm, which is moving up and down; or the patient feels as if the air were full of dust, which prevents breathing; gasps anxiously for air, and is afraid to be suffocated; the face pale, and the feet cold, give Ipec. If necessary, it may be given a second time; sometimes after a couple of hours. After this, Ars. answers generally, or Bry., or Nux vom.

For the worst attacks, when from a suppressed catarrh, with a patient whose chest is not strong; when it is worse about midnight, the breathing becoming more and more difficult; there is a rattling in the chest, with agitation, moaning, groaning, and uneasy tossing about. Or when, old people particularly, are attacked by it when walking; when breathing gives them no relief; when there is a pressure on the heart, it goes and comes, and is worse at the least motion or exercise, particularly the getting into bed, give Ars. After this, if worse, Ipec. answers. Sometimes if worse the following morning, Nux vom.

After Ipec., Bry. also may be given, when exercise makes it worse, particularly after suppressed eruptions, or when they do not come out properly; when the patient often sighs; when it comes on during the night,

and is accompanied by pains in the bowels, as if disposed to evacuate.

Bell. suits when exercise makes it worse, and the patient has no rest; it comes on in fits; the breathing is sometimes short, sometimes long, or quick and short, accompanied by a dry cough, and the chest feels full.

Arn. when not only exercise, but even speaking or blowing the nose makes it worse; the breath is agitated, with shooting pains in the chest.

Chin. when the breathing is whistling and wheezing, or the phlegm on the chest threatens to suffocate the patient. If it comes on when walking at night, or if breathing is only possible when the head is very high; if the patient perspires easily, and is liable to take cold.

Cof. for very sensitive persons, who are subject to it from mental agitation; when inhaling can only be performed in short jerks, with agitation, uneasiness, heat, perspiration. If this does not give relief, give Acon., or both alternately. Puls., too, at a later period may be of service for timid, fretful patients; and Nux vom. for those of a violent, passionate temper. If mortification or silent vexation is the cause, give Ign.; if violent anger or quarreling, Cham.

Cham. also answers when there is a disposition to cough, without actual coughing, with great pressure on the heart, or when the patient cannot perspire.

Puls., also, suits when it is attended with giddiness and weakness in the head, drowsiness, palpitation of the heart, heat in the chest, the breath is stopped in the lower part of the chest.

Verat. often suits after Ipec., Ars., Chin., Arn.; particularly when the patient is almost suffocating. Also, when worse when sitting up, and when in motion; with

pain in the side, a hollow cough at times; when a cold perspiration breaks out, or when the face and limbs become cold; particularly when it is somewhat better on lying quiet.

### REMARKS ON PLEURISY, &c.

Pleurisy, stitch in the side, inflammation in the chest and lungs. According to the old system, these affections have always been cured by bleeding. Many believe that without bleeding a recovery would be impossible; and some are barefaced enough to assert that, when the patient recovers without bleeding, no actual inflammation could have existed. When hard pressed, and patients to whom they had admitted that inflammation existed are cured without bleeding, they insist that they must have had hemorrhage of the lungs, although credible persons testify to the contrary.

The principal symptoms are, difficulty of breathing, and the heat of the breath, as from a person who has worked hard in a great heat; with asthma the breath is no warmer than usual. In inflammation of the chest we always find cough, mostly without expectoration, or merely of some saliva, which sometimes is mixed with a little blood, is frothy and brownish. The pains vary in the different species of the disease.

The violent pains when breathing should not always be taken for pleurisy. When no cough attends it, or when the cough is insignificant, and when it did not come on with chills, it is no real pleurisy. This false pleurisy generally commences with a rheumatic pain in the throat, the neck and shoulders. It is best known when the pain in the chest moves, or when feeling the chest carefully produces pain; particularly when the

finger is placed between the ribs, and drawn along between them. Whenever this causes pain, the patient has no inflammation, and not a single rational doctor of the old school, will even bleed for this complaint. Arn. almost always answers; if not, give Bry or Nux vom. See "Rheumatism."

Sometimes the pains are more under the chest, and the patient cannot breathe easily, drawing in the breath is easier than emitting it; the reverse is the case in actual pleurisy. Examine the belly on both sides, from the ribs downwards, and if it pains on pressing, particularly on one side, do not bleed. Puls. or Arn., or the other remedies for rheumatism will remove it. When a person is troubled with rheumatic pains, which suddenly strike upon the chest, which feels as if oppressed by a load; if the heart commences to beat violently and quick, the breath becomes quicker, with great agitation, coughing is entirely impossible, and the extremities, which the pains have abandoned, become cold, then death is near, and bleeding will accelerate the dissolution. Many patients of this kind have been cured by Acon., which may be given again whenever it gets worse. If this does not answer, give Puls. and Sulph. alternately.

### TRUE PLEURISY.

The true Pleurisy is known by the chills with which it commences, by the particular cough and the fever; the breath is hot, the pulse is hard, that is, it strikes harder against the finger than in healthy persons, and cannot be so easily compressed; a sharp pain, mostly under the ribs, and on the side on which the patient prefers to lie, prevents breathing; the cough is very painful and violent, blood-stained saliva only is expectorated; the face

is pale; the patient is anxious to speak but the pain prevents him; toward morning it is somewhat better, and the skin becomes moist. When the patient commences to expectorate he is getting better.

This complaint is not so very dangerous, and can be easily cured; bleeding is not at all necessary. Give Acon., and if it is worse after a couple of hours, or does not improve at all, repeat the dose once; if the improvement does not progress, give Bry.; it may be given twice. If, after the patient can leave the house again, troublesome symptoms remain, give Sulph.

### REAL INFLAMMATION OF THE LUNGS.

Real *inflammation of the lungs* is much worse. It also commences with chills; the fever does not abate in the morning, the skin is always hot and dry, the pulse is weak in the beginning, and beats five times during every respiration—afterward becomes strong; the breath, also, is hot, breathing is not so much obstructed by sharp pains as in pleurisy, and the pains are more oppressive and in the middle of the chest, but breathing is much quicker; the cough is not so violent, but more tormenting and lasting, and frequently causes headache; the face, from the beginning, turns to a bluish *purple*, with red cheeks; the patient does not lie on the side but on the back; wishes to be left quiet and not to speak, is frequently taciturn and does not wish to listen to anything; one of the great arteries of the throat is generally swelled, and thicker than the opposite artery; mostly on the left side, which in other kinds of disease is not the case. The cough is quite dry in the beginning; afterwards blood is ejected.

As soon as abundant thick mucus is thrown out, with frequent cough, which relieves the chest, and the skin

remains moist, the danger is over; good diet only, ought to be observed for a couple of weeks; let the patient eat often, but little at a time.

This complaint is frequently relieved by giving Acon., and after this a couple of times Bry.; if these remedies do not prove efficacious, and the patient cannot procure a homœopathic doctor, who might cure the complaint, he will do better to have recourse to bleeding; which alternative although less to be recommended, is better than none or a wrong one. Open the vein, make the incision large, and take sixteen ounces of blood. Afterward give Chin., and if it becomes worse, do not repeat the bleeding, but give Rhus, and if that does not answer, Sulph.; after which, in a couple of hours, Acon. may be given. In many cases, Merc. viv. or Puls. does good; if the patient is completely torpid, Op. will restore him. In many dangerous cases, Ars., Phosph. acid. or Hyos. answers. No further direction can be given here respecting these remedies; what has been said of them under "Fever," and other complaints, must be taken into consideration.

If the inflammation is removed, and there remains much mattery mucus, discharged from time to time, the patient feels very weak, and perspires much during the night, give Lyc.

Another kind of inflammation is particularly dangerous, because, when bleeding is resorted to, the case generally becomes incurable; the patient feels better every time he has been bled, but only for a short time, and after every bleeding this interval becomes shorter, until he dies for want of blood or the inflammation ceases and suppuration commences, with purulent matter; this reduces

the patient as in consumption, but much quicker; he sometimes dies in a couple of weeks.

This last mentioned complaint, in which bleeding is so very injurious, may be known by the following symptoms:

The pulse is generally soft but quick; neither the severe sharp pain, nor the pressure on certain spots is experienced, except there is a pain in the side when breathing deeply; but there is great heaviness and oppression on the lungs, the breathing is very quick, the cough comes immediately, is very frequently in short jerks, and generally blood-streaked; saliva is thrown out the first days, which continues to increase; the voice is weak and low, at last becomes hissing, and speaking brings on violent coughing immediately; notwithstanding the great agitation, he is not as taciturn, and the head is not so much affected as in the last described kind; in the morning the fever ceases a little; the skin is almost moist and damp, with perspiration, which does not relieve the patient.

When the matter thrown out becomes thick, the breath slower, and the intervals between the fever longer, the patient is convalescent.

At the commencement of this complaint give Acon., and if it gets worse, Merc. viv. or Carb. veg., which, if requisite, may be repeated; if contraction of the lungs and a dry short cough remains, give Bell. The further treatment, if no improvement takes place after these remedies, is difficult. If a very whistling cough remains, give Cham.; after which, sometimes Nux vom. suits; if it does not improve, after Merc. viv., and the breathing remains anxious and very quick, give Ipec., and repeat it a couple of times; if contraction and anguish remain, and the limbs become cold, give Verat., which may be

repeated after a short time; when the patient becomes gradually weaker, and labors in vain to get breath, Ars. is frequently useful.

If, after the inflammation has subsided, suppuration takes place, and no homœopathic physician can be procured, give Merc. viv. afterwards Hep., then Chin., then Dulc., sometimes Puls.; and when much fever, Acon., until advice has been obtained, which is absolutely necessary, and which ought not to be delayed for a moment.

There is another slow, malignant inflammation of the lungs, where bleeding is absolute murder. When no bleeding has been resorted to, there is still hope; when once done, there is none.

This complaint is known by its slow approach, while the others make a sudden and violent attack at once; the patient feels indisposed for a couple of days without knowing what is the matter with him; he has no appetite, cannot sleep, and feels headache; then chills appear, and not until after these chills is the chest affected with great heaviness and shortness of breath; later, tough expectoration, seldom mixed with blood; at the same time great heat, of which the patient does not complain, who altogether lies very quiet. His dim eyes, a sticky perspiration on the forehead, a dry nose, a black dry tongue, show how ill he is; he murmurs and talks constantly, as if asleep, yet answers correctly when questioned; the urine passes involuntarily, and after some time, other evacuations also; the breathing becomes shorter and shorter, unequal and rattling—the small quick pulse becomes irregular, the paleness and weakness increases, with a rattle in the throat and his tongue quite black; the patient assures us that he is quite well, but complains of imaginary evils; he imagines that some-

body is sawing wood, for which he mistakes the rattles in his throat, or believes himself to be in perfect darkness when the room is perfectly light.

When a healthy perspiration breaks out over the whole body, or small shining grains are found in the urine, the danger is mostly past; but if bleeding is resorted to during the progress of the disease, the patient is irredeemably lost.

Persons deprived of all medical advice under those circumstances, should try to get relief by taking Op. a couple of times, which sometimes produces a good effect; after this give Arn.; if it does not get better after these, Verat. sometimes is of great service—give it once or twice; if the weakness and the rattling increases, notwithstanding, give Ars.; frequently Ipec., and after this again Ars. answers. In other cases, when Verat. and Ars. are better, give them alternately; if the improvement is only temporary, give Sulph. and then a globule of the others which had proved most efficacious. When the patient's skin is galled from lying, or when the patient has other wounds and they gangrene, as happens frequently, give Chin., and give it alternately with Ars.; if blindness, as mentioned before, appears, give Bell.; if the strength diminishes, notwithstanding, Natr. mur. might still change the aspect of the disease.

### CONTUSION OF THE CHEST, OR VIOLENT CONCUSSION.

In Part First of this book it has been shown that Arn. must be given; it will always be better than bleeding; in hemorrhage it was observed, when this is given alternately with Acon., in cases where the fever continues, is worse in the evening, with a pain, as if an

ulcer were in the chest, give afterward Puls.; but if cough remains, with ejection of thick yellow mucus, give Merc. viv.; if a sweetish expectoration and asthma remain, Nux vom.; if other symptoms, such as a small cough, oppressed breathing, pale complexion, bad appetite or sleeplessness, give Chin.

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The two following tables contain besides the foregoing, some additional symptoms, which frequently occur in the chest, but before making use of these tables, we refer the reader to what has been remarked page 156.









## CHAPTER VI.

## AFFECTIONS OF THE THROAT.

## SORE THROAT.

The various diseases producing a troublesome pain in the throat pass under the general denomination of *sore throat*. We ought, however, to distinguish between these diseases, and examine the throat of the patient with care. Turn him to the light, near a high window, if possible, place the handle of a spoon on the tongue, and let him open his mouth wide, and at the same time push the tongue forward; whilst he does so, press down the back part of the tongue, but not with too much violence; by this means the whole of the inside may be examined. A person not accustomed to this should look in after the patient has stretched out his head, opened his mouth wide, and put out his tongue, examining the upper part of the throat; then let the patient shut his mouth again and try it a second time with the spoon—press down the tongue until you can see the palate, and down in the throat, also the glands. Children who will not open the mouth, ought to have a cork introduced between the jaws.

Then compare all the patient says, or what you can observe, with the symptoms of the medicine recommended. If accompanied by hoarseness, look under this head also. When one remedy does not effect a complete cure, it will always be easy to find a second which answers better; at any rate, you will effect much more than with the common domestic remedies.

If you wish to make use of some of these, wrap, during the night, a worsted stocking of a strong, healthy person around the throat; it sometimes gives relief. Too much and too long wrapping up of the neck is not good, for it will cause the evil to return the sooner. Persons who have frequently suffered from sore throat should accustom themselves to go with a bare neck, or to tie only a light silk handkerchief around it. Some say a worsted ribbon is good.

Gargling is an old, bad habit, which has been abandoned entirely, even by the better physicians of the old school. When it does good, the same object might have been attained more easily by the inhaling of the vapor of fresh milk. When the throat is dry and swelled, the disease violent, let the patient inhale the vapor of figs boiled in milk, or take small pieces of the figs in the mouth, or drink some of the milk. If the complaint proves tedious, boil starch of wheat flour for this purpose. In the very beginning, or when the complaint is of considerable standing, hot brandy and water is sometimes of use. If this makes it worse, give *Cof.* or *Nux v.*

*Acon.* is frequently of service, and may be repeated after a couple of hours, when the patient experiences difficulty in swallowing and pains; the same in speaking; when the throat is much more red than usual, and for burning, pricking, contracting, with fever, agitation, impatience and uneasiness.

*Cham.* often answers for children, or when it is caused by a cold, by a draught whilst in a perspiration. Besides the symptoms mentioned under *Acon.*, dryness in the throat, with thirst; when swallowing, a disagreeable obstructive sensation; also when bending the neck. It appears that something is in the throat. The glands of

the lower jaw are swelled, there is a throbbing pain in them; the fever generally appears in the evening, sometimes with heat, at others with cold; sometimes with a catarrh and tickling in the throat, a pricking pain in the larynx, and the voice is rough. After taking this remedy, wait until the patient perspires.

Ign. for cases similar to those mentioned under Cham., when, without swallowing, there appears to be a lump in the throat; the same spot feels excoriated; bad shooting pains, sometimes without swallowing. Fluids are more difficult to swallow than solid food. The same remedy answers when the tonsils are swelled and inflamed, or ulcerated, or hard. In the latter case first try Bell. and Merc. viv., also Hep. and Sulph.

Nux vom. in cases similar to those mentioned under Cham. and Ign.; a sensation as if there were a plug or lump in the throat, particularly when swallowing; with pains more pricking, especially on swallowing the saliva. The throat feels raw and excoriated, scraped and rough; the cold air affects the throat painfully; sometimes the uvula is swelled and red.

Puls. the same as under Nux vom., the same feeling when swallowing, or the throat appears too narrow, and obstructed from a swelling; the same redness and scraping, yet, at the same time, as if too dry, without thirst; the shooting pains in the throat when swallowing, yet worse when not swallowing; besides this, tension in the throat; the glands on the neck pain when touched; inside the throat is more of a bluish red; the fever is without thirst; in the evening chills, then heat.

Bry. when the throat pains when touched and when moved; swallowing difficult and painful, as if a hard substance were in the throat; the same shooting pains

and excoriation, but attended with dryness, or a feeling of dryness, which renders speaking difficult. These sensations are common after overheating, or after eating ice and drinking icewater; frequent fever with and without thirst, and great irritability.

Rhus almost like Bry., only that the pains extend further down, and the patient is more inclined to weep; also when Bry. did not effect a complete cure.

Caps. similar to the symptoms above mentioned; it may be given when the other remedies do not suffice, when the fever continues, chills and thirst, then heat; the pains particularly oppressive, the swallow spasmodically contracted, excoriation and ulcers in the throat, also in the mouth, with a burning sensation; at the same time cough, with violent pain in the throat. Particularly when the patient wants to be always in bed, and wants to sleep; is afraid of the air and cold.

Cof. when accompanied by catarrh, a disposition to cough, worse in the air; at the same time sleeplessness, heat, of a sensitive disposition, inclined to weep. It may be given two or three times. Answers particularly when the pain passes from the palate to the swallow, is continuous, worse when swallowing; when the soft palate (uvula) is swelled and prolonged, the patient thinks that phlegm is there, which he tries to swallow; at the same time dryness and heat in the throat.

Bell. nearly in the same cases as Cof., but the outside of the throat swelled; drinking produces spasms in the throat; the fluids return through the nose; constant disposition to swallow, pricking pain on doing so, and on touching the parts, swallowing difficult, producing spasms, or is entirely impossible; the throat feels as if

there were a plug in it, dry, burning sensation, and a disposition to hawk up something, with empty swallowing, tearing pain in the lower jaws, or head; ulcers in the throat, which appear very suddenly and spread far; swelled tonsils and uvula, with a bright, sometimes yellowish redness of parts, or this redness without swelling; violent pains when swallowing, and hawking sometimes even when speaking; pricking pain in the tonsils, which threaten to burst, the exterior glands are swelled, at the same time violent fever, sometimes much thirst, much saliva in the mouth, pain in the forehead, the tongue is furred. During the prevalence of scarlet fever, &c., it answers best for sore throat; sometimes it may be given alternately with Merc. viv.

Merc. viv. in sore throat, as under Bell., from "Ulcers;" may be given when Bell. does not suffice, and the throat continues still very red, but particularly for ulcers. When they are without pains, and come on slowly, Bell. is of no use, but only Merc. viv. given sometimes, alternating with Hep. In the beginning of the disease, it suits better than the foregoing; when the pricking pains are very violent when swallowing, extending to the ears or to the glands of the throat, and to the lower jaw; when the burning in the throat scarcely allows the patient to swallow, with pricking pains in the tonsils, and a very disagreeable taste in the mouth, the gums and back part of the tongue are swelled; in the evening sometimes chills, sometimes heat, and then perspiration without giving relief; during the night uneasiness, or generally worse; also worse in the air; at the same time, bad headache and drawing in the neck; after Bell. and Merc. viv. the patient ought to avoid taking cold.

Hep. frequently suits after Merc. viv., particularly after

taking cold; after Hep. Merc. viv. may be given again if there is no improvement.

Lach. may be given when Bell., Merc. viv., or Hep. do not suffice; particularly if the palate is swelled around the uvula, disposition to swallow very bad, much saliva in the mouth, and much phlegm in the throat; bad ulcers, or a cramp, which prevents drinking; every thing worse in the afternoon; sometimes in the morning, particularly with people who have taken much mercury.

Verat. when the throat is dry and burns, is very rough and scrapes, with pressure as if swelled, with pains and cramps when swallowing.

Cocc. when it is deeper in the throat, pains when the food passes, or is dry far down, or when drinking produces a rumbling noise.

Chin. when it is dry and pricks, and pains when swallowing, worse after every exposure to the air; changes with other pains, disturbs the patient during the night, and returns every time he takes cold.

Sulph. for frequent and continues sore throat, particularly when the inside of the throat, the tonsils and the uvula are swelled; swallowing is prevented, and beside the pains, peculiar pricking pains, or like a lump, as if the throat were too narrow, with excoriation or dryness.

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For the use of the following table, we refer the reader to the remarks made page 156.



## CHAPTER VII.

## AFFECTIONS OF THE TEETH.

## TOOTH - ACHE.

Toothache sometimes affects other parts of the head, the lower jaw, the ear, the upper jaw, and the bones of the face. We have, therefore, appended "The Face-ache" at the end of this chapter. This connection already shows that the causes ought not to be looked for in carious teeth. Hollow teeth sometimes pain because they are more affected by disease, but their being hollow teeth does not cause any pain; they may get hollow and decay altogether without any pain whatever; and such a tooth does not pain continually, whilst others which are not hollow may pain most violently. What is said of exposed nerves is nonsense; whoever knows what a nerve is, and will take the trouble to reflect, will soon be convinced of it. Extraction of teeth can only be tolerated where there exists a fistula, and as most of these can be cured by homœopathic remedies, it can only be necessary in the few incurable cases, and with children who are changing their teeth; in all other cases it is a bad remedy, because the root has to be extracted, and this is injurious to the jaw, as the root might remain in it without causing the least pain when we know how to treat it. Another reason for deprecating the extraction of the teeth, is that, as soon as one has been taken out, another commences to get hollow the sooner. When the teeth remain in the jaw, the decay communicates itself but

very slowly, except in a few diseases where the decay in a short time destroys all or most of the teeth. But when the disease is of this nature, extracting does no good, not if all were taken out, for in that case it would attack the bones. Let no one believe that one tooth can affect the other, make it black, and communicate the caries. This is an invention of those who get paid for extracting them, but who cannot cure toothache.

The numerous kinds of tooth powders and tinctures, too, are remedies which in almost all cases are injurious. The teeth and gums ought not to be picked much, it is a very injurious habit; take care of drinking either too warm or too cold, keep them clean by frequent rinsing, every morning and after every meal; use, if you like, a tooth brush, and if you think you must have some powder, take sugar of milk, for which you may sometimes substitute finely powdered dried crumbs of brown bread. Burned bread or charcoal is injurious. If you have toothache, select in time one of the remedies recommended, and in most cases you will find that they give speedy relief. If they do not cure it, apply to a homœopathic physician, who has many remedies besides.

The worst of all the common remedies is opium or laudanum, because it is always injurious. Pains which have been removed by opium are sure to return with twofold violence some time or other. But very seldom is it the true remedy, and when it is, it is better to tie a piece of opium of the size of a pea on the outside of the cheek. When the tooth is too long, place a piece of cork on it, and bite it softly, until the tooth returns to its position. Creosote ought to be used with the greatest caution; in many cases it is of no use, for instance, with

females who are in the family way, very rarely; in most cases it only allays the pain for awhile, and produces ulcers in the mouth, the throat, and the stomach; the mere introducing it into the mouth affects the stomach. For weak lungs it is very injurious.

All those who suffer from toothache ought to abstain from coffee altogether; it generally is injurious to the teeth. If they use homœopathic remedies they ought for a long time after to avoid every thing which might interfere with their operations.

It ought to be observed that one globule taken on the tongue, when it is the proper remedy; or, when the case is very bad, mere smelling of the cork of the phial will give the patient relief. It frequently gets worse for awhile after, but wait patiently, and if the pain begins to abate take nothing more, until the cure progresses no longer. If it get worse again, and the symptoms resemble those of the first time, take the same medicine; if they differ, select another.

As the torture of toothache is so general, and embitters life to such a degree, we will *facilitate the selection of the proper remedy* as much as possible.

In the first place, pick out each symptom complained of by the patient, and note down the remedies which are recommended for each; then read farther on, under those medicines, which occur most frequently, and see whether they answer also the kind of pains: by these means the proper remedy may be easily discovered.

It should be taken into consideration that not all the symptoms mentioned under a remedy must necessarily be found with the patient, but that all, or at least the

greatest part of the symptoms of the patient must be found under the remedy selected.

To explain this we will give the following example. A patient has violent tearing or drawing pains in different parts, and tearing in the gums; (a) sometimes bearing pain into the head; (b) cold air makes it worse, (c) it is mostly in the morning, (d) with determination of the blood to the head. (e)

Among the different symptoms, we find for—

(a) Pains in the gums: Merc. viv., Puls., Staph., Hep., Ars., Carb. veg., Hyos., Calc.

(b) Which go into the head: Merc. viv., Staph., Nux vom., Cham., Sulph., Ars., Ant. crud., Rhus, Hyos.

(c) Worse in the cold air: Bell., Merc. viv., Staph., Sulph., Hyos.

(d) Worse in the morning: Ign., Merc. viv., Puls., Phosph. acid., Staph., Bry., Nux vom., Chin., Sulph., Ars., Hyos.

(e) Determination of the blood to the head: Acon., Puls., Chin., Hyos., Calc.

All the remedies that occur only once or twice may be rubbed out, and you will find that Puls., Staph., Sulph., Ars., occur three times, Merc. viv. four times, Hyos. five times; read the latter among the medicines, and you will find that it answers best.

Swelled gums: Acon., Bell., Merc. viv., Phosph. acid., Staph., Nux vom., Hep., Chin., Sulph., Rhus; painful, Merc. viv., Puls., Staph., Hep., Ars., Carb. veg., Hyos., Calc.

Teeth loose: Merc. viv., Bry., Nux vom., Ars., Rhus, Hyos.; too long, Bry., Arn., Sulph., Ars.; blunt, Phosph. acid., Sulph., Dulc.

Pains particularly in hollow teeth: Merc. viv., Puls., Staph., Nux vom., Chin., Ant.; also, Cof., Phosph. acid., Bry., Cham., Sulph., Sil., Calc.; in the whole row of teeth, Merc. viv., Staph., Cham., Rhus; on one side, Merc. viv., Puls., Cham., Rhus.

Pains extending to the jaw-bones and to the face: Merc. viv., Nux vom., Sulph., Rhus, Hyos.; to the cheeks, Bry., Sil.; into the ears, Merc. viv., Puls., Staph., Bry., Cham., Sulph., Ars., Rhus; into the eyes, Puls.; into the head, Merc. viv., Staph., Nux vom., Cham., Sulph., Ars., Ant., Rhus, Hyos.

With determination of the blood to the head: Acon., Puls., Chin., Hyos., Calc.; swelled veins of the hands and forehead, Chin.; heat in the head, Acon., Puls., Hyos.; burning of the eyes, Bell.; flushed cheeks, Acon., Bell., Cham.; pale face, Puls., Ars.; swelling of the cheek, Bell., Merc. viv., Puls., Staph., Bry., Nux vom., Cham., Arn., Sulph., Ars.

With salivation: Bell., Merc. viv., Puls.; with a dry mouth and thirst, Chin.; and no thirst, Puls.; dry throat and thirst, Bell.; with chills, Puls.

With diarrhoea: Cham., Dulc., Rhus; with constipation, Merc. viv., Staph., Bry., Nux vom.

With nervous excitability: Cof., Acon., Bell., Hyos.

From cold: Acon., Ign., Bell., Merc. viv., Puls., Nux vom., Cham., Dulc., Rhus, Hyos.; cold makes it worse, Merc. viv., Phosph. acid., Sulph., Ars., Ant., Calc.; aggravated by cold air, Bell., Merc. viv., Staph., Sulph., Hyos.; by cold water, Bry., Nux vom., Sulph., Ant., Calc.; by drinking cold drinks, Merc. viv., Puls., Staph., Nux vom., Cham., Sulph., Calc.; by cold washing, Merc.

viv., Sulph., Calc.; drawing of cold air into the mouth, Bell., Merc. viv., Phosph. acid., Bry., Nux vom., Sulph.

Better when applying a cold hand to it, Rhus; cold water for a moment, Bry.; fingers dipped in water, Cham.

Worse in the open air, Bell., Staph., Nux vom., Chin., Sulph., Rhus; in the wind, Puls., Rhus; from draught, Chin., Sulph., Calc.; worse when in the room, Cham., Sulph., Ant. crud.

Better in the open air, Puls., Bry., Hep.

Worse from something hot, Bell., Phosph. acid.; from warmth, Cof., Puls., Bry., Cham., Sulph.; drinking warm, Merc. viv., Nux vom., Cham.; eating warm, Bry.; in a warm room, or where it is warm in general, Puls., Phosph. acid., Hep., (Cham., Sulph. ;) when warm in bed, Bell., Merc. viv., Puls., Phosph. acid., Bry., Cham.

Better from heat, Merc. viv., Nux vom., Sulph., Ars., Rhus.

Worse from smoking, Ign., Bry., Chin.; better from the same, Merc. viv.

Worse from drinking coffee, Ign., Nux vom., Cham.; from drinking wine, Nux vom.; from drinking wine of any kind, Cham.

Worse when eating, Bell., Merc. viv., Puls., Phosph. acid., Staph., Bry., Hep., Sulph., Carb. veg.; after eating, Cof., Ign., Bell., Staph., Bry., Nux vom., Cham., Sulph., Ant. crud.; some time after eating, Bell.

Worse when moving the mouth, Nux vom. and Cham.; when chewing, Merc. viv., Staph., Bry., Nux vom., Sulph., Ars., Carb. veg., Hyos.; when biting, Cof., Bell., Puls., Nux vom., Hep., Sulph., Rhus; when striking the teeth together, Hep., Chin.; better from it, Cof., Chin., Ars.

Worse when touched, Bell., Merc. viv., Phosph. acid., Staph., Bry., Nux vom., Arn., Hep., Ars., Carb. veg.; when touched by the tongue, Ign., Merc. viv., Chin., Carb. veg.

Better on being pressed, Bell., Puls., Chin., Rhus; better when rubbed, Merc. viv.

Worse when picking, Puls.; better when they bleed, Bell.

Worse when in motion, Bry., Nux vom., Chin.; better when at rest, Bry.

Worse when sitting, Puls., Rhus; better when sitting up in bed, Merc. viv., Ars., Rhus.

Worse when lying down, Ign.; on the side where it pains, Ars.; on the other side, Bry.

Better when lying down, Merc. viv.; better when lying on the side on which is the pain, Bry.

When worse at night, Cof., Bell., Merc. viv., Puls., Phosph. acid., Staph., Bry., Cham., Hep., Sulph., Ars., Sil., Rhus, Calc.; in the evening, in bed, Merc. viv., Ant. crud.; worse when going to sleep, Ars.; better, Merc. viv., Staph.

*Worse when awaking*, Bell., Nux vom., Carb. veg.; in the morning, Ign., Merc. viv., Puls., Phosph. acid., Staph., Bry., Nux vom., Chin., Sulph., Ars., Hyos.; in the forenoon, Puls., Sulph., Carb. veg.; worse in the afternoon, Merc. viv., Puls., Nux vom., Sulph.; toward evening, Puls.; in the evening, Ign., Bell., Merc. viv., Puls., Bry., Nux vom., Sulph., Ant. crud., Rhus.

Worse where there is a noise, Calc.; when addressed by others, Bry., Ars.; with vexation, Rhus; when thinking, Bell., Nux vom.; when reading, Ign., Nux vom.

Toothache, with females particularly, Cof., Acon., Bell., Puls., Chin., Hyos., Calc.; before, during, or after menstruation, Cham., Carb. veg., Calc.; during pregnancy, Bell., Puls., Staph., Rhus, Hyos., Calc.

Toothache, with children in particular, Cof., Acon., Ign., Bell., Cham., Calc.

Arn. is a very useful medicine after the extraction of a tooth; it stops the bleeding and heals quickly—but no vinegar ought to be used. After putting in artificial teeth, it relieves the pain and the swelling; after filing out carious teeth, which is sometimes a very useful operation, mix a few globules of it in a teaspoonful of water, and put some of it on the spots which have been filed. In very violent pains, after drawing a tooth, sometimes Hyos. is of use; when the pains are bad after putting in new teeth, give Arn. and Acon. alternately. Arn. is sometimes good for toothache, when attended by throbbing, as if the tooth were pressed out, or had been wrenched out—worse when touched; is frequently of service for hard swelling of the cheeks, when other remedies have cured the toothache.

Give Cof. for the severest pains, when the patients are quite beside themselves, cry, tremble, and do not know what to do; they cannot describe the pain; it may be repeated. If it proves inefficacious, give Acon. or Verat., Sulph., Hyos. For pricking, jerking pain, or intermitting pressure, and pain when chewing, it is better than all others.

Give Acon. in all cases where the patients are almost beside themselves, where the pain cannot be described, and when Cof. does no good; also for throbbing pains from taking cold, with determination of the blood to the

head; burning in the face, particularly with children; it may be repeated; when it loses its efficacy, give Cham. and Bell.

Cham. is useful in many kinds of toothache, particularly with children—and with persons who have much vexation, and who drink much coffee—with females before menstruation, pain in the carious teeth; after taking cold when in a perspiration, or when the patient is very cross and inclined to cry; when the pains are insupportable, and periodically very bad, worse during the night, when no particular tooth can be fixed upon as causing the pain; or the tooth is hollow, appears too long, and seems to move, (if it only appears loose, this remedy does not answer, Bry. suits better;) or it goes through the whole row and every tooth appears too high; or it goes through the jaws to the ear; through the temples to the eyes; mostly on one side in teeth, jaws, ears and head. When it is a crawling, disagreeable sensation, or as if scraping and scratching against the nerve of the carious teeth, and as it increases; drawing and tearing, or rooting and throbbing, when at the highest; pricking and jerking, extending to the ear; when the patient cannot bear the heat of the bed, and the pains generally commence soon after meals, particularly upon eating or drinking something warm; when they get much worse after drinking cold water—also after coffee; cannot be assuaged by any thing else but by dipping a finger into cold water and applying it to the tooth; when, while the pain lasts, the cheek is red and hot, or the cheek and gums are swelled and of a light red; when the glands under the skin are painful and swelled; if accompanied with great weakness, particularly in the joints; a pain in the articulation of the jaw on opening the mouth—

this pain extending to the teeth—Cham. will certainly cure it.

*Nux vom.* is useful for persons of violent temper, with a red face, who like coffee and ardent spirits—have little out-door exercise, or who have taken cold; when a healthy tooth pains and appears loose, or the teeth are too long; jerking, shooting pains in the lower jaw; a drawing pain passing into the temple, or a pain from a hollow tooth passing over the whole face into the bones—takes up a whole side; or when a carious tooth causes drawing and rooting pains, as if wrenched out, accompanied by single violent, shooting pains, which affect the whole body, particularly when drawing in the breath; when an obtuse pain in the bones changes to a tearing pain, which passes through the teeth and jaws, or there is a rooting, gnawing, tearing pain on one side; sometimes for jerking pains, or for rheumatic ones, with finely pricking sensation; when they chiefly commence in the bed or in the evening, prevent chewing, grow worse or return as soon as the mouth is opened in the cold air; or when reading and thinking; or when the tearing pains are worse when cold liquid comes near the tooth, but better when kept warm; in general course after eating and exercise; when during the tearing pain the glands or the lower jaw are painful, but particularly when a swelling appears on the gum, which threatens to burst.

*Puls.* answers for mild, quiet, shy persons—for women and children of a fretful disposition, when it is only on one side; for toothache, such as prevails much in the spring, accompanied by earache and headache on one side; when there is a pricking pain in the hollow tooth, and at the same time the left side of the face as far as the ear is very sensitive, with heat in the head and chills

over the whole body, but particularly when the pain is in the gums, and pricks as with pins, tearing and jerking in the tooth itself as if the nerve were strung and suddenly relaxed; or it jerks and tears as if the tooth was being broken loose, or it pricks and throbs—better from cold water; the heat of the bed, the warm room, or something warm in the mouth makes it much worse; cold air relieves it—it is also better when in the open air; worse when sitting, better when walking about—worse from picking the teeth, better from pressure—chewing does not make it any worse; it comes on mostly toward evening, rather early—at the same time a chilly sensation with a pale face, or the blood rises to the head—or there is heat without thirst, and particularly after drinking chamomile tea.

Ign. When the foregoing remedies seemed to answer, but the disposition of the patient is more tender and sensitive, soft and quiet, sometimes cheerful, sometimes rather inclined to cry; particularly for persons who fret much; answers when the jaw-teeth feel as if crushed; when there is a rooting pain in the incisors, and there is a pain as from excoriation in all the teeth; worse after drinking coffee, smoking, after dinner, in the evening, after lying down, in the morning when awaking.

Hyos. for very sensitive, nervous, excitable persons; the pain almost drives the patient mad—it is tearing, throbbing through the cheeks and the lower jaw; or there is a tearing, raging pain in the gums, with a buzzing sensation in the tooth, which is loose, and feels when chewing as if it were coming out; or jerking, throbbing, drawing, tearing toward the forehead; bad tearing pains in different teeth, occasionally accompanied by a flushed

heat, with determination of the blood to the brain; is caused by cold air, generally early, sometimes accompanied by jerking in the fingers and the arms with those who are subject to convulsions.

Bell. frequently answers for females—also for children generally, when accompanied by great agitation, running about, or sadness, and a disposition to cry; when the teeth and gums feel as if excoriated; when biting, as if there were ulcers on the roots, with pricking, cutting, jerking, tearing pain; but particularly for a drawing pain, worse after lying down in the evening, worse during the night; or acute pains in hollow teeth, day and night; or a pain in a hollow jaw-tooth, as if too much blood were urged to the spot, with heat in the gums and throbbing in the cheeks—nothing mitigates the pain but picking the tooth until it bleeds; or the gums are swelled, with burning and pricking pains, discharge of much saliva, the cheek is swelled, sometimes the eyes feel hot and the throat is dry, with great thirst—frequently the pain returns in the morning, when awaking, or re-commences some time after dinner; the teeth pain when in contact with the air, when touched, from biting, when food or any thing hot is troublesome—pressing hard upon the cheeks sometimes gives relief.

Chin. answers, particularly for females who are giving suck—for persons who, otherwise cheerful, become cross and irritable; the pain comes on periodically—a throbbing, tearing, jerking or drawing pain, great pressure or rooting, the teeth seem dead—it is worse when in motion, when touched, returns on exposure to a draught—the gums swell, the mouth is dry, as from thirst, the blood rises to the head, the veins of the forehead and

hands swell, the sleep during the night is uneasy, although the pain abates.

Merc. viv. very frequently for children, when there are tearing pains in several teeth at once next to the hollow ones—the pain affects the whole side of the face, or the drawing and pricking pains extend to the ear, felt particularly during the night; or dreadful jerks and shocking pains in the teeth, particularly during the night, which extend to the ear and the head; when there is a pricking pain in a hollow tooth, worse after eating or drinking cold and warm, is altogether worse in cold, and particularly in moist air, more moderate in a warm place, or when rubbed—the air sometimes rushes painfully into the incisors; or the toothache is only felt during the day and ceases during the night—afterward perspiration, and the following morning the same pains again, in paroxysms, with longer or shorter intervals, alternating with giddiness, or tearing in the limbs; the teeth are almost always loosened, the gums swell or become white and ulcerated, are detached from the teeth, burn and pain when touched; or they begin to itch, to bleed and to suppurate, with tearing through the roots of the teeth, or with painful swelling of the cheeks.

Hep. sometimes after Merc. viv. or Bell., when the painful swelling of the gums continues, or a pain as if blood were entering the tooth, or a drawing pain, worse after eating and in the warm room, or during the night.

Carb. veg. sometimes when Merc. viv. or Ars. appears to make it better, but does not effect a perfect cure; sometimes with persons who have taken much calomel, particularly when the gums bleed, are detached from the teeth, exposing the incisors much; the teeth are loosened,

they become ulcerated, and pain when touched by the tongue, worse after eating, with drawing and tearing pains in the incisors.

Sulph. sometimes answers for pricking jerks in hollow teeth—they extend to the upper and lower jaw, or to the ear; for swelling around old stumps; for toothache in the evening, or in the air, from draught, worse when rinsing the mouth with cold water.

Ars. sometimes when the teeth are loose, project, with constant jerking or burning, tearing in the gum, worse when touched, when lying on the affected side, and when at rest in general—also from cold; mitigated by the heat of the stove, by hot cloths, or by sitting up in bed; particularly when it proves very weakening.

Ant. crud. The principal remedy for pains in carious teeth; with rooting, digging, tearing, jerking pains, sometimes penetrating into the head, particularly in the evening in bed, worse every time after eating, from cold water, better when walking in the country.

Bry. for passionate, irritable, cross, obstinate people; pain in carious teeth, but still more in healthy ones; at every pricking pain a jerking one toward the ear, tearing as far as the cheek, and tearing, pricking pains, as if caused by an exposed nerve—sometimes as if the air were touching the nerve, passing through it with a painful sensation; when the teeth appear too long and too loose but are not so, and when chewing they feel, notwithstanding, as if they were falling out—the pains are worse when smoking, chewing tobacco, from something warm in the mouth—better in the open air—sometimes from cold water, but only momentarily; also when lying

on the affected cheek, but worse when lying on the other side.

Rhus answers sometimes for the same painful sensation, as if the tooth were too long, as under Bry., or loose and movable, as if the tooth were loose, and as if air were going into it; particularly when the gums are swelled, burn, itching like an ulcer—they are excoriated and detached from the teeth; with jerking, acute pains, as if the teeth were being torn out, (similar to Puls.,) with slow pricking or throbbing, tearing in both rows of teeth, extending into the jaws and temporal bones, with a sensation of excoriation, generally only one side—it arises from taking cold, or from vexation, is worse in the air, (with Bry. better,) is insufferable during the night, is mitigated by heat; sometimes a bad smell from the carious teeth. It suits better for quiet people (not like Bry.) who are given to sadness and melancholy, or become agitated and afraid, (similar to Bell.)

Staph. when the teeth become black and hollow, they lose the enamel, the gums grow pale, white, corrupted, swollen—they pain when touched, a throbbing therein—they are covered with blisters and ulcers; for pains in hollow teeth, penetrating, gnawing, drawing or tearing, particularly in the roots, or through a whole row of teeth; or a pain spreads from a carious tooth to the ear, with throbbing in the temple—worse in the open air, when drinking something cold, chewing, eating, particularly during the night or toward morning.

Phosph. acid. sometimes for bleeding, swollen gums, tearing pains, which are worse when warm in bed, also from heat and from cold; a burning in the front teeth during the night; pains from a carious tooth, extending to the head.

Sil. sometimes for tedious, rooting, tearing pains day and night, worse during the night, spreading over the whole cheek, also over the bones—offensive matter exudes from openings near the root of the tooth or the gums—the bones of the jaw are swelled.

Dulc. Sometimes useful for toothache originating in cold, particularly when accompanied by diarrhœa, and when Cham. does not answer; when the head is confused at the same time; when much saliva is discharged from the mouth, (similar to Bell. and Merc. viv.,) and blunts the teeth.

Calc. sometimes for toothache with pregnant females; pains in carious teeth; pressing, drawing, jerking excoriation; drawing, pricking, rooting, gnawing, grubbing, throbbing pains, with swelled gums, which are sore, bleed easily, with throbbing and acute pains; only answers when there is a determination of the blood toward the head, particularly during the night; when the pains are caused by taking cold, or are aggravated by it—the same from a draught or cold; the patient can neither bear warm nor cold drinks—even noise makes it worse.

*When the toothache ceases and the cheek remains swelled,* give Puls., after Merc. viv. or Cham.; or Merc. viv. after Puls. or Bell.; or Bell. after Merc. viv.; or Sulph. after Bell., Bry., Ars., &c. If the swelling is red, as in St. Anthony's fire, give Merc. viv.; hard and stiff, and not so red, Arn.; if it threatens to break open, give Hep., and let the patient take figs in his mouth, boiled in milk; if the swelling does not subside soon enough, give Lach. once or twice, and then again Hep.; if Merc. viv. has not yet been used, it may be used in this case. Externally, apply nothing but a handkerchief around it, to keep

off the air, except when there is much tension, and it does not spread very far; in this case, make a linen compress of the size of a dollar, dip it into warm water, squeeze the water out, put it on damp, and tie a dry handkerchief over it; if it spreads far and radiates, apply to the cheek a small flat sack of rye flour, which has been heated. If it itches much, hair-powder or wheaten starch will do good; if it breaks externally, apply a rag covered with good newly melted suet to the wound, and tie a handkerchief over it.

### F A C E - A C H E.

Face-ache may sometimes be cured by the same remedies; if they do not suffice, apply to a homœopathic physician. Do not place confidence in any one who pretends to cure it by cutting and cauterizing; in most cases, where the nerve is destroyed by either of these means, the affection re-appears in a worse form. Acon. often suits when it comes alternately with *rheumatic* pains, with redness and heat, or other symptoms mentioned above. For heat and throbbing, Arn.; with heat and pain, compare Staph. and Bry.; for any violent pains, Chin. suits; for tearing pains, Calc.; for pricking, drawing, Ars.; cutting or tearing in the upper jaw, itching and crawling in the bones, Bell.; heat and pressing pains, better when pressed upon, Bry.; for tearing and drawing pains in the bone, which are worse when touched, Chin. or Hep.; pressure or cramp in the cheek-bones, Hyosc.; pressing, cutting, pricking, Rhus; burning and pressing in the cheek-bones, heat, throbbing, tearing, drawing, cutting, Staph. Besides these remedies, the following are sometimes of use:

For one-sided pinching and drawing, almost to mad-

ness, Verat.; for violent pains, mostly in the bones, (compare Bell., Hep., Chin., Hyosc., Staph.,) especially pressure in the cheek-bones, worse when touched, (see Hep. and Chin.,) and worse in the evening, Caps.

As a domestic remedy, cold water may be sprinkled on the painful spot, or ice may be applied; if this is of no use, try linen compresses dipped in hot water.

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In order to enable the reader to select a remedy without loss of time, we here affix a table, which is constructed according to the foregoing and refer to the directions for its use, made page 156.





## CHAPTER VIII.

## AFFECTIONS OF THE MOUTH.

## BAD TASTE IN THE MOUTH.

The *taste is sometimes affected, without any other complaint*; in which case we can only try the remedies first mentioned below for every kind of taste; sometimes the remaining symptoms are insufficient to guide us in the selection of a remedy; in that case, select according to the following table:

*Bitter taste in the morning*, Sulph., Merc. viv., Bry., Calc., Sil.

When *solid food tastes bitter*, Sulph., Bry., Rheum, Rhus, Hep., Col., Ferr. Meat and drink bitter, Puls., Chin.; after eating or drinking, a bitter taste in the mouth, Puls., Bry., Ars.; in the morning or evening, Puls., Arn.; at different times, or continually, besides the above medicines, Acon., Bell., Verat., Nux vom., Cham., Ant. crud., Carb. veg.

For *sweet taste*, Merc. viv., Sulph., Cupr., Bell., Puls., Bry., Chin., Ferr., Sulph.; like nuts, Cof.

When *salty*, Carb. veg., Rheum, Phosph. acid., Nux vom., Sulph., Ars., Natr. mur., Cupr.; of the victuals, Carb. veg., Sulph.; with cough, Carb. veg., Cocc.

When *sour*, Rheum, Phosph. acid., Nux vom., Chin., Sulph., Caps., Calc., Natr. m., Cocc., Cupr.; the victuals taste sour, Chin., Calc.; after meals, Puls., Nux vom., Carb. veg., Natr. mur., Cocc., Sil.; after drinking, Nux vom., Sulph.; after drinking milk, Carb. veg., Sulph.; in the morning, Nux vom., Sulph.

*Acrid biting taste*, Verat., Rhus; burnt smoky taste, Puls., Nux vom., Sulph.; like herbs, Verat., Nux vom.; like peppermint, Verat.

*Earthy taste*, Puls., Hep., Chin.; insipid, Puls., Rheum, Staph., Bry., Chin., Sulph., Dulc., Rhus, Ipec., Caps.; slimy, Bell., Rheum., Arn., Rhus, Plat.; greasy, oily, Sil., Caust.; greasy, Caust.; sticky, Phosph. acid.; watery, Staph., Chin., Caps.

*Putrid taste*, Arn., Merc. viv., Bell., Bry., Cham., Puls., Acon., Verat., Phosph. acid., Sulph., Rhus, Natr. mur., Cupr., Caust.; in the morning, Sulph., Rhus; after meals, Rhus; like pus, Puls.

*When tobacco has a sharp taste*, Staph.; when bitter, Cocc.; loathsome, Ipec.; disagreeable, Ign., Puls., Nux vom., Arn., Calc., Cocc.

*When the victuals have no flavor*: Merc. viv., Puls., Staph., Bry., Nux vom., Ars.; when the taste is entirely gone, Verat., Bell., Puls., Rheum, Bry., Hep., Hyosc.; in tedious cases, Sil., Natr. mur.

### INFECTED BREATH.

Every morning, and after every meal, rinse the mouth and rub the teeth with moderately cold water, whether it cures it or not; do not use any odoriferous things, which only hide but do not remove the offensive smell. If, for the sake of others, it becomes necessary to do something, take a piece of charcoal, break it up, pour water on it, and rinse your mouth with it, or gargle with it. If it is caused by a carious tooth, take blotting paper, roll it up, and clean the tooth with it until all the offensive moisture is soaked up; then fill it up with wax. If wax will not remain in it, bite slowly into a ball of wax, take it carefully out, and cut, from a gall-nut, a plug

exactly like the impression in the wax; but so that the shell forms the outside, and put it into the hollow tooth. This sometimes removes both smell and pains. The smell caused by garlic or horseradish can be destroyed, by eating a pear or boiled beet. When it appears only in the morning, *Nux vom.* or *Sil.* removes it frequently; in the morning and at night, *Puls.*; after dinner, *Sulph.*, also *Cham.*; besides these medicines, *Merc. viv.*, *Bry.*, *Ars.*, and *Hyosc.* may be tried.

### SCURVY IN THE MOUTH.

The gums become very hot, red, and very sensitive; they swell, become spongy, and shrink from the teeth; little ulcers make their appearance on the gums, which smell offensive; the same on the inside of the lips, the cheeks, on the palate and even on the tongue; a putrid, very offensive smell is emitted from the mouth, tough, bad smelling phlegm and saliva; sometimes the glands of the throat swell and pain; the patient becomes very weak and suffers from a slow fever. Almost in every case, *Merc. viv.* is efficacious, except when mercury is the cause, in that case give *Carb. veg.* or another antidote. In case that *Merc. viv.* does not cure the complaint entirely, give *Dulc.* With idle and corpulent people it frequently arises from uncleanness or want of exercise in the air; to these it is better, at first, to give *Caps.* To irritable, lean people, who are much in the room, give *Nux vom.* If too much salt food is the cause, give *Carb. veg.* or *Ars.*; and if this does not soon produce a salutary effect, let the patient take every day, once or twice, a drop of sweet spirits of nitre. If very tedious, *Sep.* is better.

*Merc. s.* answers when it is already very bad and ex-

tends to the nose; when the pus which escapes affects the stomach and causes painful evacuation.

Ars., when the ulcers are already very bad and burn violently; the patient is very much reduced, or when Merc. viv. proved inefficacious.

Dulc. may be given first, when taking cold was the cause of it, and the glands are swollen and hard.

Carb. veg., besides, in cases from mercury or salts, it is of great use when they bleed very much, and smell very offensively; if it does not suffice, give afterwards other remedies.

Natr. mur. suits when the ulcers spread very slowly and do not improve much after the above remedies have been tried; when the swollen, bleeding gums are very sensitive, when every thing that is cold or warm, or eating and drinking, affects them; when blisters and little ulcers appear on the tongue, bite and burn, and prevent talking.

Among the many domestic remedies in vogue for this complaint, that which is most to be recommended, in case the above remedies should not produce the desired effect, is rubbing the gums with sliced lemon peel; this produces, in the beginning of the disease, in summer and at sea, frequently, a very salutary effect. Sage, also, is a specific in many kinds of this disease; rinsing with Cognac brandy is sometimes of service.

## INFLAMMATION AND SWELLING OF THE TONGUE.

For this affection give Acon., and some hours after Merc. viv.; if this does not suffice, or if other parts of the mouth are painful and ulcerated at the same time, give Bell.; if caused by external injury, Acon. and Arn.,

alternately—the same when caused by the sting of a bee or something similar. In dangerous cases, and when no physician can be procured. give Ars. and Lach. For induration of the tongue, give Merc. viv. and Bell. If caused by frequently biting the tongue, Phosph. acid.

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CHAPTER IX.

A F F E C T I O N S O F T H E S T O M A C H .

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WANT OF APPETITE.

The common remedies for exciting the appetite are, properly speaking, more calculated to destroy it altogether. Things highly salted, sour or sharp, burning, heating spices, but, in particular, roots, herbs or barks steeped in liquor, and taken as stomachics, are all artificial and cannot furnish nourishment. They are all beneficial medicines when used at the proper time, in the right case, and in appropriate quantities, and every one knows from his own experience, or has seen it with others, that they sometimes produce a salutary effect. But as all medicines are injurious when taken in too great quantities, or too frequently, the trying of many of these things must, of course, do more harm than good, and particularly so, when the patient accustoms himself to use them. Of what use is it to awaken the appetite for a day or two if it fails again afterwards? As of other food, part of these things remains in the body, and as they form no aliment, they cannot supply any part of the human body. By degrees, these extraneous substances so accumulate, that they cause incurable diseases.

Not in the intestines, whence they might be expelled by aperients; not in the blood, whence they might be extracted by bleeding. No, these are popular errors; every physician, who knows any thing of anatomy, is aware that nothing can remain in the intestines no more than in the blood; the latter changing every day; but it is the solid parts of the body which undergo a change.

Persons who use these things now and then, in small quantities, cannot do themselves great harm. Sometimes a salt fish or acids, particularly in summer, have a good effect, particularly when the stomach craves these things, and when this craving ceases for some time after having been satisfied once; but if the same craving returns very soon, it is a sign that their use is injurious.

The best remedy is the regular use of cold water. In the morning, particularly fasting, an hour or two before breakfast, a couple of hours after dinner, and in the evening before going to bed, drink regularly a glass of water. At dinner do not drink too much, and after a heavy meal but small quantities at a time.

### WEAKNESS OF THE STOMACH.

The most essential information on this complaint, when caused by food taken a short time previous to its appearance, has been given under Chapter IV., part 1st. When caused by other influences, see Chapter I., II. and V., part 1st. There are, however, many cases where different causes exercise an influence at the same time; or where the cause is not known, many are of a temporary nature, others are lasting, the latter generally pass under the name of dyspepsia; many are the commencement of violent and dangerous diseases. We will here mention several kinds which every one can cure himself; but

there are many others which only a homœopathic physician can cure.

The most important condition is a rational mode of living; wholesome, nutritive, and sufficient food, not for a time merely, but to be adopted permanently.

For all sudden cases with common want of appetite, nausea, pains, particularly griping, disturbed sleep, weakness, select among the first medicines here prescribed, in tedious cases among those which you will find farther on.

Arn. when caused by a blow upon the stomach, or by lifting, with pain and cracking in the small of the back; by want of rest, much mental application, and generally from over excitement and irritability, when the patient is very nervous, the tongue dry, or covered and yellowish, the taste putrid or bitter and sour, with a bad smell from the mouth; the patient who has been accustomed to smoking loathes tobacco; a craving for something acid, rising, sometimes as of bad eggs; after meals a fullness in the pit of the stomach, inclination to vomit, retching, flatulence in the abdomen; the belly is disturbed; at the same time a heaviness in all the limbs, weakness in the legs, giddiness, stunning in the head, particularly over the sockets of the eyes, stunning and heat in the head, disagreeable warmth, frequent awaking, starting when asleep, heavy dreams. If Arn. does not suffice in these cases, give Nux vom. or Cham.

Nux vom. If caused by dissipation and late hours, by drinking wine or coffee, particularly if the patient took cold besides; when the mouth is dry without thirst, the tongue loaded and white, much phlegm in the mouth, heart-burning; no taste, or all kinds of food taste insipid,

water collects in the mouth, vomiting, pressure on the stomach, the abdomen is tight, the evacuation little and hard, or the patient is constipated; vibration, giddiness or obscurity in the head, heaviness in the back part of the head, ringing in the ears, drawing in the jaw teeth, sometimes below and sometimes above, drawing in the limbs; want of energy and aversion to thinking; uneasy, quarrelsome, cross, at times with heat in the face, single red pimples in the face. If *Nux vom.* does not cure it, give *Cham.*

*Cham.* When the patient has eaten or drunk soon after vexation, and in consequence finds a bitter taste in his mouth, eructation as from bile, vomiting of green phlegm or light bile; tossing about during sleep, frequent awaking, pain and fullness in the head, the face red and hot, the eyes red and burning, the mind very sensitive, If *Cham.* does not prove efficacious, give *Puls.*, and if this also fails, *Nux vom.*

*Puls.* When different dishes or beverages, which do not agree together, have been taken at the same time, particularly such as produce flatulency. After much fat, particularly from pork and mutton or sausages, anything fried in rancid butter, or pies baked in all sorts of fat, when the taste is bitter, salty, or resembles that of putrid meat or tallow; every bit of bread or other food producing this bitter taste; a loathing of tobacco; at the same time much phlegm in the mouth, a grating in the throat, eructation as from bile, or acidity and acrimony in the stomach, a particular aversion to warm food, the belly is distended, tight, particularly under the ribs, rolling and rumbling in the abdomen, slow, troublesome, small evacuation or diarrhoea, drawing in the limbs, as

from a fever and ague, prosy, weak, cross, silent, annoyed at every trifle, little inclination to speak.

Chin. often answers when the air is infected with noxious vapors, when wet days are succeeded by dry weather; in countries where there are many canals, particularly if only lately dug out, or where there is much drained land, or much fog; also for persons who are obliged to work where they breathe noxious vapors, and have not sufficient fresh air; it frequently cures the precursors of fever and ague, and prevents the fever altogether. A constant feeling as if satiated, indifferent to food and drink, after eating the victuals remain a long time in the stomach, much eructation, the undigested food is frequently vomited again; craving for something strong, sharp, sour; weakness in the body, and a disposition to lie down, without being able to remain quiet in the same spot; the patient is obliged to bend and stretch his limbs, in the moving they are quite stiff; frequent feeling of heat; chilly after every breath of air; the urine is dark, and forms a sediment; after lying down the patient cannot go to sleep, and is constantly interrupted; of a melancholy and ill-humored disposition.

Ant. crud. when the patient feels sick at the stomach, the tongue is covered with blisters; frequent rising, which tastes of the last-eaten food; the mouth appears dry, or the saliva flows from it, much thirst, particularly during the night; phlegm in the throat, or vomiting of phlegm and bile, the stomach pains as if too full, or when touched, besides flatulency and griping, with constipation and diarrhœa. If it does not produce a favorable change, give Bry.

Bry. when the stomach is disordered, and the patient at the same time feels cold and chilly; the bowels are

constipated, the tongue loaded, white or yellow, or blistered as under *Ant. crud.* The same thirst, but both night and day more dryness in the throat and the stomach; principally in summer, or when the weather is warm and damp, give first *Bry.*; repeat it in from six to twelve hours if necessary, and after this, if the patient does not improve, *Ant. crud.*

*Ipec.* when the stomach is surcharged with phlegm, or is otherwise debilitated; when the tongue is not loaded, although the patient is sick at the stomach, and vomits; it answers particularly with loathing of food, even of tobacco, for easy and violent vomiting, principally when accompanied by diarrhœa; also when it returns every day, or every second day, at the same hour.

*Hep.* when the stomach is easily disordered, notwithstanding a regular mode of living, or when this occurs despite the utmost care, and frequently; with craving for acid, strong, acrid things, or for wine; when accompanied by nausea, sickness of the stomach and eructation, principally in the morning; at times sour and bilious vomiting and throwing up of phlegm, phlegm in the swallow, pain in the bowels, and hard, dry secretion, particularly when blue pills have been taken.

*Lach.* when *Hep.* does not operate sufficiently; when the complaint commences immediately after meals, or early in the morning; when several days pass without any evacuation. The most tedious cases of dyspepsia may sometimes be cured by *Hep.* or *Sulph.*, if you do not give these medicines too often, but quietly wait until it is worse again, and if when the effect of the one is worn out, you commence with the other. When both fail, give *Bell.* or several times *Merc. viv.*, and after this, *Sulph.*

## MUCOUS STATE OF THE STOMACH.

When this organ is surcharged with phlegm; when much phlegm is in the mouth, or is being vomited. In other respects the symptoms resemble those of "Disordered Stomach," only the taste is more insipid or sweetish; before dinner the patients are very weak and miserable, and after dinner they feel full and uneasy. First give Ipec. a couple of times, and then select one of the other remedies. If accompanied by diarrhœa, thin, brown, slimy secretion, smelling sour or musty, give Rheum. When much bile is vomited and otherwise discharged, and the symptoms are very violent, give Verat. once or twice. If accompanied by burning in the throat, or in the stomach, or during evacuations, give Caps.

## HEART-BURNING.

This is a burning, sour, acrid rising from the stomach to the mouth; is generally connected with other complaints of the stomach, and may be cured by the remedies recommended for those symptoms. Nux vom. is frequently of service; or when it chiefly appears after meals, Chin.; when Nux vom., Cham., or Puls. does not remove it, give Caps.; after Chin. give Carb. veg.; if caused by smoking, Staph.; if attended by much thirst, Bell. When these remedies are ineffectual with pregnant females, try lemon-peel with sugar; let the patient take them in her mouth. Sometimes the drinking of sugar water every morning, and of much water in general, will remove it, although it may make it worse in the beginning. Water crackers give relief. Take care not to use any lye or wood-ashes, they produce dangerous maladies; also avoid chalk, magnesia, oyster shells, &c., which often remain

in the stomach, in the shape of a hard ball, particularly when aperient medicine is taken afterward.

### NAUSEA AND VOMITING.

In this complaint the possible causes ought to be taken into consideration, and the remedies to be selected accordingly. Very frequently these symptoms disappear of themselves after vomiting, therefore it may be promoted by giving tepid water, tickling the swallow with a feather, or by giving coffee without milk. No emetics ought to be taken, they always weaken the stomach. The same effect may be produced when the tongue is loaded much, is white or yellow, by giving *Ant. crud.*, or when the tongue is clean, by *Ipec.* Sometimes nausea and vomiting are caused by fright, by grief, vexation, by overheating, by sitting up at night, by a disordered stomach, by drinking, smoking, chamomile tea, rhubarb, and other pretended medicines, which see under their respective heads.

When nausea and vomiting are caused by a fall on the head, *Arn.*; when from some obstruction in the swallow, see under "Foreign Substances."

When connected with giddiness or headache, see Chapter I., part 2nd ("Headache;") when the medicines recommended in such cases do not give relief, give once or twice *Lach.*, and then *Bell.* Vomiting with cough see page 12, and try *Ipec.*, *Merc. viv.*, *Caps.*, *Puls.*, *Bry.*, *Chin.*, *Dros.*, *Phosph. acid.*, *Sulph.*, *Calc.*, *Lach.* Compare the medicines recommended for "Hooping Cough."

When caused by riding, give *Cocc.*; in a boat on the river or at sea, also *Cocc.*, once or twice a day; sometimes, for a change, give *Sulph.* or *Sil.*

Vomiting from weakness of the stomach, occurring after every meal, is often cured by Puls. or Nux vom., given alternately with Bry. When the stomach is so weak that only very little food can be taken at a time, that the least surfeit causes vomiting with spasms and cutting in the bowels, or giddiness and vomiting of white, tough mucus, diarrhœa, weakness of the limbs, sometimes to fainting, give Puls. or Cocc. If it continues, notwithstanding, give Nux vom. and afterwards Bry.; if these do not remove it, compare all the remaining symptoms of the patient, and choose between Chin. and Ferr., which also may be given alternately; or first, Sulph. and then Ars. Hyosc. gives relief in many violent cases, and Calc. in many tedious ones, particularly after Sulph.

Vomiting with children caused by worms, see under "Complaints caused by Worms."

### SPASMS AND PAIN IN THE STOMACH.

It is well known that in these complaints the old system of medicine is entirely at fault; homœopathy, on the contrary, can do much. Those of long standing and of the worst kind, are frequently cured in a short time, even with old people; but certainly, by a regular and continued treatment. Among the domestic remedies many are very injurious; opium and morphine pills are in no disease more dangerous and injurious than in these. Applications, which may be tried, and which sometimes alleviate, are, from time to time, a tablespoonful of milk, and rubbing the region of the stomach with olive or linseed oil. Many persons find relief after taking thin chicken soup, some from the application of the region of the stomach of a sheet of blotting paper steeped

in rum. The same persons, however, will find greater relief from *Nux vom.*, if they will only refrain from the use of ardent spirits, and even avoid smelling it. A few handfuls of common oats roasted in a pan, and placed upon the stomach in a little bag—it must not be quite as brown as coffee. This is very useful when the patient has before taken opium or laudanum, and has, as usual, aggravated the complaint thereby.

*Nux vom.* is good for coffee and brandy drinkers, when they leave off their old habits entirely—when the pain in the stomach is contracting, jamming, the clothes seem too tight, or flatus seems to be incarcerated under the ribs, worse after eating, after early rising, sometimes disturbing the patient in his sleep. These pains are sometimes accompanied by an oppression on the chest, as if a ribbon was drawn around it, sometimes extending between the shoulders and the small of the back. The pains are frequently attended by nausea or the collecting of water in the mouth; or sour, bitter, burning water rises in the throat; vomiting of food; sour, putrid taste in the mouth; flatulency causes the bowels to distend, and the patient is constipated. Sometimes it is accompanied by headache on one side, pressing on the forehead, or palpitation of the heart and agitation. Give one globule in the evening; if no better the next morning, another, and allow it to operate a week; if before the expiration of this time it gets worse again, give *Puls.*, *Cham.*, or *Ign.*; if it gets worse after the expiration of the week, *Nux vom.*; if it fails this time, give *Carb. veg.* If *Nux vom.* proves useless from the beginning, then try *Cham.* or *Cocc.*

If drinking of coffee aggravates it, give *Nux vom.*, if it improves it, *Cham.*

Cham., when there is a pressure as from a stone; when the pit of the stomach and the parts immediately under the ribs seem swelled as if the heart would burst; at the same time, shortness of breath—worse during the night—the patient is exceedingly uneasy, tossing about in the bed; sometimes he is troubled with a throbbing pain in the skull which drives him out of the bed. The pain in the stomach is somewhat milder when he draws himself up, and lies perfectly quiet. When the pains are very violent, give Caps., and afterwards, if necessary, Cham. If Cham. is of no use, give Bell.

Spasms in the stomach during menstruation can generally be cured by Nux vom., or some hours after, by Cham.; but if menstruation is very weak, Puls. or Cocc. is more likely to prove of service.

Cocc., when Nux vom. gives some relief, but the pain returns very soon; when accompanied by hard secretion or entire costiveness; when the pain in the stomach is accompanied by a pressing, contracting pain in the abdomen, alleviated by the discharge of flatus; when, during the sickness of the stomach, water collects in the mouth without heartburning; when the patients are not irritable, angry, nor violent, (when Nux vom. answers,) but rather cross, sulky, and taciturn.

Bell., when Cham. proved useless, or gave only partial relief, more frequently with females who are delicate and sensitive; when there is a growing pressure or a spasmodic tightness, obliging the patient to lean back or to keep his breath, which mitigates the pain; also, when the pain always returns after dinner; when it is so violent as to deprive the patient of consciousness, or make him faint. It is mostly connected with thirst, and drink-

ing increases the pain; evacuation is too tardy and too trifling; the patient cannot sleep during the night.

Bry., for the same pressure as with Cham., particularly when it commences during meals, or immediately after, and the pit and region of the stomach seem to be swelled; sometimes the pressure changes to a contracting, pinching or cutting pain, is lessened by pressing upon the stomach, as eructation; when in motion the pains are worse, (the reverse is the case when Chin. answers.) At the same time, constipation, frequent pressure in the temples, the forehead or back part of the head, as if the bones of the head were being forced asunder, better when pressed hard or tied tight with a handkerchief.

Puls., when the pains are pricking, worse when walking, particularly when making a false step; always accompanied by nausea or vomiting; when the secretion is thinner, more liquid; no thirst except during the most violent pains; when there is great tightness and a jamming pain, or violent throbbing with agitation; a grasping pain, diminished by eating; when eating makes it worse, causing pressure and pinching. Generally for mild, tender-hearted persons; also, when cakes or fat things have brought on the complaint.

Ign., when Puls. does not suffice, and the complaint does not disappear after a couple of days; when the pains resemble those under Nux vom.; but without hard secretion and with less vomiting; when after every meal pressure is felt in the upper part of the stomach, or the lower part of the throat; it answers also for those who have been starving, or have not had enough to eat.

Chin. answers for debilitated persons who have taken many emetics or cathartics, have been bled or cupped

frequently, or lost much blood otherwise; who have been salivated, who have taken soporifics, or lost fluids by other means. It must, therefore, be given first, when females have spasms in the stomach from suckling, particularly when much milk runs away, (when Bell. is to be given afterwards,) or when they continue suckling too long, namely, more than nine months; in the latter case, the child has to be weaned. Generally, when the digestion is not good, with much mucus, acidity and bilious acrimony in the stomach; when the stomach pains as if from a sore; when meat and drink cause pressure and inflation of the stomach, worse when at rest, better when in motion.

Carb. veg., particularly when *Nux vom.* was useful, but only for a time; when it is a burning pain, or a constant painful agitating pressure, worse when touched; or with a contracting, spasmodic sensation, forcing the patient to bend, takes away the breath, worse when lying down. Frequently accompanied by heart-burning and nausea; loathing at the very thoughts of food, constipation.

Calc., for tedious complaints, or when Bell. proved of temporary utility; for oppressive, cutting, jamming, spasmodic, pinching, choking pains, with a sensation of agitation; worse after eating; frequently attended by vomiting of food; worse during the night; with pain when pressing externally; particularly for women whose changes are, or were, very copious; or for others who bled much from the nose.

Sep., may advantageously follow Puls: if the pains are caused by suppressed or difficult menstruation; it is indicated by most of the sufferings that take place after a

meal, by extreme pressure in the stomach, and by a burning pain in the epigastrium.

Staphys. is useful in some cases, and is particularly applicable when there is acute pressure, tension, and squeezing about the pit of the stomach, which sometimes obstructs the breathing, but which is relieved by bending the body forward. When the pain partakes of a marked tensive character, and extends to the region of the navel, and there is extreme sensibility in the region of the stomach on external pressure, with shortness of breath, anxiety and nausea, Stann. will be found more appropriate.

Plat., for spasms of the stomach in females, occurring particularly at the monthly period and especially when the catamenia at the same time are generally very copious and of too long duration.

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For the application of the following table we refer the reader to page 156.

# A TABLE OF THE AFFECTIONS OF THE STOMACH.

## IN THE STOMACH.

|                                        | <i>Acon.</i> | <i>Ant. crud.</i> | <i>Arnica.</i> | <i>Arsenic.</i> | <i>Bell.</i> | <i>Iryonia.</i> | <i>Calc.</i> | <i>Cupstc.</i> | <i>Carb. veg.</i> | <i>Causitic.</i> | <i>Cham.</i> | <i>China.</i> | <i>Coccul.</i> | <i>Coloc.</i> | <i>Capram.</i> | <i>Ferrum.</i> | <i>Hjos.</i> | <i>Igt.</i> | <i>Ipecac.</i> | <i>Lycopod.</i> | <i>Lach.</i> | <i>Nal. mar.</i> | <i>Nua vom.</i> | <i>Opium.</i> | <i>Phosph.ac.</i> | <i>Phosph.</i> | <i>Puls.</i> | <i>Rhus.</i> | <i>Scipic.</i> | <i>Staph.</i> | <i>Strom.</i> | <i>Salph.</i> | <i>Veratrum.</i> |
|----------------------------------------|--------------|-------------------|----------------|-----------------|--------------|-----------------|--------------|----------------|-------------------|------------------|--------------|---------------|----------------|---------------|----------------|----------------|--------------|-------------|----------------|-----------------|--------------|------------------|-----------------|---------------|-------------------|----------------|--------------|--------------|----------------|---------------|---------------|---------------|------------------|
| Burning                                | *            | *                 | *              | *               | *            | *               | *            | *              | *                 | *                | *            | *             | *              | *             | *              | *              | *            | *           | *              | *               | *            | *                | *               | *             | *                 | *              | *            | *            | *              | *             | *             | *             | *                |
| Pressing                               | *            | *                 | *              | *               | *            | *               | *            | *              | *                 | *                | *            | *             | *              | *             | *              | *              | *            | *           | *              | *               | *            | *                | *               | *             | *                 | *              | *            | *            | *              | *             | *             | *             | *                |
| Pressing like a heavy weight           | *            | *                 | *              | *               | *            | *               | *            | *              | *                 | *                | *            | *             | *              | *             | *              | *              | *            | *           | *              | *               | *            | *                | *               | *             | *                 | *              | *            | *            | *              | *             | *             | *             | *                |
| Pain                                   | *            | *                 | *              | *               | *            | *               | *            | *              | *                 | *                | *            | *             | *              | *             | *              | *              | *            | *           | *              | *               | *            | *                | *               | *             | *                 | *              | *            | *            | *              | *             | *             | *             | *                |
| Inflammation                           | *            | *                 | *              | *               | *            | *               | *            | *              | *                 | *                | *            | *             | *              | *             | *              | *              | *            | *           | *              | *               | *            | *                | *               | *             | *                 | *              | *            | *            | *              | *             | *             | *             | *                |
| Gripping                               | *            | *                 | *              | *               | *            | *               | *            | *              | *                 | *                | *            | *             | *              | *             | *              | *              | *            | *           | *              | *               | *            | *                | *               | *             | *                 | *              | *            | *            | *              | *             | *             | *             | *                |
| Cramp                                  | *            | *                 | *              | *               | *            | *               | *            | *              | *                 | *                | *            | *             | *              | *             | *              | *              | *            | *           | *              | *               | *            | *                | *               | *             | *                 | *              | *            | *            | *              | *             | *             | *             | *                |
| Feeling of emptiness                   | *            | *                 | *              | *               | *            | *               | *            | *              | *                 | *                | *            | *             | *              | *             | *              | *              | *            | *           | *              | *               | *            | *                | *               | *             | *                 | *              | *            | *            | *              | *             | *             | *             | *                |
| Feeling of fullness                    | *            | *                 | *              | *               | *            | *               | *            | *              | *                 | *                | *            | *             | *              | *             | *              | *              | *            | *           | *              | *               | *            | *                | *               | *             | *                 | *              | *            | *            | *              | *             | *             | *             | *                |
| Weakness of digestion                  | *            | *                 | *              | *               | *            | *               | *            | *              | *                 | *                | *            | *             | *              | *             | *              | *              | *            | *           | *              | *               | *            | *                | *               | *             | *                 | *              | *            | *            | *              | *             | *             | *             | *                |
| Stitches                               | *            | *                 | *              | *               | *            | *               | *            | *              | *                 | *                | *            | *             | *              | *             | *              | *              | *            | *           | *              | *               | *            | *                | *               | *             | *                 | *              | *            | *            | *              | *             | *             | *             | *                |
| Feeling as if contracted               | *            | *                 | *              | *               | *            | *               | *            | *              | *                 | *                | *            | *             | *              | *             | *              | *              | *            | *           | *              | *               | *            | *                | *               | *             | *                 | *              | *            | *            | *              | *             | *             | *             | *                |
| Nausea                                 | *            | *                 | *              | *               | *            | *               | *            | *              | *                 | *                | *            | *             | *              | *             | *              | *              | *            | *           | *              | *               | *            | *                | *               | *             | *                 | *              | *            | *            | *              | *             | *             | *             | *                |
| Vomiting                               | *            | *                 | *              | *               | *            | *               | *            | *              | *                 | *                | *            | *             | *              | *             | *              | *              | *            | *           | *              | *               | *            | *                | *               | *             | *                 | *              | *            | *            | *              | *             | *             | *             | *                |
| - tastes bitter                        | *            | *                 | *              | *               | *            | *               | *            | *              | *                 | *                | *            | *             | *              | *             | *              | *              | *            | *           | *              | *               | *            | *                | *               | *             | *                 | *              | *            | *            | *              | *             | *             | *             | *                |
| - tastes sour                          | *            | *                 | *              | *               | *            | *               | *            | *              | *                 | *                | *            | *             | *              | *             | *              | *              | *            | *           | *              | *               | *            | *                | *               | *             | *                 | *              | *            | *            | *              | *             | *             | *             | *                |
| - of blood                             | *            | *                 | *              | *               | *            | *               | *            | *              | *                 | *                | *            | *             | *              | *             | *              | *              | *            | *           | *              | *               | *            | *                | *               | *             | *                 | *              | *            | *            | *              | *             | *             | *             | *                |
| - of bile                              | *            | *                 | *              | *               | *            | *               | *            | *              | *                 | *                | *            | *             | *              | *             | *              | *              | *            | *           | *              | *               | *            | *                | *               | *             | *                 | *              | *            | *            | *              | *             | *             | *             | *                |
| - yellow                               | *            | *                 | *              | *               | *            | *               | *            | *              | *                 | *                | *            | *             | *              | *             | *              | *              | *            | *           | *              | *               | *            | *                | *               | *             | *                 | *              | *            | *            | *              | *             | *             | *             | *                |
| - green                                | *            | *                 | *              | *               | *            | *               | *            | *              | *                 | *                | *            | *             | *              | *             | *              | *              | *            | *           | *              | *               | *            | *                | *               | *             | *                 | *              | *            | *            | *              | *             | *             | *             | *                |
| - slimy                                | *            | *                 | *              | *               | *            | *               | *            | *              | *                 | *                | *            | *             | *              | *             | *              | *              | *            | *           | *              | *               | *            | *                | *               | *             | *                 | *              | *            | *            | *              | *             | *             | *             | *                |
| In the morning                         | *            | *                 | *              | *               | *            | *               | *            | *              | *                 | *                | *            | *             | *              | *             | *              | *              | *            | *           | *              | *               | *            | *                | *               | *             | *                 | *              | *            | *            | *              | *             | *             | *             | *                |
| In the forenoon                        | *            | *                 | *              | *               | *            | *               | *            | *              | *                 | *                | *            | *             | *              | *             | *              | *              | *            | *           | *              | *               | *            | *                | *               | *             | *                 | *              | *            | *            | *              | *             | *             | *             | *                |
| In the afternoon                       | *            | *                 | *              | *               | *            | *               | *            | *              | *                 | *                | *            | *             | *              | *             | *              | *              | *            | *           | *              | *               | *            | *                | *               | *             | *                 | *              | *            | *            | *              | *             | *             | *             | *                |
| In the evening                         | *            | *                 | *              | *               | *            | *               | *            | *              | *                 | *                | *            | *             | *              | *             | *              | *              | *            | *           | *              | *               | *            | *                | *               | *             | *                 | *              | *            | *            | *              | *             | *             | *             | *                |
| At night                               | *            | *                 | *              | *               | *            | *               | *            | *              | *                 | *                | *            | *             | *              | *             | *              | *              | *            | *           | *              | *               | *            | *                | *               | *             | *                 | *              | *            | *            | *              | *             | *             | *             | *                |
| Before midnight                        | *            | *                 | *              | *               | *            | *               | *            | *              | *                 | *                | *            | *             | *              | *             | *              | *              | *            | *           | *              | *               | *            | *                | *               | *             | *                 | *              | *            | *            | *              | *             | *             | *             | *                |
| After midnight                         | *            | *                 | *              | *               | *            | *               | *            | *              | *                 | *                | *            | *             | *              | *             | *              | *              | *            | *           | *              | *               | *            | *                | *               | *             | *                 | *              | *            | *            | *              | *             | *             | *             | *                |
| After anger                            | *            | *                 | *              | *               | *            | *               | *            | *              | *                 | *                | *            | *             | *              | *             | *              | *              | *            | *           | *              | *               | *            | *                | *               | *             | *                 | *              | *            | *            | *              | *             | *             | *             | *                |
| After anger accompanied with<br>fright | *            | *                 | *              | *               | *            | *               | *            | *              | *                 | *                | *            | *             | *              | *             | *              | *              | *            | *           | *              | *               | *            | *                | *               | *             | *                 | *              | *            | *            | *              | *             | *             | *             | *                |
| When eructating                        | *            | *                 | *              | *               | *            | *               | *            | *              | *                 | *                | *            | *             | *              | *             | *              | *              | *            | *           | *              | *               | *            | *                | *               | *             | *                 | *              | *            | *            | *              | *             | *             | *             | *                |
| By touching                            | *            | *                 | *              | *               | *            | *               | *            | *              | *                 | *                | *            | *             | *              | *             | *              | *              | *            | *           | *              | *               | *            | *                | *               | *             | *                 | *              | *            | *            | *              | *             | *             | *             | *                |
| By moving                              | *            | *                 | *              | *               | *            | *               | *            | *              | *                 | *                | *            | *             | *              | *             | *              | *              | *            | *           | *              | *               | *            | *                | *               | *             | *                 | *              | *            | *            | *              | *             | *             | *             | *                |
| By external pressure                   | *            | *                 | *              | *               | *            | *               | *            | *              | *                 | *                | *            | *             | *              | *             | *              | *              | *            | *           | *              | *               | *            | *                | *               | *             | *                 | *              | *            | *            | *              | *             | *             | *             | *                |
| Before vomiting                        | *            | *                 | *              | *               | *            | *               | *            | *              | *                 | *                | *            | *             | *              | *             | *              | *              | *            | *           | *              | *               | *            | *                | *               | *             | *                 | *              | *            | *            | *              | *             | *             | *             | *                |
| When vomiting                          | *            | *                 | *              | *               | *            | *               | *            | *              | *                 | *                | *            | *             | *              | *             | *              | *              | *            | *           | *              | *               | *            | *                | *               | *             | *                 | *              | *            | *            | *              | *             | *             | *             | *                |
| After overheating                      | *            | *                 | *              | *               | *            | *               | *            | *              | *                 | *                | *            | *             | *              | *             | *              | *              | *            | *           | *              | *               | *            | *                | *               | *             | *                 | *              | *            | *            | *              | *             | *             | *             | *                |
| After taking cold                      | *            | *                 | *              | *               | *            | *               | *            | *              | *                 | *                | *            | *             | *              | *             | *              | *              | *            | *           | *              | *               | *            | *                | *               | *             | *                 | *              | *            | *            | *              | *             | *             | *             | *                |
| When eating                            | *            | *                 | *              | *               | *            | *               | *            | *              | *                 | *                | *            | *             | *              | *             | *              | *              | *            | *           | *              | *               | *            | *                | *               | *             | *                 | *              | *            | *            | *              | *             | *             | *             | *                |
| After eating                           | *            | *                 | *              | *               | *            | *               | *            | *              | *                 | *                | *            | *             | *              | *             | *              | *              | *            | *           | *              | *               | *            | *                | *               | *             | *                 | *              | *            | *            | *              | *             | *             | *             | *                |
| After eating fruit                     | *            | *                 | *              | *               | *            | *               | *            | *              | *                 | *                | *            | *             | *              | *             | *              | *              | *            | *           | *              | *               | *            | *                | *               | *             | *                 | *              | *            | *            | *              | *             | *             | *             | *                |
| When walking                           | *            | *                 | *              | *               | *            | *               | *            | *              | *                 | *                | *            | *             | *              | *             | *              | *              | *            | *           | *              | *               | *            | *                | *               | *             | *                 | *              | *            | *            | *              | *             | *             | *             | *                |
| When coughing                          | *            | *                 | *              | *               | *            | *               | *            | *              | *                 | *                | *            | *             | *              | *             | *              | *              | *            | *           | *              | *               | *            | *                | *               | *             | *                 | *              | *            | *            | *              | *             | *             | *             | *                |
| When lying down                        | *            | *                 | *              | *               | *            | *               | *            | *              | *                 | *                | *            | *             | *              | *             | *              | *              | *            | *           | *              | *               | *            | *                | *               | *             | *                 | *              | *            | *            | *              | *             | *             | *             | *                |
| When being quiet                       | *            | *                 | *              | *               | *            | *               | *            | *              | *                 | *                | *            | *             | *              | *             | *              | *              | *            | *           | *              | *               | *            | *                | *               | *             | *                 | *              | *            | *            | *              | *             | *             | *             | *                |
| When talking                           | *            | *                 | *              | *               | *            | *               | *            | *              | *                 | *                | *            | *             | *              | *             | *              | *              | *            | *           | *              | *               | *            | *                | *               | *             | *                 | *              | *            | *            | *              | *             | *             | *             | *                |
| After drinking                         | *            | *                 | *              | *               | *            | *               | *            | *              | *                 | *                | *            | *             | *              | *             | *              | *              | *            | *           | *              | *               | *            | *                | *               | *             | *                 | *              | *            | *            | *              | *             | *             | *             | *                |
| After eructations                      | *            | *                 | *              | *               | *            | *               | *            | *              | *                 | *                | *            | *             | *              | *             | *              | *              | *            | *           | *              | *               | *            | *                | *               | *             | *                 | *              | *            | *            | *              | *             | *             | *             | *                |
| When moving                            | *            | *                 | *              | *               | *            | *               | *            | *              | *                 | *                | *            | *             | *              | *             | *              | *              | *            | *           | *              | *               | *            | *                | *               | *             | *                 | *              | *            | *            | *              | *             | *             | *             | *                |
| By external pressure                   | *            | *                 | *              | *               | *            | *               | *            | *              | *                 | *                | *            | *             | *              | *             | *              | *              | *            | *           | *              | *               | *            | *                | *               | *             | *                 | *              | *            | *            | *              | *             | *             | *             | *                |
| When eating                            | *            | *                 | *              | *               | *            | *               | *            | *              | *                 | *                | *            | *             | *              | *             | *              | *              | *            | *           | *              | *               | *            | *                | *               | *             | *                 | *              | *            | *            | *              | *             | *             | *             | *                |
| After eating                           | *            | *                 | *              | *               | *            | *               | *            | *              | *                 | *                | *            | *             | *              | *             | *              | *              | *            | *           | *              | *               | *            | *                | *               | *             | *                 | *              | *            | *            | *              | *             | *             | *             | *                |
| When in the open air                   | *            | *                 | *              | *               | *            | *               | *            | *              | *                 | *                | *            | *             | *              | *             | *              | *              | *            | *           | *              | *               | *            | *                | *               | *             | *                 | *              | *            | *            | *              | *             | *             | *             | *                |
| When lying down                        | *            | *                 | *              | *               | *            | *               | *            | *              | *                 | *                | *            | *             | *              | *             | *              | *              | *            | *           | *              | *               | *            | *                | *               | *             | *                 | *              | *            | *            | *              | *             | *             | *             | *                |

a) SYMPTOMS WORSE.

b) SYMPTOMS AGGRAVATED.

c) SYMPTOMS BETTER.

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## CHAPTER X.

AFFECTIONS OF THE ALIMENTARY CANAL AND URINARY  
AND SEXUAL ORGANS.

## GRIPING COLIC.

Compare what has been said on this subject in Chapt. II. & IV., Part First, when griping colic is caused by taking cold, after suppressed perspiration or disordered stomach, and peruse at the same time the foregoing chapter. If colic is brought on by pretended medicines or poisons, see page 80 and the following pages and if it occurs in females during the time of menstruation, the proper remedies are given in Chapter XI. under the proper head.

Cham. frequently answers for children, also for others, when besides the symptoms given under the head "pain in the bowels" page 11, blue circles appear around the eyes, much saliva in the mouth, tearing pain around the navel, the small of the back, as if broken; if it does not answer, give Puls.; Cham. is also suitable for incarcerated flatus in different parts of the abdomen, as if it were going to escape there; under the ribs and in the pit of the stomach every thing is swelled; much agitation, uneasiness, and clammy perspiration; at the same time, rattling and rumbling in the belly, disposition to evacuate with small slimy watery secretion.

Nux vom., when there is no evacuation, or the secretion is very hard; a sensation as of a load in the belly, rolling and grumbling, and uncommon heat; the pains are pinching, drawing, compressing, as if the intestines were pressed by a stone in different parts; oppression in

the pit of the stomach; the belly is painful when touched and tight; the breath is short and difficult—every thing appears too full, the parts under the ribs as if stuffed; during the most violent paroxysms of pain, the hands and feet are cold; sometimes it deprives the patient of consciousness; colic and flatulency in the lower part of the abdomen; a sharp pressure on the bladder and rectum as from a blunt knife, as if cutting wind were forcing a passage, it draws the patient up; worse at every step. See Bell. Better when at rest, when sitting and lying. Generally attended by violent headache and pain in the small of the back. A number of these complaints is attributed to some obstruction, and the ignorant think they must remove this by aperient medicines, refer to what has been said on “constipation.”

Merc. viv., for violent, twisting colic; the region around the navel is hard, a jerking pain externally on the belly, which is inflated and hard; crawling in the throat, hic-coughing, voracity, aversion to sweets; nausea, with water rising in the throat, straining to evacuate, secretion of slime, great debility; worse attacks of colic about midnight—if Merc. viv. does not quickly relieve the patient, give Chin.; if this does not effect a complete cure, give Sulph.

Puls., when the colic is acute, with throbbing in the pit of the stomach, any disagreeable tightness in the abdomen, as if too full; growling and grumbling, the flatus cannot be discharged; irritation and heat in the belly, which is inflated; general heat, the arteries on the hands and forehead are swelled, the patient is forced to take off his clothes on account of the heat and tightness, the abdomen pains as if bruised when touched; all the symptoms are worse when lying down, somewhat better when

walking about; when riding the small of the back pains as if bruised; also, while the pinching, cutting pain lasts, worse when touched, tearing and pricking pains over the navel; uneasiness, heaviness in the belly, with painful tension, when touched it aches; weakness of the stomach, white, frothy saliva in the mouth, diarrhœa; yellow, gray secretion, with violent pains in the stomach, pale face, blue circles around the eyes; (compare with Cham.) the whole body is contracted, compare with Nux vom., Bell.) pressing, tensive headache; when caused by an overloaded stomach, first give coffee without milk, and afterwards, if necessary, Puls.; if that does not cure it, give Bell.

In cases like the last mentioned under Puls., the bladder sometimes is affected, the patient feels violent pains, the parts in the region of the bladder are drawn in as if from spasms, with a constant inclination to make water—the urine however does not pass, at the same time agitation and uneasiness, the abdomen is excessively sensitive; give Acon. once or a couple of times, and afterwards, if necessary, Nux vom.

Col. is the principal remedy for colic. When the pains are very violent, constant, or merely cease for a short time and recommence with great violence, you may always give it as the first medicine. It suits, particularly when the most violent pain, near the navel, is confined to a particular spot, when it returns periodically every five or ten minutes, (compare with Bell.) when it commences on the side near the centre, with a slight drawing pain, which increases, and at last changes to a jamming, pressing, rooting and tearing pain, so violent that the patient cries and shrieks aloud, twists like a worm, is covered with perspiration, presses the abdomen with his

hands, pushes furiously against the bedposts or corners of the tables, &c., lies down on the belly and places pillows under himself, and thus, at last, gets some ease.

For colic, from great vexation, if Cham. proves inefficacious, give Col.

Persons who have already suffered from these attacks during whole days, or periodically, and have taken laudanum, which will cause it to return, may, when they feel the least symptoms of it, take Col. Particularly when the former attacks have weakened the intestines, which feel as if every part were bruised, and were hanging on thin threads which might break, at every step. In all such cases for which Col. suits best, persevere with this medicine. If the first dose does not give immediate relief, wait no longer than one hour; if it gets worse, give, after a few minutes, coffee without milk, no more than a teaspoonful at a time, which may be repeated as long as it alleviates the pain; if it commences to grow worse again, give another dose of Col. When the coffee is of no use give Col. until the pain ceases. When the pain can be tolerated give nothing, only when it gets worse. As soon as after a grain of Col. the pain no longer increases, but the patient improves slowly, give no more coffee, and if possible let it operate for a couple of weeks. Generally the second dose proves efficacious, sometimes the third; in the worst cases I never found it necessary to give any more. For afterpains give Caust., once in the morning and once in the evening.

When the patient has, unfortunately, taken laudanum, a drug most injurious in this complaint, first give coffee and then Col. If it does not answer, because the patient has already been poisoned, try Cham., and then again Col. There are, however, some cases of violent colic,

where Col. produces no effect, and where one of the following remedies must be given, particularly Bell.

Bell., when, during the pain, a thick roll, like sausage, protrudes across the belly, and when lying, heat and pressure relieves the pain a little; when it is pinching and drags down, as if the intestines were falling out, it gets worse when the patient is up and walking about; particularly when the secretion is thin and purulent. In the latter case, Merc. viv. frequently removes the remaining symptoms. Bell. suits, generally, when the face turns very red, the blood rises into the head, the veins are swelled, and the pains so violent that the patient is almost driven mad. Also, for pains under the navel, when there is a griping as if produced by taking hold of the part with the finger nails. Sometimes it is accompanied by pains in the small of the back, for which Bell. suits also. See this article.

Cocc., similar to the pains described under Nux vom.; particularly when there is a contraction in the abdomen with a downward and outward pressure with some nausea; or when wind is discharged without giving relief, because it is constantly renewed (vide Cham.) in different parts, and gives pain; also, when wind inflates the upper part of the belly and stomach, with rattling and jamming in the stomach, and pressure under the ribs, which symptoms all disappear as soon as the wind passes upwards.

Chin. answers for flatulent colic, resembling that described under Cham. and Cocc.; when the intestines are first contracted in the lower part of the abdomen, and press outward with oppressive and tensive pain, with tension under the short ribs, and agitation, particularly

when it begins in the night with debilitated persons, or with suckling females.

Ign. frequently relieves such colics as awaken the patient out of his sleep, when shooting pains go into the chest and sides, when the wind is discharged with much difficulty, after which the pains moderate; it suits often for sensitive females. When this complaint commences in the evening, and the flatulency causes vomiting, Puls. is better.

Colic preceded by a bitter taste, a coated, yellowish tongue, much thirst, which, as it is said, is caused by the bile, to which sometimes is added vomiting, or secretion of bile; may generally be cured by one or two doses of Cham.; in very bad cases, by Col., and when these remedies do not suffice, by Sulph.

### FLATULENCY.

Flatulency or wind in the bowels, often causes colic, and the remedies have already been mentioned. When it does not cause violent pains, but heat, uneasiness; when it inflates the belly, confines the breath, which is frequently the case after flatulent food, beer, &c., or when a person has drank water after eating fat meat, give Chin.; afterwards, to passionate persons, Nux vom.; to quiet, mild tempered persons, Puls.; if caused by pork, also, Puls., when Chin. does not give relief. If it returns often, give Sulph.; if this also fails, send for a homœopathic physician.

### INFLAMMATION IN THE BOWELS AND STOMACH.

The treatment of this disease by domestic remedies, is as injurious as that of the common physicians. To

provide for all cases is impossible, but it will always be better to go by the rules here laid down, than to resort to violent means. If a homœopathic physician can be had, it is always better to consult him.

An inflammation of this kind may be supposed to exist when a burning, sometimes a pricking or tearing pain is felt in a particular part of the abdomen; this is very tender when pressed upon, and pains at every motion or concussion, such as coughing; sneezing, laughing. This part is sometimes tight and swelled; when it is near the breast, it produces difficulty of breathing, particularly when inhaling; it is mostly accompanied by vomiting or eructation, which give no relief—also by constipation. The latter symptom induces many to take aperient medicines, which, in this case, are absolute poisons; the former to take emetics, which cause death. The abdomen should be left perfectly undisturbed; give water to drink and at most, from time to time something mucilaginous—nothing else whatever; the longer the constipation lasts the better. When the patients recover, and commence to eat, the evacuation will recommence of its own accord. I have seen most dangerous cases, where no secretion took place for fifteen days, and the patient recovered and regained strength.

Besides the above symptoms, there are the following: The face is pale, bluish, sunken; violent fever, but a weak pulse, the mind dejected and agitated. When it gains the highest point the vomiting is very violent, also the pains; the patient is necessarily weak, the arms and legs grow cold, he commences to hiccough, and the belly is distended.

When the disease is in the stomach, the pain is generally in the pit of the stomach, extends under the ribs

and to the back, or through the abdomen; eating and drinking are immediately succeeded by vomiting; with the violent thirst there is sometimes an aversion to water. When the seat of the disease is in other parts, the pain may be felt there, the belly is hot, and the vomiting comes on sometimes after the food has been taken.

In all these cases, give, during the first days of the disease, Acon., and repeat every hour; as soon as there is an improvement, wait until it grows worse again; if it ceases to give relief, select another from the following remedies:

When the pains are worse in front, and on the left under the ribs, whence they extend further along the ribs toward the back or the abdomen; with swelling in the region of the stomach, great agitation, much vomiting, which makes it worse. This vomiting may be arrested by Ipec., which, if it proves efficacious, may be repeated; when the tongue is loaded, very white or yellowish, it is better to give Ant. crud. once or twice. If a disordered stomach was the first cause, Puls. or Nux vom. may be given. When the pains or the fever are very violent, and it was caused by a cold, particularly by a cold drink whilst warm, give immediately after Acon. or Ipec., Bry., which may be repeated as often as it is worse again; when it ceases to be efficacious, give Nux vom. When the patient seems stupid, or speaks unconnectedly, or does not know how sick he is, give Hyosc., and repeat this several times, as often as necessary; if this does not give relief, give Bell., and wait a day, if possible. If the extremities become cold, and the patient is evidently sinking, the face becoming very pale, or otherwise much altered, give Verat. in repeated doses; if this proves unavailing, Ars., which rarely can be given

more than twice. After Ars., Acon. may frequently be given again, and then once more Ars., giving them in that manner alternately. If Ars. makes it worse, give Nux vom.

When the pains are worse on the left side, under the ribs, whence they extend downward, the complaint is generally in the beginning connected with vomiting of blood. When the fever is very violent, give Acon., but before it has time to get much worse, Chin., and a globule of it as often as the pains increase. This is of service in most cases; only in those where it does not suffice, give afterward Arn.; particularly when a pressing, pricking pain continues, which takes away the breath—or when the symptoms resemble those of nervous fever; the patient lies quite indifferent or stupid, does not feel the extent of his sickness, and asserts that there is nothing the matter with him. In many cases Nux vom. may afterward be given, when constipation and pressure on the stomach continue for a length of time without any improvement generally. When with constipation there is an acute pain, which increases with every motion, give two doses of Bry.; but when there is diarrhœa, with a discharge of much blood, without alleviating the pains; when they are particularly burning, and the patient is weak, give Ars.; if it is worse every second day, give Chin. once when the worst day is passed, and again when the bad day begins; if this does not prove useful, give, after some days, Ars.

When the pains are more under the ribs on the right side, toward the front, passing up or down, give one of the following remedies:

When the pain is dull, and not increased by external pressure, nor by turning nor inhaling, combined with

pressure on the stomach, tension under the ribs, difficulty of breathing, a yellow tongue, bitter taste, yellow skin and paroxysms of agitation, Cham.; when the paroxysms of agitation become more frequent, principally during the night—if green slimy diarrhœa makes its appearance—also sickness of the stomach, give Puls.; if, on the contrary, the bowels are constipated, the skin less yellow, but the chest more affected, give Bry. Of these remedies give two or three globules, and after half an hour, if no improvement has taken place, give another globule.

For pressing pain, which does not allow the patient to lie on the right side, with bitter taste in the mouth, more thirst than hunger, constant chills, very yellow skin and eyes, give Merc. viv., sometimes alternately with Bell., or in bad cases, with Lach. When the pressing pains extend to the cavity of the chest and the shoulders; when the pit of the stomach is swelled, with tension above the navel right across the abdomen, with difficulty of breathing and agitation; when the blood at the same time rises to the head, with darkness before the eyes, and giddiness so as to cause fainting, frequently accompanied by violent thirst, uneasy tossing about, sleeplessness, give Bell., which may be repeated in a couple of hours, if no improvement takes place; if no better the next day, give Lach. also in two doses, and as often as it gets worse again; when Lach. ceases to operate, give again Bell., or another of the prescribed medicines.

For pressing pain, sometimes also throbbing, the spot being very sensitive to the touch, sour or bitter taste, nausea or vomiting, oppression and shortness of breath, as if the clothes were too tight, the taking off of which rather aggravates the feeling than otherwise; thirst, red

urine, oppressive headache, give *Nux vom.*, and if this does no good, the pricking pains continuing, give *Sulph.* In every case where these remedies do not effect a speedy improvement, or when only a partial one, give *Sulph.*; and if no better six or twelve hours after, another dose—after which, allow it to operate for a week. If worse every second day, give *Chin.*, as mentioned under pains in the left side.

When the pain is more in the abdomen, in the middle or lower part; when it is aggravated by motion or pressure, and the most painful spot is swelled, give *Acon.*, to be repeated after three or four hours, if the improvement is only temporary. If this does not cure it, and the abdomen continues to be sore when touched, give *Lach.*, to be repeated an hour after; if this fails, give *Bell.* In many cases, *Hyosc.*, *Bry.*, *Nux vom.*, *Ars.*, and sometimes *Merc. viv.* may do good—the latter particularly after *Lach.* Refer to what has been said of these medicines in this chapter.

All aperients ought to be carefully avoided in this complaint; it is always attended by violent constipation—the longer this lasts, the sooner will the patient be restored to perfect health; if he takes cathartics or emetics, he may die in consequence, or they may produce a tedious malady which is difficult to cure. In this complaint it is, therefore, a good sign when the bowels are constipated, and a very bad sign when the secretion becomes thin, and worse when it passes imperceptibly. Even in this dangerous stage of the disease, *Hyosc.* may sometimes save the patient—repeat it in two or three hours if the patient does not feel better; after which, if it does not get much worse, give no more, and await the result.

Little children are very subject to attacks of this kind:

when the abdomen pains, and the pit of the stomach and the part under the ribs are inflated, give Merc. viv. or Cham. once or twice. See "Diseases of Children."

#### DETERMINATION OF THE BLOOD TO THE ABDOMEN.

A troublesome feeling of heat and burning with hardness, tightness, a dull pain, symptoms as if caused by a surfeit without any excess having been committed; with hypochondriacs, persons who sit much, or who have piles. The principal remedy is Sulph. If accompanied by pains in the small of the back, which almost prevent walking, give Nux vom.; if the evacuation is soft, trifling, slimy, watery, give Caps.; if connected with great weakness, Ars. For the remaining remedies, see "Piles." Besides the above, the following remedies answer in this complaint: Bell., Verat., Puls., Bry., Cham., Rhus.

#### W O R M S.

Many complaints are ascribed to worms which arise from very different causes. When children have been fed upon pap, cakes and other similar trash, or when the mother, whilst suckling, overloads her stomach with meat, fish, salted and fat things, particularly with pies, making the child sick, or at least inducing a disposition to sickness. When, besides this, the children are filled with vermifuge, injections, purgatives, &c., the worms cannot fail to prosper and multiply.

When children are supposed to have worms, the first thing to be looked to, is a rational mode of living, by which means the worms will soon diminish, and if symptoms remain, the remedies will afterwards prove the more effective. Most persons are by far too much afraid of these

little animals, which are not near as noxious as the remedies usually prescribed for them, and particularly as the nostrums puffed forth in the papers. Good natured persons believe these things, and pay for the trash; but if they knew what they or their children were swallowing, they would rather pay twice as much to keep it out of the house, and much more to keep it out of their bodies.

It is true, these things sometimes kill the worms, but too frequently they kill the children also, or afflict the abdomen in such a manner that the consequences appear many years after. First, we ought to consider that all children have worms, sometimes before they are born; that it is frequently a sign of a dangerous disease when these worms pass off themselves; secondly, that these worms live upon things which would otherwise do more harm than they. Almost all the symptoms attributed to worms belong to some general disease, by which they are unusually increased; they are mostly caused by a wrong mode of living. When they have thus become very numerous, they cause different complaints, which, when added to the symptoms of the original complaint, sometimes become dangerous. When the worms are expelled, the symptoms which they gave rise to, of course disappear, but the real disease increases.

Sometimes diseases make their appearance which are worse than the first, although slower and not perceptible for ten or twelve years, or later. The driving out of the worms is of no essential use. The remedies here prescribed will frequently cure the disease itself, and if there are really too many worms, which is but rarely the case, remove them also. Children who have worms should have enough to eat, but not too much bread, and few or

no cakes or pies, but rather a good deal of fresh or boiled and dried fruits, and, in particular, carrots.

When you are not certain of the existence of worms, when the child becomes emaciated, and vomits frequently, give first Ipec.; but when the tongue is loaded, Carb. veg.; if this has not a good effect, Puls.; if the child has been much troubled with diarrhœa, or has taken much aperient medicine, give Chin.; when the bowels are constipated, Nux vom.

When the child sometimes passes worms, when the belly is distended, and it picks much at the nose, give Cin., which is one of the chief remedies for all complaints really arising from worms. For colic, caused by worms, with great inclination to vomit, when much water collects in the mouth, the part around the navel is hard, also the whole abdomen is hard and distended, with frequent ineffectual straining to evacuate, or secretion of nothing but slime, give first Acon.; some hours later, Cin.; and if this does not remove it entirely, Merc. viv., or Sil. In all complaints caused by worms, Acon. is of great use in the beginning, and if this and other remedies do not remove them, Sulph. is the best, particularly after Merc. viv. These remedies generally effect a cure; only when there is much thirst, sudden starting, and fright, Bell. also must be given. In very bad cases, Lach. a couple of times.

Persons troubled with *tape worm*—discharge joints of this worm from time to time; they are nearly square, quite flat, about as broad as the little finger; whoever does not discharge these pieces, which generally takes place about the time of full and new moon, should never allow himself to be persuaded that he has a tape worm, for no one can know it.

Take, when the moon is waning, two mornings successively, Sulph.; at the next full moon, Merc. viv., and eight days after again Sulph. twice; repeat this several times. Very frequently the tape worm is discharged after taking a few doses of Calc. If this, however, does not cure, apply to a homœopathic physician.

### ASCARIDES.

For *ascarides*, the small worms seated in the anus, see "Itching of the anus."

### ITCHING OF THE ANUS.

When internally or externally, worse when sitting, moving; if worse after eating meat, or drinking, with pains, or dry piles, or moist and bleeding piles; when the patient is costive, when caused by strong liquors, beer or coffee; or with people who lead a sedentary life, with pregnant females; when caused by ascarides which move when the sphincter ani is drawn apart, give Nux vom. in the evening.

When caused by ascarides, where Nux vom. does not answer, the children are very uneasy during the night, and have fever, give, in the evening or during the night, Acon., and if this does not remove them, Ipec. in the morning. If the children are again troubled with them, particularly after every full and new moon, give, (after every full and every new moon,) Sulph. If the medicine proves unavailing, give Sil. once a week for several weeks. If no better, give Calc. in the same manner as mentioned by Sulph. Let the children eat no pork, and as little pastry and cake as possible. If this does not remove them, give Ferr. every second morning; if diarrhœa makes its appearance, discontinue it, and if the diarrhœa continues, give Chin.

Whilst the children are taking these remedies, (Sulph., Calc., Sil. and Ferr.) nothing else ought to be given; at most, when they have some fever, Acon.; if this does not remove it, they may smell camphor. Sweet oil, also, may be rubbed into the anus, or take a piece of bacon, cut it of the size of a little finger, draw a thread through it a couple of times, and introduce it into the anus; after about ten minutes, take it out again. If this gives no relief, give small injections of cold water every evening. None of these applications disturbs the operation of the remedies. When, however, all these means prove abortive, which may be the case with many children, with whom it is hereditary, try small injections of salt water, and if these fail, or cause diarrhoea, small injections of water and some vinegar. The eating of asparagus, when this plant is in season, which is the time when the worms are most troublesome, has been found advantageous.

The best remedy, however, for children, is to give one drop of the tincture of nettles every morning for several days.

When the itching is caused by piles, by swollen, red, blue tumors in the anus, give the following remedies. When, besides itching, there is a burning and pricking sensation, the anus is so contracted that the excrement can scarcely pass, at the same time dull shooting pains and jerking in the small of the back and around the anus, at every motion a pain in the small of the back as from a bruise, making the patient cry aloud, and walk and sit bent, give *Nux vom.*, or after a day or two, *Ign.* twice.

When, besides itching, there is a pain in and around the anus as from excoriation, with jerking pain; if it itches, burns, the tumors feel moist, when the anus

always feels as if too full and heavy, or if it protrudes entirely; constant straining to evacuate, or thin diarrhœa mixed with blood, with violent pricking pains in the small of the back, stiffness in the small of the back, or tension as if too short, give Sulph. morning and evening; and if this does not cure it, let the patient smell camphor.

### HEMORRHOIDS, OR PILES.

This is a disease which consists principally in the discharge of blood by the anus every four or six weeks, preceded by more or less indisposition, and followed by a feeling of great comfort. Many dangerous diseases are prevented by this complaint. Frequently the symptoms which precede the discharge are very troublesome. Sometimes the discharge stops entirely, or too little blood is passed; sometimes so much is discharged that it becomes dangerous; tumors are frequently formed in the anus, which become very painful, particularly when no blood is discharged. Sometimes the complaint effects other parts, when it has dangerous consequences. For all these symptoms medicine should be taken, and the manner of living be such as to prevent the disease from taking a more malignant character. The patient should not sit much, particularly not on very soft cushions, except where the tumors protrude, which makes it a great deal worse. He must avoid all ardent spirits, strong beer and coffee; drink much water, and take plenty of exercise.

The doctors of the old school, not knowing how to cure these piles, have thought it best to cut them off. This is not a very difficult operation, and every one can perform it who has the proper scissors; nor are the pains very acute—but it is very silly and irrational, and fre-

quently attended by dangerous consequences. Sometimes the bleeding can only be stopped by cauterizing, or creosote, which causes incurable ulcers. At all events, the cutting off of the tumors is of no other use than to suspend the pains for awhile, as the same tumors grow again immediately, only higher up in the rectum, where the pains are, of course, more violent, and where it is more difficult to cut them, in attempting which, the rectum is frequently incurably injured; if it is down they grow higher still, and then these operators are at a loss. The patient is in a worse condition than before, and they leave him to his fate. The homœopathic physicians, however, have medicines by which they cure these tumors without cutting at all; but the more frequently the patient has already been operated upon, the more difficult is it to cure him, for the disease has thereby become much more obstinate.

Washing with cold water, and injections of half a pint of cold water, once or twice a day, are good, when the piles do not bleed; when they bleed these means should not be resorted to, as they might suppress the discharge. When they bleed too copiously, the water may, perhaps, be applied, without, however, neglecting to take the prescribed medicines. Also, great care must be taken in giving the injections, the water must not be too cold, the point of the syringe must be of wood, not too thin, and terminate in a knob, being nearly as thick as the point of the little finger; before introducing it, it should be first covered with very sweet and fresh olive oil, or with beef or mutton suet; introduce it by screwing slowly, then press the piston, whilst you hold the syringe by the point, to prevent it entering further into the anus. When the tumors on the anus are so painful that noth-

ing can be introduced, apply a sponge which has been dipped into cold water. Moistening the tumors with saliva is very useful, but this must not be done immediately after meals, nor after smoking tobacco; persons who chew tobacco, or who have ulcers on the mouth, should not attempt it. When the tumors do not bleed at all, and are very painful, when a little while after applying cold water it always gets worse again, take a bucket with boiling water, or water in which wheat bran is boiled, and sit down upon it. Sometimes mucilaginous things are of use, particularly an emulsion of quinces, made of quince-seed soaked in water.

The medicines are, however, chiefly to be depended upon. When attended by much itching in the anus. See under "Itching in the anus." If they have caused colic, give the remedies recommended for colic, among which, the principal are Puls., Nux vom. and Col.

Puls. mostly for females, Nux vom. more frequently for persons who drink ardent spirits and are of a sedentary habit, Col. when the pains are very bad. Refer to "Determination of the blood to the Abdomen."

Acon. frequently gives relief when blood is discharged, and there is a pricking pain and pressure on the anus, the abdomen appears too full, with tension, pressure and griping; the small of the back, as if broken or bruised.

Nux vom., when there is a burning, pricking pain in the tumors, the symptoms resembling those mentioned under "Itching of the anus;" when much light colored blood is discharged after evacuation, or whilst there is an urging to evacuate; also, for constipation, and during pregnancy. If it does not suffice, give Ign., and afterwards when it returns again, Sulph.

Puls., when blood and mucus are discharged with the excrements, with violent pressure on the tumors; pains in the back, pale countenance, disposition to faint. If it does not suffice, Merc. viv., and afterwards Sulph. sometimes answers in these cases.

Caps. answers when the tumors are much swelled, the blood passes with burning pains, with the secretion of slimy blood, when there is a drawing pain in the back and in the small of the back, and cutting pains in the bowels.

Ign. answers for the deep-seated shooting pains, with itching and crawling, when much blood is discharged, or the rectum protrudes considerably during evacuation; or when after evacuation there is much soreness as from excoriation and contraction, particularly when accompanied by ineffectual straining to evacuate; or a discharge of blood and mucus.

Cham. answers when the blood flows freely, with contracting pains in the abdomen, frequent straining to evacuate; from time to time diarrhoea, particularly when it is biting and burning, with tearing in the small of the back, particularly during the night.

Ant. crud. is frequently of service when mucus is discharged from the anus, which stains the linen; in many cases it may be given alternately with Puls.; when this mucus causes a burning pain, Carb. veg. is still better, particularly when accompanied by bleeding of the nose, and great determination of the blood towards the head.

Carb. veg., when the discharge of blood causes a burning pain, and the patient is very weak; if it proves insufficient, give Ars., or if it gets worse again, give both alternately.

Sulph. is one of the principal remedies as well for bleeding as for blind piles; it answers particularly when there is constant ineffectual urging to evacuate, or after thin discharge mixed with blood; when there is a pain in the anus, as from excoriation with violent pricking, internally and externally; when the tumors burn, are moist, protrude considerably, and can scarcely be pressed back; with violent pricking pains in the back, and in the small of the back, stiffness in the small of the back, as if every thing were too short; also, when it smarts whilst making water.

To a person who has already taken much sulphur or Harlem oil, with which many patients ruin themselves, give first Merc. viv., and after, from five to six days, Sulph., morning and evening; but if he has taken much calomel and sulphur, let him take Lach. first, once or twice; and if it gets worse again, Merc. viv., and then Sulph., sometimes alternately with Sep.

Bell., when the blood flows, but with bad pain in the small of the back, as if it were breaking; if it proves insufficient give Hep., and if this does not effect a complete cure, four or five days later, Rhus. All these remedies ought only to be taken twice, in the evening and morning, or in the morning and evening.

When the discharge is too copious take Acon.; if this does not stop it, and it continues to flow like a hemorrhage, do not wait long but give Ipec.; and if this does not prove efficacious in ten minutes, give Sulph., and then again Acon.; if it does not yet stop, give Bell., and then Calc. When after any one of these medicines it abates somewhat, take nothing more. If it grows worse again, take the same medicine again, only when it loses its effect, take the next following once. If the patient

is already very weak, let him take Chin. once in the interval.

The above remedies are only for cases of exigency, though sometimes it will radically cure this tedious complaint; if not, apply to a homœopathic physician, and send him an exact description of all the symptoms.

### DIARRHŒA.

This complaint frequently arises from causes pointed out in the first part of this work—for instance, from sudden fright, from fear, from vexation, from taking cold, from heat, from a disordered stomach, after having been burned or scalded.

Most persons are to this day impressed with the erroneous idea that diarrhœa is a cleansing necessary for the recovery of the patient. It is true, that many diseases terminate in a diarrhœa; but many commence with it, and it always remains a morbid state of the natural functions. The false sensation of relief and weakness after purging or after artificial diarrhœa, is, by many persons considered as healthy and agreeable, merely because they have, of late, been in a different and opposite state of disease. Many also, consider the condition consequent upon drinking brandy or strong beer as healthy, because, when not in that condition, they feel worse, but, in reality, they are a great deal more ill. Persons who think that they cannot remain in good health without aperient medicines or artificial diarrhœa, should, when they feel constipated, try first the medicines pointed out under constipation, and they will find that they frequently cure without causing any diarrhœa. Persons who have a natural or artificial diarrhœa, however, ought not to stop it by artificial means, such as wine, brandy, and the like, but

should let it take its course, and use those medicines which will cure in a natural manner. Giving astringents is not always dangerous, but very frequently so, particularly when administered to children and aged persons, or to individuals who are suffering from another complaint.

When the consequences make their appearance, they are called dyspepsia, liver complaint, &c. The worst is, that all these consequences of suppressed diarrhœa cannot be so easily removed. To believe, however, that suppressed diarrhœa is dangerous, because it prevents the impurities from escaping, is also a mistaken idea. Suppressing a diarrhœa is only dangerous because it is changing one disease into another—and because we cannot know what that second disease will be; generally, it is a worse one. Most impurities exist only in imagination; as to the artificial production of such impurities, refer to what has been said under “Constipation.” If, however, there are real impurities in the body, they will be discharged much sooner with the natural secretion than during a diarrhœa, which, in fact, always leaves impurities behind, and which the natural secretion afterward has to carry off. When the secretion is costive and hard, nothing can remain in the intestines; a fact so evident that every one can understand it. The intestines are a tube, which is first narrow and widens gradually. It is not a hose, as attached to a fire engine, where it is necessary to apply pressure to one end, in order to force it out on the other; it is not a dead tube but a living one, which is in constant activity; this activity, when regular, leaves nothing behind—only when it is irregular, or when it ceases can this be the case. At the turn of a diarrhœa, but particularly after aperient medicines, this activity or

action is very irregular and hurried, and tries to rid the body of the poisonous purgatives—which, when accomplished, leaves the intestines, of course, very weak and relaxed. If the purgative were not a poison, it would not purge at all, for only such things as the body abhors and rejects can act as an aperient. The poisonous effects of these medicines becomes most evident when they remain in the body; for when the body has not the power to reject them, they show their whole force as a poison. Physicians will then tell you that it is the disease which produces these symptoms, but do not believe them—it is false. More persons die of magnesia and castor oil, and more children of rhubarb, than of arsenic, of which every one is afraid. With costive evacuations the activity of the intestines is greater, or the excrements could not be ejected—and, consequently, nothing can remain behind—for the hard excrements always fill the intestines completely, which is never the case in diarrhœa. When the action of the intestines stop, it is true, all remains stationary; but it can easily be excited again, as has been shown under “Constipation.” Doctors who dissect thousands of bodies, almost always find impurities with those who have had diarrhœa, but never with those who have been constipated.

When thin evacuations relieve a patient who is suffering from some complaint or other, wait awhile before you give medicine—and not unless it continues. Select from among the following remedies, according to the symptoms:

If children, whilst teething, have diarrhœa, do not interfere with it immediately, but wait a couple of days, if they do not complain otherwise. At the commencement of a diarrhœa, all acids, coffee, tea, and every thing salt

should be avoided; fruit, fresh or dried, eggs and chickens, also, are injurious; nothing but mucilaginous food ought to be taken—oatmeal, rice, homminy, &c. If the appetite is good, the patient may take mutton broth, thickened with either of the above grains; milk, fresh from the cow, is also good, if the patient is fond of it, but it ought not to be taken in too great quantities, lest it should aggravate the diarrhœa.

Ipec. when there is screaming, tossing, uneasiness, much saliva in the mouth, the abdomen distended—sometimes ineffectual straining, frequent small yellow stool, with pains in the rectum—or thin mucus, frothy, fermenting evacuations of a very bad smell; at the same time weakness, an inclination to lie down, drowsiness, a pale face, with blue circles around the eyes, coldness, irritability, a cross disposition. When Ipec. does not answer, or answers only partly, give Rheum; when the secretion smells sour, it is better to give the latter medicine immediately.

Cham. particularly for infants that cry and are uneasy, want to be carried constantly; or for older children, when they behave badly, cry as if out of their senses, and twist and bend double; when infants draw up their legs; when the belly is tight, hard—very frequent evacuations, which are mostly slimy or watery, or green and brown, or undigested, smelling like rotten eggs; at the same time rolling in the bowels, no appetite, thirst, the tongue loaded, frequent eructations and retching as if disposed to vomit. For grown persons in particular, when the secretion is green, watery, hot and offensive; a bitter taste in the mouth, bitter eructations, bilious vomiting, fullness of the pit of the stomach, griping and headache.

Puls. for diarrhœa with pap-like secretion, or liquid,

offensive, excoriating the anus—a burning pain, loathing, nausea, disagreeable eructations, griping, more frequently during the night. For pap-like diarrhœa only at midnight, preceded by pain in the bowels, which ceases after evacuation, give Rhus. Puls. is also useful in slimy diarrhœa, when every stool is of a different color; if they are very weakening, give Col., and if this causes disagreeable symptoms, give coffee without milk. If the slime is green, mixed with blood, and the evacuation succeeded by tenesmus, give Merc. viv.

Merc. viv. for frequent screaming and twisting, and writhing, with urging and ineffectual pressing—at the same time cold perspiration and trembling; the discharge green, watery and mucous, sometimes bilious, with some blood—at the same time great exhaustion—a sickly breath, as from fasting—no appetite, a disposition to vomit, and vomiting and diarrhœa at the same time; also for acrid diarrhœa, which causes a burning and itching sensation.

Sulph. for diarrhœa which is so acrid as to excoriate the parts around the anus, or to produce miliary eruptions; frequently accompanied by emaciation, or in children, by a hard, distended abdomen; when every cold causes fresh diarrhœa, even after the other remedies have been taken.

Ant. crud. for watery diarrhœa with disordered stomach, the tongue covered and white; but when, at the same time, the anus is excoriated, with spasmodic pains in the anus and back—when all food causes pressure in the stomach—when the eyes are very weak, and the face is pale, give Ferr.; if a watery diarrhœa has continued for a long time, and other remedies prove ineffectual, give Phosph. acid., and repeat it often.

Rheum for sour, thin, slimy, fermented diarrhœa, (compare with Ipec.,) common with children; they cry with pain in the bowels, and draw up the legs—saliva flows from the mouth, the face is pale, (if red, give Cham., and if this does not answer, Bell.;) sometimes the child smells sour, notwithstanding it has been washed; if, in that case, Rheum does not give relief, and the pains are very violent, give Cham., and if this does not suffice—if the pain abates but the weakness continues and the belly is distended, give Sulph.

Chin. not only for all diarrhœa of debilitated persons, but also in other cases—when, during the most violent pains, which are spasmodic, contracting and oppressive, a quantity of thin brownish matter is discharged, sometimes accompanied by burning pains in the anus, with great weakness in the abdomen, rolling, flatulency and eructations. Frequently when persons awake during the night with these spasmodic pains, it gives instant relief, and prevents diarrhœa.

Bry. often answers in the heat of summer, particularly after drinking cold water, and taking cold otherwise; or when the diarrhœa is caused by eating too much fruit; also when vexation produces diarrhœa, and Cham. has failed to cure it.

Dulc. for diarrhœa which appears after taking cold, particularly in summer—worse at night, frequent evacuations, more watery, attended by no great pain or by colic; if this does not give relief in six hours, give Bry., and repeat it after six, eight and twelve hours, once more. If attended with more weakness than pain—if it comes on after every meal, the food is passed undigested, Chin. generally gives relief; sometimes Bry. or Rheum—to which refer; when attended with great weakness, and

pain in the bowels, give *Ars.*, and if this does not soon give relief, *Nux vom.* For undigested secretion, *Ferr.* is frequently useful; sometimes to be given alternately with *Chin.* or *Calc.*, sometimes *Merc. viv.* For great weakness with diarrhœa, mostly *Ipec.*, *Verat.* or *Ars.*; for diarrhœa without any pain, *Ferr.* is best. When diarrhœa and constipation come on alternately, as is frequently the case with aged people, *Ant. crud.* answers best.

For diarrhœa with females in the family way, and when confined, refer to "Diseases of Women;" and for diarrhœa with children during summer, to "Summer Complaint," among "Diseases of Children."

### D Y S E N T E R Y.

When the secretion contains little or no fæces, beside the remedies here given, refer, also, to those under "Diarrhœa."

Give *Merc. viv.* when there is an urgent desire to evacuate, as if the intestines were being pressed out; after much pressing, a discharge of light blood, and after the evacuation more tenesmus than before; with children accompanied with crying and screaming; infants refuse to take the breast.

*Acon.*, with tearing in the limbs, head, neck and shoulders; if a couple of doses do not suffice, give *Cham.*; in many cases, *Puls.*, when slime is mostly discharged streaked with blood, or *Rhus*, which see under "Diarrhœa." *Acon.* also answers when dysentery makes its appearance—when the days are excessively hot and the nights cold, with violent chills, much heat and thirst; if it does not suffice, see what has been said under *Bry.*, *Nux vom.*, or *Merc. viv.*, which answer frequently.

Chin. when dysentery affects many persons at once in a marshy region, or when canals are being dug, particularly when the complaint is worse every second day.

Merc. s. is the chief medicine in dysentery during the autumn, particularly after Acon., when attended by much tenesmus and colic, where in the beginning much bile is discharged, and afterward blood and mucus; if better after the first dose, and worse afterward, repeat it; if it gives no relief, refer to the other remedies, particularly to what has been said here of colic and diarrhœa, under the head of Col.

Col. for a bad pain in the bowels, as if the intestines were pressed between two stones; the patient is writhing, very uneasy, the discharge is slimy, sometimes mixed with blood, the abdomen much distended, sometimes it is like a drum; a pressure as if the belly were full, shuddering of the abdomen, which passes over the whole body; the tongue is loaded with a white mucus. Refer to what was said of Colic under Col.

Sulph. should be given in all cases where the other remedies gave relief, but did not effect a complete cure.

Ars. when the evacuations have a putrid smell, when they pass involuntarily, when the urine becomes offensive, the patient loses his strength, becoming quite indifferent, as if stunned, with a bad smell from the mouth; when here and there red spots appear; when at the same time the health is very poor, or when he complains of burning; when Ars. proves ineffective, after one or two doses, give Carb. veg. If Ars. made it worse, give Nux vom. When after Carb. veg. the putrid smell remains, give Chin.; and afterwards again, Carb. veg.; sometimes after Ars., Phosph. is the best recommended.

## CONSTIPATION.

The first observation we have to make on this complaint, and which many will consider problematical, is, that every one whose bowels are constipated, may congratulate himself that he has no worse complaint. Whoever has paid attention to the subject, must be aware that nearly all persons who are disposed to costiveness grow very old, and remain strong to their death, if they do not commit suicide by taking aperient medicine. Those, on the contrary, who are subject to diarrhœa, are soon debilitated and seldom grow old. No diarrhœa can appear where there is not some poisonous, noxious matter in the body, while much perspiration and the eating of animal food frequently causes constipation. Respecting the idea of impurities remaining in the body, see what was said under "Diarrhœa." The very popular opinion that purging contributes to health, not only when the body suffers from sickness, but also from time to time in a healthy state, that the impurities are driven out of the body, is entirely erroneous and without foundation. This is nothing but a desire of doctors and apothecaries to sell their drugs, but they have repeated it so often during thousands of years that they have long ago believed it themselves; it is a traditionary part of the creed of half the world, and no one dares to doubt it. Many physicians have spread and encouraged this idea, because their whole art consists in bleeding, purging, and giving emetics. This creed is the pivot upon which the whole of the old system turns, and it is the bait to catch credulous patients with; for where they speak of these things with proper solemnity, every heart and every purse opens, and persons who are actually in good

health feel a real longing to be properly scrubbed and cleaned inside.

Every one who will make the following experiment upon a horse, or upon himself, will be convinced that our opposition to purging is well founded. Let an individual take aperient medicines for a week, and however healthy he may have been he will find that at the termination of this period he will discharge the most abominable things imaginable, particularly after jalap and calomel. As this happens to every one, both to man and beast, to those who have never been ill it is a proof that these things have been artificially produced by these drugs. Frequently we are able to judge from the nature of the secretion, what medicine had been administered. After salts, the evacuation always smells like rotten eggs; after drastic gums, they are thin and watery; after magnesia and rhubarb, generally sour, &c. When we inquire into the cause of this purging, we find that all poisonous substances have a similar effect, and that for this reason we may class the purgatives with propriety among the poisons. Some look upon them as a real godsend, and imagine that they have been created for this very purpose; but do they think, also, that the rattlesnake and the tiger are created to devour us? But if we admit that they are intended to be used as medicines, it is no reason that when we see them produced in great quantities, we should take so much of them. Virulent poisons, although given but in small portions, produce vomiting and purging, or destroy the stomach; the less virulent poisons are called purgatives, merely because they do not kill immediately, but are generally rejected by nature.

Persons suffering from constipation, who wish to be

relieved from time to time, or who have other complaints besides, should take the remedies here prescribed. Their manner of living ought to be properly regulated, they should not eat too much meat, not three times a day, and not too many salted things, should masticate their food properly, should cut every thing into small pieces on their plate, and always eat a sufficient quantity of vegetables, fruit and bread with their meat; use much soup and drink no tea; they should refrain from spirituous liquors, and rather drink sour milk or buttermilk, which many persons despise, but which is, notwithstanding, the most wholesome production from the cow, both for children and grown persons; they should always eat fruit at dinner, the best dried, or good ripe apples; instead of butter and cheese, they should use preserved apples or apple sauce; they should not chew or smoke before meals, or should give up chewing altogether, which is too filthy a habit, and affects the saliva; finally, they should not neglect drinking a glass of water before going to bed.

Among the domestic medicines nothing can be recommended except from time to time an injection. Many are foolishly afraid of them, for fear of habituating themselves to it; but this is impossible when the other remedies are taken at the same time. The injections ought to consist of nothing but water, and not to be given frequently. To accustom oneself to purgatives is infinitely worse. The leather injection tubes, which are sold at Rademacher's Homœop. Medicine-Store in Philadelphia, are preferable to the syringes. They should be filled with water, before being introduced, and the water be allowed to enter by its own gravity, by lifting up the open end.

For other precautions in giving injections, refer to "Piles."

Injections, it is true, only relieve the patient for awhile, but in the mean time the cause may be removed by medicine, and the disease be cured. Persons who have suffered a long time from constipation, which constantly returns, may sometimes be cured entirely by injections. For this purpose, take the water as cold as it comes from the spring, about half a pint, or a coffee cup full at a time, before going to bed in the evening. The injection should, if possible, be retained. Persons who continue this treatment for a week or two, frequently become quite regular in their bowels, if at the same time they live rationally. Persons suffering from piles must not have recourse to this remedy.

Those who have no tube or syringe should take a pig's bladder, introduce a cork into the natural opening, tie it and bore a hole through it with a red hot nail, and through this hole fill the bladder with water; put it into a small tube, around which some oakum has been wrapped, or a cigar-holder, or the end of a quill, of which the top has been cut off, then press all the air out of the bladder, and introduce the tube into the anus; gently press the bladder until a little more than half the water has been discharged. All other injections and all mixtures are injurious, except fresh boiled milk, which sometimes is preferable for children.

Another good remedy is plenty of exercise, walking, and particularly up hill, without getting into a perspiration. Persons who are costive should go regularly to the necessary, best in the morning before breakfast.

Nux vom. answers for persons of sedentary habits, and those accustomed to drinking ardent spirits, after eating

many different things at once, after a surfeit, or when the constipation was preceded by a diarrhœa, or for suppressed diarrhœa, with want of appetite, disagreeable taste, the tongue loaded with mucus, loathing sickness of the stomach, lightness of the abdomen, pressure and heat, heat and pricking pains here and there, a feeling as from a burthen, cutting pain in the lower part of the abdomen, heat particularly in the face, pain in the head, disinclination to work, uneasy sleep, oppressed breathing, crossness and frequent complaining. When accompanied by moroseness, taciturnity, after eating a great many cakes, rancid butter, &c., give Puls.; when at the same time cross and cold, give Bry.

Bry. particularly in summer, with those who also suffer from rheumatism give a dose in the morning, and one in the evening, and await the result for a couple of days.

Op. when there is an inclination to evacuate, but the anus appears closed; there is no regular pressure; sometimes a sensation as if there were a load in the abdomen, throbbing in the abdomen, a pressure on the stomach, a dry mouth, thirst, no appetite. It may be given several times every three or six hours.

Lycop. is one of the most efficacious remedies in tedious constipation, especially when there is an ineffectual inclination to have a passage, with great difficulty to evacuate, accompanied by a great deal of rumbling in the bowels and distention of the same.

Plat. When, with much straining, only small pieces are discharged, tenesmus and itching in the anus, after evacuation a shuddering over the whole body, and a feeling of weakness in the abdomen, besides contraction, pressure downward, oppression on the stomach, with ineffectual efforts to eructate.

Lach. for tedious costiveness, with the same oppression on the stomach, and ineffectual eructation.

Merc. viv., when accompanied by a disagreeable taste in the mouth, when the gums begin to pain, the appetite not affected, if Merc. viv. does not suffice give Staph.

Natr. mur. is of service in tedious cases, where every other remedy has failed, where there is no disposition whatever to evacuate; when there is frequent disposition to go to stool, with tenesmus, give Sulph.

### URINARY COMPLAINTS.

Urinary complaints, or painful, difficult and obstructed passing of water. Sometimes other complaints are the cause of this malady, sometimes venereal diseases, sometimes a tedious complaint of the kidneys, of the bladder, to which every one is liable. In these two cases you should consult a homœopathic physician, but the most violent symptoms which appear in the beginning may be alleviated by these remedies; they will, at least, prevent a worse disease, which is generally produced by taking medicine in large doses. If the symptoms are not the result of the above mentioned causes there is no difficulty in removing them.

This secretion of urine is so very important, that there is more danger when a day passes without making water, than a whole week without having a stool. Many diseases are also caused by not attending properly to the discharge of this secretion. No consideration in the world ought to prevent us from doing it as soon as we feel the inclination. Persons who are travelling in stages should make it a rule to attend to it as soon as the conveyance stops, even if they should neglect drinking on account of it. It is inconceivable how persons of sense can, for the

sake of a procession, company, &c., expose themselves to so much danger, when it is well known that many persons have died a most painful death, because, from false delicacy, they once deferred the performance of this act too long.

Going to stool may, without danger, be deferred five, twelve, nay, even twenty-four hours, but the making of water not an hour.

The second rule is not to do it in a place where there is any draught;—persons subject to urinary complaints ought to be careful on this head.

The third rule is to take sufficient time, neither press in order to discharge the urine too rapidly, nor stop until the last drop is discharged from the bladder. It ought to be considered that the little time which is thus saved will be lost tenfold by being confined to a sick bed.

The fourth rule is to drink a great deal of water, particularly when you perceive that the quantity of urine discharged diminishes. Nor ought infants to be forgotten under the erroneous impression that they cannot yet bear to drink cold water.

When the quantity of urine discharged diminishes gradually, it may be an indication of a disease which will quickly become dangerous. Under these circumstances, it is advisable to bathe the feet every day in tepid water, to take regularly much cold water, sometimes buttermilk, and by no means to have recourse to diuretics, particularly to gin. When there is an ineffectual inclination to discharge the urine, diuretics can also become dangerous, as there are frequently some obstacles which prevent the discharge, and the more the medicines increase this inclination, the greater will be the pain. It is much better to try the remedies

recommended below, as they frequently remove the obstruction. The application of cloths dipped in warm water is sometimes useful. It is true, there are many domestic medicines, herbs, for instance, which sometimes give relief, but they frequently aggravate the evil. When there are only pains when making water, burning, &c., take mucilaginous food, such as gruel, and eat nothing salt or sour.

The common cases, where there is a painful inclination to make water with a very trifling discharge, sometimes only single drops passing with great pain, the urine being quite red, dark and muddy, may generally be cured by Acon., particularly when they occur with females and children; as often as it becomes worse give another globule.

The remedy next in importance is Puls., particularly when the pain is worst in the region of the bladder, immediately over the bones, at the bottom of the abdomen, the pain is oppressive and cutting, or the part becomes hot and red.

Frequently a blow, kick or fall on the back or on the bladder, produces these symptoms; if so, give Arn., sometimes alternately with Acon.

Frequent desire to make water, but trifling discharge, accompanied by pain, the urine being of a dark red; at the same time, pains in the back, under the ribs, generally only on one side, on which the patient cannot lie; sometimes with pain in the bladder, and fever and thirst; at other times, the testicle of the affected side is drawn up, or the thigh of that side feels dead.

When blisters have been applied, or cantharides (Spanish flies) have been maliciously administered inwardly,

the smelling of camphor, or shaking some of it in water, and giving a few spoonfuls of the water, is recommended. The same treatment answers sometimes when caused by other poisons. In all other cases, give first Acon. and afterwards Nux vom.; if it is occasioned by suppressed or checked piles, particularly when there is much tension in the back, between the ribs and hip-bones, with burning pain and pressure; Puls. may be given in similar cases, particularly when caused by suppressed or too tardy and insufficient menstruation; Bell. is better when the pain is more pricking—goes from the back to the bladder, is at times much worse, with much agitation and uneasiness, colic—when this affords only temporary relief, give Hep.

For very great desire to make water, the stream of water being very small, when the patient perspires easily, give Merc. viv., particularly when the urine is dark-red, soon turns muddy, and smells offensive. When the urine is acrid, excoriating, or when followed by a small quantity of blood, give it alternately with Hep. When the urine becomes sticky and gelatinous, Col. may also be given.

When, with constant violent urging to make water, and pains in the bladder, the region of the bladder is swelled and pains when touched; when the pains are worse while voiding urine, which is sometimes bloody, or contains little lumps of blood, give, of Acon., several doses, unless poison be the cause, in which case, administer camphor first, afterwards Acon., Nux vom., or Puls., which have already been mentioned, does good, sometimes Hyosc.

When neither urine nor fœces are secreted, an occurrence not unfrequent with children, when the mother gives them the breast immediately after anger or fright. The abdomen of the child is distended at the same time,

and aperient medicines are useless; in this case *Acon.* sometimes proves useful; when the danger is greatest, it should be given every half hour till an improvement takes place. If *Acon.* should not make a favorable change after 2 or 3 hours, dissolve a few globules of *Bry.* in a wine-glass of water and give two or three times a teaspoonfull at intervals of two hours; at the same time prepare a warm bath and put the patient into it, up to the navel and let him remain in it from three to five minutes.

In retention of urine, where the water does not pass at all, or only in a thin stream and slowly, with a burning sensation in the urethra, and a burning heat in the belly, camphor sometimes gives relief, but it must not be taken in large doses, merely smell it, or take from time to time a teaspoonful of water in which camphor has been shaken. Should camphor not have the desired effect, give twice a few globules of *Puls.* at intervals of 4 hours and, if necessary afterwards a few globules of *Arn.*, once or twice.

When a person has suffered from piles, when, as usual, they have been improperly treated, have been cut, &c., he may be affected by urinary complaints, which it is very difficult to cure—the pain and scalding become very violent, especially when the urine only passes by drops; sometimes blood is discharged with the urine which somewhat alleviates the pains. In case warm injections are very useful, *Acon.* or *Merc. viv.* mitigates the complaint, in particular *Sulph.*, and afterward when the pain is very bad, *Acon.* again; *Nux vom.* too, will sometimes relieve the pain, principally, when partially caused by spirituous liquors, or when these aggravate the evil. When the least cold makes it worse, *Dulc.* will

sometimes give temporary relief. When from time to time, small, hard lumps of blood are discharged with the urine, give Calc. in two doses after having administered Sulph. When the burning returns and becomes very bad, try Carb. v. and Ars. A perfect cure can only be expected, from a regular treatment by a homœopathic physician.

#### DISCHARGE OF BLOOD FROM THE URETHRA.

The *discharge of blood from the urethra* is frequently connected with other diseases, and is cured by the above mentioned remedies; if violence was the cause, give Acon.; if spirituous liquors, Nux vom.; if dissipation, Chin.; when blood and semen are discharged when asleep, Merc. viv.; if it returns, Hep. For a burning pain at the extremity of the urethra, when the scrotum and penis are spasmodically drawn up, spasmodic pains in the thighs and knees, up to the the lateral regions of the abdomen, a contracting and cutting pain in the small of the back, extending to the navel, give Puls.

#### DISCHARGE FROM THE URETHRA.

This disease varies much; sometimes it is very trifling, at others of a most dangerous character; sometimes it is produced in the husband by a common leucorrhœa in the wife. We shall here give directions how the more violent kinds can be mitigated, and the milder ones can be cured, that every one may, as much as possible, be preserved from the horrid treatment to which he exposes himself when applying to a common physician—or from the danger which he incurs by trying to cure himself with the common remedies. By improper treatment I have frequently seen an insignificant disease changed to a tedious, painful, and sometimes incurable malady;

and every one ought to be acquainted with the horrible consequences of suppressing such a complaint—the result of infection by strong remedies.

The patient should be as strict in his diet as in urinary complaints—should alleviate the pains by injections into the anus, not into the urethra, these latter generally proving injurious; the penis may be bathed in warm olive oil, or be wrapped in rags which have been dipped in good fresh olive oil. The common remedies, balsam copaiva and cubebs, frequently do much injury, but do not cure, merely because they are given in too great quantities. The patient may, after infection, spread the size of a pea of balsam of copaiva on the sole of the foot, and draw his stocking over it; or when attended with too much inclination to make water, a few leaves of parsley may be placed on the sole of the foot; in tedious cases, a teaspoonful of cubebs. To swallow these things is foolish, for the quantity can never effect a cure; and if it does check the discharge, the balsam copaiva generally produces diseases of the lungs, and the cubebs diseases of the stomach; besides, the effect from the sole of the foot on the parts affected, is much more rapid than through the stomach.

If this does not cure it, or when nothing has been applied, a couple of globules of Acon. will generally relieve the most violent pains—after which Merc. viv., if required, may be given for two or three successive mornings; when the pain has subsided, Sulph. generally removes the remaining symptoms in from eight to ten days.

For very violent burning pain, with a purulent discharge of a greenish color, give Merc. viv.; if the discharge is white, resembling rich milk, particularly when

the voiding of urine is accompanied by a scalding pain, and when at other times there is a cutting and pricking pain, give Caps.; when the pain is more drawing and pressing, contracting, with difficulty of voiding urine, give Puls.; in tedious cases, Nux vom. frequently removes the remaining symptoms; sometimes when the discharge continues to resemble milk, Ferr. In tedious cases give Sep. and Natr. mur. alternately every week once. When caused by an acrid leucorrhœa in the wife, without any venereal infection, give Natr. mur.; it must be taken in the evening and morning, by both man and wife, and the medicine be allowed to operate for a couple of weeks.

#### DISEASE OF THE PENIS.

For swelling, redness, pains in the prepuce, when caused by external injury, such as friction, pressure, &c., give first Acon., after some hours Arn., and if it improves in consequence, as often as it gets worse again, these two alternately; if Arn. does not produce any effect, give Rhus twice; if want of cleanliness is the cause, give Acon., and some hours after, Merc. viv. Small children sometimes are subject to this complaint; to these give the same medicines. If the patient has touched poisonous plants, and has afterward put his hands to these parts, give Bry. or Bell.; sometimes it is better to give these alternately with Acon. If the symptoms have been produced by the plant called Poison vine, give alternately, Hep. s. c. and Bell., every three or four hours a dose. When purulent matter is discharged from the urethra, give Merc. viv., and if this does not alleviate the scalding sensation, Caps.; if after several days there still remains some discharge, give Hep.; if parts of the skin remain

indurated, give Lach. twice; if it is very bad, and bluish spots appear, give Ars. once or twice. To small children give Calc. a couple of times when Acon. and Merc. viv. do not suffice.

*Testicles swelled, painful*, after a blow, with fall, &c., give Acon. and Arn.; after suppressed gonorrhœa, Puls., and sometimes, also, Merc. viv.; after mumps, refer to this disease; when attended by a squeezing, jamming, straining pain, with violent shooting pains toward the abdomen, give Spong.; when the pain is more oppressive, and the shooting pains are more scalding, give Staph.; when caused by the abominable use of calomel, give the remedies prescribed under "Poisoning." If it continues for any time, take Sulph., and consult a homœopathic physician as soon as possible.

#### H E R N I A.

This complaint may, in most cases, be cured by internal remedies, when it has not been neglected too long; the physicians of the old school deny this—and they are perfectly correct when they speak of their own medicines. Trusses have been greatly improved in this country, but there are too many speculators who try to sell a bad article. A good truss is of great importance, for a bad one may do great injury; if it does not fit exactly, or if it slips, it may make the rupture incurable. A good truss ought not to be troublesome, only in the beginning it may feel rather uncomfortable; it must not be applied until the hernia has been entirely reduced, when the truss ought to keep it in its position. If the patient perceives, afterward, that something protrudes, let him take it off, lie down upon his back, reduce the hernia again, and replace the truss. When the hernia protrudes fre-

quently, the truss is good for nothing. Every one who does not wear a truss, or who wears a bad one—who exerts himself too much, or is otherwise imprudent, exposes himself to the danger of having carcerated or strangulated hernia, with inflammation. It is also of great importance to know how a hernia ought to be reduced.

Every one who feels that a rupture protrudes for the first time, or later, should lie down on his back and place a couple of pillows, or something else under the bottom, so that the ruptured part may be higher than the rest of the abdomen—he should then incline a little to the side on which the rupture appears, in such a manner as to leave the abdomen without any tension. Another person can reduce the hernia better, but many can do it themselves; it is done by pressing the left hand softly against the part which protrudes, as if for the purpose of grasping it; after this, press the fingers of the right hand on the top, and then rub it softly, by passing the fingers over it; place the flat of the hand from time to time on it, and press gradually stronger; continue patiently for half an hour or longer, when the hernia is considerable. The worse strangulated hernia can generally be reduced with facility, after having taken the proper remedies, particularly Acon. or Nux vom. When the hernia cannot bear pressure, medicine must first be taken to remove the irritability—after which it frequently retreats of itself. In many cases, the placing of a rag dipped in warm water upon the part, produces the reduction. Many persons have applied cold water or ice in a calf's bladder, but this should not be kept on long, and should not be used at all when the parts are hot and red.

For violent burning pains in the belly, as from red-hot coals, the least touch giving pain, with sickness of the

stomach, bitter bilious vomiting, agitation and cold perspiration, give Acon., which may be repeated when worse again. In case Acon. only alleviates the symptoms for a short while, without any other good effect, dissolve a few globules of Veratr. in a wine-glass full of water and give every two hours a teaspoonfull, but not oftener than three times. If the reducing should not succeed, then give Sulph.; if the vomiting is sour instead of bitter, give Sulph. immediately; leave the patient alone, and if he falls asleep do not disturb him.

When the pain is less violent when the parts are touched, and the vomiting less, but breathing attended by much difficulty; when taking cold, or overheating, vexation or improper diet was the cause, Nux vom.; if there is no improvement in two hours, give it again; when the patient becomes red in the face, when the abdomen is distended, or when bad smelling eructation and vomiting appears, give Op. every quarter of an hour until it alters; if the vomiting is accompanied by cold sweat, or if the extremities become cold, give Verat.; and if it does not improve after giving it twice, give Bell. As soon as the abdomen becomes sore, and pains when touched, give Acon. and Sulph., as above. When the place of the rupture has already assumed a bad appearance—when the symptoms are very visible, and no physician can be had, give Lach., and if this gives relief, repeat it as often as it gets worse again; if, after a couple of hours, there is no improvement, give Ars, a few globules dissolved in six or eight teaspoonsfull of water, every four hours a teaspoonfull.

In all cases of strangulated hernia, a physician should immediately be send for, but the above remedies must be taken in the mean while; if they prove efficacious

before he arrives, so much the better; if not, the doctor may perform what is necessary, which he will find much easier, as thousands of experiments have proved. If he asserts that the effect of the medicine has been injurious, and that he cannot now succeed as well as he might have done if the medicine had not been given, he tells you a falsehood, and means to impose upon you, and you may treat him accordingly.

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The following table, will facilitate the selection of a remedy and for its use we refer the reader to the remarks page 156.





## CHAPTER XI.

## D I S E A S E S O F W O M E N.

**A. Before Pregnancy.**

## MENSTRUATION.

Menstruation is often delayed beyond the period at which we have reason to expect it in healthy females, or when it does appear, is frequently preceded by much suffering, and followed by hysterics and other complaints. These complaints are generally produced by diseases which existed before, and can only be cured by the continued attendance of a homœopathic physician. Affections of this class frequently find their origin and support in the mode of living; we can often trace them to insufficiency of clothing, which, especially in a climate like ours, is very injurious: many of the attendant complaints arise from other causes which medicine alone can remove.

## a) TARDY MENSTRUATION.

When menstruation is tardy, weak, or too late, beware of all medicines which pretend to induce the discharge; numbers of females have ruined their health forever by using such medicines. The remedies which follow can be administered without injury; if they fail to effect their object, apply to a homœopathic physician.

Begin the treatment with Puls.; if there is no improvement in the course of a week, give Sulph.; and two or three weeks after, repeat the Puls. Coccul., given once

or twice a week, will prove beneficial when the patient suffers from complicated nervous affections, and when the discharges are unimportant and the blood black.

Verat. may be given twice when, besides other symptoms, the patient has cold feet and hands. Bry. will be beneficial two mornings in succession, when, instead of menstruation, bleeding of the nose appears; should this not answer, give Lach. two or three times, and if this proves ineffectual, Lycop. may be successful.

If menstruation has been checked by fright, vexation, or taking cold, the proper remedies are found under their respective heads; in this case Lycop. is recommended.

Cocc. is of service when, instead of menstruation, the lower part of the abdomen is affected with spasms and the chest with pressure; also in cases where appear oppressive agitation, sighing, groaning, and great weakness, so that the patient can hardly speak.

Cupr. is to be given when the spasms are inclined to rise, causing vomiting; or when attended with screaming, and spasms in the extremities.

#### b) TOO COPIOUS MENSTRUATION.

When menstruation is too copious, and returns before the twenty-eighth day; when it lasts longer than four days, stops and returns, allow no coffee, wine, cider or brandy; no mince pies, or anything stimulating, for several months, and give Nux vom.

Cham. will prove beneficial if the discharge is dark and clotty, accompanied by pain, and dull griping passing from the small of the back, towards the abdomen; to which symptoms may be added thirst, coldness of the extremities and fainting.

Ign. is serviceable if the discharge continues too long, and the next period is attended with hysterics, yawning and contraction. In such a case Ign. should be given on the fourth day of menstruation, repeated in a week or a fortnight, and taken again on the third day of the next period: should the first dose make no impression whatever, or at best a temporary one, we must attribute it either to the manner of living, or to some other disease. Under such circumstances give Sulph. a few days after menstruation, and repeat the dose some days before the next period. Should there be no change at the following term, give Calc. two mornings in succession.

c) HYSTERICIS DURING MENSTRUATION.

Hysterics during menstruation are frequently confined to spasms in the abdomen, or begin with jerkings in the extremities; the patient is agitated, has twistings of the limbs, screams, throws herself on the floor, and is covered with a cold perspiration produced by the agitation. All these symptoms are easily removed by Coff.

Puls. will give relief, if the patient has been in the habit of drinking coffee daily, is very chilly, and inclined to weep, being worse in the evening. Cocc. and Cupr., the remedies recommended for spasms, which appear instead of menstruation sometimes prove beneficial.

Ign. will produce the desired effect if there are nausea and fainting, general chilliness, paleness of the face, and failing of the sight; or when the eyes are too sensitive to the light, and the patient cannot bear the least noise; the body is heated, the abdomen distended and hard, and the pains are of a rooting, winding nature, attended with pressure and drawing.

## d) COLIC DURING MENSTRUATION.

Cham. may be given if the pains resemble labor-pains, with pressure from the small of the back towards the front of the abdomen and downwards.

Puls. will remove a heaviness resembling a stone in the abdomen, with violent pressure in the lower part, and in the small of the back, attended with a drawing down of the thighs, the latter experiencing the sensation commonly known as "sleeping," when the patient is in a sitting posture; these feelings are also accompanied by a painful pressure of the rectum, as from straining to evacuate, and pain in the small of the back.

Bell. suits cases where the symptoms resemble those described under Puls., with an additional feeling of a bearing down, as if the walls of the abdomen would give way and the parts escape.

Nux vom. relieves the writhing in the abdomen when accompanied with nausea and rooting pains like those which are felt after dislocation, pricking and spasms in the lap or on the bone about the private parts, as if bruised, with paroxysms of pressing and drawing pains; crowding in the bladder, and sensation of extension in the bowels as if they would burst.

Coff. proves beneficial for the symptoms described under Nux vom. and feelings of fullness and pressure in the bowels with violent spasms which extend to the chest; the patients are delirious, wring their hands, grind their teeth, scream fearfully, become cold over the whole body, grow numb and stiff, and groan and breathe with difficulty. —

## e) TOOTHACHE &amp;c. DURING MENSTRUATION.

Such affections as "*Toothache, Pain in the back, &c.*," which sometimes accompany menstruation, are treated under their respective chapter.

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## **B. Conduct during Pregnancy.**

The woman, whose happy lot it is to bear within herself a living being, occupies a position of the highest interest.

During this period, therefore, she should consider that her most trifling actions may exert a great influence on the future physical, and we may add, moral and intellectual condition of a being bound to her by the fondest ties, of a being that has a right to expect from its parent, so far as it lies in her power, a sound constitution. Therefore, to realize such an object, it is the duty of the mother to pay all possible attention to her *diet, exercise and dress.*

### 1. D I E T.

With regard to diet she should observe the greatest simplicity, and abstain from all stimulating food, as well as too great a quantity of nourishment of any kind. Let every thing she does take be nutritious and easy of digestion. The air she inhales should be pure, and therefore, if possible, she will select a large well aired bedroom.

### 2. E X E R C I S E.

With regard to exercise, here let us say, that it is indispensably necessary during the term of pregnancy. Passive exercise, such as riding in a carriage, has often been found injurious during, or towards the end of the

second period of gestation, and has consequently been the cause of abnormal births.

The most desirable exercise is walking in the open air; for this not only brings the muscles of locomotion, but the whole of the organic muscles into play, and by so doing imparts the increasing vigor of the mother to the child. Such exercise must not, however, interfere with the process of digestion, and is therefore most suitable two or three hours after a moderate meal at noon, and during warm weather, towards evening; care being taken to avoid the dampness of the night air by returning home early.

### 3. DRESS.

The third subject to be brought into consideration is dress. This should be strictly suited to the season and not produce the least pressure on any part of the body; even the garters should be worn loose. It must be evident to the plainest understanding, that serious injury to the health of both mother and child, must often result from a continual and forcible compression of the abdomen while nature is at work in gradually enlarging it for the accommodation and development of the fœtus; and the result is, no doubt, that there are many who owe their deformities to the vanity of their mothers.

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### C. *Disturbed functions during Pregnancy.*

Although the state of pregnancy is one perfectly natural and perfectly healthy, yet in consequence of the existence of constitutions disordered by the excessive use of medicines prescribed under the old system, and from numerous

other causes, it often happens that this condition is attended by many deviations from health which it may be well to notice, together with the best means for removing them.

Some of the first symptoms which make their appearance, are:

### 1. MORNING SICKNESS, NAUSEA, &c.

which generally continue until the sixteenth week; they can however be removed by

Ipec., if the above symptoms are accompanied with a relaxation of the bowels.—Nux vom. if there is constipation, with irritability of the symptoms.—Natr. mur. in more obstinate cases without reference to the intestines—Ars. if there is excessive vomiting after eating or drinking, with attacks of fainting, great weakness, and emaciation.—Magnesia and Phosph. if there are symptoms similar to those mentioned after Arsenic.

### 2. CONSTIPATION.

Constipation is generally more or less an attendant upon pregnancy, and active exercise may relieve it, if it does not arise from a mechanical cause. If this does not give any relief Bry. may be given, or any other remedy mentioned under Constipation.—

### 3. DIARRHŒA.

Diarrhœa is very injurious to women during pregnancy and means should be immediately taken to suppress it. Those which are most beneficial are Lyc., Sep., and Sulphur.

### 4. FAINTING AND HYSTERIC FITS.

For these affections see what has been said under "Hysterics during menstruation."—

## 5. TOOTHACHE.

The remedies best calculated to remove this complaint in all its various forms will be found under Chapter VII. Part Second.

## 6. VARICOSE VEINS.

Females who are in the family way, mostly experience a distention of the veins in the thigh and other parts.

The enlarged veins lie in general near the surface and assume a reddish or bluish hue, not unfrequently a lead color, become larger when the patient is standing, or when the limb is hanging, and the swelling decreases on lying down.

It is not painful, but continues to increase and may ultimately burst, in which case a large quantity of blood would unnecessarily be lost.—It is well to bind a broad ribbon moderately tight around the limb, or a sort of hose which can be laced like stags, on one side. The application of such an article is however not always practicable, and whenever it is we are obliged to give at the same time other remedies; such are Arn. and Puls. alternately every weak, and advise the patient not to stand too much as well as to exercise care in the selection of light food.

## 7. MISCARRIAGE (ABORTUS).

Premature loss of the foetus may frequently be prevented; in some cases even though blood has already been discharged and labor pains have commenced; or if this is not possible, the sufferings of the patient may be much mitigated and the evil consequences be partially avoided.—All depends on the cause—sometimes it is an obstinate disease. The medicines of the physicians of

the common school generally aggravate the evil, because they are properly speaking in possession of no remedy for such cases.

When pains which bear heavily down or real labor pains make their appearance, when some blood or at least mucus is discharged, try to learn the cause. If it is a blow, over-lifting, or over-reaching, a fall or any other violent concussion, give Arn.

When emotions of the mind are the cause, refer to these: Cham. suits best for violent pains in the bowels, from the small of the back around both sides towards the middle, with a feeling resembling an inclination to go to stool, or to make water; these pains come on periodically like labor-pains, and are followed by a discharge of blood or coagulated clots.

Hyosc. for spasms with jerking and thumping, followed by stiffness of the whole body, without consciousness; at the same time a discharge of light, red blood—worse during the night.—

Bell. answers for pains pressing with violence, accompanied with tension in the whole of the abdomen, particularly when far down, with a feeling of general contraction or distension, or at the same time a bearing down as if all of the intestines were about to fall, accompanied with pain in the small of the back as if it would break.

Ipec. for constant, tedious constipation, and for the same spasms mentioned under Hyosc. but without loss of consciousness; cutting pain around the navel, and the discharge of blood attended with pressure on the genitals.

Plat. and Chin. are sometimes useful in a case similar to that mentioned under Ipec.

Nux vom. or Bry. when attended with constant, tedious constipation.

## 8. MENORRHAGIA OR FLOODING.

Menorrhagia, or Flooding, particularly during pregnancy, or at the delivery.

Not only the common domestic remedies but also those ordinarily described by a physician, do more harm than good, even when they give relief for a period; cold water, for instance, frequently induces inflammation, particularly after the birth of the child, and is consequently, very dangerous; rubbing with ether causes nervous affections; alum produces induration, and other bad complaints. The introducing of different things is generally only useful to hide the blood, which continues to flow upwards.

When an accident of this kind occurs, the woman should lie down quietly, should move as little as possible, her mind be kept free from care, and the greatest quietness be preserved in the room and in the house. At the same time, tie a handkerchief around the upper part of the thighs, a silk one is best; also around the upper part of the arms. A few mouthfuls of water, and if the face becomes pale, with fainting, a few drops of wine, but no more than a drop at a time, are of great service. The smelling of vinegar, rubbing it on the nose, the temples, and other parts, is good, only take care not to deluge the patient with it, but only take about a teaspoonful in your hand, or dip your finger into it, that the smell of the vinegar may afterwards be removed with facility. In long continued menorrhagia with females of more advanced age, when not in childbed, it is very good to avoid all warm drinks for a year, but to drink milk from five to six times every day, which has cooled in the cellar, or is

a little turned. In these menorrhagias, it is necessary to send for a homœopathic physician.

During pregnancy, or after delivery, tincture of cinnamon is sometimes of use; put a drop into half a cup of water, stir it up well, and give a teaspoonful, or only a few drops of it, as often as it is worse; this remedy may be given when the flooding is caused by lifting, carrying, over-reaching, or a false step. If this is not at hand, a piece of cinnamon may be chewed. If this does not soon produce a salutary effect, give sugar, and when the burning sensation is passed, Arn.

Very copious continued flooding, particularly with females in the family way, the blood flowing regularly without interruption, with cutting pains around the navel, great pressure and bearing down upon the womb and the anus, with chills and coldness of the body, heat rising up into the head, great weakness, inclination to lie down, give Ipec. When accompanied by pain resembling labor pain, or if no better after a quarter of an hour, give Cham., and refer to what has been said of too copious menstruation under this medicine. Ipec. or Arn., also, is the most important remedy in menorrhagia or flooding after delivery.

When dark red blood is discharged in great quantities, with violent oppressive pain in the small of the back, and headache, particularly in the temples, as if the head were about to burst, give Bry.

Chin. is very important in the most dangerous cases, when heaviness of the head, giddiness, loss of consciousness, and drowsiness appear; for sudden weakness, fainting, coldness of the extremities, paleness of the face, even convulsions of the mouth, contortions of the eyes, or when the face and hands turn blue, and single jerks pass through

the whole body; at the same time the abdomen may be gently rubbed, or cloths dipped into vinegar and water may be applied to the parts; later a few drops of wine may be given. It is also of use when the blood escapes by starts, with spasms, pains like labor pains in the womb, passing to the anus, the discharge increasing every time. Likewise when accompanied by colic, frequent urging to make water, and sore tension of the abdomen. It always answers when troublesome symptoms remain after the flooding has ceased.

Hyosc. for pains resembling labor pains, with drawing in the thighs and small of the back, or in the limbs; heat over the whole body, with a quick or full pulse, swelled veins on the back of the hand or in the face, great uneasiness, excessive liveliness, trembling over the whole body, or falling asleep of the limbs, loss of consciousness, darkness before the eyes, delirium, a twitching in the sinews or in the extremities, jerks and thumps in one or the other of the limbs, alternating with stiffness of the joints.

Bell. when the blood is neither particularly dark nor light, a pressure in the genitals as if they were to fall forward, violent pains in the small of the back, as if about to break, and other signs, which are indicated under "Premature Birth."

Plat. when the blood is dark, thick, not clotted or coagulated, the pain in the back drawing more towards the groins, and pressing down the internal parts, the genitals being excessively sensitive; and more particularly so when produced by any violent mental emotion.

Ferr. when the blood is sometimes black and clotted, at others liquid, with pains like labor pains, the face usu-

ally red; after Ferr., Chin. frequently proves efficacious. When the blood is very black and clotted, and the remedies recommended prove useless, take saffron, rub some of it between your fingers and let the patient smell it.

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### **D. *On Child-Birth.***

Were it not for the acquired habits of civilized life, such as tight-lacing, etc., we would find abundant evidence that the creator did not design child-bearing to be necessarily a period of suffering and danger.

It is almost unattended with pain among the savage tribes of our own contry, and those healthy, regular women, who pay more attention to the natural development of their frames than they do dowards forming what some call "a fine well-made figure," and they are seldom afflicted with the long train of ills which custom has almost led us to consider the natural concomitants of child-bearing.

However, cases may sometimes occur in which the first labor is very severe; and this we generally find to be the case with slender females of delicate and nervous habit and body, and in the first labor of those persons who are already somewhat advanced in life.

#### **1. INEFFECTUAL LABOR-PAINS.**

When the pains are too violent, give Cof.; if it proves useless or gives only temporary relief, give Acon.; when accompanied by constant inclination to evacuate, Nux vom.; or, if this gives no relief, Cham., if this produces no improvement in an hour, give Bell.

When the labor pains are too weak, give Puls. When they cease suddenly and dangerous symptoms make their

appearance, such as trembling, heavy sleep with snoring, give Op.; in many cases where it is not quite so bad, cinnamon, applied as directed under menorrhagia or flooding. Beware of the use of ergot, generally given as a black powder, and in such large quantities, that not unfrequently both mother and child are poisoned by it, or suffer from tedious diseases in consequence. When absolute necessity calls for the use of this poisonous remedy, give it fresh powdered with sugar, and only as much as will lie on the point of a small knife, or let the patient merely smell it. This is sometimes more successful if you can wait patiently for an hour, than swallowing spoonfuls.

## 2. SPASMODIC PAINS, CRAMPS, AND CONVULSIONS.

In complicated labors we occasionally find spasmodic pains which cause considerable suffering. For these compare what has been said under the head of "Miscarriage," and likewise under "Menorrhagia."

## 3. TREATMENT AFTER DELIVERY.

After every birth which has been at all difficult, Arn. is of benefit. It may be given internally, and applied externally in the form of a lotion, six or eight drops to a tumbler of water.

The body and the mind must be kept perfectly quiet, and the mother should not be disturbed by noise of any kind.

Every effort should be made to let her enjoy that slumber which in natural cases generally follows delivery.

If she is deprived of this rest by nervous excitement, tossing and restlessness, give Coff.; if this fails and febrile symptoms appear, give Acon.

These remedies answer in the majority of cases, but if they fail, endeavor to trace the cause, and you will generally discover symptoms which point out other remedies, such as Bell., Bry., or Rhus.

a) AFTER - PAINS.

After-pains are frequently the results of the remedies given during delivery, or of the forced labor brought on by the impatience of the physician or of the female, who could not await the operation of nature; sometimes they are caused by the hasty removal of the after-birth, which, to the disgrace of the physicians, is very common here, and which at all times is very dangerous. The after-birth may remain, without the least danger, six, twelve, and even twenty-four hours, and it is even better when it does not follow so quickly, and far preferable when it comes away of its own accord, than when it is dragged away, the latter being the cause of so many child-bed fevers, hysterics, and other attendant diseases.

When the after-pains are moderate and not insufferable, nothing should be done for them, for they are salutary, and better if a little too strong than when too weak. The fewer and the shorter they are, the more liable is the patient to sickness afterward. But when they are so violent as to prevent her from obtaining any rest, give Coff. a couple of times and then Arn., if no better in an hour, Cham. and then Nux vom.; Puls., particularly, when pains are of long duration or continue to return for days.

b) SUCKLING OF THE INFANT.

Conquest's remarks on this subject we deem very appropriate. He says:

“Unless very peculiarly urgent reasons prohibit, a mother should support her infant upon the milk she herself secretes. It is the dictate of nature, of common sense, and of reason. Were it otherwise, it is not probable that so abundant a supply of suitable food would be provided to meet the wants of an infant, when it enters upon a new course of existence.

“It is difficult to estimate the mischief resulting from infants being deprived of their natural nourishment; for, however near the resemblance may be between food artificially prepared and breast milk, still, reason and observation demonstrate the superiority of the latter to the former.” (*Conquest's Outlines of Midwifery*, p. 193.)

And again:—

“As a further inducement, it should be remembered that medical men concur in the opinion, that very rarely does a constitution suffer from secreting milk; whilst the health of many women is most materially improved by the performance of the duties of nurse.” (*Ibid.* p. 194.)

Upon the same subject he says in another place,

“But few mothers, comparatively, are to be found, who, if willing, would not be able to support their infants, at least, for a few months, and parental affection and occasional self-denial would be abundantly recompensed by blooming and vigorous children.

“Presuming that the laudable determination is formed to indulge the child with that nutriment which is designed for its support, it becomes necessary to state, that unless very strong objections should exist, *twelve hours* should never elapse before the infant has been put to the breast. Instinct directs it what to do, and the advantages of allowing it to suck soon after birth, are many and important, both to the mother and child.

“By this commendable practice, the patient is generally preserved from fever, from inflamed and broken breasts, and from the distressing and alarming consequences resulting from these complaints.

“If the breasts should not have secreted milk previous to delivery, the act of sucking will encourage and expedite the secretion. Thus the mother will be saved from much of the pain connected with distended breasts. Besides which, if the infant be not put to the nipple till the breasts become full and tense, the nipple itself will sometimes almost disappear, on account of its being stretched; and without much, and often ineffectual labor on the part of the child, it cannot be laid hold of, and even then the pain endured by the mother is exquisitely severe, and not unfrequently the cause of sore nipples.” (Ibid. p. 195.)

There are, however, times when reasons peculiarly urgent may prevent the mother from suckling her offspring.—We subjoin a few remarks which may guide the selection of a nurse in such instances.

#### c) CHOICE OF A NURSE.

The Woman who is to assume the responsible care of the infant should be of about the same age as the mother, and delivered about the same time, or at least within three months of the same period.

Let her possess a moderate degree of fullness, with a fresh complexion, clean eyes, and eyelids free from any appearance of redness or swelling. Discover, if possible, if she is free from hereditary taint. Her disposition should be mild, temper even and not irritable, and habit regular; to which qualities, of course add a fondness for children.

Having engaged her, enforce upon her mind by all means, that she must not indulge in food of too nourishing a nature, as it causes the milk to become too rich and is consequently unsuited to the delicate digestive powers of the infant.

She should observe a proper proportion of animal and vegetable food, and be guided by the Homœopathic Regimen which is found in the beginning of this work.

#### d) DURATION OF CONFINEMENT.

The mother should remain in bed from five to ten days; after that she may rise daily, each day lengthening the period during which she sits up, and keeping the legs more raised than otherwise.

If there is much weakness retain the horizontal position as much as possible. The diet should be light, that is, not concentrated.

All stimulating food is to be avoided, and all strong odors from flowers or other aromatics should be excluded. Keep the mind perfectly tranquil and the room dark.

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### **E. *Disturbed functions after Delivery.***

#### **1. IRREGULARITIES OF THE LOCHIAL DISCHARGE.**

After delivery a discharge takes place which continues for some days. It should however, not last beyond the ninth day: if it does, compare what has been said under the head of "Menorrhagia."

## 2. DIARRHŒA.

As it is not desirable that the bowels should be purged by medicines during the first few days after delivery, it is not unreasonable that a diarrhœa must be decidedly injurious, and requires remedial treatment. The medicines which will be most beneficial, are Phosph. acid., Dulc., Ant. crud., Hyosc., and Rheum; they are however to be given according to the symptoms frequently mentioned in the foregoing pages.

## 3. CONSTIPATION.

Nothing should be given for constipation in childbed, even though it last a fortnight—as it is at all times a very good sign, and promotes the strength of the patient. After a fortnight one of the remedies recommended under constipation, particularly Bry., may be given; if it produces no effect in twelve hours, try it once more, and if, after the second dose, no evacuation takes place in a couple of hours, give an injection of luke warm water.

## 4. LOSS OF MILK.

When puerperal fever arises, or threatens to set in from a sudden suppression of the lactial secretions, Puls. will frequently be found sufficient to check it in the outset, restore the flow of milk, and re-establish the equilibrium of the organism; if unpleasant symptoms still remain, they will in most cases yield to Calc. or Zinc.

If feverish symptoms appear, such as a hot, dry skin, Acon. should be given.

## 5. EXCESS OF MILK.

It sometimes happens that the secretion is too abundant, causing distention of the breasts and involuntary

emission of milk; Calc. or Phosph. will give relief. If, however, febrile action of the whole system arises without an apparent cause, give Acon.; if the febrile symptoms are caused by distention of the breasts induced by excessive secretion, Rhus may be given.

#### 6. SORE NIPPLES.

Sore nipples may be avoided by frequent washing in cold water before confinement, and when the complaint commences, by washing in water in which five or six globules of Arn. have been dissolved; if this does not remove it, give Sulph. evening and morning, and wash with the same dissolved in water. If this produces no improvement in two days, give Calc. in the same manner; if this also fails, give Sulph. inwardly and wash with Calc., and after a couple of days, if no better, give Calc. inwardly, and wash with Sulph. Sometimes it is difficult to heal them, but nothing poisonous should ever be applied, not even alum or vitriol, as it is impossible to wash the nipples so clean that the child should not swallow some of it, and the smallest quantity may do an injury. Frequently Lyc., Sep. or Sil. will answer.

#### 7. SORE BREASTS.

If from the loss of milk, give Puls.; when the child is put to the breast too late or does not suck enough, give it the remedies recommended, and draw out the milk. The best way is, to have the breast drawn by a person who can suck well, or to apply good glasses. If they are not to be had, you can take a large mug or tumbler, and exhaust the air as directed in diseases of the chest; if you cannot succeed, put in a little strong brandy, set fire to it, and when the fire is going out let the woman lean

over the mug and put the breast into it. If you are not successful the first time, try it again a couple of hours after. When caused by a bruise, vexation or fright, give first the remedies for these causes. If it continues notwithstanding, or if there are other causes, give the remedies here recommended, and beware of all ointments, salves and quackery, which frequently make the breast worse, or cause the complaint to fall upon the lungs, when the case becomes desperate. As soon as possible, the child should be put to the breast again.

First give Bry., and the same again after six hours; if no better on the third day, give Bell. twice as before; if it remains hard after four days in different parts, give Merc. viv.; if it continues red, give again Bry. If this does not remove the swelling and redness, give Samb., and once more six hours after; if it commences to suppurate after this, continue to give Phosph. several times, by which, generally, the disease is cured quickly. If supuration continues, or appears in several places, give Sil.; if there is no improvement after twelve hours, repeat Sil., and twelve hours after this, Hep. As soon as an improvement becomes perceptible, wait as long as possible, and apply these remedies alternately, only when the pain is again more violent.

### 8. THE FALLING OFF OF THE HAIR.

Females who nurse their children frequently lose their hair. For this affection see "Losing the Hair."

## CHAPTER XII.

## TREATMENT OF CHILDREN.

**A. After Birth.**

The moment the child is ushered into the world, let it be enveloped in fine flannel; with this precaution however, soft linen must be placed next to the skin, the latter being too sensitive to bear a rougher fabric. The child enters, as it were, a new climate, to which it will be well to accustom it gradually, in furtherance of this object, warm the flannel to the natural temperature of the mother's body. Washing should be performed with a sponge dipped into tepid water and bran, and applied gently, but not too long, to the skin. Soap must be dispensed with, as it would irritate on account of the alkali contained therein; and as, cold may be contracted, dry the body immediately.

All noise must be avoided, and strong light and aromatics excluded from the room. Bathing should be performed twice daily, by which means the vigor of the skin will be preserved, and after the child has left the breast cool the water by degrees.

As soon as awake in the morning, and before being put to bed in the evening, are decidedly the periods best suited to bathing, which had better be done by immersion, the head, of course, excepted.

Bathing the body partially, while other parts are exposed to the air, frequently produces chilly sensations which are highly injurious.

Of many practices among nurses in their treatment of new-born babes, none are more reprehensible than those of swathing and bandaging: an undue weight of clothing is frequently so oppressive to the tender infant that the evil results are often traced in the debility or deformity of advanced age.—

### 1. APPARENT DEATH.

New-born infants are sometimes apparently dead, but animation can, in most cases, be restored when the labor is not too protracted. Whether the child is alive or apparently dead, the navel-string should never be cut as long as pulsation can be felt in it. Clean the mouth of the infant, and with the finger, around which a little linen has been wrapt, remove the mucus, also, clean the nose with the utmost care. If the child is apparently dead, wrap it in warm cloths and rub its chest and hands with flannel. If the navel-string does not soon begin to pulsate, cut it as if the child were alive, and place the infant in a warm bath, so as to cover the whole body except the face. In this bath rub and squeeze the breast and limbs gently. If, after five or ten minutes, no signs of animation manifest themselves, take as much of tartar emetic as will lie upon the point of a knife, stir it in a large tumbler of water, take a single drop and apply it with the finger to the tongue of the child. (It is of no consequence if all the tartar emetic is not dissolved.) If no change appears in a quarter of an hour, repeat the experiment. After another quarter of an hour take a tablespoonful of this mixture, mix it with a teacupful of pure tepid water, and give it as an injection. In the mean time, nothing else should be used.

The more hurry there is, and the more numerous the

things applied, the smaller is the chance of restoring the infant to life. If half an hour does not produce a change, take, when the face is blue, Op., if pale, Chin., dissolve a few globules in a cup of water, and give it as an injection. In the interim, take a teakettle with cold water, and let a few drops, or a thin stream, from the height of five or six feet, fall upon the chest of the child, particularly upon the left side; one person must stand with the kettle on a chair or a table, whilst another holds the chest of the child out of the water, and after the operation, immediately immerse the child again—repeat this several times. Afterward, the gentle rubbing and pressing of the limbs with warm hands is resumed, and both operations continued, alternately, for a considerable time. Aged persons are less fit to do this than young, strong and healthy people. As soon as symptoms of animation appear, (this sometimes does not take place until after two or three hours,) stop rubbing and pouring on the water—let the child lie in warm water until it begins to breath and to cry, wrap it in warm cloths, and place it alongside of the mother, or of a strong, healthy, young person. If the face of the infant has been red and purple, give Acon., if pale, give Chin.

## 2. TUMORS ON THE HEAD.

They appear after the child is born, and soon yield to a few globules of Arn. dissolved in a teaspoonful of water and rubbed on the tumors; if necessary give internally and apply externally, a couple of days after, Rhus. If no change takes place in two days, make a small puncture, where the matter can be discharged with the greatest facility, and repeat Arn. If improper treatment produces bad ulcers, give Sil.

### 3. INFLAMMATION OF THE EYES.

Do not expose the eyes to too much light, give Acon.; from six to twelve hours after, Ign., and if this fails, Dulc. Sometimes Cham. or Merc. viv. answers. See "Inflammation of the Eyes."

### 4. OBSTRUCTION IN THE NOSE FROM CATARRH.

Obstruction in the nose from catarrh prevents breathing while sucking. Rub some chicken fat, oil of almonds, or rich milk outside of the nose, and introduce a little with a feather inside; give Nux vom.; if this does not give relief before the next morning, give Samb. every six hours; when the nose is running, give Cham., sometimes Calc.; when worse every evening, Carb. veg.; if worse when in the air, give Dulc. Running of the nose, with rattling in the chest, worse during the night, yields to Tart.

### 5. SWELLING OF THE INFANT'S BREAST.

This is frequently caused by the foolish pressing and squeezing of the little nipples, give immediately Arn.; if it is already very red, Cham., later Bell.; or if this fails, give Bry., both inwardly. If it has already become a bile, containing pus, give Hep., and some days after Sil.

### 6. SPASMS OF THE CHEST.

New-born infants are sometimes troubled with spasms in the chest, preventing them from breathing regularly, and causing them to turn purple in the face; give Ipec., and repeat it, if necessary. When the children awake suddenly with a shriek, as if suffocating—when they have a dull, hollow, dry cough, and seem agitated, a

man of a quiet disposition, who is still in the vigor of life, can frequently procure immediate relief, by passing rather quickly the flat of his right hand, at the distance of an inch from the body of the sufferer from the top of the head to the soles of the feet; if he does not succeed immediately let him repeat it, not by drawing the hand back in the opposite direction, but by turning around and performing a large circle until the hand reaches the head again. Many wiseacres look upon this as superstition, but the thing is natural enough—and experience has proved its efficacy. When the complaint returns soon, or when the passing of the hand produces no effect, give the patient Samb. once or twice.

#### 7. RUPTURE OF THE NAVEL.

When the navel protrudes, make a broad bandage of linen, put a compress of linen upon the navel, and place the bandage two or three times around the body. It must frequently be renewed and arranged; this requires patience, which every good mother ought to have. While taking it off and putting it on again, it is very easy to keep the rupture back with the one hand. Give internally a dose of Nux vom.

#### 8. HERNIA.

When the child has a *rupture* in the groin, no bandage ought to be applied, as it can only be injurious. A rupture may generally be cured easily by Nux vom., afterwards by Verat., sometimes by Cham., and when these remedies fail, by Sulph.; and after some time, one of the above remedies may be given again. If you cannot succeed, consult a homœopathic physician.

## 9. RETENTION OF URINE.

Smelling of camphor, or Acon. given several times, generally cures the complaint, sometimes Puls. will do, for which refer to "Urinary Complaints," Chapter X., Part Second.

## 10. CONSTIPATION.

Constipation is frequently caused by the manner of living, which ought to be altered. With little children never delay any longer than twentyfour hours, but give an injection of tepid milk and water; if this gives no relief, add the next time a little sugar; and give the medicine recommended under this head Chapter X., P. 2nd. If Bry., Nux v. or Op. does not soon produce a change, give the medicine to the mother or nurse and not to the child, that it may operate upon the child through the milk.

## 11. SUMMER COMPLAINTS.

Keep the children cool—give them cold water to drink—let them be frequently in the fresh air—be careful in eating and drinking, and give them no tea, coffee, beer, &c.; nothing sour, salt, or too highly seasoned—particularly not in the second year; nor ought the mother to partake of these things as long as she nurses the child. Unripe fruits, and pies made of them ought to be particularly avoided; as soon as the diarrhoea commences, the child ought to eat no fruit, no cakes, nothing baked with fat or butter—no eggs, no chickens or other birds, but plenty of mutton and fresh butter. By these precautions, this disease is sometimes obviated, and if any symptoms remain, they will readily yield to a few doses of Ipecac.; if it should not suffice, give once in the evening, and once in the morning, Nux vom.; when it constantly re-

turns in hot weather, and is accompanied by much thirst, give Bry.; sometimes it is necessary to give this twice. If the latter effects only a temporary improvement, give Carb. veg.; when it returns every time the weather is cool, give Dulc.; when the tongue is covered, white or yellow, give Ant. crud.; if the child grows very weak and turns pale, give Ars. once. It is credibly affirmed that children who were very ill with it have been cured by fresh unsalted butter, melted by the fire, a tablespoonful being given at a time.

## 12. EXCORIATIONS.

For excoriations, particularly between the legs, wash the child every day with luke-warm water, and do not rub when drying it. Fine wheat starch, not potato starch, is the best thing to put on; every thing coming from the apothecary is injurious, also all salves and washes. These things remove the excoriation, but cause another disease. Children do not die of excoriation, only have patience and do not expect to cure it too quickly. As soon as you perceive that the child is excoriated, give Cham.; if it gets worse, Carb. veg.; if the child is yellow, and the excoriated parts look as if raw, excoriation also under the ears, give Merc. viv., and some time after, from four to five days Sulph. and Carb. veg. When accompanied by a rash, give Sulph. If caused by diarrhoea, refer to this complaint. In many cases where Sulph. proves insufficient, give Sil., Lyc. or Sep. It is well to give the same medicine to mother and child.

## 13. THRUSH.

Cleanliness, and frequent washing of the child sometimes removes the complaint. It is better to wash the

whole body than to be constantly rubbing the mouth; some nurses scrub it until it begins to bleed, but this is of no use, the thrush will return in the mouth, or reappear further down in the throat. The thrush generally disappears after giving Merc. viv., and five or six days later, Sulph. A weak solution of borax, applied by drops to the mouth with a camel's-hair pencil, is sometimes of service.

#### 14. RESTLESSNESS OR INABILITY TO SLEEP.

Restlessness, or inability to sleep, is generally produced by injurious food, when the mother drinks coffee or fennel tea, or other trash and messes are given to the children instead of good pure food. Sometimes meat, wine and other heating things have the same effect. Placing the head of the infant too high will also produce it: all young children should lie with their heads low. Give Coff.; if this does not answer and the face is at the same time red, give Op.; when accompanied by griping and flatulency, give Cham.; when it is in consequence of weaning, give Bell.

#### 15. CRYING OF INFANTS.

In crying without any apparent cause, be attentive to discover what is the matter with the child; when a pin is pricking it, or it is bandaged too tightly, or it is cold or wants air or water, or wishes to change its position, something may have got into the eye or into the ear, or it has earache or cannot pass the urine. Patiently look for the cause. When the child cries night and day, nurses are in the habit of scolding it, tossing it about, shaking and beating it, &c. Savages have more sense, and would be shocked at such conduct and barbarity.

A child under twelve months old never cries without some cause, and it is the duty of parents and nurses to gratify the child as much as possible to prevent it from crying. To act differently, is a proof of a depraved heart.

The worst of all is to give Laudanum to children. Children who have taken this pernicious drug never grow as old, as strong and as healthy as they would have done without it; most of them become silly or are given to vices. The nurses are generally a good-for-nothing idle set; that they may sleep quietly at night, they mostly all have their poison flasks in their pockets, and secretly pour it into the children when the parents are opposed to it. That they may indulge their idle habits and digest quickly what they have crammed together during the day, they are not afraid to commit murder; but it is to be hoped that the time is not far distant when such atrocity will be deservedly punished by the law of the land. Until then, let the curse of having murdered unconscious innocence light upon their heads, and follow them wherever they go.

What great misfortune is it then not to be able to sleep because the child cries? Suppose the mother or the nurse had to sit up with the child for a week or even for two or three weeks, without closing an eye, is it not a trifle when compared with the misfortune of spending afterwards weeks and months on the sick-bed of a child, which suffers in consequence of former ill treatment, from a disease which it is difficult to cure, or which cannot be cured at all.

When caused by earache or headache, Cham. will frequently do good, also when produced otherwise; when accompanied by uneasiness and heat, Coff., and afterwards Acon.; Bell. sometimes answers for a long contin-

ued crying; when accompanied by tenesmus and sour evacuation, give Rheum.

### 16. LIVER-GROWN.

When children are liver-grown, they are agitated, uneasy, asthmatic, toss about, contract the legs and scream—sometimes the breath is impeded, the region of the pit of the stomach, and under the ribs is swelled and can scarcely be compressed; taking cold, cold wind &c., are mostly the causes, and Cham. frequently removes the disease.

### 17. CONVULSIONS, SPASMS AND FITS.

When the cause is ascertained, we can select the remedy accordingly. Endeavour to remain calm and collected; do not apply different things promiscuously unless the fits are harbingers of death—in which case assistance generally comes too late; they seldom last long, and it is best to let them pass off quietly.

When the paroxysms last too long, or when they follow each other rapidly—or when every paroxysm is more violent than the preceding one, it is necessary to give the medicine immediately, without waiting for the termination of the fit. Sometimes the violence of the fit is moderated by smelling camphor. The other remedies are generally given after the fit has subsided for some time, or when it is about to terminate. If it gets worse immediately after the medicine has been given, await the result. When the first remedy produces no change, repeat the dose as soon as another paroxysm equally bad comes on. If there is a change for the better, rather wait to see whether the improvement progresses; but if its character is altered, and it comes on with symptoms

different from the first, give a different remedy. Coff., Ign. and Cham. are the principal remedies.

To weakly, sickly children, who are subject to this complaint, unattended by other symptoms, give Coff.

When particular parts or limbs are convulsed, or when only the flesh here and there is affected by spasms, with frequent heat; light slumber, with terrific starts, violent screaming, and trembling over the whole body; when children are subject to fits, without the cause being known, or when they are ascribed to worms, teething, &c., without any certainty of the fact—when the fits return every day at the same hour, followed by heat and perspiration, or every second day somewhat earlier or later, give Ign., and repeat it once more after the next attack. In the latter case, Merc. viv. sometimes answers.

When the arms and legs are convulsed, and they turn the head from one side to the other, are afterward lying with half closed eyes—unconscious, the one cheek red the other pale—when they moan much and crave for drink, give Cham., which, under some circumstances, may be given twice.

When they are asthmatic, sick at the stomach, with retching and vomiting, have diarrhœa, and stretch themselves as from spasms, before, during, or after the paroxysm, give Ipec., and repeat it when worse.

With much trembling over the whole of the body, tossing the arms and legs, loud screaming during the paroxysms, without their knowing it; when they lie stunned and unconscious, or when the belly is swelled; when the child had no passage, and no urine has been discharged; when the mother of the child has had a violent fright or anger, which has affected the child, give

Op., and repeat it as often as it is worse. In the case of anger, Cham. must be given afterward.

For a distended hard abdomen, when the other symptoms do not agree with the last mentioned; when attended by eructation; when the water runs out of the mouth with force, great weakness after the fits, give Merc. viv.

In cases similar to the last, when Merc. viv. does not give any relief, or when the child rubs much at the nose, or when worms are passed, give Cin.

### 18. TEETHING OF CHILDREN.

When the child is teething, the gums become broader, more angular, itch and tickle, turn white, particular near the edges—at the same time the mouth is hot, the child uneasy, particularly during the night, is flushed, afterward pale again, puts every thing into its mouth to bite on, and when sucking, it sometimes bites the nipple; at times it cannot suck, the gums swell and become hot and painful.

Lancing the gums is injurious; only when the children are sickly, when their parents have scrofula or syphilis, it may be done as a palliative; but do not have recourse to it until the recommended medicines have failed, for it is much better when the teeth come through of their own accord. If it has to be done, let the incision be very slight, no deeper than a scratch, and not on the top but on the sides of the gum.

Nothing ought to be done to stop the running of the saliva, and the diarrhœa during teething, unless it should become excessively bad; in that case, Merc. viv. and Sulph. are recommended.

When the premonitory symptoms of teething, as mentioned above, continue too long—when the gums do not absolutely swell or become white in one or more places, or when the teeth do not come through, give for three or four weeks every weak, once Calc.; if violent symptoms appear, smelling camphor or spirits of nitre is useful.

When the child is too much excited, does not sleep, is sometimes too fretful, at others too lively, with some fever, give Cof.; if it gives no relief, repeat it; if it fails again, give Acon.; afterwards, if that too does not answer, give Cham.

When the child has much fever, heat, thirst, screams frequently and thrusts its hand into its mouth, starts when asleep, give also Cof., then Acon., then Cham.; when the first or second remedy takes effect, allow it to operate; if it gets worse again, repeat the same, and do not give the next, until the remedy loses its effect; when accompanied by constipation and a dry cough, Nux vom. is better than Cham.

Cham. is particularly applicable when the children, at the same time, have a dry panting cough, are uneasy during the night, toss about, drink often, with a burning heat, redness of the skin, red eyes, agitation, moaning, groaning, short, quick, noisy breathing, and oppression of the chest; trembling of the limbs, single shocks passing through the extremities when one or the other limb is convulsed. When Cham. does not suffice, give Bell.

Convulsions or fits are generally preceded by symptoms which have been described before, or by diarrhoea, paleness of the face, dullness of the eyes, little appetite,

the child wants to be carried, and puts its head on the shoulder of the nurse.

Ign. and Cham. frequently act as a preventive when the symptoms are such as stated under this remedy.

When the convulsions come on suddenly, before another remedy has been administered, or where it is impossible to select a remedy from the attending symptoms, let them spend their violence, and then give Ign. When a paroxysm equally violent follows, do the same; if this paroxysm is less violent, allow it to operate. If no improvement takes place after having given it the second time, give Cham. once or twice.

Bell. suits when Ign. or Cham. does not answer; when a stunning sleep succeeds the paroxysms, and continues for a long time, sometimes until the next paroxysm. It may be given before the other remedies, when the children start suddenly from their sleep, as if frightened, look around terrified, with an altered expression of countenance, the pupil of the eye being much enlarged, when they stare at some particular spot, and seem afraid of something; when they become rigid and stiff over the whole body, with a burning heat in the palm of the hand and the temple, or frequently wet the bed. (Compare this with Cin.)

Cin. may be given when the children often wet the bed, when not in a fit, when they have had a dry cough, resembling hooping cough, for a considerable time, which was aggravated, and to which came spasms in the chest, and convulsions of the extremities. This remedy also answers for grown children who at their second teething are troubled with convulsions, particularly when they rub their nose much before and after the fit.

## 19. WEANING.

The full development of the front teeth, which in healthy children requires from nine to ten months, and in delicate or scrofulous constitutions is retarded some months later, may be taken as a sign that the mothers milk ceases to be beneficial.

If the mother is not strong enough, the supply of milk begins to fall off, or the monthly discharge reappears, the child may or ought to be weaned at an earlier period: it should become gradually accustomed to other food. The time to commence this gradual course, is the first appearance of the front teeth, so that it terminates with their full development. On the other hand, weaning ought not to take place if the child suffers considerably from the irritation of teething, or if there is any other infantile disease present.

## 20. DIET AFTER WEANING.

The nourishment after weaning should consist of simple food, and the transition to a more substantial diet ought to be extremely gradual and guarded, and no material alteration made until after the appearance of the eyeteeth.

The following affections appear, in general, during the first few years of childhood, and we therefore give them a place here.

## a) LIMPING OF CHILDREN.

Every one must have seen children who cannot walk because one of their legs has become shorter than the other. The region of the hip-joint of the short leg is thicker and swelled; sometimes ulcers appear later. It is difficult to cure this disease; at times, when it is of long standing, when the conformation of the joint is al-

tered, it is impossible. Parents ought, therefore, to pay particular attention to this complaint, and send for a homœopathic physician as soon as the first symptoms of it become evident. When a sprain or a fracture is the cause, the children may be questioned on the subject, and the sudden pain and swelling indicates this plainly enough. In that case, give Arn., and send for a skillful surgeon. When not caused by external injury, there are no pains attending it. the child suddenly walks lame, particularly with the hip-joint, and the thigh is contracted. Give immediately Merc. viv., and if no better after two or three days, Bell.; after some days, Merc. viv. may be given again; after this Bell. once more, if it did not effect an improvement the first time. As early as possible consult a physician; if there is none in the vicinity, do so by letter. If this cannot be done, try first Rhus a couple of times. Give it dissolved in water, every day a tablespoonful, until an improvement takes place. Afterwards try Calc., and if this does no good, Col.

b) STAMMERING.

The best time to break children of this habit is in the beginning, afterwards it becomes more and more difficult. Do not scold the children; it only aggravates the complaint; take them a couple of times every day, and make them slowly draw in the breath and emit it again, letting them beat time with their hands at the emission; after this let them pronounce a few words, when they are emitting the breath, not when they are drawing it in. Repeat this operation every day, and the child will soon leave off stammering. Sometimes it yields to a few doses of Bell. and later of Merc. viv., or a couple of doses of Euphr., and later of Sulph.

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## CHAPTER XIII.

## CUTANEOUS DISEASES.

## RASH.

Of this complaint there are various kinds. When it is accompanied by fever, the patient must be careful not to take cold, but at the same time he should not keep himself too warm, both are injurious. When there is no attendant fever, the complaint is not of a serious nature, yet cold should be guarded against; if the patient takes cold notwithstanding, medicine should be given immediately.

When a rash is prevalent in the place, or is already in the house, and other individuals are taken ill without the same eruption, but feel the chest contracted, with difficulty of breathing, frequent giddiness, loss of vision, trembling, sickness of the stomach, vomiting, griping, diarrhœa, great uneasiness, fainting, and other symptoms, give *Ipec.* immediately, and repeat it after a couple of hours; this will either accelerate the eruption, or prevent the disease altogether.

Children, and sometimes grown persons, are troubled, after taking cold, with a rash, appearing in red smooth spots of the size of a pea, visible in heat and in cold, with itching and biting during the night, the sleep is disturbed, a shivering during the evening, and heat during the night; the children are very uneasy and irritable, and cry much; give *Acon.*, which may be repeated six or twelve hours after, and if no improvement has taken

place by the next day, give Cham., and a couple of days later, if necessary Sulph. The latter remedies are frequently succeeded by perspiration which ought not to be checked.

### NETTLE-RASH.

Red spots, some flat and smooth, some elevated, as if caused by nettles, or poisonous sumach, with fine pricking and itching, as if caused by flea-bites, particularly towards midnight; the appetite is bad, and the pit of the stomach seems much too full; the patient is cross and weak; when this complaint is caused by unwholesome food, give Puls.; when by the poisonous parsnip, Rhus; by sumach, Bell., still more frequently, Bry.; when caused by taking cold, Dulc.; when accompanied by a bad headache and red face, Bell.; when by a bad catarrh, Hep.

When smooth red spots make their appearance from time to time on particular parts, with much itching and pain, as if excoriated, particularly with persons who drink much wine and spirits, give Nux vom.; if this is useless, give Sulph.

### M E A S L E S.

At the very first symptoms of this complaint, give Puls.; when the measles are prevalent in the neighborhood, give Puls. at every trifling cold, catarrh and cough, every 3 or 4 days. When the fever is bad, give Acon., and if this does not mitigate all the symptoms, give Sulph., and whenever it is worse again, Acon. When the eruption does not come out, give Puls.; when there is much oppression on the chest, Ipec.; when the glands below and in front of the ear are swelled, give Arn. or Dulc.

### FRENCH MEASLES.

In most cases the period of this complaint may be much abridged, and the violence much diminished by giving Acon., or the above mentioned remedies; where there is much uneasiness, give Acon. and Coff. alternately.

### SCARLET-RASH.

The scarlet rash consists of purple spots, as if made by red wine; on pressing them with the finger they do not turn white; on the spots you can feel a number of small grains, which are in the skin; give Acon. several times, or Acon. and Coff. alternately. If this does not suffice, give Sulph., and afterwards, if the fever becomes worse, Acon.

### THE REAL SCARLET FEVER.

Here the spots are of a light or yellowish red; when you press a finger on them, a white spot remains; when it turns red, however, soon afterwards, from the centre to the circumference, there are no grains in the skin; give Bell.; in bad cases, Merc. viv., and then again Bell., and afterwards Phosph., sometimes Sulph. or Calc. When scarlet and rash are combined, it is more difficult to effect a cure; in this case Merc. viv. and Bell. should be given alternately; when the throat alone is affected, and Bell. and Merc. viv. produce no favorable change, call in time a homœopathic physician, and beware of taking cold; as preventives, Calc. or Lach. are recommended.

### THE CHICKEN POX.

This disease generally passes off of its own accord; when the fever is bad, give Acon.; when attended with much headache, give Bell.

## SMALL POX.

Small pox is so easily cured by one or a couple of doses of Sulph. or Rhus, that this disease should no longer excite any uneasiness. In the beginning, when it does not appear on the skin, give Ipec. and Tart. alternately. It is well to exclude the light entirely as soon as the eruption has appeared on the skin, but no sooner; by this means you will prevent all marks.

## THE VARIOLOID.

This affection is mostly cured very rapidly by Bell. and Sulph.; give the former when there is much headache and a foul tongue; the latter to accelerate the eruption, or better, Tart. em.

## ERYSIPELAS.

It is an old rule that nothing fat and nothing damp must be applied in this complaint; every salve and ointment is dangerous, and no rational doctor of the old school will countenance it. Only dry applications should be made; rye flour without any admixture is the best. Powdered starch of wheat flour mitigates the itching. For violent fever, give Acon.; when the eruption is radiating, give Bell. and repeat it a couple of days after, if necessary; when the erysipelas appears near the joints, give Bry., and afterwards Sulph. If it does not improve, give Lach., and in very severe cases, Bell. and Rhus alternately. When small or large blisters form on the surface, give Rhus.

## ITCHING OF THE SKIN.

This is usually connected with some other symptoms by which we may be guided. If not, try to alleviate it by

brushing the whole body, then by washing with warm water, and lastly, by washing with water and soap. If this does not remove it, take Sulph. When particular spots are very bad, and you cannot keep from scratching it until it bleeds, rub these parts with fresh olive oil, so as to moisten the skin in the first place, and then dry it again by rubbing it slowly. When it is more troublesome at night, wash the parts in the evening with brandy; when the whole body is affected, or when females or children suffer from it, take starch of wheat flour and strew it thickly upon the skin. Only in cases where nothing else will give relief, take camphor and mix it with the starch, or wash with water with which it has been mixed, after having been dissolved in spirits.

Many kinds of itching may be quickly cured by medicines; for instance, if it always commences when undressing, give Nux v. or Ars.; when it is very troublesome after getting into bed, as if caused by fleas, and when scratched moves from one place to the other, give Ign. When it does not commence until the patient has become warm in bed, Puls.; if this does not answer, take Merc. viv., particularly when it torments the whole night; if it continues notwithstanding, give Sulph. a couple of days after, and later, Carb. veg.; when the itching is accompanied by a burning sensation, give Rhus and afterward Hep.; when scratching causes it to bleed badly, give Merc. viv. and Sulph., alternately, every eight days until it is better.

### THE ITCH.

It is not difficult, and does not require much science to effect an apparent cure of this disease, by salves and unguents; but every suppressed eruption of this kind

produces another disease which appears, immediately, after a couple of weeks—sometimes after many years; the later it appears, the more difficult is it to effect a cure. It is, therefore, foolish and improper that we should expose ourselves to such danger, however troublesome the complaint may be. For the itching use the remedies recommended under “Itching of the skin,” and take internally such medicines as will gradually cure the complaint. First, take Merc. viv., and some days after, Sulph., and continue taking them, alternately, until there is an improvement, then allow the medicine to operate. If it gets worse, take it more frequently. If the character of the disease changes, when the eruption is small and dry, Caust. is frequently of service—take it every second day, or Hep. once in the evening and once in the morning. If this does not suffice, give Ars. once, and afterward every second day, Carb. veg. When the itch seems greasy and produces large blisters, give first Merc. v., and then Caust.; continue these for a week or two, and if no better take Sulph. every second day during a fortnight. If this fails, put a drop of creosote in a pint of water, shake it, let it settle, and apply the water to the skin where it is worst. When the blisters are large and turn yellow and blue, take Lach. as often as the pains become worse. If the remedies recommended do not effect a cure, apply to a homœopathic physician. In cases where itch has been suppressed with external application, give Sulph. or Ars.

#### CRUSTA LACTEA.

Crusta lactea, with scabs on the head, in the face and on other parts, ought never to be treated externally, unless by the application of hair powder, or, at most, of very weak soap-suds. When the adjacent part of the

skin is much inflamed, and the child very uneasy, give Acon., and from six to twelve hours after, Rhus, and at the expiration of the same time, again Rhus. If no better after a couple of days, give Sulph., and a few days later, Rhus again if required, continuing in this manner alternately.

### SCALD HEAD.

When the eruption appears on the head, neck and face, when the eyes are affected, red and sore, give Hep.; when the glands of the throat and neck are swelled, red and painful, give Bry.; when they are hard but without pain, give Dulc.; when the surface is moist and smells offensive, give Staph., and afterwards Rhus; when the discharge is very corrosive, causing ulcers, give Ars., and later Rhus. All these remedies may be given a second time after a couple of days, if no improvement takes place, or whenever it is worse again; a few globules may also be dissolved in water, and applied to the edges of the scab.

### BOILS.

The skin turns red and becomes hard and painful, a tumor arises of the size of a hickory nut, sometimes larger, the centre is the highest part, it remains hard and of a deep red, then a little pus escapes from the top, this is mixed with blood, and the core of the tumor may be seen, this is gradually discharged, and the pains cease.

Apply nothing but chewed bread; for if you speed suppuration by honey, sugar, roasted onions, &c., the boil will soon return again, and frequently in places where it is much more annoying. Take first, Arn.; if the boil returns, take immediately the same remedy, and when it is healed Sulph. Proceed every time in the same manner—by this means every thing is brought out of the

system, and the recurrence will gradually become rarer, unless there is some other disease, which is wearing itself out in this manner. Do not interfere with them by giving aperient medicines, it might throw it upon the intestines where the danger would be much greater.

### MALIGNANT BOILS.

Malignant Boils, which are painful, become blue, and spread very rapidly, are quickly healed by Lach., very large ones by Hep.

### WHITLOWS IN THE FINGERS.

For this affection no other application is requisite than wheaten bread soaked in boiling milk; when the pains are very violent, open a fresh egg at the thickest end, put the finger into it, and keep it there, until the pain abates. Medicines taken internally are, however, more efficacious; as soon as it appears, give Merc. viv. or Sulph., (the latter taken as soon as the malady is felt will generally prevent its coming to the height) and when the effect of this wears off, Hep. or Caus. If the swelling does not decrease take Sil., and whenever the pains are very bad, Hep. and Sil. alternately. In particularly malignant cases, when the finger is of a deep red and bluish color, and the pains very violent, take Lach., and if necessary repeat it, or give it alternately with Hep.; should it, notwithstanding, become a black, burning sore, take Ars. and Carb. veg. alternately.

### ABSCESSSES AND OTHER TUMORS.

These are treated in the same manner as whitlows and no other applications should be made, than those which are mentioned above. In many cases it is necessary to lance the abscess, particularly when no homœopathic

physician can be procured; the latter is seldom forced to have recourse to this alternative. When the remedies recommended for whitlow do not soon effect an improvement and the tumor does not open of its own accord, it is necessary to lance it, the more so when it is extensive. Lancing should not be resorted to when the tumor is in the groin, or near the anus and a rational physician will never do so when he can feel a throbbing in it with his finger. If this is the case give Sulph., Ars. and Lach. at long intervals, and consult a homœopathic physician, as it can become an evil which endangers life. The same can be said of the different kinds of cancerous or hard tumors, with pricking pains, which later change to cancers. Nothing ought to be applied externally.

Sometimes it is a mere induration of the glands on the neck or throat; for these give Merc. viv., and some days after Dulc.; some weeks after, if necessary, the same remedies again. If it does not get better, consult a homœopathic physician.

### CHILBLAINS.

They are caused by the cold in winter, are troublesome in summer, and particularly in the spring and fall; also, the cold in the joints, which, without producing any swelling, itches, burns, and sometimes occasions violent pains—the part affected breaks and bleeds; they can be easily cured by Puls., and when this does not suffice, by Sulph. For very bad pains, Cham., and later, Ars. is given. The only domestic remedy which may be applied, without danger, is the common glue—boil it thick, and put it warm upon the affected parts. When, some days after the pains have abated, wash it off gradually and carefully.

## ULCERS.

Ulcers are open, suppurating, with a watery discharge, more or less deep; when they are the consequences of varicose veins, they are treated like these. Besides the above medicines, try also Lach., and if that does not answer, Sil. These remedies may also be applied externally, by dissolving a few globules in a tablespoonful of water, and rubbing a little of it on the sore every day, or by placing a rag which has been dipped into it over the part.

When the ulcers are of long continuance, it is best to consult a homœopathic physician. The older the ulcers, or the more frequently they have returned, the more slowly they ought to be healed, otherwise a different and more violent disease will be the consequence. Drying them up with vitriol, or white lead, or lead-water, is exceedingly dangerous.

When the pains are very violent, take malt, pound it into flour, and with yeast make a dough—make this thin with beer, not with porter—spread it on rags, and apply it fresh two or three times a day.

When the ulcers are very deep, and no homœopathic physician can be procured, turpentine may be applied—not the poisonous spirits of turpentine, but the gum or rosin. Melt half an ounce of the best Venetian turpentine over a slow fire and gradually mix with it two ounces of pure yellow wax; dry the ulcer as much as possible with a linen rag, take a spoon, and just as the melted mass is about to concrete, pour it into the wound—but it must not be too hot. Do this every third day; but without homœopathic treatment this remedy is not always and at all times permanently efficacious.

To ulcers not so deep, it is best to apply linen dipped into warm water—put on the compress, and over it a good and warm bandage. At the same time take Sulph. once a week—it cures frequently. For ulcers which burn badly, give Ars.; when they burn and smell oppressively, Carb. veg.; when they spread, and are surrounded by pustules or small ulcers, give Lach.

Bad ulcers may be caused by the *nails growing into the flesh*. The common remedy is to cut the nail, and particularly on the side where it has grown in; the consequence of this is that the nail grows the faster, and in a short time the patient is in the same misery. This cutting should only be resorted to when it is of consequence that the patient should walk again immediately; when a little lint can be introduced with a dull penknife between the nail and the skin, it is to be preferred. A handy person may do this himself; previous to this wash the feet in warm water to facilitate the operation. When there is already proud flesh, strew some finely powdered loaf sugar on it twice a day, and use the foot as little as possible for a couple of days. At the same time scrape the nail in the middle with a sharp knife, and repeat this every day until you have it as thin as possible. By this means the sides will heal much quicker, and the nail is more easily bent out, so as to introduce the lint between the skin and the nail. When the edges of the nail are rough, scrape them smooth, but do not cut them.

The only means of curing this evil effectually is to cut the nail frequently, but not in the shape of the toe, so that the middle projects farthest, but the very reverse, leaving the sides as they are, and cutting the centre out as far as possible. This need not to be done at once, but gradually; bathe your feet every week in warm water,

and cut the nail as directed. The nail will, in consequence, grow more in the centre and less on the sides; if, after some time, the edges project too much, a trifle may be cut off; when it destroys the stockings, put a leather case over it. Not until after the expiration of a twelve-month let the nail grow again quite even, but never cut it very deep or close on the sides, as this is generally the cause of the evil.

Although already badly ulcerated, and although the above method should fail, let no one persuade the patient to have the nail torn out or split. This painful operation may be always avoided, if the doctor will but take the trouble. Frequently sufficient may be cut away to heal the sores, particularly when homœopathic remedies are taken at the same time; among these the principal ones are Sulph., Ars., Sil. and Carb. v. By destroying the root of the nail on both sides with caustic, the nail itself may be preserved. Where the nail bends into the flesh, remove the skin as much as possible, then put a piece of common sticking plaster around the toe—in this plaster cut a hole, where the skin has been pushed back, of the size of a pea, and apply the caustic, (lapis chirurgorum, not the argenti nitras or lunar caustic,) which may be found in every apothecary's store; over this put another piece of plaster; remove this the next day, or earlier, if it causes violent pains, and immediately, or some time after, put on another piece; by these means you will soon succeed in destroying the unnecessary piece of the root. When it causes pain, smell sweet spirits of nitre, and if this does not immediately alleviate the pain, take it off and put on a smaller piece with more caution, not allowing it to touch any part of the flesh. It is better to have this applied by a physician.

## CORN S.

Place the feet into warm water for a quarter of an hour, and with a sharp knife cut a thin slice at a time until it commences to pain; after that take Arn., dissolve a few globules in a drop of water and rub it on the corns. If this is done repeatedly they generally disappear. If they grow again, take Ant. crud. a couple of times inwardly, and also apply it to the corn when cut. Phosph. every other day a dose, is to be recommended. For violent pains at the change of the weather, give Rhus, or Rhus and Bry. alternately.

## EXCORIATION FROM LYING IN BED.

This may frequently be prevented by placing an open vessel with water under the bed of the patient, renewing it every day. Wetting the red or sore spots with very cold water, or applying wet rags, is also good. By placing a soft tanned deer-skin under the sheets, the hairy part underneath, and the tail toward the foot of the bed, it may be prevented, or be more easily cured. When water alone will not cure it, dissolve in it a few grains of Arn.; if it mortifies, give Chin., and wash the spots with the same in water, and a day or two later, wash with Arn. When the wound is large, apply scraped sweet carrots.

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## CHAPTER XIV.

## GENERAL DISEASES.

## G O U T.

It is difficult to cure the gout, but the pains may be mitigated. The complaints which the common treatment by mercury, calomel, baldrian, digitalis, colchicum, or the abominable drug of opium, or laudanum, and other so-called harmless medicines, destructive of human health, must produce, are prevented by the homœopathic treatment, and the patient is spared the many tortures of external applications.

With wine and brandy drinkers, the first attack may be alleviated by *Nux vom.*; for violent fever, give *Acon.*, which may also be given after other remedies have been taken, particularly *Sulph.* When the pain in the joints resembles that of a sprain, with redness, fear of touching it, internal uneasiness, as if the limb pressed too hard every where, give *Arn.*; when the redness spreads very far, and is very dark, *Bell.*; when the pains fly quickly from one spot to the other, and relief is felt when the limb is uncovered, give *Puls.*; when better when the limb is covered, and the patient is very weak and much affected, give *Ars.*; when the face is very pale and haggard, the pain pricking and tearing, worse during the night and when the limbs have to be removed from one place to another, give *Ferr.* or *Rhus*; when worse from being moved, *Bry.*; worse from being touched, *Chin.*; when attended with nausea and a foul white tongue, give *Ant. crud.*, and later, if necessary, another remedy.

When the attacks return at every change of the weather, give Calc.; if the complaint begins to be tedious, give always Sulph., and if worse again, Acon.; if the limbs remain stiff, afterward give Col.; if they are stiff from old gouty tumors, give Caust. morning and evening, and after these, two doses every week for about four or five weeks.

### ACUTE RHEUMATISM.

The pains in the joints called acute rheumatism, are to be treated in the same manner; give Acon. several times, and afterward Arn. or Bry., sometimes Puls., according to the symptoms. When this complaint becomes more violent, it is often necessary to give Hep., and if twenty-four hours produce no change, Lach., which, as often as the disease is worse, is given alone, or alternately with the former; Merc. viv. is also useful; (see under "Rheumatism;") likewise Bell. Bleeding for this complaint is of no other use than to protract the disease; but if it has already been done, and, of course, without any favorable results, give first Chin., and afterward, if worse, the aforementioned remedies.

### RHEUMATISM.

The affection called Rheumatism, is generally caused by taking cold, and ought to be treated according to the directions given for the head, eyes, ears and teeth; when in the limbs, select among the following: Cham. when worse during the night, or better when sitting up or turning frequently; when the limbs feel as if lamed and can scarcely be moved; when the pain at times passes into the head, the ears and the teeth; generally the patient is desirous of lying down constantly—is chilly, cannot sleep well, and feels very tired and bruised when he

awakes; when resembling the latter, but worse in the afternoon and evening, give Puls., and compare what has been said of this remedy under "Gout;" when the pains are in particular in the breast, the shoulders, the back and the small of the back, give Nux vom.

Merc. viv. when there is a drawing, pricking, burning pain, worse after midnight and toward morning—aggravated by cold damp air and by warm beds; when the painful parts are swelled; when the joints are more affected with an occasional throbbing; or it appears to be in the bones, and from them passes into the fleshy parts; when the patient has already taken calomel, and Merc. viv. does not soon give him relief, give Lach., but if there is an improvement after Merc. viv., give it again at the next attack; when the pains are more in the flesh than in the bones, and become tedious; when they are not in the joints, but worse at every motion, and are accompanied by cold in the limbs, give Bry.

#### OBSTINATE RHEUMATISM.

Obstinate Rheumatism must be treated by a homœopathic physician; but if none is near, give Sulph. once a week; it may do much good, but do not repeat it whilst there is any improvement; later, Caust. in the same manner, always two doses, one in the evening and the other the following morning, after which wait from 8 to 14 days; the latter remedy is particularly useful when the limbs are stiff.

#### PAINS IN THE SMALL OF THE BACK.

Always be governed by the causes. When caused by strong drink, costiveness, by too sedentary a life, or by cold feet, give Nux vom.; when from falling or lifting, give Chin. or Rhus. Refer to the remedies under "Piles."

### CRAMP IN THE LIMBS.

Cramp in the calves of the legs, the soles of the feet, and other parts, frequently disturbs the patient in his sleep; sometimes it is troublesome during the day. The best remedy is to press the part firmly against the bedstead, or the wall, or to press and squeeze it with the hands. The best preventive is Verat.; the same will cure the complaint; take it in the evening or in the night, and 12 or 24 hours after, take it once more. If it does not suffice, take Sulph. or Col. When the cramp makes its appearance while the patient is sitting, take Rhus.

### CRAMPS OR SPASMS OF THE WHOLE BODY.

Cramps or spasms of the whole body, and of different parts, are so different in their nature that it is impossible to give directions how to cure all; a homœopathic physician should be consulted. Here I shall only mention what ought to be done in the first moment. When the cause, which habitually produces them, or which has produced the first attack, is known, give the remedy suitable for this cause. Op. not only answers when caused by fright, but also after reproaches, violent scolding, and insults. The chief remedy for the different kinds of this disease is Ign. When the patient perceives that the attack is coming on, he may sometimes obviate it by smelling camphor; at times this answers during the paroxysm. All other strong smelling things and salves must be thrown aside, they only weaken and irritate the patient. During the first violence of the paroxysms nothing should be done, not even homœopathic remedies ought to be given, until it abates or is passed. To bleed patients afflicted in this manner is truly culpable; in almost every case it makes them totally in-

curable, for the sickness which probably would have gone off of its own accord, and might have never returned, is certain to reappear now, and to become worse and more obstinate at every new paroxysm; no disease of this kind has ever been cured by bleeding; not a single danger has ever been obviated by it.

### NIGHTMARE.

This complaint is sometimes so frequent and so weakening, that something should be taken for it.

In the first place, eat little in the evening, take light food, do not drink wine or beer, no coffee, at most a cup of weak black tea, or, better still, milk or soup. A good remedy is washing in cold water every evening; in the summer it is best in the open air at the hydrant or fountain; in winter, by rubbing the face, neck, the back of the head, the throat, shoulders, breast and abdomen with a wet cloth; afterwards drink a glass of cold water before going to bed; those who cannot bear cold water may take water and sugar. Although it should not cure the complaint, continue this treatment, and take the following remedies:

When caused by spirituous liquors, strong beer, too high living, too much confinement, take in the evening before going to bed, *Nux vom.*

To children and women, when accompanied by much heat, thirst, palpitation of the heart, determination of the blood to the head or chest, oppressed breathing, agitation, uneasiness, and other symptoms of the same kind, give in the morning and evening *Acon.*, until it ceases. It is also very good to take the remedy immediately after the attack, particularly when the patient feels hot and feverish.

When the paroxysm is very violent, the patient lying with his eyes half closed, the mouth wide open, he snores, and there is a rattling in the throat, breathing is irregular, the face much agitated and covered with a cold perspiration, the extremities are convulsed, give Op., and repeat it as often as it is necessary.

If it returns, notwithstanding, give Sulph. every morning until it leaves off; after having given it seven mornings, discontinue for a week or two; if it returns after some time, give Puls. two mornings successively.

### SLEEPLESSNESS.

In most cases it may be attributed to the manner of living. Some dare not eat any thing in the evening, or not much, if they want to sleep well. Others only sleep well when they have eaten something. Exercise in the open air is always the best preventive, but it must not be taken too late, or it will have an effect contrary to the one desired. When exciting, agreeable events are the cause, take Coff.; when terrible or frightful ones, Op.; when agitating ones, Acon.; when the events are tormenting and cause dejection, Ign., &c.. always select the remedy according to the cause.

The most common causes are drinking of coffee and tea, for which see the remedies. When caused by a surfeit, give Puls.; by too much reading or singing, Nux vom.; by abdominal complaints and flatulency, Cham. When various figures and visions appear before the eyes of the patient, and prevent him from sleeping, take Op., and if this does not prove efficacious very soon, take Bell. Children are generally benefited by Coff.; old people by Op. Frequently the cause is in a disease, which

should be referred to, to find the necessary remedies, or for which the advice of a homœopathic physician should be taken.

### INTERMITTENT FEVERS.

In certain situations, and in certain seasons, they are very common; in countries where much wet land has been drained, they prevail during a dry season in the spring and in the fall. Those who can leave such places during the sickly seasons ought to do so. Those who cannot should pay particular attention to the situation of their bed-rooms. It ought to be very dry, and be closed early in the evening; about noon it should be aired for a couple of hours, the head of the bed be turned to the south, and be kept from the wall.

Those who are obliged to sleep in damp houses, particularly in the basement or lower story, should try the following experiment with hard coal. Place in the bedstead under the straw mattress, or when you are obliged to sleep upon the floor, between boards a layer of very small hard coal, in the former case of six, in the latter of twelve inches thick, and place your bed on top of it. Silk, or old silk dresses placed between the sheets, and the wearing of a silk shirt, when it can be had, may be recommended. Those who are obliged to work much in the open air, where fevers prevail, may use as a preventive a small bag containing bark, placed upon the pit of the stomach, on the bare skin.

Persons who have had the fever, and wish to prevent its recurrence, should put some powdered sulphur in their stockings. Particular attention should be paid to the manner of living; eating nothing that lies heavy on the stomach; avoid pastry, things baked or roasted with fat, and other badly dressed food; eat well boiled

meat and vegetables, or meat which has been slowly and properly baked in a closed vessel, with much gravy without any spices, except salt. Whilst the fever prevails, do not even think of a pie.

It is better to eat ham raw, with black pepper, than to turn it over a couple of times in the pan, by which process it is rendered indigestible. Every thing acid and fat should be avoided in such times; acids are good in the heat of summer; fat may be used in the cold of winter. Persons who have the fever ought to be most rigid in their manner of living; also those who are just recovering from it; and those who have had it on a former occasion, should be very careful, for they are the more liable to take it again.

During the cold stage cover the patient well, but not too much, for it is of no use; take care that the blankets are thoroughly dry; if you have any old silk, wrap it around the feet and the abdomen, if the patient feels relieved by it. During the hot stage, it may be removed again, when linen makes a better covering. Frequent wiping with a warm wet cloth gives much relief. During the perspiration do not cover the patient too warm, neither let him be entirely uncovered. After the sweating stage, it is better to change the linen and the bed. The linen ought to be well aired and warmed, which is best done by a healthy person rubbing it with his hands, until all the smell of soap is gone out of it; in fact, this should be done with all linen intended for sick persons. Those who have not a sufficiency of linen will do well to lie naked between blankets during the stage of perspiration, and to put on the shirt when this is passed.

If the patient complains of thirst, give him as much cold water as he wishes to drink, if good spring water

can be had; when the water is bad give toast and water, or put some acid into it; it may be warm or cold. If he prefers it warm during the cold stage, give him toast and water or mucilaginous things, such as boiled oatmeal or meal from Indian corn. When the patient vomits much and he feels very weak, give him coffee without milk. During the hot stage cold water is the best; but if the patient is very ill and craves acid, give lemonade made with vegetable acids, lemons, citrons or other fruit, but not too much, and no lemonade made with acids manufactured by the apothecaries. During the stage of perspiration nothing but cold water.

Intermittent fevers appear more troublesome in the beginning than afterwards, but then they act more violently internally without the patient perceiving it; at last however it breaks out, he feels as if swelled, or hardness in the abdomen under the ribs, mostly on the left side. In the first period, when there are many symptoms during the intervals, it is most injurious to suppress the fever with quinine; only in cases of the utmost necessity should this be resorted to. Here a homœopathic treatment is the best, and the disease can generally be cured by it at once. During the second period, when the fever has become more confirmed and nothing is felt in the intervals, it is more difficult to cure, and when the homœopathic medicine does not suffice, recourse may be had to quinine to check the fever, yet sometimes it will induce other diseases. In the last period, when the spleen or liver is swelled much, beware of bark or quinine, in most cases it would hasten dropsy and other attendant diseases. Even homœopathic treatment can during this period effect but a slow and gradual improvement, and it is best to consult a homœopathic physician.

Homœopathy has many medicines for this disease, but we can here only mention the principal ones, by which the fever may be cured rapidly, particularly in the beginning, and without any danger, and by which those may obtain relief who have already injured themselves by using bark and quinine, or even arsenic, which is contained in Fowler's Tincture, and in many other patent medicines.

Persons living near marshy places or near canals, or where much land has been cleared and drained, and where fevers prevail, should immediately on feeling unwell take Chin., and twelve hours after, if it is no better, a second dose, paying particular attention to diet and the situation of the bed-room. If no better in twenty-four hours, take Ipec., and in twelve hours again Chin.; in twenty-four hours again Ipec., continuing thus alternately until better. Should the fever come notwithstanding, treat it like other fevers.

In all fevers particular attention must be paid to the symptoms, how the cold, the hot, and the sweating stages succeed each other, when the patient is thirsty, and how he feels between the paroxysms. According to these the remedy must be selected. If you cannot make up your mind which to give, administer first a few globules of Ipec., and repeat it every three or four hours till the following day, in such a manner that the last dose is given a couple of hours, before the expiration of the twenty-four hours since the last attack. If no fever makes its appearance on this day, take nothing; but as it might be a tertian fever, take the following day a couple of hours before the time when the fever is expected to return, the same dose. If it returns notwithstanding, it is generally of a type and it is easier to select a remedy, one of the

following generally answers: Ign., Nux vom., Chin., Arn., Cocc. or Cin., Carb. veg., Arn. If you cannot determine upon either, give Ipec. once more as before. If it returns a third time, select another remedy; sometimes one of those mentioned will answer. After a fourth attack, select a remedy with the utmost care. When the symptoms of the first attack are similar to those mentioned under one of the remedies, it is preferable to select one immediately. Only when you cannot decide which to take, give Ipec., as is directed above; at each new attack compare the symptoms again with those of the remedies, and only when none suits give the same again. If you select one of the undermentioned remedies, give it first after the attack, and secondly, a couple of hours previous to the time when the attack is expected.

In case of a relapse, first give a remedy for the cause of the relapse, and then again the remedy which prevented the return of the fever before; if this does not answer, select another.

When the disease has already been bungled, by giving bark or quinine, or antimony, or arsenic, it is difficult to cure it; the remedy most likely to do so is Puls.; afterwards give Lach., and then Puls. again. Sometimes Bell. or Ferr., to which refer. Compare also what has been said of the Antidotes to "Poisons."

When the fever returns after a twelve-months' interval, an occurrence which is very common, give first Lach., and after this Carb. veg. or Ars., whichever seems to answer best.

In quotidian fevers, that is such as return every day without any alterations, particular attention must be paid to the seventh and fourteenth day after the last attack; if any symptoms appear give again immediately the

remedy which arrested the fever. In tertian fevers (such as come on every second day,) pay the same attention to the fourteenth and twenty-eighth day after the last attack. In quartan fevers (such as have two days free,) attend to the twenty-first and forty-second day. The patient should strictly follow the diet rules laid down before, until these days are passed; he may live well and eat meat, but only avoid what we have forbidden here, and what is generally forbidden during homœopathic treatment. This rule is of the more importance as the non-recurrence of the fever is no indication that the disease is overcome; it continues to act internally for a considerable time after, and may be aggravated again by the most trifling causes.

Besides Chin., Ipec. and Nux vom., the following medicines have proved most efficacious in the fevers which have come under my notice in this country during the last few years: Ars., Carb. veg., Natr. mur., and Ant. crud. In warm climates and during the heat of summer, Bry., Carb. veg., Arn. and Lach. generally answer best. In the spring, Bell., Natr. mur. and Verat. generally suit best after Lach. and Carb. veg., but the selection should not be made from this statement, it may only determine us when we are in doubt respecting two medicines.

In quotidian, tertian and quartan fevers, Chin., Ign., Nux vom., Puls., Ars., Carb. veg. and Natr. mur. have been given. In quotidian and tertian spring and summer fevers, besides these Bell., Calc., Caps., Cin., Ipec., Sulph. and Verat. In tertian, besides those mentioned, Bry., Ant. crud., Arn. and Staph. But whatever may be the period of the fever, the remedies will prove efficacious if the symptoms agree exactly.

Ipec. When preceded by great inward chills, when

the cold stage is worse when sitting in a warm room; (vide *Nux vom.*) when the chills are attended with little or no thirst, but the hot stages with much; sickness of the stomach and vomiting before, (vide *Cin.*), during or between the paroxysms, the tongue being clean or not much furred, with oppression of the chest before or during the fever. (vide *Ars.*)

*Ars.* When chills and heat come at the same time, (compare with *Nux vom.*, *Puls.* and *Acon.*) or when they change frequently, (vide *Chin.*, *Verat.*, *Nux vom.*, *Merc. viv.*, *Calc.*) or external heat and internal chills, (vide *Ign.*, *Nux vom.* and *Lach.*) and when reversed *Verat.*, and *Calc.* when there is no perspiration or not until the heat has subsided for some time.

When during the fever other complaints appear, or are aggravated by it; when the patient becomes exceedingly weak, (compare with *Chin.*) or when attended by giddiness, sickness of the stomach, violent pains in the stomach, trembling, agitation of the heart, lameness of the limbs or insufferable pains.

During the cold stage the patient is cross; flushed at the least motion or when speaking; has singular spasms and oppression in the chest, (vide *Ipec.*) pains in the whole body, inclination to vomit, a bitter taste in the mouth, headache. During the last stage an uneasy and oppressive sensation in the forehead; during the sweating stage, buzzing in the ears; after the fever headache.

*Chin.* Before the fever nausea or thirst, voracious appetite, headache, agitation, palpitation of the heart, sneezing or other symptoms; thirst commonly between the cold and warm stage, or after the hot stage, or during the perspiration and during the whole of the intervals; chills alternating with heat (compare with *Ars.*); or if

the heat does not come on until the chills had ceased for some time; great weakness with the fever and afterwards (vide Ars.); uneasy sleep during the night; the face is yellow, (vide Lach.)

Ferr. Resembling the latter, but with determination of the blood toward the head, swelling of the veins and around the eyes, pressure in the stomach and abdomen, even after eating but little; vomiting of food, tension in the belly, which causes shortness of breath. At the same time much weakness as if from being lame, a hardness and fullness in the left or right side of the abdomen, incipient dropsy, swelling of the feet.

Arn. The cold stage generally comes on early in the morning or in the forenoon; more thirst before the chills, drawing and pain in all the bones before the fevers; the patient feels uncomfortable in every position, which has to be constantly changed, at the same time great indifference or stupor, a bad smell from the perspiration, or from the breath.

Verat., with cold internal chills, cold perspiration, dark urine, or at the same time internal heat. See Calc. Or chills alone, chills with thirst, nausea, chills and heat alternately, (vide Ars. and Chin.) With giddiness, constipation of the bowels, (vide Nux vom., Staph., Cocc., Bell.) Or vomiting and diarrhœa during the heat, or during the cold.

Samb. when the perspiration is very bad, and continues during the interval until the following paroxysm, whilst the remainder of the symptoms are like those described under Ipec., Chin., &c., to Verat.

Ant. crud. for a badly furred tongue, a bitter and sickly taste, eructation, loathing, sickness of the stomach, vomit-

ing, when attended with little or no thirst, (vide Puls.,) with constipation and with diarrhoea.

Bry. the same symptoms as the last, but much thirst, (vide Cham.,) or heat before the chills, in the cold stage, red cheeks, yawning, and a stitch in the side during the heat; more cold and chills than heat, with constipation or with diarrhoea.

Cin. with vomiting and voraciousness before, during or after the fever, thirst either during the hot or during the cold stage, a pale face during the cold and hot stage, constant rubbing of the nose.

Ign. when there is only thirst during the cold and not during the hot stage, (vide Carb. veg.,) when the heat of the stove or other warmed things mitigate the chills, (the contrary is the case with Ipec. and Nux vom.,) the heat is only on certain parts, whilst others are cold or shivering; for instance, with the heat cold feet; or pains in the bowels, with shuddering; then heat, with weakness and sleep.

Rhus. Some parts feel cold, others hot, (vide Ign.,) or heat before and after the chills; fever every day, but different every other day, particularly in the evening, and during the night; after midnight or towards morning perspiration; with the fever a rash, pain in the bowels with diarrhoea, pressure in the pit of the stomach, agitating palpitation of the heart.

Nux vom. Great lameness and want of strength at the commencement of the fever, (vide Chin. and Ars.,) then chills and heat alternately, or heat before the chills, or external heat with the chills or reversed; does not only wish to be covered during the cold, but also during the hot and the sweating stages, otherwise he feels cold; the stove or other external heat does not give any relief

during the cold stage; a stitch in the side, (vide Bry.,) and shooting in the abdomen, with giddiness and agitation, (vide Ars.)

**Cham.** Furred tongue, (vide Ant. and Bry.,) white or yellow, loathing, vomiting, which is mostly bitter; much thirst even during the perspiration, with pressure upon the heart, pain in the right side, great repugnance, more heat and perspiration than cold, commonly attended by diarrhœa and thin evacuation.

**Puls.** Complaints of the stomach, (similar to Ant. crud., Bry., Cham.,) bitter taste, vomiting of phlegm, bile, particularly sour; no thirst, at most during the heat; chills, heat and thirst at the same time, generally worse in the afternoon and evening, with diarrhœa; in the mean time very chilly. It answers particularly when a disordered stomach has caused a relapse, or after Lach.

**Caps.** Chills and thirst, (vide Ign., Carb. veg.,) which do not come with the heat, or thirst during the whole of the fever; the chills are considerable, and with the heat inward or outward burning; troublesome phlegm in the mouth, throat and stomach; slimy, burning diarrhœa; a great aversion to all noise.

**Cof.** Very sensitive, great excitement, with trifling fever; or only heat and thirst, a red face and liveliness; afterwards general perspiration, with continued thirst, thin evacuation or diarrhœa.

**Cocc.** Great excitement or spasms of different kinds, particularly in the stomach, with obstinate constipation.

**Staph.** Constipation and loss of appetite, with a putrid taste in the mouth, and bleeding gums.

**Natr. m.** Bad headache, with chills, or still more with heat; long continued chills; during the hot stage the patient lies as if without recollection, the eyes become

dimmer, he cannot see so well, not even during the intervals; eruption on the lips after several attacks, without the fever ceasing entirely; (for the latter, Ign. and Ars. are also suitable.)

Lach. The chills frequently after dinner, or at least in the afternoon, with pains in the limbs and in the small of the back, so that the patient can scarcely lie, and throws himself about, or with oppression on the chest, sometimes with convulsive sensations; during the hot stage a bad headache with much talking and a red face; or with external heat, internal chills, with an ashy, yellowish color of the face, which continues during the intervals; particularly when acids, salads, vinegar and the like have brought on a relapse; or when it has frequently been checked by bark, but returned, in which case Puls. may be given afterwards; frequently suits in fevers in the spring and beginning of summer.

Bell. when the chills are moderate, and the heat violent, or when the case is reversed; when the heat comes after the chills, or several paroxysms come on the same day; when there is no thirst whatever, or when it is very violent, with great sensitiveness and inclination to weep; constipation, or the evacuation insufficient, and not often enough, sometimes; with violent headache, with heat or stupor.

Hyosc. Resembling the former, but with a dry cough during the night, which disturbs the patient in his sleep.

Hep. when accompanied by catarrh, cough, or complaints of the chest, (before or after, frequently Bell. suits,) or first a bitter taste, then chills and thirst, then heat and sleep.

Merc. viv. Cold and heat alternately; during the hot

stages agitation and thirst; bad, offensive, sour perspiration, with palpitation of the heart.

Sulph. Every evening chills; during the night heat, and in the morning perspiration; fever with palpitation of the heart; fever, previous to which the itch has ceased.

Calc. when chill and heat alternate, (frequently after Sulph.,) external chills and internal heat, (vide Verat.,) the face hot and the body cold; first heat in the face, then cold; during the fever giddiness, heaviness in the head and limbs; stretching, twisting, tearing pains in the small of the back, uneasiness.

Carb. veg. before or during the fever, pain in the teeth and in the extremities; thirst only during the chills, not during the heat, (vide Ign., Caps.,) during the heat giddiness, sickness of the stomach, a red face.

Acon. when chills and then heat, both being very violent; the heat more in the face, or in the head, with agitation; or chills and heat at the same time, the former on the body, the latter inwardly, or in the face; when the heat is accompanied by a stitch in the side, (vide Bry.)

Op. Sleep during the hot stage, (vide Natr. m., Ign., &c.,) or during the cold stage; snoring, the mouth wide open, convulsive motion in the limbs; during the perspiration a burning heat continually; this remedy is particularly useful for aged persons, sometimes for children.

## J A U N D I C E.

Of this complaint there are several species; sometimes it continues for a considerable time, without any danger; sometimes it is attended by fever, which in many cases is a good, in many a very dangerous sign, of which every one may judge from the general state of the patient.

Frequently the yellow color is only produced by mercury, quinine or rhubarb, for which the antidotes must be taken. When caused by anger, give Cham. But when the patient is of so irritable a disposition that these symptoms manifest themselves at every opportunity, he must take other medicines, which are to be selected according to the remainder of the symptoms; the most important are Sulph. and Lach.

Little children are subject to this complaint, but it is by no means dangerous; give Merc. viv., which is also a chief remedy for grown persons, when they have not taken too much mercury; if so, give first Chin., and then Merc. viv.; if it fails, Hep., and afterwards Merc. viv.; after this, Sulph. and Lach. are best.

#### C H O L E R A.

In sudden attacks, and in the beginning of the disease, camphor shaken in water, or dissolved in spirit of wine, the remedy discovered by Hahnemann, and first made known to the world by him, is the principal medicine; it has become here the principal remedy of the people, and has already saved hundreds of thousands from the grave. Only do not imagine that the quantity will accelerate the cure, that the disease must cease immediately, and do not take it for every trifling diarrhœa, as the camphor might produce an artificial cholera, of which I have seen many cases in Philadelphia, and in which it was only necessary to give coffee without milk as an antidote for the camphor.

For slight attacks of the cholera, give Ipec., and repeat the dose after a couple of hours, if necessary; if the coldness, vomiting, and diarrhœa increase, if cramps in the calves of the legs, and in other parts of the body make their appearance, Verat. is the principal remedy, and

must be given as often as the sickness is worse. If the cramps cause the limbs to move, give Cupr., repeated in the same manner; in dangerous cases, it may be given every five or ten minutes. For great agitation of the heart, if the patient is uneasy, tosses about without finding a proper position, with an indelible thirst, give Ars.

If the patient does not improve, and the tongue is clammy, give Phosph. acid., in frequent doses; if the breath turns cold, give Carb. veg. When the vomiting and cold has decreased, but the patient is still very ill, lies as if torpid, or confused with a red face, give Hyosc. every half hour; if this does not produce a change, and the patient continues to sleep, give Op., and when that does not suffice, Lach. as often as the symptoms are worse.

When in the beginning the remedy does not soon prove effective, first give Sulph. and the other remedies ten or fifteen minutes after—the dose in this complaint is from six to ten globules, sometimes more.

### F A I N T I N G.

This occurrence generally frightens those present; who in their hurry apply every thing confusedly; injure the patient, and when they are liberal in their doses of spirits of hartshorn, may actually kill him. But there is no occasion for this hurry; loosen quickly all tight clothes about the neck, chest and abdomen, place the patient in a comfortable situation, and remove every thing which, when consciousness returns, might make a disagreeable impression. Sprinkle some fresh spring or hydrant water with a quill into his face, apply a little water to the neck and the back part of the head, and to the pit of the stomach. If this does not produce any

effect, and if the patient becomes cold, let him smell of spirits of camphor.

When the cause is known, the remedy may be selected accordingly; for instance, after fright, Col., Op. and Acon.; after the loss of blood or other weakening causes, Chin.; in such cases wine, too, is very good; give only a drop at a time; after violent emotions of the mind, Ign. or Cham. When trifling pain produces fainting, give Hep., when very violent pain, Acon., sometimes Cocc. or Cham.; when the preceding pain almost distracts the patient, give Verat., the same remedy when the fainting comes on after the least exercise; when it comes soon, Nux vom. is frequently of service, particularly with those who have been immoderate in the use of ardent spirits, or with those who have injured themselves by too much mental application; Carb. veg. with those who have taken too much mercury;—when it comes on after dinner, Nux vom. generally removes it, and if not, give Phosph. acid., when preceded by giddiness, give Cham. or Hep.

All these remedies should not be administered more than twice,—the second time from five to ten minutes after the first; if this does not produce any improvement after the second time, select another, if necessary. When the relief is temporary, repeat as soon as it is worse again. When the patient vomits after recovering from the fainting, do not interfere with it at all; when the patient falls asleep after it, do not disturb him, rest will refresh him.

### SOMNOLENCY, LETHARGY, &c.

Somnolency, Lethargy, or other cases, during which consciousness is lost, and the patient lies in a deep sleep, frequently snores and cannot be awakened. In such a case, many an ignorant practitioner pulls out his lancet

to bleed the patient, and the chances of killing or restoring are about equal. Open the eyes of the patient, if the pupils of the eyes are very small, or if one is small and the other large, do not bleed. But if the pupils are both large, or the one much dilated, and the other the usual size, in so doing bleeding may be resorted to, provided there is no skillful homœopathic physician at hand, who could relieve the patient by administering internal remedies only.

When the pulse is slow but full, the face red or pale, give Op.; let the patient smell it, and put a few grains upon the tongue—if this does not give relief, prepare an injection of a pint of water, in which a few globules have been dissolved—when the pulse is very weak, give Lach. in the same manner.

In other respects be guided by the cause, and particularly by the symptoms, which precede this state. If it was nausea or inclination to vomit, or when retching commences as consciousness returns, give him a teaspoonful of a weak solution of tartar emetic, a grain dissolved in a glass of water; also, give an injection of it, if necessary. Of the other remedies, the following may be selected according to the symptoms: Acon., Verat., Puls., Phosph. acid., Nux vom., Ars., Ant. crud., Hyosc.

### APPARENT DEATH.

In this case persons usually commit the same error as in fainting—they do too much, or as in cases where poison has been taken, they do too many things at the same time, or they remain quite inactive, thinking all is useless. In all persons who die suddenly from external causes, animation may only be suspended, but when treated as if dead, they may really die. There are many

cases where sudden death is not a mere suspension of animation; and others, particularly with females who are pregnant, or in childbed, where apparent death is very common. We know of but one sure sign of death, that is, when internal dissolution has proceeded so far as to become perceptible externally. Whenever there is the least uncertainty, and in all cases, where animation has been suddenly suspended, and putrefaction does not commence as suddenly, nothing ought to be done that might cause actual death, and the interment should be postponed until the third day; on the third day changes always appear on the body, which confirm the one or the other—when on this day no marks of decay can be seen, all further proceedings should be arrested until they make their appearance, though it should last a week. In all cases where animation has been suspended by external violence, the body should be treated with the greatest care; when this is done, and when to this care the requisite knowledge is added, many such cases may be restored to life.

a) APPARENT DEATH FROM HUNGER.

In cases where animation has been suspended for want of sustenance, give repeatedly small injections of warm milk; when the patient begins to breathe, give milk, drop by drop, afterwards a teaspoonful at a time, and gradually more; when he begins to ask for food give him some spoonfuls of toast and water, and then some clear broth, after this a few drops of wine. When a sound, healthy sleep has succeeded, and not until then, commence to give him small meals—the patient may eat often, but only little at a time—after several days he may return to his usual diet. Eating too much and too quick, endangers life.

## b) APPARENT DEATH AFTER A FALL.

Place the sufferer cautiously on a bed, with his head high, in a place where he can remain quiet, put a few globules of Arn. dissolved in water on his tongue, and wait quietly until the physician comes to see if any thing has been fractured, and whether there are still signs of life. A vein may be opened, but he should not, as is commonly the case, let too much blood; for a person who is restored to life by bleeding would probably have recovered without it—although in some cases bleeding may accelerate restoration.

If it proves unsuccessful, or if you do not wish to resort to it, give Arn. again, and also in injections. When the patient recovers after being bled, first give Chin., and afterwards Arn. to promote the recovery. When the patient has lost much blood from wounds, bleeding is madness; give Chin. and a little wine, a drop at a time, afterwards Arn.

## c) APPARENT DEATH FROM CHOKING, HANGING, SUFFOCATION BY BURTHENS AND PRESSURE.

Remove all tight clothing, bring the patients into a proper position, the head and neck rather high, the neck being quite easy, neither bent forward nor upward, as is frequently the case when too much is placed under the head alone. Then rub them quietly but continually, with warm cloths, give immediately an injection of Op., ten to twenty globules dissolved in half a pint of water, well stirred up, and given in one dose, but injected slowly. This may be repeated every quarter of an hour, whilst the limbs are being rubbed, principally on the inside. From time to time hold a looking-glass before the mouth and nose to see whether the breath dims it

or not; open the eyes to see whether the pupils begin to move at all. Put warm clothes on, hot stones wrapped in cloths to the feet, between the thighs, to the neck, the sides, and under the shoulders. If an hour or two produce no change, take a bitter almond, pound it fine, and mix this in a pint of water; put a little of it into the mouth, two or three drops on the tongue or into the nose, and give the rest in small injections. If the injection does not stay at all, take a longer pipe, and press the anus together, and after withdrawing the syringe, keep the thumb upon it for five or ten minutes, and try whether it will stay. The treatment of persons who seem to be suffocated by noxious vapors, is mentioned under "Poisoning, page 81". Fresh air and cold water are the principal remedies and bleeding ought to be looked upon as Homicide. Op. or Acon. frequently answer for the complaints which appear after life has been restored.—

#### d) APPARENT DEATH FROM DROWNING.

Drowned persons should be immediately undressed, their mouth and throat be cleaned, the upper part of the body and head be bent forward for half a minute, that the water, if possible, might run out, then be placed on a warm bed, wrapped in warm blankets or be laid in warm sand or ashes; in summer, place the patient, if possible, in the sun, with his face turned toward it wrapped in a blanket, the head slightly covered; then give injections, and commence to rub the limbs with warm cloths, and continue this for hours. Bleeding is nonsense. If the rubbing and injections produce no effect, put a few globules of Lach. upon the tongue and in injections, and continue rubbing for a couple of hours more. Persons

who have been under water half a day have been restored to life by continued and unwearied exertions.

e) APPARENT DEATH FROM FREEZING.

Persons frozen may be recalled to life several days after. Take them up and carry them away with great caution, to prevent individual parts being broken by imprudent pressure. Bring them under cover, but consider that even a very moderate heat may kill them; a cold room, or a barn where there is not the least draught, is the best place. Cover them entirely with snow, face and all, leaving merely the mouth and the nostrils free, in such a manner that every part of the body is at least covered with several inches of it. Place them in such a manner that the melted snow may run off easily, and be renewed by fresh. When there is no snow, put them into a cold bath, the temperature of which has been reduced by ice. When ice attaches itself to the body or to the clothes, remove it. In this manner thaw the body until every part becomes perfectly pliable, then undress them by degrees, and, if necessary, cut the clothes from the body. As the soft parts become pliable, commence to rub them with snow, and continue it until they become red, when you may leave off and finish undressing them. Place them on a dry bed, and rub them with cold woollen or flannel cloths, stockings, old pieces of felt, &c. If signs of returning life do not soon manifest themselves under this treatment, take a small piece of camphor, or some spirits of camphor, shake it in water, and give a small injection of it; repeat this every quarter of an hour. If they commence to revive during the friction, or after the camphor, and give symptoms of returning animation, give small injections of lukewarm coffee, without milk—

and, as soon as they can swallow some coffee, give a teaspoonful at a time.

As the symptoms of life augment, remove every thing that is wet, and rub the whole body until dry, but not so much as to produce any heat. The patient must recover his natural warmth in the bed, and no other external heat must be applied.

It frequently takes hours to restore them to life, but we ought not to be sparing of labor. For the violent pains which are felt after they have revived, give Carb. veg. as often as necessary; if this proves unavailing, give Ars. If heat or pricking pains are felt in the head, a few doses of Acon. will be of service. If the patient craves wine or brandy, give him a few drops at a time, and only as long as the craving continues.

A person who has recovered from being frozen, must avoid the heat of the stove and of the fire for a long time, as it might occasion diseases of the bones, which sometimes do not manifest themselves until the ensuing summer.

#### f) APPARENT DEATH FROM LIGHTNING.

Persons struck by lightning should be placed into newly dug earth, and should be covered with it, so that only the face is free. Their position should be half sitting, half lying, with their face turned toward the sun. As soon as they begin to move the eyes, shade the face, put a few globules of Nux vom. on the tongue, and if in a half an hour, after there are no symptoms of life give the same again. A quarter of an hour after that rub a little Nux vom. with water on the neck; after another quarter of an hour uncover the loins and give an injection of half a pint of water, in which from ten to twenty globules of

Nux vom. have been dissolved, introduce some cotton into the anus to prevent its running out, cover all again with earth, and let the patient lie in that condition until he begins to breathe again; then uncover the chest and bring him in a light sunny room. For the attendant complaints give Nux vom. and Sulph.

### T E T A N U S.

The patients are either quite stiff, no motion in the limbs or muscles seems possible, or what is more frequently the case, the limbs are bent backwards, sometimes to such a degree that the back part of the head touches the heels; when the symptoms resemble the first kind, Bell., Lach., Hyosc., Op., Ign., and Natr. m. are useful; the second, Op., Rhus and Bell.; in the latter case, Rhus and Ign. alternately. Lach. will prevent the attack, and Natr. m. is the best when caused by violent or continued vexation; Op. and Hyosc. in cases from external injuries; the others according to the symptoms. But as this disease is very dangerous, you should send for a physician as soon as possible. Our remarks are only for those who live in remote places, where no physician can be procured.

### A P O P L E X Y.

The harbingers of this disease, such as heaviness, dimness before the eyes, buzzing in the ears, hardness of hearing, great inclination to sleep, the latter however interrupted by heavy dreams, &c., are generally felt before the real attack comes on, and may in this stage be prevented with the proper medicines, such as Ign., Puls., Lach. and Nux vom., according to the predominant causes and symptoms; but when the real disease manifests itself it is difficult to be cured, and therefore a phy-

sician ought to be called in time; but those who have not this advantage, may try Nux vom. for passionate people, when the head pains most on the right side, and Lach. for melancholy people, when the pain appears most on the left side; for aged people Op. is better. Many cases have been cured by Ign. and Bell.

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E R R A T A.

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- |      |     |      |    |                                                                      |
|------|-----|------|----|----------------------------------------------------------------------|
| Page | 5   | Line | 25 | instead of <i>grieve</i> read <i>grief</i>                           |
| -    | 11  | -    | 22 | instead of <i>naval</i> read <i>navel</i>                            |
| -    | 15  | -    | 11 | instead of <i>miliarly</i> read <i>miliary</i>                       |
| -    | 27  | -    | 27 | instead of <i>naval</i> read <i>navel</i>                            |
| -    | 29  | -    | 9  | instead of <i>chill</i> read <i>chills</i>                           |
| -    | 45  | -    | 19 | instead of <i>sign</i> 8 read §                                      |
| -    | 86  | -    | 13 | instead of <i>knive</i> read <i>knife</i>                            |
| -    | 183 | -    | 7  | instead of <i>in and in</i> read <i>in and on</i>                    |
| -    | 238 | -    | 40 | instead of <i>When inhailing</i> read <i>When inhaling</i>           |
| -    | 238 | -    | 47 | add, " <i>after drinking</i> " under the column of " <i>Bry.</i> " * |
| -    | 269 | -    | 31 | instead of <i>application of</i> read <i>application to</i>          |
| -    | 328 | -    | 17 | instead of <i>stags</i> read <i>stays</i>                            |
| -    | 328 | -    | 21 | instead of <i>weak</i> read <i>week</i>                              |
| -    | 330 | -    | 5  | instead of <i>described</i> read <i>prescribed</i>                   |
| -    | 337 | -    | 26 | instead of <i>clean eyes</i> read <i>clear eyes</i>                  |
| -    | 352 | -    | 13 | instead of <i>particular</i> read <i>particularly</i>                |
| -    | 384 | -    | 1  | instead of <i>had ceased</i> read <i>have ceased</i>                 |



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