

A

DOMESTIC HOMŒOPATHY,

RESTRICTED

ITS LEGITIMATE SPHERE OF PRACTICE;

TOGETHER WITH

RULES FOR DIET AND REGIMEN.

BY EDWARD C. CHEPMELL, M.D. EDIN.

PHYSICIAN TO THE ISLINGTON HOMŒOPATHIC DISPENSARY, MEMBER
OF THE BRITISH HOMŒOPATHIC SOCIETY, &c.

LONDON:

H. BAILLIÈRE,

PUBLISHER AND FOREIGN BOOKSELLER,
219, REGENT STREET.

1848.

LONDON:

Printed by Schulze and Co., 13, Poland Street.

P R E F A C E .

A *domestic* practice of Medicine, in order to be useful, must be confined to its legitimate sphere of action, being called into requisition, either in cases of sudden emergency, when no better means are within reach, or in those ordinary cases for which no further knowledge is needed beyond the elementary notions of Anatomy and disease in general, which most intelligent persons possess. A slight indigestion, or a common cold, may always thus be safely treated: an acute inflammation of the lungs, or a complicated chronic affection of the digestive organs, imperatively demand all the resources of professional skill.

Under the old systems of Medicine, which may justly be charged with an empirical use of strong remedies, many lives have been lost for want of attention to this most obvious truth, and the same evil, though in a less degree, has attended the Domestic Practice of Homœopathy.

To give some idea of the mischievous lengths to which amateurs will go, I may instance two cases in which the lives of the patients paid the forfeit. The first, which was a Pleuresy, was regarded as a slight Rheumatic affection with symptoms of indigestion; the second, an acute Inflammation of the Lungs, was supposed to be a common cold and cough. Both of these were treated in accordance with the erroneous conclusions arrived at, so that those medicines, which were calculated to act upon the really affected tissues and organs, were withheld, until the vital resources were past rallying; and when competent advice was sought, it was too late.

The works hitherto written to adapt Homœopathy to domestic purposes, however great their intrinsic merits in many respects, have not a little contributed to aggravate the mischief. Being composed at a time when country practitioners of the new school were hardly to be met with, and the non-professional homœopathist was often driven to act as a physician by the force of circumstances over which he had no control, it was absolutely necessary to include

in the plan a number of subjects, which in treatises of this kind would otherwise have been completely out of place. This state of things is fast passing away, and it is, therefore, evident, that the *semi-popular semi-professional* character of the manuals which are in vogue, must daily lessen their usefulness, and render them objectionable, and even dangerous, in the hands of the untaught.

The conviction that the time is now come, in which another description of book is wanted by the non-medical public, has led me to compose the present work. Its principal object is explained by its title; namely, to restrict the Domestic Practice of Homœopathy to its proper limits.

The attainment of this object has been attempted, first of all, by leaving out the whole of that class of diseases, which none but qualified persons should undertake, with the exception, only of those sudden and urgent cases, not to be mistaken, which require immediate attention before better advice can be procured.

Moreover, it is laid down as an invariable rule, that *if any disorder is not cured by the treatment*

enjoined—a treatment based upon numerous cases of private and dispensary practice—*a medical man ought to be called in*. As little as possible is left to the uninstructed judgment* with regard to the choice and repetition of remedies, it being impossible to allow it much latitude without also greatly increasing the chances of the commission of dangerous mistakes. For the same reason, the directions of the physician should be implicitly followed; as there is nothing more calculated to hinder the success of the most enlightened practitioner, than for a patient to be continually dabbling in remedies on his own responsibility.

Great pains have also been taken to set forth sound and practical views on the subject of Diet and Regimen, there being no kind of information more needed, either by the healthy or the sick, owing to the erroneous opinions on these matters, which prevail so widely among the public.

There are yet two more objects to be men-

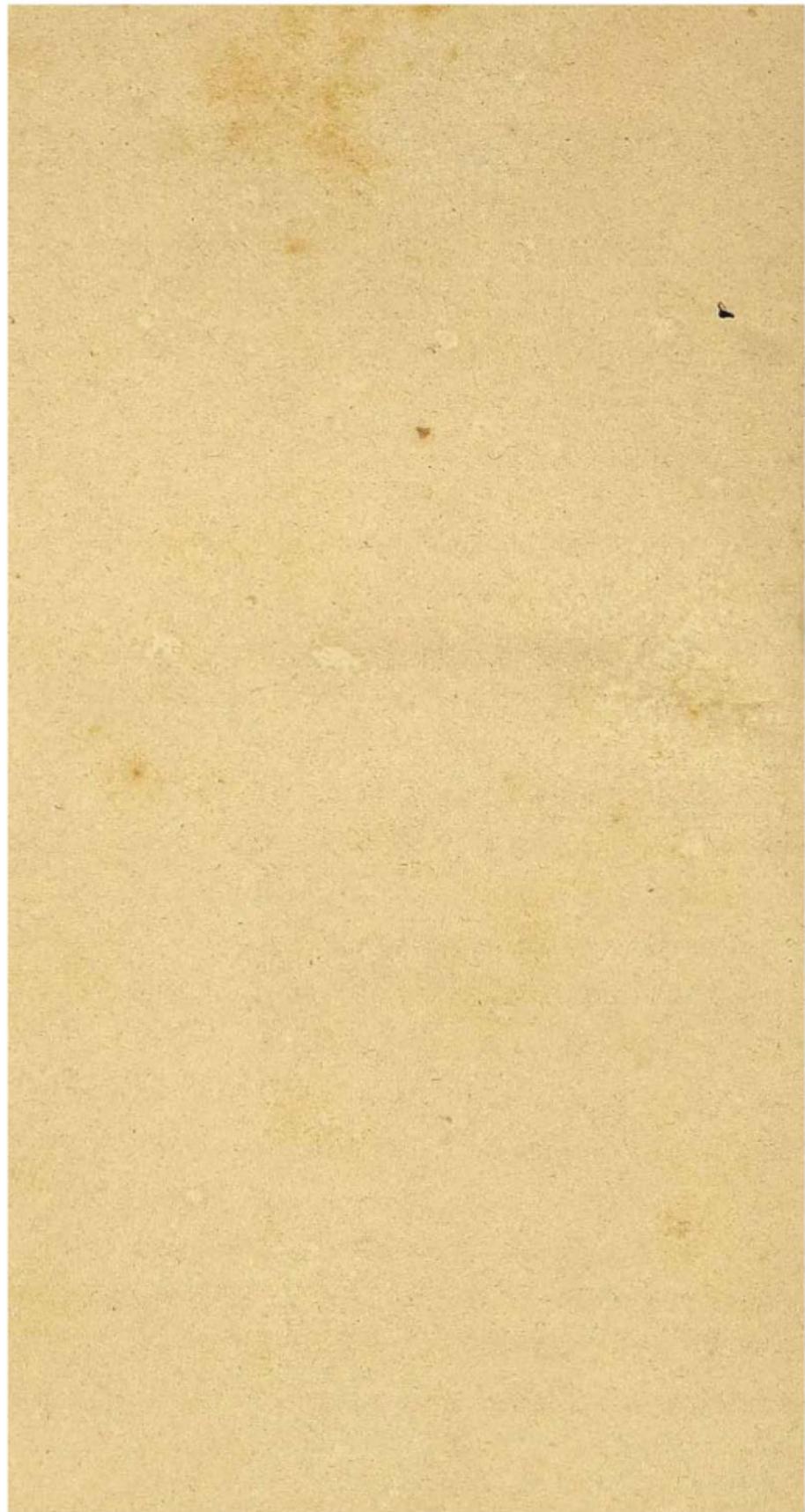
* Should matters go on favourably, the course of treatment prescribed may be shortened, but *on no account should any addition or repetition be made*.

tioned, which have not been lost sight of in this work.

The one, is to furnish persons, who are under regular Homœopathic Treatment, with supplementary advice and explanation concerning remedies and terms, with which medical men too often take it for granted that they are acquainted. The other, is to give the practitioner of the old school an opportunity of testing Homœopathy in slight cases, which are often much more tedious when treated according to the common method, and thus lead him on the study of the great, noble, and beneficial discoveries of the immortal Hahnemann.

13, MADDOX STREET, BOND STREET.

DECEMBER, 1847.



INTRODUCTORY REMARKS.

FOR the convenience of reference, this work is divided into two Parts.

The First Part is devoted to the consideration of Diet and Regimen, of Diseases in general, and of Homœopathic Remedies.

1. *A.* Under the head of Diet, a concise exposition is given of the General Principles, upon which all *sound* dietetic rules are founded, with a view to the individual regulation of food under a variety of circumstances incidental to human life, such as climate, age, social condition, the state of health, and the like. A brief survey of alimentary substances, and of their preparation, together with a Dietary for the sick, especially adapted to those under Homœopathic treatment, have been added.

B. Under that of Regimen, analogous instruction will be found for the regulation of the following accessory means of promoting health, viz. Air

and Light, Clothing, Exercise, Sleep, Cleanliness, and the Moral Habits.

2. The remarks on Diseases in general have a reference to their conventional classification, and to the conduct of non-professional persons with regard to their treatment.

3. Under the head of Homœopathic Remedies, the following subjects are treated of, viz., the Preparation, Dilution, and Administration of Remedies, Medicinal Aggravation, and Remedial Antidotes, only, however, at such length as is necessary to the right understanding and use of the Second Part of this work.

A short Exposition of the actions and distinctive features of the principal remedies recommended, and a General Summary of the rules to be observed under Homœopathic treatment, are also included.

The Second Part is exclusively devoted to the Treatment, and is sub-divided into four parts.

The Diseases of Infants and Children form the first division ;

The Complaints of Women, the second ;

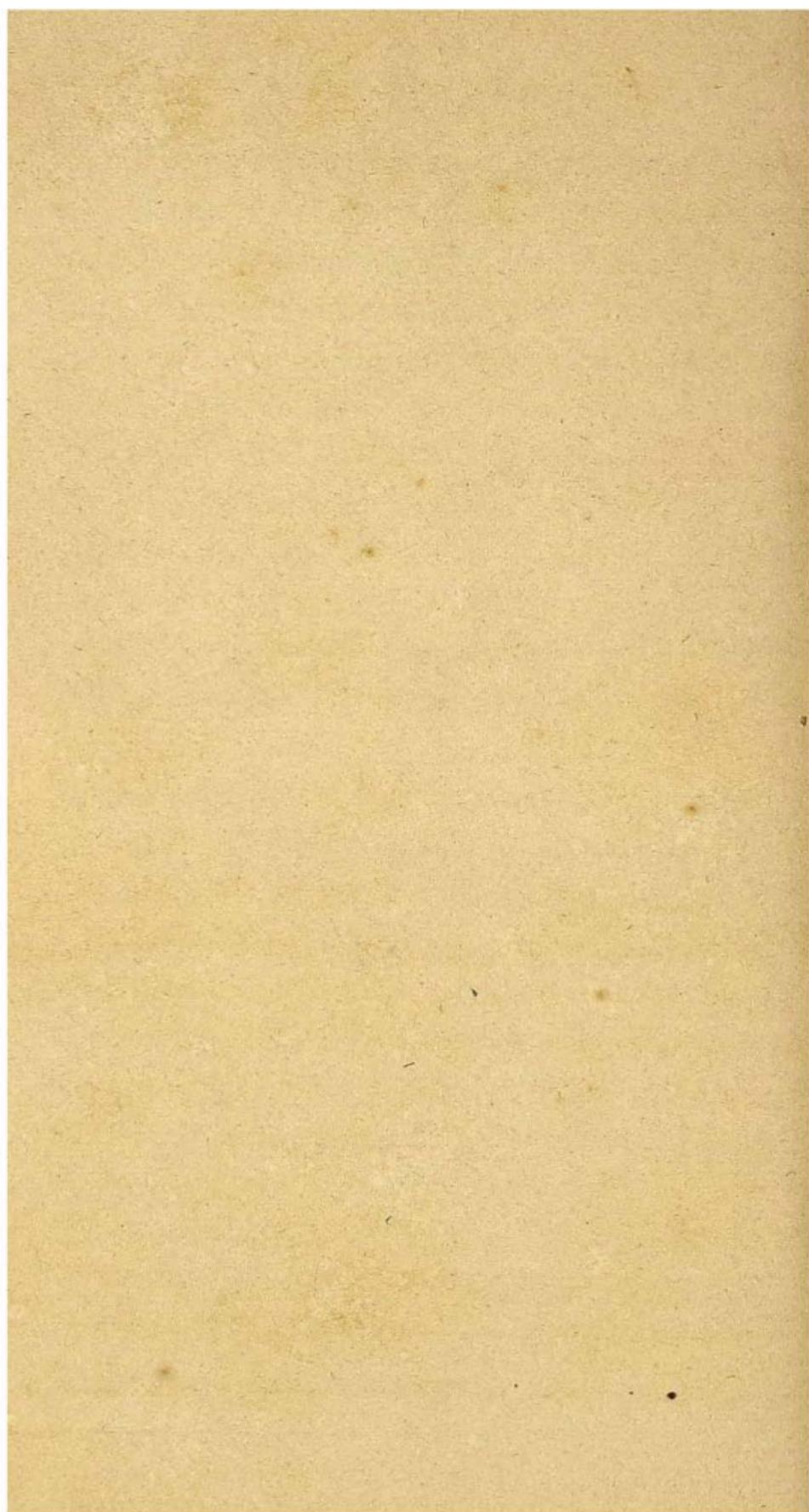
Common Disorders (*i. e.*, which are irrespective of age or sex), the third ; and lastly :

Accidental Disorders (*i. e.*, which arise from a

variety of casual influences in connexion with diet and regimen, or with mechanical or specific injuries), constitute the fourth division.

Throughout these divisions, the various disorders and ailments are arranged according to anatomical order.

A Table of the Medicines recommended, together with necessary explanations and directions will be found at the commencement of this work.



EXPLANATIONS

AND

GENERAL DIRECTIONS.

Diet and Regimen.—In all cases, in which a special diet and regimen are not enjoined, it is taken for granted that the Homœopathic Dietary, and likewise the general rules with regard to Regimen, will be referred to for guidance.

Prescriptions.—1. For the sake of brevity, the *number* of GLOBULES prescribed follows immediately after the name of the medicine, and is written either in *Arabic numerals*, or in *small cyphers*,* (each of which represents one globule;) whilst the DILUTION is indicated by similar numbers placed on the right side of an intervening straight line, which is drawn perpendicularly. Thus, for example; *Nux Vom.* 000|12, and *Puls.* 9|3, signify *three globules* of the *twelfth dilution* of *Nux Vomica*, and *nine globules* of the *third dilution* of *Pulsatilla*.

* The cyphers (000) likewise indicate that the remedy is to be taken *all at once*; the *numerals* (6, 9, &c.) that it is to be administered in *divided doses*.

2, There are two modes in which medicines are prescribed to be taken; namely, in *divided*, and in *undivided* doses.

A. When the remedy is to be administered in an *undivided* dose, the best way is to place the *dry globules on the tongue*, and allow them to dissolve in the mouth; and this is taken for granted when the prescribed directions have reference only to the period of administration of one or more remedies.

For example: *Sulph.* 000|18, or *Nux Vom.* 000|12, signify that 3 *globules* of the 18th *dilution* of *Sulph.*, or of the 12th *Nux Vom.*, are to be taken *dry on the tongue* at *one dose*.

B. When, however, the medicine is to be exhibited in *divided* doses, an equal division is best effected by dissolving the total number of globules prescribed in *as many tea or dessert-spoonfuls* (which are perhaps as good conventional measures as any) of pure cold water *as there are fractional parts indicated*.

For example: *Ipec.* 9|3, in *solution*, a *sixth part* every four hours, or *Hep. Sulph.* 9|5, *one-fourth* night and morning, signify that 9 *globs.* of the 3rd *dilut.* of *Ipec.* are to be dissolved in *six tea-spoonfuls* of cold water, and taken in doses of

one tea-spoonful every four hours, or that 9 *globs.* of the 5th *dilut.* of *Hep. Sulph.* are to be dissolved in *four tea or dessert-spoonfuls* of cold water, and taken in doses of *one tea or dessert-spoonful* night and morning, *until finished.*

3. With respect to the *Periods of Administration*, two or more remedies are usually prescribed at *specified intervals*, either in *regular succession*, or in *alternation.*

A. When the medicines are prescribed in regular succession, and at fixed intervals, care should be taken *neither to exclude proper, nor to include improper periods*, in calculating the time at which each successive remedy ought to be taken.

Examples : *Nux Vom.* 000|12, *Sulph.* 000|18, and *Bry.* 000|12, are to be administered every *fourth* night. Such a prescription would signify (supposing the first remedy to be taken on the 1st of the month, and Monday to be the corresponding week day) that *Sulph.* is to be taken on *Friday* the 5th, and *Bry.* on *Tuesday* the 9th.

Again, a prescription which runs thus. Begin with *Cham.* 000|12, then in *three* days give *Arn.* 000|12, and lastly, *Sulph.* 000|18, in *four* days more, would signify (adopting the preceding

supposition with regard to the day of the week and month) that *Arnica* is to be taken on Thursday the 4th, and *Sulph.* on Monday the 8th.

The same prescription might be thus worded. Administer *Cham.* 000|12, then wait three days and give *Arn.* 000|12; lastly, after a further interval of four days, exhibit *Sulph.* 000|18.

The terms *day* and *night* in all the prescriptions are synonymous, and stand for periods of *twenty-four* hours.

B. When medicines are prescribed *alternately*, they should be given each in turn.

Example: *Acon.* 9|3, and *Bell.* 9|3, are prescribed alternately, in doses of a sixth part, every two hours. Accordingly (supposing the first dose of *Acon.* to have been given at one o'clock) the *first dose* of *Bell.* will be given at *three*, the *second dose* of *Acon.* at *five*, and the *second* of *Bell.* at *seven* o'clock, and so on for the *remaining doses* of *each medicine*.

Administration of Remedies.—When a remedy is prescribed to be taken at intervals of twenty-four hours, or of several days, the best time for its administration is just before going to bed at night. The remedy should be administered

fasting ; and (if practicable) at *least one hour* should *elapse* before taking a meal, after the exhibition of the remedy, or after a meal, before taking the remedy.

Doses.—The doses usually prescribed throughout this work will *very seldom* prove too large. Nevertheless, in the case of very young and delicate infants, or in that of persons who are extremely susceptible to the action of Homœopathic Remedies, it may sometimes be advisable to reduce them. Thus, *one* or *two* or even *half a globule* may be exhibited instead of *three globules*, when the medicine is to be given *dry* ; or else *three* or *six* may be dissolved, instead of *nine globules*, when it is to be administered *in fractional parts*.

* * * It is of much importance to procure the medicaments from trust-worthy persons, in reference to which subjects, the author can safely recommend, MR. WILLIAM HEADLAND, (of 15, Princes Street Hanover Square, London, and 63, Hanover Street, Edinburgh), Homœopathic Chemist, whose usefulness, integrity and intelligence may always be relied on.

TABLE OF MEDICINES

RECOMMENDED IN THIS WORK,

WITH THEIR ABBREVIATIONS, VULGAR NAMES, DILUTIONS AND ANTIDOTES.

Remedies	Vulgar names.	Dilutions recommended.*	Antidotes.
1. <i>Acon.</i> —Aconitum Napellus .	Monk's Hood.	3rd. & 12th.	<i>Camph.</i> , Nux. Vom., Wine, Vinegar.
2. <i>Arn.</i> —Arnica Montana .	Leopard's bane.	6th.	<i>Camphor</i> , Ign., Ipec.
3. <i>Ars.</i> —Arsenicum Album .	Arsenic.	3rd. & 18th.	China, Veratrum.
4. <i>Bell.</i> —Belladonna .	Deadly Night-shade.	3rd. & 12th.	Hep. Sulph., Puls., Wine, <i>Coffee</i> .
5. <i>Bry.</i> —Bryonia Alba .	White Bryony.	3rd. & 12th.	<i>Acon.</i> , Cham., Nux Vom., Rhus. <i>Tox.</i>
6. <i>Calc.</i> —Calcarea Carbonica .	Carbonate of Lime.	18th.	<i>Camphor</i> .
7. <i>Cham.</i> —Chamomilla .	Common Chamomile.	3rd. & 12th.	<i>Acon.</i> , Nux Vom., Puls., <i>Coffee</i> .
8. <i>Chin.</i> —China Officinalis .	Peruvian Bark.	12th.	Arn., Ars., Verat.

* The author believes the various *Dilutions selected* to be those which are *best adapted for domestic use*; nevertheless, where persons are already provided with others, the *nearest dilution to that prescribed*, whether above or below it, may be given in the dose and form indicated; for the choice of the most suitable dilution of a remedy is not of the same consequence in slight, which it would be in severe disorders.

Medical Practitioners of the old school, desirous of testing Homœopathy in slight cases, are recommended to use the 3rd of the *vegetable*, and 5th of the *mineral* medicines, in the form of *alcoholic tincture*, seeing that many of their patients will be less susceptible to the action of Homœopathic remedies than persons who have been long accustomed to their exclusive use, and consequently will require larger doses. This, however, is not necessarily the case. One or two drops of such tinctures may be given (instead of the globules) dissolved in the prescribed quantities of cold water, and administered in like manner. For instance, instead of "Nux Vom. 9 β , in solution, in doses of a sixth part every four hours," the prescription would stand thus, "two drops of the 3rd. dilution of *Nux Vom.* in solution, a sixth part every four hours."

TABLE OF MEDICINES, (Continued.)

Remedies.	Vulgar names.	Dilutions recommended.	Antidotes.
9. <i>Cin.</i> —Cina . . .	Raw Coffee.	12th.	Ipec.
10. <i>Coff.</i> —Coffea cruda . . .	Mugwort of Judæa.	12th.	<i>Acon.</i> , Cham., Nux Vom.
11. <i>Coloc.</i> —Colocynthis . . .	Colocynth.	3rd.	<i>Camphor</i> , Cham., Coffee.
12. <i>Dros.</i> —Drosera Rotundifolia . . .	Sun-dew.	3rd. & 12th.	<i>Camphor</i> .
13. <i>Dulc.</i> —Dulcamara . . .	Bitter-sweet.	12th.	<i>Camphor</i> , Ipec.
14. <i>Graph.</i> —Graphites . . .	Black-lead.	18th.	<i>Ars.</i> , Nux Vom., Wine.
15. <i>Hep.</i> —Hepar sulphuris Calcareum . . .	Sulphuret of Lime.	5th.	<i>Belladonna</i> , Vinegar.
16. <i>Ign.</i> —Ignatia Amara . . .	St. Ignatius' Bean.	18th.	<i>Camphor</i> , Puls., Coffee.
17. <i>Ipec.</i> —Ipecacuanha . . .	Ipecacuanha.	3rd.	<i>Arnica</i> , <i>Ars.</i>
18. <i>Lach.</i> —Lachesis . . .	Lachesis.	12th.	<i>Ars.</i> , <i>Rell.</i> , <i>Veratrum</i> .
19. <i>Merc. sol.</i> —Mercurius solubilis . . .	Mercury.	5th. & 12th.	Bell., <i>Camphor</i> , Chin., Dulc.
20. <i>Merc. corros.</i> —Mercurius sublimatus } corrosivus . . .	Corrosive sublimate.	5th.	?
21. <i>Nux Vom.</i> —Nux Vomica . . .	Poison nut.	3rd. & 12th.	<i>Acon.</i> , <i>Camphor</i> , Coffee, Wine.
22. <i>Op.</i> —Opium . . .	Opium.	12th.	<i>Camphor</i> , Coffee.
23. <i>Puls.</i> —Pulsatilla pratensis . . .	Wind Flower.	3rd. & 12th.	Cham., Ign., Nux Vom., Coffee.
24. <i>Rhus.</i> —Rhus Toxicodendron . . .	Poison Oak.	12th.	Bry., <i>Camphor</i> , Coffee.
25. <i>Spong.</i> —Spongia marina tosta . . .	Burnt Sponge.	5th.	<i>Camphor</i> .
26. <i>Sulph.</i> —Sulphur . . .	Brimstone.	18th.	<i>Acon.</i> , <i>Camphor</i> .
27. <i>Verat.</i> —Veratrum Album . . .	White Hellebore.	3rd.	<i>Acon.</i> , <i>Camphor</i> , Arsenic.

* * The Medicines should be kept in a cool and dry place, free from odours, and from which daylight is excluded.

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PRACTICE
OF
DOMESTIC HOMŒOPATHY.

PART I.

OF DIET AND REGIMEN.

OF the importance of sound rules of diet and regimen, for the government of individuals and families, no doubt can be entertained, seeing that it falls to the lot of every one, almost daily, to witness, either in himself, or in others, the advantages arising from their observance, and the evils consequent upon their neglect. Such rules must necessarily be framed with a view not only to the preservation, but also to the restoration of health.

The subject of diet will be the first treated of in its various relations to health and disease.

OF DIET.

It is from organised substances alone, strictly speaking, that man seeks his habitual nourishment; the animal and vegetable kingdoms supply his daily wants. Nevertheless, there are a certain number of inorganic matters, such as water, salt, &c., which, although incapable of fulfilling the requisite conditions of alimentation by themselves, contribute very essentially, when commingled with the former, towards this important object.

ANIMAL FOOD is the most stimulating and reparative; it satisfies hunger for a greater length of time, is more easy of assimilation, and remains a longer time in the digestive apparatus than vegetable food, before its nutritive properties are exhausted.

Almost every class in the animal kingdom has been put under contribution to satisfy the physical necessities, or the singular tastes of different portions of the human race.

The herbivorous animals are, however, those generally selected; the carnivorous, from the

toughness of their fibre, and the indigestibility consequent upon this cause, combined with other offensive properties with regard to taste and smell, are nearly all excluded. Birds and fishes, with fewer exceptions, likewise hold an important place in the animal diet of mankind.

VEGETABLE FOOD is nutritious in proportion as the principles which it contains, resemble or become nearly identical with those, from which animal substances derive their alimentary properties.

Wherever the earth produces vegetables, man has not failed to make the greater number subservient to his nourishment, selecting the entire plant in some instances, or the roots, fruits, or even the woody fibres only, in others. The graniferous plants alone constitute the principal subsistence of the great mass of the inhabitants of the globe.

The length of time required for the assimilation of aliments of either kind, is in the direct proportion of the juices which they contain, of their cohesion, and also of the wants of the animal economy.

The amount of nutritive matter, and consequently the proportion which animal should bear to vegetable food in the diet of the healthy, must vary with the circumstances of climate,

season, social condition, exercise, individual constitution, sex, and habit.

Before proceeding to lay down general rules for individual guidance in matters of such vital importance, it is necessary that correct notions should be formed of the legitimate objects of all nutriment. These objects are,

First, the renewal of the vital heat which is lost by the exhalation of the animal fluids, or directly abstracted by the surrounding *media* in which the body is placed.

Secondly, the reparation of the waste, both in the solids and fluids, which the daily exercise of the vital functions necessitates, so as to maintain the physical structures in their integrity; and,

Thirdly, the supply of material for the progressive development of the various organs until their full growth has been attained.

It follows, therefore, that the individual supply of food, both as regards quantity and kind, should be proportionate to the wants of the organism in each particular at every period of life. Every kind of alimentation which falls short of, or exceeds these conditions must, sooner or later, prove injurious.

In cold climates, where man lives in a surrounding temperature considerably below that of his

own body, the necessity for reparation will be much greater than when he becomes the inhabitant of more southern countries. Whence it follows, that, in a warm climate, there will be a greater demand for vegetables than for meat; in the more temperate, a mixed diet of nearly equal quantities of both will be suitable; and, lastly, in the most intemperate, animal will greatly predominate, if not sometimes altogether supersede the use of vegetable food.

In a climate like that of England, the exclusive use of vegetable food might be shewn to be inconsistent with the acknowledged principles of dietetics, and to be incapable of affording nourishment sufficiently stimulating for the active exertions which belong to our highly civilized condition. Nevertheless, it must be allowed, that an exclusively vegetable diet would be productive of far less evil than an exclusively animal regimen. Our diet in this country should, therefore, be of a mixed kind; in which one or the other should predominate according to our pursuits, and to the degree of exercise which we take. As a generale rule, the healthy seldom require animal food more than once a day.

In regulating the diet according to the change of the seasons, the same general rules will be found equally applicable; thus, in winter a more

highly animalized diet will be wanted than in summer.

Persons who lead an active life, or who undergo much bodily exertion in the course of their occupation, require a greater supply of food, and that of a more nutritious kind than those who pass a life of inaction, or whose pursuits are of a sedentary character, seeing that the physical losses of the former are considerable, when compared with those of the latter; and, consequently, that the demand for reparative aliment is more urgent.

We shall now consider, in a general manner, the quantity of requisite nutriment, and the period at which it should be taken, so as to meet the wants of the animal economy at the various stages of human existence, and also how far these may be modified by individual constitution and sex.

In early infancy it is well known that the function of digestion is remarkably energetic; in fact, it may almost be said, to be in a state of perpetual activity, from the slight intermissions which limit the prolonged period of its action. The food adapted to the young infant is its mother's milk, and on this point all nations, and all classes of society are agreed. The end of infantile existence consists in the assimilation of aliment and sleep;

the infant awakes from its slumbers to take its mother's breast only to compose itself again to rest; and thus passes the first year of man's life in alternations of repose and refectation. When the period of dentition has arrived, nature requires aliments possessed of greater firmness and solidity. Mastication and insalivation are then called into play, and the assimilating process is insensibly approaching that of the adult. Every one is aware that, throughout the periods of childhood and youth, the digestive functions continue in the greatest activity; the appetite is keen, imperious, and of frequent recurrence; every kind of food is relished, and the only requisite is, that the meals should be frequent and plentiful. The youth is scarcely aware, so to speak, that he is possessed of a stomach, and digests unconscious of the process which is going on. In the succeeding age, however, when the period of growth has passed by, matters are widely different: the vigour of the appetite has diminished, and with it the same demand for food; the intervals between the meals have increased in duration, and the extreme facility of the digestion exists no longer. The adult seldom makes more than two full meals daily, and the duration of his digestion is prolonged. In old age, little

demand for aliment is made; the imperfection which attends the act of mastication, determines the selection of tender and easily digested substances. Nevertheless, in spite of this precaution, the deficiency of the salivary secretion, and the waning energies of the stomach and intestines, consequent upon the gradual extinction of the vital powers, render digestion slow, if not tedious and painful; so much so, that many old men make but one full meal a day. It but too frequently happens, at least in the higher classes of society, when men have attained that age at which all the passions are extinct, and the taste has become singularly acute, that they give themselves up to the pleasures of the table, thus hastening the dissolution of their tottering frame, at the very period when temperance is almost the only means of preserving the mental faculties unimpaired to the last.

We now come to the subject of individual constitution and sex, and of the circumstances connected therewith, which ought always to be taken into account as tending to modify general dietetic rules.

Persons of a *lymphatic* constitution, (generally characterized by softness and flabbiness of flesh, puffed face and large lips, and great development

of the glandular system), in whom there is a tendency to affections of the mucous membranes and glands, and especially those who suffer from a languid circulation, require a generous and highly animalized diet. To such, when in health, the light and wholesome wines in a diluted state, or good home-brewed beer may occasionally be allowed.

Those of a *nervous* constitution (characterized by great excitability of the nervous system generally, extreme sensitiveness to all external impressions, and occasionally by scantiness of flesh) should, habitually, confine themselves to nutritious aliments, which are easy of digestion, and, at the same time, not too stimulating.

A mixed diet, devoid of stimulants, in which vegetable food should occasionally predominate, will best suit persons of a *bilious* constitution, (characterized by sallow complexion, dark hair, and sharp, angular features), in whom there is often a tendency to derangements of the digestive functions. The same may be said of those of a *sanguine* temperament, (characterized by great activity of the circulation, a florid complexion, roundness of form, and regularity of outline), in whom there is a general disposition to inflammatory complaints.

With regard to sex, it is generally allowed that

women require less food than men, and that of a less stimulating kind.

With regard to habit, it must not be forgotten that there are aliments which, although they have been proved by experience to be most wholesome to the generality of persons, will, nevertheless, disagree with certain individuals, and *vice versa*. In health and in disease these individual peculiarities must be borne in mind as tending to modify general dietetic rules.

It is in general along with the solid that the liquid aliments (of which water invariably forms the basis) are taken. They serve a two-fold purpose, that of satisfying thirst and of restoring to the circulation the fluids which it has lost by exhalation and secretion, and that of diluting the solid aliment. It is, therefore, a bad habit not to drink at meals.

The regulation of the quantity of liquid requisite for the individual consumption, will be in accordance with the principles already laid down. Thus, in hot countries there will be a greater demand for fluid than in cold climates; in summer than in winter: again, persons who take much exercise, or who undergo great bodily fatigue will require to drink more than the inactive and sedentary.

The question which naturally suggests itself

at present is: by what standard is each individual to judge of what his daily allowance of food should be?

The answer is simple; viz., that the only scale by which this point can be determined is to be found in our own individual feelings, provided always, that they are allowed to act in an unbiassed manner. We must not exceed the natural appetite, and, in order to restrict ourselves to its legitimate bounds, we must learn to distinguish the real from that fictitious state of the appetite which is created by too great a variety of savoury food; moreover, the feeling of refreshment and comfort, or else that of oppression and discomfort, after a meal, will show whether nature's voice has been rightly interpreted or not. We must also drink only to quench natural thirst; and should, therefore, take care that this sensation is not unduly excited by stimulants and highly seasoned food.

OF MEALS.—From the state of society, in which we live, our meals require to be regulated, as to time, rather in accordance with the ordinary affairs of life than with the original dictates of nature; however, what we lose by a neglect of these, is fully compensated for by the advantages which we derive from the periodical recurrence of the hours of refection. By the force of habit,

we daily feel hungry at the same hours, and, as all our arrangements are made to meet these conventional epochs, we have the means of satisfying hunger the moment it is felt. Other advantages no less remarkable accrue from this circumstance. The functions of the stomach are also the more vigorously performed in proportion to the regularity with which they are solicited. There are, however, two extremes to be avoided in the selection of the hours of our meals; that of too short and of too long an interval. From the first error, the stomach becomes enfeebled through the effects of an over-exertion, which leave it no interval of repose; and from the second, too full a meal is likely to be made, in order to appease the long continued craving, and the consequent exhaustion therefrom. It follows that, if the hours of taking our meals are judiciously distributed, it will be for our advantage to abstain from food during the interval; if, under these circumstances, the appetite should be excited, it will rather arise from some accidental occurrence, such as, the sight, or odour of savoury food, than from any real want of the system.

The number of our meals, independently of the quantity of nourishment taken at each, must vary according to the digestive power of the stomach, and the rapidity of the physical losses. There

are some individuals who can digest only a small quantity of food at a time; it follows that they must eat little and often. This condition may sometimes depend upon a peculiarity of constitution (idiosyncrasy as physicians term it); but it is common to the convalescent state from most acute diseases. In fine, we must also take into account individual habits, age, occupation, &c.

The inhabitants of this country are in the habit of making three principal meals, viz., breakfast, dinner, and supper; to which a fourth, or tea, as it is called, is added, which often supercedes the last. When, however, from any accidental cause, too long a time intervenes between the two first, a subsidiary meal or luncheon, as it is termed, is superadded.

I shall consider them in their order.

BREAKFAST.—This is perhaps the most natural, and, certainly, not the least important of our meals, seeing that the stomach has enjoyed a long period of repose, and, consequently, ought to be in a fit condition to receive a fresh supply of nourishment.

It is in general advisable that a little time should elapse between the time of rising and the commencement of this meal; much will, however, depend upon the individual age, habit, and

occupation. Thus, the adult who leads an inactive life does not require to break his fast for some hours after getting up, whilst the laborious artisan and the growing child feel the necessity of taking food soon after they awake.

The solidity of our breakfast should be regulated by the labour or exercise to be undergone, and by the earliness or lateness of the dinner hour. When this is late, a more nutritious morning meal, or "*un déjeuner à la fourchette,*" as it is termed by foreigners, may with advantage be recommended in order to supersede the necessity of lunching.

A dry breakfast has been recommended by some as peculiarly wholesome. That this is a great error is clear from the well known fact of the superior power of sleep in promoting the insensible perspiration; the body, under these circumstances, will need, on the contrary, an additional supply of liquid aliment to compensate for the expenditure of its fluids thus occasioned.

DINNER.—Among the ancients, and with our ancestors also, *dinner* was nothing but a sort of luncheon, the supper being the principal meal. In the present day, it is, in its turn, regarded as the most important of all meals at which, at least among the higher classes, every kind of

luxury in the shape of eating and drinking may be indulged in; and so late is the hour generally fixed for this repast, that the modern dinner may justly be said to have usurped the place of the supper of our forefathers.

With regard to the proper period at which invalids should dine, physicians entertain but one opinion; it should be in the middle of the day, or about two or three in the afternoon. It has been justly observed, that it is thus best adapted to the decline of the animal vigour, because it affords a timely replenishment before the evening waning of the vital powers, which naturally precedes the hour of rest.

An early dinner may also be recommended to the generality of persons; but especially to the young who have not attained their full growth.

Persons who are in the habit of supping, should make a light dinner.

TEA.—This is either a slightly restorative repast, usually accompanied with the beverage from which its name has been derived, or else it is strictly confined to liquid aliment, if it is to be followed by another meal.

SUPPER.—In the reign of Elizabeth, the nobility and gentry were accustomed to dine at mid-day, to sup between five and six o'clock, and to go to bed at ten. In modern times, the labouring classes

are perhaps the only ones who constantly adhere to primitive custom in this respect.

By the term supper, we now understand a late repast, and, with the exception of dinner, generally of a more restorative character than any of the preceding meals, taken not many hours, or else just before bed-time.

As sleep is not favourable to every stage of digestion, it is very questionable whether retiring to rest with a full stomach can, under any circumstances, be healthy; hearty suppers ought certainly to be avoided.

Among the intellectual part of the community, there has ever existed a strong predilection for suppers; the labours of the day are over; the hour is sacred to conviviality; and the period is one not likely to be disturbed by the calls of business. It is a subject of frequent observation, that the happy state of mind which usually pervades the family circle on these occasions prevents much of the evil consequences which naturally arise from indulging too frequently in such repasts.

All are agreed that exercise should be taken *before* meals; but it should not be of so violent a kind as to induce exhaustion; *after* a meal, rest or gentle exercise, according to the individual constitution, may be had recourse to.

A cheerful frame of mind is one of the great essentials for a good digestion ; whence it follows, that the most important meal should be made after the business and anxieties of the day are over. Conversation should be encouraged at these times, as it has, independently of its healthy influence over the mind, the good effect of preventing individuals from eating too fast, as well as from insufficient mastication of their food, and thus indirectly tends to the due assimilation of aliment.

During meals all unnecessary tightness of dress should be studiously avoided, in order to allow of the due expansion of the stomach. This is particularly applicable to females, who are more addicted to error on this point than the other sex.

From the important part which the atmospheric air plays in all the vital functions, it is almost unnecessary to add, that, in the selection of a locality for the purposes of refection, we should prefer a well-aired room.

Of the various mistakes with regard to diet which men are apt to commit, it must not be forgotten, that errors in quantity rather than in quality, especially when they are habitual, are the most injurious to the constitution.

With the exception of those who are daily

subjected to very laborious employments, or who may chance, from causes independent of their inclination, to be suffering from insufficiency of nutriment, it might be said generally of all classes of civilized society, that the adult members consume a much larger quantity of aliment than is requisite either for their subsistence, or for the maintenance of their moral and physical health. Thus much actual facts prove, namely, that we can with impunity, as far as life is concerned, take a much larger quantity of food than is necessary to meet the legitimate demands of the animal economy; the stomach becomes habituated to the overcharge, which in time becomes the daily standard, and the whole system in turn accommodates itself to the existing abuse as best it may.

Occasional abstinence from animal food, and from stimulants would certainly do the higher classes, and the majority of persons in easy circumstances, no little good in counteracting the pernicious tendencies of too generous a mode of living. *Unless it be carried to a fanatical extreme,* the system of fasts prescribed in the Book of Common Prayer is decidedly beneficial, even to the physical constitution.

Perseverance in a habit which is productive of a reparation far superior to the actual losses of

the animal economy, gives rise to fulness of habit, often accompanied with excessive obesity, especially of the belly; and thus, in many cases, is destroyed all that constitutes the physical beauty of man; inaptitude for exertion of all kinds supervenes, and he may then be said to vegetate. It is almost needless to add, that the state of the system so induced is a very strong predisponent to gout, and to a variety of inflammatory complaints; the least emotion, or the slightest mental fatigue, exciting an enervated brain, will often terminate the existence of persons thus affected, by bringing on an apoplectic attack.

To a deficiency of aliment, without including the extreme case of starvation, many diseases may fairly be traced. This source of malady, especially when it is associated with a vitiated atmosphere and absence of daylight, is one to which the lower classes are frequently exposed. Consumption and scrofulous diseases of different kinds are thus engendered, both in the child and in the adult.

One of the most important hygienic rules is certainly that which enjoins temperance in eating and drinking. There is one fact which alone ought to induce men to observe it, namely, that the stomach and the intellectual powers are

generally in an inverse ratio of activity; the gourmand is for this reason unfitted for mental exertion.

In concluding this general subject, I may observe, that a plain system of diet, in accordance with the general principles already laid down, and consequently devoid of unnecessary stimulants, or at all events in which they occur but exceptionally, and even then only in inconsiderable quantities, will prove the most sure means of preserving the moral and physical health.

As alimentary substances vary in their degrees of wholesomeness and in their nutritive properties, some information on the subject will be needed by those who wish to fulfil the requisite conditions of such a mode of diet. For this reason, the following brief survey of the principal articles used as food, and of the modes of their preparation, together with a few observations of a less general character, will not be out of place.

OF ANIMAL FOOD.

No meat is generally found to be so digestible, or, with the exception of beef, so highly nutritious, as tender and well-conditioned mutton; it is, on

this account, admirably adapted for convalescents from acute maladies, as well as for those labouring under chronic affections of the stomach. Wether mutton is in perfection when about four or five years old, and is usually the most esteemed both on account of flavour and wholesomeness.

Beef is possessed of a firmer fibre, and on this account is not quite so easy of digestion as mutton; but when fresh, it is the most strengthening of all kinds of animal food, and, next to mutton, its consumption in this country is perhaps greater than that of any other meat. It, moreover, has the advantage of being always in season. Of the different sorts, ox beef is that which claims the preference.

Lamb is less heating and less dense than mutton; but inferior to it as regards nutritive properties and digestibility. When not killed too young, it is, nevertheless, a light and wholesome food. Like the flesh of all animals reared in an unnatural manner, that of house-lamb must be considered generally unwholesome.

Veal may be recommended to the healthy for the sake of occasional variety; although less heating than beef or mutton, it is by far the least easy of digestion of any of the preceding meats. Invalids, above all others, should be very moderate in its use. Veal broth is, however, less objection-

able in the dietary of convalescents than the meat itself.

The repeated bleedings to which calves are subjected in most parts of this country, in order to make the meat whiter, only tends to vitiate their flesh by depriving it of its juices, and renders our veal inferior, in every respect, to that of foreign countries, where the calf is usually reared in the field by the cow, and killed at a more seasonable age.

Venison, when not kept too long, is a remarkably wholesome, and, at the same time, a very digestible and nutritious aliment.

Pork is a very savoury food, and affords much nourishment; but, like all meats in which oily and fatty matters abound, must be considered as generally unwholesome, and should only be taken exceptionally by the healthy. As an occasional article of diet, it is better suited to those who are constantly in the open air, seeing that it is very apt to produce flatulence in the weak stomachs of those who are deprived of the same healthy stimulant. Ham, from its mode of preparation, is more wholesome than pork. Bacon is ordinarily spoken of as a coarse, heavy, and indigestible food, only fit to be eaten by robust and labouring people. In small quantities, however, good bacon is by no means so unwholesome as most dietetists

would have us believe. The flesh of the sucking pig is, upon the whole, lighter and more wholesome than that of the full-grown animal. The flesh of the wild boar is firmer than that of the domestic hog; it is certainly equally nutritious, if not more so, and exceeds it both in flavour and digestibility.

The hare and rabbit are both wholesome and nutritious. The flesh of the former contains more nourishment, but it is drier and less digestible than that of the latter.

The flesh of birds is, in general, less heating, but upon the whole, less nutritious than that of quadrupeds.

The domestic fowl, when properly dressed, affords excellent nourishment. The same may be said of most kinds of game, the flesh of which is even more nourishing and sooner digested, although rather more stimulating and heating. Food of this kind is, generally speaking, very well adapted to vary the convalescent's diet.

Turkeys and capons, and especially ducks and geese, as they contain much animal oil and fat are very indigestible to weak stomachs. The two latter should be sparingly used, even in the diet of the healthy.

Pigeons afford a nutritious but very heating food.

The eggs of all granivorous birds are whole-

some, and, when lightly dressed, well suited to the convalescent state as an occasional aliment.

Broths made from veal, chicken, or mutton, beef-tea, &c., like most kinds of animal nutriment conveyed in a liquid form, are suitable to that state of the stomach just preceding, or during convalescence, when it cannot bear solid food. Finely grated toast or vermicelli will greatly increase the nutritive properties of such preparations. Animal jellies will be rendered more nourishing if a little bread or biscuit be partaken of at the same time.

Of the various animals killed for alimentary purposes, it may be laid down as a general rule, that the flesh of those which have attained their full maturity, is at once the most wholesome and nutritious.

The chief requisites of all animal food is, that it should be fresh and tender, and also of good quality.

The brain, heart, tripe, liver and lungs of most animals are inferior to the fleshy parts, both as regards digestibility and nutriment.

Milk and its various preparations, form a very important part of the diet of mankind.

Milk is above all others the food of children, as it is that of the young of all mammiferous animals. As an aliment, it is less calculated for the adult ;

and, on this account, it will be found to disagree with many grown up persons, when taken by itself in any quantity. Cream is very nourishing, and, when taken in small quantities, may be considered wholesome. The same may be said of fresh butter. Melted and salted butter are far less wholesome. Curds in moderation may be recommended occasionally. Cheese is an aliment only suited to those who take constant exercise and who are possessed of vigorous stomachs; as it is very indigestible, it should be partaken of with great moderation by the generality of persons. The mild fresh cheeses are those to which a preference should be given. Toasted cheese is even more objectionable, and should, therefore, be used with greater caution.

Whey and butter milk are wholesome and cooling drinks.

The turtle yields most nourishing and delicate food; but the mode in which it is dressed often renders it objectionable. The esculent frog affords a light and delicate aliment, well suited for convalescents.

Fish have been considered as holding a middle place in the dietary of mankind, between the flesh of warm-blooded animals and vegetable food. Notwithstanding their inferiority to the more highly animalized aliments, in a nutritive point

of view, the health and vigour of the inhabitants of fishing towns are proofs that they are sufficiently nourishing for all the purposes of active life. This species of food is generally lighter and very much less heating than meat, and on this account is often had recourse to by the convalescent; moreover, in hot climates, where the necessity of reparation is small, and nature's wants are easily satisfied, it is more grateful and salutary than any other kind of animal food.

Salt water fish are, generally speaking, the most wholesome and nutritious; they are likewise firmer and more sapid than those of rivers and lakes. A preference should always be given to the scaly fish in the diet of invalids.

Oleaginous fishes, such as fresh water eels, salmon, mackerel, &c., are difficult of digestion; and should, therefore, be avoided by persons with weak stomachs.

Shell-fish are still more objectionable; they are well known, occasionally, to produce eruptions upon the skin, and disorders of the digestive organs in those who are susceptible to their peculiar influence; nevertheless, there are many persons to whom they are very grateful, and sufficiently wholesome as an occasional aliment.

Oysters in the raw state are, however, light and wholesome even to invalids.

Salted meats, and especially salt fish, must be considered as generally unwholesome, seeing that the chemical combination, which is induced during the process of curing, is highly detrimental to the nutritive properties and digestibility of the fresh aliment. The same objection may be made to dried and smoked provisions of either kind.

Plain soups, with the exception perhaps of some of the fish soups, are reckoned wholesome; but, when followed by other aliments, they often disagree with persons whose digestions are weak, because the stomach thereby becomes over-distended, and, for the time, incapable of disposing of more solid food.

OF VEGETABLE FOOD.

Bread, the common food of rich and poor, is emphatically called the "staff of life," and its abundance is one of the greatest of national blessings.

The different sorts of wheaten bread, commonly used in this country, are known under the following designations, viz., white, wheaten, and household.

From the first, all the bran is excluded; from the second, only the coarser bran; and from the third,

none at all. The two last kinds are the most wholesome.

Home-made, a day or two old, is preferable to baker's bread, which is not unfrequently adulterated. When too fresh, bread often proves indigestible to weak stomachs.

Barley bread is wholesome for an occasional change: it is very well suited to the labouring classes.

Rye bread is nutritious, but very apt to turn acid in the stomachs of those who are unaccustomed to its use.

Bread raised with fermenting powders, containing potash or soda, is objectionable on account of the medicinal nature of these substances.

Of the various kinds of unleavened bread, the common biscuit is the most wholesome. Plain cakes partaken of in moderation are sufficiently digestible and nutritious. Muffins and crumpets should be sparingly partaken of, even by the healthy.

Vermicelli and macaroni are good adjuncts to soups and broths. Macaroni is a wholesome, and very nutritious aliment to those who have been accustomed to it from infancy, when dressed with a moderate quantity of fresh butter, or meat gravy, and good old Parmesan cheese.

Puddings and dumplings made with flour and

suet, with or without the addition of fruit or preserves, are sufficiently wholesome partaken of in moderation; but are apt to disagree with weak stomachs. Milk puddings are the most wholesome and light. Baked pastry, from the very indigestible combination of butter and flour, which is created in the process of cooking, is very objectionable: it should, therefore, be very sparingly used. Pie-crust should always be rejected by those whose digestive organs are easily disordered.

Oatmeal cakes and porridge, especially the latter, are wholesome to those accustomed to partake of them.

Oats, pearl barley, rice, arrow-root, sago, tapioca, and a variety of similar vegetable preparations, are both nutritious and wholesome articles of diet when prepared with milk, or water, in the shape of gruel, barley or rice water, puddings, &c.

Of the esculent roots, the potato is the most important; its value as an article of food is too well known to be dwelt upon. In preparing it for the table, the essential point is to deprive it as much as possible of its moisture.

The turnip, Jerusalem artichoke, beet-root, carrot, parsnip and radish are wholesome; the last named vegetable is rather medicinal in its

properties. Carrots and parsnips should be very well done; otherwise they are very indigestible.

Young cabbage, brocoli, cauliflower and greens are very wholesome vegetables when they agree. Spinage, sorrel, artichokes, celery, and tomatoes are agreeable and highly esteemed, although they are slightly medicinal.

Green peas and beans, are very wholesome and exceedingly nutritious; dried peas and beans, and every kind of lentils are apt to create flatulence in weak stomachs.

Water-cresses, lettuce and a variety of salads are cooling and refreshing to the healthy.

Mushrooms are esteemed a great delicacy, but are far from wholesome.

Most kinds of fruit, both in the fresh and dried state, are grateful and refreshing; and, with the exception of nuts in general, may be considered as an invaluable addition to our alimentary resources.

In the selection of fruit for the table, care should be taken to reject all that is of an inferior quality, or unripe.

By the process of cooking, several kinds of fruit, and even fruit which is not fully matured, often gain in nutritive properties and wholesome-

ness. Thus the chesnut, which in the raw state is very indigestible, is rendered both nourishing and wholesome ; the same may be said of unripe apples and pears, of green gooseberries and similar fruits.

The value of fruit preserves and syrups, both as condiments and drinks, are too well appreciated to need any comment.

In the sick dietary, several fruits and preserves are prohibited on account of their acidity, or other medicinal properties.

As a general rule, vegetables should be young and juicy, and, above all things, fresh.

OF DRINKS.

There is no drink so wholesome, or, to the unvitiated taste, so agreeable as pure spring water ; nor is any beverage so conducive to the digestion of those who live abstemiously.

River water which has been filtered is, however, sufficiently wholesome when spring water cannot be obtained.

Toast and water is a most wholesome and

slightly nutritious drink, and will generally agree with those stomachs which cannot bear the pure fluid.

Of the vegetable infusions, tea and coffee are those most generally used.

Tea exerts a powerful influence upon the nervous system, which renders its use highly objectionable in the cases of persons labouring under nervous and other disorders. Habit, however, and likewise the practice of adding sugar and milk, or cream, together with the solid meal which usually accompanies or precedes it, in a great measure counteract this pernicious property, provided it is not made too strong, and render it a pleasant and refreshing beverage to the healthy. The black are much less injurious than the green varieties of tea.

Coffee is highly stimulating, and, when taken very strong, its action upon the nervous system and circulation is even more remarkable and pernicious than that of tea. The preceding observations are also more or less applicable to coffee; it should, however, be more sparingly had recourse to. Plentifully diluted with boiled milk, it may be taken occasionally for breakfast without any unpleasant consequences.

Chocolate, prepared with milk and sugar, is

more nourishing and, as its use is unattended with detriment to the constitution, it may, with advantage, be recommended to those with whom it agrees as a substitute for coffee at breakfast. It is, however, improper for the corpulent and for those who have a tendency to sanguineous apoplexy.

Cocoa is in fact only a weak chocolate. It is a light, nutritious, and wholesome drink, and makes an admirable substitute for tea.

Ardent spirits (such as brandy, Hollands, and other similar liquors) are less liable to prove injurious in very cold and intemperate, than in ordinarily mild climates, provided great moderation is observed in their use; they are chiefly adapted to persons who are being constantly exposed to cold and wet. In any case, they should always be plentifully diluted with water, and, even then, only taken exceptionally. The moral degradation and ultimate physical disorganization which follow upon their abuse, especially when taken in the raw state, are too well known to be dwelt upon. Invalids who have been accustomed to spirits for many years should not suddenly discontinue their use without the sanction of competent advice. French brandy, especially Cognac, and Irish or Scotch whisky

are, perhaps, the least objectionable in a diluted state.

The habitual indulgence in liqueurs of various kinds is likewise highly detrimental to the constitution.

Malt liquors contain a larger quantity of nutritive matter, and, in general, a less proportion of spirit than any of the other fermented drinks; they contain, however, in a greater or less degree, a narcotic principle derived from the hop. Home-brewed beer is the most wholesome and refreshing of all malt liquors, and is a good beverage for those who undergo much bodily fatigue or hard labour; but to the sedentary and inactive, it must be considered generally injurious. Ale and porter, as well as the stronger kinds of beer, are more objectionable, seeing that they are often subject to adulteration. Invalids who have been in the daily habit of drinking malt liquors cannot always forego their use; but upon this point they must follow the counsel of their medical adviser.

Cider and perry are grateful drinks in hot weather; but as they are apt to turn acid upon the stomach, they should be excluded from the sick dietary. Ginger and spruce-beer may occasionally be indulged in by the healthy. Soda-water is medicinal, and its abuse is a very common exciting cause of indigestion.

The use of strong wines (such as port and sherry) like that of all highly stimulating drinks cannot be considered wholesome, seeing that they contain a large quantity of spirit. Dilution, however, renders them less pernicious. Port is more objectionable than sherry or Madeira, on account of its astringent properties. The pure acid wines (such as claret and the light Rhenish, French and Italian wines) are the least objectionable, and, when copiously diluted with water, are wholesome and refreshing drinks, especially in hot countries. Sweet wines (such as, Frontignac, Tent, Malaga, &c.) which possess little body, are grateful in small quantities, and may occasionally be allowed. The home-made wines are apt to ferment and turn acid upon weak stomachs; they cannot, therefore, be considered wholesome. As a general rule, invalids should not drink wine, because the temporary stimulus which it affords is almost invariably followed by depression. Persons of a weak constitution who have habituated themselves to wine, should not leave it off suddenly without competent advice; nevertheless the cases are rare where its use requires to be persisted in.

OF CONDIMENTS.

Under this head are naturally included all those substances which are taken with our food, rather with a view to promote digestion, or to correct some hurtful tendency in the aliment partaken of, than on account of any nutritive properties which some of them may chance to possess individually.

Common salt is a natural, and necessary stimulant, when taken in moderation, both to the sick and healthy.

Good vinegar, in small quantities, is a grateful and healthy stimulant, seeing that it tends to prevent the fermentation of both animal and vegetable substances in the stomach. Mingled with olive oil, it forms an excellent condiment for salads and other raw vegetables, and for fat and oleaginous fish, such as salmon, mackerel, &c. as well as for shell-fish. In disease, its use, like that of other acids, is generally prohibited, as it is apt to disagree with weak stomachs, and because it is not unfrequently a medicinal antidote. White wine vinegar is the most wholesome.

Lemon juice is also a grateful acid, and is frequently used, instead of vinegar, as a corrective to animal fat and oil, *especially* with fried fish or meat.

Pickles are, in fact, only vegetable receptacles for vinegar. Walnuts, samphire and onions are, perhaps, the best vegetables for pickling, seeing that they are less apt to be hardened by the acid than the generality of other vegetables, and consequently this property renders them less objectionable when used in moderation by the healthy.

Olive oil proves valuable as a seasoning for raw vegetables, because it not unfrequently obviates their flatulent tendency by preventing their fermentation in the stomach. It is generally mingled with a small proportion of vinegar.

Butter in moderation may be allowed the healthy. The sick, but more especially those who suffer from indigestion, should be guarded in its use. Rich sauces, made with butter, must be reckoned unwholesome.

Sugar in moderation is nutritious and wholesome; moreover, it not unfrequently acts as a corrective to the medicinal properties of certain vegetable infusions, such as, tea, and coffee. A variety of fruits preserved or cooked with sugar, are likewise used as condiments. The aromatic condiments consist chiefly of certain garden-roots and seeds, pot herbs, and foreign spices.

Of the garden-roots and seeds, the onion, shallot, leek, horse-radish, mustard and capers, are wholesome in moderation. Of the pot-herbs,

chervil, thyme, parsley, celery, and many others are also wholesome when used in cookery, or as condiments in small quantities. Under certain circumstances, they may be sparingly allowed even to the sick.

Foreign spices are far more objectionable on account of their highly stimulating properties, and when used by the healthy should be taken in great moderation. Black pepper, allspice, nutmeg and cloves are, perhaps, the most unwholesome, and ought certainly to be excluded from the diet of the sick.

Combinations of some of the condiments are by no means unwholesome. Mint sauce, for instance, which is a combination of mint, diluted vinegar and sugar, certainly renders lamb and other gelatinous meats more easy of digestion.

OF COOKERY.

Among all civilized nations, the generality of aliments are not made use of without having undergone some modification from the culinary art.

The art of cookery acts upon alimentary substances by diminishing the cohesion of some and increasing that of others. It modifies their taste,

savour and appearance, which, in the crude state, might have created feelings of disgust through the medium of those senses which sympathize so intimately with the stomach. By this process, aliments are not unfrequently deprived of certain volatile or soluble principles, which, if retained, would prove injurious to the system; they likewise become more easy of digestion, and not unfrequently gain in nutritive properties. Moreover, by the application of heat, they are under certain circumstances raised to a temperature more grateful and beneficial to the stomach.

The following constitute the common modes of cooking which are applicable to animal and to most kinds of vegetable food, viz:—broiling, roasting, boiling, baking, stewing and frying.

Broiling and roasting are the most wholesome modes of dressing animal food. A just mean should be observed in cooking meat: it should neither be *over-done* nor *under-dressed*.

Boiling is also a good mode of cookery, though inferior to the two first: it is, however, well calculated for vegetables. Young and gelatinous meats, such as, veal and lamb, and birds in general are more wholesome when roasted.

Baking and stewing come next in point of wholesomeness; whilst frying is the least eligible mode of cookery, on account of the animal fat,

butter or oil, which are necessarily used in this process.

As a general rule, young meats, poultry, game, fish and vegetables should be very well done : the same also applies to the fat and oily meats.

The most simple modes of cooking are best. Plain broiling, roasting and boiling are to be preferred for most kinds of meat : broiling, boiling and frying for fish : and boiling, baking and sometimes roasting, for vegetable food. Vegetables are often rendered more nutritious and digestible by the addition of meat gravy.

Made dishes cannot be recommended to the invalid, who should be very sparing in their use.

OF THE DIET OF THE SICK.

It should always be remembered, with regard to the application of dietetic rules to the treatment of the sick, that the rigour of the dietary, and the length of time during which it should be enforced, ought to vary with the nature and importance of the disorder which has rendered its observance necessary.

In Acute Disease, the ordinary conditions of existence are so modified as to admit of an extraordinary concentration (so to speak) of the vital

energies, in order to resist the destructive influences of morbid agents. Physical activity ceases, and with it the same necessity for reparation (as far as solid nutriment is concerned) which exists in health; moreover, the body is usually kept, when the case is at all urgent, at a temperature which still further diminishes the loss of vital heat, and the consequent demand for nutritious food. Whence it follows that, in the febrile and inflammatory stages of acute disorders, only the most simple and least nutritive kinds of liquid food—such as pure water, toast-and-water, gum-arabic water, with or without the addition of fruit syrups,* (according to the taste of the patient) are proper.

As the inflammatory symptoms subside, barley-water, rice-water, oatmeal-gruel, or whey may be given. When, however, the return of the appetite, and the cessation of thirst, indicate the approach of convalescence, a light farinaceous and milk diet, consisting of preparations of arrow-root, sago, &c., to which beef-tea, and cocoa may be added, should precede the gradual return to the ordinary mode of living. In all cases, it is most prudent to begin only with a few tea-spoon-

* Except in cases where the bowels are relaxed. The same prohibition would likewise apply to fruit and milk under similar circumstances.

fuls of the food first allowed, and then to watch their effect for a few hours, before repeating the same quantity; in other words, to give little at a time and often, gradually increasing or diminishing the quantity, according as the food may have agreed or otherwise.

When the acute symptoms are mild throughout the attack, light farinaceous food with a little beef-tea may be allowed; but upon no account should nature's dictates be violated.

In Chronic Disease, a greater variety is needed, (in fact, often as great as in the healthy state), and that for reasons too obvious to need any comment. The Dietary which follows, and which is more especially adapted to the sick under Homœopathic treatment, gives a summary of those articles of food which the patient may generally partake of, or which, on the other hand, he ought to avoid.

HOMŒOPATHIC DIETARY.

Aliments allowed.

BREAD, &c.—Wheat-en bread, especially home made, a day or two old, barley-bread, rye-bread, plain biscuits and light wheaten cakes, plain currant or sponge cake, pearl barley, rice, Indian meal, oatmeal, arrowroot, sago, tapioca, potato-flour, semolina, maccaroni, and vermicelli.

MEATS.—Beef, mutton, lamb, not killed too young, venison, hares, and rabbits.

Meat jellies, such as

Aliments forbidden.

BREAD, &c.—All kinds of bread and cakes containing potash or soda, or which have been raised with fermenting powders containing similar ingredients, cakes prepared with spices or with much butter or fat, all kinds of new bread, hot rolls, muffins, crumpets, &c., *oatmeal cakes, oatmeal porridge.*

MEATS.—*Veal, calf's-head, sucking-pig, fresh corned beef, salt or hung beef, ham, bacon, pork (fresh or salted), wild*

Aliments allowed.

calf's-foot and other similar jellies.

Pullets, chickens, capons, Guinea fowls, turkeys (both domestic and wild), pheasants, partridges, quails, woodcocks, snipes, grouse, blackcock, ptarmigan, wild ducks, plovers, lapwings, field-fares, thrushes, larks, wheat-ears, beccaficoes, ortolans, sparrows, &c.

Raw or lightly dressed (boiled, fried, or poached), new-laid eggs.

Frogs.

FISH.—All fresh scale fish (except salmon and other fat and other oleaginous fishes), such as silver whiting, soles, smelts, flounders, plaice, white-bait, John Dory, turbot, cod, red mullet, ling, haddock, whiting, mountain and other trout, perch, &c.

Conger eels.

Raw oysters.

Plain isinglass jelly.

Aliments forbidden.

boar, salted and dried tongues, sausages (fresh or dried and smoked), brain, liver, kidney, sweetbread, tripe, heart, and lungs, in general.

Pigeons, ducks, geese, wild geese, Solan geese, teal, widgeon, &c.

Curries of every description.

Hard-boiled eggs, stale eggs.

Turtles.

FISH.—Salmon, gray mullet, mackerel, herrings, fresh-water eels.

Most kinds of shell fish, such as, crawfish, lobsters, crabs, shrimps, prawns, muscles, periwinkles, cockles, ormers, limpets, &c., pickled or cooked oysters, smoked salted or pickled herrings, pilchards, salmon, anchovies, sardines, Finnan haddock, dried and

Aliments allowed.

SOUP OR BROTH.—Beef-tea, veal or chicken broth, mutton broth, &c. soups made from the lean and bones of meat, seasoned with a little salt, to which may be added a little bread or toast cut in slices, well-boiled vermicelli, macaroni, rice, pearl barley, or other ingredient of a similar kind, together with a few wholesome vegetables and pot-herbs according to taste.

Plain giblet soup, pot-au-feu, conger and other plain soups.

VEGETABLES.—Mealy potatoes, carrots, turnips, young greens, cabbage, sea-kail, cauliflower or brocoli, green peas or beans, French beans, spinage, Jerusalem artichokes, salsifies, and vegetable marrow.

Aliments forbidden.

salted cod-fish, stockfish, *caviare*, &c.

SOUP OR BROTH.—All rich and highly seasoned soups, such as, turtle, mock turtle, ox-tail, mulligatawney and giblet-soup.

Pea-soup.

VEGETABLES.—All raw vegetables, *beetroot*, *parsnips*, *tomatoes*, *asparagus*, *celery*, sorrel, water and other cresses; *lettuce*, endive, mustard, dandy-lion and other salads; mushrooms, radishes, gherkins, cucum-

Aliments allowed.

PASTRY, &c. — Rice, tapioca, semolina, potato-flour, bread, butter, and various plain milk puddings, rice-milk, plain custards, panada, baked flour, arrowroot, sago, &c., prepared with milk or water.

Cooked fruits (the acidity of which has been neutralized with sugar), such as stewed apples, pears, plums, prunes, peaches, apricots, &c., baked apples or pears.

Fresh butter, in moderation, sweet curds, cream and other mild cheeses.

Preserved apples or pears, strawberry, raspberry or apricot jam, treacle, &c.

OCCASIONALLY OR
EXCEPTIONALLY.

Light puddings and

Aliments forbidden.

bers and *artichokes*, dried peas and lentils.

PASTRY, &c.—All heavy pastry (whether boiled, fried, or baked), *Yorkshire puddings*, *beef-steak puddings*, *meat pies*, *fish pies*, &c.

All kinds of rich pastry containing spices and aromatics, gooseberry tarts, *mince pies*, &c.

Rancid butter, salt or potted butter, old or strong cheeses.

Honey, marmalade, and all acid or aromatic preserves.

All coloured confectionery.

Aliments allowed.

dumplings of wheaten flour and suet, plain plum puddings, roly puddings with sweet preserves, such as strawberry or raspberry jam, apple puddings and dumplings.

Very light pastry, tarts, &c., containing sweet fruit or preserves, pancakes, fritters, &c.

Stewed rhubarb, &c.

Maccaroni dressed with meat gravy, or with a small quantity of good fresh butter and Parmesan cheese.

FRUIT. — Strawberries, raspberries, gooseberries, peaches, apricots, greengages, sweet cherries, melons, grapes, figs, pomegranates, sweet and juicy apples, such as golden and Ribstone pippins, juicy pears, very sweet oranges.

Sweet almonds, roasted or boiled chesnuts.

Turkey figs, dates,

Aliments forbidden.

FRUIT.—All acid and unripe fruits, likewise all fruit (whether dried or fresh) of an inferior description, currants, *mulberries*, sour apples, stony pears, lemons, limes, bitter oranges, *pine-apples*, &c.

Olives, *walnuts*, *filberts*, *hazel-nuts*, *cob-nuts*, *hickory-nuts*, *cocoanuts*, raw chesnuts, &c.

Aliments allowed.

raisins, prunes, French plums, dried currants, &c.

DRINKS.—Water, especially pure spring water, toast-and-water, barley-water, rice-water, gruel gum-arabic-water, water sweetened with sugar, or strawberry or raspberry syrup.

Milk, fresh buttermilk, whey, milk-and-water, boiled milk, cocoa boiled with milk or water, pure plain chocolate, or Headland's substitute for coffee, prepared with milk and sugar.

EXCEPTIONALLY.

Genuine Frontignac, Montefiascone, Muscat, Tent, Malaga and other sweet wines possessed of little body, light Rhenish, French, (vin ordinaire), Spanish and Italian, (vino nostrale),

Aliments forbidden.

DRINKS.—All ardent spirits, such as brandy, hollands, rum, arrack, whiskey, potato-spirit, &c.

Beer, porter, ale, cider, perry, ginger-beer, spruce-beer, and all other fermented liquors.

Wine in general, especially brandied and strong-bodied wines, such as port, sherry, Marsalla, Madeira, Cape, Burgundy, &c.

Liqueurs of every kind, cherry brandy, noyau water, &c.

Home-made wines, such as ginger, currant, orange, elder, &c.

Bitters and other "so-called" stomatics, soda-water, lemonade, raspberry vinegar, and all other stimulating or acid drinks.

Tea, black or green,

Aliments allowed.

wines plentifully diluted with water.

Very weak Cognac brandy and water, or whiskey and water, weak sherry and water, mild home brewed beer.

Weak black tea, with milk or cream and sugar.

Very weak coffee, (café au lait), with boiled milk and sugar.

CONDIMENTS. — Salt, sugar, cream, fresh butter and olive oil, in moderation.

EXCEPTIONALLY.

Pure white-wine vinegar, very much diluted.

Aliments forbidden.

more especially the latter, coffee, and spiced chocolate.

Herb teas, such as cowslip, violet, sage, chamomile, elder or nettle tea.

All natural or artificial mineral waters.

CONDIMENTS. — Wine or beer, vinegar, wood vinegar, and all diluted mineral or vegetable acids, and likewise the receptacles of these, such as catsups, pickles, and salads of every description.

Rich sauces.

Garlic, onions, shallots, chivers, leeks, &c.

Chervil, marjoram, sage, mint, parsley, thyme, lemon and orange peel, celery, truffles, capers, horseradish and mus-

Aliments forbidden.

tard, black pepper, cayenne pepper, allspice, pimento, *mace*, nutmeg, cinnamon, cloves, ginger, saffron, vanilla, laurel leaves, bitter almonds, peach and other kernels, peach leaves, curry powder, aniseed, fennel, coriander and carraway seeds, rose-water.

GENERAL OBSERVATIONS
ON
THE HOMŒOPATHIC DIETARY.

A REFERENCE to the general principles already laid down will show that, in the framing of the Homœopathic Dietary, they have not been lost sight of.

Thus, the columns of the *allowable* aliments include almost every kind of food which general experience has proved to be nutritious, and easy of assimilation, and at the same time possessed of no appreciable medicinal properties; whilst those of the *forbidden* aliments, in their turn, comprise those dietetic articles which are inadmissible, either on account of their indigestibility, or else of their medicinal properties.

None of the articles of food contained in the columns of the aliments *occasionally*, or *exceptionally allowed*, should be partaken of by patients,

under systematic treatment, without the permission of their medical attendant.

Many of the aliments in the proscribed columns are printed in *italics*, seeing that they may sometimes be *exceptionally* made use of, in small quantities, and under certain restrictions, with the sanction of competent advice.

As the legitimate treatment of domestic ailments, in general, occupies so short a period, the author would counsel the patient, by all means, to adhere to the *strict* diet.

Even among those aliments, which are generally esteemed wholesome, there are individual exceptions which must not be lost sight of; so that, *in no case, should any article of food, however, wholesome, be forced upon a patient with whose stomach it has invariably been found to disagree.*

OF REGIMEN.

Under the head of Regimen, the following, viz., air and light clothing, exercise, sleep, cleanliness and moral habits, will be considered in their relation to the maintenance and promotion of health.

AIR AND LIGHT.

The ancients seem to have been so well aware of the important part which the atmospheric air plays in all the functions of living beings, that they do not hesitate to term it, above all others, the *aliment of life*; nor indeed is anything so conducive to the maintenance of health or its restoration as breathing the pure fresh air together with free exposure to the light of day.

In the choice of a dwelling, too much attention cannot be paid to these points; especially in towns where the streets are narrow, and the houses ill-ventilated.

Infants and young children suffer by being confined within doors. Whereas, if freely exposed to the external air and to daylight, and clad according to the mildness or rigour of the season, they become almost as hardened to the vicissitudes of the weather as young cattle.

The inhabitants of towns should make a daily habit of taking an airing beyond the suburbs, of at least an hour's duration, selecting that neighbourhood where the air is cool and moderately bracing; and, if practicable, they should contrive

to go into the country or near the sea-side, once or twice a year, for change of air.

Invalids and delicate persons should not go out too early in the day, nor remain out too late. Any time between eight in the morning and seven in the evening, may be selected in summer, and between ten in the morning and four in the afternoon in winter, care being taken to avoid extremes of heat or cold at all seasons of the year.

When the weather does not admit of going out, an airing may be taken by throwing open the windows, and walking backwards and forwards about the room, as on ship-board; seeing that it is in the power of every one to protect himself from cold by additional clothing.

Night air is justly considered unwholesome, more especially, just after sun-set, when the dew begins to fall. In hot climates, where the country is badly drained and marshy, exposure to the night air is dangerous in the extreme.

It must not be forgotten, that the supply of fresh air is quite as essential, if not even more so, in sickness as in health; and, for this reason, all rooms which do not allow of free and constant ventilation, are most objectionable as receptacles for the sick.

It is a very common, and, at the same time,

generally speaking, a very bad practice to darken the sick-chamber ; so that, not only is the beneficial influence of daylight in promoting recovery thus lost, but also the habit of sleep which the regular alternation of day and night induces even in the sick, to say nothing of the tedium and weariness of perpetual night.

Exposure to sudden alternations of temperature, and to the inclemencies of the weather, to draughts, to an impure atmosphere, or to the tainted air of crowded assemblies, should at all times and in all places be carefully avoided, especially by invalids and other persons.

With all the ordinary care possible, it is sometimes difficult to avoid, in a variable climate, occasional exposure to rain and damp. In such cases, the wet or damp clothes should be changed as soon as an opportunity presents itself of doing so, and *on no account should any one, however strong he may be, stand still or sit down with wet garments or wet feet.*

OF CLOTHING.

The chief object of all clothing is to preserve the body at an equal temperature without impeding the free motion of the limbs, and, at the same

time, without altogether excluding the external air from the surface of the body.

Our garments should, therefore, be made of soft and pliable materials, of such a form as to be comfortable from their ease, and of such textures as are pervious to the air. They will necessarily vary, in kind and texture, with the seasons of the year and the atmospheric changes, and also with the individual age and constitution.

The body-clothes should be frequently changed; consequently, they ought to be made of stuffs which are easily washed.

Flannel when requisite should not be worn next to the skin, but over a calico or linen jacket. Woven cotton-jackets will, however, enable most persons to dispense with the use of flannel altogether.

Robust and young persons, comparatively speaking, require but little clothing, and that only of a lighter kind; the delicate and the aged must, however, be warmly clad.

It is a great error to suppose that the body may be trained from childhood to resist all changes of temperature by scanty clothing; nevertheless, the opposite extreme should be avoided. In summer, children may be lightly clothed, so as to admit of the free exposure of

their necks, arms and legs to the healthy influence of the air ; whereas, in winter their clothing should be warm, and made to protect their extremities from the cold.

Invalids and persons of weak constitutions should, in this country, be careful not to make too great a change in their clothing in summer, especially in the evening.

With young girls, the practice of wearing corsets (stays) is very objectionable ; artificial supports of this kind impede the natural formation of the breasts, and tend to destroy the muscular power of the back.

EXERCISE.

Of all the accessories, for the preservation and promotion of health, none is more worthy the attention of that portion of the community which is occupied with intellectual, or sedentary pursuits, than the enjoyment of regular exercise, seeing that this habit tends to strengthen and invigorate every function of the body.

Most persons require regular bodily exercise of some kind, and of at least one or two hours' duration daily. It must, however, be borne in mind, that exercise, no matter of what kind, to

be beneficial, should fall short of actual fatigue ; so that its degree will naturally vary with the individual health, strength, age, and occupation.

The healthiest mode of exercise, and by far the most natural, is walking. The most suitable time for walking, and indeed for most kinds of exercise, is between breakfast and dinner.

Riding on horseback will prove very beneficial to invalids or weak persons, who cannot endure the fatigue of walking. When, however, horse-exercise is too laborious, an airing in an open carriage may be substituted with advantage. Exercise of this kind has an advantage which has not been sufficiently dwelt upon ; namely, that of rapidly changing the air ; and on this account may be recommended as a wholesome variation, even to strong persons who are in the habit of walking.

Digging is a more beneficial occupation than is usually supposed ; it will often prove of much benefit to those who suffer from inaction of the bowels.

Rowing is a good exercise, but it is sometimes attended with serious and permanent injury to the constitution, by being pursued in too violent a manner.

Gymnastics and games of various kinds, such as fencing, throwing the quoit, dumb-bells, drill-

ing, dancing, battledore and shuttlecock, &c., are also modes of exercising the body and limbs.

General friction, by means of the flesh-brush, which may be used night and morning for the space of fifteen or twenty minutes at a time, is a practice worthy of high commendation.

Young children should be encouraged to walk as soon as they begin to put their feet to the ground of their own accord, but upon no account should they ever be forced to do so. In exercising a child, care should be taken not to fatigue it. Weakly children ought not to be allowed to stand or walk long at a time; but they should be alternately carried in the arms, or drawn in a little carriage, and invited to walk.

It is a very common error with merchants, clerks, and other persons occupied with commercial pursuits, who may chance to live out of town, to tire themselves by walking several miles to their residences after the labours of the day, and this by way of gaining an appetite, as if bodily fatigue were an antidote to mental exhaustion.

SLEEP.

There is no restorative so grateful or so necessary to man, after the daily exertion to which his body and mind have been subjected, as sound and refreshing sleep; and, consequently, there is no habit so deserving of earnest cultivation.

In fixing upon the hour of rest, and the period to be devoted to sleep, extremes should be avoided, seeing that the enervating tendencies of both are almost equally pernicious; moreover, the time of life as well as the individual health and strength, sex, &c., must be taken into consideration, before a just conclusion can be arrived at upon this important subject.

More sleep is required in infancy than in childhood, seeing that the first stage of human life is passed in alternations of repose and refec-tion. Again, children require more sleep than adolescents; adolescents than adults; adults, in the prime of life, than the aged; women than men; and lastly, the weak and infirm than the strong and healthy.

Young children should go to bed at six or seven in the evening, according to the season of the

year, and rise at the same hours in the morning. Up to the age of three or four years, children should be allowed to sleep for an hour or two in the middle of the day. Adolescents need from seven to nine hours' sleep in the twenty-four; adults from six to eight, and even invalids seldom more than eight or nine. From half-past ten to eleven will be the most suitable time for the generality of grown persons to retire to rest at night; and six in the morning in summer, and seven in winter, for rising.

The bed-chamber should be light and airy, and the bed-clothes, especially the sheets, well-aired.

Plants should never be allowed a place in sleeping-rooms, seeing that they tend to vitiate the atmosphere.

Light and warm bed-clothes are preferable to those which are heavy and oppressive; horse-hair mattresses to feather-beds. Bed-curtains which prevent a free circulation of pure air, are objectionable; for this reason, beds without curtains are generally speaking the most wholesome.

Exercise, temperance, and tranquillity of mind are great accessories to comfortable sleep.

The use of the flesh-brush before going to bed, will often be found beneficial by those who are kept awake by languor of their circulation. Hot

water bottles, or heated flannels, may likewise be had recourse to by persons who suffer from cold feet at night.

Sleeping after dinner should never be made a practice of. Its effect is to hurry on the digestion, and hence the fever and state of excitement in which those who indulge in this habit not unfrequently awake.

The practice of forcibly rocking infants, in order to put them to sleep, is highly objectionable, because it is very apt to induce congestion of the brain.

CLEANLINESS.

Cleanliness is a habit so essential to the well-being and comfort of the body, whether in sickness or in health, in infancy or in manhood, and in old age, that it can scarcely be too much insisted upon.

Children and infants should daily be washed all over with slightly tepid, or else cold water, according to the individual health and vigour; after which they should be well rubbed with dry towels.

In warm weather the cold bath may be had occasionally recourse to once or twice a week;

in winter it is better to take the chill off the cold water.

The child should be dipped once or twice on entering the bath; after which it may be allowed to splash about for a minute or two before taking it out of the water. After bathing, it should be well dried, and, if disposed, may be allowed to sleep; and, if not, it may be dressed at once, and encouraged to run about.

Cold or tepid sponging, or rubbing with a wet towel, may be had recourse to in like manner by the adult, together with an occasional tepid or cold bath.

Tepid is preferable to cold water for the sick and infirm at all periods of life, who possess little power of re-action after the shock caused by the cold water.

In acute diseases, when water is required for the purposes of cleanliness, it should be used at a temperature as nearly approaching to that of the body as possible, and should be wiped away before it has been allowed time to chill by evaporation.

Hot baths have a very relaxing and debilitating tendency, and, therefore, are seldom or never allowed under Homœopathic treatment.

Sea-bathing, as it is a remedial agent of great power, should never be had recourse to by the invalid without competent medical advice.

Perfumery and cosmetics of various kinds, such as Eau-de-Cologne, Eau-de-Luce, lavender-water, strong scented hair pomades, medicated tooth-powders, but more especially camphor, musk, smelling-salts, essence of vinegar, &c., are, generally speaking, to be considered as detrimental to the health, and, therefore, should be sparingly used, the preference being given to the milder scents. Under Homœopathic treatment they are all objectionable, as they tend to interfere with the action of the prescribed remedies, independently of their own peculiar influences on the organism, and consequently should be entirely abstained from. Homœopathic tooth-powder, and hair-pomade, may be substituted for the articles ordinarily sold by perfumers and druggists.

Snuff-taking and smoking are bad habits, and often at variance with cleanliness; they should on this account be discontinued.

Inveterate snuff-takers, or smokers, when they subject themselves to Homœopathic treatment, should diminish their daily allowance of snuff, or tobacco; moreover, they should neither smoke nor take snuff for at least an hour before, and an hour after taking the Homœopathic remedy.

MORAL HABITS.

A good moral regimen is not only essential to the preservation of health, but also to its restoration; seeing that it places the patient in the most favourable condition for recovery. For this reason, over-study, anxiety, and unhealthy, or morbid excitement of every kind should, if possible, at all times, but more especially at the approach of sickness, be guarded against.

Habits of industry, virtue, and individual independence, together with the enjoyment of cheerful society, and occasional recreation, are very necessary to the maintenance of the moral health.

All those means which impart serenity and calmness to the mind, cannot be too strongly urged upon those who wish to preserve a sound mind in a sound body.

OF DISEASES IN GENERAL.

Diseases are commonly divided into Acute and Chronic.

Acute Diseases, as compared with Chronic, are characterized by a greater urgency, as well as by a more rapid change and succession of symptoms.

They are usually attended with a greater degree of functional disturbance, and also of mental and physical prostration; moreover, they run their course in a comparatively short space of time, varying from a few hours or days, to a month or five weeks. Acute maladies, for the most part, terminate in recovery or death; when improperly treated they may, however, pass into the chronic state, or else leave chronic traces behind them. Measles, scarlet fever, quinsy, and dysentery, may be instanced as acute disorders. In the intermediate state, between an acute and chronic affection, the symptoms are said to be sub-acute.

In Chronic Diseases, the symptoms are less urgent, but more permanent, sometimes continuing for many months, or even years; and often very insidious. As compared with acute diseases, chronic maladies must generally be considered much less amenable to treatment, and, if their progress is unchecked, sooner or later they will prove fatal; not unfrequently, however, they put on acute forms. Long-standing affections of the stomach and bowels, asthma, pulmonary consumption, and the various forms of scrofula, come under the head of chronic diseases.

Only the slighter kinds of either form of disease ought to be made the subject of domestic treatment: and, even then, if after the first indicated,

remedies have been given, a decided change for the better is not observed in a few hours, in *acute*, or in a corresponding lapse of time, varying from one to several weeks; in *chronic* cases, they must not be trifled with, inasmuch as the most serious illnesses occasionally set in with apparently mild symptoms.

In sudden cases of great urgency, when the patient resides at a distance from his medical attendant, it is right that his friends should know how to act during the unavoidable delay of competent advice, and, accordingly, several such cases have been contemplated in this work.

In the great majority of those cases, which have not been thus specially indicated, the directions given under the head of Sudden and Acute Inflammatory Complaints, will generally suffice until the arrival of the medical practitioner.

OF HOMŒOPATHIC REMEDIES.

1. *Of Homœopathic preparations.*—Under Homœopathic treatment, medicinal substances are seldom exhibited in their original form; but are almost invariably subjected to *material attenuation* by subdivision, whether by trituration or dilution,

with a second substance (or vehicle as it is termed) capable of transmitting their influences without impairing them, such as, sugar of milk, in the case of a *solid* (if insoluble), or alcohol (spirits of wine) in that of a *fluid*, before they are used for remedial purposes. In this manner, 1 grain of Sulphur triturated with 99 grains of sugar of milk, or 1 drop of the mother tincture of Belladonna, diluted in 99 drops of alcohol, constitute the *first attenuation* of Sulphur, and the *first dilution* of Belladonna. Again, 1 grain of the *first attenuation* of Sulphur, and 1 drop of the *first dilution* of Belladonna triturated with 99 fresh grains of sugar of milk, or 99 drops of pure alcohol, in their turn form the *second attenuation*, or *dilution* of these medicines; and so on for all the rest. It may be observed, that most of the metallic or other insoluble substances, become *soluble* after the fourth attenuation.

2. *Of the Dilutions.*—The terms *high* and *low* dilutions are respectively applied to the degree of materiality of the medicinal preparation. Thus, the *third* is a *low* or more material (*i. e.* containing more particles of the original medicinal substance) dilution, compared with the *twelfth*, which would be termed a *middle* dilution; and the *eighteenth* is a *high* or less material (*i. e.* containing fewer

atoms of the original medicinal substance) dilution, compared with either the *third* or the *twelfth*, but especially with the former.

It is a great error to suppose that the *low* exert a more powerful influence upon the organism than the *high* dilutions; for the reverse is generally the case; seeing that medicinal aggravations (of which a few words hereafter) more frequently occur after the exhibition of the latter than of the former. The action of the high dilutions is, moreover, maintained for a much longer period.

Globules of sugar of milk (about the size of poppy-seeds) saturated (impregnated) with the *alcoholic* medicinal dilutions, are the best form in which Homœopathic remedies can be prepared for keeping, as they will retain their virtue for many years, if properly taken care of. For this reason, the medicines thus prepared are best adapted for *domestic boxes*, and they have consequently been prescribed in that form throughout the present work.

The *lower* and *middle* dilutions have likewise been selected as best adapted for domestic purposes. In fact a very great abuse of the high dilutions has been made by amateurs.

The *low* are indicated in the treatment of all acute affections; whilst the *middle* and *higher* dilutions are more efficacious in the sub-acute

and more chronic forms of disease. The former are given at short, and the latter at long intervals.

3. *Of the Administration of Remedies.*—With the exception of distilled water, pure *cold* spring water, or else water which has been boiled or filtered, is the best vehicle for dissolving Homœopathic remedies, especially when they are prescribed in divided doses. Care should be taken that the vessel selected for this purpose is perfectly clean, and that the mixture is rendered intimate either by shaking or by stirring with a clean spoon. When an open vessel (a wine-glass, for instance) is used, it should be covered with a saucer, to prevent evaporation. When two medicines are given by turns, care must be taken not to mix the spoons. It is likewise a good custom to label the medicines, so as to prevent mistakes.

Before dissolving a fresh medicine, the vessel which has contained the former remedy should be washed with scalding water, and afterwards rinsed with cold water. When a phial is used, this must be done very carefully, and the cork must not be forgotten.

Sugar of milk, or finely-pounded white sugar, in which the globules may be crushed, (whether they are prescribed to be taken dry, or else in

solution), will prove an excellent receptacle for remedies not required for immediate administration, which would, otherwise, not unfrequently be lost, from their very minuteness, when confided to a careless person.

4. *Of Medicinal Aggravation.*—This kind of aggravation will sometimes occur after a well selected remedy, more frequently after the exhibition of a high than a low dilution: it is seldom so great as to need antidotes, when no abuse of the medicine has been made. It is, moreover, generally speaking, a good rather than a bad sign; for it must be borne in mind, that it is not an aggravation of the diseased state, but rather an extraordinary provocation of the vital efforts to throw off the morbid cause; at least, such is the case when the right remedy has been given.

Medicinal aggravation may be readily distinguished from that of the diseased state, provided their essential characteristics are borne in mind. Thus, the former makes its appearance suddenly, without any apparent cause, and often as suddenly disappears; it generally occurs before any apparent amelioration has manifested itself, being, moreover, attended by marked intervals of relief, and is finally succeeded by permanent benefit; whereas the latter is gradual and continuous, and

usually supervenes upon previous amelioration. When medicinal aggravation occurs, it is better to suspend all manner of remedial treatment for a time, than to give an antidote. Nevertheless, as remedial antidotes may sometimes be required in the case of extremely susceptible persons, they have been given in the Table of Medicines recommended.

5. *Of Remedial Antidotes.*—Camphor will be found to be the best antidote to the generality of the vegetable medicines; when indicated, it may either be given by olfaction (smelling), or else a drop or two of spirits of camphor, dissolved in a wine-glassful of cold water, may be exhibited in one dose. When other remedies are selected, it is best to administer from 6 to 9 globules, of the lowest dilution, dissolved in half a wine-glassful of water, at one draught. Coffee may be sometimes given as an antidote to those unaccustomed to its use, with advantage. A few tea-spoonfuls of coffee, without milk or sugar, will suffice in such cases.

If there is one piece of advice above another which the author would give a patient, it is, as much as possible, to avoid having recourse to antidotes, and in no case to fly from one antidote to another.

Of the medicines recommended, a few general ideas may be useful, in so far as they bear upon domestic practice.

Aconitum acts, above all other known remedies, upon the *circulating system*. Its effects in acute inflammatory affections and fevers, are truly wonderful.

Arnica acts upon the *absorbents*, and is consequently admirably calculated to promote the absorption of effused blood, and the reparation of tissues after mechanical injuries.

Belladonna exerts a very powerful action upon the *brain* and *its membranes*, and is perhaps inferior to no other medicine in this respect. Its action upon the *glands* is also very remarkable ; it is, in fact, to the glandular almost what aconite is to the circulating system.

Opium is, from the peculiarity of its action, of the greatest importance in the treatment of certain lethargic states of the brain.

Nux vomica has a very marked action upon the *nervous system* generally, but especially upon the *spinal chord*, and upon those *nerves* which are *connected* with the *digestive organs*. It is one of the most valuable remedies prescribed in the treatment of derangements of the digestive functions, and is very generally indicated in most cases

of *inaction* of the bowels, dependent upon want of nervous energy.

Pulsatilla has many points of resemblance with Nux Vom. in its action upon the nervous system and the digestive organs. Its action upon the *mucous membranes* is, however, much more marked. As a medicine it is very generally indicated in the treatment of similar affections of the stomach and bowels, where the tendency is rather to *relaxation* than to constipation.

Ignatia holds a middle place between the two preceding remedies.

Bryonia acts upon the *muscles* generally, and especially upon the *fibrous tissues* of the joints; it is admirably adapted to the treatment of rheumatic cases, in which the sufferings are *aggravated by motion*. Its action upon the *lungs*, and upon the *muscles associated* with the organs of *respiration*, render it of essential service in most kinds of cough and catarrh of the chest, especially at their commencement.

Rhus, acts upon the same tissues as the preceding, but more especially upon the *tendinous structures* and *cartilages* of the *joints*; hence its value in the case of sprains and strains. It is chiefly indicated in rheumatism which is *relieved by motion*.

Mercurius is a most valuable medicine from its remarkable action upon the *mucous membranes*, the *glands* and the *liver*, and is very generally used in the treatment of disorders connected with the digestive organs and glandular system. Like Hepar. Sulph., it acts upon the *skin*, and also favours the *suppurative process*, although in a less degree.

Hepar. Sulph. is preeminent above the known remedies in its action upon the *exhalants* of the skin, and, consequently, is often given with a view to promoting perspiration, when indicated by nature. The property which it possesses of favouring suppuration is no less worthy of mention.

Arsenicum, Calcaria Carb., Graphites, and Sulphur, are all remarkable for the long duration of their actions, and also for their deep and searching effects upon *almost every organ and tissue* of the body. On this latter account they are usually classed among the *anti-psoric* (as Homœopathists designate them) remedies—remedies which are essentially necessary in the treatment of all constitutional affections of long standing. They differ from each other in the predilection which they individually manifest for certain organs or tissues. Thus Calc. Carb., has a more marked action upon the glandular system generally, and especially

upon certain portions of it, than Sulphur, which exerts a greater influence upon the skin.

Again, the sensations which attend their action differ. Thus the aggravation of Arsenicum is accompanied with burning sensations, whilst that of Sulphur is manifested by extreme itching. All these medicines should be very sparingly used by *amateurs*, as the aggravations consequent upon their abuse are not speedily remedied.

Other things being equal, the constitution, age, sex and the vital resources must be taken into consideration in the choice of remedies, seeing that one remedy will often be better adapted for certain constitutions than another. The same may also be said with respect to the circumstance of age, sex, and the strength or weakness of the vital powers.

For instance, Nux Vomica is suited to persons of a bilious constitution with a *dark sallow* complexion, and *hasty, irritable, or hypochondriacal disposition*; whilst Pulsatilla is more adapted to the cases of persons, and especially females, of a *mild, timid disposition* easily induced to shed tears.

Chamomilla is peculiarly the medicine of *infancy*. It is also adapted to the female constitution.

China and Arsenicum are invaluable remedies for sustaining the vital powers under repeated losses of the fluids and solids of the body.

7. *Of the rules to be followed under Homœopathic treatment.*—These, when briefly summed up, will be found to consist in the following :

1. The observance of a suitable diet.

(For particulars of which see Homœopathic Dietary, page 43).

2. General attention to regimen, as defined in this work. (See from page 52 to 66 inclusively).

3. The rejection of every description of patent and ordinary domestic remedies, whether in the shape of aperients,* emetics, narcotics, medicated fomentations, blisters, leeches, and the like, as well as of medicated tooth-powders and cosmetics, and the restriction, or suppression, of certain habits. See remarks on cleanliness in connection with these subjects, page 64).

* In cases, however, of obstinate constipation, when the patient is at a distance from medical advice, recourse may be had for relief to an enema (injection) of tepid water, to which a dessert-spoonful of olive-oil or honey may be added, if necessary.

PART II.

DIVISION I.

DISEASES OF INFANTS AND CHILDREN.

Under this head will be found a variety of diseases and ailments to which infants and children, as compared with adults, are either exclusively liable, or nearly so.

EXCORIATIONS OF THE SKIN IN INFANTS AND YOUNG CHILDREN.

The fineness, and the extreme delicacy, of the infantile skin are in themselves strong *predisponents* to this inconvenience.

Symptoms.—Sore abrasions of the cuticle, or scarf-skin, in various parts of the body and limbs ; generally, however, confined to the upper and inner portions of the thighs.

Exciting Causes.—1st. Mechanical friction ; 2nd. the action of the different secretions and excretions, especially those of an acrid nature ; and 3rd. a combination of both. The treatment will necessarily vary with these.

EXCORIATIONS OF THE FIRST KIND (MECHANICAL).

Treatment.—A solution of the *Mother Tincture of Arnica* (1 part of tincture to 40 parts of cold water) may be applied to the affected parts, twice or thrice a day, two or three days in succession, whilst *Arnica* 000|6 may also be exhibited internally every night for the same space of time, and repeated once more two or three days after the lotion has been discontinued.

EXCORIATIONS OF THE SECOND KIND (IRRITATIVE).

Treatment.—*Chamomilla* 000|12 may be given, followed by *Sulphur* 000|18 four days after.

Attention to cleanliness, and the local application of a little starch-powder, will often be all that is necessary.

EXCORIATIONS OF THE THIRD KIND (OF A MIXED CHARACTER).

Treatment.—Begin with *Cham.* 000|12, then in

three days give *Arn.* 000|12, and lastly, *Sulph.* 000|18 in four days more.

The same local application as in the preceding case may be resorted to.

MEASLES.

The mucous membranes of the eyes, nose, wind-pipe, and air-(bronchial) tubes of the lungs, as well as the skin, are the structures chiefly affected in this disease.

Symptoms.—Profuse watering of the eyes, with intolerance of light and swelling of the eye-lids; frequent sneezing, running at the nose, dry cough, oppressed breathing; thirst, heat of skin, with drowsiness, general langour, and frequency of pulse, generally precede, and sometimes continue during the eruptive stage. The eruption usually appears two or three days after the preliminary symptoms have been observed. It comes out in the form of distinct red circular spots, first upon the forehead, and then, in most cases, all over the surface of the body; these spots afterwards unite into irregular patches of a crescentic shape, which impart a mottled appearance to the skin. The rash is of a dingy red colour, and like that of scarlet fever, may be effaced for a moment by

sudden pressure. In about five or six days from its first appearance, the eruption completely disappears from the body. The falling of the scarf-skin, or desquamation, (as it is called) is very slight, so that it often eludes observation.

Treatment.—The medicines generally required in simple cases are, *Aconitum*, *Pulsatilla* or *Bryonia*.

Acon. ʒ℥ may be given, in solution, a sixth part every four hours, at the outset, either by itself, when the febrile symptoms are the most prominent, or, in alternation with *Pulsat.* or *Bry.*, when either of these medicines is indicated, at any period of the disease, as long as the frequency and fulness of the pulse suggest its exhibition.

Puls. ʒ℥, in solution, a sixth part every four hours, or thrice a day, when the catarrhal symptoms (watering of the eyes, sensitiveness to the light, sneezing, running at the nose, &c.) of the head predominate.

Bry. ʒ℥, in solution, a sixth part every four hours, when the catarrhal symptoms (cough, wheezing, oppressed breathing, tightness at the chest, &c.) of the chest are the most urgent.

As the case progresses favourably, the intervals of repetition of the remedies may, with advantage, be still further prolonged, as in Scarlet fever. In

very mild cases, *Acon.* 000|12 followed, the next night, by *Puls.* 000|12, repeated two nights afterwards will frequently be all the treatment required.

A few days after the eruption has completed its natural course, and the common remedies have been discontinued, *Sulph.* 000/18 will be of service.

Diet and Regimen.—Nature almost invariably dictates the requisite abstinence, and upon no account should her warning voice be disregarded.

Whilst the symptoms of fever continue, pure water, toast and water, light water-gruel, gum-arabic water sweetened with a little sugar, (1 oz. gum-arabic, and from $\frac{1}{2}$ to 1 oz. white loaf sugar to 1 quart of hot water,) or barley-water may be allowed.

During convalescence, milk-and water, cocoa, beef tea, light arrow-root, small slices of toasted bread, &c., should precede the return to the ordinary mode of living.

In very mild cases, light arrow-root may be allowed from the commencement, when the appetite continues unimpaired.

The room in which the patient remains, should be kept cool, and well ventilated. If obliged to keep his bed, he should not be oppressed with too

many bed-clothes ; at the same time, care must be taken, that there is sufficient covering to prevent his catching cold.

Preservative Treatment.—The administration of *Acon.* 000|12 and *Puls.* 000|12 by turns, at intervals of three or four days, for the space of a fortnight, during the prevalence of measles, may sometimes ward off an attack, or impart a more favourable character to the disease when it occurs.

SCARLET FEVER.

The skin, the mucous membranes of the tongue and throat, and the tonsils, are the structures involved in this disease.

Symptoms.—The preliminary fever is slight, and of short duration, in mild cases ; the eruption usually coming out on the second day, in the form of numberless red points, which are first visible about the neck, face, and chest, and which gradually become diffused all over the body in irregular patches. The rash soon acquires its characteristic *bright scarlet* colour, which may

be effaced for a few seconds by sudden pressure with the finger. It is almost invariably associated with sore-throat, more or less inflammation of the tonsils, and a bright red tongue, on the surface and at the sides of which red points may be seen shooting through the white fur. In ordinary cases, the eruption is at its height on the fourth day; it begins to decline on the fifth, and on the eighth has altogether disappeared. The falling of the scarf-skin commences about the fifth or sixth day, in the parts where the eruption was first noticed, and is much greater than in measles.

Treatment.—*Belladonna* 9|3 may be given, in solution, a sixth part every four hours, or thrice a day, throughout the course of the disease, in ordinary mild cases. These intervals may be gradually prolonged, as the symptoms become more and more favourable. In very mild cases, *Bell.* 000|12 only, repeated two or three nights in succession, will suffice.

Acon. 9|3, in solution, may always be given in doses of one sixth part in alternation with *Bell.*, when indicated by the frequency and fulness of the pulse, thirst, heat of skin, and other febrile symptoms.

When convalescence has taken place, *Sulph.*

000|18 may be exhibited with great advantage three or four days after the last dose of *Bell.*

Diet and Regimen.—The same as in measles.

Preventive Treatment—During the prevalence of scarlet fever, *Bell.* 9|3, in solution, administered in doses of a sixth part, night and morning, for three successive days, and then followed by *Bell.* 000|12, every third or fourth night, will often act as a preservative, and, at any rate, will greatly modify its character for the better in the event of an attack.

INFLAMMATION (SUB-ACUTE) OF THE EYES AND EYE-LIDS IN INFANTS AND CHILDREN.

An affection to which the children of unhealthy parents are frequently subject, especially during infancy.

Symptoms.—Agglutination (sticking together) of the eye-lids in the morning on awaking, with copious thick gummy discharge from the eyes, which is induced by the slightest cold; sometimes there is slight redness of the whites of the eyes, with frequent flow of tears.

Treatment.—In slight cases, begin with *Pulsatilla*

9|3, in solution, a sixth part thrice a day; after which give *Hep. Sulph.* 9|5, in solution, a fourth part night and morning; and lastly, administer successively, three or four days after the last dose, *Puls.* 000|12, *Merc. Sol.* 000|12, and *Sulph.* 000|18, at intervals of four days or a week between each medicine.

Aconitum 9|3, in solution, may be alternated, in doses of a sixth part, with any of the preceding remedies at the outset of the complaint, if indicated by fever.

In very slight cases, the medicines in solution may be omitted.

Slightly tepid water is the only lotion required.

Diet.—The quantity of food will depend upon the acuteness or chronicity of the symptoms. A light diet will be advantageous for a few days, in any case.

TEETHING.

Symptoms.—The child is very *peevish, irritable,* and *passionate* during this period, especially when cutting a new tooth; its nights are restless and its cries incessant; nothing seems to please it.

The gums are hot, red and swollen, and there is a constant overflowing of the saliva, and slobbering; at times, relaxation of the bowels occurs, with *green, frothy, and slimy stools*, and occasional febrile symptoms.

Treatment.—Begin with *Chamomilla* 6|3, in solution, a fourth part night and morning, followed by *Cham.* 000|12 two nights after the last dose, and lastly, in four days more, *Sulph.* 000|18, or else *Merc.* 000|12, if the gums are still red and inflamed.

In very mild cases, *Cham.* 000|12 alone will suffice, with strict attention to diet and regimen.

Should the child be feverish, *Acon.* 6|3, in solution, in doses of a fourth part, may be substituted at night for the second dose of *Cham.* in solution.

In the event of a sudden attack of convulsions, with determination of blood to the head, or else of inflammation of the brain, *Belladonna* 9|3, in solution, should be given in doses of a sixth part, every two, three, or four hours, according to the urgency of the case, until competent medical advice can be procured. *Acon.* 9|3, in solution, might be alternated in similar doses, and at the same intervals, if indicated by fulness of the pulse, and very marked symptoms of general excitement of the circu-

lation. (See also Convulsions and Fits of Children.)

Diet and Regimen.—Strict attention should be paid to diet, and the child should be regularly exposed to the beneficial influence of the fresh air, whenever the weather permits of it.

General Observations.—During the period of dentition, delicate children often continue for many months affected with a kind of remittent fever usually termed infantile remittent fever, the treatment of which falls without the range of domestic practice.

Lancing the gums often proves injurious to the proper development of the teeth, and should never be resorted to without the sanction of the family medical attendant.

THE THRUSH.

An affection of the mouth to which young and delicate infants are subject.

Symptoms.—Small white ulcerations and excrescences situated at the tip and edges of the tongue, and in the interior of the mouth; they are generally attended with a greater or less degree of disorder in the digestive functions.

Treatment.—In slight cases, begin with *Merc. Sol.* 9|5, in solution, a sixth part thrice a day; then, two or three days after the last dose, give *Merc. Sol.* 000|12; and lastly, in three or four days more, *Sulph.* 000|18.

In very slight cases, the medicine in solution may be omitted.

Acon. 9|3, in solution, may be given occasionally in doses of a sixth part, if there are symptoms of fever.

The mouth should be well washed, and general cleanliness attended to.

Diet and Regimen.—The diet should be light, and every irritating aliment should be avoided.

Regular exposure to pure fresh air will be attended with benefit.

In more serious cases, a variety of remedies, which are not generally suited for domestic use, will be required. (See also Inflammation and Soreness of the Mouth and Gums.)

DRIBBLING OF THE SALIVA, OR SPITTLE.

The profuse secretion of saliva is of frequent occurrence in infants and children, especially during the period of dentition.

Symptoms.—Constant flow of saliva from the mouth, which seems independent of the will. The child manifests a strong desire to slobber every thing which it lays hold of. These symptoms often occur without any other appreciable ailment than the irritation occasioned by teething, or some slight derangement of the digestive functions.

Treatment.—Give *Cham.* 000|12, and *Merc. Sol.* 000|12 alternately, every three or four days, and continue to administer them in this manner for the space of ten or twelve days, if necessary.

Diet and Regimen.—Attention should be paid to diet and regimen. (See Teething.)

PAIN IN THE STOMACH AND ABDOMEN, COLIC-PAINS, WINDY COLIC, &c.

These ailments generally depend upon causes connected with diet or atmospheric exposure. Children are more subject to them than adults.

Symptoms.—Children very frequently complain of what they call pain in the stomach, (meaning belly-ache), especially after meals, which is occasionally relieved, for a short time, by pressure or friction over the part affected. Uneasiness and

weight in the bowels, flatulence, and constipation, more commonly than relaxation, are sometimes associated with it.

Treatment.—When the bowels are confined, give *Nux. Vom.* 9|3, in solution, a sixth part thrice a day, then, in a day or two after the last dose, administer *Nux Vom.* 000|12, and lastly, in four days more, *Calc. Carb.* 000|18.

When, however, the tendency is rather to relaxation, or there is a great accumulation of wind in the bowels, *Puls.* 9|3, and *Puls.* 000|12, may be substituted for *Nux Vom.* 9|3, and *Nux Vom.* 000|12, and exhibited in a similar manner before the *Calc. Carb.*

Cham. 9|3, and *Cham.* 000|12, administered in like manner, will be preferable to either *Nux Vom.* or *Puls.*, when exposure to cold has been the exciting cause, and when the bowels are relaxed.

Acon. 9|3, in solution, may be given in occasional doses of a sixth part, in the event of febrile symptoms.

Diet and regimen.—The diet should be light. Green vegetables, and other flatulent food, should be avoided for some days. The abdomen (belly) should be kept warm by a sufficiency of clothing. (See also Atmospheric Influences, and Slight Disorders arising from the Infraction of Dietetic Rules.)

INFANTILE DIARRHŒA, OR PURGING.

A disorder of frequent occurrence in infants and children shortly after birth, and during the period of dentition.

Symptoms.—Frequent *loose, frothy, and slimy* stools, generally of a *green* colour, accompanied with griping in the bowels, and drawing up of the legs against the abdomen or belly. Sometimes there is a dark hue under the eyes, with pale complexion, and *inflammatory* redness of the *gums*; no desire for food; restlessness at night; constant crying; *violence of temper*, and *extreme peevishness* and irritability.

Treatment.—Begin with *Cham.* 9|3, in solution, a sixth part every four hours, or thrice a day, until finished; then wait a day or two, and give *Cham.* 000|12, followed by *Sulph.* 000|18, four days afterwards.

In very slight cases, *Cham.* 000|12, may be given at once, and in four or five days more *Sulph.* 000|18.

Acon. 9|3, in solution, may always be alternated, or given occasionally in doses of a sixth part, when symptoms of fever indicate the administration of this remedy.

Diet and Regimen.—Sago, arrowroot, and light

farinaceous aliments may be allowed children, but no animal food. Fruit is also objectionable. Severe exposure to atmospheric influences should be avoided.

WORMS.

The presence of small Thread Worms in the internal lining-membrane of the lower bowels is generally associated with a disordered state of the digestive organs. Children are remarkably subject to them.

Symptoms.—*Picking of the nose*, induced by the irritation and itching of its lining mucous-membrane; *puffiness of the face*, sometimes with muddiness of the complexion; craving appetite, with gnawing sensation at the pit of the stomach; abdomen hard, tense, and swollen; unhealthy evacuations from the bowels, in which numerous *small white worms*, resembling bits of thread, are occasionally detected; a *constant itching* in the *lower bowel* is complained of; restless nights are passed, and the child not unfrequently grinds its teeth during sleep.

Treatment.—In slight cases, and which are of recent origin, begin with *Cina* 000|12, and repeat this medicine again in two or three days; then

give *Merc. Sol.* 000|12, three or four days after the second dose; and lastly *Sulph.* 000|18, or *Calc. Carb.* 000|18, in four or five days more.

Calc. Carb. will be preferable when the appetite is craving or voracious, or else when the glands are enlarged.

Diet and regimen.—Vegetables and fruit should be given sparingly, and those only of the most digestible and wholesome kinds, such as, mealy potatoes, French plums, &c., after being properly cooked. Fresh air, and regular exercise, are indispensable.

Should this course of treatment not prove sufficient, competent advice should be had recourse to.

CROUP.

This is a peculiar inflammation of the mucous lining of the wind-pipe and of its branches, producing a thick, white, membranous, and viscid (glue-like) secretion throughout its course, by which suffocation is caused in fatal cases.

Of all the acute infantile diseases, Croup is the most dangerous, and most rapidly fatal: it should never, therefore, form the subject of domestic

treatment. Nevertheless, as much valuable time might be lost before the arrival of competent medical advice, it is right that heads of families should know how to act during the unavoidable delay.

Symptoms.—First, or Inflammatory Stage: A sense of uneasiness in the throat, and tightness about the chest, with laborious respiration, sometimes attended with slight catarrhal symptoms, generally usher in the attack. The first intimation, however, is often given by a peculiar ringing and single cough, having somewhat of metallic clanging in its tone, which occurs soon after the child has gone to bed, and during sleep. This cough is repeated several times, when, at length, the child awakes: the cough is now succeeded by a crowing noise; the voice becomes stridulous (squeaking) and acute, or hoarse; the breathing more rapid; the eyes watery and blood-shot; the skin hot and dry, and the pulse quick and hard. If unchecked the

Second, or Spasmodic Stage supervenes: The cough becomes husky and suffocating, accompanied with lividity of the face and lips; eyes staring and prominent; tongue covered with an opaque viscid coating; voice weak and whispering, with slow, harsh, (resembling the sound of a saw), and wheezing respiration, and fruitless

efforts to expectorate, with very little secretion of mucus; pulse variable, sometimes maintaining its strength and rapidity, or else becoming weak, and so quick, as scarcely to be counted.

Third, or Secretive Stage: The cough has now become moister and easier, and the difficulty of breathing arises chiefly from an accumulation of the mucous secretions in the trachæa (windpipe) and air tubes of the lungs, as proved by the abundant rattling in the chest when the patient coughs and breathes; the excitement of the circulating and nervous systems, and the urgency of the symptoms of the previous stages, except in the most serious or fatal cases, generally subside. Membranous shreds are sometimes coughed up in this stage, and immediate relief succeeds.

Treatment during the First Stage.—Lose no time, and give *Aconitum* 12|3, in solution, a sixth part every half-hour, or hour, or else every two or three hours, according to the urgency of the case.

Second Stage.—*Spongia* 12|5, in solution, a sixth part every hour, or else every two, three, or four hours, either by itself, or in alternation with *Acon.* in similar doses, if indicated by the persistence of the fulness and rapidity of the pulse, and other inflammatory symptoms.

Third Stage.—*Hep. Sulph.* 12|5, in solution, a

sixth part every two, three, or four hours, either by itself, or in alternation with *Acon.* if indicated as above.*

Diet and Regimen.—Pure water, or very weak toast-and-water, whilst the symptoms continue active, are the only safe aliments. Care should be taken that the extremities are kept warm, and that the throat and neck are free from tightness of any kind.

HOOPING COUGH.

This disease is almost peculiar to infancy and childhood, and like Measles and Scarlet Fever, depends upon a specific contagion. The mucous

* These divisions are rather arbitrary; but as they serve to give precise indications for the remedies employed, I have purposely given them.

It sometimes happens, that the symptoms of one stage so run into those of another, as to admit of no classification; nevertheless, there will generally be either a predominance of the symptoms belonging to one stage over those of another, or else an equality. In the former case, the remedy which is chiefly indicated will be given; in the latter, both remedies may be administered alternately.

It must also be remembered, that the second stage may take place without the first having been observed, in which case, the treatment will vary accordingly.

lining-membrane of the lungs, and the nerves connected with the respiratory organs, exhibit the effects of this miasmatic poison.

In children of healthy constitutions, this affection, in general, goes through its course mildly.

Symptoms.—Symptoms of a common cold and cough, usually lasting from a fortnight to three weeks, generally precede the attack, and, but for the prevalence of an epidemic of Hooping Cough, would often escape particular notice. As this preliminary stage is drawing to its conclusion, the cough assumes a convulsive character, attended with very scanty expectoration, and comes on in paroxysms, towards the termination of which, considerable difficulty of breathing is experienced, sometimes almost amounting to suffocation, so that the face and neck become purple and livid, and the eyes suffused with tears; the paroxysms are generally worse towards the approach of night. After a time, the fits of coughing are terminated by vomiting, which affords a little respite. Although vomiting of the food occasionally occurs throughout the day, the appetite is unaffected, and the digestive functions remain unimpaired. After a further lapse of some days, violent inspirations succeed the paroxysms of coughing, and the characteristic whoop or kink is heard; the cough is then said

to be fully formed. At this period, the lungs begin to secrete, and copious expectoration of mucus ensues; the vomiting occurs less frequently, the cough becomes looser, and the intensity of all the symptoms diminishes, until, at length, the disease ceases altogether. Slight febrile symptoms, throughout the course of the affection, are occasionally observed.

Treatment.—In mild cases, the preliminary symptoms require only the same treatment as those of common Cold and Cough. (See Common Cold and Cough.)

As the cough becomes convulsive, especially when it is worse at night, give *Belladonna* 9|3, in solution, a sixth part twice or thrice a day, gradually prolonging the intervals. In very mild cases, *Bell.* 000|12, repeated every second or third night, will be preferable.

When the paroxysms are terminated by vomiting, and also, when there is occasional vomiting of the food throughout the day, suspend the *Bell.*, and administer *Ipecacuanha* 9|3, in solution, a sixth part twice or thrice a day, or *Ipec.* 000|12, every second night, in very mild cases.

When the Hooping Cough is decidedly formed, and the secretions begin to be established, *Drosera* 9|3, in solution, a sixth part twice or thrice a day may be given; the intervals being gradually

prolonged as the symptoms become less urgent. As the case advances towards convalescence, three or four days having been allowed to elapse after the last dose of the medicine, in solution, *Drosera* 000|12, and *Sulph.* 000|18, administered successively, at intervals of four or five days, and repeated, if necessary, once more, will, in general, suffice to prevent a relapse.

Acon. 9|3, in solution, in doses of a sixth part, may always be given throughout the course of the affection, when there are symptoms of fever, either by itself, or in alternation with any of the above indicated remedies.

Diet and Regimen.—The diet should be light, and animal food should be given sparingly; at any rate, care should be taken not to overload the child's stomach. Gum-arabic water (R. gum-arabic 1 oz., white loaf-sugar $\frac{1}{2}$ oz. to 1 oz., and hot water 1 quart) will often prove grateful when the cough is troublesome.

In fine weather, the little patient should remain in the open air as much as possible. At the same time, due precaution should be taken to prevent catching cold.

CONVULSIONS AND FITS OF CHILDREN.

These attacks are too serious to form the subject of domestic practice, especially as they depend upon a variety of morbid conditions of the system, requiring systematic constitutional treatment for their removal.

Symptoms.—Trembling and convulsion of the limbs, generally occurring at night, when the child is asleep; the eyes and features of the face being sometimes affected with similar convulsive twitches. These symptoms are often preceded by screaming and grinding of the teeth. Having reached a certain degree of intensity, the fit gradually subsides.

Treatment.—Until medical advice can be procured, if the convulsions are severe, and they seem chiefly connected with the state of the brain, give *Belladonna* ʒʒ, in solution, a sixth part every two, three, or four hours; or else if the extremities, hands and feet, seem more particularly affected, and the head is tolerably cool, *Nux Vom.* ʒʒ, administered in a similar manner, will be preferable.

Acon. ʒʒ, in solution, may be alternated, in doses of a sixth part, every two or three hours,

with either of the preceding remedies, when there is fever.

In very severe cases, the smelling of *Camphor* will sometimes be of service, when the medicines already exhibited seem to have had no effect.

In very slight cases, it is better to wait until the fit has ceased, before administering any remedy. (See also Teething.)

WETTING THE BED.

It sometimes happens, that without any marked ailment, the child wets its bed at night.

Treatment.—Begin with *Nux Vom.* 000|12, and repeat the dose in three or four days; after which, allow a further interval of four days to elapse, and give *Sulph.* 000|18.

Diet and Regimen.—The diet should be nutritious, and regular exercise, in the open air, should be enforced. The little patient should not be allowed to drink before going to bed. (See also Indigestion, and Slight Disorders arising from the Infraction of Dietetic Rules.)

DIVISION II.

COMPLAINTS OF WOMEN.

The disorders and irregularities to which young girls and women are peculiarly subject are generally of too serious a nature to be trifled with ; so that only a few of the least important will find a place in this work.

BLEEDING OF THE NOSE.

Bleeding of the nose sometimes ensues after sudden *periodical suppression* ; it may, however, occur without any suppression whatever, whilst the female is *unwell*.

Treatment.—In the first case, *Bryonia* 000|12, twice administered at an interval of two days, will generally suffice to remove the irregularity ; in

the second, to establish the natural course, *Pulsatilla* 000|12 only may be advantageously substituted.

Diet, &c.—The diet should be light and nutritious, and all sudden alternations of temperature should be carefully avoided. (See also Epistaxis).

SORE NIPPLES.

It not unfrequently happens, at an early period of nursing, that mothers experience much suffering and inconvenience from sore nipples, and ulcerations at their bases.

Causes.—1. The mechanical action of sucking, on the part of the infant, together with a greater or less degree of constitutional susceptibility in the mother. 2. Purely constitutional on the mother's side. 3. The acidity of the salivary secretions of the child.

Treatment.—When the cause is chiefly of the first kind, as soon as the child has quitted the breast, wash the nipples with a lotion composed of one part *mother tincture of Arnica* to forty or fifty parts of cold water. Before again applying the infant, re-wash the parts with luke-warm milk and water.

Arnica 000|6, may be exhibited internally every

second or third night, for the space of a week or ten days. Lastly, a few days after the last dose of this remedy, *Sulph.* 000|18, may be administered two or three times, at intervals of a week or ten days.

Systematic treatment of the mother, or child, alone will remove this affection, when it arises exclusively from one or other of the last mentioned causes.

SORE BREASTS FROM DISORDERED SECRETION OF MILK.

The breasts sometimes become sore and painful from an accidental interruption, or diminution of the secretion of milk.

Treatment.—In slight cases exhibit *Pulsatilla* 000|12, and repeat the dose in two days; lastly in four days more give *Sulph.* 000|18. When the disorder arises from sudden cold, see also Atmospheric Influences.

Diet, &c.—The diet should be light and nutritious, and the clothing warm. Exposure to sudden alternations of temperature should also be guarded against.

IRREGULARITIES AND SUDDEN SUPPRESSIONS OF THE MONTHLY PERIOD.

When irregularities, or suppressions of this kind arise from the temporary operation of moral, dietetic, and atmospheric influences in women of a previously healthy constitution, the directions for the treatment under these several heads will generally suffice. (See Moral Emotions, Atmospheric Influences, Slight Disorders arising from the Infraction of Dietetic Rules, Bleeding of the Nose), &c.

In those cases which are of recent occurrence, when the exciting cause cannot be discovered, *Pulsatilla* 000|12, may be given, followed in four days by *Sulph.* 000|18; lastly, in four days more, *Puls.* 000|12, may be repeated, and followed by *Sulph.* 000|18, after a further interval of four or six days. Should this course not have the desired effect, competent advice must be obtained.

Diet, &c.—The diet should be light and nutritious. Attention to clothing and exercise should also be enjoined.

SUFFERINGS DURING THE MONTHLY PERIOD.

The sufferings which precede and attend this period, are sometimes severe, even in women, who, in other respects, enjoy tolerably good health.

Symptoms.—Aching in the back and loins, of variable intensity, with forcing pains in the bowels and lower part of the abdomen (belly), sometimes accompanied with looseness in the bowels, or colic-pains; in some cases, shooting and aching, or numbness, along the inside of the thighs; whilst in others, nervous or congestive head-aches are complained of.

Treatment.—The following remedies may be tried, although it will sometimes happen that these sufferings depend upon constitutional causes, which necessitate systematic treatment for their removal.

Bryonia 9|3, in solution, a sixth part thrice a day, or else *Bry.* 000|12 only, will be indicated, when the pains in the back and loins form the principal sufferings.

Chamomilla 9|3, in solution, a sixth part thrice a day, or else, *Cham.* 000|12 only, will be suitable when there is severe forcing and bearing down in the lower part of the abdomen (belly), and bowels, with colic pains, especially when there is a tendency to relaxation.

Pulsatilla 9|3, in solution, a sixth part thrice a day, or *Puls.* 000|12 only, will be preferable under similar circumstances in women, and especially in young girls, of a mild and timid disposition, in whom the discharge is habitually scanty.

Nux Vom. 9|3 in solution, a sixth part thrice a day, or else *Nux Vom.* 000|12 only, when the sufferings are associated with head-ache, spasms in the stomach and abdomen, shooting pains down the thighs or cramps in the legs, and when there is a tendency to confined bowels, especially in women of a bilious sanguine temperament, with dark hair and complexion.

In some cases, fomentations with hot flannels will afford relief.

Aconitum 9|3, in solution, in doses of a sixth part, or *Acon.* 00|12, may be given, either by itself, or else alternately with any one of the preceding remedies which happen to be indicated, when there is frequency and fulness of the pulse, or other febrile symptoms.

Diet, &c.—The diet should be light and wholesome. Every circumstance, moral and physical, which is likely to interfere with, or suspend the regular course of this period, should likewise be avoided.

(See also Congestive Head-ache, and Nervous Head-aches).

DIVISION III.

COMMON DISORDERS.

THESE comprise a variety of disorders and slight ailments common to all periods of life, and to both sexes ; and, in general, requiring only a simple course of treatment, provided they are attended to at the beginning.

SLEEPLESSNESS.

Wakefulness at night is often merely one of many symptoms attendant upon a variety of diseases. It may, however, be induced by the temporary operation of a number of individual causes connected with moral, physical, atmospheric, dietetic and other influences upon the system generally.

Treatment.—When no precise cause can be

assigned, give *China* 000|12, and repeat this remedy in two or three days, if the first dose proves insufficient. Should the sleeplessness, however, still continue, (three or four days having elapsed since the second dose of *China*), administer *Coffea* 000|12, especially when there is great nervous excitement, followed by *Arsenicum* 000|18, three or four days afterwards.

Diet and Regimen.—The exciting cause, if connected with diet, should be abstained from. Regular exercise should be taken, and over exertion of the mind or body should be guarded against.

(See also Moral Emotions, Atmospheric Influences, and Slight Disorders arising from the Infraction of Dietetic Rules.)

NIGHTMARE.

Under this head are included all manner of unpleasant, confused, or restless dreams; but, especially those of a frightful, horrible, or terrifying character.

Independently of being an ordinary attendant upon almost every kind of disorder connected with the organs of digestion, nightmare often occurs after a hearty supper, various dietetic infractions, fatigue, &c.; an uneasy position will frequently induce it.

Treatment.—In a general way, *Nux Vom.* 000|12, administered twice at an interval of two or three days, and followed by *Sulph.* 000|18, four or five days after the second dose, will suffice.

Diet and Regimen.—The removal of the exciting cause, when known, naturally suggests itself. Attention to diet and regimen for a few days should be enjoined.

(See also Indigestion, Moral Emotions, Atmospheric Influences, and Slight Disorders arising from the Infraction of Dietetic Rules.)

ITCHING AND GENERAL IRRITATION OF THE SKIN.

These symptoms are often connected with acute or chronic affections of the skin, or of internal parts of the organism which are of much greater importance than the sensations to which they give rise.

Treatment.—When, however, the cause is trifling, *Nux Vom.* 000|12 administered twice, at an interval of two days, and then followed by *Sulph.* 000|18, in three or four days more, will generally suffice.

Diet and Regimen.—Food of too stimulating a kind, whether liquid or solid, should be abstained from. The skin should be sponged with cold

water daily, and well rubbed with a coarse towel.

(See also Skin Diseases, and Slight Disorders arising from the Infraction of Dietetic Rules.)

SKIN DISEASES.

The eruptive affections of the skin, when they are severe, or of long standing, should never form the subject of domestic treatment. A few general directions will suffice for that of slight cases.

Symptoms.—Itching, burning, smarting, and many other unpleasant sensations of a like nature, and of variable intensity, not unfrequently precede and accompany the eruptions. The eruptions themselves may assume an endless variety of form and appearance, so as sometimes to elude classification altogether: they may be moist or dry; some kinds, as they dry up, fall off in scabs, others in scales; febrile and other symptoms may be present or absent, &c.

Treatment.—Generally speaking, *Ipecacuanha* 9|3, in solution, in doses of a fourth part, night and morning, will be useful during the eruptive stage in most cases. *Sulph.* 000|18, may be given a day or two after the last dose of *Ipec.* and repeated two or three times more, if required, at

intervals of a week or ten days. When the eruptions are moist with a thick discharge, *Mercurius Sol.* 000|12 may be alternated with *Sulph.* 000|18, at intervals of five, seven, or ten days. This course should not be persevered in beyond a month or six weeks, according as the medicines have been given at the long or short intervals. In the case of children, *Rhus Tox.* 000|12 may be advantageously substituted for *Merc.*

When the eruptions are hot and burning, with or without a thin watery discharge, *Arsenicum* 000|18 may be given, in alternation with *Sulph.* 000|18, at intervals of a week, ten days or a fortnight. When the eruptions are scaly, *Graphites* 000|18, may be alternated with *Sulph.* 000|18, at intervals of ten days or a fortnight.

In no case should the treatment be continued beyond a month or six weeks without further advice.

Aconitum 9|3, in solution, in doses of a sixth part, or *Acon.* 000|12, may be administered, either by itself, or alternately with the preceding remedies, when there are febrile symptoms.

Diet and Regimen.—Every wash which might drive the eruption back into the system, should be avoided, and even soap should be used with great caution. The diet should be wholesome and nutritious. Regular exercise should also be enforced.

(See also Nettle-rash, Teething, and Slight Disorders arising from the Infraction of Dietetic Rules.)

NETTLE RASH.

This rash occurs chiefly in summer. It is generally connected with a disordered state of the digestive organs, induced by certain unwholesome aliments, especially in the case of adults. A variety of other causes may, however, induce it. The little ailments incidental to children during the period of teething, are strong predisposing causes.

Symptoms.—Numerous little eminences or wheals, resembling the stings of nettles, are perceived in various parts of the body, especially about the arms; they are generally of an oblong form, white in the centre and red at the circumference: this redness is sometimes considerably diffused on the surrounding surface. The rash is attended with distressing itching and tingling, especially at night. It is sometimes preceded for several days by heat of skin, quick pulse, nausea, with anxiety at the pit of the stomach, oppression of the chest, head-ache, languor, and drowsiness, which subside as the eruptive patches appear on the skin.

Treatment.—When the rash is preceded by the febrile symptoms just detailed, *Ipecacuanha* 9|3 should be given, in solution, in doses of a sixth part, every four hours, or thrice a day. After which, the treatment must be directed by the exciting cause, whether connected with teething, as in the case of children, or else dietetic or atmospheric influences, without reference to age or sex. Among the remedies, indicated under these several heads, must be sought the remedy applicable to the individual case, nine globules of the lowest dilution of which may then be administered, in solution, in doses of a sixth part every four hours or thrice a day, until finished; and, if requisite, a second solution of like strength may be given, a sixth part twice or thrice a day; then, a day or two after the last dose of the solution, three globules of the highest dilution of the same medicine, and lastly, in three or four days more, *Sulph.* 000|18 will complete the course.*

* For the sake of example, suppose that the affection has been induced by eating shell-fish. On referring to those pages which contain the subdivisions of the general subject of dietetic infractions, will be seen, amongst others, one which bears upon the case proposed, viz., that which is headed, Indisposition after having partaken of Crabs, Lobsters, Muscles, and other shell-fish. *Rhus Tox.*

Aconitum 9|3, in solution, may always be alternated, when required, in doses of a sixth part, with any of the indicated medicines, especially during the eruptive fever which sometimes precedes the rash.

Belladonna 9|3, in solution, in doses of a sixth part, every four hours or thrice a day, will be useful when there is much inflammation of the skin which the medicines already exhibited have not removed.

In very mild cases, the medicines in solution may be omitted.

Diet and Regimen.—The diet should be light for a few days, and animal food sparingly partaken of. Exposure to cold, or to sudden alternations of temperature, should also be avoided.

(See also Teething, Slight Disorders arising from the Infraction of Dietetic Rules, and Skin Diseases.)

9|12^a would, therefore, be given in solution, a sixth part every four hours, or thrice a day until finished, and, if requisite, would again be administered in like manner and quantity, a sixth thrice a day; then, a day or two after the last dose of the solution, *Rhus Tox.* 000|12 would precede the exhibition of *Sulph.*

^a This dilution (12th) being at one and the same time the highest and lowest, seeing that the little medicine-chest does not contain the 3rd; otherwise *Rhus* 9|3 would have been selected.

PIMPLES.

Pimples are small, hard, distinct red eminences of the skin, rising gradually, and then disappearing after slight suppuration. Any part of the external surface of the body, but especially the skin of the face, may afford a site for these little pustules. They are generally accompanied with some pain or soreness before they come to maturity.

Treatment.—*Arnica* 000|12, administered twice or thrice every other night, will often cause their absorption, and the rejection of the matter, which they would otherwise have contained, by other surfaces. A course of the following remedies taken occasionally, (that is, at intervals of two or three weeks), during a few months, in the order prescribed, four or five days or a week apart; viz., *Mercurius Sol.* 000|12, *Nux Vom.* 000|12, and *Sulph.* 000|18, will generally suffice when the constitution is otherwise healthy.

Diet, &c.—The exciting causes, such as too great a proportion of animalized food, spices, stimulants, &c., should be prohibited, and a light, wholesome, and nutritious diet enjoined.

(See also Slight Disorders arising from the Infraction of Dietetic Rules.

BOILS.

A boil is a small inflammatory tumour, generally about the size of a hazel nut, common to any part of the external surface of the body,—hard, red, circumscribed, and acutely tender to pressure; afterwards coming to a head, and suppurating with a core in the centre.

Treatment.—During the inflammatory stage, give *Arnica* 9|6, in solution, a sixth part twice or thrice a day, according to the urgency of the symptoms. When, however, the inflammation is great, *Belladonna* 9|3, administered in like manner, will be preferable. As soon as suppuration commences, exhibit *Hep. Sulph.* 9|5, in solution, a sixth part twice or thrice a day, until it bursts. After the boil has discharged, give *Merc. Sol.* 000|12, the same night, and lastly in four nights more *Sulph.* 000|18.

Aconitum 9|3, in solution, may be administered, in doses of a sixth part, either occasionally by itself, or else in alternation with any of the indicated remedies, whenever frequency and fullness of the pulse, or other symptoms of fever exist. In very slight cases, begin with *Arnica* 000|6; then in two nights repeat the dose, and lastly, in three nights more give *Sulph.* 000|18.

When a boil (especially if it be a large one) has come to a head, and is about to burst, it sometimes happens that the hardness and tension of the skin afford a mechanical obstacle to the free issue of the matter, thereby causing a great increase of the suffering. In such a case, the local application of a warm bread-and-water poultice, for the space of half an hour or an hour, will be of great service, in conjunction with the above prescribed remedial treatment.

Diet, &c.—The diet should be light in all cases.

CORNS.

Corns arise in the first instance from hardening and thickening of the outer skin, which becomes at length connected with, and as it were rooted in the true skin beneath. They are principally confined to the feet.

Causes.—Long continued pressure from tight shoes or boots; sometimes, however, family predisposition alone.

Treatment.—Bathe the feet every other night, for the space of six or eight days, in a warm *Arnicated* lotion, (1 part *mother tincture of Arnica* to 40 or 50 parts of *warm water*) until the skin becomes soft; then pare the corns carefully without injuring the quick; and lastly, apply a piece

of *Arnica-plaister** to the affected parts. *Arnica* 000|6, and *Sulph.* 000|18, may occasionally, but not too frequently, be taken, in alternation, at intervals of four or five days.

The exciting cause should, if possible, be removed.

CHILBLAINS.

Chilblains are specific inflammations of limited portions of the skin of the hands and feet, (especially of the fingers and toes) induced by cold.

Symptoms.—Chilblains are generally of a red colour, hard and shining; and accompanied with tingling and excessive itching, which are aggravated by heat. They may become inflamed, hot, and burning; or else, soft and swollen, and of a bluish livid tint, with itching and throbbing pain, in which last case they manifest a great tendency to burst.

Treatment.—*In the first case*, when the sufferings are not acute, or the inflammatory symptoms are very slight, the following medicines may be

* When *Arnica-plaister* cannot be procured, a small piece of linen rag steeped in an *Arnicated lotion*, (1 part *Arnica tincture* to 14 or 20 parts *water*) may be substituted. It should be secured by a piece of *gold-beater's skin*, and renewed from time to time as this adhesive plaister peals off.

exhibited in succession every fifth night ; viz., *Arnica* 000|6, *Sulph.* 000|18, and *Nux Vom.* 000|12. If necessary, these medicines may be repeated once or twice more, in the same manner, an interval of a week or ten days being allowed between each course. *In the second case*, when the symptoms are inflammatory, and the sufferings acute, begin with *Belladonna* 9|3, in solution, a sixth part thrice a day ; then give *Arsenicum* 9|3, also in solution, a sixth part thrice a day, followed a day or two after by *Bell.* 000|12 ; and lastly, in three or four days more, administer *Ars.* 000|18, and *Sulph.* 000|18, at a week's interval.

Diet and Regimen.—Persons who are subject to Chilblains should avoid *too suddenly approaching the fire*, in order to warm their cold hands and feet, more especially *immediately after coming in from the external air*, and during the winter season. It is, on the contrary, much better to warm the extremities gradually by rubbing. A little attention to diet generally will also be advisable.

WHITLOW.

This is an exceedingly painful inflammatory swelling at the extremities of the fingers, generally situated at the side of the nail, and usually terminating in suppuration.

Symptoms.—A hard swelling is first perceived at the tip of the finger, which gradually becomes tense, hot, and painful. In a few days, the local heat and pain greatly increase, and the violent throbbing which is felt in the tumour indicates the formation of matter. As soon as a free discharge has ensued, after the abscess has *pointed*, (come to a head), all the painful symptoms subside. Thirst, loss of appetite, and frequency of pulse, usually attend severe cases.

Treatment.—In ordinary cases, *Mercurius Sol.* 9|5, in solution, a sixth part thrice a day, or *Merc. Sol.* 000|12 only, according to the urgency of the symptoms, administered at the very commencement, will sometimes be sufficient to arrest its course. When matter has formed, give *Hep. Sulph.* 9|5, in solution, a sixth part every four hours, or thrice a day, in order to promote the *pointing* of the abscess, and continue its exhibition until a free discharge has been effected; then, in a day or two after the last dose of the dissolved medicines, administer *Merc. Sol.* 000|12, and lastly, in four days more, *Sulph.* 000|18.

Aconitum 9|3, in solution, may be administered, in doses of a sixth part, either by itself, or in alternation with any of the preceding remedies, if symptoms of fever indicate its use.

When the skin is hard and tense, a lotion of

luke-warm water will be of service by increasing its elasticity; and just as the abscess has come to a head and is about to burst, a bread-and-water poultice may be applied, for half an hour or an hour, in order to soften the integuments. Other mechanical interference will rarely be required.

Diet and Regimen.—Light food should be enjoined for a few days, especially if there is fever. Gentle exercise in the open air, when the weather permits, will be beneficial, seeing that it tends to the improvement of the general health.

SIMPLE ERYSIPELAS,

Erysipelas is an inflammation to which the skin is liable, and which is generally accompanied by swelling of the integuments. The face, arms, and legs are the parts most frequently attacked.

Symptoms.—The skin of the part affected is hot, smooth, and shining; and of variable colour, from a bright scarlet to a dingy red, or livid tint. A distinct line of demarcation may generally be observed between the inflamed and the contiguous sound surface. This inflammation is usually attended with swelling of the integuments (sub-jacent parts), tension, pricking and burning pains,

thirst, and frequency of pulse. When the case is mild, it terminates in three or four days without the formation of blisters, or even a desquamation of the scarf-skin.

Treatment.—In mild cases, begin with *Belladonna* 9|3, in solution, a sixth part every four hours; then give *Bell.* 9|3, also in solution, a sixth part thrice a day until finished; a day or two after the last dose, administer *Rhus. Tox.* 000|12, and lastly, in four days more, *Graphites* 000|18, followed by *Sulph.* 000|18, after an interval of ten days.

Aconitum 9|3, in solution, may be alternated with *Bell.*, in doses of a sixth part, at the outset of the attack, when indicated by the inflammatory symptoms, fever, &c, and discontinued as these subside. In very slight cases, *Belladonna* 000|12, administered two or three times successively, every night, or every second night, will supersede the solutions.

Diet and Regimen.—The diet should be light in any case. If there is fever, pure water, toast and water, or water-gruel, will be preferable to more nutritious food for a day or two; otherwise arrow-root, sago, beef-tea, cocoa, &c., may be allowed. Exposure to cold should be avoided. A little dry starch powder is the only local application which can be recommended to allay the local heat or irritation.

COMMON, OR DIARY FEVER.

This usually runs through its course in *twenty-four*, thirty-six, or seventy-two hours.

Exposure to sudden alternations of temperature is a very common exciting cause.

Symptoms.—The attack is usually preceded by a sudden sensation of cold and shivering; to which a feeling of general uneasiness succeeds. In the course of some hours, the skin becomes hot and dry; the breathing oppressed and hurried, with increased rapidity, fulness, and strength of the pulse; the tongue furred, the breath offensive and hot, and the water scanty and high-coloured; loss of appetite, thirst, a sense of bruising and soreness in the body and limbs, and, sometimes, head-ache, are complained of. The bowels are generally confined. The return of the strength and appetite announce the approach of convalescence. In some cases, copious perspiration, or relaxation of the bowels, precedes the termination of the febrile symptoms.

Treatment.—*Aconitum* 9|3, in solution, a sixth part every four hours, or thrice a day, and continued, in solution, at similar intervals and in like manner, until the febrile symptoms abate, will in general be all the treatment required.

When a profuse perspiration breaks out upon the skin, *Hep. Sulph.* 9|5, may be given, in solution, a sixth part every four hours, in alternation with the *Aconitum*. *Merc. Sol.* 9|5, similarly administered, may be substituted for *Hep. Sulph.*, when exposure to damp cold weather has been the exciting cause of the malady.

Diet and Regimen.—Pure water, toast and water, or light water-gruel, will suffice during the acute symptoms. Due precaution against taking cold should be observed, and, in any doubtful case, the patient had better remain in bed for a day or two.

(See Atmospheric Influences, Slight Disorders arising from the Infraction of Dietetic Rules, and, if requisite, refer also to Slight Diarrhoea, Dysentery, and English Cholera.)

SHIVERING.

This symptom is generally a forerunner of some acute disorder.

Treatment.—When there is no other perceptible ailment, *Aconitum* 000|12, should be taken at once.

(See also Diary Fever, and Atmospheric Influences.)

INFLAMMATION AND SWELLING OF
THE GLANDS.

The fatty tissues in which the glands are embedded, in general, participate to a greater or less extent in the inflammatory process.

Symptoms.—The affected glands are swollen and tender to the touch; shooting pains are occasionally experienced in them, and the surface of the surrounding skin is hot and red. In slight cases, these symptoms gradually subside without suppuration. When the affection is chronic, the glands are hard, but the swellings are inconvenient and unsightly rather than painful; the skin retains its ordinary colour, and there are no urgent inflammatory symptoms.

Treatment.—In slight *acute cases*, begin with *Belladonna* 9|3, in solution, a sixth part every four hours, or three times a day, then give *Merc. Sol.* 9|5, in solution, a sixth part thrice a day. Should shooting and throbbing indicate a tendency to suppuration, administer *Hep. Sulph.* 9|5, in solution, a sixth part every four hours, or thrice a day, according to the urgency of the case.

Aconitum 9|3, in solution, may be given at similar intervals, in doses of a sixth part, either by itself, or alternately with any of the other

indicated remedies, when symptoms of fever manifest themselves.

A day or two after the last dose of the medicines in solution, *Bell.* 000|12, followed by *Merc. Sol.* 000|12, and *Calc. Carb.* 000|18, at intervals of four days, will generally suffice.

In very slight cases, the medicines in solution may be omitted.

In slight *chronic cases*, administer the following remedies in the order prescribed; viz., *Merc. Sol.* 000|12, *Calc. Carb.* 000|18, *Merc. Sol.* 000|12, and lastly, *Sulph.* 000|18. An interval of five days between the first and second, of ten days between the second and third, and lastly, of five days between the third and fourth of these medicines, should be enjoined.

Diet and Regimen.—In *acute cases*, the diet should be light, and, for a few days, animal food should be prohibited; in *chronic*, nutritious and wholesome aliments are indispensable. Fresh air and moderate exercise should be enjoined, when there are no inflammatory symptoms, or when these have subsided.

INFLAMMATION OF THE BRAIN.

(See Sudden and Acute Inflammatory Affections.)

FAINTING.

Fainting may be induced by a variety of causes, such as, over-exertion, fright, general debility, loss of blood, &c., which must be taken into account in the administration of remedies; or it may occur as one of the symptoms of a great many diseases.

Treatment.—Place the patient in the horizontal position, with the head on a level with, or, if anything, rather below the level of the feet. Loosen all tight kerchiefs, clothes, &c., about the neck and body; then sprinkle a little cold water about the face, chest, and pit of the stomach. If this does not suffice to restore consciousness, and the patient becomes cold, *Camphorated spirits*, or *Camphor* only, should be applied to the nostrils.

As the patient comes to himself, he may sip a little *cold water*, or a little *very weak brandy and water*, (two or three tea-spoonfuls of *pure brandy* to a wine-glassful of *water*) until the feeling of faintness has subsided.

When recovery has taken place, the patient should be allowed to rest, and after a little repose, varying from one to two or three hours, a cup of beef-tea, with a few sippets of toast, will often prove grateful and restorative.

China 9|3, in solution, a sixth part every four hours, or thrice a day, or else *Chin.* 000|12, when loss of blood has been the exciting cause, or when there is great temporary weakness, will suffice in slight cases, or until competent advice can be had, in more serious ones.

In a general way, *Nux Vom.* 9|3, a sixth part thrice a day, or *Nux Vom.* 000|12 only, will often be of service.

(See also Moral Emotions.)

CONGESTIVE HEAD-ACHE.

Symptoms.—Heat of head, accompanied with redness and flushing of the face, fulness and throbbing in the forehead and temples, dizziness, confusion of thought, buzzing and humming in the ears, &c.; inability to stoop from rushing of blood to the forehead; shooting, darting, aching, or piercing pains, of variable intensity, are often experienced in different parts of the head; and there is sometimes great sensitiveness to light and sound.

Treatment.—Give *Belladonna* 9|3, in solution, a sixth part every four hours, twice or thrice a day, or else *Bell.* 000|12 only, according to the urgency

of the case. When there is fulness and frequency of the pulse, *Aconitum* 9|3, in solution, in doses of a sixth part, or *Acon.* 000|12, may be given in alternation.

In slight chronic cases, *Bell.* 000|12, and *Calc. Carb.* 000|18, may be given alternately at intervals of five or six days, and repeated once or twice, if necessary.

Diet and Regimen.—The diet should be light when the pains are acute, and at all times stimulants should be carefully avoided. Moderate exercise in the open air should be enjoined, and over-exertion, physical and mental, should be guarded against.

NERVOUS HEAD-ACHES.

Symptoms.—These are various. The pains may be of an aching, darting, shooting, tearing, pressing, or piercing character; general or partial; periodical or otherwise; sudden or gradual in their invasion and cessation; they may be accompanied with drowsiness or wakefulness, local heat, febrile symptoms, disorder of the digestive organs, &c.

Exciting causes.—1, Mental emotions; 2, mental exertion; 3, bodily fatigue; 4, exposure to atmospheric influences; 5, dietetic errors; 6, affections of various portions of the organism which sympathize with the brain.

The treatment will vary with the causes.

For the treatment of slight cases which have been induced by one or other of the first five exciting causes, the reader is referred to Mental Emotions, Mental Exertion, Bodily Fatigue, Atmospheric Influences; and, also, to Slight Disorders arising from the Infraction of Dietetic Rules.

In a general way, *Nux Vom.* will be indicated, when the head-ache is chiefly confined to the forehead, and is characterized by dull, aching, shooting, or darting pains, with heaviness and confusion of the head, and sensation as though the front of the head were being forced out of its place; these symptoms are frequently accompanied with a confined state of the bowels, and more or less disorder of the digestive functions. In such cases, *Nux Vom.* 9|3 may be given, in solution, a sixth part twice or thrice a day, or else *Nux Vom.* 000|12, followed by *Sulph.* 000|18, four days afterwards.

The sympathetic head-aches which come under the sixth division of the exciting causes, are without the range of domestic practice.

Diet and Regimen.—The food should be light,

when the sufferings are acute ; otherwise, a moderately nutritious and wholesome diet, combined with regular exercise in the pure fresh air, will prove a beneficial accessory to the remedial treatment.

SICK HEAD-ACHES.

(See Bilious Attacks.)

APOPLEXY.

The name of apoplexy is given to that terrible group of symptoms, in which the whole of the internal and external senses undergo, either a temporary suspension, or complete abolition, whilst the function of respiration still continues to be performed ; symptoms, which are, invariably, dependent upon that state of the vessels of the brain which precedes hemorrhage, or upon effusion of blood, which has actually taken place.

A fatal termination of *true* apoplexy almost never occurs before three or four, and, rarely, before twenty-four, or even forty-eight hours,

have elapsed since the commencement of the fit.* Moreover, a first attack does not usually prove fatal.

The fit (as it is popularly termed) is generally preceded by certain *premonitory* symptoms, which ought to induce the patient at once to seek competent advice. Nevertheless, as an attack may come on suddenly without any such warning, it is right that the friends of the patient should know how to act during the unavoidable delay of medical assistance, and accordingly, such an emergency has been contemplated in this work.

Premonitory Symptoms.—Frequent fits of giddiness, with feeling of weight and fulness in the head, and throbbing of the vessels; transitory interruptions of the senses of sight and hearing, spectral hallucinations, double vision, noises in the head, buzzing and ringing in the ears, and other similar symptoms, will often, in the first instance, indicate that the circulation in the head is not in a healthy state. If to these the following are conjoined, viz., *excessive drowsiness, unusual loss of memory, thickness and faltering of speech* in a person whose articulation was previously distinct, *transitory numbness or paralysis* of the

* Many cases of sudden death, chiefly resulting from organic diseases of the heart, have been erroneously ascribed to apoplexy.

extremities, or else, *paralytic quivering* of one or more of *the muscles of the face*; then it may be inferred that an actual attack is near at hand, and that it may occur on the first application of an exciting cause.

Symptoms.—There are two well marked forms in which the apoplectic attack may occur.

1. In the *first*, the patient *falls down suddenly, deprived of sense and motion*, and lies like a person in a deep sleep, from which the usual efforts made to arouse him are unavailing, seeing that he is insensible to sound and to external impressions.

The following symptoms are observed during the fit; viz.—

Loss of speech with occasional utterance of inarticulate sounds, more or less *contortion of the features, foaming at the mouth*, and flushed state of the countenance; *the limbs lie motionless and relaxed*, or else there may be *rigid contraction of the muscles of one side with relaxation of those of the other*, whilst the skin is usually warm and moist, with gentle perspiration. *The breathing is slow and embarrassed*, often accompanied with a *peculiar harsh snoring* termed *stertor*; moreover, the *pulse*, which is *generally weak* at first, becomes *fuller and stronger* as the system recovers from the shock; but it is *usually slower* than natural.

A cold clammy perspiration on the brow, palor of the face, a dull and glassy appearance of the eyes, extreme difficulty or impossibility of swallowing, with convulsive rigidity of the jaws, and clenched teeth, great sluggishness of the bowels, or involuntary evacuations, prolonged stertorous respiration, and stupor, indicate the greatest danger, being not unfrequently the harbingers of death.

2. In the *second form a sudden attack of paralysis of one side, with loss of speech precedes, and, after the lapse of some hours, passes into the ordinary apoplectic state which has just been described.*

In either form of apoplexy, when the termination is not speedily fatal, the patient gradually recovers some degree of sight and hearing, and manifests consciousness of surrounding objects.

Exciting Causes.—1, stooping or placing the head in a dependent position; 2, severe muscular efforts; 3, tight kerchiefs, girdles, corsets, and other articles of dress, which impede the circulation by compressing the blood-vessels; 4, surfeits and other dietetic errors; 5, extremes of temperature; and 6, mental emotions.

Treatment.—The patient should, if possible, be conveyed, without loss of time, to a large well-ventilated room, where the cool air can be freely

admitted around him. His head should be raised; bandages of every kind, especially neck-kerchiefs, or corsets, ought to be removed, and at the same time *hot water-bottles and flannels* may, with great advantage, be applied to the feet.

The remedial treatment should now be directed to the exciting cause, when known, and, accordingly the friends of the patient will do well to refer to the last division of this work for guidance upon this important point. The medicines indicated under the head which embraces it, may be given, either by themselves, or in alternation with any of the common remedies, (which are about to be enumerated,) in the same dilutions (*i.e.* the lowest,) and at the same intervals.

(See Moral Emotions, Atmospheric Influences, Slight Disorders arising from the Infraction of Dietetic Rules, Bodily Fatigue, and also Sprains and Strains.)

In a general way, when the exciting cause cannot be discovered, or else when it has ceased to operate, 15 or 20 globules* of the 3rd dilution of the following medicines may be administered, in solution, singly, or in alternation, (according to their respective appropriateness to the case,) in doses of a sixth part every ten or twenty

* 2 or 3 *drops* of the 3rd dilution in *tincture*, similarly dissolved, will be preferable when they are at hand.

minutes, half-hour, hour, or two hours; the intervals of repetition being prolonged or shortened in proportion to the rapidity or slowness with which the system recovers from the shock.*

Acònitum will be of service, when there are *very marked* symptoms of febrile reaction, such as, *increased rapidity, strength and fulness of the pulse, heat of skin, &c.*

Arnica will be indicated in cases, when paralysis of the limbs, especially of the *left* side, occurs with loss of consciousness, *stupor*, with snoring respiration and *moaning, blueness of the face and extremities, particularly of the nails, and involuntary motions of the bowels, and passing of water.*

Belladonna, when the following are the most prominent symptoms; viz., *heat of head, with beating and throbbing of the blood-vessels, redness and swelling of the face, dilatation of the pupils of the eyes, drowsiness with loss of consciousness,*

* In a case where the teeth of the patient are so firmly clenched as not to admit of opening his mouth, the indicated remedy must be administered in the form of an enema (injection). Two or three tea-spoonfuls of luke-warm water may be added to the dose prescribed, for the convenience of injecting. Immediately after the administration of the medicated enema, a plug of *cotton-wadding* should, if necessary, be inserted into the orifice of the bowels, in order to insure its retention.

loss of speech, the mouth being drawn to one side, difficulty or impossibility of swallowing; sometimes paralysis of the limbs, more commonly of the right side, or convulsive movements of the limbs, but especially of the muscles of the face, and foaming at the mouth.

Nux Vomica will be appropriate, when the attack has been preceded by feelings of sickness (*nausea*), or marked symptoms of indigestion; and, when *paralysis of the extremities, especially of the lower, afterwards,* seems to be the most urgent symptom.

Opium should be administered, when the attack is preceded by frequent fits of excessive drowsiness, heaviness of the head, and stupor; and when, during the attack, profound stupor, with slow and snoring (stertorous) breathing, a slow and full pulse, dilated pupils with insensibility to the light, redness and bloatedness of the face, foaming at the mouth, and rigidity of the limbs, or convulsive movements of the arms, afford the most marked indications for the treatment.

Pulsatilla might be had recourse to, when violent palpitation of the heart, with a weak pulse, is the most anxious symptom.

When the bowels are confined, and the abdomen (belly) feels hard and tense, an *enema* (injection) of luke-warm water (from a pint to a pint and a half,) should be given to relieve them.

The *mechanical* advantages to be derived from *blood-letting*, are seldom so great as to compensate for the risk of the fatal depression, which, but too frequently ensues, upon its indiscriminate use, and upon this point the best authorities, even of the old school, are agreed.* The conscientious practitioner will, however, decide upon its propriety, or otherwise, according to the circumstances of the case.

Diet and Regimen.—Toast and water, or plain water, or else very weak water-gruel, may be given occasionally, by spoonfuls, if the patient seems thirsty, and is able to swallow. No other nutriment should be allowed until its exhibition has been sanctioned by competent advice.

Persons who are pre-disposed to apoplexy, should live temperately above all things. They must likewise avoid sudden alternations of temperature, and getting their feet wet; and, above all things, over-exertion and excitement, mental as well as physical.

* See a Collection of Cases of Apoplexy, by Edward Copeman. London, 1845.

INFLAMMATION OF THE EYES.

The mucous membranes of the eyes are the structures chiefly involved in the ordinary affections of this kind.

Symptoms.—Redness of the whites of the eyes, which are commonly said to be blood-shot; itching and heat in the eyes, with sensation as though sand had got into them; shooting pains; sensitiveness to light; frequent flow of tears, and sometimes a thick glutinous, or gummy discharge, especially from the inner angles of the eyes. The eye-lids are generally affected with redness and itching, and more or less smarting pain. Thirst, loss of appetite, and other febrile symptoms, not unfrequently precede and accompany the affection.

Treatment.—In slight cases, begin with *Mercurius Sol.* 9|5, in solution, a sixth part every four hours; then *Merc. Sol.* 9|5, also in solution, a sixth part thrice a day; and lastly, two days after the last dose of the solution, give *Merc. Sol.* 000|12, followed in four days more by *Sulph.* 000|18.

When there is fulness and quickness of the pulse, with thirst, heat of skin, or other symptoms of fever, *Aconitum* 9|3, in solution, may be alter-

nated with the other medicines, at similar intervals, in doses of a sixth part.

In very slight cases, the medicines in solution may be omitted.

The eyes should be protected by a shade; a little *tepid water* may occasionally be made use of as a lotion.

When the inflammation arises from the presence of something (such as a grain of sand, dust, &c.) which has got into the eye, the foreign body should be carefully extracted. After this little operation, *Arnica* 000|12 may be given internally with advantage, and a very weak *Arnicated* lotion (one part *mother tincture* of *Arnica*, to forty or fifty parts of *water*) may be applied locally.

Diet and Regimen.—The diet should be light for a few days; vivid light should be avoided, and the eyes should be allowed to rest.

INFLAMMATION AND SORENESS OF THE EYE-LIDS.

The lining mucous membranes of the eye-lids, and, sometimes, the small subjacent glands, are the structures affected.

Symptoms.—Soreness and redness of the eye-lids, with itching, smarting, or burning pain, with

or without increased secretion, falling of the eye-lashes, &c.

Treatment.—In slight cases, administer *Merc. Sol.* 000|12, followed in two or three days by *Pulsatilla* 000|12, and lastly, in three or four days more, give *Sulph.* 000|18.

Diet, &c.—The diet should be light for a few days.

(See also Inflammation of the Eyes.)

STYE.

A stye is a kind of small boil which is situated at the edge of the eyelids. The minute glands which are embedded in these parts, are generally involved in the inflammatory process.

Symptoms.—Very small, red, inflammatory tumours, about the size of a pimple, which generally come to a head and suppurate; their formation is usually preceded and accompanied by redness and painful itching of the eyes and eyelids. These symptoms continue, in a greater or less degree, until the styes have run through their course.

Treatment.—Begin with *Pulsatilla* 9|3, in solution, a sixth part thrice a day; then give *Merc.*

Sol. 9|5, a sixth part thrice a day. As soon as suppuration commences, especially if it is attended with throbbing and shooting pain, administer *Hep. Sulph.* 9|5, in solution, a sixth part thrice a day, until either the discharge, or the absorption of the matter shall have taken place.

A day or two after the last dose of the dissolved medicines, give *Puls.* 000|12, followed, in four days more, by *Sulph.* 000|18.

In very slight cases, the medicines in solution may be omitted.

Aconitum 9|3 may be given, in solution, in doses of a sixth part, either in alternation with any of the preceding medicines, or else repeated two or three times by itself, when the usual symptoms of fever manifest themselves.

Luke-warm water is the best and most harmless lotion wherewith to allay the local irritation.

To persons who are chronically subject to the formation of styes, and who otherwise enjoy good health, administer *Pulsatilla* 000|12, and *Sulph.* 000|18, occasionally, at intervals of ten or twelve days.

In such cases, these medicines will seldom require repetition more than once or twice, at the utmost, to affect a permanent cure.

Diet and Regimen.—In acute cases, a light diet should be observed, and animal food should be

abstained from for a day or two. Exercise in the open air, especially in the shade, if the sun is powerful, will prove beneficial.

COLD IN THE HEAD, OR NASAL CATARRH.

The mucous membranes of the nose and eyes are the principal structures involved in this affection, which is generally induced by sudden alternations of temperature.

Symptoms.—*Preliminary Stage.*—More or less head-ache, with tightness about the forehead, but more especially at the root of the nose, where a sense of fulness and stuffing is generally experienced.—*Secretive Stage.* In a day or two these symptoms are succeeded by a discharge from the nose, variable in kind and in degree. The secretion may be thick, or thin and watery, white, yellow or greenish, acrid or mild, scanty or moderate, or else very copious; and attended or not with swelling and soreness of the nose, fits of sneezing, watering of the eyes, thirst, fever, &c. After running a certain course, the discharge gradually ceases.

Treatment.—During the preliminary stage, give *Nux Vom.* ʒiʒ, in solution, a sixth part twice or

thrice a day, or every four hours, according to the urgency of the case.

As soon as the secretive stage is established, exhibit *Merc. Sol.* 9|5, in solution, a sixth part twice or thrice a day, if the discharge is thick, yellow or greenish, and not very corrosive; or else *Arsenicum* 9|3, also in solution, in similar doses, and at the same intervals, if it is thin and watery, whitish or greenish, hot, acrid and scalding. When the discharge is mild, especially in the case of women and children, *Chamomilla* 9|3, administered in like manner, may, with advantage, be substituted for *Merc. Sol.*

As the secretion diminishes, if the case is going on favourably, wait a day or two after the last dose of the medicine in solution, and then give either *Merc. Sol.* 000|12, or *Arsenicum* 000|18, or else, *Cham.* 000|12, according to the preceding indications, followed, in about three or four days more, by *Sulph.* 000|18.

Aconitum 9|3, in solution, may be administered, in doses of a sixth part, occasionally by itself or else in alternation with any of the indicated remedies, when fulness and frequency of pulse, or other febrile symptoms manifest themselves, throughout the course of the affection.

In very mild cases, *Nux Vom.* 000|12, followed in a day or two, by *Merc. Sol.* 000|12, or *Ars.*

000|18, or else *Cham.* 000|12, according to the preceding indications, will generally suffice, without any other remedies.

Diet and Regimen.—The diet should be light, and animal food should be partaken of sparingly at the outset of the affection. Unnecessary exposure to atmospheric influences should also be avoided.

SORENESS OF THE NOSE.

The mucous membranes of the nose and the adjacent skin are chiefly affected.

Symptoms.—Soreness, itching, and irritation in the interior, and at the external opening of the nostrils; small scabs are sometimes formed, which bleed when they are picked.

Treatment.—In slight cases, give *Merc. Sol.* 000|12; then, in two or three days, *Sulph.* 000|18, followed by *Merc. Sol.* 000|12, in about four days more; and lastly, in a week or ten days after the third medicine, administer *Calc. Carb.* 000|18.

Diet and Regimen.—Attention should be paid to those rules which are favourable to the promotion of the general health.

(As this complaint may also be owing to a variety of causes, see also Teething, Worms, Cold

in the Head, Atmospheric Influences, and Slight Disorders arising from the Infraction of Dietetic Rules.)

EPISTAXIS OR BLEEDING OF THE NOSE.

Bleeding of the nose, is often merely a symptom, which supervenes in a great many disorders, rather than an affection by itself. It may arise from mechanical injury, from fulness of habit, from congestion of the head, or from general debility, besides a variety of other causes connected with diet, sex, &c.

The treatment will vary with the exciting causes, when these are slight, and of recent origin.

1. In Epistaxis from mechanical injury, such as a blow, or a fall, *Arnica* 000|6 may be given, and repeated in a day or two.

2. In Epistaxis from fulness of habit, with fulness or frequency of the pulse, *Acon.* 000|12 may be twice alternated with *Sulph.* 000|18, at intervals of four days.

Arnica 000|6 will be more appropriate, when the bleeding occurs suddenly, having only been preceded by a sensation of crawling and tickling, as if caused by insects, in the interior of the nostrils. This medicine may be twice alternated with *Sulph.* 000|18, in like manner, when the above indication for its administration exists.

3. In Epistaxis from congestion of the head, *Belladonna* 000|12 may be exhibited twice in alternation with *Calc. Carb.* 000|18, at intervals of four days.

4. In Epistaxis from general debility, *China* 000|12, twice administered, at intervals of four days, and followed by *Sulph.* 000|18, four or five days after the second dose, may be tried.

Diet and Regimen.—Persons of a full habit of body, or who are subject to congestions, should be sparing in their diet; they must use no stimulants, and partake of animal food, especially meat, with moderation; they should make a point of taking regular exercise without over-heating themselves; and lastly, they should avoid sudden alternations of temperature. Persons who are weak, and of a spare habit, should, on the contrary, take the most nutritious food without over-loading the stomach. They should, however, abstain from stimulants; for by their use no real and permanent strength will ever be gained. Every other legitimate mode of improving the general health, such as driving out in the fresh air, a variety of little out-door exercises, &c., may be resorted to.

(See also Atmospheric Influences, and Slight Disorders arising from the Infraction of Dietetic Rules.)

EAR-ACHE.

This complaint is, in general, principally confined to one ear, although both ears may sometimes be equally affected.

Symptoms.—Shooting, throbbing, and aching pains, sometimes extending to the face and teeth, are felt in the affected ear, which is generally hot, and sensitive to the pressure. Deafness, or else painful sensibility to sound of every kind, is not unfrequently complained of. Swelling and tenderness of the glands in the vicinity; heat of skin, thirst, loss of appetite, frequency and fulness of the pulse, and various febrile symptoms, often precede and accompany the disorder. Matter is sometimes discharged from the ear, as the inflammatory symptoms subside.

Treatment.—In slight cases, begin with *Belladonna* ʒ3, in solution, a sixth part every four hours, or thrice a day; and, if necessary, repeat this medicine at similar intervals, and in the same doses, until the inflammatory symptoms begin to abate, then give *Merc. Sol.* ʒ5, in solution, a sixth part thrice a day, or, should there be much throbbing pain with formation of matter, exhibit *Hep. Sulph.* ʒ5, in solution, in doses of a

sixth part every four hours, or thrice a day, instead.

Aconitum 9|3, may be given, in solution, in doses of a sixth part, throughout the course of the affection; but especially at the commencement, when indicated by marked symptoms of fever and inflammation, either in alternation with the other indicated remedies, or else occasionally by itself, as long as the frequency of the pulse continues.

Two or three days after the last dose of the medicines, in solution, give *Belladonna* 000|12; then *Merc. Sol.* 000|12, three or four days after; and lastly, *Calc. Carb.* 000|18, in four days more.

In very slight cases, the medicines in solution may be omitted.

The affected part should be protected from cold, by a handkerchief or covering of some kind.

Diet and Regimen. — Light diet should be enjoined for a few days. When there is no appetite, and the symptoms are inflammatory, toast-and-water, gum-arabic water, water-gruel or barley-water, will be preferable to more nutritious aliments. Sudden alternations of temperature, sitting in draughts of air, &c., should be carefully avoided.

SWELLED FACE AND FACE-ACHE.

The skin, and the fatty membranes immediately below the surface, and generally some of the glands, are the parts affected.

Symptoms.—Swelling of the face, generally accompanied with heat, tenderness and tension of the surface, shooting, smarting, or aching pains; sometimes the glands are also inflamed, and occasionally aching in the ears is complained of. Febrile symptoms not unfrequently manifest themselves at the outset of the complaint.

Exciting causes. 1. Atmospheric influences. 2. Sympathetic irritation, such as that arising from a decayed tooth.

Treatment.—In slight cases, begin with *Belladonna* 9|3, in solution, a sixth part every four hours, or thrice a day; then give *Merc. Sol.* 9|5, in solution, a sixth part thrice a day; and lastly, two days after the last dose of the medicines, in solution, administer *Bell.* 000|12, followed by *Merc. Sol.* 000|12, in four days more.

When there is fulness and frequency of the pulse, *Aconitum* 9|3, in solution, may be alternated with any of the preceding medicines, or else given occasionally by itself, in doses of a sixth part.

For the treatment of Sympathetic Swelling of the Face, or Face-Ache, see Tooth-Ache.

If necessary, the face should be covered.

Diet and Regimen.—Abstinence from animal food, and a light diet, should be enjoined for a few days. Exposure to cold and currents of air should be guarded against.

TOOTH-ACHE.

This distressing complaint commonly depends upon a variety of well known causes, such as atmospheric exposure, errors in diet, &c. It may, however, occur merely as an accessory symptom in a number of diseases, acute as well as chronic, almost independently of the usual causes. The nerves of the sound, as well as those of the decayed, teeth are liable to attacks of this kind, although not in the same degree.

Symptoms. — These are as variable as the conditions under which they arise, and under which they derive aggravation or relief. Thus: the pains may be shooting, tearing, throbbing, jerking, pricking, aching, burning, &c.; relieved or aggravated by heat or cold, eating or drinking, &c.; attended or not with swelling and soreness of

the gums, looseness of the teeth, inflammation of the glands, congestion, face-ache, fever, &c.; lastly, the sound as well as the decayed teeth may be affected.

Treatment.—The treatment must necessarily vary with the symptoms and the exciting causes when known.

In a general way, the following indications will suffice.

Aconitum will always be of service when the pains are attended with local congestion, heat of skin, thirst, frequency of pulse, and general febrile symptoms.

Arnica, when the pain is as though the teeth were being pulled out of their sockets, and sensations of bruising and soreness are experienced in the jaws and teeth.

Belladonna, when the sufferings are worse at night, and are accompanied with heat and redness of the face, swelling of the cheeks, head-ache, determination of blood to the face and head, sympathetic swelling and tenderness of the glands, &c., and they are sometimes relieved by picking the affected teeth until they bleed.

Bryonia is indicated in certain kinds of tooth-ache, which are of a rheumatic character, and where the gums and sockets of the teeth, rather than the teeth themselves, are principally affected. This

may be ascertained by slightly striking the teeth which appear to be affected, with a small key, and if there is no increase of the pain, *Bry.* will most likely be the appropriate remedy.

Chamomilla is especially suited to the tooth-ache of children who are troubled with decayed teeth, when several teeth appear to suffer, and it is difficult to say which, or there is redness and swelling of the gums, with heat and redness of one cheek and paleness of the other, excessive peevishness and irritability of temper, &c.

China, when the tooth-ache is periodical, and when it supervenes after sleepless nights.

Mercurius Solubilis, in those cases where the teeth are hollow and decayed, and loose in their sockets; when the pains are shooting, drawing, and tearing, sometimes extending to the ears, and generally accompanied with increased secretion of saliva, and more or less soreness in the glands; and lastly, when the gums are inflamed, and there is a tendency to suppuration.

Nux Vomica is suitable to the cases of persons, (more especially those of a bilious-sanguine temperament with dark hair and complexion, and of a hasty temper,) who are subject to indigestion; when the sufferings are relieved by warmth, and aggravated by cold air, pressure, and intellectual occupation.

Pulsatilla is adapted to the cases of persons of a mild and timid disposition, with light hair and fair complexion, especially women and children; when there is a sensation as though the affected nerves were being alternately relaxed and tightened; or when the cold air affords relief, whilst heat aggravates, and also when mastication does not materially increase the suffering.

Of these medicines 9|3, (9 globules of the lowest, or 3rd dilution,) in solution, in doses of a sixth part every four or five hours, or thrice a day, or else 000|12, (3 globules of the highest or 12th dilution,) only, according to the urgency of the case, may be given as indicated. If there is a gradual diminution of the sufferings after the first dose of the indicated medicine, it is better not to give the second until the amelioration ceases.

For the chronic tendency to tooth-ache, *Sulph.* 000|18, or *Calc. Carb.* 000|18, repeated once or twice at intervals of ten days to a fortnight, may be had recourse to occasionally. *Calc. Carb.* will be preferable where there is a tendency to congestion.

(For the treatment of tooth-ache from other causes, see Moral Emotions, Atmospheric Influences, and also Slight Disorders arising from the Infraction of Dietetic Rules.)

Diet and Regimen.—The patient should abstain

from stimulants, and keep to dietetic rules; he should also avoid eating or drinking too hot or too cold things. Persons who suffer from decayed teeth, should always wear a handkerchief or comforter before the mouth in cold and damp weather, and, as a general rule, should shun all sudden alternations of temperature.

GUM-BOILS.

These are small boils which affect the gums and interior of the mouth.

Symptoms.—Small red inflammatory tumours in the gums, which generally come to a head before they disperse, and are usually accompanied with great soreness. The gums and lining membrane of the mouth not unfrequently participate in the inflammatory symptoms, and become red and painful. A copious secretion of saliva often attends the affection.

Treatment.—Begin with *Merc. Sol.* 9|5, in solution, a sixth part every four hours or thrice a day, and continue this remedy at similar intervals, and in the same doses, until the inflammation and soreness have in great measure subsided. *Hep. Sulph.* 9|5, in solution, may be substituted, and exhibited in doses of a sixth part,

every four hours or thrice a day, when the boils are coming to a head. Then, in a day or two after the last dose of the medicines, in solution, has been taken, give *Merc. Sol.* 000|12, and lastly, in three or four days more, *Sulph.* 000|18.

Aconitum 9|3, in solution, may be given, in doses of a sixth part, either in alternation with the preceding medicines, or occasionally repeated by itself, if indicated by fulness and frequency of pulse, heat of skin, thirst, and other symptoms of fever.

In very mild cases, the medicines in solution may be omitted.

Diet, &c.—Food which requires little or no mastication, should be enjoined for a few days. Bread sopped in milk, panada, light batter, and other milk puddings, beef-tea, and aliments of this kind, will prove very grateful in troublesome cases.

INFLAMMATION AND SORENESS OF THE GUMS AND MOUTH.

Symptoms.—Soreness, redness, and swelling of the gums, sometimes extending to the tongue and lining membrane of the mouth, where slight

ulcerations are occasionally perceived ; a copious secretion of saliva is of common occurrence in such cases. Thirst, heat of skin, frequency of pulse, and other febrile symptoms may be also present.

Treatment, Diet, &c.—The same as in the preceding case.

(See Gum-boils.)

BAD BREATH.

Fetor of the breath is commonly one of many symptoms connected with a disordered state of the organs of digestion or respiration ; so that, in most cases, where the more general affection, upon which it appears to depend, is slight, the course of treatment given under the head which includes that affection will prove sufficient.

This unpleasant symptom is, however, sometimes more immediately dependant upon want of proper attention to the mouth and teeth ; or else it may result from a kind of putrid inflammation of the mouth and gums. In the first case, the observance of cleanliness will be all that is necessary ; in the second, the treatment prescribed under the head of Inflammation of the Mouth and Gums, or under that of Gum-Boils, will suffice

when the affection is slight. Where it is associated with a decayed condition of the teeth, it will generally be for the patient's advantage to have recourse to competent advice on the subject of his teeth.

Treatment.—In a general way, where the breath is offensive without any appreciable cause, administer *Pulsatilla* 000|12, *Merc. Sol.* 000|12, and *Sulph.* 000|18, successively, at intervals of four days; and, *if necessary*, after a further interval of ten days, exhibit this course once more.

Diet and Regimen.—General attention should be paid to diet, as well as to the other accessories for the promotion of health. Animal food should be partaken of with moderation, more especially by those whose occupations are sedentary. Moreover, the mouth and teeth should be regularly cleansed with luke-warm water, *at least, twice in the course of the day.*

(See also Indigestion or Derangement of the Stomach, and Slight Disorders arising from the Infraction of Dietetic Rules.)

MUMPS.

The glands behind the ears, and along the branches of, and below the lower jaw, as well as

the fatty membranes in which all these glands are embedded, are the structures involved in this complaint.

Symptoms.—Swelling and tenderness of the affected glands are complained of, with heat or redness of the external surface; shooting pains are often experienced in the glands. Sore-throat sometimes attends this affection, and a greater or less degree of fever may also be present. In slight cases, the swelling gradually subsides without supuration of the glands.

Exciting cause.—Atmospheric exposure, especially during cold, damp, wet weather.

Treatment.—Slight cases may be treated in the same manner as Glandular Inflammations in general.

(See Inflammation and swelling of the Glands, and also Sore-Throat.)

SORE-THROAT, OR QUINSY.

The mucous membrane, at the back of the mouth and of the throat, as well as the uvula and tonsils, are the parts principally affected with this inflammation.

Symptoms.—Soreness and redness of the back

of the mouth and throat, especially about the tonsils, which are generally inflamed and enlarged. Swallowing is painful and difficult, and shooting pain in the throat, extending to the ears, is sometimes experienced during this act. Not unfrequently, the glands of the face and neck, as well as the external surface of the throat, participate in the inflammation. Loss of appetite, thirst, heat of skin, with fulness and frequency of the pulse, and other febrile symptoms, generally precede, and attend this affection. In the more severe cases, ulcerations in the throat, and small abscesses, sometimes succeed the inflammatory stage. In slight cases, the inflammatory symptoms soon subside, and perfect restoration to health almost immediately ensues.

Treatment.—During the inflammatory stage, begin with *Belladonna* 9|3, in solution, a sixth part every four hours, or thrice a day ; and continue, if necessary, to administer this medicine in the same doses and at similar, or else at rather more prolonged intervals, until the redness of the throat has abated ; then exhibit *Merc. Sol.* 9|5, also in solution, in doses of a sixth part every four hours, or thrice a day. Should small abscesses or ulcerations with shooting pains in the throat, or else hoarseness of voice ensue ; or should a profuse

perspiration break out upon the skin, substitute *Hep. Sulph.* 9|5, in solution, in doses of a sixth part every four hours or thrice a day, according to the urgency of the case.

A day or two after the last dose of the medicines, in solution, has been taken, administer *Bell.* 000|12; then *Merc. Sol.* 000|12, four days after; and lastly *Sulph.* 000|18, in four or five days more.

When the symptoms are inflammatory, and the pulse is full and strong, *Aconitum* 9|3, in solution, may be alternated, in doses of a sixth part, with any of the indicated medicines in solution, and continued in this manner until they shall have subsided.

In very slight cases, *Belladonna* 000|12, followed in a day or two by *Merc. Sol.* 000|12, will be the only treatment requisite.

The throat should be protected from cold.

Diet, &c.—At the commencement of the affection, when there is no inclination for solid food, and thirst is complained of, pure water, toast-and-water, gum-arabic water, or water-gruel only, should be allowed until the appetite returns. In all cases, animal food should be abstained from for a few days. A light diet, consisting of arrow-root, sago, batter, and other milk puddings, beef-

tea, mutton-broth, fish, cocoa, milk and water, &c., should precede the return to ordinary food. Exposure to cold draughts, and damp, should be guarded against.

INDIGESTION, OR DERANGEMENT OF THE STOMACH.

This complaint is induced by a variety of exciting causes, such as sedentary habits, errors in diet, atmospheric changes, moral influences, &c. The treatment will necessarily vary with these when they are of recent origin.

Symptoms.—A feeling of fulness and uneasiness at the pit of the stomach, especially after meals, sour risings, heart-burn, a furred tongue, and confined bowels, are the symptoms first noticed. When these are neglected, a variety of others follow by degrees, such as a bitter or nauseous taste in the morning on awaking, with feverish and tainted breath, indifference or capriciousness of the appetite, or else loathing of food; thirst, with dryness and heat of skin, aching or tightness at the pit of the stomach, with swelling, or sense of fulness in the abdomen (belly), or round the waist, oppression at the chest with palpitation of

the heart; drowsiness after meals, wind in the stomach and bowels, nausea, and sometimes vomiting of food or bile; aching between the shoulders, and in the right side; depression of spirits or irritability of temper, with general loss of strength, &c.; in the meantime, the coating on the tongue increases, and the irregularity of the bowels becomes confirmed. As the malady advances, unrefreshing or restless sleep, disturbed by frightful dreams, or else wakefulness at night, followed by excessive drowsiness in the day-time; head-aches, which vary in their intensity, seat, and character; loss of memory with confusion of thought; inaptitude or disinclination for mental or physical exertion; tendency of blood to the head, with whirling, dizziness, and inability to stoop; buzzing and humming noises in the ears; alternations of relaxation and costiveness, aching in the limbs, loss of flesh, sallowness or paleness of the complexion; occasional frequency of the pulse, and (in females) suppressions or irregularities of a special kind; besides many other symptoms, which it would be tedious as well as unprofitable to enumerate here, swell the group already given, and at length render competent advice a matter of necessity.

Treatment.—In slight cases, which are of recent origin, begin with *Nux Vom.* 000|12, (especially

in the case of persons of a bilious temperament, with dark hair and complexion, and of a hasty temper) when the bowels have a tendency to be confined; then in two or three days, give *Nux Vom.* 000|12 once more; and lastly, four or five days after the second dose, administer *Sulph.* 000|18.

Pulsatilla 000|12 may be substituted for *Nux Vom.*, and repeated in like manner before the *Sulph.*, when the bowels are subject to relaxation (especially in persons of a mild and timid disposition, such as young girls, women, and children, with light hair or blue eyes, and fair complexion) rather than to costiveness.

In those cases, where the appetite is craving, and a dark circle is noticed under the eyes, or a succession of sleepless nights is complained of, especially if the bowels are inclined to relaxation, begin with *China* 000|12; then in two or three days, exhibit *Chin.* 000|12 once more; lastly, three or four days after the second dose, administer *Calc. Carb.* 000|18, followed by *Sulph.* 000|18, in ten days or a fortnight more.

The exciting causes, when known, will afford the best indication for the preliminary treatment, and reference to these is recommended. Should any slight symptoms remain after the medicines suggested by this reference have been given,

one or other of the above prescribed courses, according to the nature of the case, will suffice to complete the cure.

(See Mental Emotions, Atmospheric Influences, of Slight Disorders arising from the Infraction of Dietetic Rules, and also, Bilious Attacks.)

Diet, &c.—The diet should be nutritious, wholesome, and not too stimulating; moreover, great moderation in the quantity of food partaken of at one time, and regularity in the time of meals should be observed. Too long, or too short intervals of abstinence and refection should likewise be avoided. It is almost needless to add, that every aliment which has been found to disagree, although its use may be generally sanctioned in the Homœopathic Dietary as wholesome, ought be prohibited. Regular exercise should be taken, and, when practicable, intellectual exertion abstained from.

BILIOUS ATTACKS.

These attacks are induced by a variety of causes connected with diet, atmospheric changes, the passions, &c., which, when they can be ascertained, should be taken into account in the treatment.

Symptoms.—Nausea, and disgust for food, followed by vomiting of the aliments which have previously been taken, and afterwards, of pure, yellow bile. In most cases, the bowels are confined; in some, however, they are relaxed. Aching pains in the right side, and between the shoulders are sometimes experienced; the tongue is coated, and a disagreeable, bitter, or nauseous taste is occasionally complained of. These symptoms are frequently attended with sick head-ache, thirst, heat of skin, and a quick and full pulse. The return of the appetite announces the cessation of the attack.

Treatment.—In slight cases, begin with *Nux Vom.* ʒ3, in solution, a sixth part every three or four hours, especially when the bowels are confined, or with *Pulsatilla* ʒ3, administered in a similar manner, and at the same intervals, if the bowels are relaxed; then give *Merc. Sol.* ʒ5, in solution, a sixth part every four hours, or thrice a day, until finished. The next night, after the last dose of the medicines in solution, exhibit *Nux Vom.* ʒ00|12, followed, three or four nights after, by *Merc. Sol.* ʒ00|12, and lastly, in four or five nights more, by *Sulph.* ʒ00|18.

In very slight cases, *Nux. Vom.* ʒ00|12, or else *Puls.* ʒ00|12, followed, in a day or two, by

Merc. Sol. 000|12, will suffice, if administered from the first.

When bilious vomiting attends the attack, give *Ipecacuanha* 9|3, in solution, a sixth part every two or three hours, either by itself, or in alternation with the other indicated remedy, and discontinue its use as the vomiting ceases.

Aconitum 9|3, in solution, may also be alternated, in doses of a sixth part every four hours, with any other indicated remedy, when there is fulness and frequency of the pulse, with heat of skin, thirst, and other febrile symptoms.

Diet, &c.—At the commencement, pure cold water, toast-and-water, or water-gruel, will generally be preferred to more nutritious food. As the appetite begins to return, weak cocoa, milk and water, beef-tea, mutton-broth, dry-toast, arrow-root, sago, milk-puddings, light fish, &c., may be allowed. The return to animal food, and ordinary diet, should be gradual.

When the attack is brought on by Moral, Atmospheric, or Dietetic Influences, the treatment must be varied accordingly.

(See Moral Emotions, Atmospheric Influences, and also Slight Disorders arising from the Infraction of Dietetic Rules.

JAUNDICE.

This affection supervenes upon derangement in the functions of the liver, connected with the secretion of bile, which not unfrequently has originated in Moral, Atmospheric, and Dietetic Influences.

Treatment.—In mild cases, begin with *Merc. Sol.* 9|5, in solution, a sixth part every four hours, or thrice a day; then *Nux Vom.* 9|3, in solution, a sixth part every four hours, or thrice a day, until finished. The next night, after the last dose of the medicine, in solution, give *Nux Vom.* 000|12; and, three nights after, *Merc. Sol.* 000|12; and lastly, in four nights more, administer *Sulph.* 000|18.

When fits of vomiting, or febrile symptoms, attend the affection, *Ipecacuanha* 9|3, or *Aconitum* 9|3, in solution, may be administered in alternation with the indicated remedy, in the manner, and at the intervals prescribed in the preceding affection, (See Bilious Attacks,) under very similar circumstances.

Symptoms of jaundice will sometimes be brought on by fits of passion (anger) in children; in which case, *Chamomilla* 9|3, in solution, and *Cham.* 000|12, may be substituted for *Nux Vom.* 9|3, and

Nux Vom. 000|12, respectively, and administered in like manner, with the exception that the exhibition of the *Cham.*, in solution, should precede that of *Merc. Sol.* When induced in adults by the same cause, *Bryonia* 9|3, in solution, and *Bry.* 000|12, may be given in the place of *Cham.*, and in the same way.

Diet, &c.—The diet should be light in all cases. The dietetic restrictions recommended in the preceding disorders, will generally be found equally applicable in jaundice.

(See also Bilious Attacks, Mental Emotions, Atmospheric Influences, and Slight Disorders arising from the Infracton of Dietetic Rules.

SEA-SICKNESS.

There are few persons who do not suffer, in a greater or less degree, from this distressing complaint, when they make a sea-voyage.

Symptoms.—Nausea and disgust at the sight, or even at the thought of food, with sensation of uneasiness in the stomach, sometimes accompanied with giddiness and sense of confusion in the head, and a feeling of general discomfort, are usually experienced at the first setting out. To these symptoms, retching sooner or later succeeds; after

which, the aliments taken into the stomach at the previous meal, if the stomach is not empty, are thrown up, and vomiting of pure bile ensues, and recurs from time to time, especially if the sea is rough. In some cases, the retching and vomiting soon cease, and no further inconvenience or suffering is experienced during the remainder of the voyage. In others, however, it not unfrequently happens that the bilious vomiting is followed by distressing retching, and straining upon an empty stomach, and ineffectual efforts to vomit, sometimes almost amounting to convulsion ; or else, there is scanty vomiting, which does not relieve, occasionally accompanied with relaxation of the bowels. A painful sensation of choking and constriction in the throat, as though it were plugged up, is sometimes super-added. At this period, the taste, the smell, and, in fact, all the senses have become singularly and painfully acute ; the head is in a dizzy whirl, whilst the sight is tortured by the instability of surrounding objects ; the mind itself sickens as its body labours and strains at every fresh shock communicated by wind or wave ; in short, every nervous fibril throughout the body seems to shudder with agony. In very severe cases, a moral apathy and carelessness of life ensue, from which no impending danger can arouse the sufferer, and

which is equalled only by the accompanying physical prostration. If this state continues long, serious consequences may manifest themselves, such as the rupture of blood-vessels, without mentioning the extreme case of death itself. In most cases, these severe symptoms happily subside, after they have well nigh exhausted the patient.

Many days, or even weeks, may elapse, even after the exciting cause has been removed, before the constitutional effects are entirely recovered from.

Treatment.—*Nux Vom.* 000|12, exhibited two nights in succession, before commencing the voyage, will greatly modify, and sometimes entirely prevent sea-sickness.

Just before embarking, the following remedies, viz., *Nux Vom.* 12|3, *Ipecacuanha* 12|3, and *Arsenicum* 12|3, should be dissolved separately, each in 9 spoonfuls of cold water, in three clean glass phials stoppered with new corks; so that the solutions may be ready for use if required.

As soon as the person is on board, let him take about a spoonful of the *Nux Vom.* solution, and repeat this dose every two, three, or four hours, if the preliminary symptoms of sickness come on.

Should retching, followed by free vomiting of

food or bile succeed, he should take the *Ipecacuanha* solution, in similar doses, either in alternation with the preceding solution, or else by itself, every half-hour, hour, or else every two or three hours. When the vomiting ceases, he may again have recourse to the *Nux Vom.* solution at longer intervals.

Should, however, the stage of fruitless retching upon an empty stomach, whether accompanied or not by great physical and moral prostration, ensue, the *Arsenical* solution will be required, in similar doses, every half-hour, hour, or else every two, three, or four hours, according to the urgency of the case.

As a mechanical and auxiliary means of preventing or moderating sea-sickness, a girdle slightly tightened round the waist and abdomen (belly), has been recommended.

Lying down in the horizontal position, is that which nature herself generally points out.

Diet, &c.—Persons ought never to go to sea with an empty stomach; a light meal should be taken an hour or two before embarking. When the sickness is subsiding, and there is a slight desire for food, a cup of *coffee without milk*, of moderate strength, sweetened with a lump or two of sugar, and a small slice of toast, will often prove grateful and restorative; or else a

cup of good beef-tea with a few sippets of toast, or a captain's biscuit may be partaken of.

THE AFTER EFFECTS OF SEA-SICKNESS.

Symptoms.—Feelings of general discomfort, lassitude, and soreness, are complained of for several days after landing, together with a continuance (although in a lighter degree) of the unpleasant sensations experienced at sea; moreover, the qualmishness at the stomach remains, and the digestive organs are more or less disordered.

Treatment.—*Arnica* 000|12, followed, the next night, by *Nux. Vom.* 000|12, or *Chin.* 000|12, if there has been much prostration, will generally prove sufficient.

SIMPLE DIARRHŒA, OR LOOSENESS.

This complaint may occur in a variety of forms, the complete enumeration of which, would be out of place in a work of this kind. Slight cases will be easily cured by the removal of the exciting causes in conjunction with the exhibition of one, or other of the remedies which are indicated below.

Symptoms.—Occasional loose stools, which may

be attended with, or without, griping pains in the bowels, thirst, heat of skin, loss of appetite, or frequency of pulse.

Common Causes.—1. Exposure to Atmospheric Influences. 2. Errors in Diet. 3. Over-exertion. 4. Moral Influences.

The treatment will necessarily vary with these exciting causes.

1.—DIARRHŒA ARISING FROM ATMOSPHERIC EXPOSURE.

Treatment.—*Chamomilla* 9|3, may be given, in solution, in doses of a sixth part, thrice a day, followed, the night after the last dose, by *Cham.* 000|12, when the weather is *cold* and windy, or stormy, (whether dry or rainy,) as in winter; or else *Arsenicum* 9|3, and *Ars.* 000|18, administered in like manner, when the looseness is attended with straining, and with watery, or slimy stools, or when a sensation of burning in the bowels, is complained of, either before or after the evacuations.

Merc. Sol. 9|5, in solution, a sixth part thrice a day, followed, the night after the last dose, by *Merc. Sol.* 000|12, will be indicated in *cold, damp*, rainy weather; whilst *Dulcamara*, 6|12, followed by *Dulc.* 000|12, administered like the preceding medicines, will be more appropriate, when the

atmospheric humidity is associated with *warmth*, as in the *mild, damp*, weather of summer or autumn.

Bryonia 9|3, in solution, a sixth part thrice a day, followed by *China* 000|12, the night after the last dose, will be suitable for those cases which are associated with general relaxation of the body induced by *oppressive heat*, as in summer.

(See also Atmospheric Influences.)

2.—DIARRHŒA ARISING FROM ERRORS IN DIET.

Treatment.—*Nux Vom.* 9|3, may be given, in solution, in doses of a sixth part, thrice a day; followed by *Nux Vom.* 000|12, the night after the last dose, where *wine, beer*, or other stimulating beverages of a similar kind have been the exciting cause.

Pulsatilla 9|3, in solution, a sixth part thrice a day, followed by *Puls.* 000|12, the night after the solution has been finished, will best suit those cases in which *fruit, pastry, pork, fat*, or *rich food*, may have disordered the stomach and bowels.

(See also Slight Disorders arising from the Infraction of Dietetic Rules.)

3.—DIARRHŒA FROM OVER-EXERTION (PHYSICAL.)

Treatment.—*Arnica* 9|6, may be administered, in solution, in doses of one half, night and

morning, followed the next night after the last dose by *Arn.* 000|6, when the disorder has originated in over-fatigue.

(See also Bodily Fatigue.)

4.—DIARRHŒA ARISING FROM MENTAL EMOTIONS.

Treatment.—*Chamomilla* 000|12, administered two nights successively, will generally prove sufficient where anger or vexation has been the exciting cause, especially in the case of women or children. *Bryonia* 000|12, exhibited in like manner, will be preferable for adult males under similar circumstances.

Opium 000|12, may be administered two nights successively, in those cases where fright has been the exciting cause.

(See also Mental Emotions.)

General Treatment.—In a general way, when the diarrhœa is attended with griping and colic pains in the belly, (as though a powerful aperient medicine had been taken,) and the stools are loose, and of a yellow, or greenish yellow colour, administer *Colocynthis* 9|3, in solution, a sixth part every four hours, or thrice a day; and, if necessary, after the last dose, exhibit again *Coloc.* 9|3, in solution, a sixth part thrice a day. In very slight cases, *Coloc.* 000|3, exhibited twice for two successive nights, will suffice.

Pulsatilla 9|3, and *Puls.* 000|12, administered in a similar manner, will be preferable for those slight cases of diarrhœa which are attended with *little or no suffering*, and, especially, when there is *absence of thirst*.

Aconitum 9|3, in solution, may be exhibited, in doses of a sixth part, either by itself, or alternately with any of the indicated remedies, in every variety of diarrhœa where there is frequency and fulness of the pulse.

The intervals of the medicines in solution, (whether given in alternation or not,) may be prolonged or shortened, in all cases, according to the urgency of the symptoms; and, if necessary, the solutions may be exhibited once more in similar doses. In very slight cases, the medicines in solution may be omitted, and the higher dilutions may be administered at once.

Diet and Regimen.—In all cases the diet should be light, and animal food should either be abstained from altogether, or very sparingly partaken of. Eggs and fruit, are likewise objectionable. Exposure to cold and wet should likewise be avoided.

(See also Infantile Diarrhœa, Dysentery, and English Cholera.)

DYSENTERY, OR BLOODY FLUX.

The mucous lining of the large intestines, (more especially of the lower portion,) and the tissue subjacent to this membrane, are the parts involved in this disorder.

Symptoms. — This disease commences with loose, liquid, or *slimy mucous* stools, which, after a time, are *streaked with blood*. The motions are frequent, and generally attended or succeeded by cold shivering, and preceded by *severe griping* pains in the bowels. As the disorder proceeds, the symptoms become more urgent. Violent *straining* (tenesmus) now accompanies, and follows each evacuation; the griping pains increase; the abdomen is hot and tender; vomiting sometimes ensues, and the thirst is more intense; *heat and sensation of burning* are sometimes felt in the lower intestines; and the stools consist of *bloody mucous matter*, and occasionally of *pure blood*. The pulse is variable, sometimes full and strong, at other times quick and weak, especially when there is great prostration.

Treatment.—In mild cases, which alone should form the subject of domestic treatment, begin with *Merc. Sub. Corros.* ʒiʒ, in solution, a sixth part every four hours; then *Merc. Sub. Corros.*

9|5, in solution, a sixth part thrice a day. Should this medicine not relieve, substitute *Arsenicum* 9|3, also in solution, in doses of a sixth part, every four hours, or thrice a day, especially if the stools are scanty and insufficient, or if they are accompanied and followed by fruitless straining, and the burning pain increases.

Aconitum 9|3, in solution, may be alternated throughout the attack, in doses of a sixth part, with either of the preceding medicines, when there is much fever with frequency and fulness of the pulse.

The night after the last dose of the medicines, in solution, has been taken, *Mercurius Sol.* 000|12, followed by *Arsenicum* 000|18, three or four nights after, may be exhibited with advantage.

Diet and regimen.—The diet, generally speaking, should be light; but, where there is no appetite and the pulse indicates fever, toast-and-water, gum-arabic-water, and afterwards water-gruel, rice-water, barley-water, &c., will be preferable to anything else; then, as the appetite returns, beef-tea with toast-sippets, sago, arrow-root, light milk-puddings, &c., may be allowed. The return to animal food, and ordinary diet, should be gradual. When, however, there is no fever, and the appetite continues, arrow-root, sago, tapioca, beef-tea, and other light food, may be

permitted in moderation; animal food, eggs, fruit, and vegetables, should be proscribed in any case until the relaxation ceases. Exposure to cold, or sudden alternations of temperature, should be guarded against.

ENGLISH CHOLERA, OR GRIPING WATERY DIARRHŒA.

Symptoms.—Frequent *thin watery stools*, preceded by *intense griping* in the bowels, with *abdominal cramps*, and accompanied by burning thirst, retching and vomiting of bilious matter, *cramps and coldness of the extremities*. In severe cases, the face becomes blue, and the features drawn and pinched, with anxious expression of the countenance, in proportion to the intensity and frequency of the vomiting and purging, and consequent depression of the vital powers.

The pulse is variable in this disorder; generally depressed.

Treatment.—In mild cases, begin with *Veratrum* ʒʒ, in solution, a sixth part every four hours; then administer *Ver.* ʒʒ, once more, in solution, a sixth part thrice a day, if the relaxation continues.

A night or two after the last dose of the

solution, give *China* 000|12, and lastly, in four nights more, *Sulph.* 000|18.

Aconitum 9|3, in solution, may be alternated, in doses of a sixth part, with the other dissolved medicine, when there are marked febrile symptoms.

Hot bottles may be applied to the extremities, when great coldness is complained of, which is also evident to the touch.

Diet, &c.—The indications are the same as in the preceding disorder.

(See Dysentery.)

PAIN IN THE STOMACH AND ABDOMEN, COLIC PAINS, &c.

The treatment given under this head among the Infantile Disorders, will likewise suit the case of adults.

(See Pain in the Stomach and Abdomen, Colic Pains, Windy Colic, &c.)

CONFINED BOWELS.

Costiveness is, in general, only one of many symptoms, dependent upon various derangements

of the digestive functions, rather than an affection by itself.

Treatment.—In a general way, *Nux Vom.* 000|12, administered twice, at an interval of two or three days, and followed by *Sulph.* 000|18, four days after the second dose, will suffice for slight cases.

When there is great torpor of the lower bowels, with sensation as if they were paralysed, *Opium* 000|12, may be advantageously substituted for the second dose of *Nux Vom.*

In obstinate cases of constipation, attended with head-ache, and fulness, tension, or hardness about the bowels, when *Nux Vom.* or *Opium* does not afford speedy relief, and the patient is at a distance from a medical practitioner, an enema (injection) of tepid water, (from a pint to a pint and a half,) may be had recourse to. By this means, mechanical relief will be afforded without injury to the coats of the intestines.

Diet and Regimen.—The diet should be light for a few days, and the proportion of animal food small. A variety of sweet fruits when perfectly ripe, such as strawberries, pears, grapes, figs, and especially *gooseberries*, may be partaken of with advantage, when they do not disagree with the stomach. Dried prunes, French plums, Turkey figs, dates, raisins, and other dried fruits; con-

serves and preserves (provided they are free from acid or medicinal properties, spice, &c.) of various kinds, cooked fruits, such as stewed apples or pears, &c., in addition to wholesome vegetables, dressed with meat gravy, may also be recommended. As a general rule, vegetable should preponderate over animal food in the diet of persons who habitually lead a sedentary or studious life, and who are often very apt to take more animal food than the wants of their bodies require. Regular exercise in the open air should also be enjoined.

(See also Indigestion, Bilious Attacks, and Slight Disorders arising from the Infraction of Dietetic Rules.)

PILES, OR HÆMORRHOIDS.

This affection is constituted by enlargement and swelling of the veins at the orifice of the lower intestines. When bleeding is of frequent occurrence, the piles are said to be *fluent*; when, however, this is seldom or never the case, they are denominated *blind*.

Symptoms.—Soft tumours, variable in size, either internal or external to the orifice of the

bowel, which are generally attended with pricking (like needles), shooting or burning pains, especially during stool, with or without loss of blood, and which are frequently associated with a confined state of the bowels.

Exciting causes.—Stimulating food, whether liquid or solid, especially in combination with sedentary habits.

Treatment.—Begin with *Nux Vom.* 9|3, in solution, a fourth part night and morning; then *Arsenicum* 9|3, in solution, a fourth part night and morning, and the second night after the last dose of this solution, give *Nux Vom.* 000|12, followed in four nights more by *Ars.* 000|18; and lastly, after a further interval of six or seven days, administer *Sulph.* 000|18. In very slight cases, the medicines in solution may be omitted, and the others exhibited at once. *Aconitum* 9|3, may be given, in solution, in doses of a sixth part, either alternately with the other indicated medicines or by itself, when there is heat of skin, thirst, fulness and frequency of the pulse, or other febrile symptoms.

Diet, &c.—The same as in the preceding disorder. (See Confined Bowels.)

HICKUP.

Hiccup is a convulsive or spasmodic catch in the muscles of respiration, and chiefly in the midriff, with a quick sonorous inspiration, recurring at short and regular intervals. It is generally associated with disordered digestion; but may be induced independently of any other ailment by eating too fast, swallowing too large morsels of food, &c.

Treatment.—Holding the breath for a short time, or the effect of a sudden surprize, will often be sufficient at once to remove this spasmodic complaint. Sucking a small lump of white or barley sugar, or else drinking a little cold water, will sometimes have an equally beneficial effect. Pressure for a few minutes with the palm of the hand at the pit of the stomach will sometimes remove it. When, however, the hiccup recurs from time to time, *Belladonna* 000|12 may be administered for two nights successively; then, two or three days after the second dose, *Pulsatilla* 000|12 may be given, and lastly, *Lachesis* 000|12 in four days more, if the *Puls.* has not proved sufficient.

Diet, &c.—Attention should be paid to diet for a few days.

(See also Indigestion.)

HEARTBURN.

This name is given to an uncomfortable, gnawing, burning sensation, commencing in the stomach, and extending along the gullet. Heartburn is generally produced by acridity of the secretions, and is commonly a prominent symptom in many forms of indigestion.

Treatment.—In slight cases, where it is the chief symptom which fixes the attention, give *Nux Vom.* 000|12, twice, at an interval of two or three days; and lastly, exhibit *Sulph.* 000|18, four days after the second dose of *Nux*.

Drinking a little cold water will often relieve the immediate suffering.

(See also Indigestion, Bilious Attacks, and Slight disorders arising from the Infraction of Dietetic Rules.)

FLATULENCE.

Flatulence is generally one of many symptoms connected with a derangement of the digestive functions; it may, however, be temporarily induced by the use of certain articles of food.

Treatment.—In slight cases, where it is the only

appreciable symptom, *Pulsatilla* 9|3, in solution, in doses of a sixth part, twice a day, followed, a day or two after the last dose, by *Puls.* 000|12, or else *Puls.* 000|12 only, administered twice, at an interval of two or three days, will often afford the desired relief.

Diet, &c.—As errors in diet, such as vegetables taken in two large a quantity, the abuse of fermented drinks, &c., may induce this disagreeable symptom, the exciting cause, when ascertained, should be removed. A little attention to diet should also be enjoined, and every opportunity of improving the general health should be availed of.

(See also Indigestion, Bilious Attacks, and Slight Disorders arising from Dietetic Infractions.)

VOMITING.

Vomiting rarely occurs as an isolated symptom, except in cases of certain dietetic infractions, when it is an effort of nature to free the stomach of some substance, which is noxious either in itself, or from its quantity, or from the weakness of the stomach into which it has been received.

Treatment.—In cases of free vomiting which relieves, *Ipecacuanha* 9|3 may be given, in solution,

in doses of a sixth part, every half-hour, hour, or else every two or three hours. Copious draughts of luke-warm water may sometimes be allowed to facilitate it, but they will rarely be necessary. Emetics in large doses will never be required, except in cases of poisoning. *Arsenicum* 9|3, in solution, a sixth part at similar intervals, will be preferable in those cases where there is severe retching, or scanty vomiting which affords no relief.

Diet, &c.—A light diet should be enjoined for a few days after the vomiting has ceased, and the appetite begins to return.

(See also Bilious Attacks.)

HOARSENESS.

Hoarseness is usually one of many symptoms of a more general affection. It is, however, sometimes the most prominent symptom in certain affections of the mucous membrane of the throat, which have been induced by cold or other causes.

Symptoms.—Hoarseness and huskiness of the voice, often accompanied with a sensation of tickling, dryness, or irritation in the throat;

occasionally there is a constant inclination to hawk up the adherent secretions,

Treatment.—Give *Hep. Sulph.* 9|5, in solution, a sixth part every four hours, or thrice a day; in a day or two after the last dose, administer *Hep. Sulph.* 000|5, and lastly, in four or five days more, *Lachesis* 000|12, followed by *Sulph.* 000|18, after an additional interval of a week.

In very slight cases, *Hep. Sulph.* 000|5, followed by *Lach.* 000|12 in three or four days, will be preferable.

Diet.—The diet should be light for a few days, and stimulants of every kind should be avoided for some time. Gum-Arabic water, or sugar and water, will often afford mechanical relief by lessening the dryness of the tissues.

INFLUENZA.

An apparently slight inflammation of the mucous surfaces of the head, gradually extending to those of the throat and lungs, which is accompanied by long-continued general debility.

Symptoms.—A sense of chilliness and lassitude, weight in the forehead, with stuffing at the root of the nose, and sneezing, pain in the limbs, slight

fever, and general uneasiness, constitute the *preliminary stage*.

The eyes become weak, and sensitive to the light, and a very profuse watery discharge from the nose, sometimes attended with external or internal soreness and swelling of this organ, succeeds. The sneezing now causes much annoyance, and recurs in fits, and the feeling of obstruction is more distressing when anything occurs to arrest the nasal secretions. At this period the voice becomes weaker, and there is sometimes a hacking cough, with soreness at the chest, oppression, and shortness of the breath; and there is likewise a marked increase of the general prostration. These symptoms constitute the *secretive stage*, and, after continuing for an indefinite period, they gradually subside altogether.

Treatment.—In slight cases, during the *preliminary stage*, give *Nux Vom.* ʒ3, in solution, a sixth part every four hours, twice or thrice a day, according to the urgency of the symptoms. When *the stage of secretion* has commenced, administer *Arsenicum* ʒ3, in solution, a sixth part every four hours, twice or thrice a day, according to the severity or mildness of the case, and, if necessary, give a second solution in similar doses, and at like intervals. Should, however, the cough be troublesome, and soreness or oppres-

sion at the chest be complained of, substitute *Bryonia* 9|3, in solution, and exhibit a sixth part every four hours, or thrice a day.

A few days after the last dose of the medicines in solution, administer *Arsenicum* 000|18, followed by *Bry.* 000|12, in four days more; and lastly, after a further lapse of four days, give *Sulph.* 000|18.

Aconitum 9|3, may be occasionally exhibited, in doses of a sixth part, either by itself, or else in alternation with any of the above remedies, when indicated by fulness and frequency of pulse, thirst, heat of skin, or other febrile symptoms, throughout the course of the affection.

Diet, &c.—The diet should be light, especially at the commencement of the affection: in most cases, animal food should be abstained from for some days. Arrow-root, sago, milk-puddings, light fish, beef-tea, cocoa, and aliments of this kind may be generally allowed. When, however, there is no appetite, and the symptoms are inflammatory, toast and water, water-gruel, or barley-water, will be preferable. Gum-arabic water sweetened with a little sugar, will often prove grateful when the cough is troublesome. The return to ordinary food should be gradual. Exposure to cold, or sudden alternations of temperature should be guarded against.

SLIGHT BRONCHIAL CATARRH, OR
COMMON COLD AND COUGH.

The mucous membranes of the lungs, are the structures principally affected.

Symptoms.—*First, or Stage of Invasion.* A sensation as though a chill had been sustained, is experienced at the onset of the attack, generally attended by fever, loss of appetite, thirst, heat of skin and feeling of general uneasiness, with oppression and tightness about the chest, and shortness of breath. To these a slight hacking cough is superadded, with very trifling expectoration, which is accompanied, and followed by soreness of the chest.

Second, or Secretive Stage.—The cough becomes looser, the bronchial secretions more abundant, and the expectoration much easier. The expectoration may vary in colour and consistence. It is generally white, yellow, or greyish; thick and gelatinous, or else thin and watery. As the disorder advances toward a favourable termination, the preceding symptoms subside, the secretions diminish, and the appetite and strength return.

Treatment.—*First Stage.* Begin with *Aconitum* ʒʒ, in solution, a sixth part every four hours, or thrice a day; then give *Bryonia* ʒʒ, also in solu-

tion, a sixth part every four hours, or thrice a day, as soon as the cough becomes troublesome, and the breathing oppressed, or soreness of the chest is complained of. This last remedy may be administered once more, in solution, if necessary, and in similar doses, and at like intervals, and discontinued when the cough becomes looser.

Second Stage.—When the cough is looser, and the expectoration freer and more abundant, exhibit *Merc. Sol.* 9|5, in solution, a sixth part every four hours, or thrice a day, if the expectoration is *thick* and *gelatinous*, or else *Arsenicum* 9|3, in solution, at like intervals, and in similar doses, if it is *thin* and *watery*, or *frothy* and accompanied with *difficulty* of *breathing* and *palpitation* of the heart. If necessary, either of these medicines may be administered once more, in solution, in doses of a sixth part thrice a day, according to the preceding indications.

As the acute symptoms subside, give *Merc. Sol.* 000|12, or else *Ars.* 000|18, (according to circumstances) a day or two after the last dose of the medicines in solution, and lastly, in four or five days more, *Sulph.* 000|18.

Aconitum 9|3, may be given, in solution; either occasionally by itself, or alternately with any of the other indicated medicines, in doses of a sixth part, at any stage of the affection, when

fulness and frequency of the pulse, heat of skin, thirst, or other febrile symptoms are present.

In very slight cases, *Aconitum* 000|12, *Bry.* 000|12, *Merc. Sol.* 000|12, or *Arsenicum* 000|18, may be substituted for the lower dilutions, and exhibited in succession, at intervals of two, three, or four days.

Diet, &c.—The same as in Influenza.

COUGH.

Although a cough is rather one of many symptoms of a more general affection, than a disorder in itself; nevertheless, as it is often the most prominent symptom, the indication which it affords for the treatment will, in such a case, be sufficient, provided that the cause upon which it depends is slight, and of recent operation.

The following are the symptoms and treatment of a few of the common varieties.

COMMON SPASMODIC, OR SHORT DRY COUGH.

Symptoms.—Hard dry cough which seems to be caused by a sensation of tickling and irritation in the throat: it is generally worse at night and early in the morning.

Treatment.—Give *Nux Vom.* 9|3, in solution, a

sixth part thrice a day followed, a day or two after the last dose, by *Nux Vom.* 000|12, or else, administer *Nux Vom.* 000|12 only.

SPASMODIC NIGHT COUGH.

Symptoms.—The cough comes on in paroxysms, especially at night, and is often of a convulsive character: it is often attended with distressing head-ache.

Treatment.—Give *Belladonna* 9|3, in solution, a sixth part thrice a day, followed, a day or two after the last dose, by *Bell.* 000|12, or else, exhibit *Bell.* 000|12, only.

In the case of children, especially during the period of teething, *Chamomilla* 9|3, and *Cham.* 000|12, administered in like manner, may often be substituted with advantage.

SPASMODIC COUGH WITH VOMITING.

Symptoms.—Irritating spasmodic cough, coming on in paroxysms which are succeeded or attended with vomiting or retching.

Treatment.—Give *Ipecacuanha* 9|3, in solution, a sixth part thrice a day, or every four hours, and, in a day or two after the last dose, *Ipec.* 000|12, or else, in very slight cases, administer *Ipecacuanha* 000|12 only.

DRY COUGH WITH HOARSENESS.

Symptoms.—Irritating cough with hoarseness

and huskiness of the voice and smarting in the throat.

Treatment.—Give *Hep. Sulph.* 9|5, in solution, a sixth part thrice a day, followed a day or two after the last dose by *Hep. Sulph.* 000|5, or else, exhibit *Hep. Sulph.* 000|5 only.

General Treatment.—*Aconitum* 9|3, in solution, in doses of a sixth part, or else *Acon.* 000|12, may be given, in all cases where fulness or frequency of the pulse, thirst, heat of the skin, or other symptoms of fever are present, either alone, or in alternation with the other indicated remedies.

Diet, &c.—The diet should be light, and all aliments of a stimulating kind should be avoided. (See also the instructions upon this subject in *Influenza.*)

(For the treatment of other cases not specified above, see *Atmospheric Influences*, and *Slight Disorders arising from the Infraction of Dietetic Rules*).

SUDDEN AND ACUTE INFLAMMATORY COMPLAINTS.

Under this head are included all sudden and acute affections requiring prompt remedial measures, the seat or importance of which cannot be decided upon with any approach to certainty by

those who have not made disease and its treatment their exclusive study and occupation, and which for this reason have *purposely* been omitted in this work.

As the preliminary treatment of such complaints is almost invariably the same, a few general directions will suffice, in order, 1st. That no time may be lost; and 2ndly, that nothing injudicious may be done.

Preliminary Symptoms.—The common preliminary characteristics of such affections are, general heat of the skin, or of the part principally affected, thirst, loss of appetite, but especially, *frequency and fulness of the pulse*. To these a greater or less degree of moral and physical prostration is generally added, no matter with what organs or parts the symptoms may seem to be more immediately connected, or with what other sufferings they may be associated.

Preliminary Treatment.—Until medical advice can be procured, *Aconitum* 9|3, in solution, may be given a sixth part every two, three, or four hours.

In any case, however, where, in addition to the general symptoms above enumerated, distressing head-ache with fulness and heat of the head or congestion of its vessels, throbbing of the blood-vessels of the neck, forehead, or temples, intolerance of light or delirium, seemed to indicate in-

flammation of the brain or of its membranes, *Belladonna* ʒʒ, in solution; should be given in alternation, in doses of a sixth part, every two or three hours.

Diet and Regimen.—The patient almost invariably manifests a strong disinclination to solid food, and usually complains of ardent thirst, so that pure water or toast-and-water, or at most very weak water-gruel only, should be allowed.

Where there is much general prostration and fever, the patient should keep his bed.

RHEUMATISM.

The muscular and ligamentous tissues are the principal seats of this affection. Exposure to cold, wet, and damp, is a frequent exciting cause.

Symptoms.—Shivering, and a sensation of cold, sometimes precede an acute attack. The skin then becomes hot, and the pulse full and quick; aching, tearing, shooting and aching with stiffness, are experienced in the parts affected, especially in the joints, when they are attacked; and there is also, in most cases, more or less disorder of the organs of digestion. The acute symptoms generally subside after free perspiration. In chronic cases, the symptoms are very similar, but less urgent, and more tedious. In all cases, whether acute or

chronic, the pains may be aggravated by motion and relieved by rest, or else the reverse may take place; they may also be fixed or (wandering) erratic.

Treatment.—In acute cases which are slight, begin with *Bryonia* 9|3, in solution, a sixth part every four hours or thrice a day, when the pains are *aggravated by motion and relieved by rest*; then *Bry.* 9|3, once more in solution, a sixth part thrice a day; lastly, a day or two after the last dose of the solution, give *Bry.* 000|12, and in four days more, *Sulph.* 000|18.

Rhus Tox. 9|12, in solution, followed by *Rhus Tox.* 000|12, may be substituted for *Bry.* 9|3, and *Bry.* 000|12, and administered in like manner before the *Sulph.* when the pains are *relieved by motion and aggravated by rest.*

Pulsatilla 9|3, in solution, followed by *Puls.* 000|12 administered in like manner, will be indicated, in preference to any other remedy, when the pains are *wandering, and are felt sometimes in one part, sometimes in another.*

Merc. Sol. 9|5, in solution, in doses of a sixth part every four hours or thrice a day, may be given after or substituted for any of the preceding remedies, when *very profuse perspiration* manifests itself; after which the other remedies may be exhibited in the order, and at the intervals prescribed.

Aconitum 9|3, in solution, may be administered in doses of a sixth part, either by itself, or else in alternation with another remedy, when fulness and quickness of the pulse, heat of skin, thirst, or other febrile symptoms are observed.

In chronic cases, give *Bry.* 000|12, or *Rhus.* 000|12, or else *Puls.* 000|12, according to the case, twice, at an interval of three or four days; then, four days after the second dose of the medicine selected, exhibit *Sulph.* 000|18, and lastly, in about ten or twelve days more, *Calc. Carb.* 000|18.

Diet and Regimen.—When there is fever and the symptoms are inflammatory, toast and water, water-gruel, barley-water, &c., will be preferable to more solid or nutritious food. When the case is chronic, moderation only and attention to diet should be observed. It is almost needless to add that exposure to wet and damp should be avoided by all means.

RHEUMATIC PAINS IN THE BACK AND LOINS.

Treatment.—Similar to Rheumatism in general, see Rheumatism.

CRAMPS AND SPASMS.

These painful symptoms may occur from a variety of causes, such as exposure to cold, dietetic errors, &c.; but they are generally connected with some acute or chronic affection of a more general character. Almost any part of the body may be affected, but especially the muscles of the lower extremities.

Treatment.—During the intensity of the paroxysm, the part affected may either be rubbed, or firmly grasped; but it is better to wait a little before administering the internal remedy.

As the paroxysm is going off, or else just as it is coming on, *Nux Vom.* 9|3, may be given in solution, a sixth part every four hours; then, in a day or two after the last dose, *Veratrum* 000|3, followed by *Nux Vom.* 000|12, in two or three days more; and lastly, *Lachesis* 000|12, after a further interval of four or five days, may be administered with advantage.

In cases of spasm and cramp in the stomach and abdomen (belly), the same treatment may be had recourse to. During the paroxysms, the local application of hot flannels, or sipping a little hot gruel from time to time, will sometimes afford

relief. In severe cases, smelling *Camphor* will often lessen the intensity of the symptoms.

Diet, &c.—The diet should be light for a few days, and every aliment which has been found to disagree with the patient should be carefully abstained from. As a general rule, no food should be taken immediately after the paroxysm, and where an exception is made, the aliments allowed should be of the lightest kind, such as a little beef-tea, mutton or chicken broth, and the like.

(See also Moral Emotions, Atmospheric Influences, and Slight Disorders arising from the Infraction of Dietetic Rules.)

DIVISION IV.

ACCIDENTAL DISORDERS.

Under this division will be found, moral, atmospheric, and dietetic influences, mechanical, and other accidental or specific injuries, such as, wounds, burns, stings of insects, &c. together with their general treatment.

MORAL EMOTIONS.

FRIGHT.

The shock sustained by the nervous system during a sudden fright, may be followed by *stupor*, or *confusion of thought and action*; or else the reaction may be shewn by *increased activity of the circulation*.

Treatment.—In the first case, *Opium* 000|12 should be given immediately, and repeated in a day or two; in the second, *Aconitum* 000|12 will

be indicated by the frequency and fulness of the pulse, or else *Acon.* 9|3, in solution, a sixth part thrice a day.

PASSION, (ANGER.)

Treatment.—To prevent any ill effects from a fit of anger, give *Bryonia* 000|12 two days successively, in the case of adults of a bilious temperament, and *Chamomilla* 000|12, repeated in like manner, in that of women and children.

GRIEF.

Treatment.—*Ignatia* 000|18, exhibited twice or thrice, at intervals of two or three days, will often be productive of great benefit, when there is great moral depression consequent upon this cause.

ATMOSPHERIC INFLUENCES.

General Treatment.—For slight disorders induced by sudden atmospheric changes, exposure to wet and cold, &c., two doses of the following medicines, administered at intervals of twelve or twenty-four hours, will generally suffice, provided a little attention is also paid to diet and regimen for a few days.

Nux Vom. 000|12, after a chill sustained in cold, dry, or frosty (winter) weather, especially when it is followed by a spasmodic cough, with or without suppression of the ordinary secretions.

Chamomilla 000|12, after atmospheric exposure, under similar circumstances, with increase of the various secretions from the mucous membranes. This remedy is peculiarly suited to the cases of women and children.

Merc. Sol. 000|12, when the weather is cold, wet, and damp, especially in winter.

Arsenicum 000|18, after exposure to cold (winter) rain, especially when fits of shivering supervene and the sensation of cold cannot be got rid of.

Dulcamara 000|12, when the humidity of the atmosphere is associated with warmth, as in summer and autumn.

Bryonia 000|12, or *Aconitum* 000|12, for indispositions during very hot and sultry weather.

Veratrum 000|3, or *Nux Vom.* 000|12, before or during a thunder-storm, when the atmosphere is loaded with electricity.

Belladonna 000|12, followed in a day or two by *Lachesis* 000|12, after exposure to the direct rays of the sun.

In all cases where there are febrile symptoms, *Aconitum* 9|3, in solution, in doses of a sixth part,

may be given in alternation with any of the above indicated remedies.

Diet, &c.—A little attention to diet and regimen for a day or two will be prudent. It is unnecessary to add, that the exciting cause should be carefully avoided.

SLIGHT DISORDERS ARISING FROM THE INFRACTION OF DIETETIC RULES.

To the digestive organs, the brain or other portions of the nervous system, the heart and general circulation; or even the skin, are referred the principal symptoms of such complaints.

Symptoms.—These will naturally vary with the causes immediately exciting them, and, in some degree, with the constitutional predisposition of the person affected. Head-ache, tooth-ache, sleeplessness or drowsiness, palpitation of the heart or frequency of the pulse, heat of skin, nervous excitement, nausea, faintness, disgust for food, a coated tongue, feverish and tainted breath, thirst, sensation of fulness about the stomach or abdomen (belly), heart-burn, flatulence, vomiting, relaxation of the bowels or costiveness, depression of spirits, &c., occurring singly or in combination, will generally indicate whether the disorder is

more immediately connected with the organs of digestion, the nervous system, or the circulation.

Exciting Causes.—1. Prolonged abstinence from nutritive food.

2. Excess in quantity of food of a general character, but more commonly of a nutritive kind.

3. The abuse of various kinds of food of a less generally wholesome character, whether taken in excess, in the ordinary acceptation of the term, or not:—*a.* solid; *b.* fluid.

As a general rule, the abuse of solid food will chiefly affect the digestive organs; that of liquid stimulants, such as, wine, spirits, tea, coffee, &c., the nervous system and circulation.

The treatment of the various indispositions arising from errors of this kind, as it must necessarily be influenced by the individual exciting cause, will be given under one or other of the above heads.

1. PROLONGED ABSTINENCE FROM FOOD.

Indisposition arising from this cause.

Treatment.—When faintness or a feeling of great general prostration has supervened upon long fasting, great caution should be observed both in the quantity and quality of the food which is first taken, especially if the period of abstinence has been attended with much bodily

fatigue. A cup of good beef-tea is perhaps the best restorative in such cases. After this slight refectation, the patient should lie down and rest for an hour or two, before he is allowed a regular meal, which should be a slight one. *China* 000|12, or *Arnica* 000|6, if there has been much bodily fatigue, may be administered internally.

2. EXCESS IN QUANTITY OF FOOD.

Indisposition arising from an overloaded stomach.

Treatment.—If the food is still retained by the stomach, give a tolerably strong cup of coffee, without milk and with very little sugar, followed in an hour or two by *Pulsatilla* 000|12, and lastly, in five or six hours more, exhibit *Puls.* 000|12 once more. When the food has been rejected by the stomach, should the nausea and inclination to vomit still continue, administer at once *Ipecacuanha* 9|3, in solution, a sixth part every half hour, two or three times in succession; after which wait an hour or two, and give *Puls.* 9|3, in solution, a sixth part every four hours, or thrice a day, followed by *Puls.* 000|12 the night after the last dose of the solution; or else give *Puls.* 000|12 only. In those cases where the stomach has been relieved without the continuance of unpleasant symptoms, the exhibition of *Puls.* 000|12 only will suffice.

3. THE ABUSE OF VARIOUS KINDS OF FOOD.

a. Solid.

Indisposition after having partaken of rich, fat, oily, or other indigestible food of a similar kind, (whether animal or vegetable,) such as, pork, veal, young meats, goose, salmon, eels, pastry, nuts, &c.

Treatment.—Give *Pulsatilla* 9|3, in solution, a sixth part thrice a day; or else *Puls.* 000|12 only.

Indigestion, &c., after salted provisions.

Treatment.—Give *Arsenicum* 9|3, in solution, a sixth part thrice a day; or else *Ars.* 000|18 only.

Sea-faring men, and other persons, who are frequently obliged to partake of salted provisions, should also partake of fresh vegetables, when they can be procured; or else they should make a point of consuming daily a small quantity of lemon or lime-juice, either as a beverage in the shape of lemonade, or as a condiment with their food. The facility with which meat and vegetables are now preserved fresh, in hermetically sealed cases, tends very much to diminish the scorbutic affections to which our fleets were continually subject.

Indisposition after having partaken of crabs, lobsters, muscles, or other shell-fish.

Treatment.—Exhibit *Rhus Tox.* 9|12, in solution, a sixth part thrice a day, or else *Rhus Tox.* 000|12 only.

(See also Nettle-rash.)

b. Liquid.

Indigestion after acids, such as, vinegar, sour beer, &c.

Treatment.—Give *Aconitum* 9|3, in solution, a sixth part thrice a day; or else *Acon.* 000|12 only.

Indisposition after coffee.

Treatment.—Give *Nux Vom.* 9|3 in solution, a sixth part every four hours, or thrice a day; or else *Nux Vom.* 000|12 only. When the bowels are relaxed, substitute *Chamomilla* 9|3, in solution, or *Cham.* 000|12, administered in like manner.

Indisposition after fruit, or slightly acid wines.

Treatment.—Give *Pulsatilla* 9|3, in solution, a sixth part every four hours, or thrice a day; or else *Puls.* 000|12 only.

Indisposition after ices.

Treatment.—Administer *Arsenicum* 9|3, in solution, a sixth part every four hours, or thrice a day; or else *Ars.* 000|18 only.

Indisposition after drinking beer, wine, or spirits.

Treatment.—Give *Nux Vom.* 9|3, in solution, a sixth part every four hours, or thrice a day; or else *Nux Vom.* 000|12 only.

Indisposition after drinking tea, especially of the green varieties.

Treatment.—Exhibit *China* 9|3, in solution, a sixth part every four hours, or thrice a day; or else *China* 000|12 only.

General Treatment.—In all cases where febrile symptoms manifest themselves, *Aconitum* 9|3 may be given in solution, in doses of a sixth part, alternately with any of the above indicated remedies.

Diet, &c.—After dietetic infractions of every sort, but more especially after those in which the error has consisted rather in quantity than in kind, a light diet should be enjoined for a few days. In those cases where *some particular aliment has repeatedly been found to disagree, it should be abstained from altogether for the future.*

BODILY FATIGUE.

Symptoms.—Feeling of general lassitude; dull pain, as if from contusion, in the muscles, with stiffness of the joints.

Treatment.—*Arnica* 000|6, administered two nights running, will generally be sufficient.

When the feet are swollen and tender, more especially after much walking, they should be bathed in *Arnicated* (one part *mother-tincture of Arnica*, to thirty-five or forty parts *water*) *warm water*. The hands may be bathed in like manner, when they have become blistered and chafed, as it not unfrequently happens after rowing.

A general tepid bath, in which about a spoonful of the *mother-tincture of Arnica* has been dissolved, will prove grateful after a long journey.

Diet, &c.—A light and nutritious repast will be preferable to a heavy meal; for it must be remembered that the digestive organs partake of the general languor.

MENTAL FATIGUE.

Symptoms.—Confusion of thought, or too great mental activity; head-ache, or pains in the forehead; drowsiness, or heavy unrefreshing sleep: or else sleeplessness at night, with general weariness and lassitude.

Causes.—Over-study, or anxious night-watching.

Treatment.—*Nux Vom.* 000|12, exhibited two

or three times, at intervals of two or four days, will suffice in slight cases.

China 000|12, may be substituted and administered in like manner, when there is excessive sleeplessness at night; but where there is also considerable nervous excitement, *Coffea* 000|12, similarly exhibited, will be preferable.

Diet and regimen.—The diet should be light, and at the same time nutritious. Regular exercise in the open air, and healthy recreation should be enjoined; moreover, if possible, the exciting cause should be removed.

WOUNDS AND BRUISES.

Wounds resulting from mechanical injury have been classified, for the sake of convenient reference, into 1. Simple, or Incised; 2. Punctured; 3. Lacerated; and 4. Contused, according as they partake more or less, or exclusively of one kind or another.

It is only trifling cases which come under consideration in this little work.

1. SIMPLE, OR INCISED WOUNDS, are caused by sharp or cutting instruments, such as, knives, razors, and all manner of edge-tools. Such wounds are ordinarily termed cuts; their edges

are even and regular, and, in persons of a sound constitution, when slight, they heal readily.

Treatment.—First wash the wound with cold water; then bring the edges together, taking care that they are kept in apposition by one or more compresses of linen rag steeped in an *Arnicated* (one part *mother-tincture of Arnica* to thirty parts *water*) lotion, and secured by a strip of linen rolled round the part. The lotion should be discontinued in three or four days, or even sooner.

Every time the wound is dressed (once in the twenty-four hours will generally be sufficient), a little luke-warm water may be used to soften the rag which is next the wound, if it should have adhered, in order to avoid running the risk of separating the surfaces which have begun to unite. In most cases the lotion may be renewed without disturbing the dressing. *Arnica* 000|12 may be administered internally, two or three times successively, at intervals of two nights.

In very slight cases, the local application of a strip of *Arnica-plaister* will be the only treatment required.

Should the wound manifest a tendency to suppurate, give *Hep. Sulph.* 9|5, in solution, a sixth part thrice a day, and the second night

after the last dose of the solution, *Merc. Sol.* 000|12. In the meantime, the *Arnicated* lotion should be discontinued.

2. PUNCTURED WOUNDS are affected by pointed instruments, such as, needles, scissors, forks, &c. The bleeding is generally slight, and but for a small depression in the surface, marking the entrance of the foreign body, no external trace would be left of the injury. Such wounds naturally create anxiety, seeing that those which appear the most trifling are sometimes attended with the most serious consequences. The slightest injury of a tendon sustained in this manner has been known to produce lock-jaw.

Treatment.—The treatment of slight cases will be very similar to that of the first kind. The point of the instrument, if it has remained in the wound, should, if possible, be extracted, before any dressing is applied.

3. LACERATED WOUNDS result from sudden injury caused by instruments with blunt or jagged edges, by falls against stones, coming in contact with splinters, hooks, machinery, &c., and accidents of a similar kind. In general, such wounds heal less kindly than the preceding, because their edges are jagged and irregular,

and the neighbouring parts are often contused; compared with cut wounds, the bleeding is slight.

Treatment.—Any foreign bodies which may have remained in the wound, such as, glass, splinters, gravel, &c., should, if possible, be first extracted, or, at all events, sought for. After this operation, whether successful or not, *Arnica* may be administered, as in the preceding cases. (See Incised Wounds), both locally and internally. The lotion should be rather weaker, (one part *mother-tincture of Arnica* to forty parts *water*) in most cases.

Nevertheless, should any foreign substance have been left in the wound, care should be taken to leave a small opening for its discharge by the natural efforts.

4. CONTUSIONS AND BRUISES.—These injuries are inflicted by blows with blunt instruments, or by kicks, falls, &c. The affected part often assumes a black, bluish, or greenish hue, from the extravasations of blood which take place just below the surface.

Treatment.—When the skin is not cut, an *Arnicated* lotion (one part *mother-tincture of Arnica*, to twenty parts *water*) will be suitable. Should, however, the surface be grazed or cut, a weaker lotion, similar either to that for Incised,

or to that for Lacerated Wounds, will be preferable.

The local dressing will be similar to that of the preceding cases, with the exception that it may be more frequent; for instance, twice or thrice a day. The part may likewise be bathed with the lotion, whenever the dressing is renewed.

Arnica 000|6, may be prescribed for internal administration, as in the former cases.

(See Incised Wounds.)

Diet, &c.—With the exception of avoiding stimulants, no change need be made in the ordinary diet, which should be light and nutritious. Perfect rest of the part affected should be enjoined.

SPRAINS AND STRAINS.

The muscles and fibrous tissues of various parts of the body and limbs, but more especially the ligaments of the joints, are more immediately affected by these accidents.

Exciting causes.—Lifting of heavy weights, falls, sudden jerks, &c.

The effects of such injuries, if not properly attended to, are sometimes lasting.

Symptoms.—Weakness, soreness, aching, swell-

ing, or stiffness of the part affected: if a joint, inability to extend it without suffering. The injury is sometimes attended with local extravasations of blood, as is the case of bruises or contusions.

Treatment.—In slight cases where there is no external injury, *Rhus Tox.* 000|12, administered two or three times successively, at intervals of two or four days, will generally suffice.

When the injury is external, absolute rest of the part affected should be enjoined, together with the local application of a linen rag, which has been steeped in a solution of *Rhus Toxicodendron*, (one part *mother-tincture of Rhus* to forty parts *water*), over which a linen strip can be rolled, and then secured in any convenient manner. This dressing can be renewed two or three times a day, and at the same time, the part may be freely bathed with the lotion. In three or four days, the lotion should be discontinued. A sling may be used in the case of sprains of the wrist, elbow, or shoulder-joints.

Rhus Tox. 9|12 may also be given internally, in solution, a sixth part thrice a day; then *Rhus Tox.* 000|12 may be exhibited the night after the last dose of the solution, and repeated twice more, in the same dose, at intervals of three or four days; or else *Rhus Tox.* 000|12, and *Arnica* 000|6 may be twice

alternated at intervals of four days. Any stiffness which might remain after the administration of these remedies, will generally be removed by *Bryonia* 000|12, followed by *Calc. Carb.* 000|18 four days after.

Should extravasation of blood have ensued, (the part being black and blue) an *Arnicated* lotion, (one part *mother-tincture of Arnica* to twenty parts *water*) may be substituted for that of *Rhus Tox.* for a couple of days, and applied in a similar manner. *Arnica* 9|6, in solution, a sixth part thrice a day, should also be given internally instead of *Rhus Tox.* 9|12. After this preliminary treatment, the *Rhus* lotion may be commenced, and continued in conjunction with the internal administration of the corresponding remedy in the manner already indicated.

Aconitum 9|3, in solution, may always be exhibited alternately, in doses of a sixth part, with any of the above remedies, when its use is indicated by febrile symptoms.

Diet, &c.—The diet should be light and nutritious. Perfect rest of the injured parts should, if possible, be enforced.

BURNS AND SCALDS.

Injuries of this kind present various degrees of

importance, both as regards the extent of surface, and the depth of tissue affected. Thus, there may be superficial redness and inflammation only, with or without separation of the cuticle (scarf-skin), and formation of blisters; or a portion of the true skin may be more or less deeply destroyed; and, lastly, in addition to the true skin, the subjacent structures may also have suffered.

Treatment.—When the burn, or scald, is slight and limited in extent, the best plan is to approach the injured part (when this can conveniently be done) to the fire. Some aggravation of the suffering will follow, it is true; but after a short time, the pain will cease, and blistering will be prevented. In the case of children, where this operation would be too painful, or in that of a more extensive and severe burn or scald, where it would be inadmissible, *Cotton* will be a much better remedy. *Picked cotton*, or *split wadding*, is the best form for local application, in successive layers. The sooner it is applied, the more efficacious it will prove; but if, by any imprudence on the part of the sufferer or his friends, cold water should previously have been had recourse to, it will be of little service.

Common white (Castile) soap is, perhaps, the best general remedy, as it will prove beneficial even after improper remedies have been used.

The requisite quantity of soap ought first to be scraped, and then made into a *thick lather*, with the addition of a little *luke-warm water*; after which it should be spread upon *strips of linen*, to the thickness of a fifth, or a sixth of an inch. In applying this plaister, *care must be taken that the soap is in immediate contact with the whole of the injured surface*; for where it does not touch, the wound will not heal kindly. The dressing may be renewed once in the twenty-four hours, but not oftener, until the cure is effected.

When nothing else is at hand, the immediate suffering will be relieved by strewing flour, from time to time, upon the burnt or scalded part.

Aconitum 9|3, in solution, may likewise be exhibited internally, in doses of a sixth part, every four hours, or thrice a day, when fulness and frequency of the pulse, thirst, heat of skin, and other febrile symptoms, indicate its use.

It is needless to add that, in severe cases, no time should be lost in sending for professional assistance.

Diet and regimen.—The diet should be light, in general, and no stimulants ought to be allowed. The state of the appetite will, however, afford the best indication for the withholding or not of solid food. Sudden alternations of temperature, but especially cold, must be guarded against.

STINGS OF NETTLES.

Small white blisters or wheals succeed the stings of nettles, which are attended with much itching, burning, and stinging. In the case of children who have a very sensitive skin, considerable inflammation and redness sometimes follow.

Treatment.—Rub the affected part with the bruised leaves of the *common dock* (*Rumex Patientia*), a plant which very generally grows in the immediate vicinity of the nettle—the *natural* specific, as it were, to its sting. This simple treatment will generally be sufficient. If requisite, however, apply an *Arnicated* lotion (one part *mother-tincture of Arnica*, to twenty or thirty parts *water*), as soon as it can be procured. *Arnica* 000|6 may also be administered internally.

BITES AND STINGS OF INSECTS.

BITES OF GNATS, MUSQUITOES, AND OTHER FLIES.

The bites of these insects, although they are rarely dangerous, are sometimes exceedingly troublesome by their numbers. This is more especially the case when the subjects of their attack are children, or persons endowed with a very delicate skin.

Treatment.—The local application of a little lemon or lime juice will generally prevent the excessive irritation and itching which so often ensue. A few hours afterwards, should any swelling or irritation remain, an *Arnicated* lotion (one part *mother-tincture of Arnica* to thirty parts *water*) may be had recourse to. *Arnica* 9|6 in solution, in doses of a sixth part thrice a day, may be administered at the same time; or else *Arnica* 000|6 only.

Aconitum 9|3, in solution, may be given alternately, in doses of a sixth part, when there is fever.

BITES OF BUGS, SPIDERS, &c.

The bites of these disagreeable insects are sometimes attended with painful itching, redness and swelling, so as almost to disfigure the person who has been the subject of their attacks.

Treatment.—The local and internal treatment will be similar to that of the preceding.

(See Bites of Gnats, &c.)

STINGS OF BEES, HORNETS, WASPS, &c.

The stings of these insects, although exceedingly painful, are not usually attended with danger, except in those cases where a delicate part, such as the inside of the throat, has been injured, or where the sufferer has been wounded by a whole swarm.

Treatment.—Try and extract the sting, when it is left behind by the bee, (a wasp always withdraws its sting), with the finger-nails, or by means of a delicate forceps. If there is much inflammation, allow the patient to smell *Camphor*,

and apply a little honey to the affected part. An hour or two afterwards, a weak *Arnicated* lotion (one part *mother-tincture of Arnica*, to thirty parts *water*) will be of service. *Arnica* 9|6, in solution, a sixth part thrice a day, may be exhibited; or else *Arnica* 000|6 only.

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