

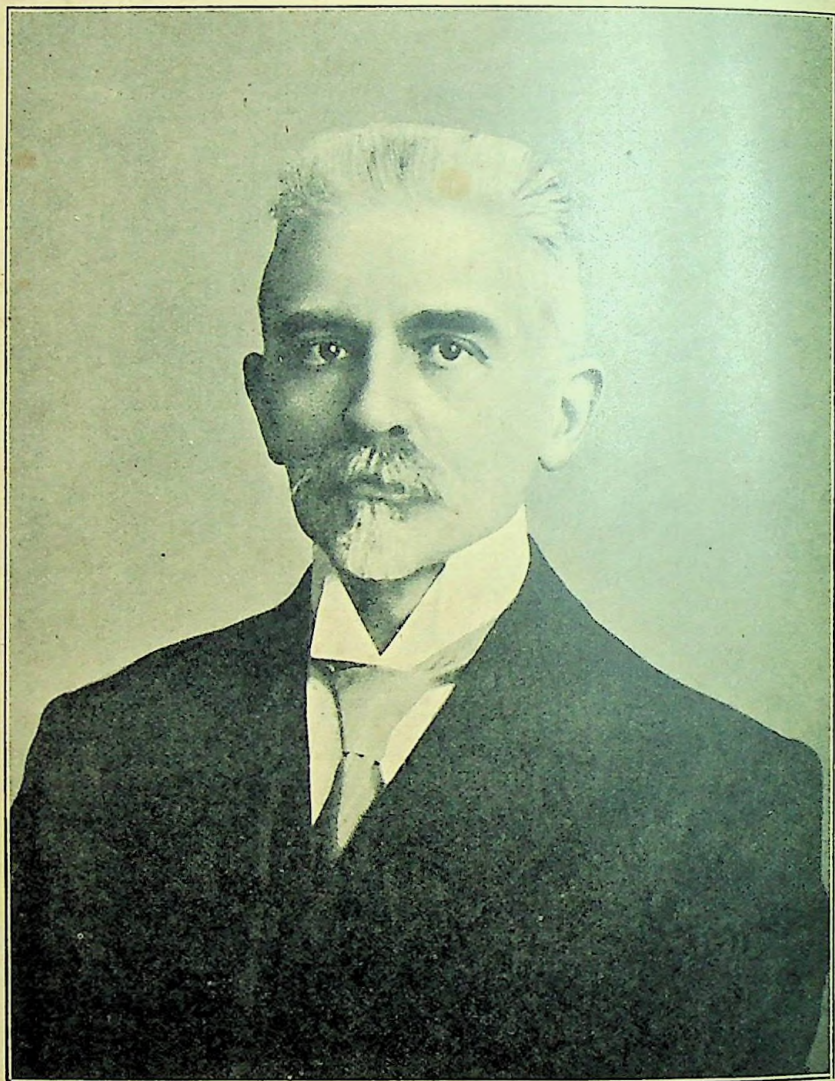
HOMŒOPATHY
IN PRACTICE

DR. VOORHOEVE



HOMŒOPATHY IN PRACTICE





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DR. VOORHOEVE'S
HOMŒOPATHY IN PRACTICE



In
AN ENGLISH TRANSLATION

Revised and Edited by

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FULLY ILLUSTRATED



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PREFACE

As the purpose of this book has been fully explained in the Introduction, it is unnecessary to touch upon it here.

The extremely favourable reception accorded to my book in Holland and Germany first suggested the idea of an English edition to me. The fact that, despite a great number of partly very good English works and treatises on Homœopathy, no book, to my knowledge, exists which in addition to its special homœopathic character contains the latest hygienic methods or a description of physical and dietary treatment (so-called "Naturopathy," or Natural Treatment), induced to me to carry out this idea.

The book is revised in accordance with the latest German and Dutch editions and adapted to the present standard of medical science.

The many practical illustrations may be valuable in helping to explain the text.

Thus I venture to hope that "Homœopathy in Practice" will meet with a favourable reception in all English speaking countries, not only as an advocate of Hahnemann's teaching but as a means by which that greatest of all possessions, good health, may be obtained and preserved.

THE AUTHOR.

Dillenburg.

FOREWORD

At the request of the Homœopathic Publishing Company I have undertaken the editing and adapting for the English-speaking public of this Dutch work on Homœopathy. It presents the case fairly, as I think, for Homœopathy, and is remarkably free from that bigotry which disparages, and even taboos, adjuvant and other measures not strictly homœopathic. It remembers always, what puristic "Hahnemannians" are too apt to forget, that Homœopathy was made for man, and not man for Homœopathy.

The book is of course intended chiefly for the laity, but it is everywhere careful to protect the public from the baneful superstition that with a little Manual of Homœopathy on their table cheek by jowl with the family Bible they can dispense with the doctor. Indeed the book is extremely reasonable as well as useful.

There are many little guides or vade-mecums for the homœopathic laity, but few so comprehensive as "Homœopathy in Practice," and none, so far as I know, with a similar profusion of interesting illustrations. It has been felt that the illustrations should prove a very attractive feature.

The general plan of the original work has been strictly adhered to, and no alterations have been made that did not seem called for in the interest of accuracy (as the Editor judges accuracy) or of that English atmosphere in which it has now to justify its existence.

T. MILLER NEATBY.

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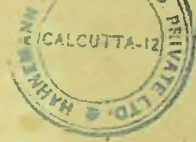
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INTRODUCTION.

WHAT does it profit a man to be honoured and renowned or to have great possessions, if good health, the greatest of these, is lacking!

Of course, good health is appreciated by everybody, but many only recognise its true value when they are attacked by disease or their body has been weakened by bad habits. An irregular life, intemperance, insufficient air, light, and exercise are not infrequently the causes of protracted and often incurable disease. A strong, healthy body will naturally stand an intemperate life longer than a weak one, but sooner or later Nature will have her revenge, for her laws can never be violated with impunity. The physician is then expected to help, but he is by no means always able to do so; for the art of healing has its limits—if the organs are degenerate, a cure is no longer possible.

For this reason it is surely unnecessary to explain how essential it is to be acquainted with the rules of a rational mode of life and the laws of hygiene, and how important to render this knowledge accessible to all classes. The purpose of this book, which is to be a practical guide not only for the sick but for those in good health, is therefore to point out the most important hygienic rules and precautionary measures against disease.

But when bodily health is already weakened or destroyed, it is imperative to be familiar with the ways and means at our disposal in order to regain it. The human organs are always striving to reject harmful influences and to cure themselves: we must therefore be careful to avoid everything which may hamper this "aspiration" of the body, which may be called the "vital force" or "Nature's Healing Power."¹ For instance, it is

¹ *Vis medicatrix naturæ*, already familiar to Hippocrates, and later on repudiated by the materialistic school which explained everything in a purely mechanical or chemical way, is at present being recognised more and more, especially by biologists, as the life force (*vis vitalis*) of every living organism. Modern medical science considers it an important factor in the curing of disease.

inexpedient to expose an inflamed eye to strong light, for a man with diseased lungs to sing and shout, to suppress fever by strong drugs, or to try to get rid of skin eruptions and rashes by violent external remedies. Thus an important factor of every sensible "cure" or "method of healing" is not to injure (*nil nocere*), and we shall soon see that by following this precept many an illness "cures itself," so to speak.

In many cases, however, Nature is not able to effect a cure unaided—the harmful influences from without may be too strong, as for instance in epidemics, or the body may be weakened by privations or a wrong mode of life. In such cases it is necessary to help nature in her fight against disease by suitable regulations and remedies. Here Medical Science comes in, which, if properly understood, is a boon to suffering mankind.

Innumerable methods for the healing and relief of sickness have been discovered and tried in the course of centuries, and numerous family remedies and quack medicines employed, all of which have at different times had their adherents and patrons. Many of these have had their day and are forgotten, others are still in general use and do good service.

If we except surgery and obstetrics, the following treatments come into consideration for so-called internal diseases:

Dietary treatment, i.e., regulations regarding the invalid's food.

Physical treatment, i.e., treatment by fresh air, water and exercise.

Pharmaceutical treatment, i.e., treatment by drugs.

Whereas to-day physicians more or less agree on the first two methods, they differ in their opinions on the third. For instance, while the adherents of the so-called natural method of healing wish to dispense with drugs altogether—an entirely antiquated point of view, as we shall show later on—many physicians cling to the use of allopathic¹ medicines in strong doses, palliatives applied according to the symptoms. Homœopathy, or the biological-medical

¹ In Hahnemann's days the term Allopathy was generally applicable to the medical science of the age. This is not the case at the present time, as palliative treatment by strong drugs is no longer considered the only remedy for the patient. The term Allopathy has, however, been retained, but in reality Allopathy now merely signifies the negation of Homœopathy.

method of healing, on the other hand, attaches less importance to the forcible suppression of separate unpleasant symptoms by strong drugs than to the support of nature's healing process by minute doses of such drugs as directly bear upon the diseased cells and organs.

The advantages of homœopathic treatment will be fully discussed in the following pages ; we will only mention here that most of the so-called internal diseases can be cured quickly, safely, and agreeably by this method, which also shows excellent results in the treatment of wounds and surgical cases, so far as the general state of health of the patient is concerned. When we add that homœopathic remedies in suitable strength and quantities (see Chapter VIII. of Part I.) can never cause direct injury, it is no exaggeration to say that Homœopathy fulfils all the conditions required of a good method of healing.

There is then no cause for surprise that the number of adherents of this school increases from year to year, and that its principles are no longer being disregarded by the official medical school. In one of the following paragraphs we shall show what an influence Homœopathy has gained on physicians all over the world.

Among laymen of all classes Homœopathy has always been extremely popular. Especially in outlying localities where medical aid is unattainable, in cases of sudden illness, in districts where missionaries by necessity must lend a hand to relieve the suffering of the natives, Homœopathy is invaluable.

The purpose of this book is to familiarise the reader with this treatment. In the first part, we intend to give a simple account—without losing sight of the scientific character of the book—of the discovery, the principles, and the value of Homœopathy, and in the second and third parts, to discuss the more common diseases, in connection with those homœopathic remedies which have been successfully employed in their healing. We shall also mention the most important hygienic, dietary, and other curative measures which have been successfully employed in our practice. We hope the book will be read even when advice and help is not needed ; it is especially important for the layman to read the introductory remarks of Part III., on the treatment and prevention of disease.

May this book then help to dissipate the prejudices and misconceptions still existing in regard to Homœopathy, and induce doctors and students to take it up more seriously, but beyond all else may it prove a helpful and welcome adviser for many families, especially for those who in case of illness have no physician at hand, and help them to preserve and to regain that precious possession : Good Health !

Truth may be blamed,
But it shall never be shamed!

PART I

PRINCIPLES AND TEACHING OF HOMŒOPATHY

CHAPTER I

DISCOVERY OF HOMŒOPATHY

Thy fame is blown abroad from all the heights,
Through all the nations, and a sound is heard,
As of a mighty wind. . . .

LONGFELLOW.

THE art of healing can be traced far back into the dark ages. Among the most ancient peoples the impulse to help their fellow creatures in cases of sickness or accident was so powerful that in course of time a few individuals dedicated their lives to the finding of ways and means for the relief of pain and the curing of disease. Thus, long before other arts and sciences had been thought of, the art of healing in its first primitive stages was practised and taught.

As is evident from the pages of the Papyrus Ebers, the oldest Egyptian document, an art of healing was known and practised as far back as the year 1600 B.C. At that time it was connected with the religious worship of the people and practised by the priests, who were said to be divinely inspired and predestined for the office.

Among the Greeks Aesculapius, a son of Apollo, was revered as the god of medicine and healing, and for a long time the temples consecrated to him were the only spot where the sick sought relief from suffering. Remedies were revealed to the sick in dreams, which were interpreted by the priests.

But it was not till the year 400 B.C. that the art of healing or medicine, as it was called, was scientifically practiced. Then Hippocrates—rightly called “the father of medicine”—after careful observation of the human body in a healthy and a diseased condition, laid the foundations of medical science which, defying the storms and tribulations of the ages, can to the present day be considered irrefutably true. He discovered the *Vis medicatrix naturæ*, or the natural healing power of the organic system, by which the body is able to overcome disease in its own strength. He considered it the supreme duty of the physician to familiarise himself with this impulse of nature and to assist her in her struggle: *Medicus interpres et minister naturæ*, i.e., “The physician must be Nature’s exponent and assistant.” He should study disease in all its separate forms, seek for its causes, watch its course, and so in conjunction with nature be able to find the

remedy. Hippocrates knew by experience that certain diseases could be cured by remedies akin to the disease: "Coughing is cured by a drug that causes coughing," he says. He was, however, not familiar with the full force of the motto of

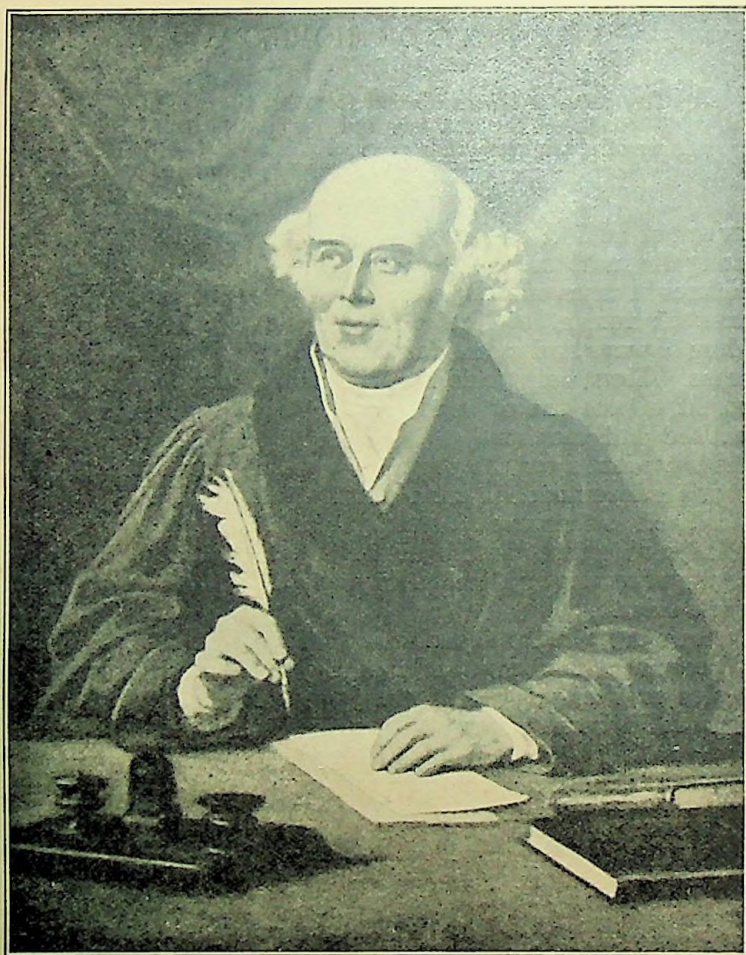


Fig. 1. CHRISTIAN FREDERIC SAMUEL HAHNEMANN.
April 10th, 1755—July 2nd, 1843.

Homœopathy, *Similia similibus curentur* ("Let likes be treated by likes"), as he had never tested the effect of drugs on healthy human organs. The knowledge of this principle as well as of nature's healing power was gradually lost or neglected by the succeeding generations, and even entirely denied by Galenus.

Galenus, after Hippocrates, one of the best known representatives of the ancient school of medicine, was, if we consider the age in which he lived, most exceptionally learned in anatomy and physiology. He was a wonderful organiser, but quarrelsome and domineering. He became the leader of a school of medicine which had great influence not only during the middle ages but nearly to the end of the eighteenth century. While approving of Hippocrates' principles in theory and discussing them in his works, he used his drugs almost exclusively in the sense of *Contraria contrariis curentur* ("Let contraries be treated by contraries.") and so became the founder of the so-called allopathic school.

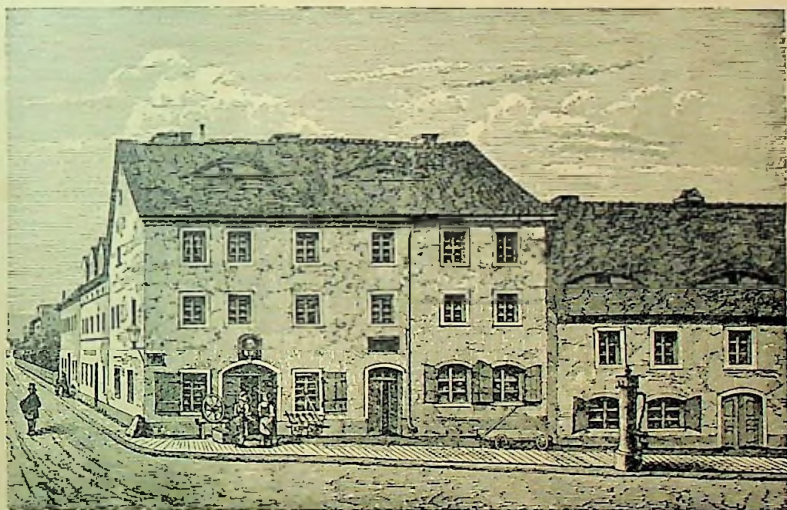


Fig. 2. HAHNEMANN'S NATIVE HOUSE AT MEISSEN.

A physician working according to the method of Galenus must fight against the disease and seek to destroy it, subdue nature instead of supporting her. "The science of healing," he says, "enables the physician to overcome disease." Experience and observation must be subordinate to this dogma. "A drug," he says, "must be rationally considered—to analyse it practically, is unnecessary." Reason, according to his opinion, must control facts.

The works of Galenus were translated and propagated by Arabian doctors, and as they had in some respects points of contact with the philosophy of Aristotle, then in high esteem, they were enthusiastically welcomed by the medical men of the middle ages. The opinions of Galenus were slavishly adhered to, and several clever men, who recognised the evils of the prevailing system, as

for instance Paracelsus (in the sixteenth century), and Harvey, who discovered the circulation of the blood (1578-1657), were held in contempt, persecuted and even declared insane.

The part of medical science known as therapeutics, the art of curing diseases, not recognising them, gives such a sorry picture of the confused precepts and fantastic methods prevailing, that the famous Boerhaave (1668-1738) once exclaimed that it would have been far better for mankind if physicians had never existed!

At that time, when the wretched state of medical science was becoming evident to a few far-sighted men, Homœopathy was discovered by the German physician, Dr. Christian Frederic Samuel Hahnemann, who was born at Meissen in Saxony on April 10th, 1755, and who died in Paris on July 2nd, 1843, aged eighty-eight.

This man of genius, who can rightly be called a Reformer of Medical Science, was the son of a poor porcelain painter; as a boy he was remarkable for his industry and intellectual grasp, and despite his many difficulties and obstacles at home he was able to carry out his plan of studying medicine. While pursuing his studies at Leipzig, Vienna and Erlangen, he had to undergo many privations and was obliged to support himself by giving lessons in his spare time. Here his thorough knowledge of English, French, Italian, Greek, Latin and Arabic stood him in good stead.

He acquired the title of Doctor in 1799 at the Erlangen University, and after his marriage with the step-daughter of the Apothecary Häsel, of Dessau, set up in practice, but was soon very dissatisfied with the results obtained by the medical school of the time. He recognised the danger of exaggerated bleeding and purgative methods, and not knowing with what to replace them and being a conscientious man, he threw up his practice and applied himself to chemical experiments, supporting his family meanwhile by the translations of books on chemistry. This step, which cannot be too highly esteemed, as it shows us his noble and unselfish character, landed him in great straits, as can be seen from a letter to his daughter describing the dire need to which he and his family were reduced. His small fortune, amassed by his own efforts, was spent to the last farthing, and he was obliged to sell his jewellery, plate, linen and clothes to save his family from starvation.

It was during this period of ill-luck that he hit upon the discovery of Homœopathy. As so often happens in very important discoveries and inventions, the proverb: "Small causes, great effects" was verified in his case. An apparently unimportant fact became the starting-point of a reformation in medical science. While translating Cullen's *Materia Medica* (Pharmacology), Hahnemann's attention was attracted to the paragraph relating

to the fever-dispelling power of the Peruvian bark (*China regia*), and he was induced to try its effects on his own body. The symptoms and sensations were very similar to those of intermittent fever. Hahnemann thus discovered the specific relationship existing between disease and drug, expressed in the words "Similia similibus."

Hahnemann's observation, after being refuted and ridiculed by men of science for a long time, has of late been declared to be



Fig. 3. HAHNEMANN'S FIRST WIFE.

correct by several well-known scientists. Thus Prof. Lewin in his epoch-making book "The Secondary Effects of Drugs," writes: "It is a well-known fact that many but not all of the workmen employed in Peruvian bark or quinine factories in the pulverisation of the bark are liable to strange feverish attacks, which in many cases resemble intermittent fever. The attacks begin with a shivering fit, followed by a high temperature and a headache, and end up with the decline of the fever and perspiration. This much discussed and contested, and occasionally even

ignorantly discredited quinine-fever often occurs alone, or in conjunction with other secondary effects of the drug. Hahnemann's observation which has so frequently been doubted may therefore be considered correct." Quinine can thus cause symptoms similar to those it can cure.

This in itself apparently insignificant experiment was for Hahnemann the beginning of extensive experimenting on himself and others with various healing substances, whereby it became more and more evident to him that every true drug is specifically related to the disease it can cure. Encouraged by his successful cures by this method, he re-started his practice, and in the year 1796 his treatise, "Attempts aiming at the discovery of healing or curative power in medicinal substances" appeared in Hufeland's "Journal of a Practical School of Medicine." In this famous article he describes his method of testing medicines on the healthy body and lays down the rule: *Similia similibus curentur* ("Let likes be treated by likes"). This year is the actual birth year of Homœopathy. (The word is derived from the Greek: *homoios* "similar" and *pathos* "state" or "condition.")¹ In an interesting book, "The Weighing of Aesculapius," he discusses the disadvantages of the traditional medical school, while in his famous work, "Organon der Heilkunst," published in 1810, he shows us the principles, the practice and the result of homœopathic treatment.

We need not be surprised that Hahnemann's new doctrine met with much opposition, and that suspicion was cast upon him, and that he even suffered persecution, this being the fate of all pioneers in their struggle against prevailing prejudices. Besides this there was the case of the apothecaries, whose trade in drugs in large quantities was endangered, as Hahnemann in adherence to his new principle advocated the use of one drug only, to be dispensed in minute doses. Being, however, completely convinced of the truth of his discovery, he allowed of no discouragement, and in the year 1812 we see him at Leipzig trying for a professorship in order to make his ideas accessible to the doctors of the younger generation. Before being granted the necessary permission for this step he had to write a thesis and to support it publicly before the faculty of medicine. He did this and so astonished his learned audience by his great knowledge and complete control of the matter in hand that he was publicly congratulated and granted a professorship. His lectures were well attended, although the students came to be amused and to mock rather than to learn.

¹ The word Homœotherapy would have been the better expression; but the name of Homœopathy having been introduced by Hahnemann himself and having in the course of time enfranchised itself, so to speak, is now the common term for that school which treats diseases by the *similia similibus* theory.

When Hahnemann entered the lecture hall, he went to the desk with the slow gait peculiar to him, sat down, laid his watch on the desk, opened his book, read out the chapter he was about to explain, and then commenced his lecture. When in his peculiar manner he touched upon the abuses and the red-tapism of the contemporary school of medicine, he always became very excited, his face flushed and his eyes sparkled with indignation. The laughter and hissing of his audience did not disturb him in the least—he quietly waited till it had calmed down, and then continued his speech. For eleven years he lectured twice a week. By his indefatigable zeal, his thorough knowledge and his keen discernment, he at length succeeded in attracting a fair number of students with and on whom he experimented in drugs and whose names will always be remembered in the “*materia medica*” of Homœopathy.

Thus, in spite of much opposition, his teaching gained numerous adherents among the physicians of the day. In Leipzig a homœopathic hospital was erected. Hahnemann’s practice grew from day to day. His name was soon well-known everywhere. Thus he attracted the attention of the Duke of Anhalt, who offered him the post of physician in ordinary at his palace in Coethen, an offer which Hahnemann accepted in the year 1821. Here his fame reached its height. He was incessantly at work, developing his system and consulted by innumerable sick persons from all parts. At Coethen he wrote his great work on “*Chronic Diseases.*” But this was the beginning of a cleavage between Hahnemann and a part of his adherents, who did not agree with him on the exclusive use of high potencies, which Hahnemann at this time defended with an old man’s obstinacy, whereas formerly he had chiefly made use of low potencies.

In the year 1835, when almost eighty years of age, he married again—a Frenchwoman, Mélanie d’Hervilly-Gohier, and soon afterwards settled in Paris. Here the old man grew young again. He participated in the social life of the great city and passed his few remaining years in a hitherto unimagined state of prosperity. Distinguished and rich patients flocked to him from all parts. On his own evidence he enjoyed a perfectly happy married life for eight years. His wife, who was entirely devoted to him, assisted him in every way, and when his death, which he had foretold, took place on July 2nd, 1843, she was so upset that she forgot to inform his friends and acquaintances, so that only very few were present at the funeral of this remarkable man.

Two years after his death the well-known homœopathist Jahr gave the following description of his last moments: “Yes, dear friends, our revered old father Hahnemann has completed his course. He died of paralysis of the lungs. At the beginning of his illness he told his friends that this would be his last illness, as his

frame was worn out. To the last his words proved the clearness of his brain and the calm with which he felt his approaching end. When his wife remarked that Providence should by rights have exempted him from all suffering as he had done so much to

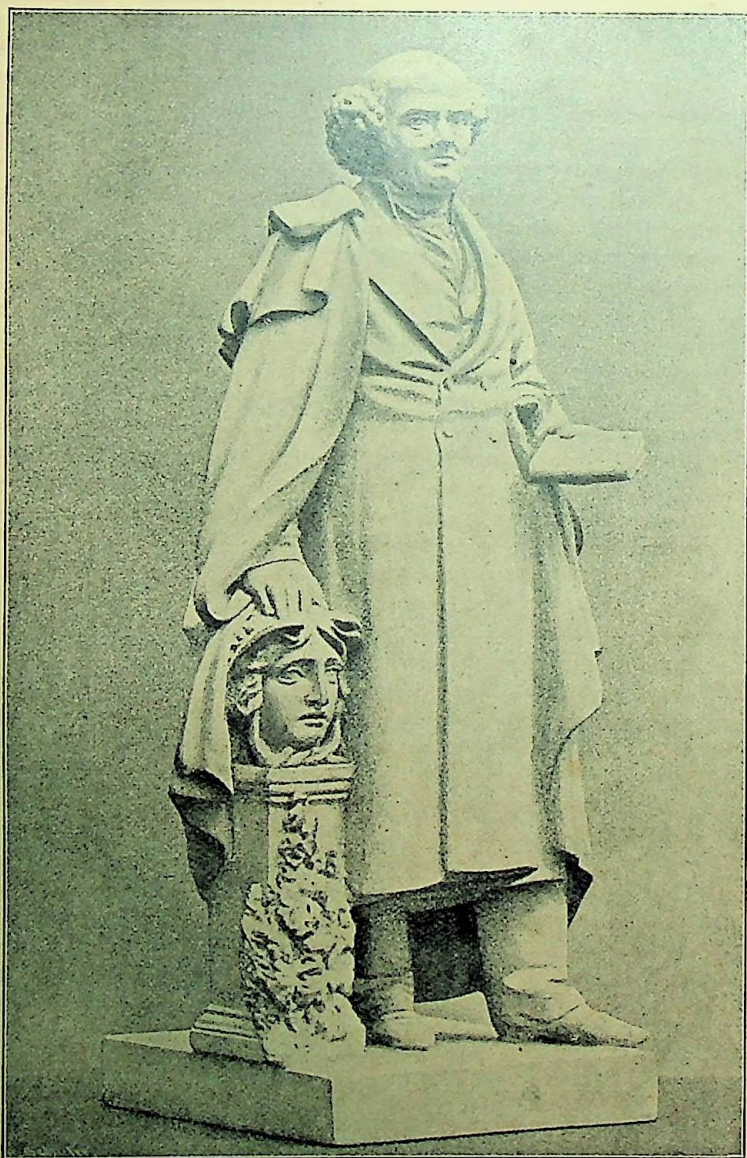


Fig. 4. STATUETTE OF HAHNEMANN.

alleviate that of others, he answered: 'Why should I be exempted? All men on the earth work according to the gifts and strength God has given them, and the question of more or less can only be judged at man's tribunal, not in the sight of God. Providence owes nothing to me, whereas I owe her much, or rather everything.' The loss of our great Master is deeply felt by all his disciples here, irrespective of their private opinion."

Hahnemann's friends and disciples forgot their differences and the faults their Master had in common with other mortal men; they joined forces in memory of his great gifts and admirable qualities and honoured him as the Founder of Homœopathy by erecting a monument at Leipzig in the year 1851.

If anyone still doubts the importance of Hahnemann's discovery, let him take note of two significant events which fifty years later were inscribed with golden letters in the annals of Homœopathy. In the year 1900, an International Homœopathic Congress, under the auspices of the Great Exhibition met in Paris and on this occasion a monument was erected on Hahnemann's hitherto neglected grave in the famous cemetery of Père Lachaise, and in the same year a monument in honour of the Founder of Homœopathy, surpassing all others in size and beauty, was unveiled in the capital of the United States, in the presence of the President and the high dignitaries of state. In his opening speech, the Minister of Finance, Griggs, said, that this monument, which had been erected in one of the most beautiful spots of the capital, was a public proof that "Hahnemann and his discovery belonged not only to Germany but to the whole world!"



CHAPTER II

SPREAD OF HOMŒOPATHY

" *Nunquam retrorsum!*"

If we look back on the History of Homœopathy from its beginning to the present day, we shall see that not only did it have a hard struggle to maintain its ideas and doctrines and to clear away errors and exaggerations, but that it frequently had to fight openly against attacks and for the safeguarding of its existence. The history of mankind shows us that every truth which is not in harmony with the prevailing opinion meets with violent opposition before it obtains general acknowledgment. Medical science is not exempt from this rule. Whatever is contrary to prevailing scientific views will be attacked, ridiculed, or hushed up. Homœopathy has shared this fate. Nevertheless it has not failed to prove its vitality and right to exist. For over 130 years during which medical systems underwent incessant changes, Homœopathy not only held its own, thus disappointing all the prophecies about its speedy end, but spread rapidly, surpassing the boldest hopes of its adherents and winning respect from its most embittered adversaries. In the following pages we shall give the reader a short account of this progress.

Our starting point is the last International Homœopathic Congress in London, which, attended by physicians from all civilised countries, clearly proved the steady progress of Homœopathy. All the most important questions of the day, homœopathic as well as medical in the wider sense and surgical, were discussed at this congress, the best-known advocates of Homœopathy spoke and a resolution was passed which claimed for Homœopathy that position in the scientific world which belongs to it by rights. The most important result was the founding of the International Homœopathic League, whose aim is the development and spread of Homœopathy throughout the world and the removal of the obstacles it still meets with. This International League, to which every country is entitled to send a representative, meets annually, and in succession in the different countries; every five years, at the World Congress, it gives a detailed account of its work and results. The most successful methods employed to secure these results are the following :

- (a) The influencing of public opinion by lectures, pamphlets, founding of associations for laymen.

¹ Never backwards!

- (b) Help and encouragement for experimenting in drugs.
- (c) Winning of adherents from the ranks of the young doctors.
- (d) Erection of homœopathic hospitals.
- (e) The establishment of professorships for Homœopathy.

The founding of the International League is of the greatest importance to all homœopaths, for though the International Congress can be considered the focus of homœopathic science, it is to the League that we must look for the solution of all practical questions.

The last report of this League, which comprises all the countries where Homœopathy has gained a firm hold, gives us the following particulars about the spread of Homœopathy.

The U.S.A. have made the greatest strides. In that country 16,000 doctors, trained at four universities (Boston, Michigan, Kansas, Denver) and at eight medical colleges, have their own practices. The Hahnemann Medical College at Philadelphia, the largest and oldest college, receives an annual subsidy from the State and has at its disposal several hospitals with 300 beds for clinical instruction. Next on the list is the New York Medical College, built in 1860 and connected with a hospital which cost one million dollars to build. Further, there are in the land of liberty and equality more than 200 general and special hospitals, sanatoriums and nursing homes, where the entire treatment is in the hands of homœopathic doctors, and lastly about seventy hospitals and nursing homes in which the treatment is both homœopathic and allopathic.

The largest homœopathic hospital in the world is the Metropolitan Hospital in New York, which has 4,890 beds and is entirely maintained by the town, a striking proof of the faith the population of New York have in Homœopathy. Finally there are in the U.S.A. two sanatoriums for tuberculosis and ten lunatic asylums, in which the treatment is homœopathic; these either receive subsidies from the State or are entirely maintained by it.

In other American countries, too—in Brazil, the Argentine, and Canada—there are homœopathic hospitals, and in Mexico Homœopathy has made mighty strides and been shown official recognition by the erection of a homœopathic college, the students of which may become fully qualified after a five years' course of study with the same privileges as the students of the State Universities, with the result that the number of homœopathic doctors in that country increases so rapidly that at the present time 600 physicians treat their patients by Hahnemann's method.

In Australia there are forty homœopathic doctors with their own practices, four hospitals and four associations. In British India, China, the Dutch Indies, and the Cape we find few homœopathic doctors, but thousands of missionaries are able—thanks to

the comparative simplicity and easily understood methods of Homœopathy—to treat themselves and the natives when medical help is not attainable. At Mangalore in India, for instance, a missionary has built a hospital for the impecunious, an asylum for lepers, a plague hospital and cholera barracks.

There are homœopathic hospitals in most of the European countries and innumerable physicians who treat their patients by Hahnemann's method. In France there are 149 homœopathic doctors, in Italy 49, in Spain 138, and in England 220. Besides the British Homœopathic Society in England there is the British Homœopathic Association comprising all partisans of Homœopathy and having as its aim the furtherance of Homœopathy. A living witness to the good results obtained are the many hospitals and nursing homes. In England there are 14 homœopathic hospitals—in Bath, Bristol, Bournemouth, Liverpool, and elsewhere; the largest is in London. This building contains 164 beds, of which 140—for the indigent—are supported by voluntary sums contributed by friends of Homœopathy. It is the oldest and the largest homœopathic hospital in Europe.

In Germany there are 350 homœopathic doctors and very soon there will be far more. Public opinion on Homœopathy is at present veering round, particularly since well-known professors of medicine, such as Prof. Bier in Berlin and Prof. Much in Hamburg, have publicly taken up cudgels in its behalf. For a long time homœopathic courses, attended by a great number of doctors interested in the method, have been given at Stuttgart, and in Berlin the "Medical School of Homœopathy" with lectures for doctors has been opened.

In the smaller European countries, too, Homœopathy has spread rapidly of late. There are 32 homœopathic doctors in Belgium, 22 in Portugal, and 25 in Switzerland. Denmark opened its first homœopathic hospital in 1913, Holland in 1914. In the latter mentioned country there are 40 homœopathic doctors, and in many towns and villages homœopaths are in great demand.

Thus we have seen that the spread of Homœopathy throughout the world has become a reality. The seed planted by Dr. Hahnemann has become a large tree! *Nunquam retrorsum!* Not back, but forward, be the motto of all convinced supporters of Homœopathy!

CHAPTER III

PRINCIPLES OF HOMŒOPATHY

“ Simplex veri sigillum ! ”¹

HOMŒOPATHY is founded on the theory of the specific relation of drug to disease, expressed in the afore-mentioned “ doctrine of similars.” Drugs selected by this principle may not, however, be dispensed in the customary big doses, as they would then aggravate the disease, but in small (so-called homœopathic) doses which, however, must still be large enough to have a healing effect on the diseased organs and tissues.

The following three principles are thus the main characteristics of the Homœopathic schools of healing :

1. Testing the effect of drugs on the healthy human body.
2. Application of the principle: *Similia similibus curentur* (“ Let likes be treated by likes ”) in such diseases as can actually be healed by internal remedies.
3. Dispensing the remedy in such small doses that it can have no injurious effect.

Various other more or less important rules must be considered in homœopathic treatment, but the majority are based on one of the afore-mentioned principles.

1. Had Hahnemann’s sole theory been the testing of drugs on the healthy human body before giving them to the sick, he might have been considered the greatest reformer of medicine of his age. It was indeed a splendid idea to test the efficacy of a drug not only by accidental poisoning cases or by experiments on animals, who cannot express their feelings, but on man, who is the subject of the treatment. This mode of experimenting in drugs, though not entirely rejected by the old school of medicine—many doctors before and after Hahnemann have pointed out its merits—has not yet been officially adopted. On the contrary, the official medical school has acquired its knowledge of the effect of drugs by empiric methods and by experiments on animals, and although these experiments are by no means to be despised, they have led to the disappearance of many apparently ineffective but really valuable remedies formerly successfully used in various diseases, and to the coming into favour of modern chemically

¹ Simplicity is the mark of truth !

manufactured drugs with strange high-sounding names. In many cases the effect of the drug on animals differs widely from its effect on man ; an instance of this is *Atropine*. The experiments on animals cannot show us the subtler effects of a drug. In testing a drug on the sick also, we shall not clearly see its effect, as the symptoms of the diseases are often confused with the symptoms caused by the drug.

On the other hand, the experiments on the healthy human body show us the influence certain drugs have on special organs, their subtler effects on the nerves, the spirits, etc., so that the physician is enabled to choose safely the remedy suited to the treatment of the disease. Hahnemann and all the homœopathic doctors and investigators who succeeded him adhered to this principle of Homœopathy, without which they would never have adopted the doctrine of similars. One of the most renowned pharmacologists, Prof. Schulz, of Greifswald, recently declared that, in order to know the power inherent in any special drug, the effect of the drug must of necessity be tested on the healthy human body. He acknowledges that Hahnemann's claim is entirely in conformity with modern science, and says that mankind is for ever indebted to him for advocating the method of testing drugs on the healthy human body. As an example Prof. Schulz mentions *Arsenic*. We can see that this is a poison by its effects on different animals, but these experiments will never prove that it can have other effects ; that it can cause, for instance, a form of chronic neuralgia. In order to solve the question : " What effect has a special drug on man and what consequences will ensue therefrom for therapeutics ? ", it is not sufficient to experiment on animals. Prof. Schulz and his students have tested numerous substances many of which (*Sulphur* for instance) are considered ineffective, on themselves, and obtained results which are in surprising accordance with those described by Hahnemann more than 100 years earlier.

This first principle of Homœopathy has been practised both by Hahnemann and his pupils and successors. Hahnemann himself tested about sixty drugs on healthy human beings by his method and gave detailed reports on the results obtained. His efforts were continued and so supplemented by the aid of microscopy and chemistry that even the most subtle changes in human organs under the influence of a special substance could be determined. We now have very precise and detailed books on pharmacology describing the effects of the best-known and most commonly used drugs ; these emphasise not only the pathological-anatomical changes, but the subjective symptoms on which the selection of the right drug depends. A classical book on this subject is the well-known work on pharmacology by the American Prof. Farrington, and research work in this branch is continually being carried on by homœopathic science.

2. Hahnemann's greatest act was the promulgation of the doctrine of similars. By comparing the symptoms caused by special drugs in the healthy body with similar symptoms in different maladies and by practical experiments on himself and others, Hahnemann became more and more convinced that nature's golden rule for the speedy, safe, and agreeable healing of most diseases by means of drugs finds expression in the therapeutic principle: *Similia similibus curentur* ("Let likes be treated by likes"). This pioneer discovery of Hahnemann's is the pillar of the homœopathic structure. It had unconsciously been made use of by many of his predecessors, for most real cures by drugs are due to it. We need not be surprised that these biological laws are not without exceptions, as all natural laws governing heat, electricity, and even gravity, have their limits.

Many doctors have irrefutably proved the truth of this therapeutic principle by thousands of cures; it is practically applied and used as a guide by physicians all over the world, which would assuredly not be the case if it were an illusion. Though it cannot be denied that Hahnemann's theoretical explanation of the efficacy of this principle is no longer in accordance with our present knowledge of diseases and drugs, the fact remains that the principle itself is correct. His work is not based on theoretical explanations but on practical results in the treatment of the sick. A few examples will make this clear.

It is a well-known fact, that the symptoms caused by acute *Arsenic*-poisoning are very similar to cholera symptoms; in both cases there is great loss of strength, violent pain, watery diarrhœa and unbearable thirst, while the diseased state of the tissues of the bowel canal is almost identical in both cases. The last cholera epidemic in Hamburg showed afresh that *Arsenic*, homœopathically diluted, is one of the best remedies for this deadly disease. It is a well-known fact that large doses of *Corrosive sublimate* will cause symptoms similar to those of dysentery; it has been proved a hundred times by experience that *Sublimate* homœopathically diluted can cure dysentery. *Sulphur* causes and cures rashes; *Phosphorus* causes and cures certain bone-diseases; *Ipecacuanha* causes and cures sickness and vomiting; *Copper* causes spasmodic respiration and choking fits, and for this reason is a very valuable homœopathic remedy for whooping cough; X-rays, while causing inflammations of the skin when applied too vigorously, can cure similar cases of inflammation. We could in the same way give many more illustrations of the truth of the homœopathic principle.

3. The explanation of this marvellous twofold effect of drugs is to be found in the dispensing of the drug, and thus we have arrived at the third principle of Homœopathy. In studying the effect of drugs on the diseased and the healthy human body, we

are struck by the fact that large doses have the contrary effect of small ones. *Alcohol* taken in great quantities has a numbing effect on the action of the brain, while on the other hand small quantities stimulate it. *Corrosive sublimate* in large doses kills the organic cells; strongly diluted (1 to 8,000,000) it stimulates life and causes a great increase of yeast-cells in a solution of grape sugar. *Rhubarb* in large doses is a well-known aperient, while a homœopathic dose is an approved remedy for a peculiar form of diarrhœa. *Opium* stupefies or stimulates according to the dose. By this we can see that the popular rule "much helps much" does not generally hold good in medicine; on the contrary, large doses are frequently injurious, while small ones are beneficial. The fundamental principle of biology laid down by Prof. Arndt: "Slight stimulants quicken vitality, medium ones promote it, strong ones arrest it, and very strong ones destroy it" helps us to understand the efficacy of drugs selected on homœopathic principles.

If the aforementioned law holds good for the effect of drugs on the healthy body, it is naturally of far greater importance when applied to the diseased body and its organs. Whereas an inflamed eye is painfully affected by a ray of light, the sound eye delights in it! How sensitive to the slightest sound is the sufferer from a neuralgic headache, and how unpleasantly the smell of tobacco irritates inflamed or diseased respiratory organs! Diseased organs and diseased systems are thus affected by irritants which have no effect whatever on healthy ones. It can therefore easily be understood that, while large doses of drugs have definite effects on healthy organs, the same drugs can act on diseased organs even when taken in such small doses as would have no effect whatsoever on healthy ones. This is entirely in conformity with Homœopathy which dispenses drugs in such small doses that, whereas they have no visible effect on healthy organs, they are able not only to support the system in case of illness but to hasten convalescence.

These three scientific principles are acknowledged by all homœopathic doctors; they represent the present standpoint of Homœopathy. Homœopathic doctors by no means consider themselves infallible; all real progress in medicine is heartily welcomed by them. They are convinced that homœopathic pharmacology as well as its practical application is capable of improvement, but they cling to these three main principles which need not fear criticism either in theory or in practice.

* * *

How is it then that, in spite of all this, Homœopathy meets with so much opposition from the representatives of the official medical school and is so often slighted? We must seek for the reason not only in Hahnemann's advocacy of a new therapeutic principle and the testing of the drugs on the healthy body—two theories which run counter to prevailing views—but

principally in his theory on the dilution of drugs. Although it has been repeatedly stated by representatives of Homœopathy that in accordance with modern views the efficacy of a drug does not increase with increased dilution, Hahnemann's "infinitesimal theory" is still being confused with the theory of the effect of very small doses, and it is chiefly these small doses, the "nothings" of Homœopathy, which are the stumbling block for the majority of physicians.

We make use of this opportunity to state publicly once more, that though homœopathic doses are small; and certainly much smaller than the usual allopathic doses, they are not so minute as to preclude the presence of any healing substance. The great majority of homœopathic doctors throughout the world make use of the third to the sixth deci-normal in most diseases, i.e., a preparation containing a thousandth to a millionth part of the original healing substance. More highly diluted drugs too are used and must be used in some cases, as certain substances have been proved entirely inefficacious in an undissolved state, as for instance lime, charcoal, silicic acid, etc., which only become efficacious on being pulverised and ground with sugar of milk. To a certain point these substances become more efficacious by repeated dilution because the efficacious surface increases and they are thus more easily absorbed. To what limits the dilution and mixing of the various drugs may or should be carried, can only be determined by experience gained at the sick-bed. The following rule is the only permissible one: Dilution and trituration of drugs may only be carried to such limits as will allow the drug to have a definite effect on the body without possibility of injury.

That very small doses can act in this way is beyond question and is guaranteed by all homœopathic hospitals. That the old school of medicine, too, has been forced by experience to reduce its doses in certain cases, is proved by the new method of injections in which (in *tuberculin* injections, for instance) doses of $1/1,000,000$ – $1/100,000,000$ gramme (quantities equal to the 6th–8th homœopathic decimal dilution) are no longer unusual.

In chemistry, physics, zoology and botany there are countless proofs of the efficacy of substances used in small quantities. For instance, one part of *Iodine* dissolved in 480,000 parts of water can be detected by means of starch. The French botanist Coupin discovered that copper salts have an extremely injurious effect on the growth of certain plants, not only in strong solutions, but in a dilution of 1 to 700,000,000, that is in a solution approximating the 9th Homœopathic decimal dilution. Löw discovered that whereas *Uranium salts* in a solution of 0.05 per cent. have a poisonous effect on young pea plants, they promote their growth when diluted at 1 to 10,000, which is equal to a 4th decimal dilution.

Of great importance, too, are the recent investigations on the catalytic effect of certain substances. Catalysis is the effect of certain substances on others whereby these undergo decomposition or amalgamation without the former being in any way affected. In this way many substances attain a higher power of oxidation. A simple experiment easily tried will illustrate this. If a piece of sugar is held over the flame of a spirit lamp, the sugar will melt and drip, but never catch fire; but if the sugar is first dipped into cigar ash and then held to the flame, it will quickly be burnt up. Cocoa, pepper, tea and other vegetable substances have the same effect, and if pulverised and applied to sugar the latter will quickly burn. A single drop of human blood dropped on to a piece of sugar will cause the latter to burn violently when held to the flame. By far-reaching researches the chemist Schade has proved that the catalysors (i.e., substances having a catalytic effect on others) have this effect even when tremendously diluted. For instance the catalytic increase of the power of oxidation of sulphuric acid by the agency of copper sulphate (*Vitriol*) is obtained by a dilution of 1 to 1,000,000,000. Another interesting fact in these new discoveries, which are contrary to all established chemical laws, is that these catalytic substances retain their efficacy after being burnt, their effect thus necessarily differing from that of organic ferments. Lack of space prevents us from dwelling on this interesting topic any longer, but what we have already said gives us another clear proof of the power of little things in Nature, and it is thus by no means illogical to accept in theory the possibility of the healing effect of very small doses quite irrespective of the practice which favours it.

We have thus seen in this chapter that Homœopathy is a method built up on scientific foundations. It presents a truth in medicine which has in many respects been confirmed by the most recent researches and discoveries. Besides this, however, Homœopathy is, as will be explained in the next chapter, a practical method of healing to which millions of sick are indebted for their restoration to health.

CHAPTER IV

IMPORTANCE OF HOMŒOPATHY

Hahnemann—our leader.
Experience—our guide.
Health—our goal!

THE intensive and extensive growth, the increasing spread of Homœopathy despite all the obstacles in its path, and the ever-growing number of its supporters, might well be looked upon as the best evidence of the important part it plays in the treatment of the sick. But in face of the many opponents by whom Hahnemann's teaching is still being attacked, public attention must be drawn to the practical results of Homœopathy, as shown by statistics. Of course, every homœopathic doctor is able to give a list of cures in his private practice in which Homœopathy has proved its superiority to other methods of treatment—and it is such evidence which can best strengthen faith in its method of healing, but in public discussions of its value, the practical results obtained in hospitals and nursing homes play the chief part. We are able in this respect to give the reader a very satisfactory account of the results achieved by homœopathic treatment. The following statistics are based on a great number of cases which in different countries and at different times have been treated by the two schools (Allopathy and Homœopathy) in public hospitals. These comparisons show us that under homœopathic treatment the death-rate is half as high as under allopathic treatment and that the probability of a cure is as a rule greater under the former than under the latter treatment. To prove this we will first of all compare the death-rate of the two schools.

Quoting from the older statistics, we will give the results embodied by Dr. Routh, an Allopath (who cannot be suspected of bias in favour of Homœopathy) in his statement comparing the treatment in the homœopathic hospitals of England, Germany and Austria with that of other hospitals. The figures are as follows :

	Patients.	Deaths.	Death rate.
Allopathic hospitals	119,630	11,721	10.5%
Homœopathic hospitals	32,655	1,365	4.4%

In more modern times Dr. W. S. Mill's carefully worked out statistics drawn from the official sources of the United States of North America deserve mention. His lists contain the results of treatment in the hospitals of six of the largest towns of North America in 1895, where allopathic and homœopathic treatment is very frequently practised in different wards of the same hospital, the distribution of the patients in the two departments being arranged by the municipal authorities according to the number of beds vacant and irrespective of the character of the disease. As the material under treatment and the hygienic arrangements of both wards are identical and the number of cases very great, the opponent is bound to take note of the statistics before passing judgment on the results. For this reason the following statistics are given unabbreviated.

1895. ALLOPATHIC SECTIONS. 1895.

Town.	Patients treated.	Deaths.	Death rate.
1. New York	8,430	621	7.35%
2. Brooklyn	1,373	118	8.60%
3. Philadelphia	2,553	268	10.49%
4. Pittsburgh	2,305	207	8.98%
5. Boston	4,605	453	9.83%
6. Chicago (in 5 years) ..	28,121	3,340	11.87%
TOTAL	47,387	5,007	10.56%

1895. HOMŒOPATHIC SECTIONS. 1895.

Town.	Patients treated.	Deaths.	Death rate.
1. New York	5,060	271	5.36%
2. Brooklyn	1,170	76	6.44%
3. Philadelphia	1,871	98	5.29%
4. Pittsburgh	1,412	90	6.37%
5. Boston	1,191	50	4.19%
6. Chicago (in 5 years) ..	8,509	766	9.00%
TOTAL	19,213	1,351	7.03%

In more recent times the following statistics published by the International Homœopathic League must be mentioned :

GENERAL HOSPITAL STATISTICS OF NEW ENGLAND¹ FOR THE YEAR 1910, COLLECTED FROM OFFICIAL SOURCES.

	Patients.	Deaths.	Death rate.
Allopathic hospitals	17,414	1,498	8.62%
Homœopathic hospitals	4,925	178	3.01%

i.e., an average death rate of 9.89 per cent. under allopathic treatment, to an average one of 5.01 per cent. under homœopathic treatment.

If we take the different diseases separately, the results in favour of Homœopathy are still more apparent, viz. :

	Death rate.
<i>Pneumonia</i> :	
Allopathic treatment during the last 32 years	29.5%
Homœopathic treatment during the last 32 years	3.9%
<i>Diphtheria</i> :	
Treatment with antitoxin	16.1%
Homœopathic treatment without antitoxin	4.5%
<i>Cholera</i> :	
Allopathic treatment during 100 years	49.57%
Homœopathic treatment during 100 years	16.33%

The practical American has for a long time drawn the right conclusions from these results—there exist in America (and also in England) Life Insurance Companies in which the yearly premium is reduced by 10 per cent. for those who in case of illness are willing to be homœopathically treated.

Referring to the probability of healing under homœopathic treatment, we give a few additional figures from the afore-mentioned publications of the "International Homœopathic League." Under homœopathic treatment this probability is :

in cases of pneumonia,	6-7 times
" " diphtheria,	3-4 times
" " cholera,	2-3 times

greater than under allopathic treatment. The homœopathic treatment of the insane, too, has had very good results as is proved

¹ New England—the North-Easterly part of the United States, comprising the states of Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, and Vermont.

by the following government report from New York on the period between 1895-1910 :

In 11 allopathic lunatic asylums the cures amounted to 28.80 per cent.

In 4 homœopathic lunatic asylums they amounted to 43.31 per cent.

It is thus not surprising that the number of States possessing homœopathic lunatic asylums is steadily increasing ; for, as the percentage of cures under this treatment is rising and the duration of the malady is shortened, the costs to the State are greatly reduced.

It is thus evident that despite the progress achieved by medical science since Hahnemann's day Homœopathy has shown its superiority—a superiority proved, as we have seen, by a lower death rate and greater probability of cure.

We shall now point out a few other merits of Homœopathy.

I. One of the most important advantages which has repeatedly been mentioned in the preceding chapters is : that the minute doses prescribed by Homœopathy can have no injurious secondary effects, so that drug poisoning, unfortunately so frequently the consequence of strong allopathic medicines, is practically unknown in Homœopathy. How unpleasant are the consequences ensuing from continuous dosing with *Quinine*, *Mercury*, *Morphia* and such like strong drugs ! Referring to this, Prof. Kobert, an authority of the official schools, says : " By medicinal poisoning we mean those intoxications for which we doctors are to blame. Their number is legion ! It is cruel to try new remedies of unknown and uncertain composition (which have not been thoroughly tested by expert pharmacologists) at the sick-bed ; it is a practice which ought to be officially prohibited. . . . We must unfortunately confess that the number of people killed by too strong doses or wrongly applied remedies is very great. . . . About 90 per cent. of *Mercury* poisoning cases during the last ten years were caused by drugs. . . . Poisons which have been injected into the body cannot be got rid of by medical resources."

This remark refers to the modern method of administering drugs in the form of injections ; whereas formerly few drugs but *Morphia* were injected, *Iodine*, *Antipyrin*, *Medinal*, *Digitaline* and many others are injected to-day, and quite recently even *Optochine* as a remedy for pneumonia, in consequence of which more than a dozen cases of total loss of sight have occurred and a warning against its use has been given by Prof. Hippel. Such dangerous drug-poisoning will never occur under homœopathic treatment, a fact that certainly tells in its favour.

II. Yet another advantage is that "exorcism" or the removing of superficial manifestations of disease as for instance the forcible suppressions of rashes, diarrhœa, the discharge of gonorrhœa, etc., which so often has serious consequences, is unknown in homœopathic treatment. Such symptomatic-palliative treatment by strong drugs may give temporary relief and is permissible in some cases, for instance, in incurable diseases; but as a rule, particularly when the taking of the drug is indefinitely prolonged, the patient loses strength and the illness becomes "chronic", especially as the doses must constantly be increased if they are to give relief. Prof. G. Jäger referring to this says: "Palliative treatment by large doses of drugs which lower vitality should be an exception, not, as commonly occurs, a rule; not only because the patient's health cannot completely be restored by such treatment, but because it impairs and weakens vitality, and by poisoning the system frequently causes a total loss of strength or even death."

III. The third advantage is that homœopathic remedies can be applied at once in case of unknown maladies, or when a disease cannot be clearly diagnosed. Homœopathy has this advantage because it selects the drugs by the doctrine of similars. The homœopath having carefully observed the symptoms is able, by his knowledge of the drug's effect on the healthy body, to apply the suitable remedy at once without having to wait for the diagnosis. The homœopath by no means despises diagnosis and does not neglect it, but there are plenty of cases, especially at the beginning of an illness, in which it is not possible, even when aided by all modern scientific resources, to give an exact diagnosis. It is one of the greatest advantages of Homœopathy that in such cases, too, its remedies can be safely selected; these remedies often succeed in arresting the development of the disease, or at least cause it to assume a milder form and hasten convalescence.

A striking example of this and at the same time a proof of Hahnemann's genius is the homœopathic treatment of cholera. He had never seen a case of cholera himself, but after having received a clear report of its symptoms from his friends in Vienna he drew the attention of his supporters to the most suitable homœopathic remedies—and experience proved him to be right. To the present day the remedies he recommended have been retained as the principal ones in the homœopathic treatment of cholera. (See Chapter IV. of Part III.). It is not surprising, therefore, that Dr. McCloughlin, official inspector of British cholera hospitals, declared that if he were attacked by cholera, he "would rather be in the hands of a homœopathic than an allopathic adviser."

IV. A further merit of Homœopathy is, that certain diseases, generally treated surgically, may be treated and cured by homœopathic remedies. Miracles, in the general sense of the word, must not be expected of Homœopathy; it cannot save the life of the patient in the last stages of tuberculosis or cancer, or create new organs, but in cases of appendicitis and in many so-called surgical diseases, such as piles and many diseases of women, Homœopathy can often obtain highly satisfactory results by the use of internal remedies and prevent serious operations. Although Homœopathy fully recognises the advantages of scientific surgical treatment, it holds fast to its opinion that in the present day operations are too numerous. The comparatively slight risk now attached to operations formerly considered dangerous easily induces surgeons to operate more frequently than is absolutely necessary. An impartial authority on surgery, Prof. Dr. Kleinwächter, at Ulm, many years ago expressed the opinion "that he was convinced that the limits of gynæcology were carried too far and that many of the patients who had undergone operations could have been cured of their diseases in other, though perhaps less speedy, ways." The good results recently obtained by X-rays and Radium as well as by light and sun-ray treatment without operating, have, to the great satisfaction of the homœopathic school, brought about a change of opinion on surgery. It is a matter of course that the homœopathic physician does not hesitate to operate when an operation is really necessary; but he will in the first place make use of all other means to overcome the disease in a bloodless manner.

V. Another great advantage of Homœopathy is its simplicity. That does not mean that the selection of drugs is easy, or that possessing a book means avoiding mistakes. On the contrary, a great deal of study and practical experience are needed to enable one to recognise the symptoms correctly and to choose the remedy suited to the treatment of the disease in question. But treatment by Homœopathy is simple, the prescriptions are consistent, contrasted with the often complicated prescriptions, subject to constant changes, of the official school. This difference between the old and the new school is clearly shown in the dispensing of the drugs. Whereas in the old school we see large bottles of mixtures of various drugs of which the unpleasant taste is more or less disguised by the addition of other substances—pills and powders often much disliked by the patients—the modern school has small bottles containing simple doses, palatable powders, tablets and pills which are willingly taken even by children. The homœopathic doctor can easily carry a number of his drugs about with him for administration in urgent cases. This is very important

in cases of sudden illness, especially at night, or when there is no chemist within reach. How much valuable time can be saved in this way in cases of sudden and transitory maladies—for instance in the infantile complaint of croup?

VI. Lastly, Homœopathy is invaluable in localities where a doctor's assistance is unattainable, or for missionaries who are constantly obliged to help the natives in cases of illness. The layman is enabled by careful observation of homœopathic precepts to be of great use and to prove a blessing within a small circle of his fellow-creatures.

CHAPTER V

HOMŒOPATHIC REMEDIES

As we have seen, Homœopathy not only uses drugs differently but prepares them in a manner differing in many respects from that of the allopathic or official school of medicine.

Hahnemann's chief object was not only to use drugs simply and uniformly but to preserve their original properties in an unimpaired state. By many tests and experiments he discovered that the most suitable method of preparing the majority of vegetable substances was in the form of alcoholic essences and tinctures, while for those substances which are not soluble in water or alcohol and whose efficacious ingredients cannot be extracted by either of these mediums, pulverisation and an extremely careful trituration with chemically pure sugar of milk is to be recommended. Certain substances, for instance *Lime*, *Sulphur*, *Silica*, which have no medicinal effect whatsoever on the body in an unprepared state and are consequently considered "indifferent," that is, inefficacious, by medical science, can be transformed into highly efficacious remedies by desiccation and prolonged trituration with sugar of milk. This discovery of Hahnemann's which has been confirmed by all homœopathic doctors is up to the present time the sole property of Homœopathy. Another advantage of many homœopathic medicines is the use of the freshly extracted juice of the plant, as by drying its healing properties undergo certain changes which weaken its effect. This advantage is even acknowledged by leading doctors of the official school of medicine, for instance by Prof. Wood, the author of an English book on Pharmacology, and by Prof. Kobert, who in his "Manual of Pharmacological Therapeutics" writes as follows: "As the chemist must always have a good supply of medicinal vegetable substances on hand, these can naturally not be fresh, but are withered and dry (as is shown by the word 'drug' which means dried matter). Consequently official therapeutics must—as I have pointed out repeatedly—do without those plants which are only efficacious when fresh, such as: *Pulsatilla*, *Bryonia*, etc., whereas the popular branch of therapeutics—by which Homœopathy is meant—uses these fresh plants extensively with highly satisfactory results."

A testimony to the genius and great knowledge of the founder of Homœopathy is the fact that, despite the 130 years which have passed since the beginning of his method, the principles which Hahnemann laid down and recommended for the making up of remedies have remained practically unchanged. It is true

that in the course of time a few homœopathic chemists introduced changes into Hahnemann's method of which one or two—the method of preparing dilutions according to the decimal system, for instance—may really be called improvements, but on the whole it has been proved that as far as "purer" preparation is concerned, Hahnemann's original prescriptions are still the best. This circumstance has rightly been taken into consideration by the homœopathic pharmacopœias of the various countries, of which the best known are that of the British Homœopathic Society, that of the American Institute of Homœopathy, and the German one by Dr. W. Schwabe. The homœopath must always and everywhere be sure of having as well-proportioned and carefully prepared medicines at his disposal as those with which Hahnemann and his successors made their classical experiments on the healthy human body.

What then is the nature of homœopathic remedies? What do they look like? How are they prepared?

They are obtained from the vegetable, animal and mineral kingdoms. *Aconite*, for instance, belongs to the first mentioned, *Apis* to the second, and *Sulphur* to the third. A few other substances, too, are used for curative purposes which, like *Tuberculinum* for instance, are the carefully desiccated products of some bacillus or other.

Vegetable and certain animal substances which must be as fresh as possible are made up into alcoholic essences and mother-tinctures according to special prescriptions, while mineral substances and a few others are prepared in large china mortars by repeated trituration with sugar of milk. From these original preparations the dilutions or fluid potencies are then made up with diluted or strong alcohol, and the solid trituration with sugar of milk at a ratio of 1 to 100 or 1 to 10, accordingly as the centesimal or decimal scale, is used. At present the decimal scale which has many advantages is more commonly used: thus the particulars of the medicinal potencies in this book are based on it.¹ According to this very exact mode of preparation the

1st decimal solution or trituration possesses	1/10
2nd " " " " "	1/100
3rd " " " " "	1/1000
4th " " " " "	1/10000
5th " " " " "	1/100000
6th " " " " "	1/1000000

of drug strength, and so forth.

¹ The potencies of Homœopathy are made in two "scales": the centesimal, originally used by Hahnemann, and the decimal, now in more frequent use. The centesimal scale is denoted by plain numerals, 1, 2, 3, etc.; the decimal is denoted by the letter "x" added to the numeral: 1x, 2x, 3x. So *Aconitum* 2 means the second centesimal potency of *Aconite*, and *Aconitum* 2x means the second decimal potency of this remedy.

The well-known homœopathic globules are grains of sugar soaked in fluid potencies and dried. As only very few drops are needed to supply a great number of globules with a medicinal substance, this remedy possesses a far smaller drug power than the corresponding dilutions. They are frequently used for infants and young children, adults as a rule preferring solutions and triturations. For technical reasons these globules will not keep when made at a lower potency than the third decimal power. Tablets containing a fixed quantity (4 grammes = about 3 grains) of the required trituration are very convenient.

Thus the remedies most used in Homœopathy are :

1. Essences of fresh plants ;
2. Mother-tinctures from dried plants ;
3. Fluid solutions, also called dilutions, attenuations or potencies, sometimes tinctures ;
4. Triturations or powders ;
5. Globules, or pilules ;
6. Tablets ;

besides tinctures and ointments for external use, to which we shall refer more fully in the chapter on diseases.

WHERE TO GET HOMŒOPATHIC REMEDIES.

It is of the greatest importance to get homœopathic remedies at an absolutely reliable chemist's. It has unfortunately been proved by experience that unscrupulous chemists do not mind selling pure alcohol or sugar of milk instead of the remedy required or ordered, believing that in Homœopathy detection is impossible. In the case of strong dilutions it is certainly very difficult for the layman to detect the deception, whereas in weaker dilutions and triturations there are certain signs which enable even the non-chemist to form an opinion on the genuineness of the remedy ; for instance, many tinctures and dilutions can be recognised by colour, smell and taste. *Aloes*, for instance, is of a yellowish brown colour even in the 4th decimal potency ; *Hepar sulphuris* still tastes of hydrosulphuric acid, even in the 3rd and 4th decimal trituration ; *Mercurius solubilis* must be grey and *Antimonium sulphuratum auratum* of a beautiful reddish-yellow colour in the 3rd decimal trituration. As mineral drugs cannot be made up as fluids, it is evident that a chemist has either made a mistake or is cheating, if he for instance sells *Aurum* of the 3rd potency in drops.¹ It is therefore advisable when ordering homœopathic remedies at the chemist's to see that the number of the potency as well as the

¹ Of late, however, mineral drugs can be made up in the so-called colloidal condition at a low decimal potency. They are prepared for use by a special patent process.

name of the remedy is stated on the label. The medicinal property of much higher potencies and triturations than those mentioned above can be detected by chemical and microscopic tests.

If there is a reliable homœopathic chemist in the neighbourhood, it is advisable to procure the ordered or required remedy from him, as then it is sure always to be fresh, a factor which will greatly affect its efficacy. If, however, no such chemist is in the vicinity, it is best to order the remedies in their original wrappers at one of the great homœopathic central drug stores (or its branches) or to procure a so-called improved "medicine chest" containing forty-two or sixty-two remedies as dilutions and triturations (fluid or solid). These improved medicine chests are to be preferred to the ordinary ones, as the remedies more frequently used are contained in larger bottles. These are the so-called *Poly-chrestæ*, which are of great use in many acute and chronic diseases. The reader will find these remedies and their effect fully described in Chapter VII. of this part. Besides those mentioned there several others in more or less common use are described in the chapter dealing with diseases. A complete list of these remedies is given in Chapter VIII., together with the lowest potency permissible to the layman, either for his own use or when given to others. Less powerfully diluted drugs (or lower potencies) can be very dangerous without expert supervision and even cause poisoning, and may not be sold by chemists without a doctor's prescription.

HOW TO KEEP HOMŒOPATHIC DRUGS.

To keep homœopathic medicines in a good condition, the bottles must be well corked after use, as otherwise the volatile dilutions will quickly evaporate. The bottles must be kept upright, so that the corks are not in constant contact with the fluid. The drugs must be kept in a dry, cool spot, not exposed to the sun or to noxious vapours or smells. If homœopathic medicines are kept according to these directions, they will retain their efficacy for a long time. A few weak dilutions prepared with distilled water are an exception and must frequently be renewed. Most tinctures, triturations and globules can be kept for a long time. Tinctures or solutions which are cloudy or have a sediment, triturations with a mouldy smell, and globules which crumble and have turned yellow, are bad and must be replaced by fresh remedies.

CHAPTER VI

HOW TO USE AND TAKE HOMŒOPATHIC REMEDIES

To possess well prepared and efficacious homœopathic remedies is not sufficient ; in order to obtain satisfactory results in cases of illness, the remedy must be selected by the " principle of similars."

The effect the required remedy has on the human healthy body—as has been shown by experience—must as nearly as possible resemble the symptoms of the disease or complaint it is to cure. This similarity must comprise both the subjective and the objective symptoms, the cause of the disease as well as the attendant circumstances. For instance the course and the duration of an illness must be observed (its beginning, its height and its abatement), also its immediate and remote causes (contagion, mental excitement, injury, chill), the nature of the symptoms (pain, palpitation of the heart, cough), the seat of the symptoms (stomach, chest, head), the nature of the pain (dull, sharp, gnawing), the reason for a change for the better or worse, special characteristic features, such as age, sex, constitution, and external conditions, which like exercise, being in or out of doors, affect the patient in some way or other. In order to be sure of using the right remedy, it is necessary to form an idea of the effects of a few drugs by studying the characteristics of fifty of the most important homœopathic remedies as described in the next chapter.

Regarding the doses of homœopathic remedies it stands to reason that in homœopathy, as in every other method of healing, there is no such thing as a normal dose, that is to say, a dose suitable to all cases. The greater or less susceptibility, the constitution, age, sex, mode of life of the patient, the nature, course and seat of the illness, and last but not least, the differences in the power of the drug, are all equally important points which must be taken into consideration when ordering medicines. The exclusive use of one potency or another is therefore not to be recommended ; the use of the higher or lower potency must be regulated by the circumstances of the case.

A general rule is that for children and for susceptible persons, especially women, higher potencies are to be recommended, while adults and less susceptible patients can be ordered lower potencies ; in the same way dangerous diseases which take a rapid course and

patients who react slowly require a lower potency, whereas protracted illnesses and highly susceptible patients should be treated with higher potencies. These general rules, however, are not without exception; the matter will in most cases be decided best by the homœopathic doctor who is guided by personal experience, which also shows that an alternative use of two or more remedies is beneficial in many cases and can accelerate recovery.

The directions for taking homœopathic remedies are as follows :

1. FLUID POTENCIES. Pour a certain number of drops (usually two to five) into a teaspoonful or a dessertspoonful of fresh, pure water and drink immediately. The rim of the bottle should be moistened by the cork before pouring out; this will prevent the too rapid flow of the drops. The best way to do this is to turn the bottle upside down and then to moisten the rim with the cork.

2. SOLID TRITURATIONS. Put as much powder as the point of a knife will hold (about $\frac{1}{4}$ gramme = about 3 grains) on the tongue in a dry condition and retain until dissolved; then drink a little water, if desired. The drug often acts on the nerves through the mucous membrane of the mouth, if taken in this way.

3. GLOBULES AND TABLETS. These must be taken according to prescription (usually five globules or one tablet) and dissolved in the mouth. The effect of all remedies is greater when taken before meals.

The repetition of the doses will depend on the course of the illness. In the case of an acute illness, that is, one with a rapid course, or accompanied by fever, the dose must be repeated every hour or every two hours till an improvement is noticeable; then it must be taken less frequently. In dangerous cases such as croup or cholera a dose should be administered every five or ten minutes. In such cases the doctor often prescribes a suitable preparation of the medicine, or mixes the required number of drops with a certain quantity of water, so that each teaspoonful taken by the patient contains the prescribed dose.

In chronic diseases, that is to say, in protracted ones, and in convalescence after acute illnesses, adults must as a rule take two to three doses, children one to two, during the course of the twenty-four hours; but even this may be too much, for as shown by experience suitable remedies, especially when used in the higher potency or when given to susceptible and sensitive patients, may not be repeated too often. In cases of chronic or habitual diseases it is sometimes even an advantage to stop all drugs completely for three, four, or eight days and longer, in order to give the remedy time to take effect or to prevent the system from

becoming blunted to its action. For this reason a new remedy may not be ordered hastily in case of chronic illness; this is generally only permissible if the fresh remedy has after some time caused little or no improvement or brought about no noticeable change of the symptoms. On the other hand, it is not good to wait too long when the illness is acute and dangerous; if in this case the first remedy proves inefficacious, another, more suited to the invalid's condition, must take its place.

CHAPTER VII

CHARACTERISTICS OF FIFTY OF THE MOST IMPORTANT HOMŒOPATHIC REMEDIES

I. ACONITE.

Monkshood, a plant indigenous to the Alps, is gathered in its first bloom, carefully purified, chopped very fine and pressed; the juice thus obtained is made up into an essence by adding the same weight of strong alcohol.

PREPARATIONS IN GENERAL USE. 3rd, 4th, and higher decimal potencies.

EFFECT. *Aconite* acts principally on the organs of circulation and on the nervous system.

Great heat in the entire body preceded by rigor (shivering fits.) Full, hard, quick pulse. Hot and dry skin. In spite of a feeling of great heat, the patient cannot bear to be uncovered. Violent pains in the head, the eyes very sensitive to light (photophobia), pain in chest and throat, quick breathing, nervous trepidation and palpitations, dry painful coughing fits, pain in the abdomen, especially when touched or pressed. The urine is dark.

CHARACTERISTIC SYMPTOMS. Intense restlessness and nervousness, violent thirst, but unlike *arsenic* no burning pain. Aggravation of the symptoms in the evening and at night. Insomnia accompanied by constant tossing about, or restless sleep and bad dreams. Especially suitable for children and young full-blooded people.

ITS USES IN SICKNESS. If taken at the commencement of an illness which begins with fever and dry heat, it can often prevent the outbreak of the disease. Especially beneficial after colds and their consequences: in catarrhal and rheumatic pains, which it prevents or at least mitigates. If the patient gets into perspiration after taking this remedy, this proves that the drug is taking effect. If, however, the symptoms point, for instance, to scarlet fever, intermittent fever or diphtheria, *Aconite* is no longer the right remedy and must be replaced by others, more suitable to the disease. *Aconite* is also a remedy for neuralgic pains and nervous attacks, but in these cases higher potencies in less frequent doses must be administered, whereas in the case of acute diseases accompanied by fever frequent doses of lower potencies will probably have a better effect. As a general rule, doses of five

drops of the 3rd or 4th decimal potency every hour or two in a spoonful of water are sufficient for acute cases. On no account may wine, beer or coffee be taken at the time; if the patient is thirsty, he may drink pure cold water.



Fig. 5. ACONITUM.

2. ALETRIS FARINOSA.

The fresh bulbs of stargrass, a plant indigenous to South America, and carefully purified, chopped and made up into an essence with strong alcohol.

PREPARATIONS IN COMMON USE. 1st, 3rd and higher decimal potencies.

EFFECT. The symptoms caused by this, the bitterest of all vegetable drugs, have been empirically discovered. Hale has in the first place pointed out the effects of *Aletris* on the genital organs of women, calling it the best "tonic for the womb." The symptoms caused by *Aletris* are as follows:

Impaired mental capacity, confused thoughts, dizziness attended by fainting fits, aversion to every kind of food, feeling

of sickness, vomiting, nervous dyspepsia, chronic constipation. Enfeebled, emaciated persons suffer from colic pains. Menstruation copious and too frequent, accompanied by pains resembling those of childbirth. Weakness of the abdomen, leucorrhœa, occasional attacks of pain during pregnancy tending to miscarriage.

CHARACTERISTIC SYMPTOMS. General weakness. "The invalid is always tired." Obstinate constipation.

ITS USES IN SICKNESS. *Aletris* is a suitable remedy for general and topical weakness consequent on loss of vital juices or prolonged illness, for the ailments of pregnancy such as nausea, vomiting, constipation and especially for the frequently occurring so-called "diseases of women," in which it does good service in cases of displacement of the womb with its attendant evils; for constipation and leucorrhœa and for irregular menstruation of anæmic girls and women.

3. ANTIMONIUM CRUDUM.

Stibnite is triturated with sugar of milk in a ratio of 1 to 10. Golden sulphuret of antimony (antimonium sulphuratum auratum), likewise triturated with sugar of milk, is also frequently used. The former being originally black and the latter of an orange colour, the lower triturations can be recognised by their colours.

PREPARATIONS IN COMMON USE. 4th and higher decimal trituration; fluid solutions not below the 10th decimal potency; and of *Antimonium sulphuratum auratum*, 2nd, 3rd-6th decimal triturations.

EFFECT. Preparations of *Antimonium* act principally on the mucous membrane of the digestive organs and on the skin, golden *Sulphuret* affecting the respiratory organs as well.

The tongue has a white or yellow coating, there is a feeling of sickness and vomiting, heart-burn, flatulence and swelling of the abdomen; old people and those suffering from gout are alternately attacked by diarrhœa attended with stomach ache and by constipation; the motions are slimy, occasionally intermixed with blood and undigested food; cough, irritating phlegm, difficult breathing and sharp pains in the chest. The urine is dark and cloudy, and water is passed involuntarily when coughing; various kinds of rashes and skin troubles: blisters, pustules which smart and itch, callosities, stunted growth of the nails, tendency to perspiration.

CHARACTERISTIC SYMPTOMS. Coated tongue, night-sweats, aggravation of the symptoms by warmth, exercise and physical exertion, improvement by rest and exposure to cool air.

ITS USES IN SICKNESS. *Antimonium crudum* is a suitable remedy for feverish complaints if the symptoms point to disorder of the digestive organs. Also in case of obstruction of air-passages caused

by phlegm, attended by weakening night-sweats. It is a particularly good remedy for gastric influenza, and occasionally when the patient is subject to rashes or skin diseases.

Antimonium sulphuratum auratum, on the other hand, is used almost exclusively for diseases of the respiratory organs. The 2nd or 3rd decimal trituration helps to loosen the phlegm of a dry cough (primary effect), while the 4th or 6th decimal trituration lessens expectoration (secondary effect). The good effect it has on coughs and colds is well known, so that many homœopathic chemists have tablets of this remedy called "cough tablets" in stock.

4. ANTIMONIUM TARTARICUM.

Tartar emetic is a chemical preparation and known in manuals and to apothecaries under this name as well as under the names of tartarus stibialis and tartarus emeticus. It is made up into triturations and attenuations, the lower potencies with distilled water, the higher ones with alcohol.

PREPARATIONS IN COMMON USE. 3rd and higher decimal triturations and attenuations.

EFFECT. It acts on the respiratory organs, the stomach and the skin. Large doses of the drug cause violent vomiting, and it is given as an emetic in certain cases, though a homœopathic doctor rarely employs such physiologically acting remedies. Small doses, frequently repeated, cause the following general and special symptoms: Great fatigue and sleepiness during the day, the patient goes to sleep very early, his sleep is unnaturally deep and heavy. He suffers from shortness of breath, his pulse is slow, intermittent, his skin pale and clammy; pustules, irritating blisters and large painful boils appear on the skin. Aversion to every kind of nourishment, nausea and painful vomiting, pain in the stomach and abdomen with frequent watery diarrhœa. Coughing and rattling in the throat, shortness of breath caused by accumulation of mucus in the wind-pipe and lungs. Fits of coughing followed by exhaustion and perspiration; the face becomes pale and haggard.

CHARACTERISTIC SYMPTOMS. Many complaints grow worse when the patient is lying down. Weakness, shortness of breath and accumulation of mucus in the lungs.

ITS USES IN SICKNESS. *Tartarus emeticus* does very good service in cases of acute and chronic pneumonia and chronic catarrh when an accumulation of mucus is combined with shortness of breath. For pneumonia it is frequently given alternately with *Phosphorus*. It is also useful in certain cases of gastric and intestinal catarrh, in typhoid fever, rheumatic pains with night-sweats, and certain affections of the skin.

5. APIS MELLIFICA.

This remedy is made of honey-bees, soaked in five times their weight of strong alcohol. After a week, during which the mixture must be regularly shaken three times a day, the tincture is filtered and again diluted. Another preparation called Apisinum is made of the poison contained in the sting of a bee by trituration with sugar of milk. The effect of these drugs is similar, only that Apisinum has a more powerful effect than Apis; it is therefore advisable to try it in cases when the less powerful Apis may be suitable but apparently is not sufficiently effective.

PREPARATIONS IN COMMON USE. 3rd and higher decimal potencies; of *Apisinum*, not below the 5th decimal trituration.

EFFECT. *Apis* acts on the skin and the mucous membrane, on the kidneys, bladder and the genital organs of women.

The skin is pale, cool and puffy, especially round the eyes, sometimes also hot and red and covered with a rash akin to nettle rash or erysipelas. The eyes, particularly the cornea, are inflamed and very sensitive to light, with copious flow of tears (epiphora), dizziness, headache which yields to pressure of the hands, symptoms of cerebral irritation, inflamed throat, blisters on the tongue and in the throat. Swelling and flatulence of the abdomen accompanied by shortness of breath, pain in passing urine, micturition with scanty passing of turbid urine, which often contains albumen; soft, thin motions.

CHARACTERISTIC SYMPTOMS. Aggravation of most of the symptoms in the evening and at night. Drowsiness during the day. Rapidly increasing weakness. Depression and listlessness, in contrast to *Belladonna*, which is suitable for irritable, restless patients.

ITS USES IN SICKNESS. Important remedy for feverish skin diseases, for instance, erysipelas and scarlet fever, inflammation of the eyes and the throat (diphtheria for instance), also for kidney and bladder complaints, and dropsy following on kidney inflammation; for inflammations and tumours of the genital organs of women, especially of the ovaries.

6. ARNICA.

Mountain-Arnica or Leopard's Bane, a popular old remedy, justly esteemed by homœopaths, can be used internally and externally. For internal use the dried root of the arnica plant is taken for the essence, and for external use the whole of the flowering plant.

PREPARATIONS IN COMMON USE. Internal: 2nd, 3rd and higher decimal potencies; external: the tincture diluted with ten parts of water or alcohol for injuries with unbroken skin.

EFFECT. *Arnica* acts on the organs of circulation and respiration and the skin.

Sensitiveness to pain in the entire body, stiffness after too much exertion, muscular pains, weakness and loss of vigour in the

limbs. Heat waves, bleeding of the nose, spitting and vomiting of blood, abnormal menstruation. Dry cough, hoarseness, shortness of breath; stitch in the side, chest and heart. Buzzing in the ears, neuralgia, irritation and itching, hot hard swelling of the skin and pustules.

CHARACTERISTIC SYMPTOMS. Aggravation of the symptoms by exercise, deep breathing and every kind of exertion.



Fig. 6. ARNICA.

ITS USES IN SICKNESS. The best remedy for all wounds and contusions caused by a fall, blow, pressure or concussion. Taken immediately after a fall or blow, it usually prevents unpleasant consequences. A good remedy for pain and after great fatigue caused by bodily exertion, such as walking matches. Useful in cases of hæmorrhage caused by violence or over-exertion and concussion of the brain, and in apoplectic seizures to prevent or

to mitigate injurious effects. Also of great use as a remedy for hoarseness consequent on long singing or speaking, for shortness of breath and stitch in the side in old people, for heart cramp, premature labour pains and after-pains, and finally for frequently occurring furuncles and carbuncles. For wounds it is advisable to use *Arnica* externally and internally at the same time. *Arnica*-ointment is used for muscular rheumatism and *Arnica*-oil for falling hair with good results.

7. ARSENICUM ALBUM.

White arsenic (arsenious acid), one of the most important homœopathic remedies, is made into triturations and attenuations, the latter being in more general use.

PREPARATIONS IN COMMON USE. 4th, 5th, 6th, and higher decimal potencies. Lower potencies must not be taken without doctors' orders, as they may cause symptoms of poisoning. It is not advisable to give children a lower potency than the 6th decimal potency.

EFFECT. In the first place *Arsenic* acts on the stomach and bowels, causing inflammations of these organs, and from there it spreads all over the body, upon which it has a strong effect. It has besides a marked anti-bacterial action, and if given in small doses it invigorates the system. Quick, weak, often very faint pulse. The skin is cold, pale, often clammy. There is a rash resembling "purples" which smart and irritates; painful boils containing thin, watery secretion. Water, mucus and blackish matter are vomited, attended by great pain in the region of the stomach, burning sensations and intense thirst. Violent burning diarrhœa followed by great exhaustion. Spasmodic pains in the stomach and bowels. Dry cough and difficulty in breathing, fits of suffocation at night. Palpitations and great dread and alarm. Puffiness of the feet gradually mounting to the abdomen. Periodic attacks of fever combined with great weakness and often with diarrhœa. Slow fever, with loss of strength. The lips are black, dry and encrusted. Periodic attacks of neuralgia in different parts of the body.

CHARACTERISTIC SYMPTOMS. Violent thirst, the patient wishing to drink often, but little at a time. Great weakness and debility; pale, haggard face. A feeling of dread, insomnia, a great depression and melancholy with occasional thoughts of suicide. Burning pains often appearing at the same time every day. Certain symptoms such as restlessness, dread, fits of suffocation are often worse early in the morning, neuralgic pains, on the other hand, are worse in the evening and at night. Many symptoms appear periodically.

ITS USES IN SICKNESS. Except for stomach and bowel troubles, arsenic is rarely employed at the beginning of acute illnesses, being

mostly used during the prolonged course of acute and chronic diseases. It is an invaluable remedy for violent, watery diarrhœa, cholera and Asiatic cholera, when it must be taken from the very beginning. For chronic diarrhœa a compound of arsenic and copper, *cuprum arsenicosum*, in the 4th and 5th decimal trituration, often has very good results. Arsenicum also does good service in chronic stomach ailments, asthma consequent on heart and lung diseases (in particular *Arsenicum iodatum* in the 4th-6th decimal trituration is of use in the first stages of tuberculosis), dropsy caused by heart and kidney disease, intermittent fever and its effects, anæmia and general debility, neuralgic pains, insomnia and mental trouble characterised by feelings of dread and despair, in various chronic skin diseases and many other illnesses and complaints which cannot be mentioned here. It is a remedy of the first rank, which has cured many an invalid and which no homœopathic doctor could do without in his practice.

8. BELLADONNA.

Deadly nightshade, Atropa belladonna, a plant indigenous to Europe and Asia, is picked in its first bloom and made up into an essence in the same way as Aconite. Even the 1st and 2nd attenuations can cause symptoms of poisoning. One of its most efficacious ingredients is Atropinum, used in ophthalmology for dilating the pupils; it can also do good service in internal ailments, particularly for cases in which Belladonna, though suitable, does not produce sufficient effect.

PREPARATIONS IN COMMON USE. 3rd, 4th and higher decimal attenuations; of *Atropinum*, 5th and higher decimal attenuations.

EFFECT. Like aconite, belladonna acts on the organs of circulation, particularly on the venous circulation. It causes passive congestion, acts on the cerebral membranes, the smooth muscular fibres of the intestines, the circular muscles of the bladder and anus, also on the lungs, glands, skin, and the genital organs of women.

Congestion of blood to the head, face flushed and hot, dizziness and violent pains in the head, augmented by stooping. The patient is delirious and his sleep is restless; he is often attacked by convulsions. Burning and smarting of the eyes, sensitiveness to light (photophobia), flow of tears (epiphora), and dilatation of the pupils. Buzzing in the ears and earache. Children dig their heads into the pillows, grind their teeth and give sudden screams. Toothache augmented by touching and eating. Dryness and burning in the mouth, inflamed throat and pain in swallowing, tonsils and glands of the neck swollen. Dry, irritating or convulsive cough, especially at night and in children; pain in the stomach after food, colic, tenesmus with constipation, retention of urine with painful micturition, spasms of pain during

menstruation, which is generally premature and too continuous. Redness, heat, swelling of the skin, combined with fever, scarlet rash (purples) in the face or all over the body.

CHARACTERISTIC SYMPTOMS. Suitable for full-blooded people and children. Aggravation of symptoms in the afternoon and at night, by exposure to cold air, uncovering the body and cold beverages. The pains and other discomforts appear and disappear suddenly. If fever is accompanied by perspiration from the outset, belladonna is especially suitable, whereas aconite is better for dry heat.



Fig. 7. BELLADONNA.

ITS USES IN SICKNESS. Belladonna is an excellent remedy for acute inflammation of the throat, tonsils and glands, for meningitis, and for violent headache caused by congestion, for bronchitis without expectoration, for whooping cough, dental troubles, convulsions and spasms, for certain gastric ailments and pains, various forms of neuralgia and nervous pains, erysipelas, German measles and scarlet fever (in this case also as prophylactic remedy), and finally for acute ophthalmia accompanied by violent flow of tears (epiphora), sensitiveness to light (photophobia) and dilatation of the pupils.

Externally, *Belladonna*-ointment is applied for neuralgic pains in the abdomen, inflammation of the ovaries, hæmorrhoids, and shingles.

9. BRYONIA.

The fresh root of white bryony or wild hobs, a plant well-known all over Europe, also found in gardens, is made up into an essence in the same way as *Aconite*. The dried root is inefficacious.

PREPARATIONS IN COMMON USE. 3rd and higher decimal potencies.

EFFECT. *Bryonia* acts generally on the organs of digestion and respiration, but especially on the serous membranes, such as the pleura, the peritoneum, and the synovial membranes of joints.



Fig. 8. BRYONIA.

Unpleasant, bitter taste in the mouth, stomach-ache and feeling of sickness after meals. Sharp pains round the stomach and liver. Indigestion, dry and coated tongue, vomiting of food, mucus and bile. Involuntary motion of the bowels during sleep, constipation alternating with diarrhœa, chronic constipation.

The urine, which is brown or reddish and has much sediment, is passed in small quantities. Dry hot skin, yellow or sallow complexion. Dry, irritating cough with pressure on the chest; violent racking cough. Stitch in the side and pain in the chest, intensified by coughing, breathing and every movement. Headache and backache, rheumatic pains in limbs and joints. The joints are red and swollen, the pain sharp and aggravated by exercise. Rheumatic toothache intensified by warm beverage.

CHARACTERISTIC SYMPTOMS. Aggravation of the pain by moving and gentle pressure, amelioration by warmth, rest, and strong pressure on the painful spot. Especially suitable for thin and irritable or excitable people; also for constipation and perspiration alternating with chilliness.

ITS USES IN SICKNESS. *Bryonia* is especially adapted to the treatment of acute feverish illness of a rheumatic and catarrhal nature. As a remedy for inflammation, it is closely related to *Aconite* and *Belladonna*, and its use after these remedies is often beneficial. It does good service in cases of influenza, accompanied by stitch in the side and debility, and of pleurisy (the patient finds great relief by frequent doses, for instance every ten minutes during one or two hours); in the first stages of pneumonia; for articular rheumatism, if the pains get worse by exercise (unlike *Rhus*, which is suitable if exercise causes amelioration); for certain stomach and liver complaints; for peritonitis and typhoid fever, characterised by dry lips, brown tongue, sallow complexion and haggard appearance.

10. CALCAREA CARBONICA.

More than a dozen preparations of lime are used by Homœopathy, of which many were recommended by Hahnemann himself. The best known is Calcarea carbonica, or carbonate of lime, which is made according to Hahnemann's prescription from the snow-white inner shell of the oyster. Besides this, the following drugs must be mentioned: Calcarea phosphorica or phosphate of lime, especially recommended by Dr. Schüssler; Calcarea iodata or iodide of lime, a combination of iodine with lime; Calcarea fluorata or fluoride of lime, crystallised fluor-spar; Calcarea arsenicosa, a compound of lime and arsenic; and Calcarea hypophosphorica or hypophosphate of lime.

PREPARATIONS IN COMMON USE. Of *Calcarea carbonica*, *fluorata*, *iodata*, and *phosphorica*: the 3rd-6th and higher decimal triturations; attenuation not below the 10th decimal potency; or *Calcarea arsenic* 4th decimal trituration; of *Calcarea hypophosphorica* 1st and 2nd decimal trituration.

EFFECT. Preparations of lime act on the skin, the glands and the bones, and—as shown by careful tests on the healthy human body—cause various disturbances of metabolism and symptoms connected with it.

Emaciation despite a good appetite; delicate appearance; the patient is subject to colds, has a pale complexion, limp muscles and weak bones, is subject to rashes and eruptions which in children are often very tenacious; curvature of spine and crookedness of the legs; the head of these infants is too large and the fontanelles will not close. Growth of the body retarded while the mental faculties are prematurely developed. Inflamed, encrusted nostrils; malodorous mucus and secretion of pus from ears and nose; frequently recurring inflammation of the eyes, inflamed eye-lids. Continuous head-aches attended by digestive troubles, especially in nervous women. The glands, particularly those of the neck and groin, are swollen; dry, rough skin and clammy hands and feet. Sour taste in the mouth, burning sensation in the stomach, aversion to meat, longing for salt and highly-seasoned food, and with children for lime, chalk and suchlike indigestible things. The abdomen is swollen, continuous diarrhœa with sour-smelling, slimy ejections, frequent passing of urine, especially at night when the water is cloudy. Exhausting sweats especially at night, restless sleep, nervous debility, depression, moroseness; the patient is easily moved to tears; bad memory, and great fatigue after the slightest physical or mental exertion.

CHARACTERISTIC SYMPTOMS. Aggravation and recurrence of the symptoms after exposure to cold air or to damp, after cold baths and ablutions.

ITS USES IN SICKNESS. *Calcarea carbonica* is administered in higher potencies and not too frequent doses for chronic diseases, while *Calcarea phosphorica* often does good service in anæmia and debility arising during or after acute illness, if taken in lower decimal triturations, two or three times daily. In obstinate cases *Calcarea iodata* is often preferred, as it seems to act more thoroughly, while *Calcarea fluorata* is of great use for hard swellings of the glands and breasts and for chronic periostitis. *Calcarea arsenicosa*, on the other hand, is only adapted to the treatment of chronic kidney diseases, while for chronic ulceration and tuberculosis, when the weakened system must be supplied with plenty of phosphorus, *Calcarea hypophosphorosa* is to be preferred. As a general rule, *Calcium* is a suitable and efficacious remedy for various kinds of scrofula, for rickets and other chronic diseases of the bones, for swelling and hardening of the glands, for persistent rashes, for sick-headache (migraine) in women (alternately with *Sepia*), for irregular menstruation, especially when it occurs prematurely, is too copious and lasts too long; also for various other chronic ailments, characterised by general debility and weakened capacity of resistance.

II. CAMPHORA.

The sap of the camphor tree is distilled, purified and then prepared. By the usual mode of preparation one part by weight of camphor is dissolved in nine parts of strong alcohol, by which process the 1st decimal attenuation is obtained, while according to Dr. Rubini's manner of preparation the well-known Camphora Rubini Tincture is made by dissolving camphor in its own weight of strong alcohol.

PREPARATIONS IN COMMON USE. Tinctures and lowest decimal attenuations; also so-called camphor-pills—sugar pellets of the size of a pea, soaked in a camphor solution. As camphor neutralises the effect of almost every vegetable drug, these remedies must not be kept in the same chest or cupboard as camphor tinctures and pills.

EFFECT. *Camphor* acts on the stomach and the intestines, the heart and the brain, accelerates circulation, is a remedy for cramp, and has an anti-parasitic effect, particularly in infectious diseases of the organs of respiration, such as hay-fever and influenza.

A sensation of cold in mouth and stomach followed by an increasing feeling of heat over all the body. Augmented secretion of saliva, heartburn, vomiting of bile, spasms of pain in the abdomen with thin, brown motions and the discharge of malodorous gases. The passing of water is difficult and painful. Loss of virility and atony of the genital organs. The nerves are in a state of agitation followed by great exhaustion. Cramp in the eyelids and the muscles generally. Slow, weak pulse, palpitation of the heart, throbbing of the veins, shivering fits and cold sweat.

CHARACTERISTIC SYMPTOMS. Aggravation of the symptoms at night and by exposure to cold, improvement after sound sleep. In spite of great internal heat, the whole body shivers with cold.

ITS USES IN SICKNESS. As the effect of *Camphora* is transitory, the doses must be frequently repeated in dangerous illnesses, one drop of tincture on a piece of sugar being taken as often as every five or ten minutes. The remedy is suitable in cases of general and speedy loss of strength, consequent on weakness of the heart, and in cholera; for instance, if the patient suffers from violent cramp in the leg, his skin is cold and his face of a deadly pallor. Also at the beginning of colds and chills to arrest their progress. If a chill is followed by shivering fits, several doses of *Camphora* taken in rapid succession will, as a rule, prevent any serious consequences. Finally it is recommended as a preventive of certain epidemics—influenza amongst others.

12. CANTHARIS.

Dried Spanish Flies which have been reduced to powder are infused with strong alcohol; the 2nd decimal attenuation must still be of a yellow hue. The active constituent is the alkaloid Cantharidinum.

PREPARATIONS IN COMMON USE. 4th-6th and higher decimal dilutions.

EFFECT. It is an irritant of the skin, the mucous membrane, especially of the kidneys, the bladder and the genital organs.

Restlessness, agitation, rages. Fever, preceded by shivering fits and attended by violent thirst and urinary disorders. Feverish symptoms occur periodically. Burning in the mouth and throat, dry mouth, breaking-out of the lips, red tongue, inflammation of the mucous membrane of the mouth, bitter taste, want of appetite. Urgent need of relieving bowels, frequent micturition, diarrhœa with abdominal pains and flux of mucus containing blood. Pain about the loins and the small of the back. Continuous violent micturition. The passing of the urine, which is discharged in drops and often contains blood, causes a smarting pain. Inflammation of the urethra; gonorrhœa with painful erections; leucorrhœa with burning pain in passing water. Blisters containing acrid fluid form on the skin.

ITS USES IN SICKNESS. An excellent remedy for various diseases of the kidneys, the bladder and the urethra, as well as for painful, difficult or suppressed urination; in such cases the potencies must not be too low (not below the 6th decimal potency). Also of use in certain diseases of women, for gonorrhœa, for unhealthy and abnormal sexual desire, and for convulsions and fevers occurring periodically, especially when accompanied by urinary complaints.

In urinary complaints caused by the application of plaster of Spanish flies, *Canthora* is the proper antidote, whereas in cases of poisoning by Spanish fly, characterised by a burning pain in the mouth and throat, by headache and by blood in the urine, an emetic must first be administered, followed by gruel mixed with white of egg.

13. CARBO VEGETABILIS.

Vegetable charcoal, after having been well baked, is carefully triturated with sugar of milk.

PREPARATIONS IN COMMON USE. Whereas in stomach and bowel diseases the lower (3rd-6th) decimal triturations are more effective, the higher triturations and attenuations are preferable in other cases.

EFFECT. Physiologically it acts on the circulation; it causes venous hyperæmia (congestion of blood) and also acts on the blood, the nerves, and the digestive organs.

Impaired digestion and nausea, sensation of fulness in the stomach, accumulation of wind in stomach and bowels, congestion of blood in the abdomen, flatulence. Difficulty in breathing; accumulation of mucus in the wind-pipe; spasmodic cough with continuous hoarseness. Debility amounting to complete loss of strength with a rapid, faint, frequently almost imperceptible pulse. Sallow complexion, haggard appearance. Listlessness, dread, dolefulness.

CHARACTERISTIC SYMPTOMS. Rapidly increasing weakness. Accumulation of gases in stomach and bowels. Aggravation of the symptoms in the evening, in the open air and by exposure to cold.

ITS USES IN SICKNESS. *Carbo vegetabilis* is often of great use in chronic stomach-, liver- and bowel-complaints, if the symptoms mentioned above are present, and in debility caused by loss of vital juices, and in typhoid fever; it is also used with satisfactory results for slightly bleeding ulcers and carbuncles and for wounds with malodorous secretions and for the relief of pain caused by cancerous swellings.

14. CAUSTICUM.

A preparation of Potash made up by Hahnemann's special prescription from fresh burnt lime and Potassium sulphate.

PREPARATIONS IN COMMON USE. 3rd, 4th and higher decimal attenuations.

EFFECT. *Causticum* is mainly a remedy for nervous diseases; it acts principally on the spinal cord and larynx.

All kinds of neuralgic pains, pain in the bones and joints. Weakness and trembling of the hands and feet. Convulsive movements of neck, body, and limbs. Continuous hoarseness and hoarse cough, especially in the morning. Constipation caused by paralysis of the bowels. Light clayey stools. Pain when urinating, urine is passed in drops, enuresis nocturna (wetting the bed) on first falling to sleep, involuntary passing of urine on moving suddenly, coughing and sneezing.

CHARACTERISTIC SYMPTOMS. Aggravation of the symptoms by motion and exposure to cold and draught, improvement by rest and warmth; motion causes perspiration; irritability, sallow complexion.

ITS USES IN SICKNESS. Particularly adapted to chronic complaints without fever. Is of good service in chronic cases of cold in the larynx, paralysis of the vocal cords after diphtheria, hysterical paralysis, weakness in the limbs and various urinary complaints. It is also recommended for chronic rheumatism and gout, and for epilepsy if the attacks occur chiefly at night. For children who can relieve nature only in a standing posture, *Causticum* is often of use.

15. CHAMOMILLA.

Fresh flowering German camomiles are made up into an essence in the same way as Aconite.

PREPARATIONS IN COMMON USE: 3rd and higher decimal attenuations.

EFFECT. This remedy acts chiefly on the sensory nerves. The skin is very sensitive to cold and draught, and is alternately hot and cold. Temperature raised towards evening, head and hands perspire. Toothache with swelling of the cheek, worse at night and on drinking cold beverages. Restless sleep or even complete

sleeplessness. Irritability, especially in children, who continuously want to be carried about and who scream on the slightest provocation. Convulsive twitching of the facial muscles, rolling of the eyes, grinding of the teeth. Dry cough, irritation of the throat, difficult breathing. Pain in the abdomen, convulsions, flatulence; watery, yellow or greenish diarrhoea. Cramps in the abdomen during menstruation and discharge of big clots of blood, and sensitiveness to touch and cold.

CHARACTERISTIC SYMPTOMS. Aggravation of the symptoms in the evening, by exposure to cold, by excitement and anger. Improvement by warmth applied externally. Irritability, intense restlessness, tossing about in bed, one cheek is often flushed and hot, and the other cold.

ITS USES IN SICKNESS. *Chamomilla* is an important remedy for children and for nervy women, for nervous states consequent on emotion, anger or grief; for toothache, convulsions, stomach and bowel disorders, if the symptoms mentioned above are present; finally for certain menstrual disorders. Tea, coffee, wine and beer must be avoided when taking *Chamomilla*.

16. CHINA.

Dried Peruvian Bark (china regia) is chopped and soaked in five times its weight of diluted alcohol; this mixture must be shaken twice a day for a week, then decanted, pressed out and filtered.

PREPARATIONS IN COMMON USE: 2nd, 3rd and higher decimal attenuations.

EFFECT. *China* acts on the blood, the nerves, the digestive organs, and the spleen; also on the organs of sense, especially on the sense of hearing.

The general effect is marked by weakness and sensitiveness of the nerves. A further characteristic is that the pain and other symptoms come on periodically. Feeble pulse accelerated by the slightest excitement. Attacks of fever preceded by feeling of cold and followed by profuse perspiration; the face is flushed during the attacks, but otherwise sallow and haggard. Slow fever and wasting. Partial deafness and buzzing in the ears. Cold hands and feet with occasional dropsical swellings. Dry, frequently swollen and cracked lips. Swelling in the region of the stomach and a sensation of fulness; the food is retained in the stomach for a long time and then vomited in an undigested state. Thin, brown stools. Swelling of the spleen. Neuralgia in head, face, teeth or limbs, which increases on being touched and returns at a certain hour, generally in the evening.

CHARACTERISTIC SYMPTOMS. Periodical appearance of the symptoms. Great weakness. Tendency to perspiration. Aggravation of the symptoms in the evening and on being touched.

ITS USES IN SICKNESS. Suitable for illnesses with or without fever, characterised by great weakness and irritability, especially when these symptoms result from loss of blood or loss of vital humours through onanism or chronic diarrhœa, or in consequence of continuous over-exertion of body and mind. Also of use for neuralgia and nervous disorders, having the above characteristic symptoms, and for such chronic ailments as are attended by great weakness. For intermittent fever, the alkaloid *Quinine*, as contained in *Chininum muriaticum*, is principally given in low triturations for cases to which it is suited.

17. COFFEA.

Unroasted coffee-beans are finely pounded and infused with alcohol. After filtration at the end of a week, the tincture is ready for use.

PREPARATIONS IN COMMON USE. 3rd and higher decimal potencies.

EFFECT. The effect of *Coffea* on the nerves, the stomach and the heart, is probably familiar to everybody.

Agitation, rush of blood to the head, restlessness, lively imagination, augmented vigour, restless sleep, continuous lively dreams. Violent pain on one side of the head, sick headache, palpitation of the heart, rapid alternate sensation of cold and heat. The appetite increases, and the palate becomes more sensitive. Pains and cramp in the stomach, with urgent desire to relieve bowels.

CHARACTERISTIC SYMPTOMS. Hyper-sensitiveness to pain, easily moved to tears, aggravation of the symptoms out of doors.

ITS USES IN SICKNESS. Principal remedy for insomnia caused by excitement. All sorts of thoughts prevent sleep. Especially suitable for nervous patients. For babies and young children suffering from excitement and sleeplessness, a few grains of *Coffea* often do good service. But for insomnia caused by pain, the remedy is inefficacious. It is also suitable for the treatment of nervous palpitation of the heart, certain kinds of stomach pains, and sick headache.

18. COLCHICUM.

The fresh bulbs of the meadow saffron gathered in the spring are made up into an essence in the same way as Aconitum.

PREPARATIONS IN COMMON USE. 3rd and higher decimal attenuations.

EFFECT. Its range of action comprises the mucous membrane of the stomach and intestines, the serous membranes, as the pleura, and the joints and muscles. In cases of accidental poisoning strong doses of the tincture caused intense inflammation of the stomach and intestines, loss of strength, and death during complete consciousness. Tests with homœopathic preparations

cause pain in the muscles and joints and general irritability followed by weakness. Sleep is uneasy, constantly disturbed by pain.

CHARACTERISTIC SYMPTOMS. Pains first in one part, then in another—increasing at night and on being touched.

ITS USES IN SICKNESS. *Colchicum* is an important remedy for gout and rheumatism, and is invaluable for the relief of pain, if administered in frequent doses. It also often has excellent effects on digestive disorders, heart disease and pleurisy, in patients suffering from gout. Lastly, it is to be recommended as a remedy for dropsy consequent on kidney and liver complaints, on which the lower decimal attenuations 2x and 1x have a good effect, but which chemists are not permitted to sell without a medical prescription.

19. COLOCYNTHIS.

The dried fruit of the bitter cucumber, a plant found in North Africa and Asia, is made up into a tincture with strong alcohol.

PREPARATIONS IN COMMON USE. 3rd, 4th and higher decimal attenuations.

EFFECT. *Colocynthis* acts mainly on the bowels and on the sensory nerves.

Sudden griping pain in the abdomen, with flatulence and rumbling, followed by mucous diarrhoea by which the pains are relieved. Stools containing blood, intense desire to relieve bowels. Painful micturition. Cutting headache, neuralgic pain in the temples and face, and gout in the head. Pain in the joints, particularly in the hip-joint, neuralgic pains in the hip-nerves, pain in the knees when walking, heavy feeling in the lower part of the leg.

CHARACTERISTIC SYMPTOMS. Amelioration of the pain in the abdomen by sitting in a stooping posture and by strong pressure; the neuralgic pains get worse in bed and better by moving about; the pains in the joints abate by passing wind.

ITS USES IN SICKNESS. Of use for violent colic and gastritis with pain in the abdomen, when above symptoms are present; also to be recommended for certain cases of chronic rheumatism and neuralgia of the face and the hip-nerves. For colic, the lower dilutions are suitable, and for neuralgic pains the higher.

20. CUPRUM.

Besides metallic copper, another soluble substance, acetate of copper, is made; as Hahnemann experimented extensively with the latter, it is still most frequently used, although the effect of both substances is almost identical.

PREPARATIONS IN COMMON USE. 4th and higher decimal triturations; attenuations not below the 10th decimal potency.

EFFECT. First, salts of copper cause gastritis and enteritis, then convulsions and neuralgic pains followed by paralysis. As

the copper penetrates all the tissues, affections of the liver, the spleen and the kidneys ensue later on.

Metallic taste in the mouth, digestive disorders, vomiting, colic, urgent desire to relieve bowels and diarrhœa. Quick, hard, and intermittent pulse. Cramp in the facial muscles; convulsions with rolling of the eyes, blue lips and froth at the mouth. Convulsive cough and bronchial catarrh; fits of suffocation, the face turning red and blue. Spasms of the pharynx; cramp of the calf of the leg, starting at the toes. Weakness of the muscles and paralysis in various parts of the body.

CHARACTERISTIC SYMPTOMS. The nervous and anæmic are especially sensitive to the effect of copper; aggravation of the symptoms by moving about and by being touched.

ITS USES IN SICKNESS. *Cuprum* is a suitable remedy for nervous complaints attended by spasms or convulsions, for instance St. Vitus's dance; also for spasm and cramp of the glottis, for whooping cough, and for chlorosis, hitherto ineffectually treated with ferruginous drugs. For cases of intestinal catarrh, cholera and cholera with paroxysms of pain in the abdomen and thirst accompanied by great weakness, another compound of copper, *Cuprum arsenicosum*, often produces satisfactory results, if taken in the 6th decimal trituration. It has also often been of good service for chronic diarrhœa in consumptives.

21. DULCAMARA.

The fresh stalks and leaves of the bitter-sweet or woody nightshade (not deadly nightshade = belladonna) are gathered before floescence and made up into an essence in the same way as Aconite. Its most active constituent is an alkaloid called solanine.

PREPARATIONS IN COMMON USE: 3rd and higher decimal attenuations.

EFFECT. *Dulcamara* acts on the mucous membrane of the stomach and the intestines, and on the glands; it can cause serious disorders of the nervous system, even paralysis, if the doses are too strong.

Sensitiveness of the mouth and the tongue, vomiting of sticky mucus, watery, brown or greenish diarrhœa, especially at night. The entire body feels cold and is subject to shivering fits; fever and perspiration in various parts of the body. Sneezing fits with discharging of a thick yellow fluid from the nose; cough with mucous expectoration. Rashes of various kinds, swelling of the glands in neck and groin. Violent pain in the muscles of shoulder and neck, backache, menstrual disorders, burning and irritation of the vagina.

CHARACTERISTIC SYMPTOMS. Aggravation of all the symptoms in cold, damp weather, especially when the weather changes—they are at their height in the evening and at night.

ITS USES IN SICKNESS. *Dulcamara* is a good remedy for the injurious effects of a cold or chill, or damp cold weather, for instance diarrhœa attended by pain in the abdomen, pain in the bladder and bronchial catarrh; it is also suitable for the treatment of inflammation of the glands and mucous membranes, or rheumatic pains, especially in persons who are sensitive to a change in the weather. It is a remedy particularly suited to damp climates.



Fig. 9. DULCAMARA.

22. ECHINACEA.

The fresh root of the purple cone flower, a plant indigenous to North America, is made up into an essence with strong alcohol.

PREPARATIONS IN COMMON USE : 2nd, 3rd and higher decimal attenuations.

EFFECT. *Echinacea*, one of the more recent American remedies, deserves a permanent place among homœopathic drugs. It is very stimulating and antiseptic and has a strong effect on blood and glands. If taken in lower potencies, it invigorates the action of the heart.

Smarting, tingling pain in the tongue, lips, and throat, followed by a feeling of fear and pain in the region of the heart.

Inflamed tonsils with grey deposit. Pain in stomach and abdomen followed by yellowish diarrhoea, which relieves the pain. Feverish symptoms, slow pulse at first, gradually getting more rapid, attended by a feeling of congestion in the head and darting pains in limbs. Malodorous mucous discharge from the nose, hoarse voice, cough and pain in the chest. Neuralgia in face, heat waves and dizziness. Drowsiness, but sleep is disturbed by exciting dreams. Swollen glands, irritation and smarting of the skin, frequent pustules and furuncles, especially on the neck.

CHARACTERISTIC SYMPTOMS. Aggravation of the symptoms after meals, in the evening and by moving. The pain in the abdomen is relieved by lying in a doubled-up position.

ITS USES IN SICKNESS. As a rule *Echinacea* is an invaluable remedy when virulent symptoms arise in the course of febrile complaints, as, for instance, in appendicitis, diphtheria, scarlet fever, blood-poisoning, puerperal fever, typhoid or enteric fever; it is also a good remedy for abscesses and carbuncles with loss of strength, and for obdurate scrofulous and syphilitic diseases. For the last mentioned cases as well as for septic poisoning the simultaneous external use of the diluted essence in the shape of poultices and compresses is to be recommended.

23. FERRUM.

Besides iron itself, various chemical compounds of the metal are used in Homœopathy, for instance: Ferrum carbonicum, Ferrum aceticum, Ferrum lacticum, Ferrum phosphoricum. The compound tested by Hahnemann is called Ferrum aceticum; Dr. Schüssler, on the other hand, recommends Ferrum phosphoricum, because iron combined with phosphorus is found in the muscular tissues. Ferrum metallicum and a compound containing formic acid and known as Hensel's Tonicum are also much used.

PREPARATIONS IN COMMON USE. 2nd, 3rd and higher decimal triturations; 10th and higher decimal attenuations.

EFFECT. Whereas some investigators declare the effect of all compounds of iron to be the same, others differentiate between them. It is certain that the digestibility of the various compounds of iron is by no means the same. Some cause indigestion, even if taken in small doses of the 2nd or 3rd decimal trituration. As a rule, *Ferrum* has a strong effect on the blood, the blood-vessels and all the organs concerned in forming the blood; it also acts on the muscles and the nerves.

Rush of blood to the head, giddiness, headache, rapid hard pulse, a rise of temperature. Cough with expectoration containing blood. Stomach-ache, vomiting of food immediately after

meals, discomfort caused by flatulence, constipation. Rheumatic pains in shoulders and hips. General fatigue, desire to lie down, easily disturbed sleep, yellow complexion.

CHARACTERISTIC SYMPTOMS. Great fatigue. Aggravation of symptoms by excitement and warmth, abatement by exercise out of doors. Rush of blood to the head, flushed cheeks, and backache after slight physical exertion.

ITS USES IN SICKNESS. *Ferrum* produces good results when used in the treatment of debility consequent on anæmia. It is a good remedy for chlorosis when characterised by the aforementioned symptoms—otherwise *Calcarea phosphoricum* or *Cuprum* are more efficacious. Also of use in cases of purpura, neurasthenia, scrofula, rheumatism of the shoulder, bleeding of the nose, blood spitting, and hæmorrhage of the female sexual organs. Only 3 grammes of iron are contained in the blood of an adult; the most salubrious iron springs only contain little iron (about 0.025 gr. to 1 litre of water); whence it follows that it is not necessary for medicines to contain great quantities of iron, and practice has proved that very good results have been obtained by small doses, such as are contained in the 2nd to the 6th decimal trituration.

24. GELSEMIUM.

The fresh root of the yellow jessamine, indigenous to North America, is made up into an essence in the same way as aconite.

PREPARATIONS IN COMMON USE. 3rd to 6th and higher decimal attenuations; for nervous patients not below the 6th decimal attenuation.

EFFECT. This remedy, frequently used in America, acts mainly on the nervous system, having first a stimulating, then a paralyzing effect—also on the blood vessels and the respiratory and sexual organs.

General feeling of discomfort, great weakness, apathy, deep-seated pain, a high temperature, but not attended by the restlessness and thirst characteristic of *Aconite*. Giddiness, headache, beginning at the neck, spreading over the head and settling in one eye. Dilatation of the pupils, neuralgia in the face and in the limbs with spasmodic twitches, sensation of deafness, sometimes turning to paralysis. Liable to taking cold, shivering fits, longing for warmth, hoarse voice, paralysis of the vocal cords, irritating cough, wheezy breathing. A sensation as if the heart had stopped beating, whereby the patient is compelled to move about. Sudden yellowish diarrhœa, especially after a shock or other mental excitement. Cramp in the bladder, enuresis and a sensation of cold in the genitals. Violent spasms of pain in the abdomen preceding menstruation and a feeling as if the womb were being squeezed.

CHARACTERISTIC SYMPTOMS. Fever, but no thirst, great weakness, deep-seated pain, aggravation of the symptoms after midnight, by mental excitement and warm damp weather.

ITS USES IN SICKNESS. *Gelsemium* has recently been much used for febrile illnesses, such as influenza, typhus and measles,



Fig. 10. GELSEMIUM.

when above symptoms are present. It is an excellent remedy for neuralgia and the paralysing effects of diseases, such as diphtheria, for writer's cramp, for sick headache and hysterics, and especially for colic during menstruation (alternatively with *Viburnum opulus* ix) and when confinement is delayed by the womb opening slowly.

25. GRAPHITES.

Black lead, a natural substance, is chemically purified, washed and dried, and the black powder thus obtained triturated with sugar of milk.

PREPARATIONS IN COMMON USE. 3rd to 6th and higher decimal triturations; attenuations not below the 10th decimal potency.

EFFECT. *Graphites* acts mainly on the skin and causes a moist, sticky eruption, forming cracks and incrustations; also on the glands, the mucous membrane of the intestines and the female genital organs. A moist, sticky eruption with incrustations on the head, face, in the corners of the mouth and eyes, behind the ears and between the fingers; in some cases the skin is dry, rough, cracked and has a tendency to peel—the hair falls and the nails become brittle. The glands of the neck, armpits and groins swell. Flatulence, wind, heartburn, smarting pain and spasms, better after meals. Obstinate constipation, hard knotty stools united by mucous threads, piles and fissures in the anus which cause great pain while the bowels are acting. Leucorrhœa with pungent discharge, tumour of the ovary, especially in stout women subject to eruptions, who have much pain during menstruation.

CHARACTERISTIC SYMPTOMS. Moist eruption with incrustations. Hunger-pain. Obstinate constipation. Great mental depression.

ITS USES IN SICKNESS. *Graphites* is a suitable remedy for chronic ill-health not attended by a rise of temperature, especially in scrofulous and stout persons having a sensitive skin and subject to moist eruptions forming incrustations; also in those who are over-sensitive to every change in the weather, easily take cold and suffer from catarrh and piles. It is efficacious for skin diseases of the above nature, for disorders of the stomach and bowels, and for various affections of the female genital organs. As a rule the higher potencies are used — for constipation the 3rd decimal trituration is the best.

26. HAMAMELIS.

From the fresh rind of the twigs of witch-hazel, a plant found in America, a tincture suitable for both internal and external use is prepared. The distilled Hamamelis-extract, a colourless fluid with an agreeable smell, imported straight from America, is very much liked.

PREPARATIONS IN COMMON USE. For internal use the 3rd decimal attenuation of the tincture and the undiluted hamamelis extract; for external use both tincture and extract. *Hamamelis*-ointment is also much used.

EFFECT. *Hamamelis* acts on the blood vessels. According to Prof. Hering, it has the combined effect of *Aconite* and *Arnica*,

although it apparently acts principally on the venous circulation.

Rush of blood in the head. Bleeding of the nose. Inflammation of the eyes (ophthalmia) with bloodshot conjunctiva. Congestion of blood in chest. Stomach pains, rheumatic pains in the shoulders and the joints of hands and feet, weakness in the legs. Hæmorrhage and inflammation of the female genital organs. Inflammation of testicle.



Fig. 11. HAMAMELIS.

CHARACTERISTIC SYMPTOMS. Venous and passive hæmorrhage.

ITS USES IN SICKNESS. *Hamamelis* is used both externally and internally and produces excellent results in cases of hæmorrhage of various organs: bleeding of the nose (by soaking a piece of wadding in the extract and inserting it into the bleeding nostril), hæmorrhage of the stomach and intestines, blood

spitting, bleeding piles, hæmorrhage of the womb, of the bladder and of the kidneys. It is also efficacious for hæmorrhage following on operations, and for bleeding and pain after the extraction of teeth, as well as for wounds, contusions, sprains, varicose veins and rheumatic pains in the joints when not attended by fever.

27. HEPAR SULPHURIS.

Hahnemann's Calcium sulphide is made by heating a mixture of equal parts of triturated oyster shells and flowers of sulphur. Of this preparation the triturations are prepared with sugar of milk.

PREPARATIONS IN COMMON USE. 3rd to 6th and higher decimal triturations; attenuations not below the 10th decimal potency.

EFFECT. As *Hepar* combines the effect of *Calcarca* and *Sulphur*, it has a far-reaching action on the glands and the skin, as well as on the respiratory system and the nerves.

Tendency to eruptions (especially in children) and to little festering wounds, moist eruptions forming incrustations, and loss of hair. Red swollen eyelids and smarting pain in the eyes. In the morning the eyes are full of matter (pus); spots and ulcers in the cornea. Discharge from the ears, and eruption on and behind the ears. The nose is stopped up and incrustated with matter, and there is a discharge of mucus containing blood. Ulcers in the mouth. Inflamed swelling of the glands healing very slowly. Great heat and perspiration after the slightest exertion. Hoarse, irritating cough, wheezy breathing, obstruction by mucus in chest, sensation of suffocation on lying down. A feeling of discomfort in stomach even after a small quantity of food; the stools are either dry and hard or contain blood and mucus. Painful sensation in the neck, the chest and the back, neuralgic pain in face, teeth and ears, painful swelling of the knee.

CHARACTERISTIC SYMPTOMS. Sensitiveness to fresh air. If there is pain, it is aggravated by fresh air and by moving about.

ITS USES IN SICKNESS. Satisfactory results are often obtained from the use of *Hepar* for inflammation tending to ulceration. The lower triturations are suppurative, whereas the higher triturations can sometimes prevent matter forming if the inflammation is not too far advanced. A common homœopathic remedy for scrofulous ailments, tendency to eruptions, swelling of the glands and chronic ulceration; also good for croup, bronchial catarrh, and the consequences ensuing from an abuse of mercury. It may not be used when the patient tends to hæmorrhage, or for diarrhœa in consumptives.

28. HYDRASTIS CANADENSIS.

The fresh rootstock of golden seal, a plant indigenous to the mountain-forests of North America, is—with its adherent roots—made up into an essence with strong alcohol. From the resin of the plant two other preparations are made: Hydrastinum and Hydrastininum which are triturated with sugar of milk.

PREPARATIONS IN COMMON USE. 1st, 2nd and 3rd and higher decimal attenuations; of *Hydrastinum* and *Hydrastininum*: 3rd and higher decimal triturations.

EFFECT. *Hydrastis* has a very strong effect on all mucous membranes, especially on that of the sexual organs, also on the blood and blood-vessels.

Great weakness, feeling of fatigue in the morning after getting up. Pain in the muscles of the neck, back and limbs. Palpitation of the heart with slight fever. Nasal and bronchial catarrh with copious discharge of thick yellow viscid mucus, and dull pain in the chest. Inflammation of the mucous membrane of the mouth, blisters of the tongue, bitter taste and heartburn, nausea and acidity, dull pain in stomach and pain in region of the liver, constipation and hard stools covered with mucus. Dull pain in the kidneys and frequent micturition, passing of a small quantity of cloudy, malodorous urine sometimes containing blood. Violent itching of the outer pudenda in women with yellowish discharge.

CHARACTERISTIC SYMPTOMS. Great weakness, discharge of yellowish viscid mucus, hæmorrhage of various kinds.

ITS USES IN SICKNESS. In America, *Hydrastis* is one of the most highly esteemed compounds (polychresta), being of great use in certain infectious diseases—for instance virulent cases of influenza—in the so-called dyscrasiæ, that is vitiated states of the blood, as in cancer and blood-poisoning. For cancer of the stomach it is as efficacious as *Arsenic* and can be highly recommended for hæmorrhage of the lungs and the womb, as well as for chronic skin diseases and abscesses and for tenacious leucorrhœa in women.

Externally, *Hydrastis-tincture*, diluted with water or glycerine, is used for syringing the nose in chronic nasal catarrh, and for malignant growths in a solution of glycerine containing five per cent. of the drug.

Hydrastinum and *Hydrastininum* are chiefly used for hæmorrhage of the lungs and womb, the latter being also recommended for tumours of the womb.

29. IGNATIA.

The pulverised seed of the St. Ignatius Bean, a plant found in the Philippine Islands, is made into a tincture with diluted alcohol. Its most active constituents are strychnine and brucine.

PREPARATIONS IN COMMON USE. 3rd and higher decimal attenuations.

EFFECT. It resembles that of *Nux vomica*, its chief sphere of action being the nervous system.

Pain, first in one part, then in another of the body. Super-sensitiveness of the skin to fresh air and draught. Disinclination for bodily or mental effort. Depressions alternating with fits of unnatural gaiety. Easily moved to tears. Restless sleep at night, drowsiness during the day. Hysterical headache with pressure at the root of the nose; sensation as of a nail pressing into the brain, or as if there were a lump in the throat constantly moving up and down. Convulsive affections, for instance; continuous yawning, spasm of the pharynx, cramp in the stomach, crying and laughing fits. Want of appetite, aversion to hot food or food at other times enjoyed; voracious appetite; hard stools with a tendency to prolapsus ani. Copious discharge of pale urine and functional disorders of the sexual organs.

CHARACTERISTIC SYMPTOMS. Mental emotion and agitation is one of the most important symptoms of this remedy. Aggravation and recurrence after taking coffee and alcohol, after meals, in bed in the evening and after getting up in the morning. Abatement of pain by change of position or by lying on the painful spot.

ITS USES IN SICKNESS. *Ignatia* is suited to easily irritated, hysterical persons, especially to women and children of delicate constitution and variable moods. The effects of excitement, fright or grief are often got rid of by this remedy. It is also of use for giddiness, headache, sick-headache, spasms, neuralgic pains; paralysis arising from hysteria, cramp in the stomach and bladder and colic during menstruation.

30. IODIUM.

Of the elementary substance Iodine, one part is dissolved in fifty times its weight of alcohol, whereby the 2nd attenuation is obtained. For compounds of iodine, see below.

PREPARATIONS IN COMMON USE. 4th and higher decimal attenuations.

EFFECT. It affects the glands and all excretory organs, especially those of respiration. The symptoms of poisoning caused by excessive doses of *Iodide of potassium* (a common compound of *Iodine*) continued too long, are: chronic cold in the head, headache, palpitation, muscular weakness, trembling, emaciation and skin eruption. Fever with a hard and rapid pulse, difficulty in breathing, hoarseness, tickling cough, sharp pain in chest with blood-stained expectoration. Ulcers in the mouth and on the gums, coated tongue, want of appetite or excessive appetite, stomach pains, hard or diarrhœic stools containing mucus or pus. Sallow skin, pustular eruption on the face, swelling of some glands, while others which are abnormally swollen and hard go down. Various disorders of the genital organs.

ITS USES IN SICKNESS. *Iodine* is suitable for scrofulous affections, skin and glandular diseases, certain diseases of the

sexual organs, and chronic syphilitic complaints, goitre, croup, and in the second stage of pneumonia. As *Iodium* evaporates rapidly, the preparation known as *Kali iodatum* is to be preferred in many cases; the latter is generally used in the 1st and 2nd decimal attenuation with almost the same effect as *Iodine*, only milder. The use of *Calcarea iodata* (also for scrofulous children) and of *Arsenicum iodatum* (in the first stage of consumption of the lungs) has in many cases produced excellent results.

31. IPECACUANHA.

The tincture of this common remedy is prepared with diluted alcohol from the dried root of *Cephaelis Ipecacuanha*. Its most important constituent is emetine.

PREPARATIONS IN COMMON USE. 3rd, 4th and higher decimal attenuations. Hahnemann recommended the tincture as an antidote to opium.

EFFECT. *Ipecacuanha* acts primarily on the digestive organs, causing violent gastric and intestinal catarrh if taken in big



Fig. 12. IPECACUANHA.



doses. It also stimulates the respiratory organs and acts on the nerves and blood vessels.

Aversion to all food, nausea, pains about the navel, white-coated or inflamed red tongue, vomiting of food and beverages, even of blood. Malodorous diarrhœa—diarrhœa containing blood with urgent desire to relieve bowels. Violent cough with wheezy phlegm on the chest and nausea; spasmodic cough and shortness of breath, the face turning red and blue; yellowish or greenish mucus. Continuous bleeding from nose, lungs, stomach, and intestines, also from bladder and womb, accompanied by nausea. Slight fever alternating with cold, heat and perspiration. Sallow, dingy complexion or pale puffy face with black rings under the eyes. Convulsive attacks, especially in children.

CHARACTERISTIC SYMPTOMS. Nausea; amelioration of indigestion by drinking; intense sensitiveness to changes of temperature. Persons suffering of a weak stomach are periodically attacked by various symptoms.

ITS USES IN SICKNESS. *Ipecacuanha* has a good effect on sensitive persons, especially on women and children, on diseases not attended by high temperature, especially disorders of the digestive and respiratory system. Low attenuations are the most efficacious in such cases; the doses must be frequently repeated, in urgent cases as often as every quarter of an hour. Good results have been obtained from its use when the patient has an aversion to food of any kind and complains of nausea; also in cases of bronchial catarrh, whooping cough (besides *Belladonna* and *Cuprum*), and asthma (alternately with *Arsenic*); in gastric and intestinal catarrh, especially in children; in dysentery; in hæmorrhage of various organs and in intermittent fever when the characteristic symptoms are present.

32. LYCOPODIUM.

The spores of Wolf's claw or Club-moss have in their crude state no effect whatsoever on the human system. Only such preparations are of use, in which one of the components, pollenine, has been released by continuous trituration of the spores.

PREPARATIONS IN COMMON USE. 3rd-6th and higher decimal attenuations and triturations.

EFFECT. Its sphere of action extends over the skin, the digestive and respiratory organs, and also the kidneys and bladder.

Eruptions in creases of the skin; big reddish-brown spots on the skin, sometimes covered with scales; violent moist eruptions on head and in the face, forming brown incrustations. Swelling of the glands of the neck. Digestive disorders especially characterised by a sensation of fulness in the stomach after meals,

acidity, and distension of the abdomen from flatulence, and constipation. Pain about the liver, vomiting of bile and bitter taste in the mouth. Stuffiness in nose, cold causing stoppage in nose, irritation in throat, pain in swallowing, tightness of the chest with yellow or greenish expectoration. Pain in the region of the

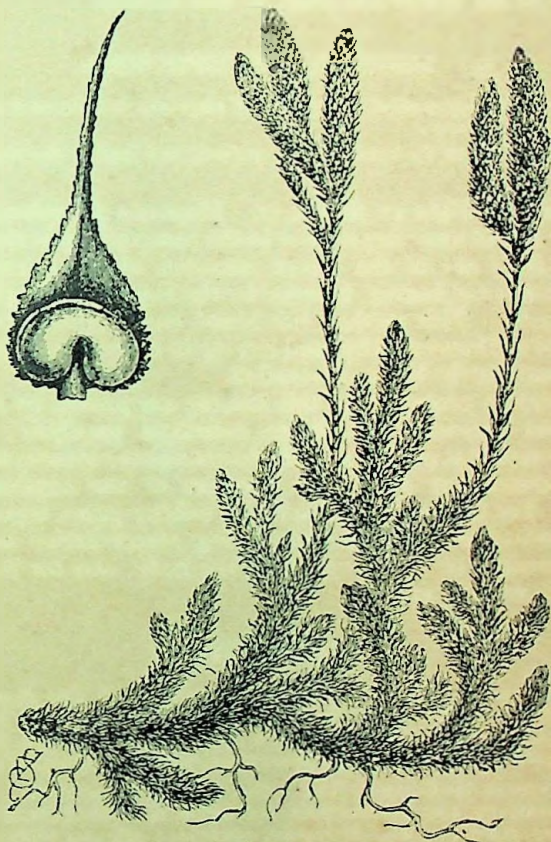


Fig. 13. LYCOPodium.

kidneys and in urination ; scanty urination at first, then very excessive ; the urine is cloudy and has a thick reddish sediment.

CHARACTERISTIC SYMPTOMS. Great depression, sallow complexion, great fatigue ; aggravation of the symptoms indoors and in the afternoon between 4 and 8 o'clock, amelioration in the open air. Moving of the nostrils when breathing.

ITS USES IN SICKNESS. *Lycopodium* is suited chiefly to patients suffering from chronic diseases, who are irritable and

depressed, have yellow spots on the skin and are subject to catarrh ; it is a particularly efficacious remedy for children and old people. To be recommended for digestive disorders, constipation, diseases of the kidneys and bladder, chronic catarrh of the lungs with difficulty in breathing, and for general fatigue and weakness, if the symptoms point to this remedy.

33. MAGNESIA PHOSPHORICA.

The chemical preparation Phosphate of magnesia is triturated with sugar of milk in the usual way.

PREPARATIONS IN COMMON USE. 3rd-6th and higher decimal triturations.

EFFECT AND USES IN SICKNESS. *Magnesia phosphorica* is an inorganic salt of some importance in the composition of the human tissues. It is one of the eleven remedies of the so-called *bio-chemical method of healing*, founded by the homœopathic physician Dr. Schüssler. This method has found many adherents among the friends of Homœopathy, and having in certain cases had good results, may safely be recommended.

The curative properties of this remedy are proved by its effect on nervous diseases, convulsions, neuralgia, paralysis ; we can safely say that it is generally of use in convulsive attacks when the pain or discomfort abates by pressure or the application of warmth. For instance, it is useful for colicky pains, especially in children when teething, for pain during menstruation and spasmodic neuralgia in various parts of the body, also for St. Vitus' dance and writers' cramp.

34. MERCURIUS.

Of the fifteen preparations of mercury mentioned in The Homœopathic Pharmacopœia, we shall name the best known and most used : Mercurius solubilis, discovered by Hahnemann and still named after him, Mercurius corrosivus (corrosive sublimate) and Mercurius cyanatus (cyanide of mercury).

PREPARATIONS IN COMMON USE. Of *Mercurius solubilis* : 4th and higher triturations, and attenuations not below the 10th decimal potency ; of *Mercurius corrosivus* and *Mercurius cyanatus* : 5th and higher decimal attenuations.

EFFECT. The effects of the various preparations of *Mercury* seem to be about the same, when once they have penetrated into the blood ; there are, however, some slight differences, certain preparations thus being preferred for certain diseases.

The general effect is far-reaching and the sphere of action extends over the blood (first increase, then decrease of the red corpuscles) and the entire system, especially the glands and liver. Continuous and excessive dosing can even lead to complete destruction of the tissues.

Rapid, feeble pulse, fever attended by profuse perspiration, which however brings no relief. Feeling of pressure in the head, giddiness, headache, general lassitude, mental excitement followed by intense depression. Violent sneezing fits with discharge of a pungent fluid causing sores on nostrils and upper lip. Dry, hollow cough with fever and slight discharge of mucus. Dry, swollen lips, white-coated tongue, easily bleeding gums with loosening of the teeth, ulcers in the mouth, on the palate, on the tongue and inside the cheek, copious flow of saliva, offensive breath, yellowish-grey deposit on the tonsils, throbbing toothache with a sensation as if the teeth were too long. Earache and swelling of the outer auditory duct, eruption in and behind the ears. Redness and swellings of the eyelids, itching and burning of the eyes, photophobia, epiphora, and muco-purulent discharge with blisters and ulcers on the cornea. Offensive, dry or moist eruptions on the head with loss of hair, and glandular swelling of the neck, especially in children subject to perspiration; dingy, sallow complexion. Pressure and painful sensations about the stomach and liver, intense pain and rumbling in the abdomen, followed by mucous greenish diarrhœa. Diarrhœa containing blood accompanied by violent pain during evacuation, followed by renewed need of relieving bowels. Burning pains during urination with a discharge of thick, yellow mucus. Smarting leucorrhœa in women with intense itching of the genitals. Pain in the joints and bones, worse at night, sometimes unbearable, often attended by perspiration which, however, does not relieve the pain.

CHARACTERISTIC SYMPTOMS. Aggravation of the pain, which often becomes unbearable, in bed at night; relief towards morning; great tendency to perspiration, which however does not relieve the symptoms.

ITS USES IN SICKNESS. *Mercury* is suited to every age and almost every constitution, and is an indispensable remedy for a great many acute and chronic diseases. It is of great use in inflammation of the throat, the tonsils and the gums, in certain diseases of the intestines, the liver, the bladder and the genital organs, in gonorrhœa and syphilis, in acute articular rheumatism, and in various diseases of the bones and glands, especially in scrofulous persons. For diphtheria *Mercurius cyanatus* is employed, and *Mercurius corrosivus* for dysentery. The majority of homœopathic physicians are of the opinion that the higher attenuations have little effect in syphilitic affections, whereas, on the other hand, excessive doses do more harm than good. The low attenuations (the 3rd-6th potency) are the most pleasant and most efficacious. In cases of chronic quicksilver-poisoning, *Acidum nitricum* and *Hepar sulphuris* are suitable.

35. NATRUM MURIATICUM.

In Homœopathy common salt (chloride of sodium) is the most generally used compound of natrum. One part of salt dissolved in nine times its weight of distilled water forms the first decimal attenuation from which further attenuations with strong alcohol are prepared. For other combinations of natrum, see below.

PREPARATIONS IN COMMON USE. 3rd and higher decimal attenuations.

EFFECT. *Natrum muriaticum* acts principally on the mucous membranes, the digestive organs, and the skin.

Pale sallow complexion, sunken eyes with black rings, wrinkled skin, clammy hands and feet, weakness, emaciation, depression and low spirits, shivering, fever and pain recurring at certain hours. The shivering fits begin in the morning and are relieved towards evening by profuse perspiration. Offensive breath, inflamed corners of the mouth, toothache, increased flow of saliva, gums inclined to bleed, desire for sour and highly seasoned food, acidity, heartburn, obstinate constipation, piles, spasms of pain in the muscles of the anus. Cold in the head with discharge of light-coloured mucus and loss of smell. Phlegm in throat and in the wind-pipe, with shortness of breath and pain in coughing. Eruptions, especially in young people, in bends of limbs.

CHARACTERISTIC SYMPTOMS. Pallor, slight perspiration with consequent great sensitiveness to cold and draught; improvement when weather is warm and dry. The symptoms appear periodically, many patients suffering from palpitation of the heart, others from nausea and giddiness.

ITS USES IN SICKNESS. Principal remedy for certain disorders of the digestion and for anæmia and nervous debility; also in diseases of the respiratory organs, if expectoration is light and transparent, not yellow and thick. Also suitable for certain forms of intermittent fever and for eruption on the lips and forehead.

Natrum nitricum in the 2nd and 3rd trituration is to be recommended for bleeding of the nose, also for purpura and at the commencement of an inflammation marked by fluid exudation.

Natrum phosphoricum, in the 3rd and higher decimal tritutations is used for disorders of the digestive system, marked by heartburn, acid vomiting and sour-smelling diarrhœa.

Natrum sulphuricum in the 3rd and higher decimal attenuations is especially suited to patients whose blood contains too much water (hydrogenoid constitution); the health of such persons is always worse in damp weather and at the seaside.

36. NITRI ACIDUM—ACIDUM NITRICUM.

From two parts of nitric acid mixed with three parts of distilled water, the 2nd attenuation is prepared with distilled water, the 3rd with diluted alcohol and the 4th and higher attenuations with strong alcohol.

PREPARATIONS IN COMMON USE. 4th and higher decimal attenuations.

EFFECT. The corrosive properties of the remedy are not made use of by Homœopathy which avails itself of its secondary action upon the mucous membrane (especially in places where this comes into contact with the skin; for instance in the mouth, anus and vagina) and upon vitiated states of the blood.

Giddiness, aggravated by moving about, neuralgic pains in the bones of the skull, buzzing of the ears, black blood drops from the nose. Rheumatic pains in various parts of the body, appearing and disappearing with great suddenness. Bad taste in the mouth, offensive breath, ulcers in the nose and throat. Aversion to meat and bread; pains in the abdomen; mucous, offensive, bloody diarrhœa causing soreness of the anus. Pains in the chest with greenish, purulent expectorations, shortness of breath and palpitations of the heart. Pain about the kidneys when urinating, brown urine containing blood, itching and ulcers on the genitals. Yellow spots on the skin, eruption on the head, abscesses inclined to bleed, swelling and ulceration of the glands, pain and swelling of the bones.

CHARACTERISTIC SYMPTOMS. Sensitiveness to cold air, dislike to exertion. Especially of use for thin people with dark hair liable to catching cold and inclining to hæmorrhage and diarrhœa.

ITS USES IN SICKNESS. *Acidum nitricum* is particularly suited to states of ill-health caused by vitiation of the blood arising from infection; to syphilis when treatment by *Mercury* has been ineffectual, and to chronic mercury-poisoning; also to diseases of the kidneys with dropsical swelling and hæmaturia; to diphtheria with inflammation of the kidneys and to typhus fever with intestinal hæmorrhage.

37. NUX VOMICA.

The triturated seed of the Vomit Nut (Strychnos Nux Vomica) is made up into a tincture in the same way as China. The most active constituents are strychnine, brucine, and strychnic acid.

PREPARATIONS IN COMMON USE. 4th and higher decimal attenuations.

EFFECT. This important homœopathic polychrest acts principally on the central nervous system, the brain and the spinal cord, as well as on the digestive and respiratory organs.

A feeling of fatigue after rising in the morning ; pressure and heaviness in the head, aggravated by thinking ; aversion to moving about ; exhaustion after the slightest mental exertion ; restless sleep with early awakening ; angry, quarrelsome mood, now gloomy, then gay ; apathy and want of energy. Giddiness, swaying walk, weakness in the legs, pins and needles in the hands, sensation of pressure and sharp pains in the loins and back, symptoms of cramp and paralysis. Pain and dazzling in the eyes, convulsive movements and neuralgia in the face, itching and tickling in the auditory duct, loud buzzing in the ears. Dry cough with splitting headache ; violent coughing fits, occurring principally early in the morning, after a meal or after mental excitement. Unpleasant taste in the mouth, coated tongue, aversion to any kind of food, nausea and vomiting early in the morning, pressure



Fig. 14: NUX VOMICA.

on the stomach and distension especially after meals, violent stomach-ache, convulsive pains in the intestines, loud rumbling of flatulence in the abdomen, constipation with constant but futile desire to relieve bowels, hard stools often covered with mucus or blood, itching of the anus, cramp of the sphincter (contracting muscle) of the anus, bleeding and non-bleeding piles. Frequent micturition with a very scanty flow of urine, itching in the genitals, increased sexual desire, seminal discharge, premature menstruation lasting too long.

CHARACTERISTIC SYMPTOMS. Aggravation of most of the symptoms by exertion, coffee and alcoholic drinks. Amelioration of many of the symptoms in the evening and in the open air.

ITS USES IN SICKNESS. *Nux vomica* is suited to thin, slight persons of an irritable nervous disposition and subject to mental depression, especially to those pursuing a sedentary occupation

or one requiring mental exertion. It is an important remedy for treating the modern disease of neurasthenia or nervous debility with its manifold symptoms. Disorders of the stomach and the nerves caused by excessive mental exertion and want of exercise are often cured by *Nux vomica*. It is also suitable and useful for various other ailments including constipation with futile desire to relieve bowels, piles (alternately with *Sulphur*), cold in the head with intense dryness in the nose and throat, as well as headache, giddiness and various disorders connected with gastric ailments and aggravated by too much alcohol—and finally for various disorders of the sexual organs. If the disease is of a chronic nature, it is advisable to take the higher and the lower attenuations alternately. *Nux vomica* is most efficacious when taken in the morning. Acid food and alcoholic drinks must be avoided while this remedy is being taken.

38. OPIUM.

The inspissated juice of the poppy (Papaver somniferum) is made up into a tincture in the same way as China. Its best known and most active constituents are morphine and codeine.

PREPARATIONS IN COMMON USE. 4th and higher decimal attenuations.

EFFECT. The narcotic and pain-assuaging properties of *Opium* and *Morphina* are generally well known. These remedies are used for many diseases, as their effect, though temporary, is generally instantaneous. The homœopathic doctor seldom avails himself of this purely palliative effect, being convinced that the forcible suppression of the symptoms can entail serious consequences for the patient and will delay complete recovery.

Opium causes stupor with congestion in the head, and hyperæmia of the cerebral membranes, trembling, cramp, stiffness of the entire body or of various parts of the body, vacant-looking half-closed eyes with dilated or contracted pupils, delirium, slow pulse, dry tongue, difficulty in swallowing, vomiting of food and bile, and even stercoraceous vomiting, obstinate constipation, dark urine.

CHARACTERISTIC SYMPTOMS. Aggravation of the symptoms on getting warm in bed.

ITS USES IN SICKNESS. Useful in complaints caused by mental agitation or emotion, which, like fear or fright, for instance, have a numbing effect on the nervous system; also of use in counteracting the effects of an excess of alcohol, in lead- and mercury-poisoning, in obstinate constipation, in various ailments of the aged, in certain cases of convulsions and epilepsy, in apoplexy attended by stupor and stertorous breathing, and in insensibility in meningitis.

39. PHOSPHORUS.

Yellow phosphorus is made into a tincture according to a special prescription, the 1/1,000 part of the drug being contained in the tincture, this being equivalent to the 3rd decimal potency.

PREPARATIONS IN COMMON USE. 4th, 5th, 6th and higher decimal attenuations.

EFFECT. This important homœopathic polychrestum has a powerful, far-reaching effect, firstly on the digestive organs, then on all the other organs, especially the brain, the nervous system, the glands, lungs and bones. *Phosphorus*-poisoning formerly so frequent among workmen in match-factories, but thanks to modern hygienic precautions now occurring very rarely, is characterised by various symptoms, such as ulcers and necrosis of the lower jaw.

General debility, weakness, trembling, pins and needles in hands and feet, emaciation, sensitiveness to cold air, difficulty in going to sleep and early waking, shivering fits and fever; hard rapid pulse, at times almost imperceptible. Sour or bitter taste in the mouth, dry lips, burning; white-coated tongue, weak stomach and heartburn; vomiting of food, bile and blood; pain in the throat and stomach when eating, with a sensation as if the food would not go down; chronic diarrhœa with a discharge of mucus, occasionally of blood, but without great pain. Continuous hoarseness; cough with greenish-yellow expectoration, sometimes containing blood; sharp pain in the chest and shortness of breath, especially at night, fits of suffocation and stertorous breathing. Spots on the skin, effusion of blood in the skin and mucous membrane, pale complexion, haggard appearance, swelling of the glands of the neck and of the inguinal and axillary glands, various affections of the periosteum and the bones. Pressure in the regions of the kidneys, urination painful and scanty, urine clear and colourless or cloudy when it contains albumen, mucus or blood. Increased sexual desire followed by impotence, suppressed menstruation with spitting of blood.

CHARACTERISTIC SYMPTOMS. Aggravation of the pain and discomfort in the evening and at night and during cold weather, abatement after midnight and when the patient is warm. Wasting, especially of the hands.

ITS USES IN SICKNESS. *Phosphorus* is suited to thin persons of weakly constitution, especially to those who are weakened and exhausted by a prolonged illness, as well as for acute and chronic diseases attended by loss of strength and great sensitiveness to cold. Satisfactory results are also obtained from its use in certain cases of nervous debility, and diseases of the spinal cord, in hectic and typhus fevers, in chronic painless diarrhœa, in hoarseness and chronic laryngeal and bronchial catarrh,

catarrh of the lungs, in the second stage of pneumonia (alone or alternately with *Tartarus emeticus*), in diseases of the kidneys, in osteomalacia, scrofula and rickets.

Phosphorus must be used with great care, as the lower attenuations are poisonous and can cause blood-spitting in persons with a tendency to lung disease. The doses for children may not be below the 6th decimal attenuation.

40. PULSATILLA.

Fresh Wind-flowers, or Meadow-anemone, gathered during florescence made into an essence in the same way as aconite. Its active principle is the so-called camphor of anemone, which, when the plant is dried, becomes inert. This proves that modern chemical researches agree with Hahnemann's statement (made more than a hundred years earlier), that tinctures prepared from the fresh plants are the most efficacious and powerful.

PREPARATIONS IN COMMON USE. 3rd and higher decimal attenuations.



Fig. 15. PULSATILLA.

EFFECT. Pulsatilla acts on all the mucous membranes, particularly of the stomach and the alimentary canal; also on the respiratory organs, the blood, the sexual organs of women, and the ears and eyes.

Indigestion with coated tongue, white or yellow; unpleasant, sticky, bitter taste; heartburn or bitter eructations; aversion to warm food, drinking and smoking; nausea with vomiting of mucus or bitter matter. Stomach pains and cramp followed by diarrhœa

especially after supper and at night, with white mucous stools. Painful urination and nocturnal enuresis. Painful enlargement of the testicles; irregular menstruation which is either entirely absent, delayed, or too scanty, and often accompanied by weakening leucorrhœa. Palpitation of the heart caused by the slightest movement, drowsiness in the morning, shivering fits, pallor. Blisters or spotty eruption, with fever. Continuous cough with white phlegmy expectoration, chronic cold in the head with discharge of thick, yellow, bland mucus. Inflamed eyes, agglutination of the eyelids by thick yellow mucus, little ulcers and sties on the eyelids. Earache, ulcers in the auditory canal, mucous discharge from the auditory canal. Rheumatic pains wandering from one joint to another.

CHARACTERISTIC SYMPTOMS. Aggravation of the symptoms in the evening, by warmth and rest. Amelioration by exercise in the open air. Restless sleep with an inclination to uncover oneself.

ITS USES IN SICKNESS. *Pulsatilla* is especially suited to persons of gentle yielding disposition, easily moved to tears, and to persons of phlegmatic temperament, pale face, fair hair and blue eyes. It is a good remedy for women and children and often of use in cases of chlorosis and disorders connected with menstruation and pregnancy. Also useful for various other ailments such as nasal and bronchial catarrh, catarrh of the lungs, overloading of the stomach by greasy and rich food, gastric and intestinal catarrh attended by mucous diarrhœa, inflammation of the parotid glands and the testicles, acute and chronic inflammation of eyes and ears with mucous and purulent discharge, some skin diseases, and epidemics of measles. *Pulsatilla* is most efficacious when taken in the morning.

41. RHUS TOXICODENDRON.

The fresh leaves of the Poison-oak, a shrub indigenous to South America, are made up into an essence for both internal and external use, in the same way as Aconite. According to recent investigations, its most active constituent is a pungent, resinous substance.

PREPARATIONS IN COMMON USE. 3rd-6th and higher decimal attenuations. For external use the tincture is mixed with twice to ten times the quantity of water, diluted alcohol or olive oil.

EFFECT. If applied to the skin, it causes inflammation; if used internally, it irritates the mucous membrane of the stomach and the intestines. If used continuously, it affects the joints, the serous membranes and the skin, and ultimately has a paralytic effect on the brain, spinal cord and nerves.

Sharp neuralgic pains in joints, sinews and muscles, with redness and swelling, which get worse during repose but are relieved by

slow gentle movement. Stiffness in the limbs with a feeling as if one were paralysed which goes off on moving about. The stiffness is worse early in the morning. Rush of blood to the head, rheumatic pain in head and face. Pain in stomach and abdomen, which abates after the bowels have been relieved; thin mucous diarrhœa containing blood, especially early in the morning. Itching all over the body, pimples and pustules with eruption similar to erysipelas, dry or moist irritating eruption on the head especially



Fig. 16. RHUS TOXICODENDRON.

in children. Intermittent pulse, throbbing of the veins, periodic attacks of fever, great fatigue, tendency to yawn, great restlessness, tossing about in bed, delirium.

CHARACTERISTIC SYMPTOMS. Aggravation of the pains and discomfort at night, during repose, and after violent exercise. Amelioration after slow continuous movement.

ITS USES IN SICKNESS. *Rhus* has a beneficial effect on chronic and acute diseases caused by getting wet or by excessive physical exertion, on sprains such as that of the ankle, on articular rheumatism and gout especially when caused by damp and cold,

on stiffness of the limbs and paralysis of a rheumatic nature, on intestinal catarrh in cases when diarrhœa is at its worst early in the morning, and on typhus fevers,—finally on various skin diseases such as nettle rash, erysipelas, shingles, if these eruptions are marked by smarting pain and the formation of blisters containing moisture.

42. SEPIA.

The inky juice of the cuttle-fish is triturated with sugar of milk. Preparations made from the back-bone of the fish are not to be recommended, as they do not contain the real properties of sepia.

PREPARATIONS IN COMMON USE. 3rd-6th and higher decimal triturations and attenuations.

EFFECT. This remedy whose efficacy was accidentally discovered by Hahnemann and then tested on the healthy human body acts



Fig. 17. SEPIA.

principally on the genital organs of women, the nervous system, the skin and the eyes.

Exhaustion after slight exertion. Nervous symptoms, such as itching, irritation, sensation of cold in the back, irritability and bad temper, feeling of fear, despondency and depression. Rush of blood to the head with nervous headache, tired feeling in the eyes and impaired sight. Palpitations of the heart, heat waves, cold hands and feet. Hoarseness, dry cough with slight mucous expectoration and a burning pain on the chest. Burning sensation in the stomach, aversion to any kind of food, heartburn, stomach-ache after meals, sour vomiting, distended abdomen and constipation with mucous bloody stools and piles. Yellow spots

on the skin, eruption on mouth and chin, ringworm, itching, perspiration, brittle nails. Inflammation of the female sexual organs, leucorrhœa, premature and scanty menstruation, recurrence of menstruation after cessation at the change of life.

CHARACTERISTIC SYMPTOMS. Fatigue after slight exertion. Many symptoms gradually disappear after physical exercise. Periodic attacks of pain, great sensitiveness to noise and cold air, yellowish complexion.

ITS USES IN SICKNESS. *Sepia* is one of the best homœopathic remedies for functional disorders of women, but it is also suited to nervous men suffering from pollutions and imagining they have spinal disease. It is of use for ailments and disorders of women during the change of life (between 40 and 50), for sick headaches (alternately with *calcareo carbonica*), for hysterical attacks, neuralgic pains, weak digestion, constipation and flatulence, rush of blood to the head and for other disorders increasing before the monthly period, and finally for various skin-diseases.

43. SILICEA.

Siliceous earth obtained from rock-flint is triturated with sugar of milk. Besides this, there is another preparation, the so-called Aqua silicata, consisting of a saturated solution of freshly precipitated silicic acid in distilled water.

PREPARATIONS IN COMMON USE. *Silicea* 3rd-6th and higher triturations; attenuations not below the 10th decimal potency. *Aqua silicata* undiluted.

EFFECT. Siliceous earth is an important component of the bone and cellular tissues, its lack causing loss of vitality. The tests on the healthy human body have shown that its sphere of action comprises almost all the organs and tissues of the body.

General weakness and nervous prostration; patient easily startled, obstinate and irritable. Headache on one side only, beginning in the morning and relieved by keeping the head warm; daily headache, especially at the back of the head, spreading from the neck and getting worse by motion, noise and mental work. Continuous cold in the head, incrustations in the nostrils and loss of smell. Exhausting cough with pain in the chest, shortness of breath, and purulent mucous discharge. Inflammation of the glands of the neck. Acidity, pressure on the stomach, hard and lumpy or soft stools containing mucus and blood. Swelling under the skin, in the muscles, joints, sinews and bones. Irritating eruptions, perspiration of the feet, pustules, furuncles, whitlows. Slight excoriations heal slowly and are inclined to fester; forming of proud flesh forms in ulcers and fistulas. Periostitis and curvature of the bones.

CHARACTERISTIC SYMPTOMS. Aggravation of the pain by movement, relief by rest and warmth. General feeling of weakness.

ITS USES IN SICKNESS. *Silicea* is especially suited to chronic diseases attributable to a vitiated state of the blood, and is thus particularly well adapted to scrofulous, ricketty and tuberculous constitutions. It is a powerful remedy for various bone diseases and for cases of suppuration, as well as for nervous debility. It is one of the best homœopathic remedies for abscesses, ulcers and fistulas. It is suited to the injurious consequences of suppressed perspiration of the feet, to chronic pneumonia, and to the second stage of tuberculosis. The potencies should not be too low nor the doses too frequent. It is of great importance to avoid highly-seasoned or salted food and alcoholic drinks while taking this remedy, to be in the open air a great deal and to tend the skin well.

44. SPIGELIA.

The freshly dried Pinkroot, found in Central America and the West Indies, is made into a tincture in the same way as China.

PREPARATIONS IN COMMON USE. 3rd and higher decimal attenuations.

EFFECT. This remedy acts principally on the heart and nerves, also on the eyes. It also possesses some slight anti-helminthic power, but not to such an extent as some other remedies, for instance, *Cina* and *Aspidium Panna*.

Stabbing, tense pain, moving from one part of the body to another. Restless sleep with exciting dreams, nervous trepidation. Violent pain on one side of the head (hemicrania), especially in the temples; neuralgic faceache particularly on the left side; lachrymation and cramp in the eyelids. The pains are aggravated by moving about and stooping; they begin in the morning, get worse during the day and better towards evening. Violent palpitation of the heart, accompanied by a feeling of fear and stabbing pain in the chest spreading to the left arm and aggravated by moving about. A sensation of fulness in the abdomen, pain about the stomach, flatulence, hard clayey stools, increased micturition after attacks of pain or palpitation.

CHARACTERISTIC SYMPTOMS. The pain begins in the morning, gets worse during the day and abates towards evening. It is aggravated by moving about and by stormy weather and relieved when in a horizontal position; heart diseases however, being an exception to this rule.

ITS USES IN SICKNESS. *Spigelia* is an excellent remedy for periodically recurring neuralgic pains and headache having the above symptoms, for nervous palpitation of the heart, and for organic heart disease, especially when this is a complication of articular rheumatism; it is also recommended for rheumatic affections of the eyes and for worm affections with colicky pains. Tea, coffee and alcoholic drinks must be avoided whilst taking this remedy.

45. SPONGIA.

Sponge, after being toasted in a tin drum, is made into a tincture in the same way as China. Its most active constituents are small quantities of iodine, bromine, lime and silicic acid.

PREPARATIONS IN COMMON USE. 2nd, 3rd and higher decimal attenuations.

EFFECT. It is very similar to that of *iodium*, but is milder and acts principally on the glands and the mucous membrane of the air-passages.

Rigor and fever attended by feeling of fear, restlessness and pain, rapid and full pulse. Dry cough with pain in the chest, hoarseness and cracked voice, pain in the larynx when touched, with a feeling as if one were being strangled, panting and painful breathing and short barking cough. Swelling of the glands of the neck; swelling (goitre) and pain in the thyroid gland.

CHARACTERISTIC SYMPTOMS. Aggravation of the symptoms at night, relief by drinking.

ITS USES IN SICKNESS. If used quickly and energetically, that is, in frequently repeated doses of the lower attenuations, *Spongia* is of great use for croup in children, hoarseness, catarrh of the larynx and bronchial catarrh. Also an efficacious remedy for coughs that are aggravated by deep breathing, speaking and cold air and for larger and smaller goitrous enlargements.

46. SULPHUR.

Washed Flowers of Sulphur (Brimstone) are triturated with sugar of milk in the usual way, and then highly attenuated with strong alcohol. There is also another preparation recommended by Hahnemann: Spiritus sulphuratus or Tincture of Sulphur, which is prepared by shaking up one part of flowers of sulphur in ten parts of pure alcohol, and then attenuating it in the usual way.

PREPARATIONS IN COMMON USE. 6th and higher decimal triturations; attenuations not below the 10th decimal potency.

EFFECT. This remedy, which is but little recognised by the official school of medicine, but considered one of the most efficacious by Homœopathy, was carefully tested on the healthy human body by Hahnemann. In his book "Die Reine Arzneimittellehre" (Pure Materia Medica) he mentions the results of 755 tests proving the efficacy of sulphur. Following on Hahnemann, Prof. Farrington in his famous clinical work, and more recently, Prof. Schulz, by means of careful testing, came to the same conclusion as the founder of Homœopathy.

Sulphur has a far-reaching effect on the entire system, which is not surprising, as it exists—in small quantities, it is true—in all the tissues of the body. There are no cellular tissues, no albumen, without *Sulphur*. Owing to its affinity to oxygen it promotes the

combustion of albumen, stimulates the organs of secretion to greater activity, and thus accelerates assimilation. It acts principally on the skin, the digestive and respiratory organs, the blood vessels, the muscles, the nervous system, as well as the kidneys, the bladder and the sexual organs.

The general indications of *Sulphur* are roughly as follows : Itching of the skin, the skin is generally rough, covered with scales. Heavy feeling in the head, black rings under the eyes, swollen nose, dry mouth and coated tongue. Also shortness of breath, swaying walk, trembling of the hands, cramp in the calf of the leg, feeling of distension in the abdomen, constipation alternating with diarrhœa, heat on the top of the head, burning soles of the feet, smarting urine, light sleep disturbed by the slightest noise, with a tendency to exciting dreams.

Other special effects are : Eruptions of various kinds, blisters containing a pungent watery fluid and forming yellow incrustations. Ringworm with loss of hair. Sour smelling perspiration in certain parts of the body, caused by the slightest exertion. Swelling of the glands, ulcers and abscesses of various kinds. Rush of blood to the head with giddiness, especially in the morning and the evening, after meals, and when rising from a horizontal position. Depression or irritability ; piercing, stabbing pain on one side of the head ; throbbing pain in hollow teeth ; itching and smarting of the eyes, inflamed eyelids. Red, hot, swollen nose, with pungent discharge accompanied by violent sneezing ; continuous hoarseness, weak voice, dry cough, short wheezy breathing with suppressed cough, blood-spitting and shortness of breath ; stabbing pain in the chest, especially on the left side ; violent paroxysms of coughing on getting up, on going to bed and after meals. Burning sensation in the mouth and stomach, coated tongue, bitter taste, acidity, sour and bitter eructations, pressure and feeling of fulness in the stomach after meals and in the evening, obstinate constipation or greenish-yellow mucous diarrhœa, pain when bowels are acting, itching and burning in the anus. Weakness of the bladder, wetting the bed (nocturnal enuresis), foul-smelling urine covered with a fatty scum ; itching and pain in the genitals, various menstrual disorders.

CHARACTERISTIC SYMPTOMS. Many of the pains are induced or aggravated by repose, in the night or during cold weather, whereas they abate or disappear by moving the painful limb or by walking about in a warm temperature and during dry weather.

ITS USES IN SICKNESS. It is impossible here to enumerate all or even most of the diseases or diseased states for which *Sulphur* is an efficacious remedy. For the attentive reader the above description will be a guide. For chronic diseases *Sulphur* is the main remedy employed by Homœopathy to stimulate the reactionary

power of the system and to render it susceptible to the effect of other remedies in cases where it is not of itself able to effect a cure. Extensive or too frequent dosing may aggravate the symptoms, and care must therefore be taken when using it, especially in the case of scrofulous persons. The effect of *Sulphur* on skin diseases, characterised by dry eruption and itching of the skin, is striking; also in disorders arising from the suppression of skin eruptions by external remedies. It is also very beneficial for scrofulous and ricketty children and for persons subject to eruptions and ulcers. Further, it is of good service in acute diseases, acute exudations for instance.

47. THUJA OCCIDENTALIS.

From the fresh leaves of the tree of life (arbor vitæ) the essence is prepared for internal and the tincture for external use, the former containing the greater quantity of the drug. The active principle is a pungent volatile oil.

PREPARATIONS IN COMMON USE. 3rd and higher decimal attenuations; tincture for external use.



Fig. 18. THUJA OCCIDENTALIS.

EFFECT. *Thuja* acts on the mucous membranes especially of the genital tract, the skin and the nervous system and causes symptoms of a rheumatic nature.

Super-sensitiveness of the skin, itching and burning, red spots which appear and disappear entirely in a few hours, pimples and pustules, warts on the hands and the genitals, malodorous

perspiration, swelling of certain glands. Neuralgic pains and convulsive twitching, buzzing in the ears, giddiness, pain in the muscles of the back and neck, cracking of the joints when moving, stiffness, pins and needles in the hands and feet, nervous palpitations and stomach-ache, ice-cold hands and hot head. Fluid discharge from the nose, exhausting cough with little result, thin stools, thin mucous or purulent discharge from the sexual organs, pain in urination, inflammation of the prepuce and the vagina.

CHARACTERISTIC SYMPTOMS. Symptoms frequently changing, sudden appearance and disappearance of the pain, perspiration on uncovered parts of the body, skin dry and nails brittle.

ITS USES IN SICKNESS. *Thuja* is a homœopathic polychrest recommended by Hahnemann for many symptoms frequently occurring in lymphatic constitutions, that is, in constitutions characterised by slack watery tissues and little power of resistance; such as swelling and catarrh of the mucous membrane, skin affections and rheumatic pains. *Thuja* is of good service in gonorrhœa and its after-effects; inflammation of the ovaries, the uterus, the prepuce and the testicles; in abscesses and non-malignant new growths, especially in warts inclined to bleed and appearing in great numbers. It is a good remedy for the harmful effects of vaccination, and finally is to be recommended for neuralgic pains occurring principally on the left side of the body, for depression, excessive worrying about the future, and for defective memory.

48. TUBERCULINUM.

Various preparations of tuberculin are employed: the isopathic preparation, made from the attenuated tuberculous sputum, Burnett's Bacillinum, which contains everything associated with the tuberculous process; and Koch's Tuberculin, prepared from the tubercle bacillus.

PREPARATIONS IN COMMON USE. 6th-12th and higher decimal attenuations.

EFFECT AND USES IN SICKNESS. The idea of fighting tuberculosis with its own virus had materialised in Lux's Isopathy, but was soon forgotten. Later on it was revived by various investigators and came into use again when Koch discovered *Tuberculin* which he prepared from the tubercle bacillus. Several years before, the homœopathic physician Dr. Burnett had introduced his preparation *Bacillinum* in England. Both these preparations are now used by Homœopathy.

Various opinions exist about the curative power of tuberculin preparations, among homœopathic doctors as well as in the allopathic school. At any rate, the results hitherto obtained have not been sufficient to prove that *tuberculin* is the specific remedy for tuberculosis. It is most efficacious in the very first stages of

tuberculosis, when, however, the same results can be obtained from the use of *lime*, *arsenic*, and *iodine*; in advanced stages of the disease *tuberculin* is of little or no use.

More satisfactory results can be expected from the use of *tuberculin* in pleurisy in the young, when of a tuberculous nature, and for chronic bronchial catarrh of the aged with much phlegm, wheezing and respiratory disorders; in such cases, the remedy sometimes has a wonderful effect. It can also be recommended for those who easily catch cold and suffer from congestion and catarrh, as well as for catarrh and asthma consequent on influenza.

As a general rule, *tuberculin* is suitable to persons with a faulty circulation, to those suffering from debility and with a tendency to perspiration, the symptoms being aggravated by the slightest exertion. According to Dr. Nebel, *tuberculin* is an important antipsoric remedy somewhat resembling *Sulphur* and useful in all diseases of a scrofulous nature.

49. VERATRUM ALBUM.

The dried root-stock of the White Hellebore is made into a tincture in the same way as China.

PREPARATIONS IN COMMON USE. 3rd, 4th and higher decimal attenuations.

EFFECT. This remedy, esteemed by the ancients, but afterwards forgotten, was re-introduced by Hahnemann. It acts on the intestinal tract, the central nervous system, the heart and the lungs.

Nervous prostration, sudden loss of strength, convulsions and twitching, grinding of teeth, fear of accidents and death, mania of various kinds. Palpitation of the heart, attacks of fright with shortness of breath and perspiration and weak, rapid, sometimes almost imperceptible pulse; coldness of the head, legs, hands and feet, cold clammy sweat in the face, pale or bluish complexion with a startled expression. Dry sticky mouth parched swollen occasionally blue lips, dry tongue, eructations, nausea with bitter taste, burning sensations in the stomach, vomiting and diarrhœa immediately after meals, watery green or mucous diarrhœa attended by violent thirst, cold sweat on forehead and great exhaustion. Tightness on the chest with convulsive cough, wheezy breathing and feeling of suffocation with weak pulse and cold hands and feet.

CHARACTERISTIC SYMPTOMS. Great exhaustion and feeling of weakness. Cool, even cold skin, cold sweat on forehead. Rapid loss of strength with feeble pulse, sunken features, dry mouth and lips.

ITS USES IN SICKNESS. *Veratrum* has been of great service in various epidemics of Asiatic cholera, and is always suitable for diarrhoea attended by vomiting, and for cholera when the



Fig. 19. VERATRUM ALBUM.

above-mentioned characteristic symptoms are present. Also of use in whooping cough, and for morbid, absurd fancies during acute diseases, such as fright, fear, and thoughts of suicide, and for

various nervous disorders, especially in women. A dose of *Veratrum* can always be safely given for great general debility, when even speaking is an effort to the patient.

50. ZINCUM.

Besides the metal itself, there are several compounds of zinc in use, of which we shall mention Zincum cyanatum, a compound of zinc and hydrocyanic acid, and Zincum valerianum, a compound of zinc and valerianic acid.

PREPARATIONS IN COMMON USE. *Zincum metallicum*, 6th and higher decimal triturations; *Zincum cyanatum*, 4th and higher decimal triturations; *Zincum valerianum*, 3rd and 4th decimal triturations.

EFFECT. *Zinc* acts principally on the brain and spine and eventually causes paralysis. Giddiness, heavy pressing sensations in the head, headache especially at the back of the head, fluttering before the eyes, restless sleep with startling dreams, sudden awakening from sleep, mental inertia, defective memory and even impaired mental faculties. Pain and stiffness in the muscles of the neck and back, trembling of the hands, convulsions and similar disorders, formication under the skin, weakness, shakiness, paralysis of the limbs partial or muscular, constipation, spermatorrhœa.

CHARACTERISTIC SYMPTOMS. Aggravation of the symptoms after meals and in the evening, after taking wine, after emotion and mental effort.

ITS USES IN SICKNESS. *Zinc* is one of the principal remedies in nervous diseases, in convulsions and paralysis, especially suited to women and children, but also to men with weak nerves. It is often of use in spasms of the larynx and pharynx, of the stomach and in nystagmus and writer's cramp, in convulsions while teething, and in symptoms of cerebral irritation, during an attack of erysipelas, for instance, or paralysis of the brain during meningitis, also in certain mental disorders. *Zincum cyanatum* is often successfully used for St. Vitus' dance and occasionally for epilepsy. *Zincum valerianum* is frequently an efficacious remedy for insomnia caused by excitement (not by pain) and for hysteria.

CHAPTER VIII

LIST OF THE HOMŒOPATHIC REMEDIES RECOMMENDED IN THIS BOOK, AND THEIR LOWEST MOST GENERALLY USED POTENCIES

Note.—The remedies printed in italics have been fully described in the preceding part. The figures following the name show the potency. It is advisable to take the remedies marked by * in triturations, that is in powders; the others as fluids or globules. The last mentioned can, however, for technical reasons, not be prepared below the 3rd decimal potency, as they would not keep.

REMEDIES FOR INTERNAL USE.

- | | |
|--|--|
| <p>Acidum aceticum 3x.
 hydrocyanicum 6x.
 benzoicum 2x-3x.
 muriaticum 3x.
 <i>nitricum</i> 4x.
 phosphoricum 3x.
 picricum 4x-6x.
 sulphuricum 3x.</p> <p><i>Aconitum</i> 3x.</p> <p>*Aethiops antimonialis 3x.
 Aethusa cynapium 3x.
 Agaricus muscarius 3x.
 <i>Aletris farinosa</i> 1x-3x.
 Aloe 3x.</p> <p>*Alumina 3x.
 *Aluminium metallicum 3x-6x.
 Ammonium bromatum 2x.
 carbonicum 3x.
 iodatum 3x.</p> <p>Anacardium orientale 3x.</p> <p>*Anthracinum 3x.</p> <p>*<i>Antimonium crudum</i> 4x.
 <i>sulphuratum aurantiacum</i>
 2x-6x.
 <i>tartaricum</i> 3x-4x.</p> <p><i>Apis mellifica</i> 3x.</p> <p>*<i>Apisinum</i> 5x.
 Apocynum cannabinum 3x.
 *Apomorphinum 5x-6x.</p> | <p>Argentum nitricum 4x.
 <i>Arnica</i> 2x.
 <i>Arsenicum album</i> 4x-6x.
 * <i>iodatum</i> 3x-6x.</p> <p>Arum triphyllum 3x.
 Asafoetida 3x.
 <i>Atropinum</i> 4x-6x.</p> <p>*Aurum 6x.
 * iodatum 4x.
 * muriaticum natronatum
 3x.</p> <p>Avena sativa tincture 3x.</p> <p>Baptisia tinctoria 2x.
 *Baryta carbonica 2x-6x.
 * iodata 4x.</p> <p><i>Belladonna</i> 3x.</p> <p>*Benzoicum acidum 2x-3x.
 Berberis vulgaris 3x.</p> <p>*Bismuthum nitricum 3x.
 Blatta orientalis 2x.
 Boletus laricis 2x.</p> <p>*Bovista 3x.
 Bromium 2x-3x.
 <i>Bryonia</i> 3x.</p> <p>Cactus grandiflorus 2x.
 Calabar 3x.</p> |
|--|--|

- **Calcarea acetica* 1x-2x.
 * *arsenica* 4x.
 * *carbonica* 3x-6x.
 * *fluorica* 3x-6x.
 * *hypophosphorosa* 1x-2x.
 * *iodata* 3x-4x.
 * *phosphorica* 3x-6x.
 * *sulphurica* 3x-6x.
Calendula 2x.
Camphora 2x-3x.
 * *bromata* 3x.
Rubini tincture.
Cannabis indica 4x.
sativa 3x.
Cantharis 4x-6x.
 **Carbo vegetabilis* 3x-6x.
Carduus marianus 2x.
Caulophyllum 2x.
Causticum 3x.
Ceanothus americanus 3x.
Cedron 3x.
 **Cerium oxalicum* 3x.
Chamomilla 3x.
Chelidonium majus 3x.
China 2x.
 **Chininum arsenicosum* 4x.
 * *muriatricum* 1x-2x.
 **Cholesterinum* 6x.
Cicuta virosa 3x.
Cimicifuga racemosa 3x.
Cocculus 3x.
Coccus cacti 2x.
Coffea 3x.
Colchicum 3x.
Collinsonia 3x.
Colocynthis 3x.
Conium maculatum 3x.
Copaiva 3x.
Crataegus 1x.
Crocus 3x.
 **Cuprum* 4x-6x.
 * *aceticum* 4x.
 * *arsenicosum* 4x.

Damiana 2x.
 **Digitalinum* 6x.
Digitalis purpurea 3x-6x.

Drosera rotundifolia 2x.
Dulcamara 2x.

Echinacea 2x-3x.
Equisetum hiemale 2x.
Eucalyptus globulus 2x-3x.
Euphrasia 2x-3x.

 **Ferrum* 2x-6x.
 * *aceticum* 2x.
 * *carbonicum* 2x.
 * *hæmatinum* 2x.
 * *lacticum* 2x.
 * *phosphoricum* 2x-6x.

Gelsemium 3x.
Glonoinum 4x-6x.
 **Graphites* 3x-6x.
Grindelia robusta 3x.
Gutti, 3x.

Hamamelis virginica 2x-3x.
extract.
Helleborus 3x.
Hensels Tonicum.
 **Hepar sulphuris* 3x-6x.
 **Hydrastininum* 3x-4x.
 **Hydrastinum* 3x-4x.
 **Hydrastis canadensis* 1x-3x.
Hyoscyamus 3x.
Hypericum 2x.

Ignatia 3x-4x.
Iodium 3x.
Ipecacuanha 3x-6x.
Iris versicolor 2x.

Kali bichronicum 3x-4x.
carbonicum 3x.
chloratum 3x.
iodatum 1x-2x.
nitricum (= Nitrum)
 2x-3x.
 * *phosphoricum* 3x-6x.
 * *sulphuricum* 3x-6x.
Kalmia latifolia 3x.
Kreosotum 3x.

- Lachesis 10x-12x.
 Lactuca sativa 2x.
 Ledum palustre 2x.
 *Lithium carbonicum 3x.
 Lobelia 3x.
 **Lycopodium* 3x-6x.

 *Magnesia carbonica 3x-6x.
 * muriatica 3x-6x.
 * *phosphorica* 3x-6x.
 *Manganum aceticum 3x.
 Mercurius corrosivus 4x-6x.
 cyanatus 4x-6x.
 * dulcis 4x.
 * iodatus flavus 6x.
 * phosphoricus 6x.
 * *solubilis* 4x-6x.
 * tannicus 4x.
 Mezereum 3x.
 Millefolium 2x.
 Moschus 3x.
 Muriatis acidum 3x.
 Myrica cerifera 3x.

 *Naphthalinum, 3x.
 *Natrium choleinicum 3x-4x.
 iodatum 3x.
 muriaticum 3x-6x.
 * *nitricum* 2x.
 * *phosphoricum* 3x-6x.
 * *sulphuricum* 3x-6x.
 Nitrum (= Kali nitricum)
 2x-3x.
Nux vomica 3x-4x.

 Oenanthe crocata 3x-6x.
Opium 3x-6x.

 Pareira brava 2x-3x.
 Petroleum 3x.
Phosphorus 4x-6x.
 Phytolacca 3x.
 Pilocarpinum 4x-6x.
 Plantago major 3x.
 *Platina 4x-6x.
 * muriatica 3x.

 *Plumbum 4x-6x.
 * iodatum 3x-6x.
 Podophyllum 2x-3x.
 Prunus spinosa 2x.
 Psorinum 12x.
Pulsatilla 3x.

 Rana bufo 6x.
 Ranunculus bulbosus 3x.
 Rheum 3x.
Rhus Toxicodendron 3x.
 Ricinus 3x.

 Sabadilla 3x.
 Sabal serrulata 1x-2x.
 Sabina 3x.
 Sambucus 3x.
 Sanguinaria canadensis 1x-3x.
 Sarsaparilla 3x.
 Secale cornutum 3x-4x.
 *Selenium 4x-6x.
 Senecio 3x.
Sepia 3x-6x.
 **Silicea* 3x-6x.
 Silygium jambolanum 1x.
 Solidago virga aurea 3x-6x.
Spigelia 3x.
Spongia 2x.
 *Stannum 3x-6x.
 Staphisagria 3x.
 *Stibium arsenicosum 4x.
 Stramonium 3x.
 Strophanthus 3x.
 **Sulphur* 6x-12x.
 * iodatum 3x-4x.

 Tabacum 6x.
Tartarus emeticus (= Anti-
 monium tartaricum) 3x-4x.
 Terebinthina 3x.
Thuja occidentalis 3x.
Tuberculinum 6x-12x.

 *Uranium muriaticum 3x.
 * nitricum 3x.
 Urea nitrica 2x.

Valeriana 2x.	* <i>Zincum</i> 6x-12x.
<i>Veratrum album</i> 3x-4x.	* <i>cyanatum</i> 4x.
viride 3x.	* phosphoricum 6x.
Viburnum opulus 1x.	* valerianum 2x-3x.
Viola tricolor 3x.	

REMEDIES FOR EXTERNAL APPLICATION.

Aqua silicata.	Hamamelis-extract.
Arnica-alcohol.	Hamamelis-ointment.
Arnica-oil.	Hamamelis-suppositories.
Arnica-plaster.	Hamamelis-tincture.
Arnica-ointment.	Hydrastis-canadensis-tincture
Arnica-tincture.	Ledum-palustre-tincture.
Belladonna-ointment.	Phosphoric-ointment.
Bellis-perennis-tincture.	Pinus-silvestris-tincture.
Calendula-alcohol.	Plantago-major-tincture.
Calendula-ointment.	Pyrethrum-tincture.
Calendula-tincture.	Rhus-Toxicodendron-tincture.
China-tincture.	Ruta-tincture.
Conium-tincture.	Sanguinaria-tincture.
Eucalyptus-globulus-tincture.	Thuja-tincture.
Euphrasia-tincture.	Urtica-urens-tincture.



PART II

HYGIENE, NURSING, DIET, PHYSICAL AND
DIETARY TREATMENT

CHAPTER I

A SHORT TREATISE ON HYGIENE

What we have we prize not to the worth
Whiles we enjoy it; but being lacked and lost,
Why, . . . then we find
The virtue that possession would not show us
Whiles it was ours.

SHAKESPEARE.

THIS quotation contains a great truth and is especially applicable to the subject now to be discussed. What an inestimable boon good health is! And yet how little it is appreciated by those who possess it! We generally recognise the divine privilege of good health only after we are deprived of it. Happy the man who betimes learns to live by sensible hygienic rules; for, as the old proverb rightly says, "Prevention is better than cure," and in the same way it is easier to preserve good health than to restore that which has been shattered.

Hahnemann, the founder of Homœopathy, the pioneer of this modern branch of medicine, had a keen eye for hygiene. His quick brain detected that many an illness and a great deal of suffering were caused by an unnatural mode of life and improper nourishment. Some of his writings contain advice to his patients, — advice at that time considered foolish, but now approved by every physician. He continually impressed the necessity on his patients of keeping to a healthy diet and mode of life even after recovery from illness.

By a healthy natural mode of life the body is fortified against harmful external influences. It is more able to resist the causes of disease which are prevalent during epidemics, and is also more fitted to bear the strain of the hard struggle for existence, than a system weakened by a wrong or irregular mode of life.

We shall answer the reader's question: "How then should I live in order to keep or to get well?" by pointing out the principal hygienic rules and their practical application.

The most important of these is certainly

FOOD,

it having been scientifically proved that a properly nourished system is more able to resist harmful influences and that thereby the risk of illness both for the individual and the masses is diminished. A great number of diseases are caused by insufficient

or improper nourishment. Thus a scholar has remarked very truly : "A well regulated diet is the greatest factor in prolonging life."

The substances used as food for man can be classified as follows :

I. ALBUMINOUS SUBSTANCES. These exist both in animal and vegetable food, chiefly in meat, fish, eggs, milk, flour, bread, cereals and legumens ; they are very nitrogenous, and indispensable if the system is to keep fit, as they form the actual building material of the tissues and organs. The value of albumen in the daily diet is, however, frequently over-estimated ; while Voit says that 120 grammes of pure albumen a day is the minimum quantity for a man, recent investigations have proved that 80 gr. suffice to keep a man well and strong and fit for any kind of work. An excessive diet of meat (more than 120 grammes, or $\frac{1}{4}$ lb. a day) and eggs is therefore to be condemned as it is conducive to constitutional complaints, such as gout, chronic kidney disease, calcification of the arteries, etc. On the other hand, nothing is to be said against a moderate meat diet, although it is an assured fact that health and strength can be fully maintained on a lacto-vegetarian diet, that is a vegetarian diet supplemented by milk, butter and cheese, to which eggs are commonly added.

II. CARBOHYDRATES. These are principally vegetable substances which contain little albumen but much carbon. They are chiefly to be found in sugar and starchy food and form the working power of the human machine. We find these substances in an unalloyed condition in sugar ; mixed with albumen and mineral salts in bread, various kinds of cereals, and in legumens.

The nutritive value of bread, our daily food of which we never tire, depends on the flour from which it is made and the baking process to which it is subjected. White bread is the most digestible rye bread the most nutritious. The latter, which contains cellulose, acts favourably on chronic constipation, a frequent complaint of those who eat only white bread. Very new bread is unwholesome, toast and rusks are easily digested and good for dyspeptics.

As shown by the following table, the greatest quantity of starch is contained in rice ; it is light, very nutritious, and comparatively cheap. As transparent and polished rice contains but few mineral substances and vitamins, reddish or chalky-white rice only should be used. Much starch is also contained in potatoes, which with bread form the principle nourishment of a great part of the population. Potatoes grown on sandy ground taste best and keep longest. Their nutritive properties are increased by cooking them with fat. Mashed potatoes made with milk are light and to be recommended for persons with weak digestions.

Table of the Constituents of Foodstuffs expressed in percentage.

Articles of food.	Water.	Albumen.	Fat.	Carbohydrates (sugar & starch).	Soda.	Lime.	Ferric oxide.
a. Cows' MILK ..	87.42	3.41	3.65	4.81	0.069	0.159	0.004
b. HUMAN MILK ..	88.02	2.36	2.94	6.23	0.041	0.075	0.001
c. ANIMAL PRODUCTS.							
Flesh of mammals	72.00	20.00	5.00	—	0.040	0.031	0.007
„ „ poultry ..	76.22	19.72	1.42	1.27	0.256	0.044	—
„ „ saltwater fish	80.97	17.07	0.31	—	0.244	0.049	—
Chicken's egg ..	73.67	12.55	12.11	0.55	0.256	0.122	0.004
White of hen's egg	85.75	12.67	0.25	0.74	0.186	0.016	0.003
Yolk of hen's egg	50.82	16.24	31.75	0.12	0.063	0.142	0.018
d. CEREALS AND LEGUMENS.							
Wheat ..	13.65	12.35	1.75	67.91	0.037	0.059	0.023
Rye ..	15.06	11.52	1.79	67.81	0.026	0.053	0.022
Barley ..	13.77	11.14	2.16	64.93	0.111	0.020	0.041
Oats ..	12.37	10.41	5.23	57.78	0.050	0.108	0.035
Rice ..	13.11	7.85	0.88	76.52	0.042	0.037	0.014
Peas ..	14.99	22.85	1.79	52.36	0.025	0.124	0.021
Lentils ..	12.35	25.70	1.89	53.46	0.410	0.192	0.060
Nuts ..	4.68	16.37	62.86	7.89	0.045	0.174	0.026
Cocoa-beans ..	3.63	11.99	49.32	26.43	0.078	0.190	0.001
e. VEGETABLES AND LETTUCE-PLANTS							
Savoy ..	87.09	3.31	0.71	6.02	0.166	0.350	0.028
Cauliflower ..	90.89	2.48	0.34	4.55	0.049	0.046	0.008
Cabbage ..	89.97	1.89	0.20	4.87	0.116	0.216	0.020
Spinach ..	88.47	2.49	0.58	4.44	0.736	0.248	0.070
Kohlrabi ..	89.90	3.52	0.14	11.34	0.072	0.145	0.007
Carrots ..	87.05	1.04	0.21	9.40	0.190	0.102	0.009
Potatoes ..	75.48	1.95	0.15	20.72	0.028	0.025	0.010
Leeks and onions	86.80	2.25	0.19	8.17	0.080	0.161	0.047
Cabbage lettuce ..	94.33	1.41	0.31	2.19	0.077	0.151	0.033
Lettuce ..	93.41	2.09	0.41	2.73	0.074	0.048	0.032
f. FRUIT.							
Apple ..	84.79	0.36	—	12.04	0.128	0.018	0.007
Pear ..	83.02	0.36	—	11.80	0.026	0.025	0.003
Cherry ..	79.82	0.67	—	12.00	0.015	0.054	0.014
Grape ..	78.17	0.59	—	16.32	0.007	0.057	0.002
Strawberry ..	87.66	0.54	0.45	7.29	0.230	0.115	0.047
Gooseberry ..	85.74	0.47	—	8.43	0.041	0.051	0.018

III. **FATS.** These are either of animal (butter, dripping, lard), or of vegetable origin (palmin, cocoa-butter, olive-oil and for the most part margarine. Fats are the fuel of the system, developing during oxidation twice as much heat as albumin and carbohydrates. For this reason fatty or greasy food is more suited to the winter than to the summer. A reserve supply of fat is often very useful in cases of illness or when there is a scarcity of other food, the system being able to exist on it for some time. Finally it is invaluable for cooking as it renders food tasty and nutritious. Too much fat is unwholesome; 40-80 grammes a day are sufficient for the adult man, according to the amount and nature of his work.

IV. **MINERAL SALTS.** These are the refuse products of oxidation. Recent investigations have shown that they play an important part in assimilation, permanent good health not being possible without them.

These mineral salts (especially soda and lime) are found principally in milk as well as in vegetables, lettuce and fruit. As spinach contains the proper proportion and quantity of lime and soda, it can, from an hygienic point of view, be called an ideal vegetable, while strawberries and gooseberries, which contain organically combined iron and lime, and apples, which contain soda and phosphorus (the latter is essential to the nourishing of nerves and brain), can be considered ideal fruits.

Besides meat, eggs, bread, fats, and milk, vegetables (including lettuce) and fruit are indispensable to the maintenance of good health, especially in children. Beef-tea is unnecessary for young children; wine is injurious. They thrive best on a diet of milk, bread, eggs, vegetables and fruit. Oatmeal deserves special mention; when made into porridge and served with milk and sugar, it is the best breakfast for children, forming strong bones and muscles.

It is, however, necessary to draw attention to the proper cooking of vegetables, many cooks being totally ignorant of the right method. Of what use are excellent vegetables, rich in mineral salts, if we spoil them by over-boiling and by throwing away the essential substances? The best method is to steam the vegetables, as then none of the mineral salts is lost. To do this, put the washed and cut-up vegetables into a saucepan with a tight-fitting lid, add a little water and salt and place the saucepan on to a moderately warm spot on the stove, gradually pushing it nearer the fire. When the vegetables are sufficiently soft in consequence of the generated steam, a little butter or broth is added before serving. When prepared like this, none of the mineral salts is lost; the vegetables are more tasty than when cooked in the old method and do not so readily cause flatulence. Savoy and cabbage prepared in this way are excellent in taste and

smell. Spinach and greens which often have a strong, bitter taste by reason of the soil they have grown on, are best prepared in the following way: The carefully picked and washed vegetables are put into a saucepan containing water and brought to the boil, then well drained on a sieve, finely chopped and steamed with butter and a little salt water. Asparagus and cauliflower take longer to get done and must consequently be boiled in more water than is required for the sauce, but the rest of the water can be used for soups, thus preventing the loss of the mineral salts.

The excessive use of salt in cooking, especially in hotels and restaurants, but also in many households, is very injurious. This seems to contradict what we have said above about the benefit of mineral salts, but as a matter of fact does not. The salt used for seasoning in cooking, the so-called common or kitchen salt or *natrum chloratum*, is already contained in the mineral salts mentioned. Thus, when food is prepared in the proper way, only a small quantity should be added as seasoning. The excessive use of salt in food is detrimental to health, injuring the kidneys and vitiating the blood. The physiologist Bunge has shown by experiments that a few drams of salt a day suffice to supply the system with the requisite quantity of this mineral. Many people, however, use almost an ounce of salt daily. All this superfluous salt leaves the system in an unchanged condition and often gives rise to chronic kidney complaints.

V. VITAMINS. These are nitrogenous substances of a composition as yet unknown, which exist both in animal and vegetable foodstuffs and according to recent investigations are necessary to life. Interesting facts relating to this have been brought to light by Dutch and American experiments on man and beast. As shown by these experiments different kinds of vitamins exist, of which some act principally on juvenile growth, whereas others have a salutary effect on complaints which—like scurvy—are caused by a deficiency of vitamins.

These vitamins exist in food in different quantities and qualities; they are abundant, for instance, in fresh vegetables and lettuce, uncooked fruit, fresh meat, fatty fish, liver, butter, eggs, milk, and almost entirely absent in margarine, dried vegetables, tinned meat, polished rice, finely sifted wheat flour. This teaches us to vary our diet as much as possible and not to destroy the efficacy of the natural foodstuffs by exaggerated mechanical preparation or protracted heating (so-called sterilising).

VI. WATER. Although not a food in the general sense of the word, water is essential to the system. The average quantity of water in the human body is fifty-eight per cent., the adult man losing $2\frac{1}{2}$ litres (quarts) a day during repose and 3 litres during

physical labour by secretions of the lungs, kidneys and skin. This quantity of water must be replaced every day, the blood requiring a certain amount of fluid if it is to transmit nourishment to the tissues and organs freely. Thus, it is evident that a certain amount of water is necessary, although excessive water drinking, indulged in and approved of by many, is not to be recommended. On the contrary, we are warned against it on hygienic grounds as, by taking more than eighty-seven per cent. of our nourishment in the shape of water, we dilute our food and consequently our blood, which will then contain too much water and be deficient in solid constituents and thus be unable to nourish all the organs and tissues of the system adequately. As a rule, then, it is not advisable to take more than approximately 3 quarts of water during the twenty-four hours, of which half is contained in ^{our} food (vegetables, soup, meat, etc.), the normal consumption of water or other beverages, therefore, only being about $1\frac{1}{2}$ litres a day. If we reckon, however, how much coffee, tea, wine and beer many people drink during the day, the total obtained will show a far larger quantity. The consumption of so much fluid will sooner or later have an injurious effect, experience showing us that excessive drinking (particularly of beer) can cause heart and kidney disease and render the system more liable to infection. "*Corpora sicca durant*," says the Latin proverb, that is, "dry bodies last longest."

As a result of our observations on food we recommend a mixed diet consisting of animal and vegetable products, emphasising the abundant use of vegetables, lettuce and fruit, and warning against too much salt and immoderate drinking.

Just a few words on luxuries which comprise those containing nutritive properties and therefore to be recommended, such as sugar, chocolate, cocoa, fat and oil, spices, which if not taken in excess are useful and necessary to render our food more palatable, and lastly aromatic and alcoholic luxuries which either stimulate or stupefy the nervous system.

Coffee, tea and tobacco belong to the aromatic luxuries. Much has been written about their injurious effects, and it is a fact that over-indulgence in these things is very detrimental to health. Too much and over-strong coffee and tea cause palpitation of the heart, nervousness, trembling, and insomnia; the abuse of tobacco and cigars can by nicotine poisoning even give rise to paralysis and weak sight. We should, however, cast out the good with the bad, if we prohibited these things entirely. Human nature often desires something besides the absolutely necessary, and if enjoyed in moderation, these luxuries help to enliven and stimulate the system. If, however, injurious effects are noticeable, it is better to give these things up altogether. It goes without saying that for sick and delicate persons other rules on the use of coffee,

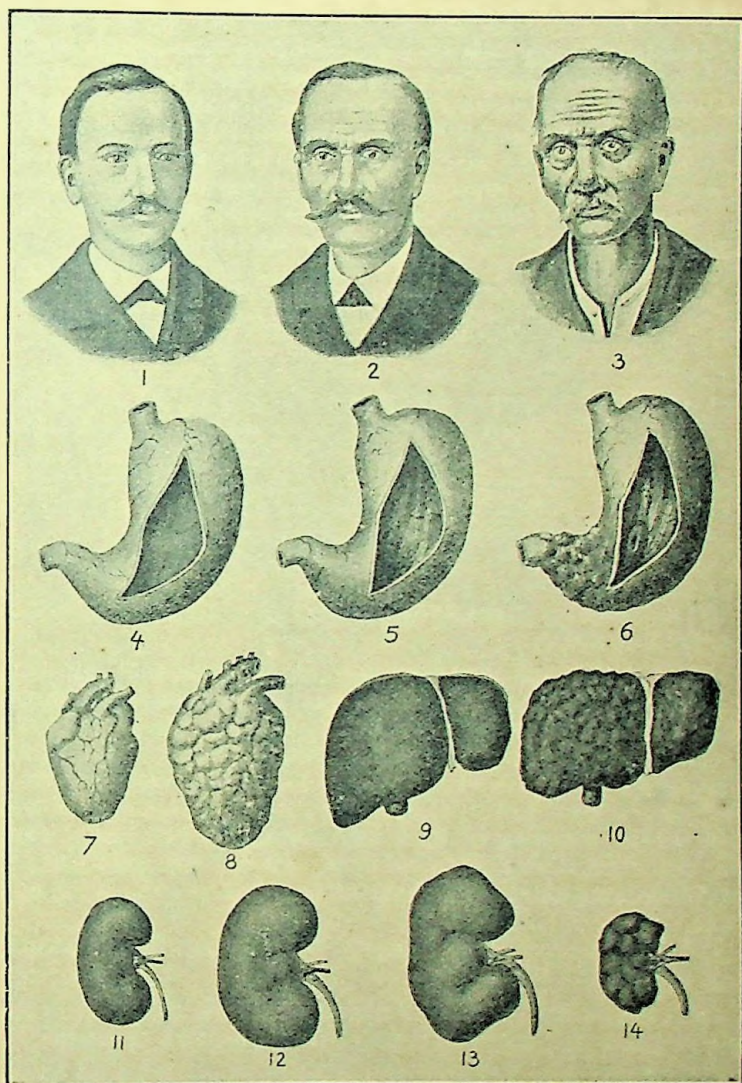


Fig. 20. SAD CONSEQUENCES OF OVER-INDULGENCE IN ALCOHOL.

1. Thirty years old. 2. Forty-five years old. 3. Sixty years old.
 4. Healthy stomach. 5. Inflamed stomach. 6. Gastric ulcer. 7. Healthy heart.
 8. Beer heart. 9. Healthy liver. 10. Diseased liver. 11. Healthy kidney.
 12. Fatty kidney. 13. Swollen kidney. 14. Shrivelled kidney.

tea and tobacco hold good—for instance, persons suffering from heart disease must avoid tea and coffee, and smoking is forbidden to persons suffering from throat, stomach and eye complaints.

It is certainly unnecessary to say much about the harm caused by over-indulgence in alcohol, this being familiar to most people. Less known is the fact that a moderate amount of alcohol taken regularly will in the long run have an injurious effect on the organs and tissues of the human body. Liqueurs and brandy are the most injurious drinks, wine is less so, and light beer the least harmful. This can be seen by the following table.

Light beer	contains	1—3%	alcohol.
Heavy Bavarian beer	“	3—5%	“
English beer (ale and porter)	“	7—8%	“
Currant wine	“	5—6%	“
Rhine wine	“	8—10%	“
Bordeaux	“	9—10%	“
Champagne	“	10—12%	“
Madeira	“	18—19%	“
Sherry	“	20—22%	“
Liqueur	“	25—60%	“
Brandy	“	45—60%	“
Cognac	“	60—65%	“

A few regulations concerning the hygiene of our digestive organs may now follow :

I. A general rule is that moderation is one of the best ways of preserving good health. Few people die of starvation, but many in consequence of over-indulgence. Especially those who lead a sedentary life and do little physical work, frequently eat too much. The aged, too, often have all sorts of ailments through an excess of “nourishing” food. Those who are getting old should take four meals consisting of light food instead of two heavy ones. For the strong and healthy three meals a day are sufficient ; if anything is required between meals, it is best to take bread and fruit.

II. Eat slowly and chew well. “Food well chewed is food half digested.”

III. Drink little during mealtimes, as much fluid dilutes the gastric juices and deprives them of their digestive properties.

IV. Avoid very hot food and drinks ! Very hot food harms both the stomach and the teeth, especially when preceded or followed by very cold beverages. The neglect of this rule is one of the chief causes of the common American complaints, dyspepsia and dental caries.

V. Do not eat much just before going to bed ; an overloaded stomach causes restless sleep and bad dreams.

VI. Avoid eating immediately after great physical and mental exertions, or after violent mental agitation such as a fright, as the gastric juices are then for a time prevented from secreting freely and the food in consequence lies heavy in the stomach.

VII. Avoid great physical and mental exertion immediately after the principal meal. For the elderly a short sleep after dinner is advisable, although this is unnecessary for the young. Half an hour's doze refreshes the whole body, but a long sleep after dinner is harmful as it retards digestion.

For the maintainence of good health

BREATHING

is as essential as food. We cannot exist for a minute without that vital element, air. As everybody knows, atmospheric air contains twenty-one per cent. of oxygen which is essential both to the burning (oxidation) of the nutritive substances of the body and to assimilation. The lungs thus not only extract the oxygen from the air and bring it into contact with the blood, but get rid of the refuse products, of which carbonic acid is the most injurious. Strong and healthy lungs are therefore just as essential to health as the inspiring of pure oxygenous air and the expiring of the refuse products. When breathing superficially, man inspires and expires about $\frac{1}{2}$ litre (1 pint approx.), whereas if a deep breath is taken, 3 litres of air can be inspired and expired. It is by no means the same, if our daily inspiration amounts to 10,000 or 60,000 litres of air. If—as is mostly the case in a sedentary mode of life—the lungs do not function properly and if the ventilation of sitting-rooms, offices and factories, where many people live or work together, is neglected, there is no cause for surprise that lung diseases, anæmia and other complaints, result from this sin against nature. "Air is the bread of the lungs." Nobody would eat dirty bread, but impure air is readily breathed by everyone. As impure air cannot be seen and because many people's sense of smell is unable to distinguish good air from bad, impure air in a room is often either not noticed or considered an unavoidable evil. For this reason we insist on the necessity of adequate ventilation in sitting-rooms and bed-rooms, factories and workshops. Open the windows and doors from time to time, even in winter, to cause a draught, but avoid standing in it. Five minutes' ventilation of this kind is more efficacious than having a crack of the window open for an hour. The rules given below are worth following :

I. Always see that there is a supply of pure fresh air in bed-rooms and sitting-rooms, offices and workshops.

II. Be in the open air as much as possible and as often as time and occupation permit.

III. Give the lungs and the chest (especially the tips of the lungs) facilities for development and exercise by deep slow inspiration and expiration in pure fresh air.

IV. Exercise the muscles of inspiration by walking up-hill and by gymnastics.

V. Practise reading aloud and singing—two excellent breathing exercises.

VI. Breathe through the nose as much as possible, especially when going into the cold from a hot room.

We maintain that

PHYSICAL EXERCISE,

so necessary for all, is essential to the body's well-being and the preservation of health. By sufficient daily exercise, circulation is promoted, assimilation is stimulated, digestion, heat and respiration are aided, the organic system is better nourished, the brain freed from superfluous blood and both muscles and heart are invigorated. Particularly for those who lead a sedentary life and work hard mentally physical exercise is absolutely necessary, if they wish to keep fit. By moderate physical exercise we understand: walking, walking up-hill, gymnastic exercises without apparatus, systematic inspiration and expiration, gardening, sawing wood. Physical exercises requiring more strength are: Gymnastics with apparatus and weights, running, riding, swimming, rowing, bicycling. It must not be concealed, however, that too much physical exercise is just as wrong as its entire neglect. Immoderate bicycling in particular can be very detrimental to health. Apart from such excess, which is injurious in all matters good in themselves, physical exercise is an excellent way of becoming and remaining well and strong.

THE CARE OF THE SKIN

is also of the greatest importance. If the pores are stopped up by dirt, dust, dry perspiration, or skin-grease, the secretion of refuse products is impeded, the blood vitiated and the system injured. The proper action of the skin is of such importance that, if it is prevented, for instance, by covering the skin with an air-proof coat of varnish or by the burning of two-thirds of its surface, death generally ensues. We must thus be careful to aid the proper functioning of the skin by washing and baths, and endeavour to enure it to atmospheric changes and so prevent colds and catarrhs. Many people think that the requirements of cleanliness and hygiene are met by washing the face and hands in the morning, the remaining parts of the body seldom enjoying the benefit of a wash or a bath. The reason of this is either ignorance of the beneficial effects of washing and bathing, foolish fear of taking

cold or laziness. And yet cold sponging followed by vigorous rubbing down of the whole body is a potent aid to the hardening of the skin against sudden changes of temperature, thus preventing catarrh, rheumatism and neuralgia to which delicate persons are so liable when the weather changes. Sponging the body should be begun in summer, never in winter, and the water be lukewarm to start with and gradually made colder. Sponging, however, frequently disagrees with infants, the aged and delicate or anæmic persons, for whom air baths or dry frictions of the body may be more suitable; these promote the action of the skin, get rid of the scales and cause the body to feel pleasantly warm.

The general rule applying to bathing is: the colder the water, the shorter the time and the less frequent the bath. A very cold bath (59° F.) should not last longer than one minute and be taken at most once a week. A cold bath (61—66° F.), the temperature of a river in spring and autumn, may be of 3—5 minutes' duration and taken twice a week by those accustomed to it. A fairly cold bath, from 68—78° F., the general temperature of the river and the sea in hot summer weather, can be taken without risk every day, if the bather does not remain in the water longer than ten minutes. Sea bathing is more invigorating owing to the waves and the salt, but does not suit everybody. Warm baths, from 90—96° F., are very efficacious for cleansing the skin, while hot baths and vapour baths which induce perspiration are beneficial in various illnesses. They should in such cases, however, not be taken without medical advice, as they can be injurious to the weak and to those suffering from heart and lung diseases.

The object of

CLOTHING

is to protect the body against changing atmospheric conditions and to regulate its heat and exhalation. Thus, if clothing is to meet the requirements of hygiene, it must be warm and at the same time porous. Further, it should not hamper freedom of movement, as is so often the case. Over-light clothing has been the death of many. In spring, thin clothing should not be worn till the winter clothes become really uncomfortable.

Various materials are used for underclothes. Wool and silk are bad conductors of heat, that is, they hamper the radiation of the body's heat; linen, on the other hand, is a good conductor of heat—that is, it facilitates radiation, and thus does not keep the body so warm; cotton is the happy medium. Prof. Jaeger's normal woollen underclothing has many patrons. It is to be recommended for those who perspire copiously and for sportsmen and athletes; many people believe that it tends to make the skin over-sensitive. We refrain from expressing a positive opinion, but we recommend those who always wear it to see that their skin

becomes hardened by cold sponging or air baths. Cotton underclothes are good if porous, if for instance made of the stockinette (tricot) at present in such favour. The best materials for upper garments are cotton and wool; flannel is to be recommended for the tropics. The way our clothes are made also affects our well-being. Clothes which are too tight are injurious as they check circulation. Most injurious are those clothes which are too tight at the neck and over the chest and stomach, as for instance tight

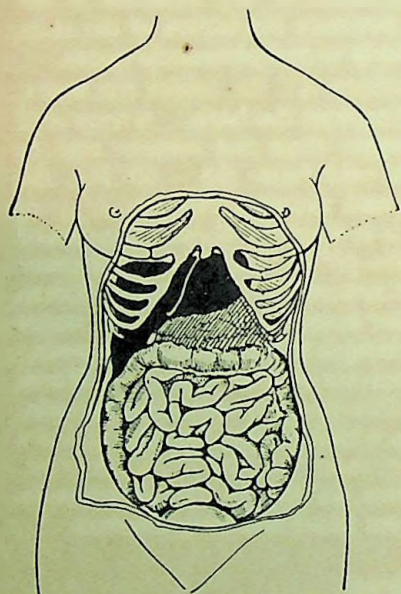


Fig. 21. NATURAL POSITION OF THE INTESTINES.

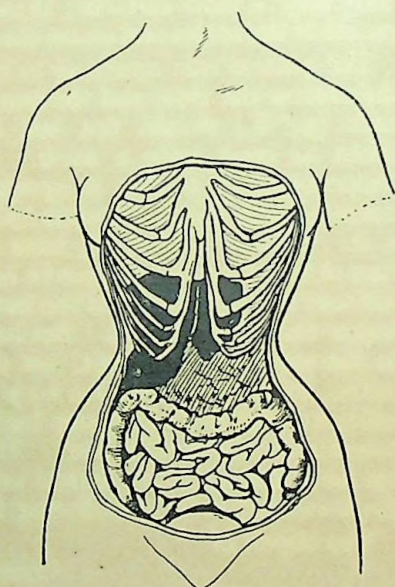


Fig. 22. COMPRESSION OF THE INTESTINES BY TIGHTLACING.

collars, corsets and belts. "Keep the head cool and the abdomen and feet warm" is another rule worth remembering. It is also important, especially for the delicate, to keep the back warm. For men, a simple way of doing this is to have the back of the waistcoat lined with wool or flannel instead of the usual "dressed" linen.

Women's clothes are still a bone of contention in hygiene. Violent disputes rage between the defenders and the opponents of the corset. The movement for rational clothes is gaining ground, but not without a great struggle. It cannot be denied that if the corset is used to compress the waist it rather deserves the name of an instrument of torture than that of an article of clothing. If tight corsets are constantly worn, the chest is compressed, breathing is impeded and the internal organs are pressed down causing stomach and liver complaints as well as chlorosis. As

shown by fig. 23, the bust can be equally well protected by a bust-supporter which combined with a bodice to which the skirts are attached, is from a hygienic point of view to be preferred to the corset. For those women, however, who declare that the corset is absolutely necessary to the fit of the clothes, it must be so shaped that it cannot compress the figure like a coat of mail. This can be done by shaping the corset sensibly, so that it either rests on the pelvis bone or has shoulder straps which hold it in position without unduly compressing the waist. The best way of finding out whether a corset is too tight is to insert the hand between body and corset when in a recumbent posture. If it is



Fig. 23. BUST SUPPORTER, FRONT AND BACK.

possible to do this, the corset is not too tight when sitting or standing and can be worn without detriment to health.

A few remarks concerning

BEDROOMS AND BEDS

are opportune here, their hygienic arrangement also being of great importance to health. The bedroom should be large and lofty, with a southern aspect if possible. Frequently the smallest and worst rooms are used as bed-rooms. This is great folly, as we spend almost one-third of our lives in our bed-rooms. There should always be a plentiful supply of fresh air. The windows should be kept open as much as possible during the day, and at night too one window can be partly kept open, except in marshy districts where miasma may arise from the soil. It is best to sleep in a room that is neither too warm nor too cold—in a temperature between 50—54°F. During the winter it is advisable to have a small fire in the bed-room or the room adjoining, so that the foul air caused by exhalations which clings to the walls may be carried away and renewed.

The bed must be long and wide enough and not too warm and soft. Feather beds are not to be recommended as they cannot be properly cleaned and induce perspiration. A hygienic bed consists of an iron or wooden bedstead with steel springs supporting first a palliasse and then a horse-hair mattress in three parts. One or two blankets suffice for covering during the summer, while in winter a quilt or feather bed for the feet may be added. A good bed must as a general rule fulfil two conditions; it must give the sleeper sufficient warmth and permit unhampered exhalation. In a bed of this kind, sleep is sound and refreshing, particularly when the air in the bed-room is pure and fresh.

A few remarks on the hygiene of lavatories (W.C.'s) are opportune in this connection. In small towns, in the country and in some houses, W.C.'s very often lack the simplest hygienic requirements. A hygienic lavatory should be spacious, odourless and capable of being well ventilated. Those with water laid on are, where circumstances permit, always to be preferred, as the drainage makes unhealthy smells in the house impossible and prevents chills to the abdomen which often give rise to bladder trouble.

As the present period is characterised by an increase of nervous debility, hysteria and mental diseases, we must not close without a few words on the

CARE OF THE NERVOUS SYSTEM AND BRAIN.

If nervousness, one of the greatest evils of the present day, is to be prevented betimes, the first step is not to "mollycoddle" children, physically or mentally. Children should have plain strengthening food, few luxuries or highly-seasoned dishes, and should be accustomed to cold spongings and gymnastics. Adults often do great harm to their nerves by over-indulgence in alcohol and tobacco, by dissipation, over-taxing of the nerves, an excess of mental work, and by neglecting proper intervals of repose. All this must be avoided if one desires to keep well and have good nerves.

I. Keep the body in good condition by exercise; for by this the nerves will always be supplied with freshly oxygenated blood.

II. See that sleep is sound and refreshing; an undisturbed night's rest is the greatest restorer of fatigued nerves.

III. Be in the open air as much as possible, taking walks in the country if circumstances permit. Fresh air is a boon to weak nerves.

IV. Exercise the brain by alternate work and repose, and avoid stimulating the brain by dissipation, by giving way to passions or by over-indulgence in alcohol.

CHAPTER II

NURSING

Salus aegroti suprema lex !¹

IN treating the sick nursing plays an important part, not only because good nursing hastens recovery, but because it gives relief to suffering. To be a good nurse, willingness and kindness combined with practice and experience are indispensable. Happy are those who in cases of sickness have a suitable bed, a hygienic sick-room, a kind nurse, and rest for body and soul !

There is a good deal to be said on this subject ; for on the one hand much prejudice still exists against it, while on the other modern accessories and aids to nursing in hospitals and clinics are very numerous. Owing however to the little space at our disposal, we are unable to go into details and must content ourselves with a few remarks on the essential points of home nursing.

THE SICK ROOM

should be as airy, light and spacious as possible, comfortably furnished and situated in a quiet part of the home. Its air capacity should be at least 33 cubic yards, a room 16 ft. long, 13½ ft. wide and 10 ft. high with two windows being the best.

There should always be a plentiful supply of pure fresh air, which is only possible if the room is well ventilated ; to ensure this, the window should in summer be left partly open day and night, care being taken that the patient is not in a draught. During the winter, windows and door can be opened from time to time, if the patient is well covered up. Impure air is bad for everyone, but especially for the sick ; convalescence would often be hastened by pure, oxygenated air in the sick room. Anything with an unpleasant odour, clothes, dirty linen and the excrements of the patient, should be immediately removed ; flowers with a very strong scent are injurious, but green plants are beneficial. Although smoking of course should be prohibited in a sick room, this rule is frequently transgressed, even when the patient is a consumptive ! Eau de Cologne or the burning of aromatic substances may conceal an unpleasant smell, but does not remove it. Thorough ventilation is the only way of purifying the atmosphere of the sick room and making it breathable. The sense of smell, if it is not entirely blunted, is the best judge of the necessity for

¹ The patient's health is the supreme law !

ventilation. The temperature of the sick room should be about 60°F. ; for feverish patients confined to bed a little lower ; for the anæmic and exhausted who are able to sit up somewhat higher, 68°F. It is thus advisable to have a thermometer in the sick room affixed to the wall about 5—6 feet from the floor, between window and door. The best way of heating the room is to have an anthracite stove with a continuous fire by day and night. Old-fashioned iron stoves, oil and gas, are not to be recommended as they are liable to vitiate the air. The atmosphere must not be allowed to get too dry ; this can be prevented by placing a bowl of water on the stove or by hanging a wet towel near it. This is particularly important in diseases of the respiratory organs.

Light is also essential to the sick room, which should be sunny with, if possible, a southerly or easterly aspect. Invalids need light and sunshine ; in hot weather or when the patient cannot stand the sun, as is often the case in diseases of the brain and eyes, blinds and shutters can be closed. It is a mistake to think it preferable that patients who are seriously ill should lie in a dark room. Artificial light should never be glaring, a lamp should have a shade so that the patient is not worried by the light. Gas is not good for the sick room, as it easily vitiates the atmosphere ; electricity is best. The night-light should be of wax. Never use a turned-down paraffin-lamp !

The surroundings of the sick room should be quiet, especially during serious illness ; unfortunately this is not always obtainable. But at any rate the sick room itself and its immediate neighbourhood must be kept as quiet as possible. Carpets should be laid in the passage, doors silently closed, running about and loud speaking forbidden. Long visits, exciting conversation, disagreeable news, do harm to the sick and should be avoided, especially during serious illness and convalescence when the patient must be guarded against any kind of mental agitation. Reading aloud to the patient for a short time in a low steady voice is often very beneficial.

The furnishing of the sick room should be very simple, especially in infectious cases. Dust is poison for the lungs and for wounds and furnishes a breeding medium for germs. To avoid dust during the cleaning of the room, keep the windows closed, using damp cloths to wipe floor, windows and furniture. The room must be well aired afterwards.

The most important article of furniture in the sick room is

THE BED.

To ensure easy access to the patient, the bed should be so placed that only the head is against the wall ; to facilitate cleanliness and moving, the casters must not be too small. The bedstead may be an iron or wooden one, it should be long and wide enough

for comfort and not too low, so that the patient may be lifted, examined and bandaged without undue exertion. "Fourposters" of course are quite unsuitable and on hygienic grounds to be prohibited. The mattress should be double and consist of a lower one with horizontal springs and an upper one in three parts stuffed with horse-hair. In certain cases, e.g., running wounds, bed-wetting, etc., a water-proof sheet should be spread over the mattress under the sheet, and for invalids using the bed pan a small draw-sheet which can easily be changed should be added.



Fig. 24. RENEWING THE SHEET.

A well-stuffed down pillow is best ; loosely-stuffed ones are not good as the head sinks into them, causing perspiration and restless sleep. When there is difficulty in breathing and the patient has to be kept in a half-sitting posture, several pillows must be piled up, or a chair placed upside down with its back behind the pillows which will then support the patient firmly. To prevent the patient from slipping down, a footstool or box as a support for the feet should be placed at the end of the bed. Washable blankets are the most suitable bedclothes ; a light feather bed for the feet can also be used.

There should, if possible, be a second bed or at least a couch in the sick room, on which the patient may be laid whilst his own is being aired or changed. A freshly made bed is a boon to the invalid. Great care must however be taken to prevent the patient from catching cold and the fresh bed should be first warmed by hot water bottles. The remaining furniture should consist of a washstand; a table (not destined for the remains of food); a pedestal table with a spittoon for expectoration (in cases of tuberculosis this vessel should contain a disinfectant), a glass and a bell; a few chairs and a wardrobe or chest of drawers for clean linen, bandages, compresses, etc. There must also be a clinical thermometer and if necessary a bath thermometer. Patients unable to leave their bed must use a bedpan and urinal, while for others a night commode is useful, which must be kept scrupulously clean. For invalids able to sit up in bed a bed-table with reading desk as shown in fig. 27 is very convenient; it can be screwed to the required height and the reading desk adjusted to the comfort of the patient. Finally a few flowers and plants will brighten a



Fig. 25. SPITTOON.



Fig. 26. URINAL.

sick room, and books, one or two pictures, and a clock (provided the patient is not worried by the ticking) add to its comfort.

As we are now familiar with the arrangement of the sick room, we must turn our attention to the patient in it. We shall begin with

THE OBSERVATION OF THE SICK,

which is of great importance, for without careful observation of the symptoms good treatment and nursing are impossible. If the illness is a long one, it is advisable for the nurse to take notes on its symptoms—fever, hæmorrhage, etc. In hospitals and nursing homes nurses must regularly record the temperature, pulse and respiration on so-called temperature charts which enable the physician to see the condition of the patient at a glance; in families too it is advisable in long illnesses to keep similar records, which help to show the progress of the disease. Very important in this respect, especially in cases of sudden illness, is the taking of the temperature. This is done with a clinical thermometer, a so-called maximum or self-registering thermometer, in which a small thread of mercury remains at the highest point reached by

the mercury in the bulb. With adults the thermometer is as a rule placed in the armpit which should be previously wiped. Care must be taken that the end of the thermometer does not protrude from the armpit or come into contact with the clothes, and that the arm is held well pressed to the side. The thermometer should be left in this position for 2—5 minutes; the thread of mercury will then have reached its maximum length and the temperature can easily be read on the scale behind the mercury. Before being used again, the thermometer must be shaken until the mercury

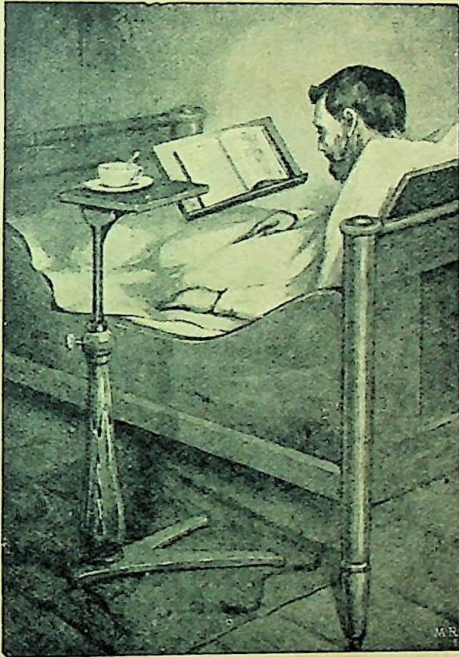


Fig. 27.
BED-TABLE AND READING DESK.

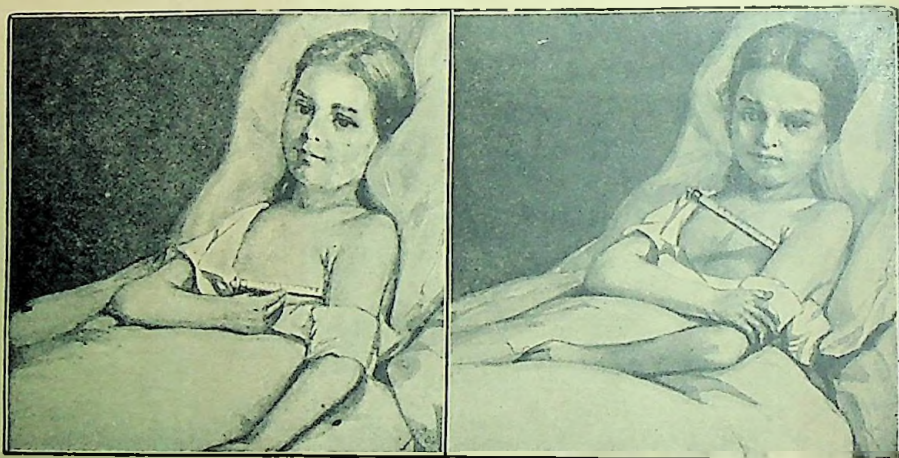


Fig. 28.
CLINICAL THERMOMETER.

has dropped to below normal; otherwise a non-existing high temperature may cause unnecessary alarm. The temperature can also be taken in the mouth or the anus, the latter method being often employed for infants. The little patient must be laid on one side and the thermometer which has been previously greased so inserted into the anus that the lower mercury bulb is inside the body; care must be taken to hold the child firmly as any sudden movement may cause the thermometer to break. It need only remain in the anus from $1\frac{1}{2}$ —2 minutes, the temperature there

being as a rule from three tenths to five tenths of a degree higher than that of the armpit.¹

The best time to take the temperature is between 7 and 9 a.m., it then generally being lowest, and between 5 and 7 p.m., when it, as a rule, reaches its highest point. The normal temperature in the morning averages 98.4° F., in the evening a trifle more, 99° to 99.5°; a temperature of 99.5° to 100° is a sign of slight fever, of 100° to 103° of moderate fever, and from 103° to 106° of high fever, and when it reaches 106° F. life is endangered. If it falls far below normal, e.g., to 95° F. there may be a collapse, that is a sudden and dangerous loss of strength and danger to life. In Chapter V., which deals with hydropathic treatment, the reader will find a comparative table of the different scales, on



Figs. 29 and 30.

INCORRECT AND CORRECT POSITION OF THE THERMOMETER.

which for convenience sake the degrees indicating fever are specially marked.

Besides measuring the temperature, the pulse must be taken and respiration observed. To take the pulse, the tip of the first or middle finger (not of the thumb) must be laid on the thumb side of the inner arm, a little above the wrist; as soon as the pulse is felt, the number of beats during a minute should be counted by a watch held in the other hand. This number of beats varies according to age, constitution, mental state of the patient, time of taking, etc. The average rapidity of the pulse

¹ It is often most convenient in small children to take the temperature in the fold of the groin, in which when the thigh is bent upwards the thermometer is practically buried.

is: in healthy adults, 70; in infancy 120-130: in old age, 60 beats a minute. In fever the pulse is as a rule more rapid, although occasionally abnormally slow. Besides the rapidity of the pulse, there are other various characteristics, such as strength, weakness, regularity, etc., on which we shall have more to say when discussing the diseases.

Respiration like the pulse is greatly influenced by the temperature. In normal health, the adult breathes once during four beats of the pulse, that is about sixteen times a minute; children breathe more rapidly. In fever the number of respirations may be increased to sixty a minute; this often causes difficulty in breathing, the chest rises and falls rapidly, while the muscles of the throat contract, the nostrils quiver and the lips turn blue; these are serious symptoms to which the nurse must immediately draw the doctor's attention. The breathing of children suffering from

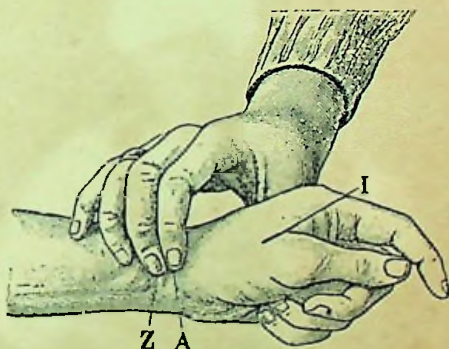


Fig. 31. TAKING THE PULSE.

I = where the thumb should be placed. Z A = spots to be compressed.

croup is loud and wheezy, in cerebral diseases exceedingly slow; while the dying have a rattle in their throat in consequence of the phlegm collected in the windpipe.

Finally the patient's general condition must be observed and the following points considered: Whether the skin is dry or moist, whether there is an eruption and of what nature; whether the patient's sleep is sound or broken and disturbed by delirium; his position in bed; his appetite or want of appetite; whether swellings appear on certain parts of the body, especially the feet; whether there is vomiting or hæmorrhage; whether water is passed rarely or frequently—its appearance, clear, cloudy or containing blood, and the quantity passed during twenty-four hours; the nature of the stools, whether they are hard or soft, whether there is a tendency to constipation or diarrhœa, etc. We shall return

to this subject in Part III. (Diseases) and shall now give a few directions on

GENERAL NURSING.

Cleanliness is one of the first essentials of nursing and should be applied to the sickroom, the bed, the bedclothes, the body linen and the patient himself. All patients must be washed and have their hair combed every day. The mouth must be cleaned and rinsed with warm water. Incrustations and mucus on mouth



Fig. 32. CHANGING THE NIGHT-SHIRT.

and lips must be removed; if necessary the tongue and mouth should be washed with a piece of linen dipped into water or a solution containing five per cent. of borax. Body linen, shirt, nightdress, etc., must always be perfectly clean; if soiled by mucus, blood, etc. they must be changed, the fresh garments being previously well aired and warmed. If the patient is helpless, the garment can easily be changed by pulling it up at the back and over the head, which must be bent forward, and then stripping it off the arms. To put on the fresh one, proceed the other way

round; the arms must on no account be forced through the opening of the garment. Changing sheets also must be done by certain rules: weak and helpless patients must be lifted by two people, while a third removes the soiled sheet and spreads the clean one smoothly over the bed. Should, however, only one person be available, the soiled sheet must be rolled up at both ends towards the middle, then pulled out from under the patient, and a clean sheet similarly rolled up and pushed under him, unrolled and arranged. The changing from one bed to another must be very carefully done, it being essential to lay the patient



Fig. 33. LIFTING OF THE PATIENT BY TWO PERSONS.

down gently. The best way of lifting and carrying a patient is shown in figs. 33 and 34. If the patient is too heavy and helpless to be easily lifted or if there is only one nurse, the freshly made bed should be pushed close up to the other one and the patient slowly drawn from one to another. If a patient can be moved in a sitting posture, he should be lifted on to a chair which two people can carry.

The prevention of bedsores is of the greatest importance. They are both painful and dangerous and are generally a sign of careless nursing. Red inflamed sores, often inclined to fester,

appear on those parts of the body most exposed to pressure : back, tail-bone, elbows and heels. As soon as the slightest signs are detected, the patient must be tended with the greatest care and extra cleanliness maintained ; the undersheet must be kept smooth, clean and dry, especially when a patient wets the bed (see page 109), the position frequently changed, and red or tender skin bathed daily with diluted tincture of *Arnica* or *Calendula*, and rubbed with lemon juice or *Hamamelis* ointment ; if the sores are inclined to fester, they must be washed carefully every day, rubbed with *Boracic acid* ointment or *Calendula* ointment



Fig. 34. LIFTING AND CARRYING OF A PATIENT BY ONE PERSON.

and bandaged ; owing to its drying properties *Dermatol* powder is often very beneficial. An air pillow too with a central opening is very useful, although many invalids soon tire of it ; then an indiarubber water pillow is best, especially for the corpulent or cumbersome ; when properly filled (with lukewarm water and not too full), it affords much relief in serious illness. The pillow must not be too small and must be so placed that the lower part of the back and the upper part of the legs can rest on it. Air and water pillows must be deflated and kept in a cool place when not in use, otherwise the rubber will easily crack.

Other accessories of nursing, such as dieting, hot, cold or wet compresses, sponging, baths, wet packs, douches and massage, which when properly applied and employed according to medical orders are often very beneficial to the patient, will be fully treated of in the following chapters. We shall conclude this chapter by a few directions on the

NURSING OF INFECTIOUS CASES.

As a general rule, scrupulous cleanliness of the body, of the clothing and dwelling, and airy, well-ventilated rooms are the best preventives of infection. In infectious diseases, which frequently appear in epidemics, it is necessary, however, to take special precautions and to obey the following directions on the isolation of the patient and the disinfecting of the sick room :

1. The patient must have a good-sized room to himself.

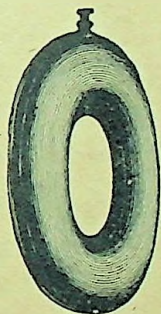


Fig. 35. AIR CUSHION.



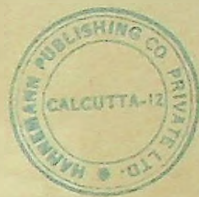
Fig. 36. WATER CUSHION.

2. All unnecessary furniture, clothes, carpets and curtains must be removed.
3. Soiled bedclothes and the patient's body linen to be soaked in water containing soft-soap for twenty-four hours and then boiled.
4. The excreta should be disinfected with chloride of lime, the bedpan, etc., with a solution containing 3 per cent. of lysol.
5. The sick room must be thoroughly ventilated two or three times a day.
6. Used bandages, linen rags, etc., must be burnt and instruments cleaned in a solution of lysol (3 per cent.)
7. Nurses should never eat or drink in the sick room, and should wash their hands frequently in warm soapy water.
8. After the illness the room and everything in it must be thoroughly disinfected; the best way of doing this is to scrub well the floor, doors and windows with warm soapy water, to clean the furniture and pictures with linen rags and the walls with dry bread; the ceiling must be whitewashed and then the room cleaned again and thoroughly aired.
9. The bedclothes, mattresses, clothing, curtains and carpet can best be disinfected by steaming, or if this

is impossible by beating them well out-of-doors and then exposing them to the sun for some time; the sun being the greatest enemy of all germs of disease (for particulars of this see Chapter VI). 10. Before resuming intercourse with others the patient must have a warm bath and put on clean clothes.

Besides these general rules which apply to all infectious diseases, special precaution must be taken in cases of tuberculosis and influenza, etc., which will be mentioned in Part III. in connection with these diseases.





CHAPTER III

SICK DIET

“ Man does not live by what he eats, but by what he digests.”

FOOD forms a very important part of sick-nursing. If, as we have seen in Chapter I., suitable food is so essential to the preservation of good health for those that are well, it will be clearly understood that right food for the sick is one of the first conditions of recovery. Formerly sick-dieting was generally regarded as of little importance. Hahnemann, the founder of Homœopathy, many of whose ideas have been most valuable to therapeutics, was among the first to set up certain rules for the mode of living and the dieting of the sick—rules which were in late years even followed by the official medical school. It cannot be denied that by unconditionally prohibiting many things innocent in themselves Hahnemann went too far; thus, for instance, homœopathic doctors disagree with his unconditional prohibition of coffee, and only forbid it in cases when it neutralises the effect of some remedy (*Aconite*, *Belladonna*, etc.) or when it has an injurious effect on certain complaints, such as heart disease.

The diets ordered under homœopathic treatment vary according to the disease and can be classed as follows :

- I. Diet during acute febrile complaints ;
- II. Diet during convalescence after acute diseases ;
- III. Diet in chronic complaints.

I. Homœopathic diet as ordered during acute febrile complaints is based to a great extent on Hahnemann's theories. Many of his ideas expressed in this connection still hold good, as for instance : “ In febrile complaints (mental derangement excepted) the subtle, unerring instinct of self-preservation decides so correctly, that the doctor need only advise the patient's relations and nurses not to put any obstacles in nature's way.” In acute sickness attended by high fever the patient should be kept on a diet of milk, gruel, slops and milk-puddings ; the best drink in such cases is water, either pure or with a little fruit juice added. Beef tea is not advisable as a rule ; the patient generally disliking it, especially when there is stomach trouble. Wine and brandy should only be given when specially ordered by the physician, who occasionally prescribes these stimulants in cases of exhaustion or when the patient has previously been addicted to their use.

II. During convalescence after an acute illness more strengthening nourishment should be given, although care must be taken in this respect, a mistake in diet often causing a relapse. A diet of milk, gravy, meat juice, beef tea (see page 123), eggs, veal, young fowls and later on beef is generally suitable. Also white bread and butter, carefully cooked milk puddings, cocoa, tender vegetables such as carrots, leguminous preparations and stewed fruit. Wine should only be taken on medical orders.

A few words must here be added on patent foods at present so widely advertised. Their disadvantage is their high price. Fortunately we can do without them in most cases, the requirements of nearly all diseases being met by a suitable selection of natural foodstuffs. In some cases, however, when in consequence of want of appetite or aversion to food and weakness of the digestive organs the system is undernourished, a patent food may be very beneficial.

III. When homœopathic remedies are being taken in chronic cases, the following articles of food and beverages are generally



Fig. 37. FEEDING CUP.

forbidden: Strong coffee and tea; strong alcoholic drinks, such as brandy; heavy wines and beer; spices and seasoning, such as pepper and mustard; vinegar; indigestible kinds of meat, such as fat pork and liver sausage; fatty kinds of fish, for instance eels; new bread, rich puddings and cakes; fibrous vegetables like kohlrabi; and finally tobacco and cigars (the latter in throat, stomach; heart and nerve complaints and eye diseases.)

The patient is allowed: beef, veal, mutton, preferably roasted as being more digestible when cooked in this way; lean pork, either roasted or boiled; lean ham; salt water and fresh water fish; fresh oysters; eggs, scrambled or soft boiled; fresh butter and cheese; potatoes; young vegetables, prepared in the proper way so that the important mineral salts are retained (see page 96); salad made with lemon juice or sour cream instead of vinegar; ripe fruit without peels, pips or stones, preferably stewed; fruit jelly; white bread and whole meal bread (the latter is only suitable for those who have good teeth, as this bread needs much chewing); milk puddings and omelettes; porridge, barley, sago and rice puddings; rusks and plain biscuits and cakes.

The following beverages are also permitted: Fresh water and mineral water (the latter is not suited to all illnesses); gruel, rice water, almond milk, water mixed with white of egg and a little sugar (a good drink in some stomach and bowel complaints); weak tea, cocoa, cocoa mixed with oatmeal, milk, beef tea, light beer, caffeine-free coffee or malt coffee.



Fig. 38. SUPPORTING AN INVALID WHEN TAKING FOOD.

However, it is not only the food but its preparation that is important for an invalid; too much salt and overseasoning should be avoided, also extremes of heat and cold. Food should not be too hot or beverages too cold, and the patients should drink slowly and not too much at once.

The dietary should be varied every day, the appetite being promoted and the digestion aided by a change of food. The way of serving food is likewise of importance. This depends on the condition of the patient, whether his illness is slight or severe, and

whether he is able to sit up or not, but for all invalids everything should always look as nice and tempting as possible, and table napkins, plates, silver, etc., be scrupulously clean; patients who cannot sit up should use a feeding cup for fluids; if not fully conscious, the head must be supported and care taken that the nourishment is really swallowed; this can easily be detected by the rising and falling of the throat.

When the throat or the stomach are inflamed or ulcerated, or when there is much vomiting, it is often impossible for the patient to take nourishment in the usual way. Artificial feeding by injections into the bowels must then be resorted to. In this way it is sometimes possible to keep up the patient's strength until he is able to be fed normally. A good recipe for this injection is the following; "Beat up two eggs well with the same quantity of water, adding a little salt and a spoonful of thin boiled starch." After the bowels have been cleaned by a preparatory enema, this mixture heated to a temperature of 95° F. is injected into the rectum by indiarubber tubing or a syringe. The patient must then lie still for an hour. For young children half the quantity should be taken. Milk, and in cases of great exhaustion, a few spoonfuls of claret can be added.

CHAPTER IV

SPECIAL FOOD AND DIETING CURES

" Test everything and retain the best ! "

As stated on page 119 the juice of fresh fruit is very beneficial in acute febrile diseases ; owing to their refreshing thirst-quenching properties oranges are particularly suitable in this respect. The juice only must be taken by the sick and the delicate, the pulp being indigestible. Besides a great quantity of water this juice contains 5.6 per cent. of sugar and 2.4 per cent. of citric acid.

The latter is chiefly contained in lemons and is refreshing, cooling and a good disinfectant. Lemonade is for this reason the best drink for feverish patients. A course of lemon juice is also very beneficial for rheumatism and gout, although too many lemons—from ten to twenty a day—as occasionally recommended, are injurious, as they cause digestive and other troubles.

Stewed apricots (fresh or dry) are very refreshing ; they contain 82 per cent. of water, 4.7 per cent. of sugar, 1.2 of malic acid, 6 per cent. of pectin. The kernels, which contain *Prussic acid*, are injurious.

Grapes, too, which contain malic acid and a large quantity of sugar, are refreshing and nourishing, the thin-skinned Italian, Swiss and Rhenish kinds being the best. Regular grape cures lasting several weeks and consisting of from 1 to 3 lb. eaten daily before meals are very beneficial in certain complaints : anæmia, chlorosis, chronic digestive disorders and lung troubles. Beer, milk and acid food must be avoided during the cure, which the patient can undergo either at a health resort, such as Wiesbaden or Montreux, or at home.

Rice water is an excellent beverage for patients suffering from intestinal catarrh, either acute or chronic ; the rice must be well washed and either soaked in cold water for several hours, or—the quicker method—allowed to simmer in hot water for an hour and then strained.

In chronic complaints beef-tea and Koumiss (fermented mare's milk) are often useful.

Beef-tea is prepared as follows : Cut up 1 lb. of lean gravy beef into small pieces ; put these into a wide bottle without any water, wrap straw round the bottle and place it on the stove in a saucepan containing hot water ; it must stay there for two or three hours without, however, coming to the boil. Beef-tea prepared in this way, unlike ordinary broth, which though nice has little nourishment, contains all the essential nutritive substances (albumins) of meat.

Koumiss is an easily digested and nourishing food, and owing to the carbonic acid it contains, a refreshing drink. It is often very beneficial in cases of abnormal thinness and to those suffering from lung or nerve trouble. It is mare's milk prepared in a special way so as to cause fermentation. If the patient cannot take pure milk, a koumiss cure prescribed by the doctor is often very beneficial. Koumiss can be obtained at many dairies.

LIME THERAPEUTICS. *Calcium salts* belong to that class of mineral salts so necessary to the maintenance of life. Recent investigations have proved that a certain amount of lime is necessary for the proper functioning of the tissues and organs, the human system requiring approximately $\frac{1}{2}$ gram of lime a day. This amount must be regulated as, in consequence of assimilation, a part of the lime circulating in the blood is discharged by the kidneys and the bowels. This part must consequently be replaced, as the system containing insufficient lime is liable to all kinds of disorders, such as softening of the bones, rickets, dental caries, asthma, nettle rash, chlorosis, tuberculosis.

The purpose of lime therapeutics is thus to supply the system with the amount of lime it lacks. This can be done either by means of nourishment containing plenty of lime or by regularly taking a suitable preparation of lime. Experience has shown that in many cases a regular supply of lime has been most beneficial. Its action is thus not a medical one in the general sense of the word, rather a supplementary one, as it supplies the system with the substances it lacks.

The preparations of lime in most common use in lime treatment are: pure *Chloride of calcium* which is taken dissolved in water, but disliked by the patients owing to its strong taste; lime water, an old remedy for children suffering from rickets and administered in doses of one tablespoonful taken in a cup of milk, three times a day; and phosphate and carbonate of lime, triturated with sugar of milk.

* * *

In conclusion, a few words must be said about the use and abuse of mineral waters, the latter expression applying to artificial mineral waters, which though cheaper than the natural ones are less beneficial as they are lacking in radio-activity. While it is not advisable to take mineral water regularly and permanently, a cure of a few weeks is often of great service in chronic cases. Mineral waters, which can be distinguished from ordinary water by their mineral or gassy properties (0.1-3.0 grammes to 1 litre of water), or sometimes by their high temperature (10-70° C. = 50-158°F.), may either be taken at their place of origin (which is preferable) or at home. It is, however, advisable to consult a doctor before commencing such a cure.

The principal mineral springs (spas) are:

SPRINGS.	INGREDIENTS AND PROPERTIES.	NAME OF WATER AND HEALTH RESORT.	SUITABLE FOR.
Alkaline.	Bicarbonate of soda, carbonic acid, occasionally sodium chloride (common salt) warm and cold.	Apollinaris, Vichy, Neuenahr, Ems, Selters.	Stomach and kidney complaints and lung diseases.
Alkaline-saline.	Natrium sulphuricum (Glauber's salts).	Karlsbad, Marienbad, Tarasp.	Liver and abdominal complaints, diabetes, obesity.
Bitter.	Magnesium sulphuricum.	Ofen (Buda), Friedrichshall, Kissingen.	Chronic intestinal complaints, obesity, syphilis.
Containing chloride of soda (common salt).	Chloride of soda 1-3% for drinking; 3-30% for baths; warm and cold.	Soden, Wiesbaden, Baden-Baden, Nauheim, Kreuznach, Bath.	Diseases of the lungs, heart, stomach and kidneys, scrofula, rheumatism.
Containing iron (ferruginous).	Bi-carbonated ferrous oxide; carbonic acid; for drinking and baths.	Homburg, Langenschwalbach, Spa, St. Moritz, Pyrmont.	Anæmia, chlorosis, neurasthenia, hysteria.
Containing sulphur.	Sulphydic acid; warm and cold; for drinking and baths.	Eaux-Bonnes, Aachen, Teplitz, Aix-les-bains, Harrogate.	Skin diseases, rheumatism, syphilis.
Containing alkaline earth.	Carbonate and phosphate of lime.	Wildungen, Lipp Springs, Leuk, Contrexéville.	Kidney and bladder complaints, consumption, rickets.
Containing lithia.	Chloride of lithia.	Salzschlirf, Baden-Baden.	Rheumatism, gout.
Indifferent.	Almost lacking solid or gaseous properties; efficacious by reason of high temperature, etc.	Gastein, Ragaz, Schlangenbad.	Neuralgia, rheumatism, diseases of the sexual organs.

CHAPTER V

HYDROPATHIC TREATMENT

" The soul of man
Resembleth water :
From heaven it cometh,
To heaven it soareth ! "

GOETHE.

THE value of baths and ablutions in treating the sick was known to the ancient Egyptians, although the knowledge of water's healing powers was almost entirely lost in the course of later centuries. The fact that many modern physicians are again making use of Nature's healing power can be considered as a step forward in therapeutics. Chief among these methods is the treatment of feverish diseases by means of wet compresses. For this reason hydropony is now a special study in some universities.

The homœopathic method of treatment can easily be combined with hydropony in its mild form. Internal treatment with homœopathic remedies combined with external treatment by baths, sponging and compresses proves very successful in the majority of cases. Exaggerated hydroponic "cures," however, as practised in various hydroponic establishments, should be warned against, as they can cause grave injury to the health of the patients. The too frequent application of extremely hot or cold water is very injurious for anæmic and nervous persons, whereas on the other hand cold baths and vapour baths can produce good results in cases to which they are suited. Thus, much care and experience is necessary in the successful application of very hot or cold water, and a doctor should be consulted before undergoing such extreme forms of hydroponic treatment.

In the following rules for the commonest hydroponic applications we lay stress on the mild form of treatment which can be practised at home without risk to health.

One effect of water is that by its cleansing properties it promotes the action of the skin, so that the pores freed from dust, dirt and grease are more able to get rid of the germs of disease ; this is especially noticeable in wet packs and compresses, which have a dissolving as well as an exuding action. A further effect of water is the stimulation of the nerves of the skin caused chiefly by the temperature of the water. Every kind of stimulation is followed by reaction. The greater the stimulation, the greater the reaction. The greater the difference between the temperature

of the water and that of the body, the greater the stimulation. We can thus easily understand that an enfeebled system can be injured as much by extreme stimulation in consequence of wrong hydropathic treatment as by over-strong drugs. Water at about the same temperature as the body can have a soothing effect on the entire nervous system. This fact is very important in many acute and chronic diseases attended by overstrained nerves. Thus baths graduated from 95° F. to 85° F. are sometimes better for feverish patients than very cold ones, which may often prove dangerous. By the application of water differing greatly in temperature from that of the body, a strong stimulating action on the skin and the nervous system can be produced; this is often important when the body is strong enough to react sufficiently. Thus, a cold foot bath, for instance, can be beneficial in cases of congestion of blood to the head, but only if the feet are warm before the bath, so that reaction follows. If the feet are cold, the contrary effect may be produced. In this case the feet must be warmed by rubbing, exercise or a hot foot bath, so that the desired effect is produced by the subsequent cold foot bath.

HYDROPATHIC APPLICATIONS in most general use are :

I. ABLUTIONS. These can be applied to the entire body or to separate parts of the body, either hot or cold or luke-warm. Warm water is best suited to infants, elderly, delicate and anæmic patients, and can as a rule be used for cleansing purposes. Ablutions with warm water are especially to be recommended for nervous diseases, backache, headache and spinal diseases. The back of the patient, who is in bed, is washed twenty to thirty times from top to bottom with a sponge dipped in hot water and then dried. Cold spongings must be quickly done and the patient then dried, or the water may be left to evaporate on the body, which is especially beneficial in cases of fever when the patient is in bed. After the whole body has been rapidly sponged several times with cold water but not dried, the patient is well covered up; the result as a rule being beneficial perspiration. It is more usual, however, and generally better, to dry the body, reaction being promoted by friction with a rough towel. Many chronic invalids are greatly benefited by these cold ablutions, which also render good service to the healthy by hardening the skin. In cases of heart weakness recognisable by a weak pulse, blue lips and a cool skin, ablutions and other hydropathic applications are not permissible.

II. HOT AND COLD COMPRESSES AND POULTICES. Hot compresses are made with hot water, poultices with linseed or oatmeal. For the former, a towel folded over several times is dipped into boiling water, well wrung out, laid between two pieces of flannel or covered with some waterproof material, such as oil

silk or rubber sheeting, and applied to the painful part; it is necessary to change the compresses every quarter or half-hour. For poultices, oatmeal or linseed is mixed to a smooth paste with boiling water, spread on to a linen cloth, and applied to the painful spot. As poultices retain heat much longer, they need not be so frequently renewed.

Hot compresses are beneficial in relieving pain, in reducing abscesses and promoting the formation of matter, that is, in the second stages of inflammation. Cold compresses on the other



Fig. 39. HEAD COOLER.



Fig. 40.
BATH THERMOMETER.

hand are effective in cases of fever, in the first stages of inflammation and for nervous palpitations of the heart. Their application is very simple, a handkerchief or towel, folded several times, being wrung out in cold water and applied to the affected part. As soon as it becomes warm, which in fever cases does not take long, it must be renewed. As this becomes troublesome in protracted cases, an ice-bag filled with cold water or small pieces of ice is more frequently used, the latter, however, only when medically ordered, as cooling by ice is very intense. So-called cooling apparatus are frequently used, being very practical and made to fit any part of the body. Fig. 39 on this page shows their mode of operation.

III. BATHS. These, like ablutions, can be applied to the whole body or to certain parts of it. A complete bath is taken in a large bath-tub, the body being immersed up to the neck. The temperature of the cleansing bath should be from 92-95° F. Hot baths (98-105° F.) are often very beneficial in cases of inflammation and are applied once or several times a day to the whole body or parts of it ; but like very cold baths, must not be taken without medical orders. Those in good health can follow the rules given on page 103. Sitz-baths are taken in a hip-bath in which the patient sits with his legs and feet outside the bath. The temperature of the water should be between 96° and 70° F. ; the colder the water,



Fig. 41. SITZ BATH.

the shorter the duration of the bath. The immersed part of the body should be rubbed and splashed all the time. Warm sitz-baths soothe and relieve pain and are therefore to be recommended for various functional derangements in women and for painful piles. Lukewarm sitz-baths have a cleansing effect only, while cold ones are very efficacious in drawing blood from the head and chest and in relieving congestion. They are thus valuable in cases of chronic headache caused by congestion of blood, in chronic catarrh of the respiratory organs, eyes and ears, and in constipation. This bath is most efficacious if taken early in the morning when the body is thoroughly warm ; a cold sitz-bath should be of one to two minutes' duration, followed by rapid

drying and a quarter of an hour in bed which will promote a perfect reaction. These sitz-baths must of course not be carried to extremes according to the prescription "much helps much"; two to three sitz-baths a week are generally sufficient.

As the beneficial effect of baths depends to a great extent on the temperature of the water, this should be taken by a bath-thermometer, testing the temperature with the finger or the elbow often being misleading. For the convenience of the reader, we append the following comparative table of the different scales.

COMPARATIVE TABLE OF THE SCALES.

	Réaumur.	Centigrade.	Fahrenheit.	Temperature of body taken in armpit.
Freezing point	0	0	32.0	
Very cold bath	12.0	15	59.0	
Cold bath	12.8	16	60.8	
	13.6	17	62.6	
	14.4	18	64.4	
	15.2	19	66.2	
	16.0	20	68.0	
Tepid bath	16.8	21	69.8	
	17.6	22	71.6	
	18.4	23	73.4	
	19.2	24	75.2	
	20.0	25	77.0	
	20.8	26	78.8	
Lukewarm bath	21.6	27	80.6	
	22.4	28	82.4	
	23.2	29	84.2	
	24.0	30	86.0	
Warm bath	24.8	31	87.8	
	25.6	32	89.6	
	25.4	33	91.4	Danger
	27.2	34	93.2	
	28.0	35	95.0	Collapse.
Hot bath	28.8	36	96.8	
	29.6	37	98.6	Blood heat.
	30.4	38	100.4	Slight fever.
Hot foot bath	31.2	39	102.2	Fever.
	32.0	40	104.0	High fever.
	32.8	41	105.8	
	33.6	42	107.6	Danger.
	34.4	43	109.4	
	35.2	44	110.2	
	36.0	45	112.0	
Electric light bath ..	36.8	46	113.8	
Water's boiling point ..	80.0	100	212.0	

A hot foot bath is a common and useful remedy for rush of blood to the head with ensuing headache, heart spasms, blood spitting, etc., its effect being increased by adding a handful of mustard. A foot bath of this kind may be of ten minutes' duration, the patient going to bed immediately after it. When taking a cold foot bath, which may not last as long, the feet should be constantly moved about in the water. Cold foot baths are more suitable for chronic than for acute cases. The best cure for chronic cold feet when all other remedies fail, is the alternate



Fig. 42. ALTERNATE HOT AND COLD FOOT BATH.

hot and cold foot bath. The water having a temperature of 104° F. to start with should cover the ankles and the temperature gradually raised to $107-112^{\circ}$ F. by adding hot water. The feet will get warm not only on the surface, but to their inmost tissues. At the end of ten minutes put the feet in a vessel of cold water ($65-68^{\circ}$ F.) not covering the ankles, rub them together for two minutes, dry them, put on shoes and stockings and take a good walk. The result of this simple process will be, as those who have

tried can testify, an extremely pleasant sensation, not only in the feet, but throughout the whole body.

For ophthalmia (inflammation of the eyes) bathing the eyes in lukewarm water (86-90° F.) is very beneficial, while cold baths are very strengthening for weak eyes and for eyes strained by work. The writer, who has himself tested most of the hydropathic applications mentioned in this chapter, applies this remedy as follows: On getting up in the morning, immerse the face in a basin containing cold water, closing and opening the eyes twelve times. This may appear unpleasant at first, but the habit is quickly acquired and found so beneficial that it will not easily be given up. It can only be applied, however, when there is no inflammation of the eyes or the eye-lids.

IV. DOUCHES AND SHOWER BATHS. These are a common feature of hydropathic institutions as well as of some public

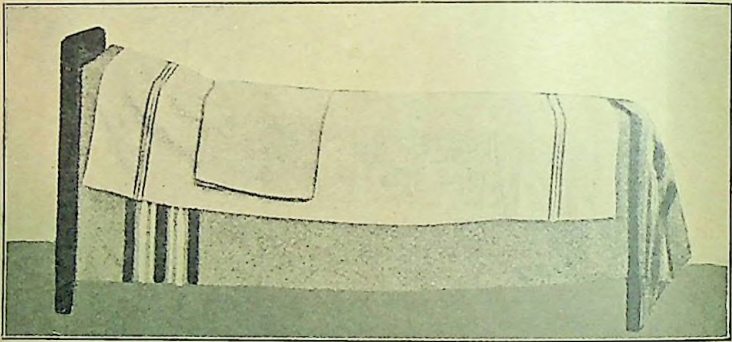


Fig. 43. BED PREPARED FOR WET PACK.

baths. As this treatment often does more harm than good, it should be adapted to special cases only and not applied to patients without special medical orders. The afore-mentioned baths and ablutions are the most suitable hydropathic applications for home use.

V. VAPOUR BATHS AND HOT AIR BATHS. The above remark refers to these baths too. The sick should never take them without consulting a doctor beforehand. They are often very useful for chronic complaints, such as rheumatism, gout and chronic Mercury poisoning caused by protracted dosing with large quantities of *Mercury*, unfortunately still prescribed by some physicians. The mildest form of this kind of bath is the vapour bath applied in bed, which is beneficial for cases in which the patient should perspire profusely. The following simple mode of application is to be recommended for home use: The patient

being in bed, three stone bottles filled with hot water are separately enveloped in a wet towel and a woollen stocking (this is to prevent burning the skin), and are placed one at the feet, the other two at the sides of the body (in the region of the thigh); the patient is then covered up with two blankets and an eiderdown. In about an hour as a rule he will break out into profuse perspiration; the bottles should then be removed, the patient washed with tepid water, dried, dressed in fresh clothes and well covered up for a short time. This mild vapour bath has been of great use for chills and colds and is to be recommended

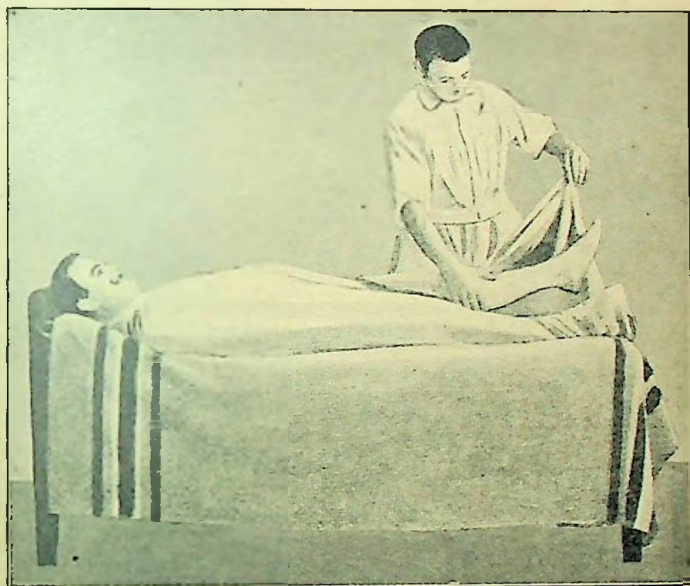


Fig. 44. WRAPPING UP IN A WET SHEET.

for complaints to which it is suited. For infants or little children, one bottle, placed at the feet, is sufficient.

VI. WET COMPRESSES AND PACKS. These compresses (called Priessnitz compresses in Germany, after their inventor), which have become almost indispensable in sick-nursing, are now a common way of treatment.

They are very useful in most acute febrile diseases, besides being very efficacious in chronic disorders, such as lung disease and stomach complaints. We have, firstly, the simple compress applied to a certain part of the body, and then wet packs covering almost the entire body. They are made on the

same principle and applied in a similar way. A large or small piece of linen or cotton material (the latter is to be preferred as it is less cold to touch) is wetted and applied to the chest, the throat, or other affected part of the body, and well covered with a piece of dry flannel or woollen stuff, fastened by a safety pin. For the wet pack, which is applied to the entire body, spread a blanket on the bed and over it a wet linen sheet, on which the patient is laid naked; the wet sheet is then rapidly folded over, tucked in, and the patient covered with a blanket and eiderdown or quilt. The head only remains uncovered and must be kept cool by the repeated application of a cold compress. Wet packs are very efficacious in cases of high fever; but as they may be dangerous to

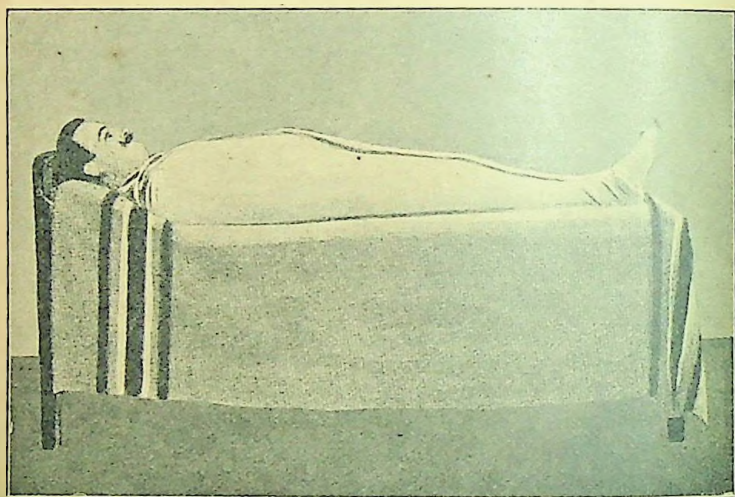


Fig. 45. COMPLETE ENVELOPMENT IN WET SHEET.

patients with weak hearts, they should only be applied under medical orders and supervision.

The water for the compresses and packs must have a temperature varying from 65-83° F. for cases of fever, from 77-83° F. for chronic complaints, and from 83-86° F. for children. For fever patients the compresses or packs must be renewed as soon as they begin to get hot and dry, generally after an hour or two according to the height of the temperature. When there is no fever, it is not necessary to change them very often, thus for instance the Neptune-Girdle, as the stomach compress is called, which is efficacious in some stomach complaints, is applied in the evening and can remain on all night. After removal, the skin should be rapidly sponged with tepid water; this is especially necessary when the compresses are being continued for some time, to prevent

the skin from becoming too tender. The linen used for the compresses must also be well washed before it is used again, as it absorbs many substances excreted from the body; this can be noticed in the water it is washed in. A compress for the throat should be $4\frac{3}{4}$ inches wide, $1-1\frac{1}{2}$ yards long; for the chest or abdomen 16 inches wide, $1\frac{1}{4}-1\frac{1}{2}$ yards long; and for children proportionately smaller. For a wet pack a sheet and blanket $1\frac{3}{4}$ yards wide and 2 yards 8 inches long are needed.

Another kind of compress, the so-called T-compress, very useful in abdominal complaints, catarrh of the bladder, and functional disorders of women and in child-birth, deserves special mention.

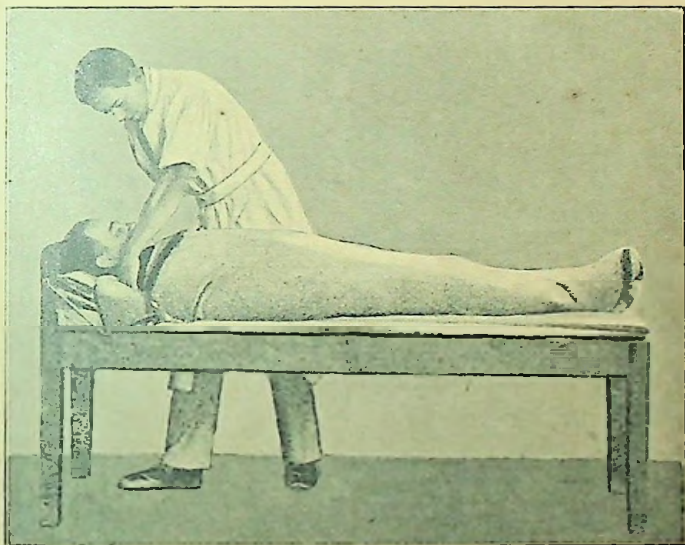


Fig. 46. TUCKING IN THE BLANKET AT THE NECK.

To make this compress attach a piece of linen and a piece of flannel of 4 by 20 inches to an ordinary abdominal compress, the linen being attached to the linen and the flannel to the flannel part. Damp the linen and lay the compress on the bed under the patient in such a manner that the narrow strip is between his legs; turn this strip up under the side strips of the linen bandage over which the flannel is securely fastened with safety pins.

In place of wet compresses applied to the legs the writer has made use of the so-called wet stocking compresses among his patients, a convenient and rapid method, especially for children, the necessary material being at hand in every home. A pair of cotton stockings are wrung out in cold water, rapidly put on and a

pair of dry woollen stockings drawn over them.¹ This wet stocking application has a very beneficial effect in cases of sore throat, feverish colds and ordinary childish complaints attended by fever, as they assist the action of homœopathic remedies. They draw the blood from the head and the chest and promote the excretion of the germs of disease by the skin. They must, however, not be applied when the feet are cold, or the feet must be previously warmed by a hot foot-bath or hot water bottle.

VII. INHALATIONS. To inhale, make use of an inhaler, as shown on page 138, containing water to which a little salt or some



Fig. 47. TUCKING IN THE BLANKET UNDER THE SHOULDER.

prescribed medicinal substance has been added. Inhalations are very beneficial in catarrh of the respiratory organs, croup and diphtheria. The face must be held as near to the inhaler as possible; as children are liable to be startled by the steam, the hand should be held before the eyes.

VIII. DOUCHES AND ENEMATA. These comprise: Syringing the nose, gargling, douching or washing out of the genital organs of women, and enemata. They all play a useful part in the treatment and nursing of the sick. In chronic nasal catarrh

¹ Putting on the wet stockings is easy, provided they are big enough; should there be any difficulty, put them on dry, wetting them well before the woollen stockings are drawn over them.

attended by a copious discharge of mucus and matter, syringing the nose assists the effect of internally applied remedies. Most of the nasal syringes are dangerous as they can easily cause inflammations of the middle ear (*otitis media*) by over-vigorous

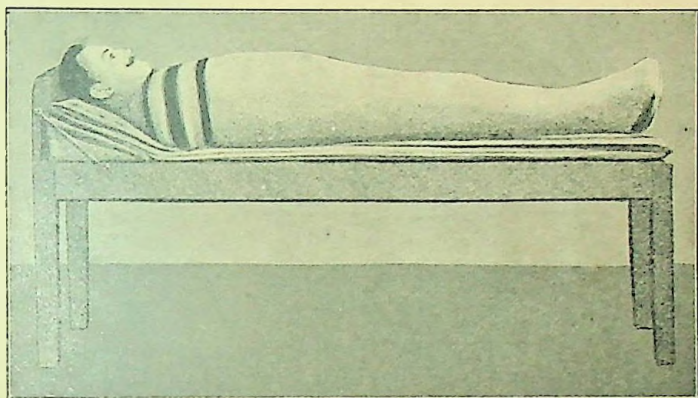


FIG. 48. COMPLETED WET PACK ENVELOPING THE ENTIRE BODY.

syringing, if not very carefully used. The safest way is to let the water (86-90° F.), to which a little salt has been added, flow into one nostril from a nasal vessel (as shown in fig. 51), to bend the

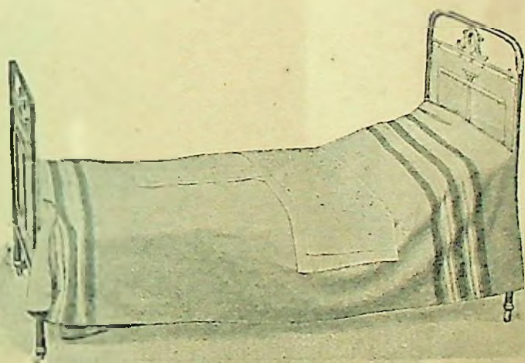


Fig. 49. T-COMPRESS (TAIL COMPRESS).

head back, pronouncing the sound "ah" at the same time. If this is carefully done, the water will flow out of the other nostril.

Gargling with warm water is to be recommended for acute inflammation of the throat, whereas cold water is better for

chronic mouth or throat ailments. Douches of the womb and enemata are best administered by means of an irrigator (see below), that is a tin reservoir containing about 1 quart of water, which runs out through indiarubber tubing attached to it. For children, rubber ball syringes can be employed. The water should

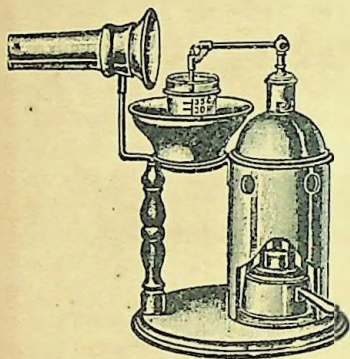


Fig. 50. INHALER.

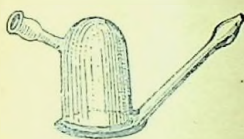


Fig. 51.
VESSEL FOR NASAL DOUCHE.

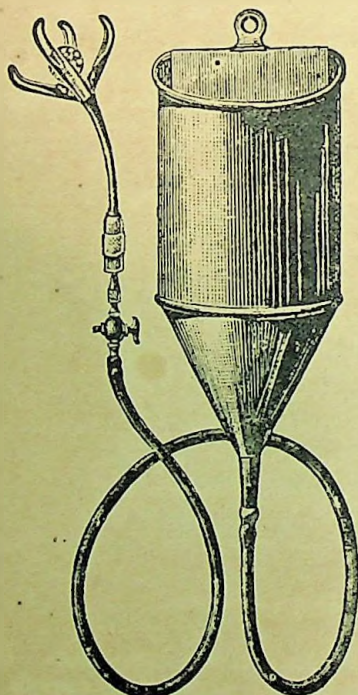


Fig. 52. IRRIGATOR.
(Reservoir for enemata).



Fig. 53.
RUBBER BALL SYRINGE.

have a temperature varying from 75-82° F. ; if the bowels have not been moved for some time and their accumulated contents have to be dissolved, the enema should have a temperature of 90-95° F., and the water retained as long as possible. For children $\frac{1}{4}$ to $\frac{1}{2}$ pint of water is required ; for adults 1-2 pints.

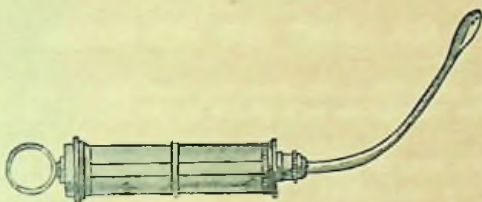


Fig. 54. GLYCERINE SYRINGE.

Should the injection cause pain in the abdomen, wait for a minute until it has passed.

In place of a water enema, adults can take an injection of a small quantity of glycerine (1-2 dessertspoons) with a glycerine syringe. This generally takes immediate effect and has the advantage of self-administration, without the assistance of another person.

CHAPTER VI

AIR, LIGHT AND SUN BATHS

“ All things upon the earth draw life from light ; yes, yes, all happy creatures ; the very plants turn gladly to the light.” SCHILLER.

AIR and light are, in the true sense of the word, vital elements for man, beast and plant. As restoratives for shattered health they are indispensable to the sick and the weak. Pure fresh air and sunshine are of inestimable value for the multitude of men and women suffering from anæmia or nervous ailments—two such prevalent maladies of our time. Airy, sunny localities have a miraculous effect on consumptives, as shown by the results obtained at modern lung sanatoriums. The ancient Romans had so-called solaries (places fully exposed to sunlight) on their houses, where they revelled in the invigorating rays of the sun. The real value of the favourable action of air, light and sun baths (so-called phototherapy) on many diseases has, however, only been fully recognised in quite recent times.

The effect of air on the human body has been well-known for a long time. We know how much oxygen we need for breathing and can gauge the pressure atmosphere exercises on our body, and we recognise and distinguish the manifold atmospheric impurities injurious to our system. Although the value of pure, fresh air for the healthy and the sick, for old and young, by day and by night, is sufficiently well-known, practice does not always keep pace with theory. If we look at certain houses in the slums and back streets of our large cities, we are startled to see that the question of hygiene applied to housing is still far from being solved. The doctor, too, on entering many a sick-room early in the morning, will not be surprised that in spite of good food and suitable medicines, his patient's health does not improve, when even the most ordinary airing of the room is neglected. It can thus not be repeated too often that pure fresh air and the proper ventilation of the sick-room are indispensable to recovery. Besides this, a complete change of air has sometimes a very beneficial effect at various stages of a disease. The good results obtained in lung-diseases from a sojourn in Davos and similar health-resorts are well-known, as is the beneficial effect of sea air on scrofulous diseases. Air-baths, on the other hand, recently so much to the fore, in which the naked body is exposed to the effect of air and light, may not be so familiar to every one. In

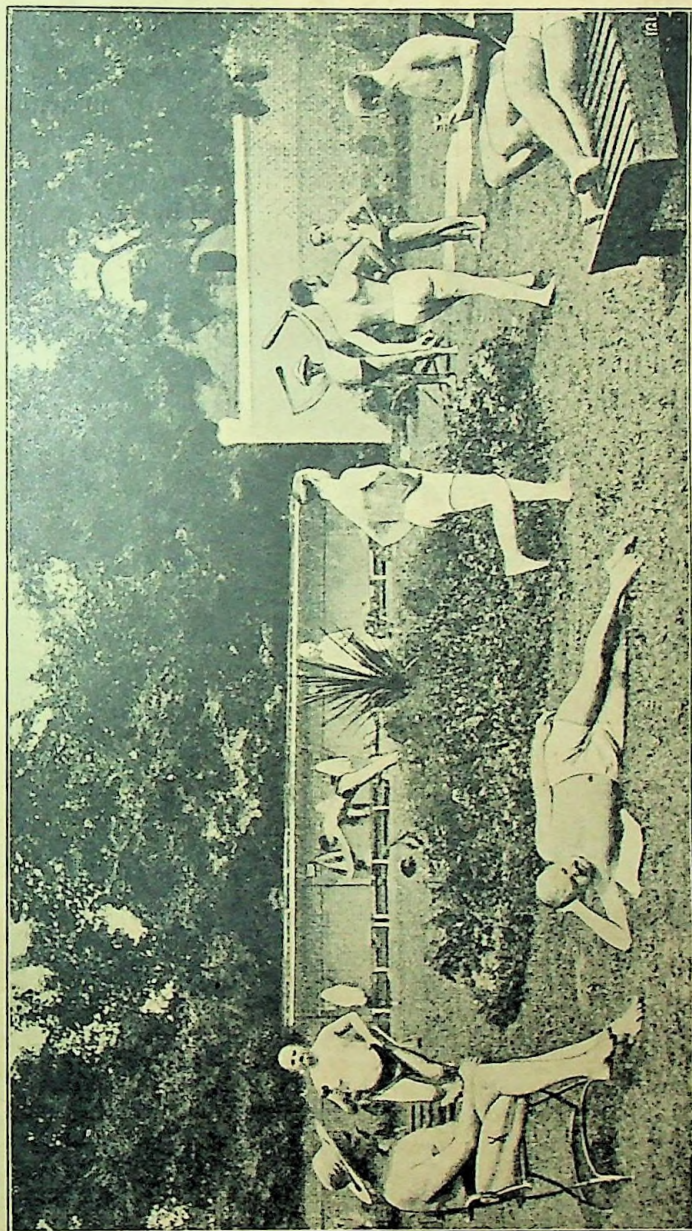


Fig. 55. AIR AND SUN BATH.

many sanatoriums, in which the treatment is carried out by natural methods, these air-baths are applied systematically and successfully to many chronic diseases. In these institutions there are large grass-plots dotted with trees and enclosed, where the patients—men and women separately—clad only in bathing drawers or suits—are during the summer exposed for hours to the beneficial effect of air and light, games and gymnastics producing the exercise necessary to the maintenance of bodily warmth. These air-baths can naturally only be enjoyed by such patients as are able to move about and still possess a certain vitality;

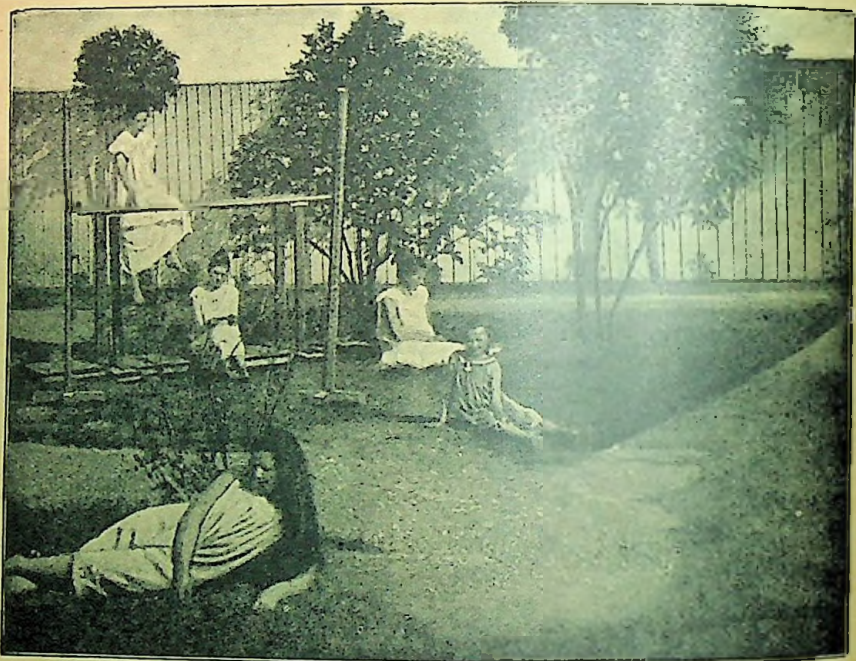


Fig. 56. AIR BATH FOR WOMEN.

weaker patients who are obliged to lie down and to be covered up can only enjoy them to a limited extent. The town dweller as a rule has no facilities for indulging in air-baths at home, balconies and gardens generally being too much exposed to the public gaze. Nevertheless, everybody wishing to give not only his hands and face but his entire body the benefit of air and light can take an indoor air-bath with open windows in the summer, and in a room with a fire in the winter. Such indoor air-baths, although of course not so efficacious as those enjoyed out of doors, can from personal experience be recommended to those liable to catch cold

on the slightest provocation. They have a hardening effect on the skin and are excellent for persons with whom cold ablutions or baths do not agree. Taken five minutes every morning in conjunction with a few simple physical exercises, they not only inure the system to cold, but have a bracing effect on body and mind.

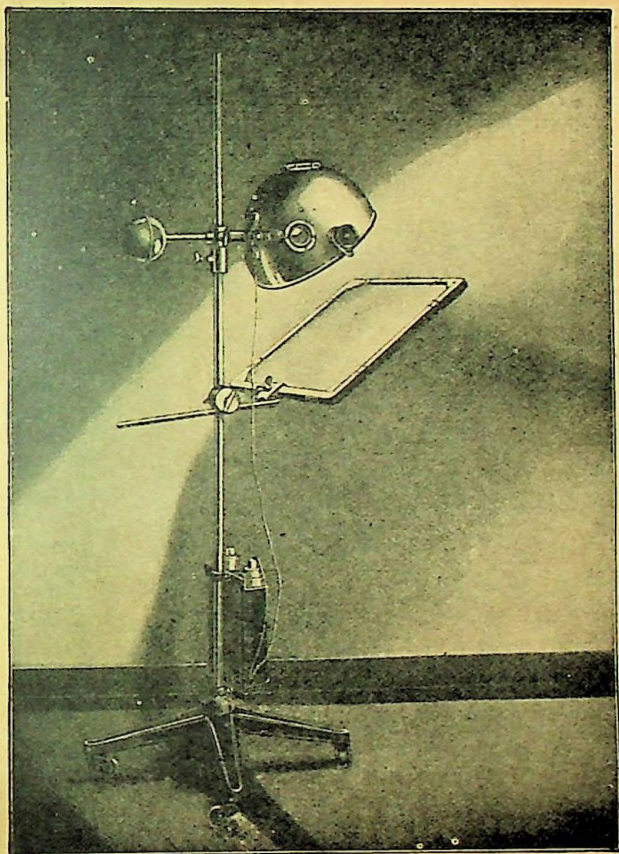


Fig. 57. ARTIFICIAL SUNRAY.

Light acts on the skin in a special way. We know that skin exposed to the sun first becomes red, then brown, which proves that the blood is drawn to the skin by light. If the rays are very strong, they can even cause burns on the skin. A fact that should be familiar to the anæmic is, that the corpuscles of the blood drawn to the skin with the blood by the action of the sun, can absorb more oxygen than those not exposed to the light. That is

the reason that those who live in basements or rooms into which sunlight cannot penetrate, are so often pale and anæmic, whereas hunters, foresters, sailors and all those who spend their lives in the open air and in the sun, seldom suffer from anæmia. But that is not all—it is being more and more recognised in modern times that the sun is the most powerful foe of all virulent germs. While the germs of anthrax can be boiled for two hours without totally destroying their venomous properties, they will become completely



Fig. 58. ARTIFICIAL SUN-RAY TREATMENT.

innocuous after being exposed to the rays of the sun for forty-eight minutes. The bacillus of tuberculosis is killed by exposure to the sun in thirteen minutes. We can thus understand how essential a sunny dwelling is, impure air being purified and the germs of disease killed by the sun. These foes to health will soon be rendered innocuous if we allow the sunlight to penetrate into our houses. We therefore urge all those who nurse the sick to see that the sick-room is light and if possible sunny! Sun baths, that is exposing the naked body to the sun's rays, have

been in recent times coming into more and more frequent use for various chronic diseases. As, however, they are too exhausting for many patients, a doctor should be consulted beforehand. On no account should the head be exposed to the direct action of the sun's rays, but be protected by a broad-brimmed straw hat or parasol.

The most beneficial sun baths are those taken at an altitude of 4,500-6,000 ft. above sea level, where the ultra-violet rays have the greatest effect. As regular sun-bath treatment is not possible in low-lying districts during the autumn and winter owing to scarcity of sunshine, many attempts have been made to find a substitute for natural sunlight.

A great step forward is the invention of artificial sun-rays, whereby heliotherapy (that is sun-treatment) has once more come to the fore. The apparatus used for this treatment, worked by an electric current, consists in the main of a long quartz vacuum tube containing mercury which when electrically heated forms vapours radiating an intense light and greatly resembling natural sunlight; an effect due principally to the presence of the above-mentioned ultra-violet rays. This apparatus made in various shapes and sizes is now much used in numerous hospitals and sanatoriums. Patients partially or entirely undressed are exposed to these artificial sun-rays, the eyes being protected by well-fitting goggles with dark glasses. The primary effect is the tanning of the skin or sometimes even burning and blistering; but this is a transitory inconvenience, whereas in the course of the treatment the appetite and general health improve and the symptoms of the malady gradually disappear. This treatment is particularly suited to tuberculosis, skin diseases, delayed healing of wounds, and is also very beneficial for rheumatism, nervous debility and scrofulous diseases.

Thus we see that air, light and sun baths, provided they are carefully, that is moderately applied, and are taken in conjunction with physical exercises, are a great help in fighting many chronic diseases; they inure the skin to climatic changes, draw the blood to the skin, relieve congestion of the internal organs, stimulate the appetite, and have a refreshing and invigorating effect. But they are also a boon for those in good health, especially for every one obliged by his work or profession to lead a sedentary life.

CHAPTER VII

MASSAGE, MEDICAL AND ORTHOPÆDIC GYMNASTICS

“The best way of promoting the circulation of the blood is to take suitable physical exercise.”

MASSAGE plays an important part in the treatment of the sick. It was known to the ancients as “rubbing.” To-day it is as a rule practised by masseurs and masseuses, who have been especially trained in this branch of medical science. In difficult cases—diseases of women, for instance—the physician may himself massage the patient. To obtain good results, the masseur must be familiar with the anatomical structure of the body and the proper administration of the various kinds of massage, besides taking into account the nature of the disease under treatment and the sensitiveness of the patient.

What is the object of massage? First of all the promotion of the circulation. This is essential for patients who, owing to pain, physical weakness or other causes, can move little or not at all; also for stagnation of the blood in various parts of the body, stiff limbs, contusions and sprains, paralysis and muscular debility. Secondly, massage acts on the nervous system. Vigorous massage stimulates and irritates, whereas gentle massage and friction soothe. The third aim of massage is to disperse effete matter accumulated in various parts of the system and to get rid of it by means of the circulation. This can be achieved in cases when water has collected in the joints and cavities of the body, in rheumatism and gout, and in various diseases of the female organs.

In practising massage certain strokes and movements must be considered. First of all, the blood must be driven towards the part of the body under treatment. This is done by slapping, kneading, hacking, and rubbing. When the spot has become warm and red, showing that sufficient blood has been collected, stroking begins, which aims at drawing the blood away from that part of the body to the heart. The spot must thus always be stroked towards the heart, the arms and legs for instance from the feet upwards, and the head from the top downwards.

Abdominal massage, consisting of circular rubbing and kneading of the abdominal muscles is very efficacious in cases of obstinate constipation and consequent headaches and dizziness.

A practical aid to massaging one's own back is the appliance illustrated on page 148, consisting of a moveable chain of wooden balls with the help of which thorough massage can be carried out.

Scalp massage promotes the growth of the hair by causing an abundant flow of blood to the roots of the hair. Even wrinkles and facial disfigurements can sometimes be removed by a special kind of facial massage.

Recently the so-called vibratory massage has found favour. The friction and vibration caused by revolving rollers, balls or brushes driven by an electric motor, have produced good results



Fig. 59. HEAD MASSAGE.

Fig. 60. MASSAGE OF THE BACK.

in many cases of rheumatism, neuralgia and chronic constipation.

Massage may not be applied in febrile diseases, inflammation, ulceration or malignant growths. It can also do more harm than good if applied to parts that are acutely tender.

Medical gymnastics, which can be applied to any part of the body, are useful in treating stiff limbs and contracted sinews, also for exercising weak muscles and for strengthening and expanding the chest. Medical gymnastics, as generally practised by masseurs in special institutions, comprise active passive, and resisting exercises. The active exercises consist of bending, stretching and turning movements, exercising various muscles, practised by the



Fig 61. STROKING THE ARM.

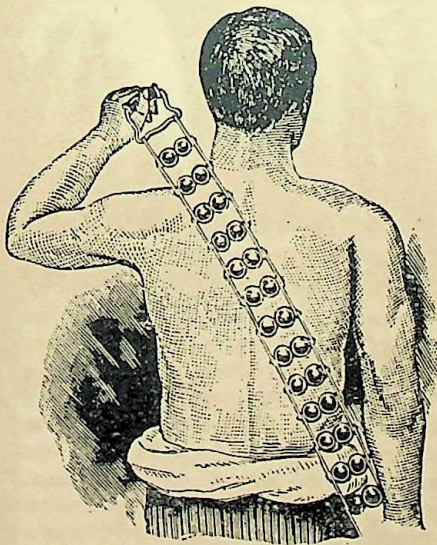


Fig. 62. MASSAGING ONE'S OWN BACK.

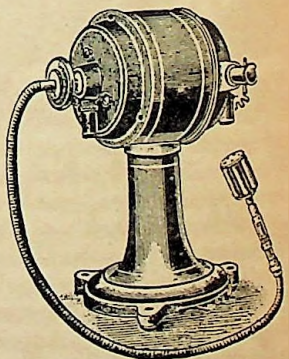


Fig. 63. APPLIANCE FOR VIBRATORY MASSAGE.

patient in a certain order and time. For the passive exercises the patient must sit or lie down while the masseur or physician bends or stretches the limbs in the manner required. Finally, for exercises of resistance both patient and doctor must work, the one trying to prevent the other from bending or stretching the limb. A good deal of strength is needed for these exercises. They can be done without assistance with the aid of weights and



Fig 64. AMERICAN SPIRAL STAFF.

apparatus. Such appliances are, for instance, the American spiral staff, and the arm and chest fortifier by Largiadère, with which various exercises suited to individual strength can be done.

The aim of orthopædic gymnastics is to correct or cure curvature in the young. Formerly violent, rough methods were in general use, whereas nowadays when orthopædic appliances are employed the special anatomy of the body is carefully considered. Apart



Fig 65. ARM AND CHEST FORTIFIER, BY LARGIADÈRE.

from certain external causes, curvature of the spine, bow-legs, etc., may as a rule be considered the consequence of a constitutional tendency associated with rickets, tuberculosis or softening of the bones. It is therefore of primary importance to strengthen the constitution if the use of an orthopædic apparatus is to be attended by success. This aim can be attained not only by a suitable dietary containing the proper nutritive salts and vitamins, but frequently by the right application of homœopathic remedies.

CHAPTER VIII

ELECTRICAL TREATMENT

"Light, heat and electricity are different expressions for the same force of nature."

As far as is known from history, it was Thales of Miletus who, by testing and describing the attraction of amber when heated by friction, made in the year 600 B.C. the first discovery in the sphere of electricity. But it is to Gallabert, Professor of Physics in Geneva, who in the year 1750 published a scientific work on "The use of electricity in therapeutics," that we owe the careful methodic testing of the value and use of electricity in medical science.

Since that time astonishing progress has been made in the knowledge and use of electricity, both technically and scientifically. Therapeutics, too, have benefited by this development, electrical treatment of diseases becoming more and more successful.

What do we understand by electrical treatment? Certainly not self-treatment by electric "universal appliances," "electric belts," etc., largely advertised in our daily papers as a cure for all diseases, even incurable ones, but careful personal treatment by a thoroughly experienced physician. If the nature of the disease and the constitution of the patient are carefully considered, electric treatment can prove a very efficacious remedy for certain cases. In some respects it even coincides in its application with homoeopathic treatment, in so far as a weak galvanic current has a contrary effect to a strong one and a mild application of electricity generally produces the best results.

As the homoeopathist has, or should have, his eyes open to all progress in medical science and can estimate the value of a combined treatment for chronic diseases, he avails himself of the aid of electricity in suitable cases. This will certainly not be to the disadvantage of his patients; for persuaded as he is of the importance of a mild application of medical remedies, he will only apply electricity in such a way that it will without doing harm have a beneficial effect on the diseased body.

The general action of electricity on the diseased organic system comprises the removal of disorders connected with the nutrition of the nerve tissues, the strengthening of the entire body, and the relief of unpleasant symptoms, such as pain, stiffness, sensation of deafness, etc. It is thus very beneficial in nervous diseases, neurasthenia, hysteria, neuralgia and paralysis. In some cases

the success of the treatment is immediate and surprising, the patients feeling new-born ; in others, the improvement is slower, while on some patients it has no effect at all, although the disease should not on this account be considered incurable.

The two most frequently used methods are treatment by the Galvanic and the Faradic current. The former, named after its discoverer, Prof. Galvani, is a constant current flowing through the body steadily and uninterruptedly, while the latter, named after the English scientist, Faraday, has an alternate flow, that is,



Fig. 66. GENERAL GALVANISATION.

is turned on and off in rapid alternation. These two currents are produced in a special electric apparatus in which pieces of zinc and charcoal are immersed in a solution of ammonia, the anode being loaded in the charcoal and the cathode in the zinc.

Faradisation (Faradic current) is invigorating and stimulating and is therefore generally used in cases of paralysis, weakness of the muscles and the joints, chronic rheumatism, distension of the stomach and neurasthenia. Its application should not cause any pain, only slight contraction of the muscles. A very efficacious method is the so-called general faradisation, applied by the writer

in the following way : the patient, stripped to the waist, holds a large flexible electrode on the region of the stomach, while the doctor continually strokes or slaps the arms, chest, throat and back with a smaller electrode, spiral staff or electric brush. This treatment, which should last from five to ten minutes and be repeated every other day, has produced excellent results, especially in cases of nervous debility and neurasthenic symptoms, as we have proved from personal experience with numerous patients.

The galvanic current has a different effect : it is pain-assuaging, soothing and restorative, and is thus chiefly applied in cases of neuralgia and nervous exhaustion. It is becoming more and

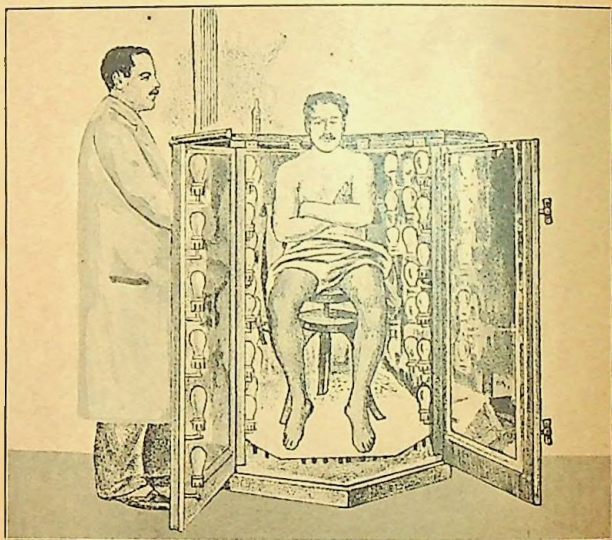


Fig. 67. ELECTRIC LIGHT BATH.

more popular, especially since the strength of the current applied to the patient can be registered by a valuable and indispensable instrument called the galvanometer. A weak current has the best effect ; strong currents applied too long can ruin the entire nervous system. Very beneficial for a fatigued and weary brain (brain-fag) is galvanisation of the head, which should be carefully and frequently repeated with a very weak current ; also general galvanisation, in which the electric current is diffused over the entire body from head to foot (see fig. 66, page 151).

It follows from what we have said that electric treatment can prove an efficacious remedy, but that its application is suited to certain diseases only and requires great care and knowledge.

Electricity is certainly not a universal remedy for pneumonia, diphtheria, and all sorts of illnesses, as speculating manufacturers, in order to get rid of their electric appliances at prices far above their real value, try to make the public believe.

Medical science also makes use of the chemical action of electricity on the tissues of the body by the application of electrolysis: needles through which is passing the electric current are thrust into abscesses, growths caused by lupus, etc., the diseased tissues being destroyed by the formation of acids and alkalis and results being obtained equal to those of an operation.

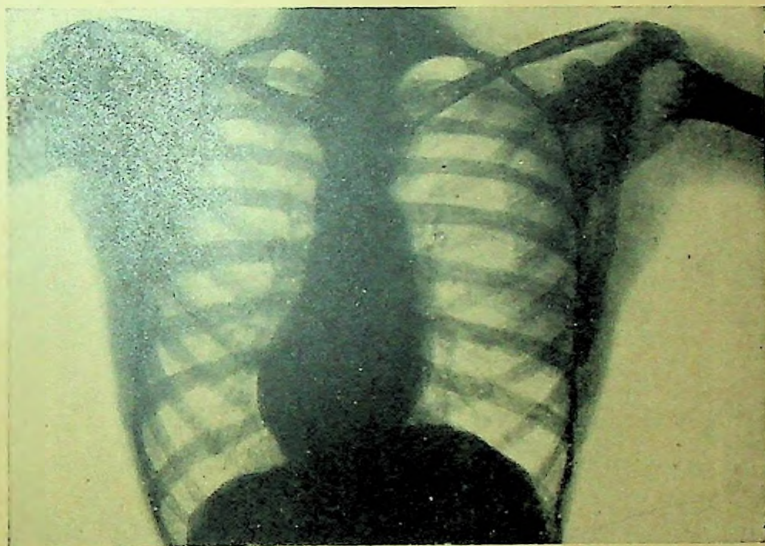


Fig. 68. X-RAY PHOTO. CHEST WITH OUTLINE OF THE HEART.

This treatment, although requiring more time than an operation, it having to be frequently repeated, has the advantage of being quite safe and bloodless. Enlarged tonsils in children have by this method been reduced to their normal size.

Recently electric light is being increasingly pressed into the service of suffering humanity, firstly in the shape of electric light baths, for which the patient sits in a cabinet lined with electric bulbs, and then as concentrated electric arc light, introduced by Prof. Finsen, of Copenhagen, as a potent aid in treating lupus.

Finally we must mention X-ray treatment, which now plays a great part in surgery. These rays, also named after their discoverer,

Prof. Roentgen, of Erlangen, have the marvellous quality of penetrating objects impervious to ordinary rays of light, and of acting on a sensitised plate placed behind them in such a manner that a photographic outline of the object exposed to the rays is reproduced. Foreign bodies and even the outlines of internal

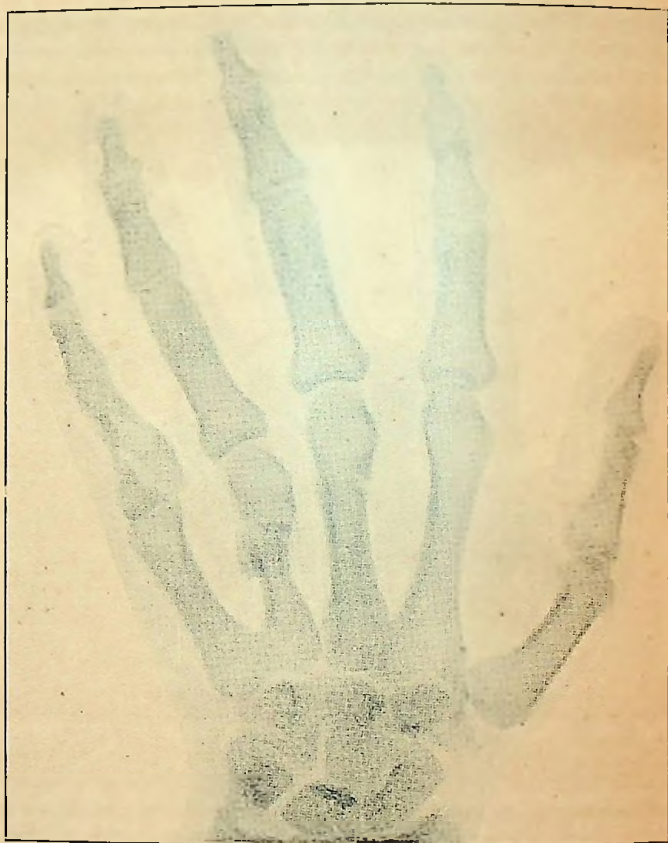


Fig. 69. X-RAY PHOTO. FRACTURE OF A METACARPAL
(bone of the palm).

organs, such as the heart (see fig. 68), can thus be discerned ; this is of great value in diagnosis. The direct radiation of the body in skin diseases and the so-called deep radiation for internal growths have been marvellously successful in recent years, since it has become possible to prevent many unpleasant and dangerous results of the treatment by special precautionary measures.

PART III

TREATMENT OF THE MORE PREVALENT DISEASES
AND FIRST AID TO THE INJURED



INTRODUCTION

" Imitate, but imitate well ! "

HAHNEMANN.

IN writing Part III of this book, which aims at familiarising the reader with the homœopathic treatment of the most prevalent diseases, we have tried to confine ourselves to essentials in as clear and precise a manner as possible. It is not our intention to give a wearisome description of every remedy applicable to every disease—this only tends to confuse the inexperienced—but rather firstly, to draw attention to the onset of a serious illness by a simple and easily understood description of its symptoms and to show what precautions should be taken before the services of a doctor can be obtained: secondly, to give approved advice for the prevention of serious and dangerous illnesses by a sensible way of living and a proper use of drugs: and thirdly, to point out those homœopathic drugs which are likely to be beneficial in mild cases of indisposition (for which medical advice is, as we know, seldom sought) and which are, in any case, to be preferred to the numerous expensive quack and popular remedies in common use, which often do more harm than good.

The treatment of serious and protracted illnesses by the uninitiated must be urgently warned against, as the knowledge of the nature of the disease, the advice and the experience, and above all the impersonal opinion of the expert cannot be dispensed with in such cases. The reason for discussing these diseases is, that for many people—for those, for instance, who live in remote country districts, for sea captains, or for missionaries in the colonies and elsewhere, where medical aid is frequently not available and a virtue must be made of necessity—it may be a comfort and a great help to have a reliable guide at hand for proper treatment and suitable remedies. The favourable reception accorded to former editions of this work has proved that we are right.

It is essential for the reader of this book to be more or less familiar with the action and application of homœopathic remedies, as he is then better able to judge whether a remedy is suitable to the case in question, and his efforts are more likely to be successful. We therefore recommend the reader to study thoroughly and compare Chapters V., VI., and VII. of Part I. in all cases of illness:

Chapter VIII. of the same part, showing the lowest potencies in use of every remedy mentioned, has been added as a practical guide.

• Finally, the directions on sick nursing and the hygienic-dietary measures and prescriptions contained both in this part and in the corresponding chapters of Part II, which with the suitable homœopathic remedies play such an important part, should be consulted, the detailed alphabetical index at the end of the book being of great assistance in finding out what one wants to know.

CHAPTER I

FEVERS AND THEIR TREATMENT

MOST acute illnesses, that is, those running their course rapidly or occurring suddenly, are attended by fever appearing either at the beginning or at a more advanced stage, when the malady has spread from its seat of origin to other parts of the body. But in chronic illnesses too, that is to say in those that have a slow and protracted course, there may be fever, although this generally occurs only in a sudden aggravation of the malady. Although fever is not an independent illness, it is necessary to be more or less familiar with its signs and symptoms. When a person complains of feeling cold and hot all over the body, especially in the head, of headache, want of appetite and a general feeling of discomfort, one can assume that he is "feverish," or has a "temperature." If the pulse is rapid, above eighty beats a minute in adults and above 100 in children, it is probable that there is fever; the surest sign, however, is the rising of the temperature of the body, which can only be exactly ascertained by means of the clinical thermometer, which every family, especially where there are children, should possess. It is not expensive, and by it one is able to see whether the beginning of an illness is attended by fever and to act accordingly. We have already given detailed directions on the use of the clinical thermometer and regarding the degrees indicative of fever in Chapter II. of Part II. when discussing sick nursing (see pages 110-112).

As mentioned above, fever is not an illness of itself, but a sign of some physical disorder, the illness itself in some cases being diagnosed at once, in others after one or two days. Its nature is shown by the attendant symptoms; cough and pain in the side, for instance, when attended by a high temperature, pointing to an inflammation of the respiratory organs; headache, delirium and vomiting to meningitis; fever preceded by shivering fits (rigor) and followed by perspiration to intermittent fever, and so on. When the patient is a child, it is always advisable to look at the throat, as the cause of the fever is frequently to be found there. It goes without saying that in all cases of high or continuous fever or of fever for which there is no palpable cause, medical aid must immediately be sought.

What is the best way of treating a case of sudden illness attended by fever? The careful reader of this book will know that it is

wrong to suppress fever forcibly by a strong febrifuge (fever-dispelling drug); we have clearly expressed ourselves on this subject in the preceding chapters. In such cases the homœopath thinks first of all of two remedies, which by the "principle of similars" may be suitable, namely *Aconite* and *Belladonna*, which both act on the blood vessels and the circulation. When fever is accompanied by a hot, dry skin and restlessness, and has been caused by a chill, *Aconite* is the right remedy, while *Belladonna* is more suited to fever attended by perspiration in certain parts of the body, congestion of blood in the head and throbbing of the jugular artery. Five drops of the 3rd or 4th attenuation of these drugs should be taken in a teaspoonful of water at intervals of one or two hours according to the violence of the symptoms. If one is not sure which of the two remedies is the most suitable, they can be taken alternately. As soon as the nature of the illness becomes manifest, the remedies suited to it should be applied. It is also advisable to aid the action of internal remedies by suitable external treatment, such as the application of compresses, sponging the body with tepid water or a vapour bath applied in bed. All these treatments are fully described in the chapter on hydropathic treatment. For children the application of wet stockings is especially to be recommended (see page 135).

For further treatment and for the nursing of fever patients, Chapters II. and III. of Part II, which also contain directions on the very important subject of the dieting of fever patients, should be consulted.

CHAPTER II

DISEASES OF THE CIRCULATORY SYSTEM

A HEALTHY heart is the first condition of a normal circulation, which in its turn plays an important part in our physical well-being. When we are well, we are scarcely aware of the heart's beat and can only realise its indefatigable work by day and by night, when we are told that the heart contracts 100,000 times a day, or more than 37,000,000 times a year, and generates sufficient force every day to raise about 2 lb. (1 kg.) to a height

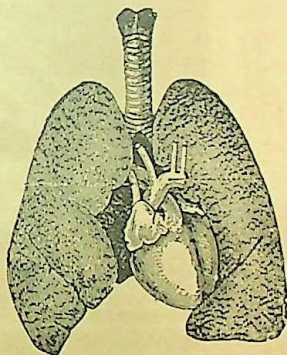


Fig. 70. HEART AND LUNGS.

of approximately 285,000 feet! The greater or lesser activity of the heart can be measured by the rapidity of the pulse, which in adults is on an average 70 beats a minute, in infants 120-130, and in old age 60 (see diagram on the circulation of the blood in fig. 72 on page 163).

In all febrile diseases the action of the pulse is accelerated and the heart has to do more than its ordinary share of work. It can thus easily be understood that the heart becomes exhausted and weakened by continuous fever. Infectious diseases such as typhus, diphtheria and influenza are the most dangerous in this respect, while rheumatic fever is often the cause of both acute and chronic heart trouble. The first sign of heart disease is frequently palpitation, although this can be caused by mental excitement, physical exertion, nervous debility or anæmia, when the heart is perfectly sound. Pain round the heart, a feeling of pressure on the

chest and difficulty in breathing may also be signs of cardiac disorder, although these symptoms may be caused by other maladies. It thus being impossible to recognise heart trouble with certainty from these subjective symptoms, it is highly advisable for anyone who is frequently attacked by them to undergo a thorough medical examination. By percussion, or tapping the chest, and by auscultation or listening to the beating of the heart with a stethoscope, a defect in the heart's action can be detected, while measuring the blood pressure enables the physician to judge of the strength of the heart and the condition of the blood vessels. This is done by means of a blood-pressure apparatus as, e.g., that of

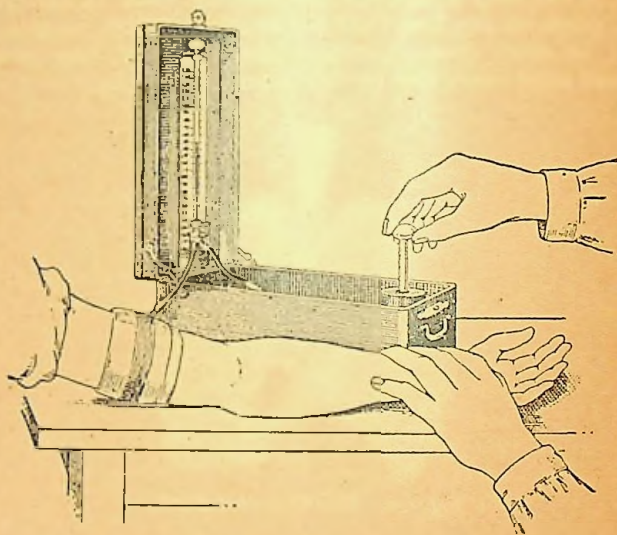


Fig. 71. APPLIANCE FOR THE MEASURING OF BLOOD PRESSURE.

Riva-Rocci, as shown in fig. 71. This consists of an indiarubber band which is strapped round the upper arm, a blower and a mercury manometer connected with each other by indiarubber tubing. The band is blown out while the pulse is being taken, and when the latter disappears, the height of the blood pressure can be seen on the manometer. Normal blood pressure is from 110-150 mm. or about 4-5 inches, higher or lower pressure pointing to a disease, calcification of the arteries for instance being often attended by high pressure, and cardiac debility by low.

Sufferers from heart disease must be very careful in their habits, and diet. As to the latter, all irritating stimulants, such as tea, coffee, strong alcoholic drinks and tobacco should be completely avoided, as also should all indigestible food: new bread, peas,

beans and some kinds of cabbage, much fluid and heavy suppers. The sufferer from heart disease should lead a quiet life, free from undue physical or mental exertion ; bicycling, rowing, swimming, riding, dancing, and walking tours should be either completely avoided or enjoyed in moderation. The choice of a profession is thus also very important : office work, teaching or similar

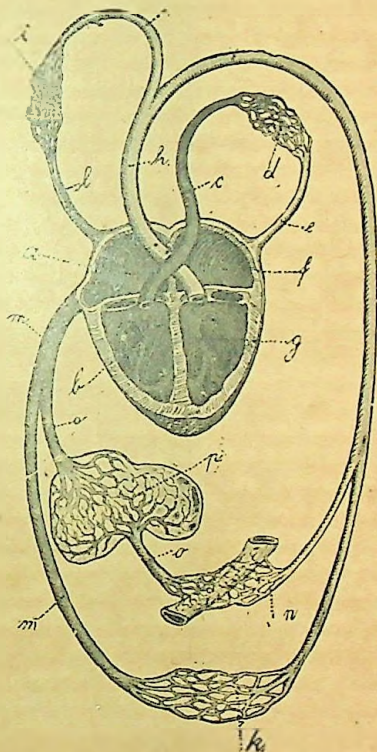


Fig. 72. DIAGRAM OF THE CIRCULATION OF THE BLOOD.

a. Right Auricle. *b.* Right Ventricle. *c.* Pulmonary Artery. *d.* Capillaries in the Lungs. *e.* Pulmonary vein. *f.* Left Auricle. *g.* Left Ventricle. *h.* Aorta. *h1.* Big Body Artery. *h2.* Temporal or Head Artery. *i.* Capillaries in the Head. *k.* Capillaries in the Legs. *l.* Superior Vena Cava. *m.* Inferior Vena Cava. *n.* Abdominal Artery. *o.* (between *p* and *n*), Portal Vein. *p.* Capillary Web in the Liver. *o.* (between *m* and *p*), Liver Vein.

occupations are the most suitable ones, as they do not require too much physical exertion and allow time for spending some hours in the open air every day. Great heat and great cold are injurious. The dwelling should be sunny and airy and

should not involve much climbing of stairs. Very cold ablutions, baths and shower baths may prove dangerous, but cold water compresses applied to the region of the heart are often beneficial in cases of palpitation and restlessness.

1. PALPITATION OF THE HEART (*Palpitatio cordis*) can, as we have just seen, have various causes. We shall now discuss only so-called nervous palpitation which is not caused by fever or by actual heart disease, but chiefly attacks nervous and anæmic persons, young people during the age of puberty, also during menstruation, change of life, after mental agitation, overloading of the stomach, during a fit of indigestion and after over-indulgence in tea, coffee, alcohol, and tobacco, its cause being irritation of the cardiac nerves. It sometimes comes on regularly, sometimes at irregular intervals, and is generally accompanied by a feeling of fear, restlessness, perspiration, dizziness and headache. The action of the heart may often become so violent, that it beats 150 times and more to the minute. Such palpitations, however, are not dangerous. As a rule the attack is soon over, provided the patient is allowed plenty of air and cold compresses are applied to the heart.

Continuous palpitation, however, may point to Basedow's disease (see Chapter V).

Homœopathic remedies for nervous palpitation of the heart are: *Spigelia* 3x and *Strophanthus* 4x, also *Aconite* 4x, *Belladonna* 4x, *Coffea* 3x, *Veratrum* 4x,—the last mentioned chiefly when there is cold sweat on face and hands. The best way of preventing the attacks is by strengthening the constitution and avoiding the causes mentioned above. Sufferers from neurasthenia particularly must avoid everything liable to irritate the nerves of the heart. Care must be taken that the stomach is not overloaded, that the bowels are moved regularly, and that the feet are kept warm; walking up a slight ascent, easy gymnastic exercises and deep breathing are to be recommended. In cases of nervous excitement *Zinc. Valerian* 3x if taken continuously for a time is often beneficial.

2. ENDOCARDITIS (inflammation of the heart and its valves), which principally attacks those suffering from acute articular rheumatism, is a most dangerous disease which only an expert is able to detect and to treat with any prospect of success. Although the malady itself may not prove fatal, the valves may remain affected and the circulation be thereby permanently deranged. The pericardium which encloses the heart is sometimes attacked at the same time, a serous fluid being exuded, similar to that in pleurisy; a high temperature, rapid pulse, difficulty in breathing, palpitation and great weakness are the symptoms of this disease. The patient should be kept absolutely quiet, on a fever diet,

have cold compresses applied to the region of the heart, and take repeated doses of *Aconite* 3x at the onset of the attack. In cases where medical aid is not available immediately or cannot be procured at all, we recommend a trial with the following remedies: *Spigelia* 3x, when there is palpitation and pain round the heart and in the left arm; *Bryonia* 3x for acute pain aggravated by movement; *Strophanthus* 4x for cardiac debility (wine may sometimes also be given then); *Arsenicum* 5x for difficulty in breathing, loss of strength, violent thirst and haggard appearance; *Cratægus* 2x, a more recent remedy which is often beneficial for an intermittent pulse and signs of dropsy.

3. ORGANIC HEART DISEASE (*Vitium cordis*) or cardiac defect is either constitutional or caused by some acute malady, such as valvular inflammation of the heart, the result of articular rheumatism or occasionally of typhus, scarlet fever or diphtheria. Arteriosclerosis (thickening of the arteries) occurring in middle and advanced life may also be the cause of an organic cardiac defect. By the thickening, shrinking or calcification of the cardiac valves, the circulation may be deranged in various ways and the entire system involved. Nature, however, does her best to rectify this by increasing the action of the heart and its muscular substance, so that many people may have a cardiac defect for years without suffering much, if any, discomfort. The defect is then made up for or "compensated." When the heart's strength begins to fail, however, the characteristic symptoms of a deranged circulation appear; palpitation, feeling of pressure on the chest, shortness of breath, cold hands and feet, followed by a cough with blood-stained mucus, intermittent pulse, indigestion, swollen liver, dark urine, blue lips, and swelling of the feet and dropsy.

It is extremely important to seek medical advice at an early stage, so that the disease may be detected in good time and the patient thus be able to adapt his mode of living to the nature of his malady. Sufferers from this kind of heart disease can easily attain a fair age if they live according to the advice given at the beginning of this chapter and make use of the various remedies at their disposal: *Spigelia*, *Strophanthus*, *Cratægus*, *Digitalis*, *Arsenicum*, *Kali carbonicum*, which are beneficial both for individual symptoms and for the malady as a whole. For digestive disorders, swelling of the liver and piles *Natr. mur.* 6x, *Card. marian.* 2x, *Lycopod.* 6x are suitable; for palpitation: *Spigelia* 3x, *Strophanth.* 4x, *Digitalis* 4x, *Lycopus virginicus* 2x-ix (the last mentioned, frequently used in America, is useful not alone for heart disease but for other complaints accompanied by palpitation, having a soothing effect on the heart); for cough, catarrh and shortness of breath: *Calc. carb.* 3x, *Arnica* 3x, *Phosphorus* 6x, *Digitalis* 3x, *Arsenicum* 5x;

while for symptoms of dropsy, *Apocyn. cann.* 2x, and *Cratægus* 2-1x, *Kali nitricum* (= *Nitrum*) 2x, and especially *Digitalis*, often have good results. It is interesting to note that the favourable effect of *Digitalis* on "compensation" disorders can be explained by the homœopathic doctrine. Small doses of *Digitalis* by increasing the tension of the blood vessels in the healthy and by raising the blood pressure have a slackening effect on the pulse, while large doses, or smaller ones frequently repeated, lower the blood pressure and diminish the tension of the blood vessels and cause a rapid and intermittent pulse. By the doctrine of similars, therefore, small doses of digitalis are suitable for disorders characterised by a slow pulse and high blood pressure, whereas larger doses should be taken when the pulse is intermittent and rapid, a common symptom of a deranged circulation due to heart disease. These large doses must, however, only be administered under medical supervision. In many although not in all the last mentioned cases *Cratægus* can with advantage take the place of *Digitalis*; if taken in doses of 5-10 drops of the tincture, it often produces good results.

Finally a change of air, a stay in the country, electric treatment or a stay at a health resort, such as Bad Nauheim, are sometimes very beneficial in cases of chronic heart affections.

4. DILATATION OF THE HEART (*Dilatatio cordis*) often accompanied by hypertrophy occurs chiefly in the course of other heart trouble; it can, however, also be caused by kidney disease, emphysema of the lungs, intemperance, or by excessive physical exertion, such as too much bicycling. In the last mentioned case complete rest, the application of cold compresses to the heart and *Arnica* 2x will frequently affect a cure.

5. DROPSY (*Hydrops*) is never a disease in itself, but always a symptom of another disease, principally of heart, kidney, liver and blood diseases. There are three forms of dropsy: Dropsy of the skin (*anasarca*) characterised by the swelling of the skin or rather of the subcutaneous tissue in certain parts of the body; dropsy which confines itself to the cavities of the body, such as abdomen and chest and general dropsy invading all parts of the body. In cardiac trouble dropsy usually begins in the legs, in kidney disease in the face, and in diseases of the liver in the abdomen. Anæmic people and women in pregnancy often suffer from a puffy swelling of the feet; dropsical swellings can easily be recognised, the indentation made by pressure with the finger only disappearing very slowly.

Most people greatly dread dropsy and it is a fact that it is often the end of many an incurable disease. Its cure, however, by careful homœopathic treatment, or at least its alleviation even when it has been present for some time, is not infrequent.

Good results are shown for instance by the so-called *Karell* cure, which has recently come into favour. This cure consists of complete rest in bed and a milk diet. For the first four days the patient must not take more than 7-8 ozs. of milk four times a day; after that he is allowed an egg, a little bread, vegetable and meat besides the milk, but fluid nourishment must not exceed 1 quart a day for three weeks. By this treatment the dropsical swellings will, in curable cases, go down after the first week and finally disappear entirely, and the other unpleasant symptoms will be alleviated.

Homœopathic remedies applicable to dropsy are, for diseases of the heart: *Apocyn.* *Cann.* 2x-tincture, *Cratægus* 2x-tincture, *Digitalis* 1x (the last mentioned must not be taken without medical orders); for kidney diseases: *Apis* 3x, *Arsenicum* 4x-6x; for diseases of the liver: *Bryonia* 3x, *Arsenicum* 4x, *Lycopod.* 6x; for abdominal dropsy: *Hellebor.* 2x, *Blatta orient.* 2x, *Pilocarp.* 6x, *Astr. mar. natr.* 4x; for anæmia: *Ferrum* 6x, *China* 3x, *Calc. Phosph.* 6x; for splenopathy (splenic disease): *Ceanoth. amer.* 3x, *Kali iod.* 2x; for dropsy in the ovaries: *Apis* 5x. For the swelling of the legs, rubbing with oil, massage and bandaging with stockinette roller bandages are also to be recommended. In protracted cases of dropsy relief can sometimes be obtained by surgical treatment.

6. **CARDIAC WEAKNESS** may be an attendant symptom of an acute disease, such as typhus, influenza, of most heart affections or of blood poisoning. Its signs are: weak pulse, feeling of intense weakness, chilly skin and blue lips. In a sudden attack (collapse) the patient must be given wine, champagne, brandy and water or strong coffee, his limbs be rubbed with hot cloths and hot water compresses applied to the region of the heart. If *Camphora Rubini* is at hand, a few drops should repeatedly be taken in warm water.

Anæmic, nervous people frequently suffer from nervous cardiac weakness; this is not serious. The patient complains of a feeling of pressure on the chest, pains round the heart, of heat alternating with cold and a sensation of great dread and alarm. These attacks are often caused by mental agitation or excitement. A few drops of *Arsenicum* 4x taken on a lump of sugar generally bring relief. As a rule, the remedies prescribed for palpitation and neurasthenia can be used for these patients.

7. **PARALYSIS OF THE HEART** is often the end of diseases accompanied by great and continuous cardiac debility. Sufferers from heart disease can be attacked by sudden cardiac paralysis following on violent mental agitation or unaccustomed physical exertion. The patient will fall dead as if struck by lightning. Such cases are fortunately not very common, but the possibility

of their occurrence should be a warning to all sufferers from cardiac trouble to avoid the above causes as much as possible.

8. **FATTY DEGENERATION OF THE HEART** (*Cor adiposum*) is either an attendant symptom of general obesity in which the heart is surrounded by a thick layer of fat, or an independent degeneration of the cardiac muscle, whereby the muscular tissue is gradually transformed into fat (see fig. 73 and fig. 74 shown below). It is a disease occurring chiefly in the aged, the causes being over-sumptuous living, intemperance, and diseases of the

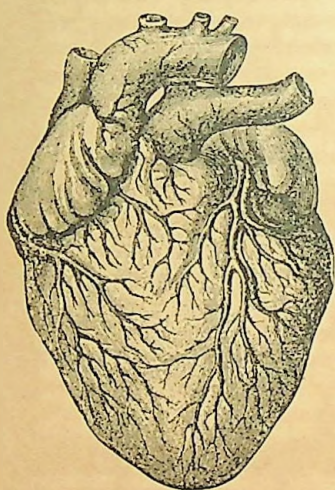


Fig. 73. NORMAL HEART.

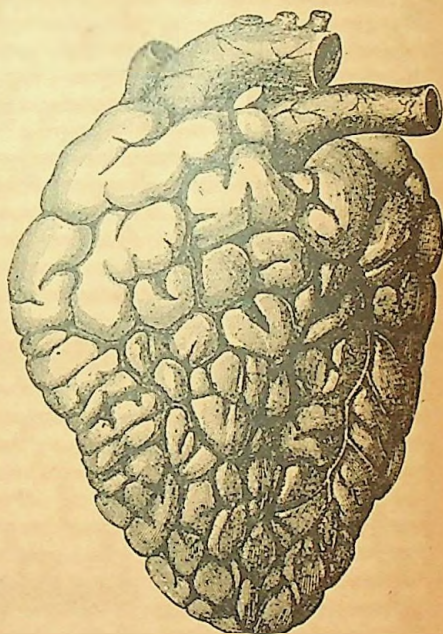


Fig. 74. ENLARGED AND FATTY HEART.

blood vessels of the heart. The symptoms are shortness of breath, palpitation of the heart, cardiac debility, asthmatic attacks, dizziness, fainting fits, fatigue.

It is often of the utmost importance to take preventive measures in the first stages of the disease. Too much physical exertion, violent mental agitation and excitement, must be avoided as much as possible. Daily walks, preferably up-hill, help to strengthen the muscle of the heart and to prevent the formation of adipose tissue. A systematic course of medical gymnastics under the supervision of a doctor is of service. A long stay in bracing air, preferably in the mountains or forest, is to be

recommended, but too much sleep should not be indulged in. A careful diet must be adhered to, strong alcoholic drinks being strictly prohibited (except in attacks of cardiac debility when they may sometimes be necessary), coffee, tea, too much fluid, farinaceous food, sugar and potatoes, if possible, completely avoided, all other kinds of food being allowed and fruit and vegetables especially recommended.

The treatment must of course be left to the physician. Exaggerated fat-reducing cures must be warned against, as they cause the adipose tissue enclosing the heart to disappear too quickly, thus depriving this organ of its support whereby dilatation of the heart attended by cardiac debility may be caused. Careful fat-reducing treatment under medical supervision can, in the first stages of the complaint, bring about a complete cure. Experience has shown that preparations of *Gold*, properly triturated and attenuated produce good results in this disease. *Aurum 6x*, *Aurum mur. natr. 6x*, *Aurum iodatum 4x* are to be recommended, also *Phosphorus*, according to the doctrine of similars. For difficulty in breathing and cardiac weakness, *Arnica 2x*, *Arsenicum 4x-6x*, *Strophanth. 4x* are suitable.

9. HEART SPASM (*Angina pectoris*), an extremely painful complaint appearing periodically, may either be a form of neuralgia of the cardiac nerves or be caused by organic changes in the muscles and vessels of the heart; sufferers from arterio-sclerosis (see page 170), for instance, being liable to it. It also frequently attacks rheumatic, neurasthenic and hysterical persons and can be caused by immoderate smoking, great cold, mental agitation and over-exertion.

The patient is seized with a sudden, dreadful pain round the heart, extending to the left arm and accompanied by a sensation of intense fear, difficulty in breathing, pallor, coldness of the hands and feet, and a feeling as of a deadly grip tearing and grasping the heart. The breathing is more rapid and the pulse alternately rapid, slow and intermittent. The paroxysm may last a few minutes or go on for hours, and may recur frequently or only after a lapse of several years.

Treatment.—We have generally been able to bring speedy relief during the attacks by repeated doses—3 drops every 2 minutes—of *Arsenicum 4x-6x*, and hot baths for hands and feet, of which the efficacy can be increased by mustard; *Belladonna 3x* and *Glonoïn 5x* are also occasionally of use, and *Veratrum 4x* when there is cold sweat on forehead and hands. In order to prevent the attacks, their cause must be discovered by medical examination, and a sensible way of living and diet such as has frequently been recommended for sufferers from heart disease adopted; men must abstain from tobacco completely.

The following remedies are suitable for the disease causing these attacks: Preparations of *Aurum* (see fatty degeneration of the heart) for organic cardiac trouble; *Cratægus* for arterio-sclerosis, 5 to 10 drops frequently repeated, this and *Digitalis* being the safest remedies for a weak action of the heart; *Asafœtida* 3x, *Zinc. valer.* 3x for the hysterical and neurasthenic; *Cimicif.* 3x, *Kalmia* 3x, *Ledum* 3x, *Spigelia* 3x for those suffering from rheumatism and gout; *Nux. vomica* 4x and *Tabacum* 6x after excessive smoking. In addition to these remedies baths containing carbonic acid are sometimes efficacious.

10. DISEASES OF THE ARTERIAL SYSTEM, on which we shall now say a few words in their connection with heart diseases, are divided into diseases of the arteries and diseases of the veins.

The coats of the arteries may degenerate or calcify, causing derangement of the circulation and ultimately heart disease. The softening and brittleness of the arteries can easily cause rupture of the vessels of the brain resulting in apoplexy. Arterio-sclerosis (thickening of the arteries), in reality the wearing out of the arteries, is a symptom of age even in the otherwise healthy. In younger people obesity, syphilis and immoderate drinking are some of the causes to be guarded against. The course of this disease is very slow; those suffering from it can easily reach an advanced age if they live according to the rules given to sufferers from heart disease. A good dietary remedy is buttermilk, which, as it contains the calcium salts of the blood in solution acts on the digestive organs. The most suitable medicinal remedies are *Aur. iod.* 4x, *Cratægus* 2x-1x, and *Kali iodatum* 2x; the greatest stress, however, must be laid on the necessity of leading a healthy life (especially abstinence from alcohol and tobacco) and of taking preventive measures.

The veins also are subject to diseases. The inflammation of the inner walls of these blood vessels can cause the blood to coagulate and lead to the formation of a clot of blood (*thrombus*), which can be carried to some organ or other by the circulation, settle there, and have various, occasionally very dangerous, consequences, for instance pneumonia, paralysis, sudden blindness. Only experts can diagnose and rightly treat such cases. We are mentioning them to show how essential it is for those who suffer from inflammation of the veins (*phlebitis*)—women lately confined are liable to it—to stay in bed and to keep as quiet as possible until the inflammation has subsided and risk of thrombus is over. If the legs and arms are swollen and painful, wet compresses sprinkled with a little *Hamamelis* extract, and *Hamamelis* tincture given internally are to be recommended; massage, however, is strictly prohibited.

An obstructed circulation in consequence of pressure on the large blood-vessels hinders the return of venous blood, causing dilatation of the veins, so called varicose veins (*varices*) in the lower extremities. Prolonged standing, chronic constipation, pregnancy and abdominal diseases are the commonest causes of this unpleasant complaint, which is characterised by the following symptoms: Itching, feeling of tension and heaviness in the legs, and even troublesome ulcers and open wounds. Treatment should consist of compresses as mentioned above, rest with the leg in a horizontal position, removal of tight garters, regular action



Fig. 75. VARICOSE VEINS AND ULCER IN CALF OF LEG (a).

of the bowels, and doses of *Card. marian.* 2x and *Hamamelis* tincture. Bicycling (in moderation) is beneficial in some cases, the contraction of the muscles relieving the circulation. Should a varix burst, dangerous hæmorrhage, requiring immediate medical aid, may take place; pending the doctor's arrival the leg should be raised, pressure applied to the vein below the wound, and the leg then firmly bandaged with a linen bandage; these precautions will probably prevent fatal consequences.

Varicose ulcers (*Ulcus cruris*), which frequently occur in consequence of venous distension, can often be greatly ameliorated and even completely cured by energetic treatment.

Patience, however, is required from patient as well as from physician, and the former must be able to take the necessary rest. The leg must be cleansed from all old crusts and impure matter by ablutions, baths and compresses, and the circulation promoted by massage of the entire leg, especially round the ulcer. After each application of massage, the wound is bandaged with *Calendula* ointment, consisting of one part of tincture of *Calendula* to nine parts of *Lanoline*. Should the ointment not be sufficiently efficacious, a 10 per cent. *Peruvian Balsam* ointment, to which $\frac{1}{2}$ per cent. of *Argentum Nitricum* is added, is to be recommended. When the ulcers are not too large, zinc-glue bandages are best, as these do not oblige the patient to stay in bed and so enable him to pursue his accustomed occupation. In all cases of open wounds and ulcers on the legs, the diet should be plain and unseasoned and the patient drink as little as possible. To promote the healing of the wounds, *Sulph. iod.* 4x and *Arsen. iod.* 4x are often of use, and for relief of the smarting pain at night, *Arsenicum* 4x and *Belladonna* 4x. When the wound is healed, the patient must for some time avoid prolonged standing and much walking, bandage the leg with a stockinette bandage or wear an elastic stocking.

Servants and charwomen and such persons as are obliged to kneel a great deal often suffer from a swelling over the knee-cap, called "Housemaid's knee" (*bursitis*), caused by continuous pressure and deranged circulation. If this swelling which contains a watery fluid cannot be removed by means of a tight bandage moistened with tincture of *Arnica* (one part to ten parts of diluted alcohol), the patient must undergo a very slight operation.

CHAPTER III

DISEASES OF THE RESPIRATORY SYSTEM

THE respiratory system is liable to various and frequently dangerous diseases. The throat, the windpipe, the lungs and the pleura can be attacked individually or simultaneously (see fig. 76, page 174). Their symptoms can only be correctly diagnosed by the physician by means of percussion and auscultation of the chest. The commonest symptoms perceptible to the layman are: cough, expectoration, pain in the chest and difficulty in breathing, which besides being symptoms of diseases of the respiratory system can also point to trouble in other organs. Proper treatment depends on correct recognition of the disease; thus, anyone suffering from the above symptoms, should, even if not confined to bed, be examined by an experienced physician without delay. If chronic diseases of the chest are detected in their first stage,—consumption for instance—they can as a rule be cured by proper treatment, whereas neglected cases generally prove fatal.

Those who are subject to coughs should in addition to the use of the proper remedies, observe the following hygienic rules:

I.—Avoid breathing cold air through the mouth, especially when there is a north or north east wind. When going from a warm room into cold air, therefore, breathe through the nose and avoid speaking.

II.—See that the air in living rooms and bed rooms is fresh; the latter should have a fire in winter. This is especially important for young children and the aged suffering from coughs.

III.—Dress warmly during the transition from summer to autumn, be careful of changing to lighter clothing in spring, and always see that the back and feet are warmly clad.

IV.—Avoid everything which may cause congestion of blood in the lungs or irritation of their mucous membrane, such as: prolonged sitting in a stooping posture, exhausting running, over-indulgence in alcoholic drinks. As to smoking, it is as a rule advisable for sufferers from lung trouble to abstain from it. When there is no inclination to cough, however, or when the patient is accustomed to it, smoking in moderation (one to two cigars a day) will not do much harm in the open air or in well ventilated rooms, but sitting in rooms or halls vitiated by tobacco smoke is of course very injurious to these patients.

V.—Slow deep breathing (inspiration and expiration) in pure air can, if regularly and systematically practised, do much to strengthen the lungs and the heart and to preserve the apices of the lungs—so often the seat of tuberculosis—from disease.

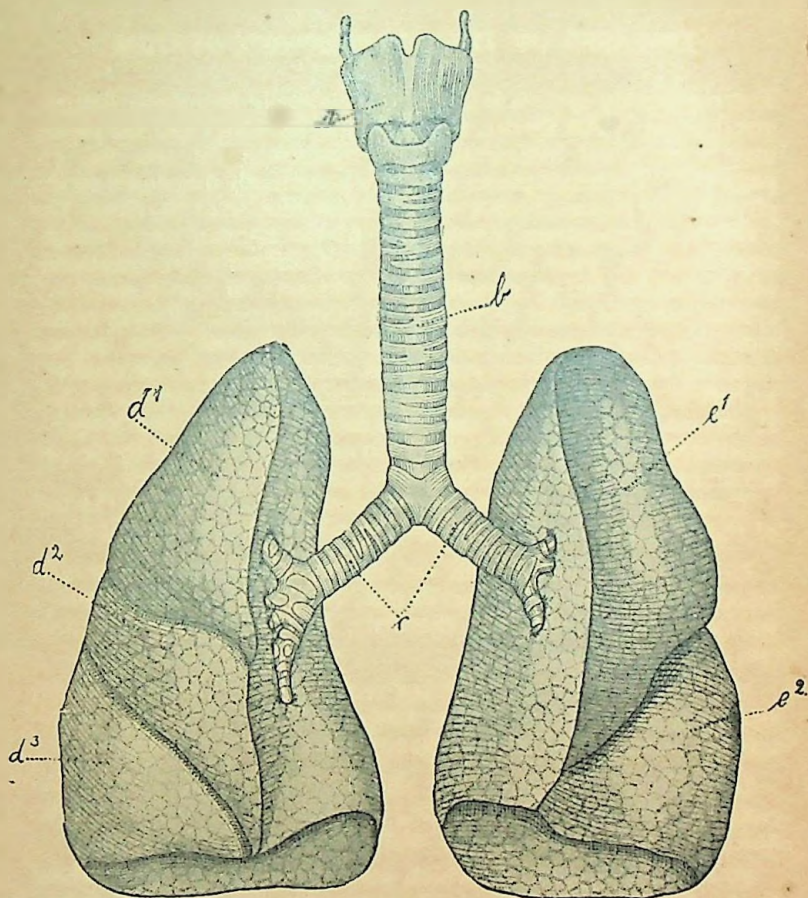


Fig. 76. THE LUNGS.

a. Larynx. *b.* Trachea or Windpipe. *c.* Bronchia. *d*₁, *d*₂, *d*₃. The Three Lobes of the Right Lung. *e*₁, *e*₂. The Two Lobes of the Left Lung.

VI.—When there are feverish symptoms (feeling cold or hot), it is better to stay in bed for a day or two than to try and keep up, —keeping warm in bed as a rule cures a bad cold quickly and prevents serious consequences.

1. COUGH (*Tussis*) is either an attendant symptom of cold in the head (see Chapter VI. on Diseases of the Nose) or of throat affections (see Diseases of the Throat in Chapter VI.) or is caused by the diseases mentioned in the following pages. When suffering from a cough the hygienic rules given at the beginning of this chapter should be generally observed and so-called cough-mixtures or teas, sold by many chemists and which frequently upset the digestion, should be avoided. A good family remedy for loosening a cough is a glass of warm lemonade sweetened with a spoonful of honey. It is not always easy to select the right homœopathic remedies. The following list contains the most suitable cough remedies with special directions for use; it is advisable, however, in doubtful or protracted cases, especially when the patient is a child, to consult a doctor.

Aconite 3x for dry cough with shivering fits and fever, especially after catching cold in a rough north wind.

Ammonium bromatum 2x, for bad cough with violent irritation in larynx and windpipe.

Antimonium sulphuratum aurantiacum for indications mentioned on page 38.

Antimonium tartaricum 4x-6x, for wheezing respiration, expectoration of tough mucus and short-winded breathing.

Arsenicum 4x-6x, for weakening chronic cough, worse at night, general feeling of debility, thirst, short-winded breathing.

Arum triphyllum 3x, for cough accompanied by hoarseness.

Belladonna 3x, for tickling cough in bed in the evening, aggravated by talking and cold air, spasmodic cough, the face turning blue and red.

Bryonia 3x: Cough with expectoration of white mucus, pain and tightness in the chest or violent stitch in the side.

Calcarea carbonica 6x: Chronic cough with expectoration, accompanied by emaciation, weakness and diarrhœa.

Carbo vegetabilis 6x: Cough with continuous hoarseness, worse in the morning and evening, malodorous expectoration.

Hyoxyamus 4x: Tickling cough in bed at night, worse when lying down and better in a sitting posture.

Ipecacuanha 3x-6x: Cough with sickness and tough mucus; often suitable for children.

Justicia 3x: Fitful cough with fits of suffocation, sneezing and feeling of tightness on the chest.

Nux vomica 4x: Dry cough, worse early in the morning and after meals, with a scraping sensation in the throat and headache when coughing.

Phosphorus 4x or higher attenuations: Fatiguing cough aggravated by talking and being out of doors, with tough, sometimes blood-stained mucus.

Pulsatilla 3x: Cough with slight expectoration of yellowish mucus.

Stannum 6x: Chronic cough with greenish yellow expectoration having a sweetish or salty taste.

Sulphur 6x: Chronic cough with pain in chest, worse in damp weather, accumulation of mucus in the wind-pipe, short-winded breathing, especially in scrofulous persons.

Yerba santa 3x: Spasmodic cough, phlegmy wheezing and asthmatic attacks.

Wet compresses remaining on the chest all night, are also of use; in obstinate cases a wet pack covering the apices of the lungs is to be recommended (see fig. 77, shown below); when this is removed the next morning, the back and chest must be rapidly sponged with cold water and thoroughly dried. Daily ablutions of the chest and back with warm water and soap, followed by rubbing with camphor ointment, are often beneficial.

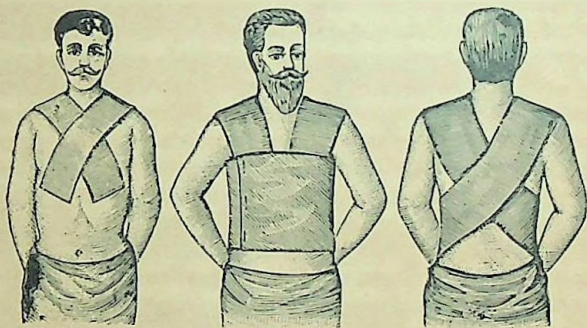


Fig. 77. WET PACK APPLIED TO THE LUNGS.

2. BRONCHIAL CATARRH is an inflammation of the upper part of the windpipe or of the bronchia or bronchial tubes; hence its name bronchial catarrh or bronchitis. The difference between inflammation and catarrh is that in the former case the general symptoms including fever are more pronounced, whereas with catarrh there is only cough and expectoration, the patient as a rule not feeling particularly ill.

This complaint is a very common one and may be serious, especially in young children and elderly persons, as it then easily turns to pneumonia. Bronchial catarrh may be acute or chronic. The former can be caused by a bad cold, a draught, drinking cold water when the body is hot, or by wet feet, while the chronic form is generally the result of an improperly treated or neglected acute attack.

As a rule, the illness begins with a cold in the head, shivering fits, lassitude in the limbs and slight fever, very soon followed

by an unpleasant irritation in the throat and chest and a troublesome dry cough, especially at night when it often prevents the patient from sleeping. There is not much expectoration at first, but in a few days a little transparent tough phlegm is coughed up, which gradually increases and is of a yellow tint. The complaint may disappear in a week or two, although with delicate persons it generally lasts longer and often assumes a chronic form. The latter has two distinct forms; the so-called dry catarrh with little expectoration though there is a most irritating cough, and humid catarrh in which great quantities of yellow, purulent mucus are brought up rather easily. If a coughing fit is unduly prolonged, the muscles of the chest are over-exerted causing great exhaustion. As this naturally has an injurious effect on the general health, chronic bronchial catarrh should never be taken too lightly or neglected, particularly if the patient is predisposed to tuberculosis.

Treatment.—The patient should remain indoors or, if feverish, in bed. If *Aconite* 3x is given in time and in frequent doses and a vapour bath taken in bed (see page 132), the disease may sometimes assume a mild form. When it has continued for several days, *Belladonna* 3x is to be preferred, as it relieves the spasmodic cough, for which a hot water compress covered with flannel and applied to the chest is also an excellent remedy; rubbing the chest and back with warm oil or camphor ointment is also to be recommended, especially for children. Hot arm and foot baths are good for laboured breathing and symptoms of suffocation. For an irritating cough at night which is alleviated by sitting up *Hyoscyamus* 4x should be used; for a tickling sensation in throat and larynx, *Ammon. bromat.* 2x; for tightness and pain in chest when coughing, *Bryonia* 3x; for continuous cough and a feeling of sickness, *Ipecacuanha* 4x. When the cough has become looser and the expectoration more yellowish, *Hepar sulphur.* 4x or *Antim. sulph. aur.* 3x should be taken, whereas *Antimonium tartaricum* 4x is the proper remedy for phlegmy wheezing on the chest and difficulty in breathing. In addition to these remedies hot milk mixed with Ems water or hot lemonade often gives relief. When symptoms pointing to pneumonia (see page 180) appear, the doctor should be sent for without delay, *Phosphorus* (4x for adults, 6x for children) being given in the meantime. After recovery the patient must for some time guard against keen cold wind and try to harden himself by cold ablutions.

The same remedies, as well as others fully described on pages 175 and 176, are used for chronic bronchial catarrh; wet compresses on the chest and wet packs applied to the lungs at night, mentioned on page 176, are often beneficial. After these have been removed, chest and back should be well rubbed with equal parts of alcohol and water.

Preventive measures against this chronic catarrh, which may spoil many a life, comprise the careful treatment of every fresh cold (the directions given for the drying method in Chapter VI. on Cold in the Head are very important), the hardening of the system to changing atmospheric conditions (see Chapters on hydropathic treatment and air and sun baths in Part II.), and taking every possible precaution against catching cold.



Fig. 78. DILATATION OF THE LUNGS.

3. DILATATION OF THE LUNGS (*Emphysema*) is as a rule the consequence of protracted chronic catarrhs which have either been neglected or improperly treated. In children it is sometimes caused by whooping cough, and generally it is due to over-exertion of the lungs through much loud speaking, blowing an instrument or rapid running and mountain climbing. The vesicles of the lung are morbidly distended, lose their elasticity, and are in consequence no longer able to expel the air properly; the result of this is short-winded and laboured breathing, which with cough and expectoration aggravated by inclement weather are the chief symptoms of the disease. When it has lasted some time,

Other organs—the heart and stomach, principally—may become affected and the patient get so thin that he is often erroneously taken for a consumptive by the inexperienced. By a careful physical examination of the chest, however, the doctor is always able to diagnose the condition correctly, this being of course most important for the treatment of the case.

Treatment.—Although this disease cannot, as a rule, be completely cured, it being impossible to restore the lost elasticity of the vesicles of the lungs, a fairly advanced age may be reached, provided the patient pursues a sensible mode of life. It is of the

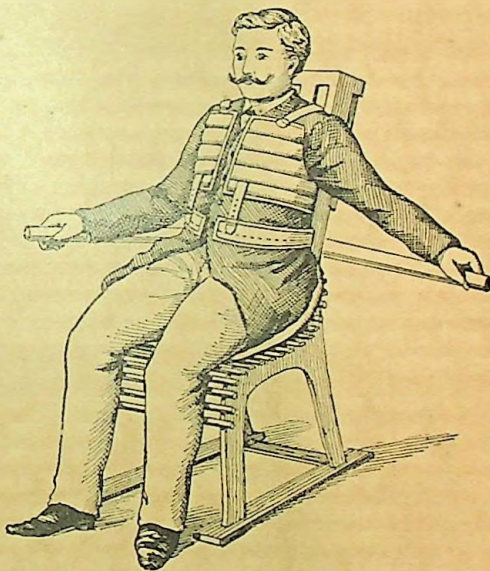


Fig. 79. BREATHING CHAIR.

greatest importance to avoid everything that may lead to a recurrence of the catarrh, for instance catching cold, exposure to rough wind, smoke, dust, sleeping in very cold rooms, over-exertion of the lungs by running or mountain climbing. Exhaling or breathing-out exercises, by which the stale used up air is expelled from the lungs are to be highly recommended; the exercise is done by systematic pressure applied to the thorax with both hands, by exercises in a so-called breathing chair (see fig. 79), or by exhaling in a rarified atmosphere, in so-called pneumatic cabinets; this often greatly relieves dyspnoea (difficulty in breathing). In addition to this, the patient should wear hygienic underclothing (woollen stockinette is best), harden his skin (by air baths and cold ablutions), take suitable nourishment

and not too much fluid. Full particulars of these apparently trivial matters, which, however, are of the greatest importance to sufferers from the above disease, are to be found in Part II. of this book.

For remedies see directions for cough and bronchial catarrh. *Naphthalinum* 3x taken twice a day (as much as will go on the point of a knife) for several weeks is very beneficial and can in the first stages occasionally bring about a cure. In prostrated cases *Arsenicum iodatum* 4x-6x, *Calcarea iodata* 3x, *Kali iodatum* 2x and *Antimonium arsenicosum* 4x should be tried. When the digestion or the heart are affected, the remedies mentioned for these complaints are suitable.

4. CONGESTION OF BLOOD IN THE CHEST is generally the result of an increased influx of blood caused by running, jumping, walking up-hill too quickly, by over-indulgence in alcoholic drinks or by breathing very cold or hot air; also by chronic heart or lung disease or by the sudden cessation of hæmorrhage due to piles, or menstruation. Its principal symptoms are: feeling of tightness and fulness in the chest, difficulty in breathing, dry short cough with frothy, sometimes blood-stained expectoration, palpitation of the heart, and headache. Pending the arrival of the doctor, who must first of all ascertain the cause of the ailment, hot arm and foot baths and a few rapidly repeated doses of *Belladonna* 3x may do good service.

5. INFLAMMATION OF THE LUNGS (*pneumonia*) is one of the commonest and most serious diseases. There are two forms of it, croupous and catarrhal pneumonia. The former generally attacks apparently healthy persons between 20 and 45 years of age, men more frequently than women, while young children and the aged are generally the victims of the latter. As a rule it occurs in winter and spring rather than in summer and autumn. It occasionally appears as an epidemic, attacking several people in the same house or street, in prisons, convents or barracks. Recent researches have shown that minute fission-fungi (pneumococci) are the original cause of the croupous pneumonia of which we are speaking. Its chief secondary cause is chill, especially after excessive physical exertion followed by the sudden cooling of the perspiring body. Some people seem to be predisposed to pneumonia, being attacked by it four or five times or even oftener.

Croupous pneumonia generally starts with a violent shivering fit and high fever (104°F. and higher, see temperature chart on page 181, fig. 80), which obliges the patient to go to bed at once. Violent pain in the chest, difficult and rapid breathing, rapid pulse, short, dry, painful cough, headache and sometimes delirium are signs, even to the inexperienced, of some serious affection

of the lungs. The correct diagnosis, however, can only be given by a physician after careful examination of the chest. The patient expectorates rust-coloured very sticky mucus. The symptoms rapidly grow more severe until—in favourable cases—the crisis is reached in five to nine days, mostly during the night. The temperature then suddenly drops to 97°F. or lower, the pulse becomes slower, so that sometimes only 50-60 beats a

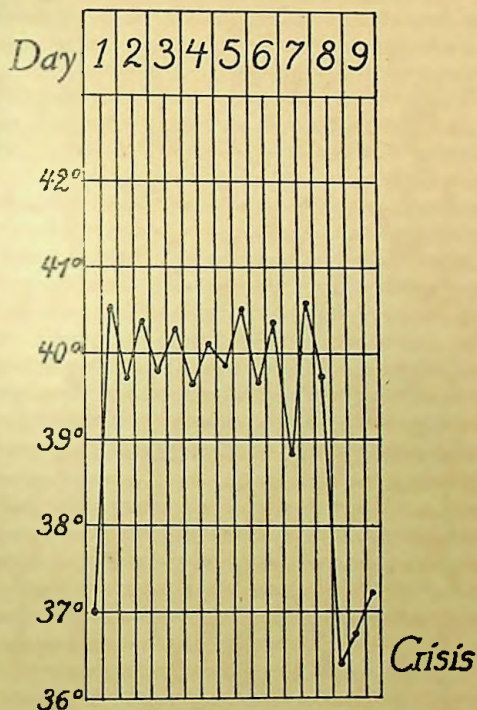


Fig. 80. TEMPERATURE CHART IN PNEUMONIA.

minute can be counted; there is profuse perspiration, breathing is easier, the cough looser and the pain has disappeared. Not always, however, does the illness take such a favourable turn; it frequently attacks the second lung, or complications—pleurisy or meningitis—ensue. With habitual drunkards, stout or aged people there is always the risk of heart failure, of which the warning symptoms are weak pulse and loss of strength.

In catarrhal pneumonia, frequently occurring during whooping cough and measles in children and during influenza in the aged, there is no crisis, convalescence in favourable cases being gradual. For further details see the chapter on diseases of children.

Treatment.—It goes without saying that the disease may only be treated by the unprofessional in cases of extreme need, when medical aid is not obtainable. A few directions for such cases follow below: At the very beginning, it is sometimes possible to check the outbreak of the disease by doses of *Aconite* 3x frequently repeated (five drops every half hour). This remedy is suited to great restlessness, violent thirst, dark-coloured urine, and especially after catching cold in a keen north wind. Should, however, symptoms pointing to congestion of blood to the head, such as headache, redness of the face and delirium predominate from the first, *Belladonna* 3x applied in the same way is the proper remedy. For violent pains in the chest and stitches in the side *Bryonia* 3x is more suitable. When the expectoration is rust coloured, *Phosphorus* 5x-6x, five drops in water every two hours should be given without delay. After the crisis, *Antimonium tartaricum* alone or alternately with *Phosphorus* 5x-6x should be given. For the aged with a weak pulse, cold hands, blue lips and difficulty in breathing, *Digitalis* (only by medical prescription) is suitable. When improvement at the outset is followed by aggravation of the disease through the spreading of the inflammation to other parts of the lung or to the hitherto healthy lung, *Iodium* 4x, and for scrofulous persons *Sulphur* 6x often produce good results. During convalescence *Ferrum phosphoricum* 6x-3x, *China* 2x, *Avena sativa* 1x are often beneficial.

In the first stages of the disease, the patient should keep to a fever diet (see page 119); the aged and the feeble, drunkards and sufferers from cardiac debility should now and then take a little good old wine and a more nourishing diet—milk and beaten-up eggs are very good; water and fruit-juice may be freely taken. Accessory remedies are wet compresses applied to the chest and renewed every hour and a half to two hours, and sponging the entire body with tepid water. The temperature of the room must not be above 62-63° F., and good ventilation must be provided for. After convalescence the patient must take good nourishment, dress warmly and be careful of cold, keen air.

6. By ASTHMA OR PECTORAL SPASM we understand a paroxysm of extreme difficulty in breathing appearing periodically. The patient gasps for breath, leans forward and clings to some object on which he can rest his arms, this posture giving him some relief. There is wheezing on the chest, the face is distorted with fear and is of a white or bluish tint; the skin is cool and the hands and feet are cold. The attacks generally occur at night and often last several hours. Towards the end a little stringy mucus is as a rule expectorated, whereupon the patient, though very exhausted, has otherwise recovered. In children asthma is frequently due to the convulsive contraction of the glottis (for further

particulars of this, see Chapter XI.), in adults to nervous spasms of the bronchial tubes, although the difficulty in breathing by which consumptives and sufferers from emphysema and heart disease are attacked often goes by the name of "asthma." The causes leading to an attack are numerous: catching cold, sleeping in a damp bed or being insufficiently covered, sudden change of the weather, over-abundant evening meals. Nasal or throat complaints, gastric trouble, or diseases of the sexual organs (in women) can also give rise to an attack.



Fig. 81. ARM-BATH FOR ASTHMA.

The primary aim of treatment is to relieve the attack, and then, if possible, to remove the cause of the disease. For this a thorough medical examination is absolutely necessary. For the attack the alternate use of *Ipecacuanha* 3x and *Arsenicum* 5x taken in doses of 5 drops every ten to fifteen minutes, hot arm and foot baths (see fig. 81, above), and if necessary sponging the back with hot water and vinegar are generally efficacious remedies. *Belladonna* 3x, *Cannab. sat.* 3x, *Lobelia* 3x, and *Phosphorus* 6x-12x may, however, be necessary in some cases. Inhaling certain

remedies, such as turpentine or nitric fumes (by burning nitric paper) for instance, or the smoking of special cigarettes, may sometimes be of use. We have frequently seen good results obtained from the use of the American remedy "Guild's Green Mountain Asthma Cure," a powder which when ignited produces fumes for inhaling.

For treating the disease itself the proper remedies for nervous asthma are: *Cuprum*, *Cocculus*, *Ignatia*, *Gelsemium* and *Lobelia*; in some cases in our experience the best results were obtained by the use of *Antimonium arsenicosum* 4x taken for a certain length of time. When taking this remedy, the patients must be careful to dress warmly in chilly weather, always to keep the feet warm, avoid catching cold and try to harden the skin by cold ablutions and air baths; a stay at the seaside is often very beneficial, as is also artificial sun-ray treatment (see page 145) while treatment by psychotherapy has recently been successfully employed (suggestion and auto-suggestion).

Asthma or laboured breathing resulting from constipation requires *Carbo veget.* 6x, *Capsic.* 3x or *Lycopod.* 6x; for sufferers from heart disease *Arsenicum* 5x, *Digitalis* 3x or *Strophanthus* 4x are suitable; *Kali iodatum* 2x and *Naphthalinum* 3x for emphysema; *Arsenicum* 6x and *Spongia* 3x for pulmonary tuberculosis; *Belladonna* 4x for asthma caused by congestion of blood on the chest; and *Pulsatilla* 3x for asthma after suppressed menstruation.

7. INFLUENZA, the universal and well-known epidemic, chiefly attacks the respiratory and the digestive organs and the nervous system. The predominating symptoms are those of a bad bronchial catarrh, which are, however, generally accompanied by more or less serious nervous symptoms. An attack is as a rule preceded by a feeling of lassitude and pain in the limbs and back, the actual illness only beginning after two or three days. Its symptoms are shivering fits, a temperature ranging from 102-104° F., severe headache, pain in back and legs, cold in the head, dry cough, want of appetite, sickness, feeling of weakness, and frequently also sleeplessness, buzzing in the ears, dizziness, restlessness and even delirium. The heart is occasionally also affected, either by direct poisoning of the blood through the influenza germs or by an affection of the cardiac nerves. A common symptom is profuse perspiration, which, though beneficial at the outset of the illness, will weaken the patient if it lasts too long. Counter-measures should therefore be taken; the patient must be washed with vinegar and water or rubbed down with alcohol. The complaint generally lasts from a week to a fortnight in the old and feeble, in sufferers from lung affections and pregnant women or as a result of incorrect

treatment, especially of forcible suppression of the fever by fever remedies. It frequently lasts much longer, weeks and months often elapsing before the patient regains his health and strength. Although influenza has in the course of time lost much of its original serious character, it should not be neglected as by complications and resulting ailments it can easily enter upon a serious phase. A frequent complication is pneumonia or cardiac debility, and it is often followed by inflammation of the middle ear (*otitis media*), chronic *ophthalmia* (inflammation of the eyes), paralysis, neuralgia and consumption.

Precautions.—Influenza being caused by minute fission fungi which are found chiefly in the expectoration of the patient, it is advisable to keep away from the sickroom as much as possible, or, when nursing, to keep away from the patient's breath when he is coughing. The patient must also not spit on the floor or into his handkerchief, but into a vessel or spittoon containing water. Disinfect the air by letting 10-12 drops of tincture of *Eucalyptus globulus* evaporate in an inhaler or basin of water from time to time. A good preventive is to sniff *Spirits of Camphor* or to take a few drops of *Camphora Rubini* on sugar several times a day.

Treatment.—The first essential is to go to bed in a room with a fire. Many people have the mistaken idea of keeping up and fighting an attack as long as possible, with the result that the illness becomes more obdurate and difficult to get rid of. Excessive dosing with *Antipyrine*, *Phenacetin* and similar anti-febrile drugs, by weakening the vitality, retards the ejection of the virulent germs and thus prolongs the attack and causes various serious after-complaints. Homœopathic remedies combined with hydropathic treatment generally produce very satisfactory results. As it is not easy in serious cases to select the right remedies, the disease appearing in various forms, for which first one then another remedy is suitable, the choice must be left to the physician. Thus *Phosphorus*, for instance, is a suitable remedy for epidemics of influenza marked by the prevalence of pneumonia, *Gelsemium* for cases in which nervous symptoms predominate, *Natrum nitricum* when the illness is accompanied by bleeding of the nose and great debility. When the remedy suitable to the epidemic is not known, the following remedies should principally be employed: *Aconite* 3x for fever, shivering fits and restlessness, alone or alternately with *Belladonna* 3x for violent headache, *Bryonia* 3x for dry cough and sharp pain in the chest, *Eupatorium* 3x for pains in the limbs, a very common symptom of influenza. *Aconitum* should not be given after cessation of the fever. Other remedies are: *Baptisia* 3x, and *Antimonium crudum* 4x for pain in stomach and deranged digestion; *Gelsemium* 4x for a nervous form of influenza; *Rhus tox.* 4x for the rheumatic form; *Pulsatilla* 3x for earache; *Arsenicum* 4x-6x

for great debility and feeling of alarm ; *Phosphorus* 5x alternately with *Antimonium tartaricum* 4x when there are signs of pneumonia; *Arsenicum* 4x, *Camphora* 1x and wine for cardiac debility.

Besides these internal remedies, we recommend ablutions of the entire body with water heated to a temperature between 85-95° F., placing a hot water bottle wrapped in a wet cloth at the patient's feet, and hot lemonade. Perspiration is a favourable sign, helping to free the system from poisonous substances. It is often difficult to get a feverish patient to perspire in the afternoon and evening, and it is not advisable to try to attain this by force, it being easier in the morning as a rule. A wet pack applied to the whole body is sometimes beneficial, but owing to the risk of heart weakness, which must never be lost to sight during an attack of influenza, the doctor should first be consulted.

The remedies recommended for coughs and colds should also be used for this ailment, which under above treatment mostly takes a favourable turn. During convalescence the patient should have light nourishing food and take *Avena sativa* 1x. After recovery he must dress warmly and not go out too soon, especially in inclement weather. This warning applies primarily to the aged and to those whose lungs were affected previous to the attack.

8. HÆMORRHAGE FROM THE LUNGS (*Hæmoptysis*) is often the first symptom of serious lung trouble and must be regarded as a warning. It is sometimes preceded by a feeling of tightness on the chest, rush of blood to the head, cough, palpitation of the heart, a salty taste in the mouth, but as a rule it occurs unexpectedly after violent exercise, exertion or mental agitation. Blood is spat up suddenly while coughing; in serious cases as much as 1-2 quarts of blood can be lost by a hæmorrhage. Pulmonary hæmorrhage can be mistaken for hæmorrhage from the stomach, especially when the blood comes from mouth and nose at the same time. The following table, however, will as a rule enable the reader to distinguish the two kinds of hæmorrhage easily :

<i>From the lungs :</i>	<i>From the stomach :</i>
Bright red, frothy blood.	Dark red, coagulated blood.
Cough lasting some time afterwards.	mixed with food.
No vomiting.	No cough.
No swoons.	Sickness or vomiting.
Stools are never black.	Frequent swoons during hæmorrhage.
	Stools are black.

Where there is congestion and suppressed menstruation hæmorrhage from the lungs may in rare cases not be a serious symptom ; with sufferers from heart disease, however, it points to serious trouble. Apart from this it is in most cases a sign of

tuberculosis of the lungs. Hæmorrhage occurring in the first stages of the last-named disease is not very serious if properly treated; whereas in the last stages it may prove to be an immediate cause of death.

The essential part of the treatment, which should if possible be left to the physician, is to keep the patient quiet; as the sight of the blood generally excites and alarms him, he must be cheered, put to bed carefully, spared unnecessary exertion, not talk, try to suppress the cough, swallow a teaspoonful of salt, and take 5 drops of *Millefolium* 2x alternately with *Hamamelis* extract every ten minutes; these are the best and safest measures that can be taken pending the arrival of the doctor. When the hands and feet are cold, hot hand and foot baths should be taken and a hot water bottle applied to the feet. After the hæmorrhage has ceased, the patient should remain quietly in bed until the expectoration shows no traces of blood; coffee, tea, wine, as well as hot food and drink are strictly prohibited. The cause of the hæmorrhage must then be determined by a thorough examination and the patient treated accordingly. He must lead a quiet life, avoid unaccustomed exertion, even loud speaking and singing, and be in the fresh air as much as possible.

Other remedies are: *Aconitum* 3x for palpitation, restlessness and fever; *Arnica* 2x after a fall or blow or over-exertion; *Belladonna* 3x for violent irritation in throat; *Bovista* 3x for hæmorrhage after the slightest exertion; *Bryonia* 3x for sharp pain in chest; *Digitalis* 3x for sufferers from heart trouble; *Hydrastis canadensis* 1x or tincture should be tried in all serious cases; *Ipecacuanha* 4x for retching; *Phosphorus* 6x-12x for cough of long-standing with blood-stained and purulent expectoration; *Pulsatilla* 3x for suppressed menstruation. In cases of violent hæmorrhage, binding a towel tightly round each upper arm and, if necessary, round the legs, sometimes gives prompt relief. While cold compresses on the chest can do no harm, an ice-bag should not be applied without medical order. Patients who have previously suffered from hæmorrhage generally know when a fresh attack is approaching. In such cases an enema of about 1 pint of warm milk should be given once or twice daily until the danger has passed. This is recommended because of the styptic properties of the calcium salts contained in cow's milk. This preventive treatment which has in our experience frequently been very successful is highly to be recommended, particularly as it can do no harm whatever, does not inconvenience the patient and is easily employed. Another preventive remedy consists of a preparation of lime taken for several months at a stretch, such as lime-water (a dessertspoonful three times a day), or *Calcarea phosphorata* 2x (three times a day, as much as is contained on the point of a knife).

SPREAD OF TUBERCULOSIS.

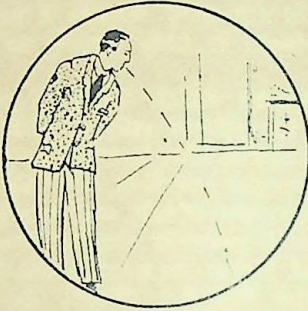


Fig. 82.
A CONSUMPTIVE SPITTING ON
THE FLOOR.



Fig. 83.
THE EXPECTORATION DRIES UP,
ITS GERMS BEING CARRIED INTO
THE ATMOSPHERE BY SWEEPING,
DUSTING OR A DRAUGHT.

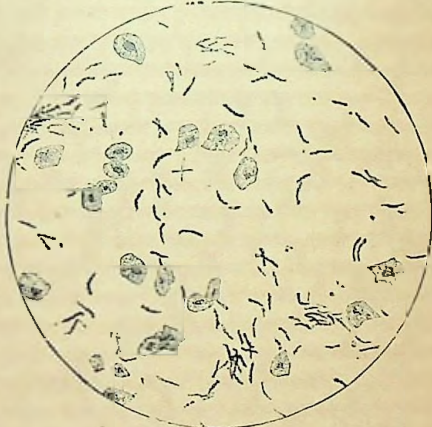


Fig. 84. BACILLI OF TUBERCULOSIS.
THE ALLIES OF TUBERCULOSIS.



Fig. 85.
DISSIPATION.



Fig. 86.
TOO MUCH WORK.



Fig. 87.
OVER-CROWDED BEDRO
AND SITTINGROOM.

9. TUBERCULOSIS OF THE LUNGS, the most frequent form of lung-disease, has rightly been named the scourge of humanity, one-fourth to one-fifth of all deaths being due to it. Since the discovery of the bacillus of tuberculosis by Prof. Koch (see fig. 84, page 188), these fission fungi are considered the cause of the disease—although there are doubtlessly other contributory causes, constitutional predisposition or susceptibility, for instance; but circumstances, such as heredity, age, etc., must also be considered. We know by experience that many people have lived



Fig. 88. CHEST OF A CONSUMPTIVE.

with consumptives for years without catching the disease; they were not predisposed. On the other hand healthy persons can be susceptible to tuberculosis, if their constitutions have been enfeebled by some illness or violent mental agitation. For this reason the precautionary measures based on Koch's discovery, such as disinfecting the expectoration, avoiding stirring up the dust (see fig. 83, page 188) should not be neglected.

High sunny regions, like the Alps, the Cordilleras, the plateaux of Abyssinia and Persia, and dry regions, such as Peru, the

Kirghiz Steppes, and the interior of South Africa and Egypt, are almost entirely free from tuberculosis, whereas the inhabitants of low-lying and damp countries and of factory towns where the air is vitiated by dust and smoke are exceedingly susceptible to the disease. Unhealthy dwellings, inadequate ventilation in bedrooms and sitting rooms, want of exercise, of sunshine and fresh air, poor or insufficient nourishment combined with mental and physical exertion, dissipation and intemperance are some of the evils leading to consumption (see figures on page 188).

The disease can occur in various forms: either as galloping consumption, characterised by continuous high fever, night sweats and rapid emaciation and terminating fatally within a few weeks; as an acute malady with sudden intervals and renewed attacks which can apparently be easily arrested; or lastly and most frequently as a chronic disease, in which the patient, if properly treated, may reach a fairly advanced age. It is of the utmost



Fig. 89.

FRESH AIR AND SUNSHINE.



Fig. 90.

NOURISHING FOOD.



Fig. 91.

REST.

importance that the first symptoms of tuberculosis are recognised. The principal ones are: 1. The patient is easily fatigued, not inclined to work, and at night complains of hot face and hands and cold shivers down the back. 2. Irritability, little appetite, often dislike of meat. 3. Loss of weight. 4. Pallor alternating with flushes. 5. Difficulty in breathing when mounting the stairs, occasionally palpitation, a permanent over-rapid pulse (ninety beats to the minute). Later on, the disease is marked by three stages. The so-called first stage begins with a short, dry cough due to irritation, and with expectoration of a little phlegm, pain in the side and chest, slight shortness of breath and a feeling of fatigue, and occasional sudden hæmorrhage. If these symptoms are not sufficiently heeded or properly treated, the disease enters upon the second stage, characterised by a higher temperature in the evening, cough with yellowish, sometimes blood-stained expectoration, want of appetite, loss of weight, night sweats,

difficulty in breathing and weakness. By proper and energetic treatment the disease can in many cases be arrested. In the third stage, all the symptoms are intensified, the fever, sweating, weakness, emaciation, cough and expectoration are at their worse, the throat and bowels may also be attacked (hoarseness, sore throat, diarrhœa), and although the patient never loses hope, the best and most careful treatment can seldom prevent the fatal issue.

Precautionary Measures.—Weak persons and those with an hereditary taint, especially children of consumptive families, should try and strengthen their constitution by nourishing food, a sojourn in bracing air, hygienic habits, cold ablutions and air baths (see illustrations on page 190). When possible, sedentary occupation should be avoided, bedroom and living room should be well ventilated. When nursing consumptives, it is of the utmost importance both for the nurse and the patient, that the expectoration should be rendered innocuous. The patient should not



Fig. 92. POCKET SPITTOON FOR CONSUMPTIVES (interior and exterior).

expectorate on the floor or into a handkerchief, but into a spittoon containing carbolic disinfectant. A spittoon or bottle as shown in fig. 92, which can conveniently be carried about in the pocket, is very useful. The greatest cleanliness should be observed, body linen and sheets frequently changed and separately washed.

Treatment.—It is of the utmost importance that a medical man should be consulted, he alone being able by scientific examination to detect the disease in its first stages and to give an opinion on its probable course. One should beware of quack medicines as well as of strong drugs for the forcible suppression of fever and cough, neither the one nor the other being able to effect a cure. Nor should the consumptive think that by the taking of homœopathic remedies alone he will recover his health—he must adapt his habits to his disease which requires rest, fresh air and nourishing food. His diet should consist of milk, eggs, butter, farinaceous food, fruit, bread, potatoes, lettuce and vegetables. Meat also is

allowed, and easily digested fatty substances, such as butter and cream are especially recommended. Oatmeal porridge with milk and sugar is an excellent breakfast for consumptives. All food should be only slightly salted. The patient's weight should be carefully noted, it being indicative of the progress of the disease. The air in bedroom and sittingrooms must be fresh and pure, and the rooms well ventilated by opening doors and windows, without, however, allowing the patient to be in a draught. There should be a fire in the bedroom during the winter. Cold air is not injurious as shown by the good results obtained at Davos, but a keen north-east wind should be avoided. Exaggerated cold water treatment is by no means to be recommended, consumptives not possessing any superfluous warmth. Air and sun baths are far better, although these should be of a very short duration when first taken, in fact should never last long. If the patient is liable to blood-spitting, sun baths should not be taken at all. Wet compresses, which help to loosen the phlegm and to promote sleep, may from time to time be applied to the chest at night. In feverish cases the whole body should be sponged in bed with cool water (72-77° F.) and wet stockings, which must be renewed every four hours, put on. The clothing should be warm and porous; underclothes of woollen stockinette are to be recommended (see page 104). A prolonged stay at health resorts like Davos, Montreux, Merano, Pau, Madeira, Algiers, or at the seaside is often very beneficial, but those who cannot afford such a sojourn can recover their health at home provided the disease is not too far advanced and the advice given above followed. Recently, treatment of the chest and the whole body by ultra violet rays has been highly spoken of: they do not, however, act specifically on the bacilli of tuberculosis, but help to stimulate assimilation and to strengthen the body's power of resistance.

The following are some of the chief homœopathic remedies for consumption: *Arsenicum iodatum* 4x-6x, a remedy which frequently produces very good results; the 6th attenuation is suited to patients confined to bed and the 4th to less enfeebled ones. As a rule one dose in the early morning is sufficient. For fever, *Kreosotum* 4x, taken two to three times a day is sometimes preferable. *Calcarea phosphorica* is especially suitable for children and anæmic girls, as well as in hectic fevers, sometimes alternately with *Arsenicum iodatum* 6x or *Chininum arsenicosum* 4x. For scrofulous persons *Calcarea iodata* 3x and *Silicea* 6x are suitable, while for those whose system has been weakened by continuous expectoration of purulent mucus, *Calcarea hypophosphorosa* 1x-2x is the proper remedy. In general, it is beneficial to all consumptives to undergo a six weeks' course of lime treatment (see lime therapeutics on page 124). *Sulphur* and *Tuberculinum* must be used carefully for consumptives.

After these remedies have been taken for some time, there should be an interval to allow time for improvement. Sometimes it is necessary to give other remedies in this interval: *Belladonna* 3x for tickling cough; *Drosera* 3x for cough in the morning and at night; *Pulsatilla* 3x for cough at night with greenish-yellow mucus of a bitter taste; *Bryonia* 3x for stitch in the chest and pain in coughing; *Arsenicum* 6x, *Cannabis sativa* 3x and *Spongia* 3x for shortness of breath; *Ammonium bromatum* 2x and *Ammonium iodatum* 3x for affections of the throat and larynx; *Phosphorus* 6x and *Cuprum arsenicosum* 4x for painless diarrhoea; *Sambucus* 4x for perspiration during the day; *Phosphorus* 6x, *Gelsemium* 4x, *Botetus* 2x for night sweats (for these also sponge

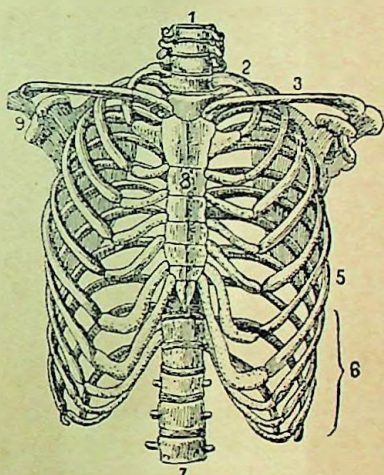


Fig. 93. THORAX SEEN FROM THE FRONT.

1. Cervical Vertebra. 2. Rib. 3. Collar Bone. 4. Shoulder Blade. 5. True Rib. 6. False Rib (floating rib). 7. Lumbar Vertebra. 8. Sternum. 9. Shoulder Joint.

the chest and back with water and vinegar); *Millefolium* 2x, *Hydrastis canadensis* 2x and *Hamamelis* extract for blood spitting.

10. PLEURISY (*Pleuritis*), a common disease, consists of an inflammation of the serous membrane lining the thorax and enclosing the lungs like a bag. It is caused chiefly by a cold and most frequently attacks consumptives and persons with weak chests; as it can easily lead to incurable lung trouble (when neglected or incorrectly treated), a physician should be consulted at once. The chief symptom of pleurisy is a stabbing pain in the chest, the side, or below the shoulder blades, aggravated by deep breathing or coughing, and accompanied by fever, rapid breathing

and a dry cough ; in severe cases there is more or less copious exudation of a watery fluid contained in one side of the thoracic cavity and compressing the lungs in such a manner as to cause great difficulty in breathing. This effusion or exudation may become so excessive that heart, liver and diaphragm are compressed out of their normal position and their functions suspended. Sometimes there is a suppuration of the fluid filling the pleuritic cavity (*empyema*) marked by a high temperature and rigor. The fluid which generally begins to collect about a week after the onset of the illness, can, in favourable cases, be



Fig. 94. BREATHING EXERCISE FROM RIGHT SIDE.

absorbed in three weeks and the patient be convalescent, and only now and then reminded of his illness by stitches in the side or chest after a cold or physical exertion. Should the exudation, however, be allowed to remain much longer than this, the compressed lung loses its elasticity and collapses and is liable to attacks of chronic inflammation or to tuberculosis.

Treatment.—It goes without saying that medical aid cannot be dispensed with in this illness. On the appearance of the first symptoms, stitches in chest and side, a thorough examination is of great importance, as the disease can then be correctly diagnosed and properly treated from the beginning. In cases attended by fever the patient must stay in bed and keep to a fever diet.

Wet compresses applied to the chest and the alternate use of *Aconitum* 3x and *Bryonia* 3x do good service. When there is effusion the best remedies are: *Arsenicum* 5x, *Apis* 3x, *Kali iodatum* 2x. In protracted cases, a dose of *Sulphur* 6x now and then is beneficial. When the exudation has formed, the patient should drink as little as possible, a decrease of fluid assisting the blood to absorb the serum more rapidly. When the effusion, however, remains unabsorbed for a long time, it must be removed by tapping; operative removal is absolutely necessary in cases of empyema. After the patient has recovered, he should dress warmly, have nourishing food and draw 20-30 deep breaths 5-6 times a day, which will help the weakened lung to regain its former elasticity and act favourably on possible adhesions between the pleura and the thorax or lungs. Fig. 94 shows such a breathing exercise and the way to do it; the healthy side of the chest is compressed with one hand the other hand being placed on the head. The affected side is thus forced to breathe more deeply. For stitches in side and chest which are liable to occur for some time after the attack, a mustard plaster and doses of *Bryonia* 3x, *Ranunc. bulb.* 4x or *Arnica* 2x are often good remedies.

II. PECTORAL DROPSY, or dropsy on the chest is the name for a collection of fluid in the thoracic cavity which is not caused by pleurisy but is a symptom of general dropsy. This appears only when the legs and abdomen are already very swollen and during the course of heart, lung and kidney diseases. There is no pain, but great shortness of breath, asthmatic attacks and a worrying cough. Pectoral dropsy must be treated in the same way as the disease which causes it. By tapping the thoracic cavity (an operation which removes the fluid), the patient can generally be greatly relieved; this relief, however, is only temporary, if the primary disease is not cured.

CHAPTER IV

DISEASES OF THE DIGESTIVE SYSTEM

THE importance of a healthy digestive system and the part it plays in our well-being are known to everyone. The function of the digestive organs (see fig. 95, on page 197) is to transform the food we consume into nourishment capable of building tissue and supplying the body with heat and energy. When the digestive system is healthy and able to fulfil its functions properly, the body will be well nourished, whereas if only one of these organs is weak or ill the body will be inadequately nourished and the entire system suffer to a certain extent. Bad health can be caused as much by lack of teeth and diseases of the mouth as by gastritis, enteritis, chronic constipation, or swelling of the liver, although of course the nature and intensity of the symptoms vary according to the part attacked. Non-hygienic habits, mistakes in diet, indulgence in unwholesome and indigestible food or intoxicating drinks, over-eating and over-drinking, insufficient chewing, eating too quickly, very hot food and very cold drinks, chill to the abdomen, want of bodily exercise, are the most frequent causes of diseases of the digestive organs. Many sufferers, however, refuse to recognise this and prefer taking all kinds of drugs, mixtures and stomach-tonics rather than give up some injurious habit. It is thus necessary to point out that homœopathic remedies, the efficacy of which is unquestionable in many chronic and acute diseases of the digestive system, can be completely effective only if the patient consents to lead a sensible life and keeps to a suitable diet.

I. INFLAMMATION OF THE MOUTH (*Stomatitis*) is a common and unpleasant complaint which may be caused by highly seasoned food and acid drinks, broken teeth, by a cold or mercury poisoning. It may also be a symptom of certain infectious diseases. The mucous membrane is red and swollen and a great deal of mucus is exuded. Other symptoms are a smarting sensation and pain in the mouth, a bad taste and furred tongue. Sometimes also small ulcers form on the gums and palate and inside of the lips, which bleed when touched and prevent the patient from masticating properly. In slight cases, *Belladonna* 3x or *Mercurius solubilis* 4x are beneficial, but it goes without saying that the cause must be discovered and if possible removed. Rinsing the mouth with lukewarm salt-water (1 dessertspoonful of salt to 1 quart of

water) is also to be recommended. For mercury poisoning, *Acidum nitr.* 4x and *Kali iodatum* 2x are suitable, for ulcers and stomach-ache *Kali chlorat.* 3x and *Mercurius corrosivus* 5x. Hard food should not be taken; fruit-juice, especially lemon juice, is very beneficial. (For Thrush, see Chapter XI.)

2. OFFENSIVE BREATH (*Factor oris*) is generally caused by bad teeth and by neglecting the care of mouth and teeth. It may

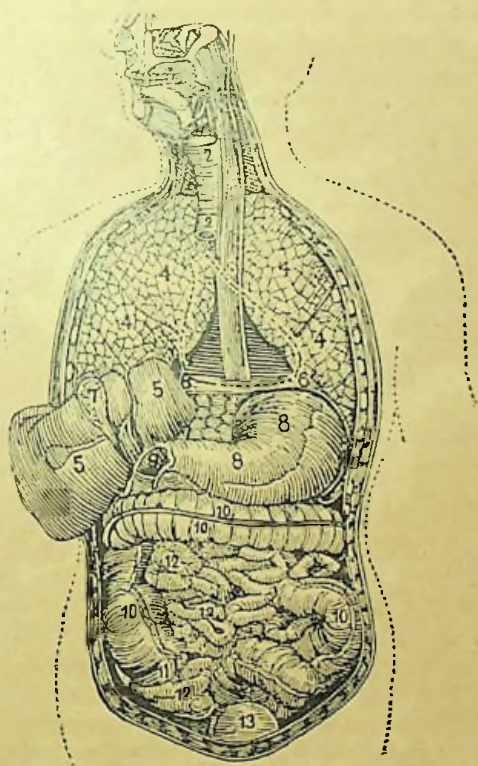


Fig. 95. THE INNER ORGANS OF THE CHEST AND THE INTESTINES.

1. Larynx. 2. Trachea or windpipe. 3. Pharynx. 4. Lungs. 5. Liver. 6. Diaphragm. 7. Gall-bladder. 8. Stomach. 9. Duodenum. 10. Large intestine. 11. Blind gut or Caecum. 12. Small intestine. 13. Rectum.

also be a consequence of disordered digestion or obstinate constipation, or be caused by diseases of the nose, throat or lungs.

The treatment depends on the cause. The mouth and teeth should be properly cleansed and the mouth rinsed out frequently

with *Sanitas* or *Condy* and hollow teeth stopped or extracted. When caused by indigestion, the alternate use of *Nux vomica* 4x and *Sulphur* 6x is often beneficial; for women *Pulsatilla* 3x is often suitable; for consumptives *Carbo veget.* 3x; for ulceration of the mouth and nose, *Aurum* 6x (for *Ozæna* see Chapter VI.).

3. DISEASES OF THE TONGUE are comparatively rare. Sharp or broken teeth, acidity and indigestion, can cause little ulcers on the tongue which heal rapidly when the cause is removed.

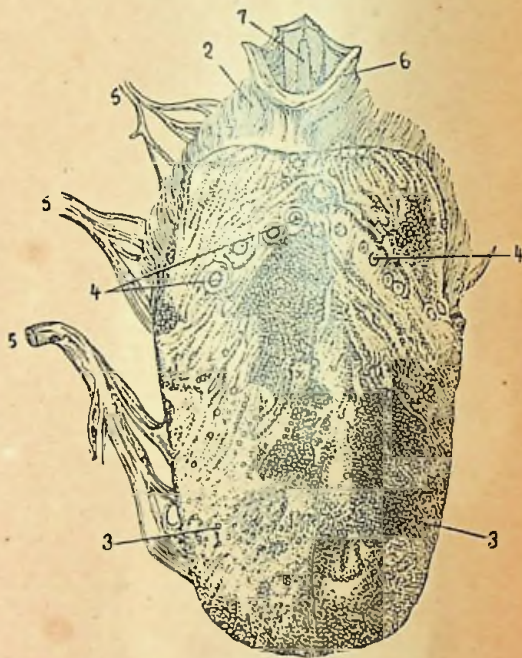


Fig. 96. SURFACE OF THE TONGUE.

1. Throat flap or epiglottis. 2. Root of the tongue. 3. Fungiform gustatory papillæ. 4. Circumvallate gustatory papillæ. 5. Nerves of the tongue. 6. Tongue bone.

3. Fungiform
5. Nerves of

Wounds can be caused by biting the tongue (in epilepsy for instance); these can be cured by a few doses of *Arnica* 2x. Through inflammation the tongue can swell to an enormous size and be very painful (*glossitis*); for this the alternate use of *Belladonna* 3x and *Mercurius solubilis* 4x and rinsing the mouth with lukewarm salt water are beneficial. Cancerous growths are very serious and necessitate an operation. For Paralysis of the tongue *Causticum* 4x is sometimes efficacious.

4. TOOTHACHE generally has local causes such as inflammation of the dental pulp or the dental periosteum. Dental caries is caused by continuous acidity arising from the fermentation of food, especially sweets, in the cavity of the mouth. To prevent this the teeth should be regularly and well cleaned with a moderately hard toothbrush, cold water and tooth-powder consisting of finely powdered *Magnesia*, or precipitated chalk, which can be scented by adding a few drops of peppermint oil. When, however, the teeth are already hollow and decayed, it is best to have them stopped by a dentist, and to have all rotten stumps causing offensive breath or ulceration extracted. If for some reason or other one is unable to make up one's mind to this, extra care of the teeth, as described above, is necessary and the daily use of some disinfectant gargle, such as a weak solution of *permanganate of potash* (Condy's fluid) or the well-known Odol, is to be recommended. It is most important to avoid heat and cold in food and drink, as this causes the enamel of the teeth to crack, whereby

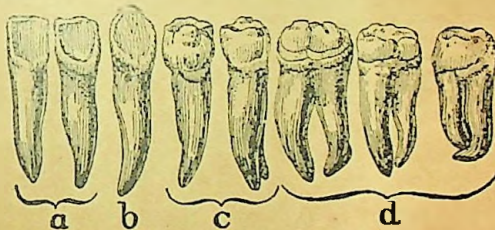


Fig. 97. HUMAN TEETH.

a. Incisor. b. Eye tooth. c. Front molars or double teeth. d. Back molars or double teeth.

the work of decay in the mouth is facilitated. All who wish their children to have good teeth should give them very little sugar, few sweets or sweet things in general; wholemeal bread on the other hand is an excellent strengthener of the teeth and a raw apple an excellent cleanser.

When, however, in spite of this care there is toothache, the cause which is in most cases of a general nature must be found. When the pain is caused by a cold, it is often quickly relieved by repeated doses of *Aconitum* 3x, a hot foot bath and thorough rubbing of the painful side of the face; *Belladonna* 3x is more suitable for throbbing pains; *Bryonia* 3x or *Rhus tox* 4x for sharp neuralgia pain, and *Arsenicum* 6x for violent pain at night. When the pain becomes unbearable in bed, place the feet in a vessel of cold water and make 100-200 stepping movements, then dry the feet and return to bed, when as a rule the pains will disappear and sleep become possible. For

toothache accompanied by earache, *Pulsatilla* 4x is generally of use, especially when the sufferers are anæmic girls; for pain in children's first or milk teeth, use *Kreosotum* 4x; for hollow teeth, *Staphysagria* 6x; when the pain is caused by the exposure of a nerve and is aggravated by hot or cold drinks, cold air, and by pressure, a little medicated wadding moistened with tincture of *Plantago major* inserted into the hollow tooth will sometimes give relief. For periodontitis characterised by a sensation as if the tooth were too long, and by throbbing pain which is aggravated by touching the tooth or biting with it, *Belladonna* 3x and

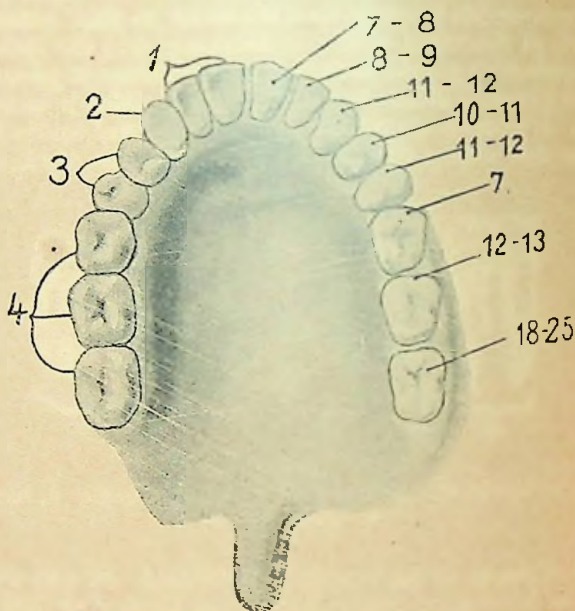


Fig. 98. THE UPPER JAW, SHOWING THE UPPER PERMANENT FRONT AND DOUBLE TEETH.

1. Incisors. 2. Eytetooth. 3. Front molars or double teeth. 4. Pack molars or double teeth. The figures 7-13 indicate the age of the second dentition, those from 18-25 the age in which the so-called wisdom tooth is cut.

Mercurius solub. 6x and hot foot baths are occasionally of use. Sometimes, however, the only remedy is to have the diseased tooth extracted, which is not very painful, the tooth as a rule being already loose in consequence of the inflammation. For nervous toothache, attacking several teeth simultaneously, and for which extractions would be useless, *Arsenicum*, *Spigelia*, *Ignatia*, *Pulsatilla*, *Gelsemium* are suitable; their good effect can be increased by an alternate hot and cold foot-bath.

5. INFLAMMATION OF THE GUMS (*Gingivitis*) is caused either by inflammation of the oral mucous membrane mentioned above or by a diseased tooth. A cold may cause a swelling in the cheek and gum which will turn to an abscess or gumboil. Rinsing the



Fig. 99. FACE DISFIGURED BY MISSING TEETH.

Fig. 100. THE SAME FACE AFTER DENTAL TREATMENT.

mouth with warm Camomile tea, hot poultices applied to the painful cheek, and the alternate use of *Belladonna* 3x and *Mercurius solub.* 4x, are suitable till the abscess bursts, after which rinsing the mouth with diluted *Calendula* tincture (1 dessertspoonful to a pint of water (and a few doses of *Silicea* 6x are beneficial.

6. FISTULA OF THE GUMS often forms on the roots of decayed teeth, the pus bursting through the gum or even percolating



Fig. 101. PERIODONTITIS.

through the cheek. A fistula of this kind can go on for years, pus being ejected through it from time to time. When rinsing the mouth with a disinfectant (*permanganate of potash*, see page 199) and the taking of *Silicea* 6x are ineffectual, it is best to have

the hollow tooth or decayed stump which causes the suppuration extracted, whereupon the fistula will close.

7. SALIVATION, or an abnormal flow of saliva (*Ptyalismus*), in which the saliva flows out of the mouth or is swallowed, may occur with inflammation of the mouth during pregnancy, in consequence of over-doses of Mercury, and in the course of certain cerebral diseases. The treatment is that of the cause. For Mercury poisoning *Acidum nitricum* 4x and *Kali iodatum* 2x are suitable. Some homœopathic remedies acting on the salivary glands and which can therefore be tried are: *Mercurius*, *Pulsatilla*, *Kali chloratum*. Rinsing the mouth with disinfectants or a 2 per cent. solution of borax or with a decoction of oakbark is to be recommended.

8. DISEASES OF THE PHARYNX AND ŒSOPHAGUS (*Pharyngitis* and *Œsophagitis*) are chiefly caused by violent irritation of the mucous membrane or by burns due to over-hot food or drink. The symptoms are: pain and difficulty in swallowing with a sensation as if the food would not go down; in cancer, solid food will not pass through the œsophagus at all, fluids only with difficulty—copious vomiting of masses of mucus is another symptom; *Arsenicum* 5x used alternately with *Hydrast. canad.* 3x to 1x in the first stages of the disease are sometimes of service. Hysterical women are frequently attacked by a œsophageal spasm which, though not dangerous is very unpleasant, as it causes temporary difficulty in swallowing. This trouble can be cured by *Gelsemium* 4x, *Belladonna* 3x, *Zincum valerian.* 3x and by electric treatment. In all inflammatory diseases of the pharynx, fluid nourishment only may be taken; *Belladonna* 3x and *Arsenicum* 5x are the chief remedies in this case. Contraction of the pharynx caused by burns can be greatly relieved by the careful insertion of long, elastic pharyngeal sounds (probangs) by which the contracted spot can be gradually enlarged.

9. ACUTE GASTRIC CATARRH (*Gastritis acuta*) is also called gastric fever when attended by fever. It is caused as a rule by gross errors in diet, indigestible or bad food, overloading the stomach, extremes of heat and cold in food and drink, over-indulgence in alcoholic drinks, and sometimes by a chill.

The chief symptoms are want of appetite and an aversion to every kind of food. The tongue is furred, everything tastes bitter or insipid, the breath is offensive, there is thirst, sickness, eructation, pressure and full sensation in the stomach or pain. The patient frequently vomits mucus and food, occasionally bile and is generally constipated; diarrhoea is a rare symptom.

The best way of treating this malady is to let the patient fast for a day or two, giving him nothing but water. If the illness

lasts for any length of time, the strength must be maintained by a diet of milk, gruel, white of egg, clear soup containing a beaten-up egg, biscuits and rusks, taken frequently in very small quantities. When the stomach has been overloaded, a cup of very strong coffee is often beneficial. In more serious cases the stomach must be washed out. Wet compresses applied to the stomach are to be recommended and for pain warm poultices. If the patient is constipated, lukewarm enemas of soapy water (1-2 pints, 95° F.) should be administered. The following remedies have in practice been found successful: *Nux vomica* 3x after over indulgence in alcohol and tobacco, *Pulsatilla* 3x after greasy food; *Ipecacuanha* 4x for nausea and vomiting; *Bryonia* 3x for pain, bitter taste, thirst and vomiting of bile; *Antimonium*

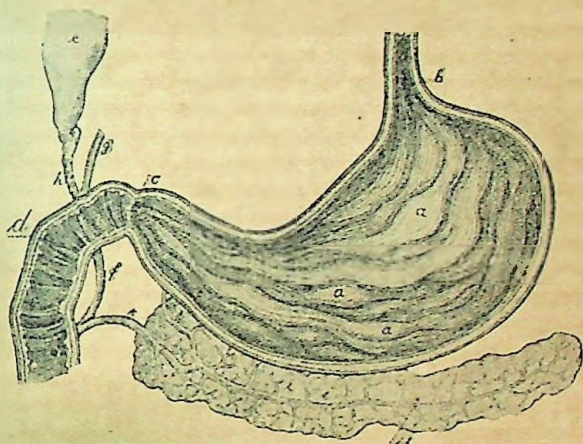


Fig. 102. STOMACH. (Longitudinal section.)

a. Cavity of the stomach with mucous membrane folds. *b.* Upper orifice of stomach. *c.* Pylorus or lower orifice. *d.* Duodenum. *e.* Gallbladder. *f.* Common gall-duct. *g.* Excretory duct of the liver. *h.* Excretory duct of the gall bladder. *i.* Pancreatic gland. *k.* Excretory duct of pancreas.

crudum 4x for a very white furred tongue, pressure and sensation of fulness in the stomach, eructation and vomiting of mucus.

For gastric fever *Acidum muriat.* 3x also is suitable, and for symptoms of jaundice *Bryonia* 3x as well as *Rhus tox.* 4x, and *Phosphorus* 6x in protracted cases. As long as the tongue is furred, water, fruit juice, gruel and light soups only should be taken. If the patient is constipated, the bowels must be cleared by an enema of lukewarm water (1-2 pints; temperature 95° F.).

10. CHRONIC GASTRITIS (*Gastritis chronica*) is an extremely common ailment, for which the patient can often blame himself, the causes, as a rule, being mistakes in diet and unhealthy habits (see page 196). It can, however, also be caused by heart, lung, liver, and kidney diseases, in which case it is not easily cured.

The chief symptoms are want of appetite, sometimes even aversion to every kind of food, pressure and heaviness in the region of the stomach, nausea, bitter or stale taste, offensive breath, coated tongue, heartburn, constipation alternating with diarrhœa. In protracted cases the patient loses flesh, is irritable or low-spirited, complains of giddiness and headache, and is disinclined for work. In all chronic cases it should be ascertained by a careful medical examination whether the complaint is an independent one or is caused by one of the chronic diseases mentioned above.

Treatment is difficult if the patient is not willing to submit to a prescribed diet and mode of life. The following rules, generally speaking, are worthy to be considered by all sufferers from chronic gastritis: 1. The region of the stomach should not be compressed by tight clothing. 2. Continuous stooping is injurious. 3. The region of the stomach should be kept warm. 4. Several light meals, about five a day, are better than fewer heavy ones. 5. Eat slowly, chew well, don't eat or drink too much. 6. Lie down for a quarter of an hour before the chief meals. 7. Drink little at meals. 8. All indigestible food, and all food which we know by previous experience does not agree with us, should be avoided. 9. The following things are strictly forbidden: brandy, liqueurs, heavy wines and ale; strong tea and coffee; smoking and chewing tobacco; mustard, pepper and strong spices; fat meat; fat sausage; fat fish, eel for instance; over-boiled or salt meat; hard boiled and fried eggs; cheese; all fibrous vegetables and fruit, such as turnip, cabbage, raw apples, nuts; new or heavy bread; rich cakes and tarts, heavy pancakes; all acid and very salty food. 10. All food not mentioned above is permitted, especially potatoes, vegetable and bread soups, lean roast beef and veal, poultry, tender vegetables, mashed potatoes done with milk, stewed fruit, white bread, wholemeal bread (if it can be digested, which is not always the case), raw and soft-boiled eggs, rice, sago, semolina and cornflour, unboiled and boiled milk, butter-milk soup made with flour (the last-mentioned is an excellent and nourishing food in serious and protracted cases). A strict milk diet is sometimes of service, and in most cases a wet compress applied to the region of the stomach in the evening and remaining on all night, is to be highly recommended.

Suitable homœopathic remedies are: *Nux vomica* 4x, *Natrum muriaticum* 6x for constipation, *Ipecacuanha* 4x when nausea and diarrhœa are prominent symptoms; *Carbo veget.* 6x for eructations

and accumulation of wind in the stomach ; *Bryonia* 3x when there is an inclination to jaundice ; *Arsenicum* 5x for thirst and stomach-ache ; *Natrum sulph.* 6x for acidity and burning sensation in stomach ; *Lycopod.* 6x for dark urine leaving a sediment and obstinate constipation ; *Sulphur* 6x as an intermediate remedy in protracted cases. For the accurate selection of these remedies, compare their characteristics in Chapter VII. of Part I.

For dyspeptics suffering from discomfort immediately after meals a small quantity (as much as is contained on the point of a knife) of *Pepsinum* 1x taken after meals is often an excellent remedy, at any rate one worth trying.

II. NAUSEA AND VOMITING occur in the course of various illnesses. When they occur independently or as the only symptom of some disease, one of the following remedies may be selected : *Ipecacuanha* 4x ; *Pulsatilla* 3x after the stomach has been overloaded ; *Nux vomica* 3x after over-indulgence in alcohol and tobacco ; *Chamom.* 3x, *Bryonia* 3x and *Nux vomica* 3x after vexation and mental agitation ; *Ignatia* 4x and *Opium* 6x after fright ; *Arnica* 2x after a fall or blow on the head ; *Belladonna* 3x, *Nux vomica* 3x, *Sanguinaria* 3x for headache and sick headache ; for children see Chapter XI. : for sea-sickness, *Cocculus* 4x and *Apomorphinum* 6x, drinking small quantities of cold water, and binding the abdomen firmly with a flannel bandage are to be recommended.

12. ERUCTATIONS (*Eructatio*) and FLATULENCE (*Flatulentia*) are caused by the generation of gas resulting from a weak digestion and various gastric and intestinal complaints. These ailments are sometimes accompanied by pain, rumbling in the stomach, palpitation of the heart, difficulty in breathing, giddiness and headache, especially in hysterical or nervous people. The chief aim of the treatment should be to prevent the gas from generating by a suitable diet (cabbage, onions, farinaceous food, sugar, new ale, sour wine should be avoided) and the removal of the gas by a regular action of the bowels through physical exercise, massage of the abdomen and wet compresses. Suitable remedies are : *Nux vomica* 3x, *Carbo vegetabilis* 3x, *Lycopodium* 3x and *Sulphur* 6x. It is also advisable to drink a little lemon juice now and then.

13. DILATATION OR DISTENSION OF THE STOMACH (*Dilatatio ventriculi*) may be caused by chronic gastritis, debility and weakness of the muscles of the stomach in consequence of overloading, or by the contraction of the pylorus or lower orifice of the stomach owing to ulcers or tumours. The food remains in the stomach too long, begins to ferment and can by its weight cause the muscles to become slack, so that the stomach is enlarged and distended and can even change its position. Besides the usual symptoms of gastritis, there may be occasional vomiting of acid,

malodorous substances, and on pressing the stomach a "splashing" sound may be heard. In treating this disease, which in advanced cases is rarely completely cured, the regulations given in chronic gastritis for habits, diet and remedies are of great importance. Washing out the stomach by means of a stomach tube often gives great relief. Massage, faradisation of the stomach muscles, medical gymnastics and wearing of the neptune girdle (see page 134) at night and an abdominal bandage during the day are other remedies to be recommended.

The symptoms mentioned above may, when accompanied by headache, also be caused by so-called enteroptosis, i.e., the dropping or sinking of the abdominal organs. Thin women are especially liable to this complaint. Besides applying the above remedies the patient should wear a suitable abdominal belt, have abdominal massage, and undergo a fattening cure—a supply of fat helping to keep the organs in their proper position.

14. By GASTRALGIA (*Stomach Cramp*) we mean an attack of violent, contractive, burning pain in the region of the stomach lasting a few minutes or several hours. It chiefly attacks anæmic girls, also men suffering from neurasthenia, but may be a symptom of a serious stomach trouble and is often mistaken for colic caused by gallstones. Careful medical examination is therefore advisable in cases of frequent recurrence of this trouble.

Treatment.—The alternate use of *Arsenicum* 4x or 5x and *Belladonna* 3x, or of *Atropin. sulph.* 6x, and the application of hot water compresses to the stomach are most beneficial. The following remedies may sometimes also be suitable: *Bryonia*, *Nuxvomica*, *Phosphorus*, *Pulsatilla*, of which the characteristics are to be found in Chapter VII. of Part I. To prevent the attacks, irregularities in diet, mental agitation, and catching cold must be avoided, and the remedies suited to the causative diseases employed.

15. NERVOUS DYSPEPSIA or NERVOUS INDIGESTION is a common complaint resulting from the present day increase of nervous debility. It is marked by all sorts of digestive disorders not caused by any special organic changes. The patient complains of sensitiveness of the stomach to pressure, want of appetite or a voracious appetite, a feeling of repletion, heartburn, a sensation of pressure and fulness in the stomach after meals, nausea and pain, a sinking feeling in the stomach, headache and depression. Whereas in gastritis the tongue is coated and the breath offensive, these symptoms are absent in nervous dyspepsia, the patient being able to take food which would aggravate the former malady.

Thus in treating nervous dyspepsia, the diet is not of such importance as in gastritis; a varied diet is best. The hygienic rules and habits given later on for the treatment of Neurasthenia

and Hysteria should be observed. Eating immediately after violent excitement or agitation should especially be avoided. In obstinate cases it is a good thing to drink a little warm water (98.6° F.) at meals. Daily indoor air-baths, a bath of 95° F. lasting ten minutes now and then, and light massage of the whole body, have a soothing, healing and invigorating effect. Change of air and travelling can cause a marked improvement. The chief remedies are : *Nuxvomica* 3x or 4x, *Ipecacuanha* 4x, *Pulsatilla* 3x, *Ignatia* 3x, *Natrum muriat.* 6x, *Natrum phosph.* 6x, of which the special indications are to be found in Chapter VII. of Part I. Also *Bismuth. nitr.* 3x for vomiting after every meal; *Condurango* 2x or 3x in protracted cases; *Arsenicum* 5x and *Kali phosphor.* 6x for debility, thirst and nervous exhaustion; *Magnesia phosph.* 6x for pain which is relieved by pressure and the application of external warmth.



Fig. 103. HOT WATER BOTTLE FOR THE STOMACH.

16. GASTRIC ULCERS (*Ulcus ventriculi*) occur rather frequently among anæmic women and girls and are sometimes caused by an injury to the gastric mucous membrane due to swallowing some sharp pointed object or to habitually taking very hot food or drink. The ulcers may be large or small and may in the former case perforate the walls of the stomach and cause peritonitis. Gastric ulcers therefore necessitate careful medical treatment.

The symptoms do not always point definitely to gastric ulcers, the patient sometimes complaining of a feeling of heaviness and pressure in the stomach, heartburn, vomiting, and occasional pain in the stomach. In serious cases the gastric pains and cramps become very violent. The pain is aggravated by pressure and after meals; if it is relieved by lying in a special posture (on the back, stomach or side), the presence of ulcers is sometimes inferred on the ground that the ulcers are then on the top and can no longer be irritated by the acid contents of the stomach. The surest symptom of stomach ulcers is hæmorrhage of the stomach. The vomited blood is dark red, coagulated and often mixed with remains of food, or else dark brown ("coffee grounds"). After hæmorrhage of the stomach the stools are frequently very dark or even black. For the distinguishing characteristics of

hæmorrhage from the lungs and hæmorrhage from the stomach, see page 186. For some time after the ulcers have healed the patient still suffers from pain after meals caused by the irritation of the scars.

Treatment consists of a strict diet, rest in bed, warm compresses on the region of the stomach, and taking *Arsenicum* 6x internally. For violent pain *Belladonna* 3x or *Atropin. sulph.* 6x 5x or 4x, according to the intensity of the pain. A remedy which promotes the healing of the ulcers is *Argentum nitricum* 4x. If the vomited matter is bloody or black, and if vomiting follows immediately after eating, *Phosphorus* 6x may be suitable. Other remedies suited to chronic cases are: *Hydrast. canad.* 2x, *Sulphur* 6x and *Calcar. carbon.* 6x. For hæmorrhage from the stomach and pending the arrival of the doctor, the patient should be given small quantities of ice-cold water to which 5 drops of *Hamamelis* extract have been added, and cold compresses should be applied to the region of the stomach. Until the hæmorrhage has ceased, white-of-egg, water and cold milk taken in frequent small doses (increasing up to 1 quart a day) is the only permissible nourishment. Later on, milk, gruel, sloppy rice and semolina pudding, beaten-up eggs, beef-tea and egg are permitted, and when the gastric pains have disappeared (in 2-3 weeks), soft-boiled eggs, sweetbread, brain and other light nourishment. After recovery the patient should keep to a strict diet for some time, beware of very hot food and drink, and take care not to compress the stomach by a corset or belt.

17. CANCER OF THE STOMACH (*Carcinoma ventriculi*) occurs chiefly in persons over forty years of age. Violent stomach-ache (which is sometimes absent, however), vomiting of mucus and blood-stained matter, vomiting of blood, emaciation and pallor are the chief symptoms. A hard swelling can sometimes be felt in the region of the stomach. Its causes have not yet been fully ascertained. Heredity plays a certain part. It is certain that an old stomach ulcer may form the beginning of cancer. Homœopathic remedies, if used in the very first stage, may occasionally be of assistance, it being of the greatest importance to take energetic measures against constipation, a frequent attendant symptom of this disease, by a suitable diet, butter-milk soup in the first place, and by enemas. Suitable remedies are: *Arsenicum* 4x-6x, *Hydrastis canad.* 2x-3x, *Silicea* 6x, *Condurango* 2x, *Phosphorus* 6x. The choice of these must, however, be left to the physician. The pain can sometimes be relieved by *Conium* 4x, *Atrop. sulph.* 6x, *Arsenicum* 6x, and by the application of warm poultices and rubbing with chloroform oil or menthol ointment. Recently X-rays and radium treatment have been more or less successfully applied to cancer of the stomach; operations too are recommended.

18. COLIC is an attack of sudden violent cramping pain in the abdomen chiefly around the navel. The pain is often accompanied by eructations, vomiting, discharge of wind, or diarrhœa, and is relieved by pressure, whereas in peritonitis it is aggravated by pressure. The most frequent causes of these pains are : indigestible food, chill to the abdomen, wet feet, drinking cold water when very hot. When treating this complaint, the following remedies are sufficient in many cases : *Belladonna* 3x as chief remedy, of which 5 drops should be taken in a teaspoonful of water every half-hour or more frequently, even every five minutes, according to the violence of the pain. *Chamomilla* is to be preferred for children. Other suitable remedies are : *Colocynthis* 4x for violent and paroxysmal colicky pain and swollen abdomen, the pain being relieved by drawing up the legs, lying in a doubled-up position and by pressure ; *Colchicum* 3x for rheumatic constitutions and after cold ; *Arsenicum* 5x for burning thirst, diarrhœa and great debility ; *Dioscorea villosa* 2x or 1x, an American remedy, highly recommended for violent pain (worse from doubling up) caused by liver and gall-bladder complaints ; *Magnesia phosphor.* 6x for pain relieved by external warmth and pressure ; *Pulsatilla* 3x after overloading the stomach and cold in the abdomen ; *Nuxvomica* 3x for colicky pains accompanied by constipation, nausea and vomiting, especially in those who suffer from piles ; *Veratrum* 3x for violent colic pains with diarrhœa and cold perspiration ; *Plumbum* 8x for obstinate constipation. External remedies to be recommended are hot cloths or hot wet compresses covered with oilskin or guttapercha tissue, and hot poultices. When there is constipation, warm enemata must be administered until the bowels are relieved. For colic caused by lead-poisoning, warm baths, warm enemata and *Kali iodatum* 2x are suitable remedies. For gallstone colic see Number 37 ; for kidney colic Chapter VIII. ; and for colic due to menstruation, Chapter IX. In severe cases a physician should be consulted without delay, the life of the patient often depending on proper treatment.

19. DIARRHŒA is often caused by cold, especially of the abdomen, cold and wet feet, errors in diet, overloading the stomach with heavy food or unripe fruit, drinking very cold beer, and violent purgatives ; it may also be due to excitement and agitation, a fright, for instance, or be an attendant symptom of various complaints. Diarrhœa can be painful or painless ; there may be one to two or twenty to thirty evacuations a day, in severe cases the patient having constant and urgent need of relieving the bowels.

Treatment.—In severe cases the patient must go to bed. Hot water and steam compresses, warm clothes, fluid or sloppy nourishment, gruel, rice water and clear soups are to be recommended.

In less severe cases, the patient may be up, but must keep his abdomen warm and take light and easily digested nourishment, such as cocoa, rice puddings, beaten-up eggs, rusks and white bread. Below we give a list of those homœopathic remedies (with directions) which have been proved efficacious in practice :

Aloë 6x : slimy diarrhœa with discharge of wind and rumbling in the abdomen.

Ambrosia 1x : often efficacious in all kinds of diarrhœa on which no other remedy will take effect.

Argentum nitricum 4x : thin, fluid evacuations in great quantities, diarrhœa immediately after drinking.

Arsenicum 6x, 5x or 4x ; watery diarrhœa ; frequent discharge of small quantities of foul-smelling stools, thirst, vomiting, great debility ; diarrhœa after taking ice or cold ale.

Bryonia 3x : painful, brownish diarrhœa, aggravated by moving about and getting up.

Calcarea phosphorica 6x : chronic diarrhœa in children, with emaciation.

Chamomilla 3x : greenish-yellow diarrhœa resembling chopped-up eggs, attended by pain in the abdomen, especially in children while teething.

China 3x : watery, painless diarrhœa, in weak persons.

Colchicum 4x or 3x : diarrhœa with colic, especially in rheumatic patients.

Colocynthis 4x or 3x : diarrhœa with colic ; the pain is relieved by sitting in a doubled-up position or by lying down.

Cuprum arsenicosum 4x : diarrhœa in consumptives.

Dulcamara 3x : after a cold in damp weather.

Ipecacuanha 4x or 3x : yellowish diarrhœa with nausea and vomiting ; summer diarrhœa.

Mercurius solubilis 4x or *Mercurius corrosivus* 5x : greenish, sometimes bloody diarrhœa with pain in abdomen and sore feeling in anus ; diarrhœa worse at night ; violent desire to relieve bowels.

Natrum sulphuricum 6x : painless diarrhœa, worse in damp weather.

Nux vomica 4x or 3x : diarrhœa alternating with constipation, at its worst in the morning.

Oenothera 2x ; painless, rushing, thin stools causing rapid extreme exhaustion and endangering the patient's life.

Opium 6x : diarrhœa after fright.

Phosphorus 6x or 5x : chronic weakening diarrhœa with little pain.

Podophyllum 6x or 4x : sudden streaming diarrhœa with prolapsus ani in children.

Pulsatilla 4x or 3x : slimy diarrhœa with disordered stomach.

Rheum 3x or 2x : sour-smelling diarrhœa in children.

Silicea 6x : chronic foul-smelling diarrhœa containing indigested food.

Sulphur 6x : diarrhœa forcing the patient to get out of bed in a hurry ; chronic foul-smelling diarrhœa.

Thuja 6x : diarrhœa after vaccination.

Veratrum 4x or 3x : violent watery diarrhœa, with vomiting, perspiration and great prostration.

20. ACUTE ENTERITIS (*Enteritis acuta*) is due to the same causes as diarrhœa. The principal symptoms are : diarrhœa, pain in the abdomen, and fever. In children and enfeebled persons it may easily prove dangerous. When the small intestine is affected, the diarrhœa is watery ; when the catarrh or inflammation originates in the large intestine, the diarrhœa is inclined to be slimy and is attended by severe colicky pains. In serious cases the great loss of water can cause a collapse of which the signs are pallor, cold hands and feet, feeble pulse and dark rings round the eyes.

For treating enteritis the hygienic measures and remedies applied to diarrhœa are suitable. The chief remedies are : *Arsenicum*, *Chamomilla* (for children), *Ipecacuanha*, *Mercurius*, *Veratrum*. Thirst must not be quenched by great quantities of very cold water, but only by sips of fresh water, rice water or thin oatmeal gruel. A little claret boiled with water and cinnamon is sometimes good. In cardiac debility or prostration strong coffee, a few drops of *Camphora Rubini* tincture in warm sugar-water, hot water compresses applied to the heart, and warming the hands and feet are good remedies.

21. CHRONIC ENTERITIS (*Enteritis chronica*) is due to neglected or improperly treated acute enteritis, to a wrong mode of life, and to over-indulgence in alcohol. It is a wearisome malady ; the patient is constantly inclined to diarrhœa which occasionally, however, alternates with constipation. The motions sometimes contain bits of intestinal mucous membrane. If the illness is of a long duration, the mucous membrane of the intestines deteriorates, the patient becomes emaciated, is sallow and complains of constant weakness.

In treating this complaint, the diet of the patient plays an important part. The following articles of food are prohibited : all fatty food, such as fat meat, sausage, bacon, eel, crabs ; hard over-boiled or salt meat ; hard-boiled or fried eggs ; cheese ; all greasy or rich farinaceous food, such as pancakes, tarts and cakes ; very new or coarse bread ; all acid or very salty food ; peas, lentils and beans ; fruit and vegetables containing woody fibres ; all strong wines and liqueurs and sour lemonade. The following articles of food are allowed : beef-tea (not greasy) with an egg ; oatmeal, rice, sago, barley or semolina soup ; light milk food and puddings ; cornflour, white bread, rusks and biscuits ; beaten-up and

soft-boiled eggs; butter; mashed potatoes, spinach, cauliflower and young carrots; chopped and roast beef, finely scraped ham, roast pigeons and young fowls, sweetbread, oysters, wine-custard, bilberries and soft pears. Beverages to be recommended are: cocoa, oatmeal cocoa, weak tea with little sugar, boiled milk to which a little brandy may sometimes be added, claret and water upon occasion. Homœopathic remedies have proved beneficial in many cases; in particular *Arsenicum* 5x and *Sulphur* 6x taken separately or alternately for a few weeks. The remedies used for diarrhoea with their various indications are also suitable for this malady, as well as: *Carbo veget.* 6x for discomfort caused by flatulence; *Ferrum phosphor.* 6x for debility and anæmia; *Graphites* 6x for diarrhoea containing shreds of the intestinal membrane. Keeping the abdomen and the feet warm and wearing a Neptune Girdle (page 134) during the night also assist recovery.

22. DYSENTERY is an infectious disease of the mucous membrane of the large intestine, attended by violent and colicky pains, frequent discharge of slimy, mucous and bloody stools, violent tenesmus (desire to relieve bowels), fever and prostration. It can occur either in isolated cases and be of slight catarrhal nature, or as an epidemic which in the tropics especially may be of a severe muco-membranous nature. The patient may sometimes be convalescent in a few days, but severe cases generally last much longer, painful stools containing mucus and pus sometimes being passed once or several times a day for months.

Treatment requires complete rest in bed, hot fomentations on the abdomen, and a strict diet consisting chiefly of: rice, semolina, barley and sago soups, rice water, weak tea, biscuits, rusks, stale white bread, beef-tea (not greasy) with an egg, thin cocoa. In the first stage the bowels must be cleared of any remaining substances by a warm enema. All constipating drugs, especially opium, must be completely avoided. To prevent infection a bedpan should be used for evacuation and disinfected with carbolic acid immediately afterwards, and the greatest cleanliness observed in everything. In slight cases, *Ipecacuanha* 4x or 3x (5 drops in boiled water every hour or two) is to be recommended. When, however, the stools are bloody or become so in the course of the illness, *Mercurius corros.* 6x, 5x or 4x, the specific remedy of " similars ", is most suitable. Other remedies are *Arsenicum* 5x, *Baptisia* 3x, *Veratrum* 4x or 3x, and in chronic cases *Hepar sulphur* 6x.

For dysentery of a serious nature, as it occurs in the tropics, immersion in a hot bath (100-102° F.) is highly recommended by local physicians.

To prevent infection, the preventive measures applying to cholera should be strictly observed.

23. SIMPLE CHOLERA (*Cholerine*) is a common name for an epidemic of diarrhœa and vomiting occurring among children in hot weather. A similar complaint called "cholera nostras," or European cholera, often attacks adults in hot summers. For treatment see directions for treating diarrhœa, enteritis, and cholera, and for children Chapter XI.

24. CHOLERA is an epidemic disease fortunately of rare occurrence in Europe; its symptoms are: serous diarrhœa (resembling rice-water), vomiting, great thirst, cramps in the calf of the leg, loss of strength, and rapid prostration, even collapse. The disease generally begins a day or two after infection and is sometimes preceded by slight painful diarrhœa and vomiting—

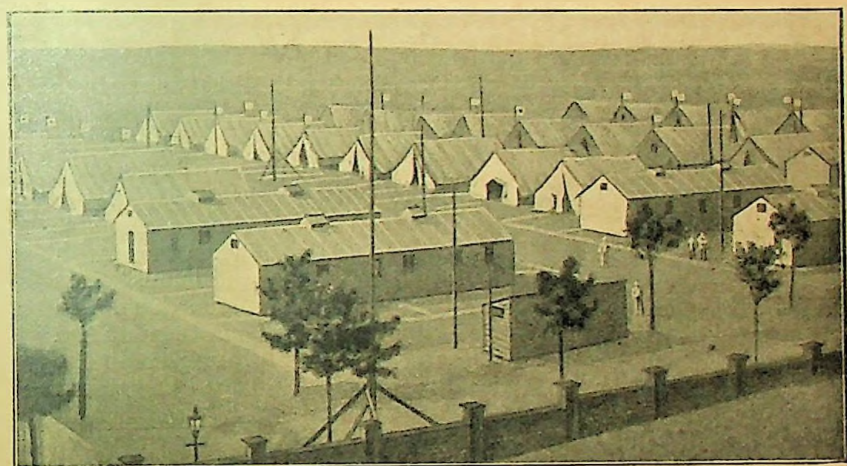


Fig. 104. A CAMP WITH BARRACKS AND TENTS FOR CHOLERA PATIENTS.

so-called simple cholera—whereupon the above symptoms of Asiatic cholera appear suddenly and rapidly increase in violence. The cause of this disease has been discovered by Prof. Koch to be the comma bacilli contained in the evacuations of cholera patients, which in an incredibly short time increase and produce the toxins or poisons to which the symptoms of cholera are due. Whether the disease occurs in a mild or severe form depends, however, on hygienic, sanitary and housing conditions, drainage, and water.

Treatment by homœopathic remedies has, as practice has shown, been attended with so much success that it is incomprehensible that many physicians still cling to the antiquated treatment with *opium*, *tannin* and such-like constipating

drugs. During the last epidemic in Europe, the epidemic of Hamburg in 1892, the death rate under allopathic treatment was 42 per cent., whereas among patients treated homœopathically it did not exceed 15½ per cent. This treatment which is worth imitating in a possible epidemic, was carried out as follows :

The patient was put to bed, hot fomentations applied to the abdomen, hot water bottles to the feet, and 5 drops of *Arsenicum* 4x—in severe cases 3x—given in a spoonful of lukewarm water every 15-30 minutes. He was then warmly covered up and allowed as much lukewarm water and claret or warm oatmeal water as he liked; ice or iced water, great quantities of alcohol, and all constipating drugs being strictly prohibited. A warmed bedpan was used for the evacuations and disinfected immediately afterwards. If the cramp in the calves was very violent, the legs were rubbed with *Spirits of Camphor*, care being taken not to uncover the patient. By means of this simple but sensible treatment, perspiration was as a rule induced with the result that the patient was soon on the high road of recovery. Besides *Arsenicum*, *Veratrum* 3x was used for cold sweat and blue lips, *Camphora Rubini* tincture for collapse and prostration, and in some cases *Cuprum*, *Phosphorus* and *Carbo vegetabilis*.

Preventive measures during an epidemic of cholera comprise regular habits and sensible diet, keeping the abdomen warm with a woollen bandage (cholera belt), and the immediate administration of *Arsenicum* 4x or *Veratrum* 4x at the first signs of diarrhœa. To prevent infection, all food in which cholera germs may be contained such as milk and fruit, and also water used for drinking, should be boiled and the greatest cleanliness observed in food and drink, clothing and dwellings. Lavatories must be disinfected and all rubbish and dust burnt immediately. During an epidemic it is not advisable to frequent crowded assemblies. Houses or rooms where cholera patients have lived must be disinfected, the discharges of the patient rendered innocuous—with chloride of lime preferably—and commodes always cleaned with a 5 per cent. solution of carbolic. Bed and body linen should be soaked in a strong solution of soft soap for twenty-four hours and then boiled. Nurses should not eat or drink in the sick room and should wash and brush their hands frequently with soap and a solution of carbolic. As infection in cholera is not carried by the air, the risk of the disease spreading can, as proved by experience, be avoided by adopting the above precautions. Excessive alarm is thus quite unnecessary. Another good preventive remedy is 2-3 drops of *Camphora Rubini* tincture taken several times a day.

25. CONSTIPATION (*Obstipatio habitualis*), a very common and widespread ailment, is aggravated by wrong treatment with purgatives and sometimes even rendered incurable. A healthy

person must have at least one evacuation in the course of twenty-four hours. The chief causes of chronic constipation are sedentary habits, mistakes in diet (indigestible food, too many eggs, white bread), unsuitable clothing (tight corsets and belts), inadequate breathing and want of regularity in attending to the action of the bowels, either from carelessness or laziness. It can also be due to a shifting of the sexual organs in women, debility of the intestinal tract, and to diseases of the liver, brain and spine. The excrement which remains in the intestinal tract for an unnaturally long time causes symptoms of nervousness, dull headache, palpitation of the heart, mental depression, piles or even appendicitis.

Proper treatment generally meets with success. The habitual use of aperient drugs is always injurious; the homœopathic physician makes use of such remedies only in exceptional cases. Enemas, too—of luke-warm water, soapy water, glycerine, oil, etc., though necessary and beneficial at the beginning, should only be regarded as a temporary expedient, becoming unnecessary as soon as the complaint yields to treatment.

Homœopathic remedies in many cases cure chronic constipation provided a sensible way of living and dieting is adhered to while the remedies are being taken. These remedies should be taken once or twice a day for several weeks, after which there should be an interval followed by the repetition of the same remedy or another one suitable to the case.

Alumina 6x for hard, dry, painful stools, slight bleeding from the anus; it is especially suited to children and must be taken for a long time.

Bryonia 3x for constipation after diarrhœa with dry, dark, burnt-looking stools, thirst, and dryness of the entire mucous membrane.

China 3x for debility of the intestinal tract, the bowels only being relieved after long and continuous straining, especially in women.

Graphites 6x for dry skin and thin wormlike stools covered with mucus, frequent irritation and painful cracks in the anus.

Lycopodium 6x for accumulation of gas and discharge of hard, bullet-shaped stools resembling sheep's dung.

Natrum Muriaticum 6x for persons suffering from eruption in the face, pain in defæcation, bleeding and cracks of the anus.

Nux vomica 5 or 6x, specific remedy for persons pursuing a sedentary occupation and suffering from depression; the best time for taking this remedy is the morning.

Opium 6x for obstinate constipation, dark and black stools, weakness or paralysis of the bowels.

Plumbum 6x for hard stools with pain in abdomen and colic; contraction of the *sphincter ani*; the abdomen is contracted; especially suitable to cerebral and spinal diseases.

Sepia 6x for a sensation as of a weight or a lump in the anus; evacuations are covered with mucus; congestion of blood in the abdomen; diseases of women.

Silicea 6x for constipation for and after menstruation.

Sulphur 6x for chronic cases, frequently suitable after *Nux vomica*, specific remedy for piles occurring at the same time.

Diet.—Farinaceous food, white bread, much meat, many eggs, bilberries, cocoa, milk, strong tea and claret are forbidden. All other food and beverages are permitted, preference being given to vegetables, fruit, both raw and stewed, brown bread and Graham bread.¹ Fruit should be eaten at every meal, breakfast should consist of wholemeal bread, butter, honey, and a dish of stewed prunes or plums. A glass of water should be drunk in the morning and in the evening.

In obstinate cases meat should be completely avoided for a few days and plenty of bread and butter eaten; this will soon promote a regular action of the bowels, and the ordinary diet can then be gradually resumed. Sufferers from constipation should avoid too much sedentary occupation. Plenty of exercise is useful: walking, medical gymnastics, rowing, skittles, tennis, bicycling. The habit of attending to the calls of nature at a certain hour every day should be acquired. The patient should apply massage, consisting of circular rubbing and kneading from right to left of the abdomen for five minutes every morning. Three times a week a cold sitz-bath lasting 2-5 minutes, beginning at 79° F. and going down to 65° F. should be taken.

26. PILES (*Hæmorrhoids*) are often the result of chronic or prolonged constipation. The hard stools impede the circulation in the blood vessels of the rectum and thus give rise to knotty varicose swellings which may bleed (bleeding piles). Piles may also be symptoms of a deranged circulation in sufferers from heart, lung or liver disease, or during pregnancy. The symptoms are: burning and itching in the anus, backache, desire to relieve bowels, evacuation generally being painful and difficult. Hard lumps in the anus, which swell owing to the constriction of the *sphincter ani*, become extremely painful and cause inconvenience in sitting and walking. Piles

¹ Graham bread, called after the inventor Graham, is wholemeal bread, which although it cannot so completely be assimilated as white bread possesses great nutritive value by reason of the mineral salts it contains. This coarse bread has a certain mechanical action on the bowels which is very beneficial for sufferers from constipation. It should be thoroughly and well masticated, as this increases its effect.

that do not bleed or discharge mucus are called blind piles, those that bleed bleeding piles ; if mucus is discharged with the stools, the piles are called mucous piles. External piles are those originating outside the anus and internal piles those located in the rectum above the sphincter, which may however " prolapse " outside.

The aim of the treatment is to remove the cause. When piles are due to chronic constipation and abdominal complaints, they can, as a rule, be cured by a suitable mode of life, diet and treatment. Besides the treatment ordered for constipation, cold ablutions applied to the abdomen and sitz-baths are very beneficial. Good results have been obtained from the alternate use of *Nux vomica* 4x and *Sulphur* 6x, one dose of each remedy being taken daily for a fortnight, this being repeated after a fortnight's interval, if necessary. For violent bleeding *Hamamelis* extract, *Millefolium* 2x, *Ferrum phosph.* 6x are suitable ; for mucous piles *Lycopodium* 6x, *Hepar sulph.* 6x ; for inflamed piles with violent stabbing and burning pain, *Belladonna* 3x, *Arsenicum* 5x, *Hamamelis* 2x ; for piles which bleed from time to time the alternate use of *Belladonna* 3x and *Sulphur* 6x is useful ; for piles with obstinate constipation, *Natrum murial.* 6x, *Plumbum* 8x, *Collinsonia* 3x ; for piles of long standing, *Calcar. fluor.* 6x used for some length of time may be of assistance. For external use, *Hamamelis* ointment and *Hamamelis* suppositories are to be recommended. Previous to the action of the bowels a little ointment should be rubbed into the anus, and a suppository inserted at night before going to bed. In obstinate cases a 10 per cent. *Calomel-vaseline* ointment is often a very beneficial remedy, especially for the intolerable itching. An attempt should be made to force the lumps inwards with a finger previously greased ; this is, however, frequently only possible after a lukewarm sitz-bath. For bleeding and inflammation ablutions and compresses with diluted tincture of *Hamamelis* are very beneficial. This treatment carried out perseveringly will as a rule obviate the necessity of an operation. See also Numbers 27 and 31 of this chapter.

27. When **INTESTINAL HÆMORRHAGE** is not due to typhus or dysentery, it may be a symptom of cancer of the bowels. The patient should therefore be subjected to careful medical examination. The use of *Hamamelis* extract is to be recommended.

28. **INFLAMMATION OF THE RECTUM** (*Proctitis*) is sometimes due to piles, sometimes to cold (sitting on a draughty W.C. or on cold ground), or to worms ; its symptoms are pain, great tenesmus with discharge of mucus, blood or pus. Hot sitz-baths, a fluid diet, *Belladonna* 3x and *Mercurius corros.* 5x are generally of assistance. When worms are the cause, these must be got rid

of. When there are abscesses in or about the anus, warm linseed or similar poultices should be applied, *Hepar sulph.* 4x taken and a surgeon consulted.

29. **PROLAPSUS ANI** occurs generally in children, but also in adults in consequence of the laxity of the sphincter. A sponge rinsed out in cold water should be pressed against the protruding part which one should try to replace with a previously lubricated finger. When this has been accomplished, a cold water compress should be applied to the rectum and this be bandaged with a T-bandage. Recurrence in children can often be prevented by the alternate use of *Belladonna* 6x and *Calcar. carbon.* 6x. or by

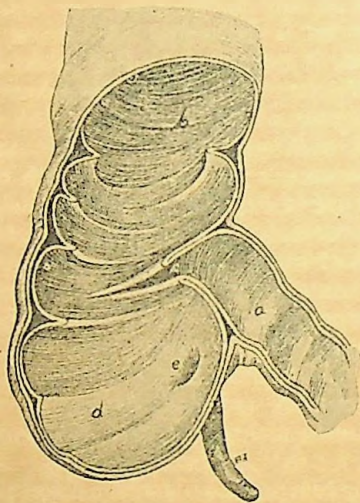


Fig. 105. CAECUM OR BLIND GUT

a. Small intestine. b. Ascending large intestine. c. Valve of the large intestine. d. Caecum or blind gut. e. Entrance to e r, the Appendix.

Ruta 1x and *Podoph.* 2x. When, however, in adults, cold sitz-baths, suitable bandages and the use of *Nux vomica* 4x or *Graphites* 6x take no effect, an operation may be necessary.

30. **APPENDICITIS** is an inflammation of the appendix of the caecum. (The old term "typhlitis" signifies an inflammation of the caecum or blind-gut itself, a condition much less common than appendicitis.) The right side of the abdomen is tense and painful, the pain is aggravated by moving and pressure and spreads to the right leg or to the back. Other symptoms are constipation, fever, and occasionally vomiting. A swelling can sometimes be felt on the right side of the abdomen which, when matter forms, may cause a dangerous attack of

peritonitis. One should thus send for a doctor as soon as the first symptoms appear. As this disease can be caused by hard stools or stones, and by swallowing little sharp objects (orange pips, scraps of bones, bits of enamel from the saucepan), one should be careful to avoid these causes. As appendicitis is liable to recur, sufferers from this disease should keep to a careful diet, avoid all coarse or irritating food and see that their bowels act regularly and easily.

Treatment consists of complete rest in bed, the patient lying on his back, fluid diet, lukewarm enemas (the last mentioned only when there are no signs of peritonitis, see page 223), wet compresses (no ice bag) or hot linseed poultices applied to the painful spot of the abdomen, and the alternate use of *Belladonna* 3x and *Mercurius solub.* 4x. When the pain is very intense, *Atropin. sulphur.* 6x, 5x or 4x and sometimes *Colocynthis* 3x are still better remedies. Other suitable remedies are: *Bryonia* 3x when there is risk of peritonitis, *Carduus marian.* 3x after the violence of the symptoms has abated; *Arsenicum* 5x and *Echinacea* 2x for continuous fever, debility and prostration; *Hepar sulphur.* 6x when there is risk of ulceration; for chronic appendicitis liable to recur, *Sulphur iodatum* 3x (as much as the point of a knife will hold, 2-3 times a day) taken for some length of time is suitable. Finally we must add that in nearly all cases the question of operation will have to be considered.

31. CANCER OF THE BOWELS (*Carcinoma intestini*) and TUBERCULOSIS OF THE BOWELS. Symptoms of the former disease are tumour, hæmorrhage, constipation with peculiar, flat, pencil-shaped stools, emaciation and loss of strength. For treatment see Cancer of the stomach. Tuberculosis of the bowels occurs rather frequently in children as the result of enteritis (see Chapter XI). In adults it is generally an attendant symptom of tuberculosis of the lungs; treatment is then the same as for that disease. For the weakening attacks of diarrhœa, *Cuprum arsen.* 4x, *Calcar. phosphor.* 6x, *Chinin. arsen.* 4x, *Arsenicum* 6x, 5x or 4x, *Phosphorus* 6x are suitable.

32. WORMS (*Helminthiasis*) occur frequently both in children and adults. Formerly these intestinal worms were thought to generate spontaneously in the human bowels; now we know that all such parasites can only develop from eggs (*ova*) and animalculæ introduced into the system from external sources, although it is a fact that a certain predisposition especially in children forms a very favourable soil for the development of these parasites. Of the various kinds of worms which most frequently infest the human body, we shall mention maw worms or ascaris, thread worms (*oxyuris*), both most common in children, and the tapeworm, more frequent in adults.

(a) Maw Worms (*Ascaris*) are very similar to common earth worms; they are from $9\frac{1}{2}$ to 16 inches long. The eggs are introduced into the stomach by impure water or by food, particularly by fruit to which soil adheres. In children they often exist in large numbers (as many as 100), inhabiting the small intestine whence, however, they sometimes pass into the stomach and are vomited.



Fig. 106. MAW WORM OR ASCARIS.

Although they are as a rule not dangerous, they cause nausea, vomiting, itching of the nose, pain in the abdomen, giddiness and even cramps—sufficient reason for justifying their removal. The most efficacious worm-expelling drug is *Santonine* obtainable at every chemist's in tablets which should, however, not contain more than about $\frac{1}{2}$ grain (0.025 grammes) of *Santonine*. For little children care is necessary in the use of the drug, and it is better to consult a doctor before giving it. Getting rid of the worms, however, is not sufficient; it is advisable that children should strengthen the constitution by taking *Calcar. carbon.* 6x or *Sulphur* 6x according to the symptoms, for some time. They should also not be allowed too much bread, cake, farinaceous food, sweets or sweet things, should not be kept too warm, and should take plenty of physical exercise, especially in the open air.

(b) Thread or Pin Worms (*Oxyuris*) are little white worms from $\frac{1}{4}$ to $\frac{1}{2}$ inch long, chiefly infecting the rectum and causing unbearable itching in the anus at certain times, especially at



Fig. 107. THREADWORM. (a. Natural size).

night. With girls they sometimes invade the vagina and may, by the irritation they cause, lead to masturbation. The eggs can be conveyed from one child to another by unclean hands. Patience and perseverance are required to get rid of these parasites. Treatment should consist of the afore-mentioned *Santonine* Tablets taken for three consecutive days, and regular enemas with a decoction of garlic in milk, or with a mixture of vinegar in water (2 dessertspoonsful of vinegar to 1 quart of water), or 15 drops of tincture of *Pyrethrum* in $\frac{1}{10}$ of a quart of warm milk. These

enemas must be administered every three days and continued for weeks until the entire brood is destroyed and the itching has ceased. It is also advisable to sponge the anus with water and soap after each action of the bowels and on going to bed at night, and then rub it well with an ointment consisting of three parts of *Hydrargyrum oxidatum rubrum* 2x (in a powder) and twenty-seven parts of yellow vaseline. During this treatment children should wear buttoned up drawers at night to prevent re-infection by scratching. For the intense itching and the restlessness that worms cause at night, a few doses of *Ignatia* 6x or *Aconitum* 6x are sometimes beneficial. The reason why this complaint is so tenacious in spite of good treatment is to be found in the constitution—

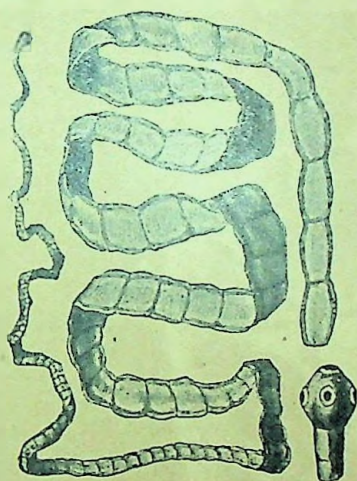


Fig. 108. TAPE WORM. HEAD.
(*Taenia saginata*).

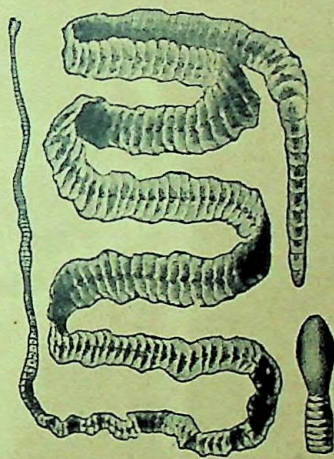


Fig. 109. TAPE WORM. HEAD.
(*Bothriocephalus latus*).

scrofulous and anæmic children being the principal sufferers. In these cases internal remedies for strengthening the constitution, such as *Calcar. carbon.* and *Sulphur*, should be given in addition to the above-mentioned external treatment.

(c) Tape Worms (*Taenia*) occur in human beings in various forms. They may be short, but are generally very long (3-9 yards) and consist of small head and a great number (sometimes 1,200 or more) of joints linked together like a chain. The lower joints drop off as soon as they are ripe, that is, contain eggs, and are passed with the evacuations. These ejected joints are the only certain proof of the presence of a tape worm; as all other symptoms such as gastric ailments, want of appetite or excessive appetite, diarrhœa, constipation, giddiness, headache or palpitation of the

heart may be caused by other maladies. Sensations as of some thing creeping and sucking in the abdomen after eating food not suited to the worm, such as garlic, onions or herrings, but which cease after partaking of bread and milk, point to the presence of the parasite. After drinking a decoction of pumpkin seeds and partaking of coco-nut, the joints of the worm are generally passed with the evacuations, which is a certain proof. The actual treatment for the expulsion of the parasite should be carried out under medical orders, the age, the sex and the strength of the patient having to be considered when selecting the worm-expelling remedy and the doses to be taken. Special care must be exercised in treating children and the aged. During pregnancy and in consumptive and enfeebled patients the treatment should be

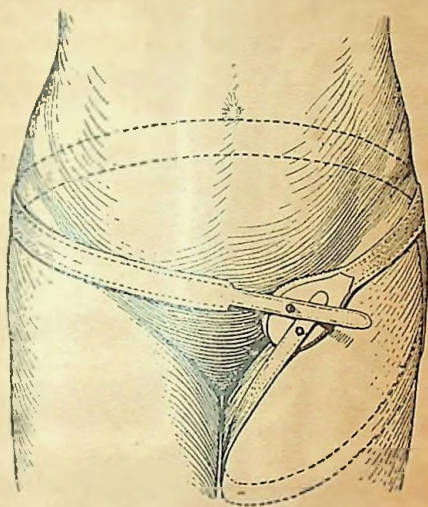


Fig. 110. PROPER POSITION OF A HERNIA TRUSS.

postponed or omitted altogether. The best helminthic remedies are: *Aspidium Panna* (of which three doses of 20-30 grains should in ordinary cases be taken in rapid succession), *Filicis mas*, *Pomegranate root*, *Koussou* and *Kamala*. In order to weaken the worm before treatment begins, it is advisable to keep to a milk diet for one or two days; this will ensure it being expelled with its head. The best preventive of tape worms is the avoidance of raw meat. As dogs are often the bearers of tape worms, children should be forbidden to kiss dogs or to allow themselves to be licked.

33. RUPTURE (*Hernia*) is due to the shifting of some portion of the intestines from its normal position. The following are the most common varieties: femoral hernia in women, inguinal

hernia (in the groin) in men, and umbilical hernia (at the navel) in children. Ruptures are caused by unaccustomed exertion, such as violent coughing or much lifting. They may, however, be congenital. As a rule, they are loose and movable and can be returned to their place by pressure; this is sometimes, however, rendered impossible by adhesions and in severe cases by strangulation, of which the symptoms are violent pain, nausea and vomiting. These may be so far relieved by the alternate use of *Belladonna* 3x and *Nux vomica* 3x and hot compresses applied to the affected spot, that an attempt may be made to return the rupture by gentle pressure. If this is not successful, a doctor should immediately be summoned, who may sometimes succeed in returning the rupture while the patient is under chloroform. Should all these attempts prove unsuccessful, an immediate operation will be necessary to save the life of the patient. To avoid this serious danger, it is essential for all sufferers from hernia to lead a regular life, to secure a regular action of the bowels, to avoid unaccustomed physical exertion, and to wear a well-fitting truss, which may only be taken off at night. For hydrocele see Chapter IX.; for umbilical rupture in children, Chapter XI.

34. PERITONITIS is a serious illness, necessitating medical treatment. It is caused by injury to the abdomen, or by the spreading of an inflammation from other organs (stomach, bowels, spleen, or the sexual organs of women) to the peritoneum. Very violent pain, sometimes extending over the entire abdomen and aggravated by pressure or touch, is almost always associated with this disease. The abdomen is tense, there is great thirst, nausea and vomiting, the pulse is feeble, the patient loses strength rapidly, the face is haggard, the hands and feet get very cold, constipation is present and watery or purulent fluid (exudation) frequently forms in the peritoneum.

Treatment must be left to the doctor. When it is quite impossible to obtain medical assistance, we recommend *Aconitum* 3x and *Belladonna* 3x to be taken alternately at the beginning of the attack; for pain, rapidly repeated doses of *Atropin. sulphur.* 6x, 5x or 4x are often beneficial. When fluid forms, *Bryonia* 3x and *Mercurius corros.* 5x are suitable, while for violent vomiting *Ipecacuanha* 3x, for cold sweat, cold hands and feet *Veratrum* 3x, for rapid loss of strength *Arsenicum* 6x or 5x or 4x, are possible remedies. Complete rest in bed, compresses applied to the abdomen, and for high fever wet bandages on the legs, fluid nourishment, especially fruit juice, milk, thin gruel and little sips of iced water, are to be recommended. Purgatives are dangerous; enemas too must not be given until the violence of the symptoms has abated. The patient should be careful to observe regular habits for some time after recovery. For chronic peritonitis,

which is mostly of a tuberculous nature, *Arsenicum iodatum* 4x and *Abrotanum* 3x are sometimes beneficial.

35. ASCITES (*Peritoneal effusion*) is a symptom of general dropsy occurring in the course of heart, lung and kidney diseases. It can, however, also occur alone in diseases of the liver and especially in children in which case it is caused by chronic tuberculous peritonitis. The abdomen is much swollen and contains a great quantity of fluid (as much as 10-20 quarts); the patient complains of pressure and a sensation of fulness in the abdomen, shortwindedness, and want of appetite. The treatment is that of the causative disease. Attempts should be made to increase the urinary secretions and to induce perspiration; carefully applied vapour baths taken in bed may be of assistance, as well as a great number of homœopathic remedies: *Apis* and *Apisinum*, *Apocynum cannabinum*, *Arsenicum*, *Blatta orientalis*, *Chelidonium*, *Coccus cacti*, *Cratægus*, *Digitalis*, *Phosphorus*, *Strophanthus*, full particulars of which can be found in Chapter II under Dropsy, and in Chapter VIII. under Kidney disease. For scrofulous children *Arsenicum iodatum* 6x, *Calcarea carbonica* 6x and *Sulphur* 6x are suitable. Tapping is sometimes necessary to relieve the intense discomfort of the patient.

36. JAUNDICE (*Icterus*) is not an illness in itself, but an attendant symptom of various diseases. Cold, mistakes in diet, mental excitement (especially vexation), chronic gastric trouble, and most diseases of the liver, can cause an obstruction to the flow of bile from the liver to the duodenum; the result is that the colouring matter contained in the bile is transmitted to the blood, causing the skin and all the mucous membranes of the body to turn yellow. In other cases, such as serious blood diseases, debility, blood poisoning, intermittent fever, jaundice is not caused by obstruction to the flow of bile, but by a morbid condition of the blood itself.

The characteristic symptoms of jaundice of which the cause must always be ascertained by careful medical examination, are a yellow tinge, generally showing first in the eyes, then on the face, next on the hands, and finally on the entire body, dark yellow or brown urine, and dirty white stools. The patient complains of want of appetite, aversion to meat, nausea, pressure in the region of the stomach, constipation, violent itching especially at night, giddiness and depression.

Treatment depends on the causes. For ordinary catarrhal jaundice *Mercurius solub.* 4x is the best remedy. *Bryonia* 3x or *Ignatia* 4x are suitable after excitement, and *Nux vomica* 3x or 4x after over-indulgence in alcohol or after taking too many aperient medicines. The diet should consist of sour milk, butter milk, broth, steamed vegetables and stewed fruit. Fatty food is

forbidden. It is essential that the bowels should be relieved every day, assisted either by lukewarm enemas or by drinking Karlsbad water. Fomentations applied to the region of the stomach and liver and renewed every three hours are also beneficial. A good remedy for the unpleasant itching is a warm bath to which a little soda has been added or ablutions with vinegar and water. When the illness is of long duration, *Carduus marian.* 3x, *Natrum cholein.* 3x, *Podophyllum* 2x, *Lycopodium* 6x, *China* 4x, *Myrica cerifera* 3x or 2x are suitable.

37. GALLSTONE COLIC (*Colica hepatica*) is a very violent, sudden and often increasing pain in the region of the liver, which spreads to the right shoulder blade and is attended by great fear and discomfort, which ceases after some time (hours or occasionally days) as suddenly as it commenced. It is caused by the impaction of gallstones in the gall channels and ceases when the gallstones return to the gall bladder or pass into the duodenum.

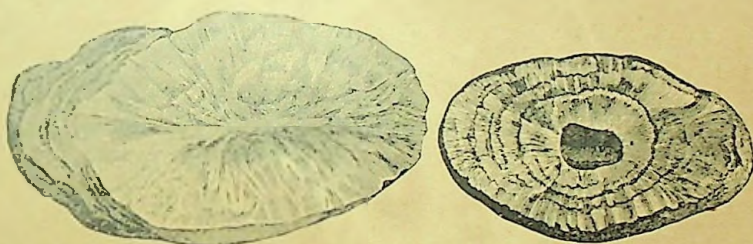


Fig. III. GALLSTONES.

(See figs. III and II2.) The attacks are accompanied by shivering fits and vomiting when the liver is swollen and painful on being touched. Jaundice is often present at the same time. After an attack gallstones are sometimes contained in the evacuations. When the attacks last a long time, inflammation and ulceration of the gall bladder may ensue. There should thus be no delay in summoning a physician. Gallstones (*Cholelithiasis*) are frequently caused by congestion of blood in the portal vein by which the flow of bile is retarded. This may be due, for instance, to too sedentary habits, an over-abundant meat diet and too much alcohol; in women to the foolish habit of tight-lacing. Habitual constipation and tight corsets are the cause that five times more women than men suffer from gallstones.

The treatment of gallstone-colic consists of hot fomentations or hot linseed poultices applied to the region of the liver, and frequent doses of *Belladonna* 3x, or if this does not take a sufficiently speedy effect 5 drops of *Atropin. sulphur.* 4x every 10-15 minutes. Others recommend the alternate use of *Ricinus* 3x and

Belladonna 3x, 5 drops to be taken every ten minutes. Olive oil, too, taken in doses of a dessertspoonful, has by experience produced good results. The effect of oil is partly due to the small quantity of *cholesterin* contained in it, a remedy which acts on gallstones homœopathically. The expulsion of the stones can sometimes be assisted by *Podophyllum* 1x and the secretion of bile by *Natrum choleiucum* 3x. The prevention of the attacks is of the greatest importance. For this the alternate use of *Cholesterin* 6x and *Lycopodium* 6x, as well as *China* 3x, *Carduus marian.* 3x, *Podophyllum* 2x or *Berberis* 3x are suitable. In addition to this a regular action of the bowels assisted by physical exercise, diet and enemas is absolutely necessary. The diet should be light and chiefly vegetarian. Fatty food, alcoholic beverages, cheese, hard eggs, crabs and oysters are forbidden, whereas fruit, soups

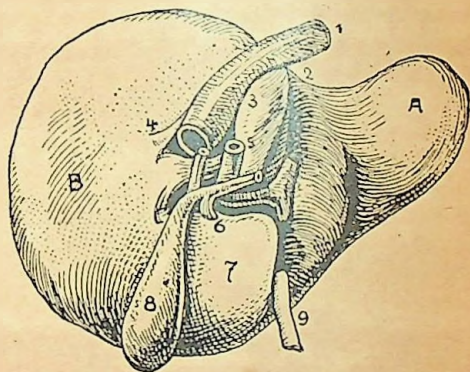


Fig. 112. LIVER WITH GALL-BLADDER.

A. Left lobe of the liver. B. Right lobe of the liver.

1. Lower vena cava. 2. Chief cavity. 3. Tail lobe. 4. Ligament.
5. Portal vein. 6. Gall ducts. 7. Square lobe. 8. Gall bladder. 9. Tail ligament.

milk, butter milk, wholemeal bread, honey, lettuce and spinach are to be recommended. The mineral waters of Karlsbad, Vichy, Neuenahr have proved beneficial in this complaint. Some cases necessitate an operation.

Finally we must mention a popular old remedy, now also recommended by medical men for gallstones, namely the juice of the black radish of which 1-2 dessertspoonfuls should be taken three times a day.

38. ENLARGEMENT OR SWELLING OF THE LIVER AND INFLAMMATION OF THE LIVER (*Hepatitis*) occur in the course of chronic gastric and heart diseases and in persons who have too little exercise and partake of highly seasoned food, strong coffee and particularly of too much alcohol.

The first stages are often characterised by very slight symptoms, the patient complains of pressure and fulness about the liver and stomach and want of appetite which is generally soon followed by obstinate constipation accompanied by gastric derangement and depression of spirits, occasionally by jaundice and pain in the region of the liver. In protracted cases there is emaciation, debility, and finally perhaps even ascites.

The treatment of all liver diseases must be left to the physician. Regular habits and diet are of the utmost importance. Alcohol must be completely avoided. Fat and rich food and coffee are injurious. Fruits, vegetables, sour milk, butter-milk, lean meat and a plentiful supply of fresh water are to be recommended. A regular action of the bowels and the avoidance of all excitement are essential to a cure. Homœopathic remedies efficacious, particularly in the first stages of the disease, are: *Bryonia*, *Ignatia* for mental agitation; *Nux vomica* when over-indulgence in intoxicating drinks is the cause; *Mercurius solubilis*; *Myrica cerifera*, *Lycopodium* for jaundice and constipation; *Natrium choleincicum*, *Podophyllum* to promote the secretion of bile; *Carduus marianus* and *Sulphur* to stimulate the circulation in the abdomen; *Digitalis* for heart affection; *Aurum*, *Berberis*, *Chelidonium*, *Phosphorus*, *Silicea* for serious liver complaints; *Acidum aceticum*, *Apocynum cannabinum*, *Arsenicum*, *Carduus marianus*, *Urea nitrica* for ascites. The higher attenuations are occasionally of use, but in the majority of cases the lower ones are preferable.

39. ABSCESS IN THE LIVER (*Hepatitis suppurativa*) is very common in the tropics and is predisposed to by over-indulgence in intoxicating drinks and gross errors in diet, the real cause being an antecedent dysentery. High fever, rigor, jaundice, violent pain and swelling in the region of the liver are the principal symptoms. Treatment consists of cold compresses followed by hot ones, enemas, a strict diet, *Hepar sulphur.* 4x and later on *Silicea* 6x and aspiration of the pus through a large-sized needle. An open surgical operation may be required to remove the pus; in chronic cases a change of climate is often beneficial.

40. AN ENLARGED SPLEEN occurs chiefly in malaria, sometimes in typhoid and syphilis. The spleen is swollen and enlarged (sometimes attaining a weight of 20 lb.), the patient suffers from shortwindedness, pressure in the abdomen and bleeding of the nose.

Treatment coincides with that of the original disease. In malaria a change of abode and climate is often very beneficial. Of homœopathic remedies acting on the spleen we may mention *Ceanothus americanus*, *China*, *Grindelia robusta* and *Carduus marianus*.

CHAPTER V

DISEASES OF THE NERVOUS SYSTEM

THE nervous system consists of the brain, the spinal cord or marrow and the nerves. These organs or tissues can become diseased singly or in combination. The symptoms are manifold: headache, neuralgic pains, deafness, paralysis, convulsions, etc. It is absolutely necessary to ascertain the cause of these symptoms. In the majority of cases this can only be done by a physician, since he has made an exact study of the structure and the functions of the body. When, for instance, anybody feels a pain, he knows that something is out of order, but what causes this pain and where the disease, to which it is due, is located, is a difficult question to answer. The disease is not necessarily situated in that part of the body in which the pain is felt—a violent pain in the left arm, for instance, being frequently a symptom of heart disease, while pain in the knee is often symptomatic of inflammation of the hip (hip disease), and pain in the legs of spinal disease, the back often being free from pain. Thus we see that it is often very difficult to discover a cause for certain pains. It is exactly the same with the other symptoms occurring in diseases of the nervous system. It is, therefore, advisable to consult a doctor in all prolonged and serious cases, particularly as many diseases of the nervous system can be cured by expert treatment at their first stage, whereas neglected and chronic nervous affections are often incurable.

For all sufferers from diseases of the nerves hygienic habits are of the greatest importance. Plenty of repose, good food, fresh air, avoidance of stimulating or highly seasoned food, and the absence of worry, are indispensable to the recovery of a shattered nervous system.

See remarks on the nutrition and care of the nervous system in Chapter I. of Part II., remarks also of importance for the sick. Although massage, electricity and hydropathic treatment may be successfully applied to various diseases of the nervous system, all violent methods of treatment, which often cause permanent injury to health should be avoided.

I. GIDDINESS (*Vertigo*) is a symptom of various diseases and complaints, such as lack of blood in the brain, congestion of blood in the head, digestive trouble, over-exertion of the eyes, chronic affections of the ears and nicotine poisoning. It may also occur in the first stage of some acute febrile disease.

Treatment is generally that of the actual disease. In attacks of vertigo attended by nausea and a feeling of fear—a common symptom of nervous diseases—the patient should close the eyes, loosen his clothing about the throat and chest and take a few sips of cold water. When the attacks occur frequently, one or other of the following homœopathic remedies should be employed : *Cocculus* 4x when the sensation of giddiness is aggravated by vibration of the brain ; *Tabacum* 6x for unsteady gait, cold

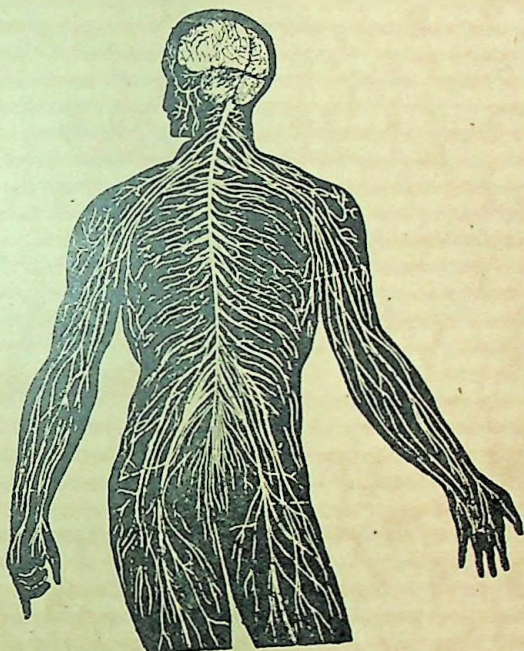


Fig. 113. THE NERVOUS SYSTEM.

perspiration and nausea ; *Arnica* 3x for giddiness after meals or upon rising from a recumbent position ; *Nux vomica* 4x for giddiness after great mental exertion, night nursing and over-indulgence in alcohol ; *China* 2x alternately with *Arnica* 3x for giddiness and buzzing of the ears, occurring during diseases of the ears (Menière's disease) ; and lastly *Calcar. carbon.* 6x in obstinate cases. For all other cases compare remarks on headache, treatment as a rule being identical.

2. HEADACHE (*Cephalalgia*), a common complaint, is not a disease in itself, but always the symptom of a disease. As most febrile diseases, such as influenza, pneumonia, etc., are accompanied

by headache, treatment must be that of the causative illness. Cold compresses on the forehead or head, or a bladder of cold water applied to the back of the head, may give relief. Headache may also be a symptom of many chronic diseases. Other causes are digestive and gastric trouble, constipation, over-indulgence in alcohol. For such cases *Nux vomica* 4x-6x, a splendid homœopathic remedy, is often beneficial.

Neuralgic headache frequently caused by cold is generally located in the scalp and is aggravated by moving about or even by touching the head. The best remedies for this are rest and warmth, and the administration of *Aconitum* 3x, *Rhus tox.* 3x, *Causticum* 3x or *Mercur. solub.* 4x. (When employing these remedies and many others mentioned in the following pages, the characteristics given in Chapter VII. of Part I. should always be compared.) In venereal disease the pain in the head is at its worst at night; in tuberculosis of the cerebral membrane (tuberculous meningitis, the pain is continuous, whereas pain located in the forehead is often caused by inflammation of the nasal or frontal cavities.

All these cases can only be treated correctly by a physician after careful examination. In badly stopped teeth the mercury-amalgam may cause excruciating pain in the head, which ceases when the tooth is extracted. As a general rule we differentiate headache caused by congestion of blood, headache caused by anæmia, and nervous headache.

Headache caused by congestion is characterised by redness and puffiness of the face and the throbbing of the arteries of the head and neck. The pain is aggravated by stooping and is often attended by giddiness, a fluttering sensation before the eyes, and buzzing of the ears. The best remedy for such cases is *Belladonna* 3x, or *Glonoinum* 6x or 5x, when the patient is very sensitive to light and noise and feels as if his head had grown larger. Removal of tight-fitting garments, collars, corsets, and belts, the application of cold compresses to the head, and hot foot baths will also give relief. For those who suffer from chronic congestion of the head, a frequent complaint of persons of sedentary habits who suffer from constipation and piles, *Iodium* 4x-6x is often suitable. A change of habits, plenty of physical exercise, cultivation of warm feet by alternate hot and cold footbaths, and a diet consisting chiefly of fruit and vegetables and few stimulants being also essential factors of the cure.

The symptoms of headache caused by anæmia are totally different. The face is pale, the pulse weak, hands and feet are cold. The pain is relieved by lying down. This kind of headache attacks people with pale lips and gums and thin transparent skins, chiefly anæmic girls and women, young and underfed brain workers such as students, business men, etc. Brain workers have a feeling of pressure on the forehead, aggravated by reading and studying

and relieved by fresh air. The remedies for this sort of headache are *China* 3x, *Ferrum phosphor.* 6x, *Calcar. phosphor.* 6x or *Anacardium* 6x (this pain is aggravated by moving about, disappears during meals and returns afterwards, and is especially found in young people who have to work hard mentally), in addition to which one should try to improve the state of the blood by light blood-forming nourishment, rest and fresh air.

Nervous sick headache, also called *Migraine (Hemicrania)*, chiefly attacks women, although neurasthenic men may also suffer from it. The attack appears periodically, sometimes every fortnight, and lasts as a rule from six to twenty-four hours. It is sometimes preceded by a feeling of malaise, buzzing in the ears and giddiness. There is throbbing boring pain generally limited to one side of the head, accompanied by nausea, vomiting and great sensitiveness to light and noise. The causes of this complaint, the bane of many a woman's life, are chiefly digestive derangements, constipation, abdominal diseases, and an excess of meat and eggs. It may, however, be hereditary. During the attack the patient will find relief by lying down in a quiet room in a subdued light. Those who are frequently attacked by this kind of headache should drink a glass of hot water slowly every morning on getting up, walking about continuously while drinking. The habitual use of *Aspirin* and similar remedies is a mistake, though they may give immediate relief and be necessary in some cases. Their continuous use affects the nervous system and renders it increasingly susceptible to the attacks. A family remedy, which is often beneficial, is a cup of strong coffee to which a little lemon-juice has been added. Homœopathic remedies which may be tried are: *Belladonna* 4x, *Nux vomica* 4x, *Arsenicum* 6x, *Gelsemium* 6x, *Ignatia* 6x, *Spigelia* 6x. To prevent the recurrence of the attacks, regular habits must be adopted, a suitable diet adhered to, tea and coffee being completely abandoned, and meat and eggs taken in moderation, the regular actions of the bowels attended to and all excitement avoided as much as possible. Suitable homœopathic remedies often have miraculous effects. For some women the alternate use of *Calcarea carbonica* 6x and *Sepia* 6x (as much as the point of a knife will hold) is often efficacious. *Sanguinaria* 3x, 4x or 6x is frequently suited to young married women suffering from sick headache before and after profuse menstruation. *Nux vomica* 3x or 4x is suitable for sufferers from constipation or piles and when the pain in the head begins in bed early in the morning or sometimes during the night. *Iris versicolor* 6x is characterised by the vomiting of bile and contracting pains all over the head, *Platina muriatica* 6x by derangement of the sexual functions, *Melilotus* 6x by bleeding of the nose, which relieves the headache. Although this treatment does not always succeed in curing

sick-headache completely, it can prevent over-frequent recurrence of the attacks and greatly relieve them.

3. NERVOUS DEBILITY, great fatigue attended by pain in the limbs, is a symptom of febrile and nervous complaints, of anaemia, continuous insomnia, over-exertion of mind and body, worry and mental agitation. This feeling of weakness may be caused by actual physical weakness, by malnutrition of the blood for instance, but may also be a sign of functional derangement of the brain or the nerves. In anæmic cases treatment is that of anaemia: in the other cases it is that of Neurasthenia. In many cases a simple family remedy does good service: this consists of rubbing the back with a sponge dipped in hot water and vinegar for five minutes every evening before going to bed.

4. MENTAL DELUSIONS OF HALLUCINATIONS are false mental impressions. The patient sees fiery lines, sparks, persons who are not present, hears sounds and words which are not spoken, and has a sensation of creeping ants and imagines his food to have a poisonous taste. This is not mere imagination, as the patient perceives these sensations as clearly as the sane man perceives realities. When these hallucinations recur frequently, they are generally the first symptom of mental derangement and lead to so-called "fixed ideas" and insanity.

5. By DELIRIUM OF LIGHT-HEADEDNESS we mean a condition of mental confusion, occurring frequently during high fever in various illnesses, such as typhoid fever for instance. The patient talks incoherently, does not recognise those about him, and makes all kinds of movements attributable to false impressions; when very delirious in cases of high fever, he screams and tries to jump out of bed. A patient in this state should always be medically treated. Cold compresses applied to the head and doses of *Belladonna* 3x may sometimes soothe the patient. A special kind of delirium is Delirium Tremens to which drunkards are subject. The patient is in a terrible state of excitement and alarm, trembles all over, screams, rages and fancies he sees mice, snakes, spiders, etc. In a few days he may pass into a quiet sound sleep and awake convalescent; recurrence may, by causing apoplexy, pneumonia or paralysis of the lungs, often prove fatal. Sufferers from delirium tremens should be taken to hospital as soon as possible. Force should not be used, as this only increases the agitation of the patient. Hot baths and wet packs applied to the entire body are to be recommended.

Homœopathic remedies, sometimes producing good results are: *Arsenicum* 5x, *Belladonna* 4x, *Cannabis indica* 3x, *Hyoscyamus* 4x, *Stramonium* 4x.

6. **SOMNOLENCE** (*Somnolentia, Sopor*) may occur in the course of various cerebral diseases, injury to the skull and during blood poisoning. This condition which is characterised by an unnatural and very long sleep may be distinguished from a swoon or trance by the undisturbed and clearly perceivable action of the heart and lungs and from apoplexy by the absence of paralysis of the muscles. It is a complaint to which the aged are frequently liable, as it is often caused by commencing calcification of the cerebral blood vessels. By drinking buttermilk which contains the calcium salts of the blood in a dissolved state, calcifications of the arteries can be delayed to a certain extent. A remedy, which by "the doctrine of similars" is suitable for the treatment of somnolence is *Opium* 3x or higher attenuations and is often useful in the above-mentioned diseases. A common disease in the tropics, especially in Central Africa, is the so-called sleeping sickness (*trypanosomiasis*), an infective disease caused by the sting of a fly by which a parasite called the trypanosoma enters the human blood and causes fever, swelling of the spleen, swelling of the feet, and the somnolence to which the disease owes its name. The best treatment at present is that with injections of *Germanin* (Bayer 205), while hot baths and *Arsenicum* taken internally are also recommended.

7. **INSOMNIA** (*Agrypnia*) is due to continuous mental agitation which prevents the brain from resting. It is frequently an attendant symptom of febrile diseases, congestion of the brain, anæmia and neurasthenia, but may also be caused by overloading the stomach, especially at night, over-indulgence in coffee, tea and tobacco, excessive mental exertion, late hours, worry, excitement or dissipation. When the complaint becomes chronic, body and mind suffer, the patient loses flesh and in consequence of nervous exhaustion is totally unfit for any exertion whatsoever. It is of the utmost importance when treating this complaint to ascertain the cause, as it may then in many cases easily be cured. Regular habits must be adopted and injurious influences avoided as far as possible. Never go to bed with cold feet or a full stomach. Avoid indigestible food, coffee, tea and wine before going to bed—a glass of sugar-water or warm milk on the other hand is beneficial. Fatiguing physical exercise, gymnastics, for instance, cold ablutions and baths, should not be indulged in at night; but an air bath in the room or a hot footbath or a warm bath or a wet compress applied to the stomach and abdomen is often beneficial. Acquire the habit of retiring at the same hour every evening, habit playing an important part in such cases. Take as few allopathic sleeping draughts as possible, as these are only temporarily efficacious and will aggravate the trouble if taken repeatedly. Homœopathic remedies are often

very efficacious. When sleeplessness is caused by an overloaded stomach, *Pulsatilla* 3x is beneficial, but the bowels should then be relieved by an enema. For sleeplessness consequent on over-indulgence in coffee, and tobacco *Nux vomica* 4x or *China* 3x is suitable. After mental agitation *Aconitum* 6x, *Ignatia* 3x, *Coffea* 4x or 6x; after fright *Opium* 6x; for great feeling of alarm *Arsenicum* 6x; after excessive mental-exertion *Coffea* 4x or 6x, *Cocculus* 6x, tincture of *Avena sativa* (10 drops taken in water three times a day); for children *Chamomilla* 6x, *Coffea* 4x, *Cypripedium* 3x; for the aged *Opium* 6x, *Conium* 3x; during pregnancy *Hyoscyamus* 4x, *Pulsatilla* 4x, *Coffea* 4x.

In nervous insomnia we have seen good results produced by taking *Zinc. valer.* 3x (as much as the point of a knife will hold) in a little sugar water before retiring, the doses being repeated if necessary once or twice during the night.

8. NIGHTMARE is an alarming dream in which the sleeper has the sensation of a heavy weight on the body which threatens to suffocate him. He makes violent efforts to get rid of this load but is unable to move, and awakes after a time in a state of palpitation and perspiration, feeling as if he had been rescued from great peril. Sufferers from this complaint should not overload the stomach before retiring, should see that the bowels act regularly, should not lie on their back when going to sleep, and should take a small dry dose (as much as the point of a knife will hold) of *Carbo veget.* 6x, *Lycopod.* 6x or *Sulphur* 6x before going to bed.

9. SLEEP-WALKING or SOMNAMBULISM is a state in which a person commits certain actions in his sleep with his eyes closed or open, of which he knows nothing after awakening, and which he is otherwise only able to perform when fully conscious. Nervous children and young people are frequently the victims of this complaint, which sometimes attacks them at stated times especially when the moon shines on to the sleeper. Somnambulists must not be suddenly aroused or startled when they are in perilous positions. Treatment is that of neurasthenia.

10. CONCUSSION OF THE BRAIN (*Commotio cerebri*) is caused by a fall or a blow or other injury to the head and is characterised by sudden loss of consciousness, deathly pallor and vomiting. After consciousness has returned, the patient will as a rule suffer from giddiness, buzzing of the ears and headache for some time to come. Concussion may be complicated by inflammation; when blood has been extravasated to the brain there is only slight chance of recovery. Pending the arrival of the physician, who should be summoned as soon as possible, treatment should consist in putting the patient to bed in a quiet room, applying to the head

cold compresses made with cold water and tincture of *Arnica* (1 teaspoonful to 1 pint), and giving doses of *Arnica* 2x (5 drops in a little water) every quarter of an hour at the beginning and every two hours later on. Should the patient become restless and feverish and his face hot, *Aconitum* 3x and *Belladonna* 3x may prove necessary. When the patient is out of danger, all mental and physical exertion should for some time be forbidden, and a plain light diet devoid of all stimulants or alcohol adhered to.

11. APOPLEXY, STROKE or APOPLECTIC FIT (*Apoplexia*). In cases of sudden death without previous disease, or when a person loses consciousness and the power of moving one side of the body, we say he has had a "stroke." The cause of this disease is the giving way of some smaller or perhaps larger blood vessel in the head which causes an escape of blood into the brain. In sufferers from occlusion of the arteries, in the aged, in those who have rapidly grown stout, and in sufferers from heart and kidney disease, a stroke may be caused by unaccustomed or extraordinary exertion, violent agitation or a rush of blood to the head. Premonitory symptoms may be giddiness, buzzing in the ears, unsteady gait, forgetfulness and apathy: the actual attack comes on suddenly and unexpectedly. The patient loses consciousness, falls to the ground, his breathing is laboured and stertorous, the face of a bluish red hue, the eyes are rigid, the pupils enlarged, the pulse is slow, the mouth crooked and distorted, the limbs of one side of the body are limp, urine and stools are passed involuntarily. When unconsciousness lasts longer than two days and the pupils remain unchanged, the patient's condition is very serious.

Return of consciousness is the first sign of recovery. The patient recovers gradually, and regains the control of his limbs and speech. Recovery, however, is often incomplete, speech remaining impaired and limbs paralysed. There is always danger of a recurrence of an apoplectic fit. First aid, pending the arrival of the physician, consists of raising the patient, putting him to bed, removing tight clothing, placing him on his back with the head raised. Five drops of *Arnica* 2x should be administered every quarter of an hour and when necessary—that is, when the face is red and puffy—alternately with *Belladonna* 3x. An icebag filled with cold water should be placed on the head and a hot water bottle wrapped in a cloth at the feet. That is all the layman can do in such cases. The physician occasionally bleeds the patient or applies leeches to a spot behind the ear or prescribes some other remedy; later on, when the patient's condition has improved, the paralysed parts may be electrically treated. To those for whom medical aid is not available we recommend: *Opium* 3x or 6x, for somnolence and stertorous breathing; *Baryta carbonica* 6x, for the aged; *Nux vomica* 3x, for those with sedentary

habits and after over-indulgence in alcohol; *Phosphorus* 6x, for those suffering from Emphysema; *Zincum cyanatum* 4x, for convulsions; coffee, for cardiac debility and weak pulse; for paralysis *Rhus tox.* 4x, *Cauticum* 6x, *Plumbum* 8x and rubbing the limbs with diluted tincture of *Rhus*, massage, medical gymnastics and electricity. Precautionary measures to prevent the recurrence of an apoplectic fit are of the utmost importance, also for those who are predisposed to this disease, especially for the aged with brittle blood vessels, and for persons who have rapidly grown stout between the ages of 40 and 60. They must avoid everything causing congestion of blood to the head, chiefly tight collars etc., prolonged sedentary occupation, reading or studying, much stooping, rapid walking, a long sleep after dinner and a low position of the head. They should see that the bowels act regularly and keep to a diet containing plenty of vegetables, fruit and buttermilk, but no coffee or alcohol, take a daily walk and always keep the feet warm. Should the premonitory symptoms mentioned above appear, it is advisable to consult a physician.

12. MENINGITIS OR INFLAMMATION OF THE MEMBRANES OF THE BRAIN is an extremely dangerous disease consisting of a purulent or tuberculous inflammation of the cerebral membranes. It can be excited by concussion of the brain, sunstroke, cold and a thorough wetting, or directly communicated by neglected inflammation of the middle ear (*otitis media*). Meningitis of a tuberculous nature occurs in connection with tuberculous disease of the lungs or bones and is specially to be feared in children (see Chap. XI). In recent years there have been frequent epidemics of a special form of meningitis, called Cerebro-spinal meningitis, of which children and young people are the chief victims. It is characterised by great pain and stiffness of the neck as well as by the other symptoms of meningitis. At the beginning of the disease the symptoms are: high fever, violent headache and rapid pulse, great sensitiveness to light, to noise and to touch, contraction of the pupils, vomiting, restlessness, sleeplessness, bending back of the head, trembling and convulsions. From this condition which is due to cerebral irritation the patient in a few days passes into a state of unconsciousness, somnolence, and partial muscular paralysis. The pulse becomes slower and the pupils are dilated. Vomiting and constipation generally continue until the end, death as a rule occurring in the second or third week. Unfavourable premonitory symptoms are unequal pupils and stertorous breathing. Favourable signs of an approaching recovery are: warm perspiration, refreshing sleep, return of consciousness. The after effects of the disease may be weakness of memory, deafness or paralysis, but in some cases recovery is complete. Treatment must of course be left to the physician.

When, however, medical aid is not immediately available or not to be obtained at all, the patient must be kept absolutely quiet in a dark room on a fever diet and be given a vapour bath in bed (see page 132). Cold compresses on the head or an ice bag filled with cold water applied to the back of the head are to be recommended. A few doses of *Aconite* 3x in the first stage are beneficial. As soon however as there are signs of cerebral irritation 5 drops of *Belladonna* 3x and of *Apis* 3x in water should be given alternately every hour. This treatment sometimes succeeds in

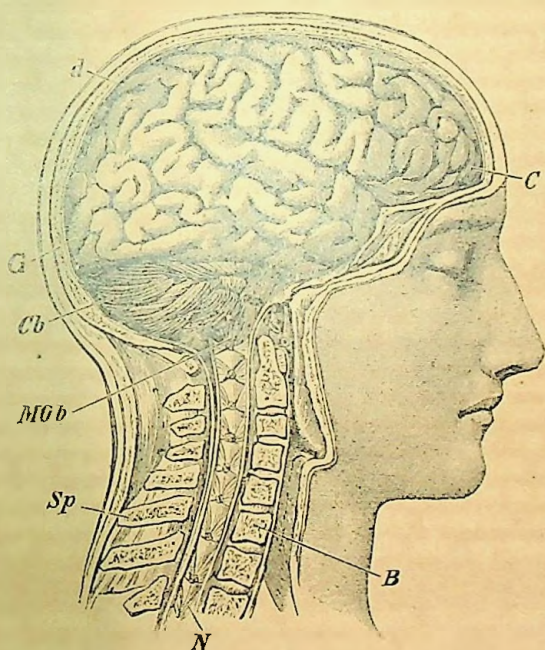


Fig. 114. THE BRAIN.

C. Convolutions of the cerebrum. *d.* Cerebral membranes. *G.* Cranium. *Cb.* Cerebellum. *Mob.* Medulla oblongata. *Sp.* Spinal process of the cervical vertebra. *B.* Vertebra. *N.* Nerve trunks.

checking the progress of the disease, thus preventing paralysis. When this stage is nevertheless reached, *Zincum cyanatum* 4x, (as much as the point of a knife will hold) should be given every two hours for some time. The action of the bowels should be regulated by lukewarm enemas. At this stage the diet should be more nourishing; white of egg, beef-tea with egg, plenty of milk. When food cannot be taken through the mouth on account of

paralysis of the pharynx or violent vomiting, the patient's strength must be maintained as long as possible by artificial feeding (see page 122). Other remedies which may be given between the stages are: *Bryonia* 3x for intestinal paralysis; *Hyoscyamus* 6x, *Stramonium* 6x for delirium; *Opium* 6x for sighing breathing; *Pulsatilla* 3x when the malady is connected with a disease of the ears.

For cerebro-spinal meningitis, the same remedies are suitable, especially *Belladonna* in low attenuations, also *Argent. nitr.* 3x or 4x for neglected cases, and *Natrum nitricum* 2x for cases occurring in connection with an influenza epidemic. Recent treatment consists of tapping the cerebro-spinal fluid in the lumbar region. Good results are also said to be obtained by regular baths, the heat of the water rising from 98.5-102°F., the patient remaining 10 minutes in the bath, which should be taken as often as twice a day. This treatment which aims at lowering the blood pressure in the brain relieves the pain and causes a return to consciousness. It is essential that everything involving mental exertion should be withheld from convalescents, who should be kept very quiet and spoken to as little as possible.

13. SOFTENING OF THE BRAIN may be due to repeated extravasations of blood in the brain, in congestion or obstruction of the cerebral vessels, or to abscesses of the brain. This disease which is unfortunately incurable may last from three to six years and occurs chiefly in elderly men; it causes paralysis, defective speech, loss of memory and feeble-mindedness. The preventive measures applying to apoplexy should be adopted. By the use of homœopathic remedies, such as *Arnica*, *Belladonna*, *Phosphorus*, *Zincum phosphoricum* and the application of the galvanic battery, the discomfort of the patient can be greatly relieved.

14. TUMOURS ON THE BRAIN (*Tumor cerebri*) come on slowly and insidiously. They occur as manifestations of syphilis, tuberculosis and cancer. The symptoms are violent continuous headache, giddiness, nausea, vomiting and unsteady gait. If the tumour does not grow, the patient can live for years. An operation may sometimes be of use. *Arnica* 3x, *Phosphorus* 6x and *Kali iodatum* 1x may be tried.

15. EMOTION OR EXCITEMENT may have injurious effects on the general health, especially when of a violent nature and of long duration. Continuous worry and grief can undermine the strongest constitution. A great fright and unexpected joy may even cause death, especially in sufferers from heart disease. In cases of violent agitation a walk in the fresh air or a warm bath may sooth the agitated nerves. The injurious effects of a great

fright may often be remedied by a few doses of *Opium* 4x or 6x, of excitement and restlessness by *Aconitum* 4x, of anger and vexation by *Bryonia* 3x and *Chamom.* 3x, of continuous fear by *Arsenicum* 6x, of grief and worry by *Ignat.* 6x.

16. MENTAL DISORDER AND INSANITY are extremely common diseases of the present day. Statistics show that in civilised countries one person in 500 is insane. The causes of this terrible disease are various : Continuous mental agitation, nervous exhaustion, over-exertion of body and mind in the increasingly hard struggle for life, dissipation of all kinds. Heredity, too, plays a great part. Marriage among relations or among persons of exclusively aristocratic classes produces offspring particularly liable to this disease.

The most common forms of mental disease are Melancholia, characterised by great depression of spirits ; Insanity, in which the patient often suffers from an abnormally lively but perverted imagination ; Monomania or fixed ideas, persecution mania for instance ; Mania in which the patient becomes violent ; and Idiocy or Feeble-mindedness, in which the intellect remains in an undeveloped state.

As the study of insanity is extremely difficult and requires great knowledge and experience, its discussion in detail would be out of place here. If the premonitory symptoms are perceived in time, suitable treatment may often prevent the outbreak of the disease. These symptoms frequently consist of depression, alteration in disposition, desire for solitude. One patient may be quiet and patient, another excited and dangerous to himself and others. After the actual outbreak of the disease the patient should be removed to an asylum, a complete removal from accustomed surroundings frequently having a beneficial influence on the patient's mind. It is well known that Hahnemann was one of the first to recommend gentle treatment of the insane and to reject violent methods. This opinion has to-day become general. Strong narcotic drugs, however, are still in common use. That treatment is possible without these has been proved by the good results obtained from the exclusive homœopathic treatment applied in some lunatic asylums of the United States, of which we have already spoken on page 24. Great improvement and even complete cures may be obtained in cases which have not become chronic by the use of the following remedies of which we shall mention the chief indications :—

Aconitum for great restlessness, the patient tosses about and has a feeling of approaching death, prophesies the hour of his death.

Arsenicum, great alarm and despair, thoughts of suicide, dislike of being left alone, has visions and sees dreadful apparitions.

Aurum, melancholia, is easily moved to tears, religious mania, suicidal tendency, excited when contradicted, religious mania, timid disposition, weak memory.

Baryta carbonica, distrusts everybody, inconsiderate to everybody, has fixed ideas.

Belladonna, great excitement, screams, raves, jumps out of bed, hits and bites, has convulsions, face is of a dark red colour, and the pulse throbs.

Cantharis, unnaturally increased sexual desire, satyriasis.

Calcarea carbonica, feeble-mindedness and idiocy.

Coffea, unnaturally high spirits, lively imagination, vivid dreams.

Helleborus, great melancholia with feeling of alarm and despair, does not speak at all, appears to be blind and deaf and quite devoid of feeling.

Hyoscyamus, the patient is delirious, has visions and thinks he is being persecuted, chatters continually with constant change of subject.

Ignatia, apathy, indifference, appetite is generally good especially suitable after worry and grief.

Kali phosphoricum, nervous exhaustion, extreme weakness.

Opium, hallucinations, visions of fiery lines and figures, hear strange sounds, everything appears larger than normal, somnolent.

Platina, sensuality, monomania, megalomania, pride, high spirits, especially suitable for women.

Pulsatilla, timidity, weeping, gentle yielding disposition, remedy for women.

Sepia, want of feeling, thoughtlessness, spitefulness, disinclination to being alone, but dislike of those around him, often suitable for women.

Stramonium, violent delirium, dreadful hallucinations, vision of spirits and demons, laughs, sings and prays aloud.

Sulphur, mad ideas, restlessness, apathy, scrofulous symptoms.

Veratrum, rages, screams, curses, runs about, sheds his garment, cold sweat on the forehead.

Zincum phosphoricum, melancholia, weakness of memory and intellect, insensibility to pain, drowsiness, chronic cerebral disease.

17. **BACKACHE**, occurs in the course of a great variety of diseases. Firstly, many acute maladies, as for instance influenza, are attended by violent backache; the treatment is that of the primary disease. Secondly, women frequently suffer from backache due either to weakness of the muscles of the back, favoured by a wrong mode of clothing (tight corsets) and habits (too much sitting), or to the incorrect position of the sexual organs. Treatment in such cases consists partly of strengthening the muscles of the back by cold ablutions, rubbing the back with equal

parts of alcohol and tincture of pine, sensible clothing, physical exercise, and local remedies. Thirdly, backache may be caused by rheumatism, constipation, piles, dissipation or masturbation. Lastly it may be an attendant symptom of kidney disease, pleurisy or spinal disease. For rheumatic backache rubbing the back with tincture of *Rhus* and olive oil (1 part to 4), massage, electricity and internal administration of *Bryonia* 3x, *Ledum pal.* 3x, or *Rhus tox.* 3x are beneficial.

Sufferers from piles should try *Nux vomica* 3x and *Sulphur* 6x in alternation, regulate their diet and see that the bowels act regularly. For backache connected with the genital organs short sitz-baths taken early in the morning are beneficial. When backache is continuous and not relieved soon by the above-mentioned remedies, the cause of the complaint should without delay be ascertained by a physician, this often being of greater consequence than is supposed.

18. SPINAL DISEASES are on the whole not very common. The symptoms are of various kinds e.g., derangement of the muscular functions, paralysis, sensation of cold, pain, disorder of the digestive system, the bladder, the genital organs, the lungs and the heart; this may be easily understood when one considers that the spinal nerves extend over the entire system. Great progress has been made in the last thirty years in the study of the various spinal complaints and there is more prospect of successful treatment than formerly. Medical gymnastics, physical exercise, hydropathic treatment and electricity produce comparatively good results in chronic spinal diseases. Many cases however are incurable; for when the spinal cord is diseased no treatment can restore it. When a patient has symptoms pointing to an affection of the spinal cord a physician should be consulted as soon as possible, only an expert being able in these difficult cases to give a correct diagnosis, on which treatment so greatly depends. When the spine its injured by a fall or blow, lay the patient on his stomach and apply cold water compresses to his back, renewing them every ten minutes and giving 5 drops of *Arnica* 2x every hour.

For spinal concussion (*Commotio spinalis*), which occurs rather frequently among railway officials and those similarly employed and which is characterised by pain in the back, numbness of the fingers and toes, unsteady walk and a feeling of fatigue, the alternate use of *Arnica* 2x and *Hypericum* 3x and rubbing the back with diluted tincture of *Arnica* are often beneficial. For spinal irritation, a complaint to which nervous and dissipated people, brain workers and sufferers from abdominal trouble, are frequently liable (the patient complains of pain in the spine, a feeling of weakness when walking and numbness of the hands and feet), *Arnica* 3x and *Rhus tox* 6x, cold ablutions of the back, and electric

treatment are of use, in addition to which regular habits must of course be adopted. Sufferers from spinal inflammation (*myelitis*), which may or may not be attended by fever, and of which the symptoms are pain, hypersensitiveness or insensibility of the skin, paralysis of certain groups of muscles and functional disorder of various organs, the patient must be kept in bed, take light nourishment, and when necessary undergo mild hydropathic and electric treatment or a course of medical gymnastics. Suitable homœopathic remedies are: for fever and pain when the patient is first taken ill, *Aconitum* 3x and *Belladonna* 3x; for paralysis, *Rhus tox.* 3x, *Causticum* 3x, *Argent. nitr.* 4x; when syphilis is the cause, *Mercur. solub.* 3x or 4x, *Mag. phosph.* 4x and *Kali iod.*

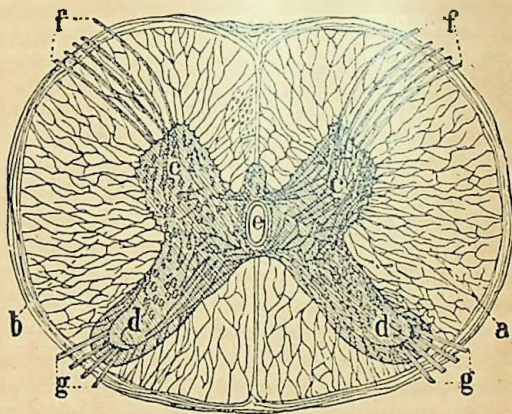


Fig. 115. TRANSVERSE SECTION OF THE SPINAL CORD.

a. and *b.* White spinal substance. *c.* Anterior horns. *d.* Posterior horns of the grey spinal substance. *e.* Central canal of spinal cord. *f.* Motor nerves. *g.* Sensory nerves.

3x or 1x. In chronic cases a high attenuation of *Sulphur* should be given from time to time.

Finally Locomotor Ataxy (*Tabes dorsalis*) is probably the most common spinal disease, occurring chiefly in men between the thirtieth and fiftieth year. It consists of gradual and progressive deterioration of the posterior part of the spinal cord and may be excited by dissipation, excessive physical exertion, such as forced marches and severe cold. The real cause is most often Syphilis. The disease as a rule starts with severe pain in the legs, generally mistaken for rheumatism. This stage is followed by a feeling as if the abdomen were tightly bandaged, difficult urination, and impotence. The most conspicuous symptoms which even to the eye of the unprofessional suggest some severe spinal trouble are the unsteady gait and the

uncontrolled movement of the legs. In addition the patient often suffers from violent pain in the stomach, paralysis, decline of visual power, the final state presenting a sad picture of helplessness. This is not always the case, however, it sometimes being possible to check the progress of the disease or at least to ameliorate it perceptibly by proper treatment. When venereal disease is the cause, the remedies mentioned for Myelitis are suitable. After severe cold *Aconitum* 3x, *Rhus tox.* 4x, *Nux vomica* 3x; after excessive physical exertion *Arnica* 2x and *China* 3x; after suppression of sweating of the feet *Silicea* 6x. In many cases *Alumin. met.* 6x is of use, especially when taken continuously. *Argent. nitr.* 4x, *Acid. picric.* 6x, *Phosphorus* 6x, *Secale corn.* 3x can also be tried. Sufferers from this disease must rest a great deal, dress warmly and avoid any kind of excitement and exertion. A protracted stay at some health resort such as Gastein or Nauheim may cause a marked improvement. Cold ablutions, warm baths followed by cold spongings, galvanisation and medical gymnastics may also occasionally produce good results.

19. NEURALGIA is pain in a nerve or its branches without visible evidence of disease or inflammation. Whereas ordinary rheumatic pains can be borne with more or less patience, prolonged or frequent attacks of neuralgia can drive the most patient person mad. The causes of neuralgia are cold, injury, irregular habits, or over-exertion of body and mind: it can also be an attendant symptom of acute and chronic diseases, such as influenza, intermittent fever, rheumatism, typhoid fever or diabetes. The pain is darting, burning and stabbing, occurring and recurring suddenly or at regular intervals, or going on persistently. It extends over the whole of the affected nerve, and may be located in the head, chest, arms and legs,



Fig. 116.

MEDULLA AND SPINAL CORD (from the front).

- a. Medulla oblongata.
- b. Spinal marrow.
- c. Spinal nerves.

as well as in the internal organs, for instance in the stomach and in the genital organs of women.

Treatment depends on the cause. The application of warmth is good for the majority of cases, and occasionally even wet compresses. The galvanic current and faradisation and massage combined with vibration often produce good results, especially in chronic cases. The Swiss physician, Dr. Naegeli, has introduced various kinds of manipulation by which violent neuralgic pains may sometimes be relieved on the spot in a most surprising manner. Homœopathic remedies are very useful and can often affect a speedy and permanent cure. Higher attenuations are often preferable to lower ones. *Aconitum* and *Rhus tox.* are suitable after cold; *Arnica* after wounds and injury; *Arsenicum* and *Chininum arsenicosum* for periodic attacks, especially for those occurring during the night; *Belladonna* for throbbing pain aggravated by pressure and friction; *Bryonia* for stabbing pain ameliorated by rest and aggravated by exercise; *Cannabis* and *Cantharis* for neuralgia of the urinary tract; *Conium* for neuralgic pains in the female breasts; *Magnesia phosphorica* when the pain is relieved by warmth and pressure; *Mezereum* for pain in the ribs; *Pulsatilla* for women and children, when the pain increases in the evening; *Rhus tox.* for pain becoming worse on first moving the affected part, but better by continuous movement; *Stannum* for pain increasing gradually until it reaches a climax and then gradually decreasing; *Silicea* and *Sulphur* for cases of long standing.

20. FACE-ACHE (*Tic douloureux, prosopalgia*) must not be mistaken for nervous sick headache, being neuralgia of three divisions of the facial nerve (*trifacial neuralgia*) caused by local inflammation, cold and rheumatism, or over exertion of the eyes. In all obstinate cases, therefore, the cause should be ascertained by careful examination. The pain, which is generally situated in one side only, may sometimes be very violent and of a darting nature and extend along the various branches of the aforementioned nerve and spread to the eyes, cheeks, ears, nose or lips. By pressure with the finger the most painful spot of the nerve may generally be detected. The pain is occasionally attended by spasms in the masticatory muscles; it is aggravated by talking and masticating and generally relieved by application of warmth. In treating this complaint, the cause (a hollow tooth, for instance) should, if possible, be removed, the diet regulated, and coffee, tea and alcoholic beverages avoided. We have found the following remedies to be most efficacious:

Arsenicum 6x or higher attenuations and *Chinin. arsen.* 6x for burning pains recurring at regular intervals, increasing in the evening and in bed, attended by general restlessness and fear;

Nux vomica 4x or higher attenuations for pains beginning in bed early in the morning and ceasing in the course of the day; *Spigelia* 3x or higher attenuations for pains in the left side of the face, especially when it affects the eyes; *Aconitum* 4x after colds; *Belladonna* 4x for redness and puffiness of the face, watering of the eyes, and pain confined chiefly to the right side of the face; *Magnes. phosphor.* 6x when the pain is relieved by pressure and warmth; *Stannum* 6x for gradually increasing and decreasing pain. Dr. Gallaverdin recommends the alternate use of *China* and *Thuja*, by which he is said to have cured hundreds of cases. In cases of long standing *Thuja*, *Silicea* and *Sulphur* in higher attenuations may be tried; also *Kali iodatum* 2x for neuralgia due to gout or syphilis.

Surprisingly good results can also be obtained by the application of weak electric currents. We advise all sufferers from neuralgia to see that the feet are always warm, and to take an alternate hot and cold foot-bath from time to time.

21. SCIATICA is neuralgia of the sciatic nerve extending down the back of the thigh and sometimes down the whole leg. In serious cases this is generally attended by an inflammation of the nerve tending to prolong the complaint. The chief causes are catching cold by sitting on cold or damp ground, over-exertion from long walking tours etc., chronic constipation, and pressure on the nerves by internal tumours.

In treating this disease, we have found the following remedies most efficacious: *Colocynthis* 4x or 3x for violent pain in the evening and during the night; (it is advisable to take the remedy every two hours during the day and every ten minutes during one hour in the evening); *Aconitum* 3x and *Rhus tox.* 6x after catching cold and getting wet through; *Arsenicum* 6x for burning pain recurring at regular intervals; *Arnica* 3x after too much exertion; *Hepar sulph.* 6x when the pain is relieved by uncovering the leg; *Pulsatilla* 6x when the pain is accompanied by shivering fits; *Magnesia phos.* 6x when the pain is relieved by warmth. When the pain is intense at the beginning of the disease, the patient should be kept in bed for a few days and hot compresses applied to the affected leg. In chronic cases the higher attenuations of *Sulphur* may be of use; we have also seen good results produced by electric treatment, both by the galvanic current and by faradisation. A flannel bandage dusted with *Sulphur* powder on the inner side applied to the affected limb may also be beneficial. Violent pain in the feet may be caused by flatfootedness or neuralgia of the nerves of the feet. When the former is the reason, an arch supporter should be worn in the shoes, whereas in the latter case turpentine compresses (2 teaspoonfuls of oil of turpentine and one quarter pint of alcohol to one pint of water),

and the above-mentioned homœopathic remedies are to be recommended.

22. **INSENSIBILITY OF THE NERVES** (*Anæsthesia*) is not a disease in itself, but may be an attendant symptom of various brain, spine and nerve diseases. Numbness, itching, pins and needles in the hands and feet, cause a certain amount of discomfort to the patient. When there is total cessation of feeling, pinpricks and burns are no longer felt. In slight cases rubbing the affected part with *Spirits of Camphor*, brandy or diluted tincture of *Rhus*, and the application of the Faraday brush are useful.

23. **SPASMS OR CONVULSIONS** (*Spasmus*) are involuntary violent contractions of the muscles which the patient is unable to control. The least serious kind of spasm is trembling, common in the aged and in those addicted to alcohol. The spasms may be local or general, that is, limited to certain muscles or extending all over the body. In the latter case the patient generally loses consciousness. In children they occur frequently and are then known under the name of convulsions, which we shall discuss in Chapter XI. The causes are various; brain and spine disease, faulty composition of the blood, extreme irritation of the nerves; and excitement, for instance, alarm and fear in nervous or pregnant women. As they are not always easily diagnosed, it is advisable in all serious cases to summon the physician without delay.

Pending his arrival treatment should consist of placing the patient in a recumbent position in quiet surroundings, removing all tight garments, admitting fresh air into the room, and sprinkling the face with cold water. For children warm baths are especially to be recommended. If the patient is able to swallow, 5 drops of *Belladonna* 3x in a teaspoonful of water should be administered every five minutes; for hysterical women *Ignatia* 3x is suitable. *Cuprum*, *Hyoscyamus*, *Opium*, *Stramonium*, *Zincum* are also suited to special cases. (For the characteristics of these remedies see Chapter VII. of Part I.)

24. **FACIAL SPASM** (*Tic convulsif*) is a twitching of the facial muscles, by which the patient is forced to make grimaces. This twitching, which usually ceases during sleep, is caused by laughing, speaking and agitation. A special form is spasm of the eyelid, a symptom of various ophthalmic diseases. Treatment, which may take a very long time, consists of the use of *Belladonna*, *Cuprum*, *Hyoscyamus*, *Zincum* in higher and lower attenuations, vapour baths and electricity.

25. **WRITER'S CRAMP** (*Graphospasmus*) is a troublesome complaint caused by prolonged writing, particularly when the hand is held incorrectly, the pen is too hard or the paper too

rough. The hand becomes fatigued, contracts spasmodically, so that writing is difficult and at last impossible. Pianists, telegraph operators, needlewomen and the like are liable to a similar cramp. On the appearance of the first symptoms soft nibs and thick penholders should be used, only the fingers moved in writing, the hand massaged with *Arnica* oil and 5 drops of *Causticum* 4x or *Acid. picr.* 6x taken twice a day. In persistent cases massage, electricity, beating the hand with stinging nettles and occasional doses of *Magnes. phosphor.* 6x or *Zincum valer.* 3x may be of use.



Fig. 117. FACIAL PARALYSIS.

Affecting the nerves on the right-hand-side of the face. The wrinkles on the paralysed side are smoothed out or have partly disappeared, those on the left hand-side being strongly marked. Mouth and nose are drawn to the left.

26. CRAMP IN THE LEG may be caused by long marches, prolonged dancing or gymnastics; it also attacks the aged in bed without any of these causes. Rubbing the legs with *Spirits of Camphor*, *Arnica* oil or diluted *Rhus* tincture generally gives speedy relief. As cold sheets may cause cramp in those liable to it, the bed should be warmed previous to retiring. When the cramp starts, bend the foot upwards as if the toes were to touch the skin, whereupon the cramp will soon cease.

27. PARALYSIS is caused by apoplexy, brain and spine diseases. For treatment: massage, faradisation, electric baths, rubbing with tincture of *Arnica*, *Ledum* and *Rhus* may be employed. Chronic

cases are generally incurable. The sooner treatment with the following homœopathic remedies is begun, the greater the prospect of success. *Arnica* 2x after wounds, sprains and apoplexy; *Aconitum* 3x after catching cold in a keen dry wind; *Dulcamara* 3x after catching cold in damp weather; *Rhus tox.* 3x in rheumatic complaints caused by getting wet; *Baryta carbon.* 6x for the aged; *Plumbum iod.* 3x, *Zincum* 6x, *Argent nitr.* 4x or 6x for brain and spinal diseases; *Silicea* 6x after suppressed sweating of the feet; *Sulphur* 6x or higher attenuations after suppressed rash. For paralysis of the facial muscles (see fig. 117) *Arnica*, *Belladonna* and *Causticum* may also be tried, and the same remedies with *Spigelia* for paralysis of the eyelid and with *Cuprum* for paralysis of the tongue, and *Dulcamara*, *Hepar sulphuris* and *Nux vomica* for paralysis of the bladder.

28. EPILEPSY, a rather common disease, may develop in early years or later in life. It may be hereditary. The children of epileptic and insane parents and of parents addicted to alcohol are frequently subject to epilepsy. It has also been statistically proved that one-third of all habitual drunkards are epileptic. Exciting causes are fright, mental emotion, the age of puberty in girls, but only when there is a certain predisposition to such diseases. Fright does not cause epilepsy in a perfectly healthy person. It can also develop in consequence of an injury to the head; in such cases a cure may sometimes be effected by an operation. The disease can commence at any age, but most frequently between the fourth and the twentieth year; even infants are frequently attacked by fits of an epileptic nature. An epileptic fit is a terrifying sight for those who see it for the first time. The patient falls to the ground with a shriek. The body becomes rigid, the head is bent back, the face turns blue or red, the eyes roll, the pupils are dilated and there is foam at the mouth. These symptoms are followed by convulsive movements of the entire body which may last from a few minutes to a quarter of an hour; the patient then calms down and falls into a sleep of great exhaustion. He is unconscious during the fit. The attacks come on periodically and may recur after months, weeks or in some cases in a few days. A fit is sometimes preceded by premonitory signs such as fear, restlessness, palpitation or a sensation as of a stream of air or water (*aura epileptica*) running along the body from the extremity of a limb to the head.

There is another form of the disease, consisting merely of a short loss of consciousness unattended by convulsive movements. In such cases the patient stares absent-mindedly at one spot, mumbles a few disconnected words, and then continues his work without being able to account for this state. Oft-repeated attacks impair the mental faculties to a certain extent, enfeeble the memory and

render the character obstinate and violent. Complete cures are not very frequent. The longer the duration of the disease, the less the prospect of recovery.

The treatment of an epileptic fit consists only of relaxing all tight-fitting garments and putting a cork between the teeth to prevent biting of the tongue. After the fit the patient should be put to bed and allowed to sleep. The actual treatment of epileptics aims at preventing the recurrence of the attacks. All patent or quack medicines should therefore be avoided, as the right moment for the use of real remedies may then be missed. For recent attacks *Belladonna* 3x or 4x is often suitable, whereas *Opium* 6x is the right remedy for attacks occurring after fright and lasting a long time; *Pulsatilla* 3x or higher attenuations is suited to girls in the age of puberty, when menstruation is suppressed, or when the fit occurs during menstruation; *Ignatia* 3x or higher attenuations, after mental agitation in nervous irritable patients; *Cocculus* 4x for attacks occurring early in the morning, attended by nausea; *Calcarea carbonica* for scrofulous patients; *Platina muriat.* 6x for functional derangement of the sexual organs; *Sulphur* 6x for chronic cases, and when the patient has suffered from skin-disease; *Zincum cyanatum* 4x is a remedy specifically related to the cerebral cortex and consequently especially suitable for epilepsy. It can be used alone, or once or twice a week alternately with one of the remedies mentioned above. Other remedies recommended are: *Cicuta virosa*, *Cuprum*, *Oenanthe crocata* and *Rana bufo*.

We do not recommend the indiscriminate use of the common remedy *Kali brom.*, especially in recent cases, its beneficial results being as a rule only experienced while it is being taken. In incurable cases, however, its palliative effect cannot always be dispensed with. The patient's mode of life is of the greatest importance. Hippocrates long ago recommended exercise in the fresh air as a remedy for epilepsy. Mental exertion, dissipation, excitement, mental agitation must be avoided. Coffee, tea, alcoholic beverages and tobacco are strictly forbidden. The diet should, if possible, be vegetarian for one or several years, eggs and milk being allowed; over-abundant meals and too much sleep should be avoided. Air-baths and cold ablutions three to four times a week are very beneficial.

Epileptic children must not over-exert themselves at school; a stay at the sea or in the country where they may develop physically and their constitution be strengthened is the best thing for them. All this shows that the treatment of this disease requires both of the patient and the physician much patience and energy.

29. EXOPHTHALMIC GOITRE, or BASEDOW'S DISEASE (after Dr. Basedow, who first described it in the year 1843) occurs in

families more or less predisposed to nervous diseases, particularly in anæmic girls and women. Palpitation, ready fatigue, debility, enlargement of the thyroid gland (*goitre*) and a peculiar protrusion of the eyeballs are the principal symptoms of this disease (see fig. 118). The patient loses flesh and is depressed. The course of the disease is chronic; its end is apt to be enlargement of the heart (*dilatatio cordis*) and dropsy. If taken in time however, a cure is by no means rare. As the effect which *Iodium* has on the entire system is very similar to the symptoms of



Fig. 118. BASEDOW'S DISEASE.

exophthalmic goitre, it is a specific remedy in this disease. The selection of the attenuation is important, lower attenuations 4x to 6x being suitable to lighter forms of the disease, higher ones (above 6x) to more serious cases. Good results have also been obtained from the use of *Arsenicum* 4x, *Belladonna* 4x and *Ferrum phosphor.* 2x or 3x, the two last taken alternately. A stay in quiet surroundings, plenty of fresh air, and abstinence from tea, coffee and alcohol are absolutely necessary. Mild hydropathic treatment and galvanisation of the throat are to be recommended. A speedy cure may be effected in some cases by surgical treatment, whereby a part of the thyroid gland is removed.

30. HYPOCHONDRIASIS is a very common complaint, occurring chiefly in men between the ages of twenty and fifty. It can be caused by excessive study, mental exertion, continuous mental or emotional agitation, worry, grief, masturbation or dissipation, too much sedentary occupation, want of useful occupation, and lastly by intercourse with sufferers from the same trouble. The hypochondriacal state of mind is the pitiable result of a general feeling of ill-health which the patient is unable to define and whereby he imagines himself the victim first of one then of another disease. One day he takes his pulse and heartbeat carefully or examines his urine or motions and considers himself a consumptive or to be suffering from heart disease, the next he lives in fear of an apoplectic seizure or of incurable spinal disease. These patients, who are often burdens to themselves and others, try all kinds of patent or quack remedies and consult one physician after the other.

Treatment is naturally difficult, the patient not possessing sufficient energy and strength of will to persevere in any kind of curative treatment. The physician who by rousing the patient's lost self-reliance and sense of personal dignity is able to induce him to return to a suitable and useful occupation and a sensible mode of life is most likely to be successful in his efforts. Change of surroundings, physical exercise in the open air, a light diet containing plenty of nutritive salts, and a regular action of the bowels are the principal conditions of a cure. Air-baths out of doors or in the room are also beneficial as by stimulating the will they help to banish fits of depression. *Nux vomica* and *Sulphur* in higher and lower attenuations taken alternately are particularly efficacious homœopathic remedies. *Arsenicum* and *Aurum* are suitable for great depression and loathing of life. When the complaint is caused by masturbation or seminal discharge, *Acidum phosphor.* 3x or 4x, *China* 3x and *Ferrum phosphor.* 6x and cold sitz-baths are the proper remedies.

31. HYSTERIA is a complaint which because of the morbid susceptibility of the nervous system, especially of the mind, may spoil many a woman's life as well as that of those about her. Grief and worry, an unhappy love affair, want of useful occupation, functional disorder of the sexual system, are as a rule its chief causes. The first symptoms are generally irritable and changeable moods. "In the heights or depths," easily moved to tears, touchy or beside herself for some trivial cause, the patient is often attacked by an hysterical fit, similar in some ways to epilepsy, but without real loss of consciousness. Laughing, crying, yawning and fainting fits, insensibility of the skin, disorder of the circulation, difficulty in breathing, palpitation, violent neuralgic pains, even blood-spitting and paralysis can occur in serious cases, so

that even an expert may be doubtful whether there is some organic malady or not. The peculiarity of this complaint, however, is the sudden disappearance of all these symptoms.

Hysterical women and girls often complain of the feeling of a lump in the throat and of a sinking sensation in the stomach. The complaint often ceases of its own accord after the patient is about forty-five years of age, that is, after the "change of life."

Treatment must be chiefly psychic or mental. The will-power being weakened, attempts should be made to strengthen it and to encourage the patient. This is easier said than done, especially as such patients seem to enjoy continuous grumbling and complaining, but an energetic physician may nevertheless succeed in gaining the patient's confidence and assist recovery. It goes without saying that the patient should be previously examined, to ascertain whether any part of the system of which she complains is organically affected. Should this be the case, the treatment is that of the primary disease. It is thus advisable to have all sufferers from hysteria examined by an experienced physician, who alone is able to discover the real cause. It is essential for all hysterical patients to have regular and sufficient employment, housework preferably; too much novel reading, too much needlework, late hours and strong coffee should be avoided. In addition the constitution should be strengthened and mental diversion provided for by physical exercise, fresh air, walks, gymnastics, agreeable society, music, etc. A complete change of surroundings, a stay in the mountains or at the sea, or at a naturapathic institution (treatment consisting of natural remedies) are sometimes very beneficial. Hypnotism and suggestive treatment, when practised by an experienced physician, may also sometimes produce good results. Of the proper homœopathic remedies we shall mention the principal ones. *Asafet.* 3x and *Ignatia* 3x taken alternately; *Sepia* 6x for sensation of a lump in the throat; *Ignatia* 3x, *Moschus* 5x, *Zincum valerian.* 3x for laughing and crying; *Carbo veget.* 6x, *Lycopod.* 6x, *Nux vomica* 4x for symptoms of stomach and bowel disorder; *Valeriana* 3x, *Zincum valerian.* 3x for general nervousness and great restlessness; *Platina muriat.* 6x, *Sepia* 6x, *Pulsatilla* 3x for functional disorder of the sexual organs, *Nux vomica* 4x, *Rhus tox.* 4x, *Causticum* 4x, *Phosphorus* 6x for paralysis. Before a remedy is selected, its characteristics should be studied from the description in Chapter VII. of Part I.

32. NEURASTHENIA is a very common complaint of the present day. Nervousness, nervous debility, want of will power form the soil on which the diseases mentioned above—hypochondriasis and hysteria—germinate and thrive. These outward signs of functional disorder of the brain and the nerves occur both in

children and in adults in all classes of society, and are characterised principally by irritability, diminished power of resistance and morbid fear of all kinds of misfortune. The disease may attack the entire nervous system or parts of it. When it is located in the brain, the patient complains of various symptoms, such as a heavy head, pain in the head and pain in the eyes when reading and writing. When the spine is the chief seat of the trouble, all kinds of symptoms will appear; these have already been mentioned in connection with spinal irritation. When the nerves of the stomach and heart are affected, the patient suffers from digestive disorders, flatulence, constipation, palpitation and restlessness. Sufferers from neurasthenia generally have slack muscles and a tired expression round the eyes, and complain of loss of memory. Sudden attacks of weakness often compel them to cease work suddenly. They frequently cannot remember what they have just been doing or reading. They also are subject to attacks of fear and alarm in the train, in crossing an open space, or in a crowded room. In young people neurasthenia may be caused by a wrong upbringing, too much study, gloomy sunless dwellings, also by anæmic or scrofulous tendency.

During the age of puberty the causes may be excess of tobacco, alcohol and sexual indulgence, and in adults the hard struggle for existence, unhygienic habits, over-indulgence in stimulants, continuous mental exertion (among officials and scholars), and professional worry and agitation to which business men, doctors, etc. are liable. In regard to treatment we urgently warn against the use of all advertised patent and quack remedies, electric belts and so forth, which are profitable only to the manufacturers. Neurasthenia cannot be healed by a universal remedy. Hydropathic cures, too, so highly recommended, often have most injurious effects; if too energetically applied, this treatment can only injure an already enfeebled nervous system. The principal conditions of a cure are strict regulation of the habits, plenty of rest both for mind and spirits, an abundance of fresh air, air-baths, and a suitable diet consisting chiefly of a plentiful supply of milk, eggs, vegetables (correctly prepared, see page 96), salad and fruit; meat should be taken in moderation, and coffee, tea, alcohol and tobacco completely avoided. We mention the following accessory means to a cure: psychic treatment by a physician enjoying the patient's confidence; auto-suggestions according to medical directions; half-an-hour's sleep after the mid-day meal, dry friction of the body with a rough towel, cool ablutions of the back and chest early in the morning in bed, the patient remaining in bed for half an hour afterwards without being dried; easy gymnastic exercises, careful galvanic treatment and faradisation, change of air, a stay at the sea or in wooded districts, systematic but not over-tiring mountain-climbing.

Sufferers from neurasthenia should not take too many remedies, at any rate not continuously. The principal homœopathic remedies are : *Nux vomica* for headache, heavy head, digestive troubles, and constipation ; *Acidum phosphoricum* and *Kali phosphoricum* for nervous exhaustion due to loss of seminal fluid ; *Phosphorus* for severe mental exhaustion and irritability or over-exertion ; *Platina muriatica* for the peculiar neurasthenic headache at the root of the nose ; *Acidum picricum* for great fatigue after slight physical exercise and especially after the slightest mental exertion, and for the longing to lie down and sleep ; *Zincum* for pain in the back and feeling of weakness in the legs ; *Zincum valerianum* for nervous insomnia ; *Arsenicum*, *Calcarea phosphorica*, *China* and *Ferrum phosphoricum* for simultaneous anæmia.

Strong narcotic remedies should be avoided, and a homœopathic physician consulted in all chronic or protracted cases.

Never lose courage ; patience and perseverance generally succeed in producing good results.

CHAPTER VI

DISEASES OF THE EYES, THE EARS, THE NOSE AND THE THROAT

A. DISEASES OF THE EYE.

THE eye is the most important organ of sense and the one most liable to disease. Proper ophthalmic treatment is therefore of the greatest importance, diseases of this sensitive organ being easier to prevent than to cure. Many young children become blind by some pernicious disease of the eye which could almost always have been prevented by proper treatment (see Chapter XI.). Infants' eyes should be sponged with clean tepid water and shielded from a very bright light or a sudden change from darkness to light. Care should be taken that school children's sight should not be strained by working too long and too strenuously. An incorrect position (stooping) whilst reading and writing, working in a bad light, frequently cause defects of vision. Another cause of defective sight is the wearing of high, tight collars, by which the circulation is impeded. When choosing a profession, near or long sightedness should be taken into consideration. Adults, too, should not neglect the care of the eyes. Alternate work and rest is essential. Sight is weakened by reading, writing or sewing in the glare of the sun, in the twilight, or in a bad artificial light. When the age has been reached in which it becomes increasingly difficult to see well at a near range, (generally about forty-five) the eyesight should be assisted without delay by suitable spectacles ordered by the oculist. Over-indulgence in alcohol and tobacco is very injurious to the eyes, as are also violent mental agitation, much weeping and dissipation. To preserve good sight, therefore, the precautions mentioned above should be followed and the eyes strengthened by long distance exercises (on a green meadow when possible) and by eye baths, described on page 132. Sufferers from ophthalmic diseases must not over-exert their eyes, and must guard against draught, dust, smoke and glare.

To cleanse the eyes and to free them from mucus and crusts, use tepid water to which a few drops of tincture of *Euphrasia* have been added; this is also exceedingly good for compresses in cases of slight inflammation. No sponge should be used for these compresses, but clean medicated wadding or gauze. Very

cold or iced compresses may only be applied when ordered by the oculist.

Spectacles with dark glasses, eye shades and bandages, are used to protect inflamed eyes from glare, wind, smoke and dust. Dark glasses may only be used as a protection against sunlight and wind and very bright artificial light, but not for reading, writing or sewing indoors. Eye shades should be made of cardboard (see fig. 123). For bandages use clean linen or medicated gauze, and cover wet compresses with a piece of gutta percha tissue or oilskin, a little medicated wadding and a gauze bandage. When a great deal of pus is secreted, no bandages may be applied, the discharge being removed by frequent spongings. Beware of all

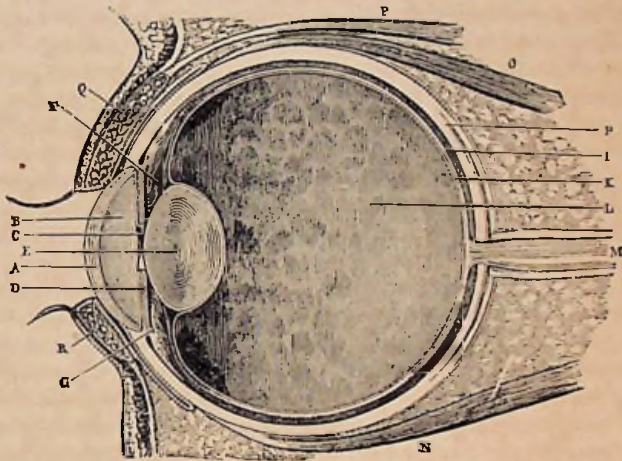


Fig. 119. THE EYE.

A. Cornea. B. Anterior chamber of the eye. C. Pupil. D. Iris. E. Crystalline lens. F. Posterior chamber of the eye. G. Lens duct. I. Choroid membrane. K. Retina. L. Vitreous humour of the eye. M. Optic nerve. P. Hard or white membrane of the eye. Q. and R. Eyelids and sebaceous glands.

patent and quack remedies by which so many eyes have been injured, and consult a good oculist in all serious cases. Never buy glasses at random, thinking they will aid sight, but have the sight tested by an eye expert. The trouble and expense incurred will be trifling compared with the benefit received. Local treatment with external remedies however, is not always sufficient, many cases having to be treated with internal remedies acting on the entire constitution. For this, as we have seen by experience, homœopathic remedies are of great value, especially for scrofulous and rheumatic affections of the eye.

1. INFLAMMATION OF THE MUCOUS MEMBRANE OF THE EYE (*Conjunctivitis*) occurs chiefly in towns and is generally caused by cold, draught, keen wind or smoke. In slight cases the white part of the eye is red and there is a sensation as of sand in the eyes, which water and itch, the lids generally being glued together in the morning; in serious cases the conjunctiva is bright red and swollen, there is burning pain, photophobia (dread of light) and discharge of pus. As a chronic cold in the head may sometimes be the cause of ophthalmic disease, the nose should be carefully examined and treated.

Treatment consists of complete rest for the eye, avoidance of draught and a glaring light, and the frequent application of cold



Fig. 120. EYE BATH.

and tepid compresses made with an eye lotion consisting of about 7 oz. of distilled water and 3 drams of tincture of *Euphrasia*, and the following internal remedies: *Aconitum* 3x at the beginning; *Belladonna* 3x for great photophobia or *Pulsatilla* 3x for violent secretion of tears and discharge of mucus. The eyes should not be bandaged, although it is advisable to wear blue or grey spectacles or an eye shade during violent inflammation. Other remedies are: *Apis* 3x for violent pricking pain in the eyes and swelling of the eyelids; *Argent. nitr.* 4x for purulent discharge from the eyes; *Arsenicum* 5x for burning pain getting worse at night, especially in sufferers from gout; *Euphrasia* 3x for profuse secretion of tears causing smarting pain on the eyelids and cheeks; *Mercur. solub.*

4x for smarting secretion of tears and discharge of mucus, combined with violent pain at night; *Rhus. tox.* 4x after catching cold by getting the feet wet; *Sulphur* 6x for intense pain in the eyeball, restlessness and fever. In chronic cases the above remedies should be taken, but not too frequently. Eye drops may also be necessary, but these should be prescribed by the oculist.

2. INFLAMMATION OF THE EYELIDS (*Blepharitis*). This may be acute or chronic. For the former the following remedies are suitable: *Aconitum* 3x for great heat and a burning sensation in the eyes; *Apis* 3x for swelling of the eyelids; *Arsenicum* 5x for burning pain, restlessness and thirst; *Hepar sulphur.* 4x for

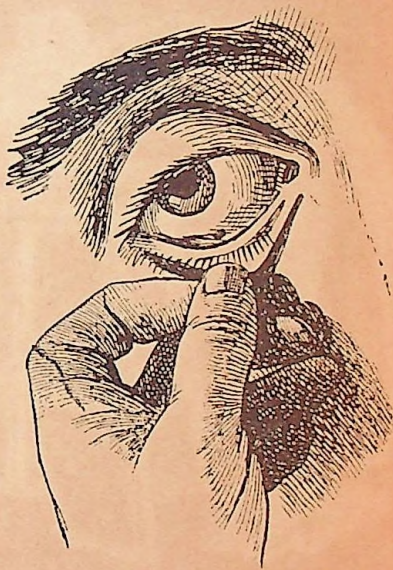


Fig. 121. FOREIGN BODY BENEATH THE LOWER EYELID.

To remove the foreign body, pull down the eyelid, the patient looking up meanwhile.

suppuration; *Rhus tox.* 4x for swelling and formation of small vesicles; *Silicea* 6x when pus has formed. Tepid compresses made with the afore-mentioned eye lotion may assist the effect of the internal treatment. For a so-called stye compresses made with warm camomile tea and doses of *Hepar sulphur.* 4x are suitable while *Pulsatilla* 3x may help to prevent the recurrence of this complaint in women suffering from menstrual disorders; *Graphites* 6x and *Sulphur* 6x being of use for scrofulous patients, when combined with warm baths and plain unseasoned food.

In chronic cases the rims of the eyelids are red and painful.

and covered with crusts, and the eyelashes sometimes drop off. The reason for the long duration of this complaint, especially in long-sighted persons, is often to be found in lack of cleanliness, in constantly being in dusty, smoky rooms and in over-exerting the eyes. The eyes and face should be sponged with warm water and a non-irritant soap, the crusts removed and the eyes rubbed with *Hamamelis* ointment every evening. *Alumina* 6x, *Calcar. carbonica* 6x, *Mercur. solub.* 4x and *Sulphur* 6x are especially suitable remedies. When necessary, a special ointment or suitable glasses should be ordered by the oculist.

3. INFLAMMATION OF THE EYE AFTER INJURY. Foreign bodies, such as dust, sand, soot, glass or metal splinters, insects

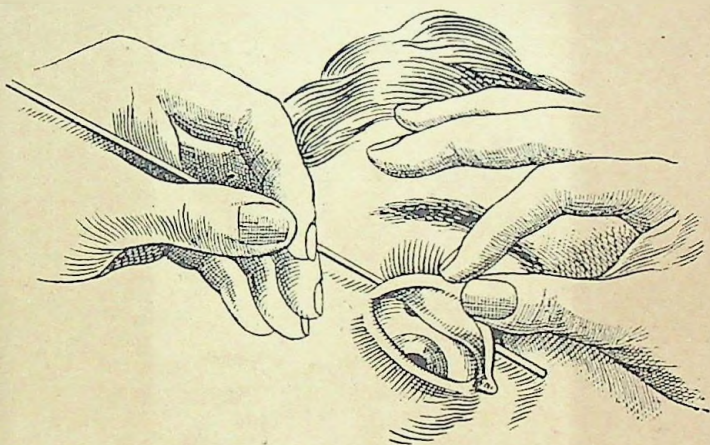


Fig. 122. REMOVING A FOREIGN BODY FROM BENEATH THE UPPER EYELID.
(See description given below.)

or pungent fluids often get into the eye, causing a profuse flow of tears and intense pain. The eye should not be rubbed as this aggravates the inflammation. When the foreign body is between or beneath the eyelids, an attempt can be made to remove it by a small brush or a piece of rolled-up tissue paper, the upper lid must sometimes be everted, which can be done by letting the patient look down, seizing the eyelid by the lashes and pressing it back over a thin pencil or penholder or a match held in the other hand. Should this manipulation not succeed in dislodging the foreign body, or if this is located on the cornea or still deeper down in the eye, medical aid should be procured at once, as otherwise the eye may sustain irreparable injury.

When the foreign body has been dislodged, cold compresses made with water and tincture of *Arnica* (1 teaspoonful of *Arnica* to 1 pint of water) should be applied to the eye.

When the eye is inflamed, *Aconitum* 3x, *Arnica* 3x, *Belladonna* 3x and *Euphrasia* 3x are suitable internal remedies.

When lime has got into the eye, every particle should if possible be removed and olive oil dropped into the eye. For injuries caused by a blow or knock the above-mentioned *Arnica* eye lotion should be used externally and *Arnica* 3x internally.

The bursting of a little vein (by violent coughing, for instance) may cause an effusion of blood into the white part of the eye.



Fig. 123. EYE SHADE.

which has an alarming appearance but generally disappears in a few days, the only treatment required being the application of wet compresses made with *Arnica* lotion and a little *Hamamelis* ointment by night. Should the pupil be dilated or the eyesight impaired after injury, an oculist should be consulted immediately.

4. INFLAMMATION OF THE CORNEA (*Keratitis*) is an inflammation of the transparent membrane in front of the pupil and may either be caused by cold or injury, or by a previous attack of conjunctivitis; it can also be a scrofulous affection, especially in children. The symptoms are watering of the eyes, violent pain, intense photophobia, spasm of the eyelids, causing great difficulty

in the opening of the eyes. There is mostly a discharge of pus and mucus, and the patient's sight may be permanently injured by spots due to the formation of ulcers and cloudiness of the cornea.

Treatment must be left to the oculist. As a rule the patient suffers discomfort from the application of cold compresses, whereas warm ones made with a solution of 2 drams of *Boracic acid* to 7 ozs. of distilled water have a soothing effect.

Atropine drops will frequently have to be prescribed by the physician. Suitable internal remedies are: *Aconitum* 3x and *Belladonna* 3x in the first stage for dry, burning heat on the eyes and photophobia; *Apis* 3x for simultaneous swelling of the eyelids; *Argent. nitr.* 4x for purulent discharge; *Arsenicum* 5x for intense, burning pain at night; *Aurum* 12x for ulcers deeply eroding the cornea; *Conium* 3x for spasmodic closure of the eyelids; *Graphites* 6x for scrofulous inflammation of the eyes with rash behind the ears, the eyelids are inclined to bleed; *Hepar sulphur.* 6x for ulcers and abscesses on the cornea; *Kali bichrom.* 6x for chronic ulceration penetrating the cornea; *Mercur. solub.* 6x for ulcers on the cornea in syphilitic and scrofulous persons; *Pulsatilla* 4x for discharge of non-caustic mucus, especially in women; *Rhus. tox.* 4x after very bad cold or a drenching; *Silicea* 6x for suppuration in the cornea; *Sulphur* 6x for chronic inflammation of the eyes, especially in those with a scrofulous constitution. For further particulars see Scrofulous Inflammation of the Eyes in Chapter XI.

5. RHEUMATIC INFLAMMATION OF THE EYES may be the result of a bad cold or a wetting, especially in persons of a rheumatic constitution. When the iris is affected (*iritis*), the predominating symptoms are violent neuralgic pain in the eyes and the forehead, secretion of tears and photophobia. An oculist should then be consulted without delay, and all strong eye lotions and ointments avoided. Warm wet compresses on the eyes and hot foot baths are to be recommended to relieve the pain, while the following internal remedies are very beneficial: *Bryonia* 3x for pricking pain, aggravated by moving the eyes; *Cedron* 6x and *China* 3x for pain occurring periodically; *Mercur. solub.* 4x for the various forms of iritis, and *Rhus tox.* 4x and *Spigelia* 3x especially for those with a rheumatic constitution. The prospect of a cure may be accelerated by occasional vapour baths which may be given in bed (see page 132).

6. GRANULAR OPHTHALMIA (*Trachoma*) occasionally occurs as an epidemic in schools and barracks. The eyesight can sometimes be destroyed within a short time by ulceration of the cornea. In chronic cases granulations often form primarily on the conjunctiva of the eyelids ("granular lids"), and they in their turn may lead to keratitis. Treatment must be left to the oculist. Keeping the

eyes clean and sponging them with a 2 per cent. solution of *boracic acid* is a very important part of treatment. To prevent infection, avoid coming into immediate contact with the patient or using the water, sponge, towels, etc., that he has used. *Apis* 2x, *Hepar sulphur.* 6x, and *Mercur. solub.* 6x are suitable internal remedies, combined with the application of various external remedies prescribed by the oculist.

7. By SPOTS BEFORE THE EYES (*Muscae volitantes*) is meant the appearance before the eyes of spots, flies, threads or similar objects, seen chiefly when looking at a light wall or the clear sky. They are caused by minute particles of tissue in the vitreous humour which are reflected in the retina when the eyes are moved. When these apparitions become very troublesome as they often do in near-sighted persons or in those suffering from deranged digestions, they may cause inconvenience in reading and writing. This complaint, which gives no real cause for alarm, can be greatly ameliorated by the internal use of *Agaricus musc.* 3x, *Kali iodat.* 2x, *Pulsatilla* 3x or *Phosphorus* 6x and brief cold eye baths (see page 132).

8. CATARACT may be congenital, or is a complaint almost peculiar to the elderly or the aged; it consists of an opacity of the crystalline lens, impairing the vision. The patient seems to see everything through a mist which gradually gets thicker and thicker; when the cataract is ripe, the opaque lens may be removed by an operation and the sight of the eye restored. If the right moment is missed, the operation will be difficult or even impossible, or at any rate be attended by less prospect of success. We therefore advise all sufferers from cataract not to delay too long, but to have their eyes examined by an oculist from time to time. Meanwhile, homœopathic remedies which sometimes produce more or less good results may be tried. The following remedies taken in higher and lower attenuations are suitable: *Conium*, *Sulphur*, *Silicea*, *Calcarea carbonica* and *Causticum*. We have lately obtained occasional good results in the first stage of cataract by drops of a 2x watery attenuation of *Kali iodatum* (2 grains to 3 drams of distilled water), so that this remedy can always be tried until an operation is necessary.

9. GLAUCOMA (*Glaucoma*) is one of the most dangerous ophthalmic diseases and may destroy the eyesight in a very short time. By increase of pressure on the eyeball, caused by morbid serous infiltration, the eyesight is impaired, objects appearing as if in a mist or surrounded by colours; there is severe pain in the eyeball. secretion of tears, dilatation of the pupil, the eye assuming a greenish hue, and frequently nausea and vomiting. Sufferers from glaucoma are greatly indebted to the famous oculist Graefe for his discovery of an operation by which the eyesight can in

many cases be preserved. In chronic cases, American oculists recommend: *Phosphorus*, *Colchicum*, *Gelsemium* and other remedies, and for pain *Belladonna*, *Colocynthis* and *Spigelia*. The disease generally occurs in persons over 50 years of age; among its chief predisposing causes are, besides the advance of years, heredity, mental shock or agitation, continuous insomnia and gout.

10. AMAUROSIS (*Amaurosis*) is a disease of the retina or of the optic nerves, which may lead to complete loss of sight. The disease may appear suddenly (after looking at the sun, for instance) or gradually when it is as a rule incurable. When caused by over indulgence in alcohol or tobacco, it can generally be cured by *Nux vomica* 3x or 4x and by *Mercur. solub.* 4x, *Kali iodat.* 2x, when due to venereal disease; for cerebral disease, *Phosphorus* 6x and higher attenuations; after suppressed menstruation *Pulsatilla* 3x; for congestions of blood to the head *Belladonna* 3x and *Gelsemium* 4x. The patient should always wear spectacles with dark glasses and avoid reading, writing and indulgence in coffee, tobacco and alcohol.

11. SQUINTING (*Strabismus*) is either congenital or caused by a bad habit, paralysis of the muscles of the eye or by brain disease. Children can sometimes be cured of squinting by suitable spectacles or by bandaging the sound eye; this will cause the squinting eye to look in the proper direction. When due to teething or convulsions in children, *Belladonna* 3x, *Hyoscyamus* 4x and *Stramonium* 6x are often of use in recent cases, while for chronic cases *Calcar.* 6x and *Sulphur* 6x may be tried. Frequently, however, it is necessary to resort to an operation, which, when performed by a skillful oculist, is generally successful.

12. NEAR-SIGHTEDNESS (*Myopia*) is mostly congenital, but can also be caused or aggravated by continuous over-exertion of the eyes in reading, writing and sewing in a stooping posture and a bad light. Slight near-sightedness does not necessitate the wearing of glasses, but the hygienic rules on the care of the eyes, given on page 255, should be observed. In an advanced stage spectacles with concave glasses are absolutely necessary to render the eyesight acute for long range vision. The strength of the glasses, which should not be worn for reading and writing, must be determined by the oculist. Over-powerful glasses are injurious.

13. LONG-SIGHTEDNESS occurring in children under the name of *Hypermetropia* is due to an abnormal construction of the eye, while in adults over forty-five years of age it is known as *Presbyopia* (senile failure of accommodation) and is caused by changes in the lens of the eye. Spectacles with convex glasses are necessary in both cases to enable the wearer to see objects close at hand clearly. Very weak glasses are injurious.

14. **ASTHENOPIA**, or weak-sightedness, is a common complaint of nervous and neurasthenic persons, and may also be due to over-exertion of the eyes, emotion and agitation, excessive weeping, dissipation and over-indulgence in tobacco and alcohol. The eyes are easily fatigued when reading, the letters seem hazy, and there is a feeling of pressure in the eyes and forehead although the power of vision may be perfectly normal. Treatment consists of rest for the eyes, observance of hygienic measures (see page 255), cold eye baths (see page 132), sponging the eyes, forehead and temples with diluted tincture of *Ruta*, *Calendula* or *Euphrasia*, and the following internal remedies: *Nux vomica* 4x, *Gelsemium* 4x, *Asafetida* 3x for neurasthenia and over-indulgence in tobacco and alcohol; *Belladonna* 3x for congestion; *Ferrum phosphor.* 6x, *Calcar. phosphor.* 6x for anæmia; *Ignatia* 6x, *Pulsatilla* 6x for

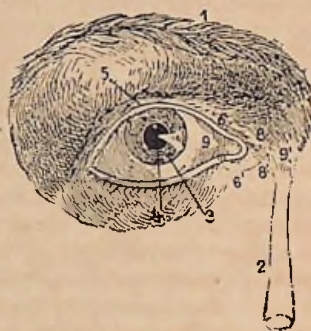


Fig. 124. THE EXTERIOR OF THE EYE WITH THE LACHRYMAL DUCT.
 1. Eyebrow. 2. Lachrymal-nasal Duct. 3. Iris. 4. Pupil. 5. Rim of the Upper Eyelid with Eye-lashes. 6, 6'. Upper and Lower Lachrymal (Canaliculi). 8-9. Lachrymal Sac.

emotion and agitation; *Arsenicum* 6x, *China* 3x, *Prunus spin.* 3x for pain and neuralgia. Spectacles with prismatic glasses sometimes give great relief.

15. **DACRYOCYSTITIS**, or inflammation of the lachrymal duct, by which the outflow of tears to the nose is checked, generally results from inflammation of the eyes or nasal catarrh. Ulceration of the lachrymal sac may sometimes cause chronic and troublesome fistulas in the lachrymal sac, necessitating surgical treatment. In the first stages, *Aconitum* 3x alternately with *Belladonna* 3x and warm compresses made with a 2 per cent. solution of *Boracic acid* are beneficial; for excessive swelling *Apis* 3x is suitable, and for suppuration *Silicea* 6x often proves efficacious.

B. DISEASES OF THE EAR.

As the ear is imbedded in the petrous portion of the temporal bone, it is far less exposed to harmful external influences than the eye, although defective hearing, resulting from neglect of hygienic measures or from incorrectly treated or unnoticed disease of the ear, is not uncommon. It is a most important fact that cold in any form is the worst enemy of the ear; diseases of the ear and deafness being more frequent in cold than in warm regions.

Sitting in a draught, especially when in a perspiration, having the hair cut in a keen north or east wind, sitting about with wet feet and living in damp rooms are frequent causes of disease of

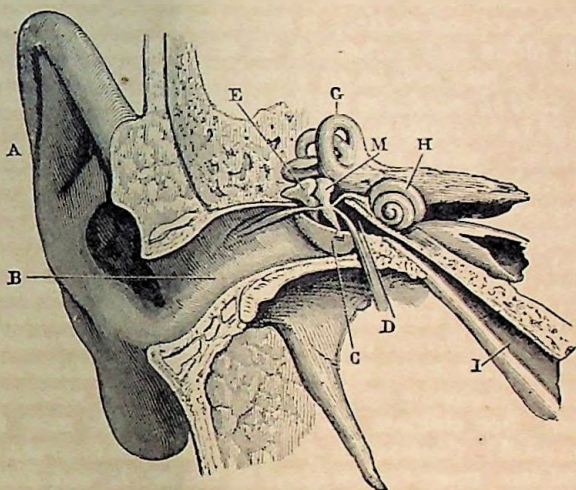


Fig. 125. THE ORGAN OF HEARING.

A. The auricle or shell of the ear. *B.* Auditory duct or meatus. *C.* Membrane of the tympanum. *D.* Stapes. *E.* Incus. *G.* The three semi-circular canals. *H.* Helix or cochlea. *J.* Eustachian tube. *M.* Malleus.

the ear. All such harmful influences should be avoided as far as possible; also the exposure to intense sounds, or, when this is impossible, the mouth should be opened, this diminishing the risk of rupture of the tympanum or drum. It is advisable for those who by their occupation are constantly exposed to intense sounds, blacksmiths, mechanical engineers, etc., to insert a little cotton wool into the ears. The hearing of telephone officials, piano tuners, and those similarly employed, may be overstrained by continuous intent listening; music, on the other hand, when practised in moderation, is the best means of rendering the sense of hearing acute. Careless and over frequent cleansing of the outer

external meatus by some sharp instrument may lead to serious inflammation. Accumulations of wax can best be removed by syringing the ear with a lukewarm solution of soda ($\frac{1}{2}$ teaspoonful to a tumblerful of water). A small rubber ball syringe should be used, the ear being drawn up and back during the injection, which must be very carefully done (see fig. 126, page 267).

In the majority of cases of diseases of the ear careful medical examination cannot be dispensed with. Internal treatment with homœopathic remedies, combined with mild external treatment, generally produces good results.

1. **EARACHE** is generally caused by inflammation of the external meatus (*otitis externa*), or more often by inflammation of the middle ear (*otitis media*); it may also be due to the formation of small ulcers and carbuncles in the external meatus, or to neuralgia; it may also be an attendant symptom of some acute disease, such as measles or scarlet fever. In all serious cases the ear should be carefully examined with the auriscope.

Treatment varies according to the cause. For ordinary inflammation of the ear repeated doses of *Pulsatilla* 3x combined with frequent infusions (not syringing) of warm water to which a few drops of tincture of *Plantago major* have been added, are beneficial. For fever and symptoms of cerebral irritation *Belladonna* 3x in addition to hot foot baths and the vapour bath applied in bed are suitable. For ulcers and suppuration in the external meatus *Mercur. solub.* 4x followed by *Hepar sulphur.* 4x, combined with lukewarm syringing of the ear, are suitable remedies, the steam of camomile tea injected into the ear is sometimes also beneficial. For children the following remedies may also be recommended; *Chamomilla* 3x after cold; *Belladonna* 3x for fever, red face, congestion of blood to the head; and *Zincum* 6x for convulsions.

2. **INFLAMMATION OF THE MEMBRANA TYMPANI** (*Myringitis*) generally results from exposure to cold and causes intense pain in the ear with buzzing and slight deafness, followed in a few days by a discharge of yellowish pus. Neglect or wrong treatment can lead to perforation of the membrana tympani, by which the pus may escape to the inner ear and have serious consequences.

Treatment must be left to the physician; in the first stage, the remedies and precautionary measures mentioned for earache are to be recommended.

Injuries to the membrana tympani are caused by a blow or knock on the ear, intense sounds, such as a cannonade, or by picking the ear with a sharp instrument; sometimes also when the body in diving strikes the water from the side.

The symptoms consist of a more or less loud report in the ear, pain, slight hæmorrhage, giddiness and partial deafness. If clean

medicated wadding is inserted into the ear, and coughing, sneezing and blowing the nose are avoided as far as possible, and a few doses of *Arnica* 3x are taken internally, an injury of this kind will generally heal without leaving serious consequences.

4. INFLAMMATION OF THE MIDDLE EAR (*Otitis media*), also called catarrh of the middle ear, may be acute or chronic. The acute form is caused by exposure to cold or by a nasal or pharyngeal catarrh being conveyed to the middle ear by the Eustachian tube; it also occurs in the course of infectious diseases, such



Fig. 126. SYRINGING THE EAR.

as measles and scarlet fever. The symptoms are violent ear-ache, buzzing in the ears and partial deafness. The best remedies are *Pulsatilla* 3x and *Belladonna* 4x taken alternately, warm infusions (not syringing) of camomile tea or diluted tincture of *Plantago major*. Warm almond oil or glycerine dropped into the ears is beneficial and hot foot baths or vapour baths taken in bed are also to be recommended. When the pain is not relieved by these remedies, a leech applied behind the affected ear may often cause amelioration; it will, sometimes, however, be necessary to resort to surgical puncture of the

membrana tympani. Through carelessness and neglect or improper treatment the complaint may become chronic.

This is a most persistent complaint and often leads to perforation of the membrana tympani and ulceration of the middle ear. In consequence of internal adhesion, buzzing of the ears and deafness increase until complete deafness ensues. When the ulcerating process penetrates to the brain, a serious attack of meningitis may ensue. Extension into the mastoid cells of the temporal bone will lead to acute mastoid disease, a serious condition calling for surgical aid.

It is thus absolutely necessary to consult a physician in all serious and protracted cases of otitis media. All burning caustic fluids should be avoided in treating the ear; when there is a discharge of pus, treatment should consist of washing out the ear (not syringing) with a 2 per cent. solution of *Boracic acid* or the insufflation of powdered *Boracic acid* after which the ear must be stopped with wadding. This treatment has often proved efficacious particularly in children, especially when combined with the following internal homœopathic remedies: *Calcar. phosphor.* 6x and *Calcar. iodat.* 4x for scrofulous children; *Hydrastis canad.* 2x for secretion of mucus and simultaneous affection of the nose and throat; *Kali bichrom.* 4x for secretion of bloody pus; *Kali iodat.* 2x for inflammation of the ear due to syphilis; *Mercur. solub.* 4x for abscesses, ulceration and earache which are at their worst at night; *Phosphorus* 4x for earache, partial deafness, caused by adhesions in the inner ear; *Psorinum* 12x, *Silicea* 6x and *Sulphur* 6x for cases of long standing.

5. BUZZING OF THE EARS (*Tinnitus*) is a troublesome complaint, in which the patient seems to hear a sound of bells, whistling, knocking or humming. When an accumulation of wax is the cause, this can be removed by syringing the ear with lukewarm water. As a rule, however, buzzing of the ears is a symptom of catarrh of the middle ear or of ear trouble due to nervous sources.

Treatment is difficult and slow: *Belladonna*, *China*, *Chininum muriaticum*, *Graphites*, *Nux vomica*, *Petroleum*, *Phosphorus* may be tried. Alternate hot and cold foot baths are also to be recommended. A specialist is sometimes able to relieve the discomfort by the insufflation of air, by insertion of a ear catheter and by electricity.

6. The disease called MENIÈRE'S DISEASE is an affection of the labyrinth, a part of the inner ear, and is characterised by the three following symptoms: partial deafness, buzzing of the ears and giddiness. The last symptom generally comes on in attacks and is sometimes so intense that the patient has to hold on to something to prevent himself from falling. Internal remedies,

efficacious in some cases, are: *China* 2x and *Arnica* 3x. Otherwise the special treatment applicable to deafness is suitable here.

7. DEAFNESS may be caused by the above-mentioned disease of the ear, by cerebral diseases, or may be hereditary or congenital. In the three last-mentioned cases it is generally incurable. Nervous deafness may be caused by violent vibration of the auditory organ by a blow or fall, by sudden violent noises, mental emotions, or

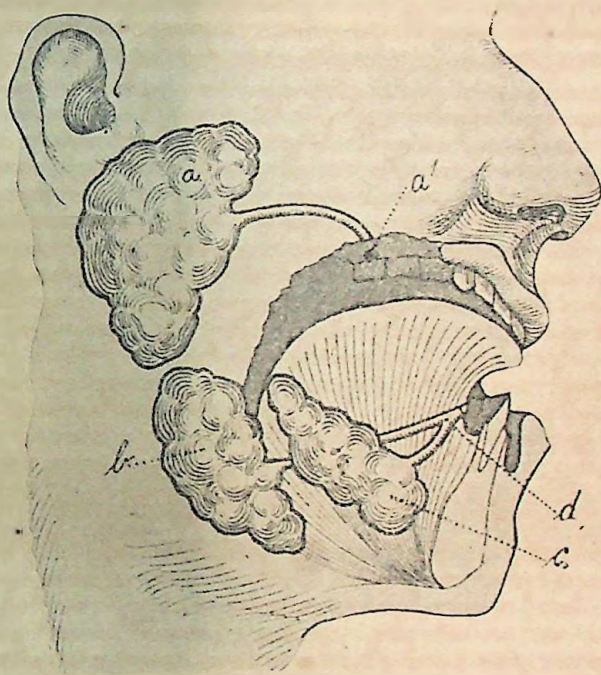


Fig. 127. SALIVARY GLANDS.

a. Parotid Gland. *a'* Its excretory Duct. *b.* Submaxillary Gland. *c.* Sublingual Gland. *d.* Excretory Duct common to the two last mentioned glands.

may occur in the course of various nervous diseases, or be due to over-doses of quinine. The remedies mentioned for buzzing in the ears and inflammation of the middle ear can be tried. The application of the galvanic current sometimes produces good results, also massage and vibration of the membrane tympani recently tried by ear specialists.

8. RASH or ERUPTION ON THE EAR often occurs in connection with skin disease of the head, especially in children. Too much washing and excessive use of wet compresses should be avoided, and the affected parts powdered with potato flour, bean flour or dermatol. Crusts should be softened with almond oil or *Hamamelis* ointment. For internal use the following remedies are suitable: *Arsenicum* 5x and *Mercur. solub.* 6x for moist rash; *Hepar sulphur.* 6x for festering crusts, *Graphites* 6x, *Calcar. carbon.* 6x, *Sulphur* 6x for scrofulous children and cases of long-standing rash. The characteristics of these remedies given in Chapter VII. of Part I. should be compared. The diet should be plain and unseasoned and consist chiefly of fruit and vegetables (see Eczema, page 289).

9. INFLAMMATION OF THE PAROTID GLANDS (*Parotitis*), also called mumps, often occurs as an epidemic, especially among children and young people. It is attended by feverish symptoms, by swelling of the glands, beneath, behind and in front of the ear, causing difficulty in opening the mouth, in masticating and swallowing. There is also occasional swelling of the testicles or the mammae. As a rule the disease is not serious, although sometimes, especially when occurring during scarlet fever, the swelling of the glands may suppurate or cause hardening of the tissues.

Treatment consists of rest in bed, the application of warm camomile compresses and the taking of *Phytolacca* 3x (5 drops every two hours). When occurring during scarlet fever, *Belladonna* 3x, *Mercur. solub.* 4x or *Rhus tox.* 3x are suitable: for swelling of the testicles *Pulsatilla* 3x; for suppuration *Hepar sulphur.* 4x and *Silicea* 6x; for hardening of the tissues *Baryta iodata* 4x, *Sulphur* 6x and *Aurum* 12x.

C. DISEASES OF THE NOSE.

The nose is not only the seat of the olfactory nerve, but by warming and purifying the air before it enters the lungs it plays an important part of the organs of respiration. When the nose is permanently stopped up, the throat, lungs and ears will suffer. Nasal catarrh should thus be guarded against as much as possible. The best way of doing this is to inure the body to cold and climatic changes by a proper care of the skin (cold ablutions, indoor air-baths, hygienic underclothes), by keeping the feet warm, and by proper ventilation of bed and sitting rooms.

Further details on this important subject are contained in Chapters I., V. and VI. of Part II.

1. COLD IN THE HEAD, or ACUTE NASAL CATARRH (*Rhinitis acuta*), is probably the commonest and best known nasal complaint. Although in itself a trifling ailment, it may, by spreading to the larynx and lungs, have serious effects in little children and delicate persons. The principal symptoms, so well-known to

everybody, are sneezing, watering of the eyes, loss of smell, frontal headache and discharge of a watery fluid from the nose, which in a few days becomes mucous and purulent. By spreading to the adjoining mucous membrane, a cold may cause inflammation of the throat and middle ear, bronchitis or conjunctivitis. The causes are chill, breathing foul air or gas, and contagion, such as using the handkerchief of a person suffering from cold.

Treatment.—As a general rule, fresh air and physical exercise are the best remedies for a cold. Young children and very susceptible and delicate persons, however, should stay at home in inclement weather and, when feverish, in bed. One of the best methods of curing a cold quickly is the so-called dry treatment,

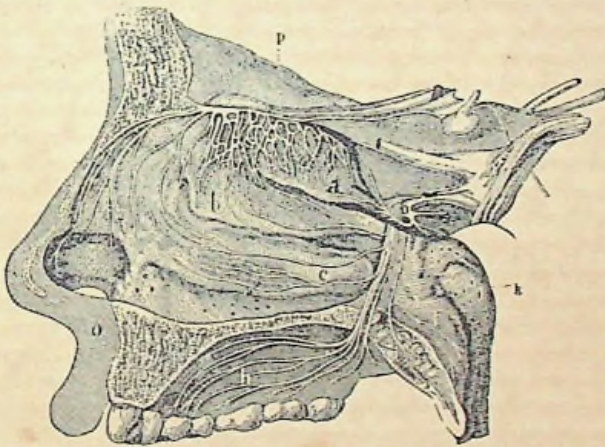


Fig. 128. TRANSVERSE SECTION OF THE NOSE.

a, b, c. Turbinate Bone covered with mucous membrane. *h.* Hard Palate. *i.* Soft Palate. *f.* Upper part of the Pharynx including the spot *k*, where the Eustachian tube begins. *o.* Upper Lip.

by which the patient at the first signs of a cold abstains from fluid of any kind for two or three days. The diet is the same as usual, except that all fluids including soup are strictly avoided. If the patient does not care for this method, hot foot baths or a vapour bath taken in bed (see page 132) and the internal use of *Aconitum* 3x for fever and shivering fits, or of *Nux vomica* 3x for a dry feeling in the nose and throat, are good remedies.

Should these, however, not succeed in checking a cold, other remedies should be resorted to without delay: *Pulsatilla* 3x for mucous discharge from the nose; *Arsenicum* 5x for watery excoriating discharge; *Sabadilla* 3x for constant sneezing; *Mercur.*

solub. 4x for cold caused by contagion. For a cold spreading to the eyes, *Euphrasia* 3x is suitable; to the ears, *Pulsatilla* 3x; to the throat, *Belladonna* 3x; and to the lungs *Ipecacuanha* 4x or *Bryonia* 3x or *Phosphorus* 5x.

Preventive measures are: Careful guarding against infections frequent doses of *Camphora rubini* (2-3 drops on a lump of sugar) inhaling spirits of *Camphor*; warm feet and the treatment already mentioned for strengthening the system and inuring it to cold.

A person liable to constant colds should take *Tuberculinum* 12x for a certain time, see that his feet are warm and wear hygienic undergarments (see page 103).

2. CHRONIC NASAL CATARRH (*Rhinitis chronica*) may be caused by frequent colds in the head. The nose is in an almost permanent condition of stuffiness and discharges of thin or thick, bloody, and occasionally offensive mucus. The sense of smell is impaired or entirely lost, and the head heavy; the nasal mucous membrane may swell extensively and polypi form in the nose in course of time. Sometimes, however, the mucous membrane shrinks and is covered with offensive crusts causing ozæna. Chronic and neglected nasal catarrh may even lead to asthma, adenoids and chronic enlargement of the tonsils—the last mentioned chiefly in children.

Treatment must be local and general. With regard to clothing and to hardening of the system, the above mentioned rules which are essential to a cure should be observed. The patient should in the first place abstain from all alcoholic beverages and highly seasoned dishes, take plenty of milk, sugar, vegetables and fruit, avoid smoky rooms, see that the feet are always warm, and strengthen the constitution by air and sunbaths.

The following homœopathic remedies are to be recommended: *Pulsatilla* 3x for yellowish mucous discharge and loss of smell; *Hepar sulphur.* 6x for purulent discharge and rash on the nose; *Kali bichrom.* 4x and *Acidum nitr.* 4x for offensive discharge and bleeding crusts in the nose; *Sulphur* 6x for mucus at the back of the nose passing down into the mouth; *Aurum iodat.* 4x for ulcers on the nasal mucous membrane; *Calcar. carbon.* 6x, *Calcar. iodat.* 4x, *Silicea* 6x, *Sulphur* 6x for scrofulous and tuberculous patients; *Lime* therapeutics (see page 124) are also efficacious in such cases. The general treatment with internal remedies must be accompanied by local treatment, especially when the complaint is characterised by profuse secretion of mucus or of offensive matter. The latter treatment consists of syringing the nose with a weak solution of common salt, or a 2 per cent. solution of *Boracic acid*, and sometimes of plugs of cotton wool moistened in 1½ ozs. of glycerine and 1½ ozs. of water to which 20-30 drops of tincture of *Sanguinaria* or *Hydrastis*.

canadensis have been added. This plugging treatment, which must be applied daily by the physician for some weeks, often produces such good results, even in chronic cases, that an operation can generally be avoided.

3. OZÆNA, a disease to which young girls suffering from chronic nasal catarrh are particularly liable, is characterised by offensive crusts and ulcers. The complaint is neither dangerous nor painful, but unpleasant for the patient as well as for those about him. In addition to the remedies mentioned for nasal catarrh, daily syringing of the nose with a weak solution of *Permanganate of Potash* (Condy's fluid), or with a decoction of oak bark and plenty of daily outdoor exercise are to be recommended. See also offensive breath in Chapter IV.

4. POLYPI IN THE NOSE. Polypi are tumours of the mucous membrane gradually increasing in size and causing obstruction of the nose, by which the patient is forced to breathe through the mouth and the voice becomes nasal. Another symptom may be bleeding of the nose. The discomfort is intensified by damp weather, which causes the polypi to swell. For treatment the chief remedies are: *Calcar. carbon.* 6x, *Silicea* 6x, *Sulphur* 6x, *Sanguin.* 3x, *Thuja* 6x, in addition to the remedies mentioned for chronic nasal catarrh. The snuffing-up of *Pyrogallic acid* or *Marum verum powder* is often beneficial. Very frequently, however, surgical treatment cannot be avoided.

5. PAROXYSMAL SNEEZING (*Sternutatio convulsiva*) is frequently an attendant symptom of hay-asthma, but may also occur as an independent nervous affection. By pressing the thumb firmly against the hard palate or by snuffing-up a few drops of spirits of *Menthol*, or by frequent doses of *Sabadilla* 3x (5 drops), a paroxysm may sometimes be speedily arrested.

6. HAY-FEVER or HAY-ASTHMA is a peculiar affection of the nasal mucous membrane, occurring in predisposed persons in the summer and often caused by inspiration of the pollen of certain flowering grasses. The complaint generally lasts six weeks. The symptoms are violent sneezing, cold in the head and eyes, headache, tickling cough, occasional fever, and difficult breathing. For treating this disease, *Arsenicum* 6x, *Gelsemium* 3x, *Pulsatilla* 3x and *Silicea* 6x are to be recommended. For violent continuous sneezing, *Sabadilla* 3x is a suitable remedy, both internally and when snuffed up the nostrils. The regular use of lime water or of *Calcar. phosphor.* 3x has also proved beneficial. Recently, injections with a so-called pollen-vaccine have been recommended. Nothing, however, is more efficacious than change of air.

7. BLEEDING FROM THE NOSE (*Epistaxis*) is caused by the bursting of small blood vessels of the nasal mucous membrane, and

occurs chiefly in young people during the age of puberty, although sufferers from lung trouble, heart, liver and kidney diseases may also be attacked by it. Serious cases of nose bleeding, which can often only be staunched with the greatest difficulty, occur in so-called "bleeders" whose blood coagulates very slowly when coming into contact with the air. Primary causes of bleeding from the nose are injuries to the nose, congestion of blood to the

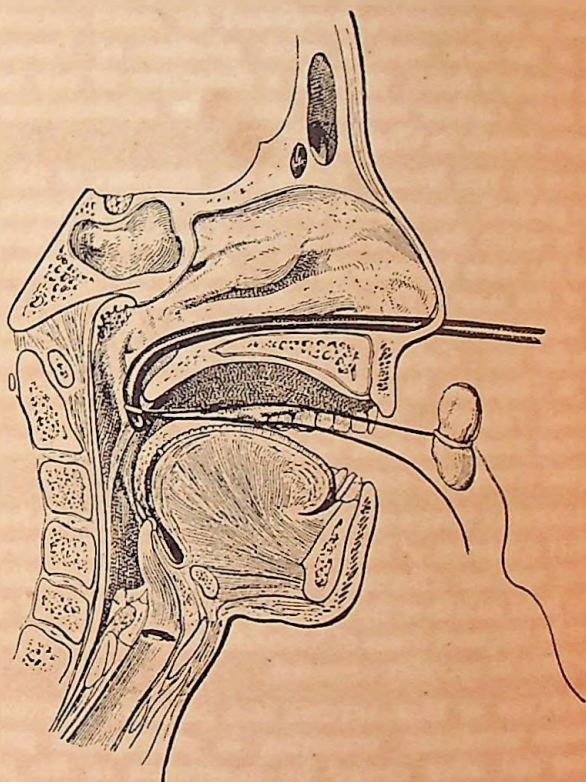


Fig. 129. PLUGGING THE NOSE WITH A SOFT ELASTIC PROBE BY WHICH THE INNER NASAL DUCT IS PLUGGED WITH COTTON WOOL.

head, physical exertion, agitation or excitement, tight collars, over-indulgence in coffee, beer or wine; finally it may occur during mountain climbing, when it is caused by the rarefaction of the air.

Treatment.—If the bleeding is not excessive, young people need only snuff-up a little cold water and vinegar, whereupon the hæmorrhage will generally cease of its own accord. When very violent, the patient should sit down quietly, tight garments round

the throat should be removed, the head bent backwards and sideways, and the nose firmly compressed with two fingers for a few minutes. This often stops the bleeding at once. Should this not be the case, a thick longish pad of medicated wadding should be inserted into the bleeding nostril horizontally, cold compresses applied to the back of the neck and the feet placed in a hot bath. If this treatment is unsuccessful, a doctor should immediately be summoned to plug the nose in a professional manner (see fig. 129).

For troublesome and frequently recurring cases of bleeding from the nose, *Natrum nitricum* 2x is often the best remedy for young people; other suitable remedies are the following: *Arnica* 3x after injury; *Belladonna* 3x for congestion of blood to the head; *Nux vomica* 3x when over-indulgence in alcohol or coffee is the cause; *Ammonium carbon.* 3x when the bleeding occurs chiefly in the morning while washing; *Pulsatilla* 3x for menstrual disorders; *Sepia* 6x for bleeding from the nose in women during the change of life; *Hamamelis* extract and *Crocus* 3x for hæmorrhage with black clots of blood; *Phosphor.* 6x for emphysema; *Digitalis* 4x when caused by heart disease; *China* 3x and *Arsenicum* 6x for anæmia and chlorosis.

D. DISEASES OF THE THROAT.

The throat forms part of the digestive system and of the respiratory organs. Within a small space are enclosed from before backward, the soft palate with the uvula, the tonsils, the larynx and the pharynx. A disease can thus easily spread from one part to another. For instance, an attack of tonsillitis, apparently such a trifling ailment at first, may by spreading to the larynx give rise to the well-known and serious symptoms of croup. Children are especially liable to these complaints, for particulars of which see Chapter XI. To prevent affections of the throat, the skin should be hardened by cold ablutions and air baths, tight or warm garments round the throat should be avoided and the feet should always be kept warm. Over-indulgence in tobacco and alcohol, very hot food and drink, breathing dust, and smoke and gas must be avoided. Persons suffering from throat complaints should guard against over-exertion of the voice, see that the rooms are of even temperature, that the air is pure and not too dry, and avoid highly seasoned food and stimulating beverages. When the vocal cords are fatigued or weakened by excessive speaking or singing, silence is the best remedy.

I. INFLAMMATION OF THE THROAT (*Pharyngitis acuta*) is a complaint chiefly confined to towns. Its most common causes are cold, getting wet, wet feet or breathing impure air. The symptoms

are : pain and dry sensation in the throat, headache, fever, and discharge of phlegm. When the larynx is the chief seat of the disorder, the complaint is characterised by a dry tickling cough or hoarseness, and in children by laboured breathing. When the tonsils and soft palate are affected, there is difficulty in swallowing, the tonsils being swollen and red and perhaps dotted with yellowish-white spots.

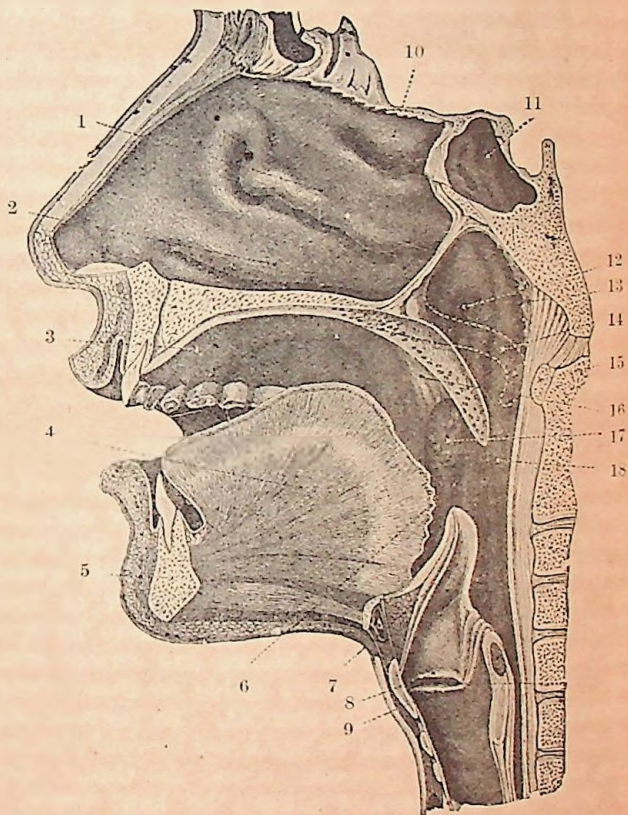


Fig. 130. POSITION OF THE SOFT PALATE IN SPEAKING.

1. Central turbinated bone. 2. Lower turbinated bone. 3. Hard palate.
 4. Tongue. 5. Lowerjaw. 6. Sublingualgland. 7. Epiglottis. 8. Right
 false vocal cord. 9. Right true vocal cord. 10. Upper turbinated bone.
 11. Pterygoid cavity. 12. Orifice of the Eustachian tube. 13. Pharyn-
 geal tonsil. 14. Position of the soft palate in speaking. 15. Cervical
 vertebrae. 16. Soft palate. 17. Right tonsil. 18. Throat.

Treatment consists of rest in bed, wet compresses applied to the throat, a vapour-bath in bed and the alternate use of *Aconitum* 3x and *Belladonna* 3x in the first stages, and *Mercur. solub.* 4x or *Mercur. corros.* 5x later on, especially when the tonsils are affected.

Gargling with diluted lemon juice or with lukewarm water and tincture of *Arnica* (10 drops of *Arnica* to a cupful of water) is to be recommended, also the drinking of honey water. An ulcer occasionally forms on the tonsils, attended by difficulty in swallowing, intense pain and fever. For this, gargling with hot camomile tea and doses of *Hepar sulph.* 4x taken every three hours are suitable remedies. It will sometimes be necessary to relieve the pain and discomfort by an incision. To prevent the recurrence of these extremely painful ulcers, regular gargling with a cold solution of common salt and the internal use of *Calcar. iodat.* 4x or *Sulphur* 6x are efficacious. When the larynx is the seat of inflammation, *Belladonna* 3x and *Ammonium bromat.* 2x, later on *Hepar sulphur.* 6x and inhalations of a weak solution of common salt with an inhaler, are suitable remedies. For particulars of other throat affections not mentioned here—being for the most part peculiar to children—see Chapter XI.

2. CHRONIC PHARYNGEAL CATARRH (*Pharyngitis chronica*) is occasioned by frequent throat attacks, long continued speaking in a loud voice (schoolmasters, officers, and clergymen), or by excessive irritation of the mucous membrane through over-indulgence in tobacco and alcohol. The patient complains of irritation, a burning sensation and dryness in the throat, and a mucous discharge in the morning and during the day which is only brought up with difficulty. These symptoms are sometimes attended by cough and hoarseness. The back of the pharynx is red and inflamed, the mucous membrane either congested or shrunk and dry. When the duration of the disease is protracted, it may lead to melancholia, the patient imagining he has consumption of the throat. Careful medical examination is therefore necessary to relieve him of this anxiety.

In the treatment of this disease, tobacco and alcohol, continuous fatiguing speaking and singing in a loud voice should be avoided. The patient should always breathe through the nose and guard against sudden atmospheric changes, especially after the voice has been greatly exerted. Gargling with lukewarm or cold water to which a little salt and glycerine have been added, can be recommended. The feet must be kept warm and the skin hardened. *Natrum iodat.* 4x, *Alumina* 6x, *Sulphur* 6x and *Calcar. iodat.* 6x frequently render good service. The physician is sometimes able to cure congestion and hypertrophy of the pharyngeal membrane by electrolysis (see page 153). When the ailment becomes acute, the remedies mentioned for inflammation of the throat are suitable. When the larynx is seriously affected, the remedies we shall mention for hoarseness should be applied.

3. ABSCESS IN THE THROAT (*Retropharyngeal abscess*) is a purulent inflammation of the connective tissue situated between

the posterior wall of the pharyngeal cavity and the cervical vertebræ, in the course of which an abscess is formed which causes such difficulty in swallowing and breathing that symptoms of suffocation may occur in children. Gargling with warm camomile tea and frequent doses of *Hepar sulphur.* 4x can be tried in the first stage, but a slight operation is generally necessary to remove the pus.

4. HOARSENESS is occasioned by inflammation of the larynx (*Laryngitis*), paralysis of the vocal cords, syphilitic or tuberculous

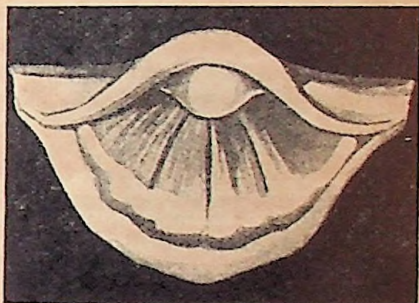


Fig. 131. POSITION OF THE VOCAL CORDS WHEN SINGING IN A HIGH KEY.

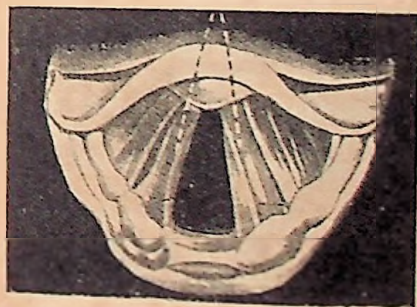


Fig. 132. POSITION OF THE VOCAL CORDS IN SPEAKING.



Fig. 133. POSITION OF THE VOCAL CORDS AT REST.

ulceration and polypi: it often occurs in children suffering from croup or diphtheria. In severe and chronic cases careful medical examination with the laryngoscope is absolutely necessary.

For acute cases we advise the application of wet compresses to the throat, gargling with a mixture of honey and water, and the following internal homœopathic remedies: *Aconitum* 3x after a cold; *Arnica* 3x and *Arum triph.* 3x after over-exertion of the voice; *Ammon. brom.* 2x in diphtheria; *Chamom.* 3x for hoarseness and cough in children; *Mercur. solub.* 4x for hoarseness, aggravated by cold air and for simultaneous tendency to

unrelieving perspiration; *Nux vomica* 3x for hoarseness with a dry cough and tickling sensation in the larynx; *Pulsatilla* 3x when there is a complete loss of voice and a yellowish discharge; *Spongia* 2x for croupy cough.

For chronic cases the following remedies are suitable: *Ammon. iodat.* 3x, *Iodium* 3x, *Spongia* 3x, in not too protracted cases, especially after influenza; *Phosphor.* 5x for hoarseness after measles and croup; *Arnica* 3x and *Hamamelis* extract after over-exertion of the voice in singers and speakers (also useful as a preventive); *Causticum* 4x for continuous tendency to hoarseness,

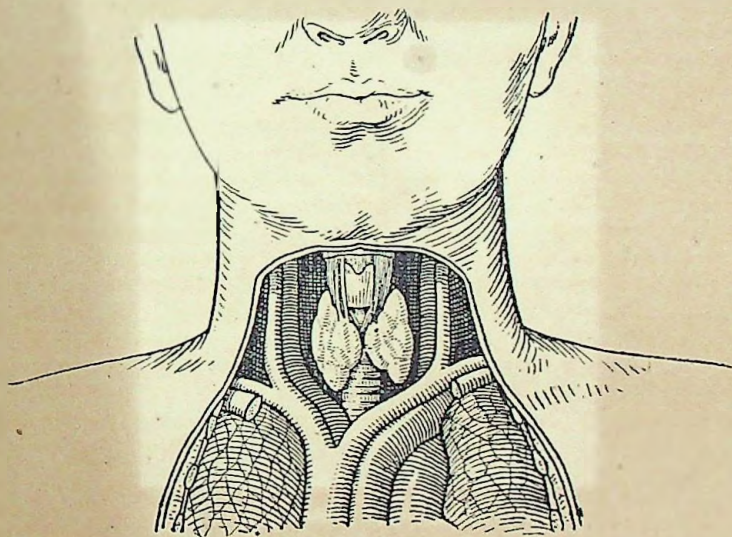


Fig. 134. POSITION OF THE THYROID GLAND ON BOTH SIDES OF THE LARYNX.

especially in singers; *Carbo veget.* 6x for hoarseness worse in the evening and attended by sharp pain in the throat and chest; *Mangan. acet.* 6x for discharge of phlegm and sharp pain in the throat after swallowing; *Mercur. solub.* 4x and *Kali iodat.* 2x for syphilis; *Hepar sulphur.* 6x and *Sulphur* 6x in protracted and long-standing cases with bloody or purulent discharge. Inhaling tincture of *Benzoin* (Friar's Balsam) (10 drops to a tumblerful of boiling water) is also frequently beneficial. The above rules should be observed, the complaint otherwise being liable to recur. Sponging the neck with cold water every morning and then massaging it for a few minutes is another good remedy.

5. Although PARALYSIS OF THE VOCAL CORDS can only be definitely ascertained by a local examination with the laryngoscope its presence can be assumed in all protracted cases of hoarseness or loss of voice without any apparent cause such as cough or expectoration. It may be a symptom of hysteria, anæmia or neurasthenia (when *Ignatia* 3x, *Nux vomica* 3x, *Causticum* 3x, *Zincum valerian.* 3x are often of use), or occur after diphtheria (when *Gelsemium* 3x is beneficial); after over-exerting the voice (*Arnica* 3x and *Hamamelis* extract are then of use); and lastly in diseases of the nerves of the throat and brain. Although the last mentioned cases are generally incurable, *Causticum* 4x, *Zincum* 6x,



Fig. 135. GOITRE.

electric treatment and douching the throat with hot and cold water may be tried.

6. CONSUMPTION OF THE LARYNX (*Tuberculosis laryngis*) rarely occurs as a primary disease, but generally as an attendant symptom of consumption of the lungs, in which the tuberculous germs invade the larynx, causing hoarseness and pain in speaking and swallowing. Treatment is that of consumption (see Chapter III.). During the first stage, *Arsen. iodat.* 4x, *Ammon. iodat.* 4x and *Phosphor.* 5x or 6x are particularly useful, as is also inhaling the steam of tincture of *Benzoin*.

7. GOITRE (*Struma*) is an enlargement of the thyroid gland of frequent occurrence, especially among women. The swelling may be soft and gelatinous, hard and tough, or covered with swollen

veins. In certain districts—Switzerland and Norway, for instance—this disease is very common. In the treatment of this disease, remedies acting on the entire system should be selected. Thus *Iodium*, *Calcareo carbonica*, *Arsenicum iodatum* are suitable for scrofulous patients. Goitre occurring in women, especially after confinement and increasing in size after menstruation, is often cured by *Belladonna*, *Hamamelis* and *Sulphur*. In cases of uncertain origin *Conium* is sometimes of use. Other good remedies are: *Spongia*, *Calcareo iodata*, *Bromium* and the so-called goitre powder, consisting of 1 part of pulverised eggshells, 1 part of roasted sponge (*Spongia tosta*) and 2 parts of white sugar. These remedies should be taken once or twice a day for a fortnight, stopped for a fortnight and then taken again. Treatment should be continued for several months, it being advisable to take higher and lower attenuations alternately. Recently, excellent results have been obtained from the use of *Natrum iodat.* 2x, two doses a week being taken for a period of several months. Over 1,000 children were cured of goitre in this way, beneficial effects on their physical and mental development being noticeable in most cases.

Externally, a wet compress soaked in a decoction of oak bark, applied during the night, is to be recommended. When the patient has great difficulty in breathing or symptoms of suffocation obtain, surgical treatment must be resorted to. Hard, tough tumours can generally not be cured by internal remedies, but in the majority of cases they do not cause such intense discomfort as to render an operation absolutely necessary.

CHAPTER VII

SKIN DISEASES

THE skin is an organ of great importance for the regulation of the body's heat, the elimination of waste substances and the process of respiration. Owing to its exposed position, its structure and its relation to various other organs, the skin is subject to numerous diseases. Thus the care of the skin is of the utmost importance, a good and healthy condition of the skin being of great assistance to the entire body in regaining its health after serious illnesses.

We have given all necessary particulars on this important subject in Chapters I., V. and VI. of Part II. From these it will be seen that the main conditions of a proper care of the skin are cleanliness and inuring it to cold and atmospheric changes by baths, ablutions, air baths, and porous under-garments. As to soaps, those containing acids or alkalies are injurious on account of their irritant effect. Neutral soaps are therefore preferable; these can be detected by the absence of a smarting sensation when applied to the tongue.

Rash or eruption of the skin has various causes. In many febrile diseases, such as measles, scarlet fever, etc., the skin is also affected, and treatment then is that of the primary disease. Actual skin diseases may be attended by fever, though this is by no means general; they are local, or general, that is to say, connected with the general state of health. As skin diseases are frequently symptomatic of an abnormal metabolism or of a chronic state of ill-health it is obvious that an exclusively external treatment with strong ointments and fluids not only proves inefficacious after some time, but may be very injurious. On the other hand it is essential in the majority of skin diseases to adopt regular habits, to keep to a diet devoid of highly seasoned, spiced or fatty food, but containing plenty of vegetable and fruit (see page 96), to take fluids in moderation (see page 98), and to abstain from alcoholic beverages (see page 100). In certain cases a purely vegetarian diet is to be recommended. In all cases of long standing the cause of the disease, sometimes so different from the supposed one, should be ascertained by a medical examination. Homœopathic remedies are very useful, but the selection of a suitable remedy is not always easy. For moist eruption, dusting with rice, potato or bean flour or with a mixture of *Magnesia carbonica* or *Dermatol* with one of

these kinds of flour (3 parts to 100) is often efficacious. *Hamamelis* ointment is often of use for abscesses, and very fatty medicinal soaps, such as *Resorcin* soap, *Sulphur* soap (*Thymol* soap for children), for dry eruption.

I. ST. ANTHONY'S FIRE (*Erysipelas*) is an inflammatory affection of the skin, characterised by a peculiar inflamed



Fig. 136. THE SKIN (greatly magnified).

a. Epidermis. a1. Horny layer of epidermis. a2. Layer of mucous cells. b. Cutis vera. c. Subcutaneous tissue. d. End bulbs of the nerves. d1, e. Artery. f. Vein. g. Hair shaft. g1. Hair root. k. Sebaceous glands. i. Muscle. k. Sweat gland. k1. Its spiral excretory duct.

condition, of which the symptoms are headache, shivering fits, thirst, want of appetite and languor. It generally affects the face and head, but sometimes extends to other parts of the body. The skin is painful, red, hot, swollen, and is sometimes covered with large and small vesicles. The inflammation is liable to

spread. The disease is caused by certain fission fungi, so-called *streptococci*, penetrating into little wounds, ulcers or scratches.

Many people are particularly susceptible to the disease, especially during cold, inclement weather.

Treatment.—The patient should be kept in bed and a doctor should be consulted. During the first stage *Belladonna* 3x, 5 drops every two hours, is the best remedy. When the eyelids are swollen and the mouth parched, and the patient shows symptoms of cerebral irritation, *Apis* 3x should be taken alternately with *Belladonna* 3x. For vesicular erysipelas *Rhus tox.* 4x is suitable; for smarting pain, increasing at night, *Arsenicum* 4x or 6x; for the variety which rapidly flies from one part of the body to the other *Pulsatilla* 3x; and for suppuration *Mercur. solub.* 4x. External remedies worth trying are: *Vaseline*, *Hamamelis* ointment and Almond oil applied to the inflamed parts, which must be covered with clean cotton wool and well bandaged. In the very beginning it is sometimes possible to prevent the spread of the disease by the repeated application of compresses made with 50 per cent. alcohol. For the subsequent indurations of the skin *Sulphur* 6x or *Iodium* 4x are beneficial. Persons liable to repeated attacks of erysipelas, should guard against catching cold, try to harden the skin, only use mild soap for washing the face, and take occasional doses of the higher attenuations of *Sulphur* or *Graphites*.

2. SHINGLES (*Herpes zoster* or *Zona*) is a vesicular eruption, attended by intense smarting, pain and itching and extending like a belt over one-half of the chest or trunk. The vesicles, which are close together, contain a pale fluid and shrivel up in a few days. The pain, however, generally lasts longer, the vesicles often breaking out again after a short time. This disease, which in the old and feeble often lasts a long time, is essentially a neuralgia with a skin manifestation. The best remedies are: *Rhus tox.* 6x, *Mezereum* 3x, *Ranunc. bulb.* 4x, and in protracted cases *Graphites* 6x. The patient should remain indoors in a warm room until the disease has disappeared; powdering the affected parts with potato flour or *Dermatol* and then covering them with medicated wadding often brings relief.

3. NETTLE RASH (*Urticaria*) attacks some people after eating strawberries, oysters and crabs, or after taking very strong drugs, such as *Copaiba*; but may also be an attendant symptom of digestive disorders or functional derangement of the sexual organs of women. The rash, which may or may not be attended by fever, appears suddenly and consists of red or white wheals (resembling those caused by the stinging nettle) which itch and smart intensely.

Treatment should consist of rubbing these wheals with vinegar and water, diluted glycerine, or eau de Cologne; this will cause the itching to cease and the rash to disappear in a few hours. Should the patient be feverish, he must stay in bed and take one of the



Fig. 137. SHINGLES.

remedies mentioned below. To prevent the recurrence of nettle rash, the causes should be avoided as far as possible, and the general health, if unsatisfactory, medically treated.

The following remedies are suitable for nettle rash: *Aconite* 3x and *Belladonna* 3x for fever; *Apis* 3x when large, round, itching wheals form; *Rhus tox.* 4x when vesicles form; *Bryonia* 3x

when there is constipation and rheumatism ; *Pulsatilla* 3x for disorders of the digestive system, especially after fatty food. *Dulcamara* 3x after a cold and with simultaneous diarrhoea. *Causticum* 4x when aggravated by cold air ; *Sulphur* 6x, *Graphites* 6x and *Lycopodium* 6x in cases of long standing.

Good results have often been obtained in children liable to repeated attacks of nettle rash by strict adherence to a vegetarian diet.

4. BOILS (*Furunculus*) are hard, red, painful inflammations of the skin and subcutaneous tissue, often with a hair-follicle at their centre ; in a few days the swellings burst, pus is discharged, and later a slough (the "core") comes away, after which recovery is rapid. This ailment which in some people often appears in crops and recurs frequently (*furunculosis*) may be caused by neglect of the skin, irritating effects of bad food or impure water.

In the pus of these boils bacteria (so-called *pus cocci*) are contained, which, by penetrating into little cracks in the skin cause fresh swellings. This can only be prevented by the greatest cleanliness. Scrofulous persons and sufferers from diabetes are frequently liable to boils.

Treatment.—The boils should be sponged with diluted alcohol to which 2 per cent. of *Salicylic acid* has been added, covered with *Arnica* or *Salicylic* soap plaster ; the patient should also take four daily doses of *Hepar sulphur.* 4x, which will hasten suppuration. To improve the condition of the blood and to prevent the recurrence of the complaint, the following measures and remedies are highly to be recommended : Care of the skin by baths and ablutions with *Salicylic* soap, plain food, plenty of outdoor exercise, the alternate internal use of *Arnica* 3x and *Hepar sulphur.* 6x for a few weeks. *Sulphur iodatum* 4x-6x has of late been highly spoken of by Prof. Bier for the treatment of boils.

5. CARBUNCLE (*Carbunculus*) is the name for a very painful swelling of the subcutaneous tissue which bursts at several points and causes a sieve-like perforation of the skin. These swellings, to which elderly people are particularly liable, generally appear at the back of the neck and on the back, and may, if they last too long, endanger the patient's life.

Treatment should consist of doses of *Arnica* 3x and the application of a *Salicylic* soap plaster, which must be renewed twice a day. Wet compresses and warm linseed poultices are also to be recommended. When the carbuncle is not too large, it can generally be cured in this way without surgical treatment. To promote suppuration *Hepar sulphur.* 3x should be used, and *Silicea* 6x after the pus has been discharged, while for intense pain and gangrene *Arsenicum* 5x and *Lachesis* 12x are suitable, as well as *Echinacea* 2x for malignant cases. After the carbuncle has burst,

care must be taken to keep the wound clean by frequently sponging it with boiled water to which a little tincture of *Calendula* has been added.

6. **ABSCESS** is a local inflammation discharging pus, characterised by pain, redness and swelling, sometimes attended by fever and shivering fits. When the abscess is "ripe," a very slight operation will generally be necessary to remove the pus.

In addition to wet compresses, which are preferable to the application of ice still ordered by many doctors, *Aconitum* 3x and *Belladonna* 3x are suitable in the first stage; when there are signs of suppuration, *Mercur. solub.* 4x should be used, then *Hepar sulphur.* 4x, and after suppuration *Silicea* 6x.

7. **ULCERS** (*Ulcus*), which frequently occur in scrofulous, tuberculous and gouty patients, may be considered a symptom of ill-health. They can, however, also be occasioned by external injuries and neglected wounds. An ulcer involves at least the destruction of the skin (cutaneous ulceration). Deep ulcers can even attack the connective and the osseous tissues. Some ulcers spread; others remain stationary; they may discharge pus or blood or be covered with offensive crusts, the edges sometimes being hard and inspissated. Fistulous ulcers forming narrow channels, and varicose ulcers (described on page 171) are very resistant to treatment.

Treatment is partly surgical and local, partly general by means of homœopathic remedies which have a constitutional as well as a local effect; baths, ablutions and a specified diet are also very beneficial. Much patience is necessary in the majority of cases, and in all protracted cases a doctor should be consulted. In addition, compresses and sponging the ulcers with diluted tincture of *Calendula*, the application of *Hamamelis* and *Calendula* ointment and powdering with *Boracic acid* powder or *Dermatol*, are good external measures. Taken internally, *Arsen. iod.* 4x or 6x, *Calcar carbon.* 6x, *Carbo veget.* 6x, *Mercur. solub.* 6x, *Silicea* 6x, *Sulphur* 6x are efficacious in many cases. For fistulæ *Silicea* 6x and the injection of diluted *Aqua silicata* are sometimes beneficial.

8. **WHITLOW** (*Panaritium*), also called felon or gathered finger, is an exceedingly painful inflammation of the tip of the finger, often penetrating to the periosteum and the bone, and nearly always suppurating. This inflammation which, if neglected, may destroy the tendon and cause deformity of the finger, is generally occasioned by pus-producing bacteria penetrating slight wounds at the tips of the fingers or sides of the nail. To prevent inflammation of this kind, it is advisable to wash the hands with warm water and soap after every injury, and to cover the wound with sticking plaster, or better, to put tincture of iodine on the wound. Should, nevertheless, symptoms of

inflammation ensue, its progress can generally be arrested by dipping the finger into 60 per cent. alcohol (for half an hour several times a day). When these precautions have been delayed too long, warm poultices and doses of *Hepar. sulphur.* 4x may be beneficial in less serious cases. When the inflammation has penetrated deeply, and the pain is increasing in violence, *Silicea* 6x is a suitable remedy; in such cases it is advisable for the doctor to make an incision, as this will assist the healing process. Those who are subject to whitlows should observe the above preventive measures very carefully, and take *Calcarea fluorica* 6x regularly for some time, or *Natrum sulphur.* 6x when living in a damp house.

9. SUPPURATING WOUNDS are caused by fresh wounds being infected by pus-producing bacteria. Aseptic treatment is thus of the utmost importance. (See Wounds and Injuries in Chapter XIII.) For old festering wounds the greatest cleanliness should be observed. The wounds must be cleansed with boiled water and covered with medicated gauze soaked in tincture of *Calendula*. We cannot, however, enter into this subject any further, as suppurating (septic) wounds can be properly treated only by the physician. In all protracted cases the constitution should be strengthened by treatment with the homœopathic remedies mentioned for ulcers.

For the treatment and prevention of bedsores (*Decubitus*) see the chapter on nursing (page 115).

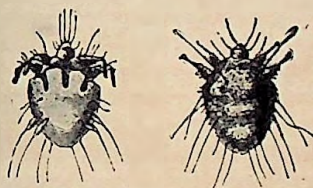
10. DROPSY OF THE SKIN is a painless, colourless swelling of the skin, usually associated with general dropsy; but also occurring locally, when it is caused by pressure on the blood vessels (through too much standing or very tight garters) or by poor blood. Avoidance of the exciting causes, massage and binding the legs with stockinette roller bandages are efficacious in relieving this complaint. (See Dropsy, page 166).

11. ITCHING OF THE SKIN (*Pruritus*) is an attendant symptom of many skin diseases, but may also occur in the course of various other complaints, such as diabetes, liver and kidney diseases. It may attack the entire body or parts of it, and is generally worse in bed at night. Violent itching is an unpleasant complaint, almost more unbearable than pain, and one to which scratching gives only temporary relief.

Treatment should be both internal and external and must depend on the cause. When the itching is caused by parasites, these must be destroyed (see below: Itch). For the aged dry friction of the entire body with a rough towel is to be recommended. In the majority of cases sponging the body with water and vinegar or with *Menthol* or *Sulphur* soap, friction with *Lanoline*, diluted lemon juice, cocoanut oil, and *Peruvian balsam* ointment (1 part of *Per. balsam* to 6 parts of vaseline), and tepid soda baths are

beneficial measures. Suitable internal remedies are: the higher attenuations of *Sulphur*; *Thuja* 6x and *Phosphorus* 12x for the aged; *Pulsatilla* 3x and *Sepia* 6x for derangement of the sexual functions; *Arsenicum* 6x for periodic itching with intense smarting; also *Apis*, *Rhus tox.*, *Urtica urens* and others. The patient should take plain, unseasoned food and abstain from alcoholic beverages.

12. THE ITCH (*Scabies*) is a parasitic skin disease caused by the *sarcoptes scabiei* or itch mite. This insect burrows into the skin and lays its eggs; the complaint spreads in this way. The mites are located principally in the tender skin between the fingers, in the bend of the arm, and about the genital parts, the face is never attacked. The itching is particularly unbearable in bed, the mites being rendered lively by warmth; innumerable pustules, vesicles and crusts are caused by scratching, from which it is impossible to abstain.



(a.) Belly. (b.) Back.

Fig. 138. THE ITCH MITE (*Sarcoptes scabiei*).

Treatment, which must be carried out under medical supervision, aims at the destruction of the insect. The best way of doing this is to take a hot bath in which the skin is thoroughly washed with soft soap; after drying, the entire body with the exception of the head should be well rubbed with an ointment consisting of 20 parts of *Peruvian balsam* and 80 parts of fat, or of 10 parts of *Lysol* (for children 5 parts) and 90 parts of olive oil; this should be done for three evenings in succession and treatment completed by a second hot bath, after which the patient should put on clean clothes.

Should the itching still continue, *Sulphur* 6x and rubbing the body with vinegar and water and Lanoline will prove beneficial.

13. CATARRHAL INFLAMMATION OF THE SKIN (*Eczema*) is one of the commonest skin diseases; in children it is known under the name of milk crust or scalled head. This kind of eruption may appropriately be called catarrh of the skin, the epidermis swelling to the accompaniment of intense itching and reddening, and exuding a watery fluid which dries into a yellow crust. Like

a catarrh eczema has a tendency to spread, assumes various forms, and is acute or chronic. The most common seats of this complaint are the face, the scalp, the hands and feet, the bend of the joints, and the external parts of the sexual organs. The causes are internal and external. External causes are: cold, inclement weather, great heat; very hot baths; the handling of certain chemicals, as by painters for instance; dusty surroundings such as millers, bakers and bricklayers are subject to; violent scratching, occasioned by itching of the skin due to parasites, such as the itch mite. Internal causes are: anæmia, scrofula, chronic stomach and kidney complaints, diabetes, varicose veins and menstrual derangement. For milk crust and scalled head in children, see Chapter XI.

Treatment varies according to the cause. Thus, parasites causing eczema, such as itch mites (see the itch) and lice, must be destroyed (the best way of destroying the latter is to rub the body with equal parts of petroleum and olive oil), while persons whose occupation brings them into contact with injurious substances should observe the greatest cleanliness, especially of the hands. Patients suffering from acute eczema which generally lasts from two to four weeks and which is liable to spread over the entire body should not use baths and ablutions, but should dust the affected parts with bean flour, talc dusting powder or starch powder and take *Mercur. solub.* 4x internally.

When vesicles form, *Rhus tox* 4x may be suitable, or preferably *Ranunc. bulb.* 4x. When the eruption dries up in consequence of this treatment, *Arsenicum* 4x and friction with olive oil and *Hamamelis* ointment are beneficial, while for thick yellow crusts and scabs *Hepar sulphur.* 6x is more suitable. A plain, non-irritant diet plays an important part in the treatment; alcoholic beverages and highly seasoned and fatty food should be avoided.

In chronic cases, which are frequently very persistent and sometimes mistaken for tetter, *Sulphur*, *Graphites* and *Arsenicum* are the principal remedies; *Sulphur iodatum*, *Mezereum*, *Sepia* and other remedies are also suitable. As an external measure, sponging the affected parts with *Tar* soap, *Tar* and *Sulphur* soap or *Resorcin* soap is to be recommended in many cases. As the patient's constitution or the primary disease must also be considered, an experienced physician should be consulted. Recently, artificial sun ray treatment has been employed as a remedy for chronic eczema.

14. DRY TETTER (*Psoriasis*) is a chronic skin disease characterised by shiny white scales heaped one upon another. The skin under these scales is slightly red and inclined to bleed. The disease is either hereditary or may be due to syphilis.

The treatment, which is generally very lengthy, consists of the

internal use of *Arsenicum* 4x, *Thuja* 6x, *Sulphur* 6x, friction with cod liver oil, preparations of Tar or *Chrysarobin* ointment and medicinal baths.

15. LUPUS is a tuberculous disease which has a very destructive action on the face or the hands or wherever it appears. The unfortunate patient, whose appearance becomes extremely repulsive, may live for a long time, his general health rarely being affected. While cauterisation and surgical treatment seldom produce permanent results, Prof. Finsen's treatment with electric arc light has recently found many supporters, and very encouraging results have been obtained.

The application of electrolysis and the internal use of *Arsen. iod.* 4x, *Tuberculinum* 6x, *Conium* 4x and *Thuja* 6x have also in some cases produced good results.

16. VARIOUS MINOR SKIN COMPLAINTS.

Chafing (*Intertrigo*), frequently produced by the friction of two folds of skin, as for instance between the legs, at the neck and in the armpit, is generally caused by lack of cleanliness. The chafed parts should be washed with clean cold water to which a little tincture of *Arnica* has been added, and then dusted with bean flour, talc or *Salicylic* powder. For internal use, especially for children, *Chamom.* 3x or *Mercur. solub.* 6x should be given.

Maggot pimples or Blackheads (*Comedones*) and Pimples (*Acne vulgaris*) should be first sponged with warm water and *Resorcin Salicylic Sulphur* soap, then with cold water, and then dried with a rough towel; an addition to this treatment should consist of a plain diet, plenty of physical exercise, air-baths and the internal use of *Arsenicum* 5x, *Natrum muriat.* 6x or *Sulphur* 6x. To render the complexion rosy and healthy, the face should be washed in rain-water and rubbed with *Hamamelis* ointment; washing the face alternately with warm and cold water is also to be recommended.

For a greasy complexion (so-called *Seborrhœa*), the face should be frequently washed with warm water and *Salicylic* soap and the skin then rubbed with a piece of linen moistened with spirits of soap.

Chapped and cracked skin should be treated internally with *Petroleum* 6x, *Graphites* 6x, *Thuja* 6x, and externally with Vaseline, cold cream, or glycerine. Sometimes a 1 per cent. solution of *Argentum nitricum* is the best remedy.

Freckles and liver spots should be dabbed with lemon juice and frequently washed with the Hebra freckle soap.

Birthmarks (*Nævus*) should be painted with tincture of *Bellis perennis*, which sometimes causes them to fade.

For excessive redness of the face Lemon juice or tincture of *Benzoin* (20 drops to a tablespoonful of water) should frequently be applied to the skin, and everything conducive to congestion of

blood in the head, such as tight collars, protracted sitting in a stooping posture, strong coffee and alcoholic beverages avoided.

Warts (*Verrucae*) may sometimes be healed by *Thuja*. When the warts appear in crops, a *Salicylic* soap plaster is a good remedy. The simplest way of removing single warts is to dab them carefully and repeatedly with fuming *Nitric acid*.

Corns (*Clavi*) are caused by tight-fitting shoes. Treatment should consist of suitable shoes, hot footbaths and painting the corns with *Salicylic collodion*.

Ingrowing of the Nail (*Onychia*) is due to cutting the nail too short and the pressure of the skin on the edge of the nail caused by tight-fitting shoes. Surgical treatment must sometimes be resorted to to relieve this painful complaint. The following

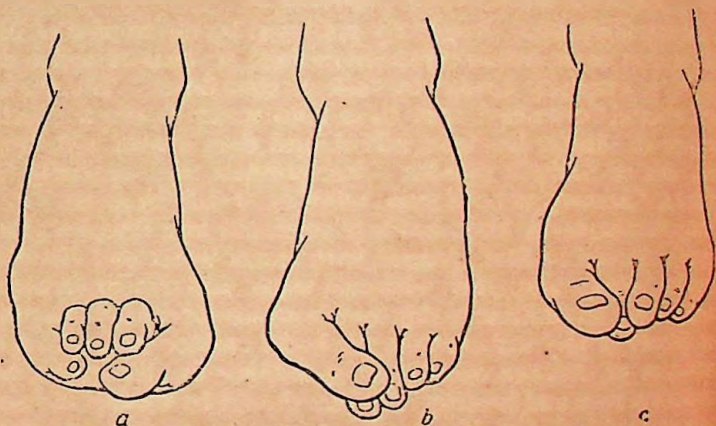


Fig. 139. Malformation of the toes caused by unsuitable shoes.

process may, however, be tried: pare the nail as thin as possible in the middle, cut it in the shape of a half-circle (short in the middle, long at the sides) and insert a little medicated wadding (kept in place by sticking plaster) between the nail and the inflamed skin. Loose soft shoes should be worn. If inclined to ulcerate, hot foot-baths made with a decoction of oak bark should be tried and *Silicea* 6x taken internally.

Chilblains (*Pernio*) occur in some people as soon as the cold weather begins. The fingers or toes itch, swell and become inflamed. Treatment should consist of ablutions with *Eucalypti* soap and rubbing the affected parts with *Ether petrolei*, *Peanut* balsam ointment, or *Traumaticin*. The application of a slice of onion at night is a family remedy frequently recommended. When chilblains ulcerate, they should be washed with warm water and *Salicylic* soap, and bandaged with *Boracic* ointment.

internal remedies being *Arsenicum* 4x and *Calcar. carbon.* 6x. As preventive means, the hands and feet should be rubbed with *Spirits of Camphor* or *Ether petrolei* during the summer and cold hand and foot baths taken. Sudden changes of temperature should be avoided; it is injurious to warm the hands and feet at the fire on coming in from the cold.

Perspiring or sweaty hands should be rubbed with spirits of soap or 5 per cent. spirits of *Salicylic*; gloves dusted with talc powder should be worn during the night.

PERSPIRATION OF THE FEET is sometimes a symptom of general ill-health (it must not be forcibly got rid of), but is more frequently due to some local disorder of the skin. Frequent tepid foot baths, alternate hot and cold foot baths, ablutions with *Ichthyol* soap,



Fig. 140. *a.* and *b.* well fitting shoes, *c.* badly fitting shoes.

changing the stockings frequently and dusting the inside of the stockings with *Salicylic* powder are efficacious measures. Should the forcible suppression of perspiration be very strong, external remedies cause discomfort. This may be relieved by the internal use of *Silicea* 6x and by hot foot baths.

Perspiration in the armpit should be treated with alcoholic ablutions and with *Salicylic* wadding inserted into the armpits.

17. DISEASES OF THE HAIR.

Scurfiness or Dandruff (*Pityriasis of the scalp*) may be due to skin diseases or to lack of cleanliness. It is generally connected with a falling off of the hair. The scalp should not be irritated by scratching or the too frequent use of the small-tooth comb, but well cleaned with *Salol* soap, or a 1 per cent. solution of soda,

then thoroughly dried and rubbed with a mixture of tincture of *Quinine*, rum and olive oil, or with *Arnica* hair-oil. This should be done twice a week. Rubbing the scalp with a hair lotion consisting of $1\frac{1}{4}$ drams of *Camphor* and $3\frac{1}{2}$ oz. of alcohol is also to be recommended.

Baldness (*Calvities*) may occur after weakening diseases, such as typhus, after excitement and mental worries, or be caused by tying the hair very tightly, by anæmia or by dissipation. Premature baldness and greyness of the hair are hereditary in some families. Circular bald patches gradually increasing in size are caused by a parasitic fission fungus. This disease, baldness appearing in patches (*Alopecia areata*), is often though not always contagious and can be transmitted by dirty combs and brushes. For this



Fig. 141. CIRCULAR BALD PATCHES CAUSED BY PARASITIC FISSION FUNGI.

complaint, external remedies to destroy the parasites, such as soft soap, *lysol* oil, *Peruvian balsam* ointment, *Sulphur* ointment are suitable. For other cases, *China* 3x, *Ferr. phosphor.* 6x, *Acid. phosph.* 4x and other remedies for the constitution are efficacious, friction of the scalp with tincture of *Quinine*, Bay Rum, *Spiritus myrciæ* or *Arnica* hair-oil also being of use.

Barber's Itch (*Acne mentagra* or *Sycosis*) is caused by hair parasites transmitted by unclean combs, brushes and razors. The skin is covered with numerous pustules perforated in the centre by a hair; these pustules often cause the hair to fall off. The treatment of this obstinate complaint consists of shaving and removing the crusts and diseased hair, of ablutions with soft soap, rubbing the parts with *Sulphur* ointment, *Carbolic* oil or *Phosphorus* ointment (1 part of *Phosph.* 3x to 9 parts of almond

oil), and the internal use of *Sulphur* 6x or *Arsen. iod.* 6x. In a few obstinate cases, good results have been obtained from the repeated application of electrolysis and recently from artificial sun-ray treatment.

Getting rid of hair in places where a growth of hair is undesirable, such as women's lips, chins and cheeks, can be accomplished by shaving, pulling out the hairs with pincers, rubbing them off with pumice stone, burning them with chemicals (so-called depilatory cosmetics), or—best of all—by the application of electrolysis. Only by the last method will hair be entirely eradicated.



CHAPTER VIII

DISEASES OF THE KIDNEYS AND BLADDER

THE function of the kidneys is to clear the system of all waste matter. Thereby they assist in purifying the blood and thus play an important part in our general well-being. To prevent diseases of the kidneys and bladder, regular habits, temperance and abstinence from dissipation are essential conditions. Over-abundant food and drink, particularly too much meat and alcohol, may by irritating the kidneys cause chronic bladder and kidney complaints. A bad cold, a drenching, sitting on cold ground, living in a damp house, very light clothing in the spring and autumn may often cause acute diseases of the kidneys and bladder.

Forcible suppression of urination is also very injurious. These harmful causes should therefore be avoided and the system rendered hardy by cold sponge baths, air-baths and outdoor physical exercise.

For acute diseases of the urinary system, complete rest in bed is the first condition of a cure. Vapour baths taken in bed (see page 132) and warm baths are beneficial, as the skin by perspiring assists the action of the kidneys. The diet should be non-irritant, consisting preferably of: milk, fruit juice, gruel, boiled rice pudding, beaten-up raw eggs, light milk and farinaceous food. Coffee, tea, alcohol, beef-teas, meat, highly seasoned food are strictly prohibited.

In chronic kidney diseases, this diet need not be so strictly adhered to, although it is advisable to abstain completely from alcohol, strong coffee or tea, condiments such as pepper, vinegar, mustard, and to eat little meat, the most suitable kinds being veal, fowls, pigeons and fish. Milk is a staple food for sufferers from kidney disease. A vegetarian diet is beneficial in some cases. The patient should take care not to overtire himself physically, by bicycling, for instance; he should guard against catching cold and he should dress warmly. Residence in a warm climate is often beneficial to these patients.

For chronic diseases of the bladder, mucilaginous beverages, such as oat or barley water or decoctions of linseed and almond milk are often of use. Healthy urine is of a clear yellowish colour, devoid of unpleasant odour and free from mucus, blood, albumen or sugar; the normal quantity passed in twenty-four

hours should not usually exceed three pints or be less than two pints. When the urine is of a yellowish-red, brown or dark red colour, frothy or turbid, or leaves a deposit on standing, it contains too much uric salt, uric acid, or biliary colouring matter. In order to ascertain whether albumen is contained in the urine, it should be boiled with a few drops of acetic acid, when a flaky, cloudy appearance will prove the existence of albumen. In such cases the urine may also contain epithelium, or so-called casts of the tubes of the kidneys by which the nature and the course of the disease

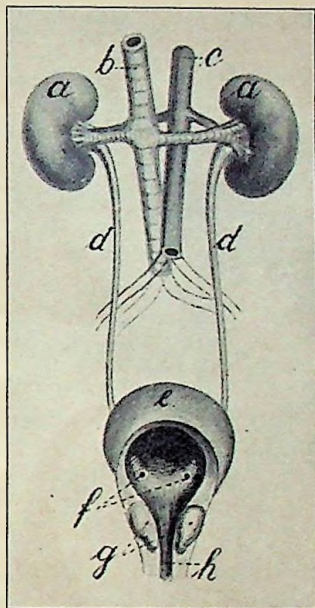


Fig. 142. KIDNEY AND BLADDER.

a. Kidneys. b. Descending aorta. c. Inferior vena cava. d. Ureter.
e. Bladder (cut open at bottom.) f. Orifice of the Ureter. g. Prostate gland. h. Urethra.

can be ascertained. It is thus essential in all urinary diseases, even in apparently trifling ones, to have the urine chemically and microscopically tested.

I. ACUTE NEPHRITIS (*Nephritis acuta*) often occurs during scarlet fever and diphtheria, or may be caused by a severe chill or very strong medicines, such as turpentine oil or *Salicylic acid*. The complaint commences with shivering fits, fever, backache, occasional vomiting, increased desire to pass water, which is

scanty, cloudy, of a dull red colour, sometimes bloody and very albuminous. The face is pale and puffy, the feet and hands gradually swell until general dropsy develops. In favourable cases urination becomes more frequent and there is retrogression of the dropsy. In serious cases, the retention of urea may lead to a kind of blood poisoning characterised by headache, loss of consciousness and convulsions.

The treatment of this serious disease must naturally be left to the physician. For those who are unable to obtain medical aid,

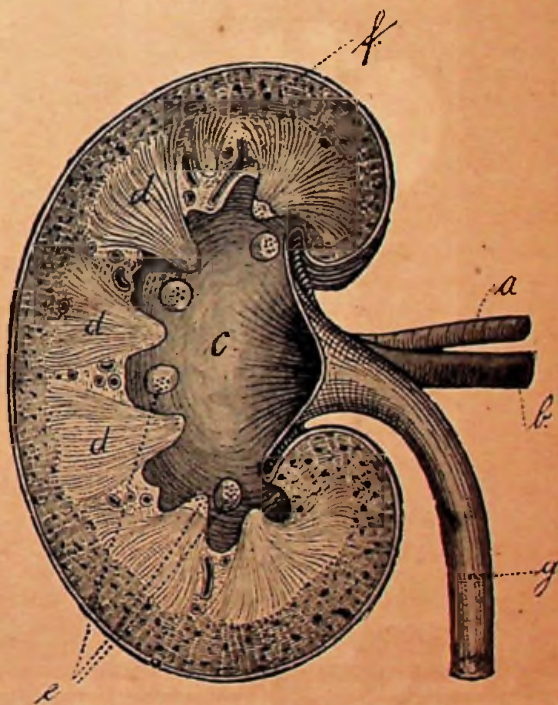


Fig. 143. KIDNEY (Section).

a. Renal artery. b. Renal vein. c. Pelvis of the kidney. d. Renal pyramid. e. Renal papillae. f. Renal cortex. g. Ureter.

we may state that the complaint can be checked at its commencement by the following remedies: frequent doses of *Aconite* 3x after a cold, *Arnica* 3x after injury, *Belladonna* 3x in scarlet fever, *Cantharis* 6x for very painful urination, *Apis* 3x for swelling of the eyelids, in addition to the application of a vapour bath in bed (see page 132). Later on, *Arsenicum* 5x, *Hepar. sulphur.* 4x, *Acidum nitricum* 4x, or *Phosphor.* 5x are suitable; also baths at a

temperature of 95° F., after which the patient should be wrapped in blankets. Directions for the diet have been given on page 296. As long as the urine contains albumen, the patient cannot be considered cured and must be very careful.

2. CHRONIC NEPHRITIS (*Bright's disease*) is either the result of neglected or improperly treated acute nephritis, or is due to the causes mentioned on page 296. It attacks men more frequently than women, and is often mistaken for gastric disorder or anæmia, till the feet begin to swell and the presence of albumen in the urine reveals the true nature of the disease. This shows how essential it is to have the urine tested at the very outset of such cases. The disease is subject to great changes and frequently lasts for years. A sensible mode of life and proper treatment often effect cures or at least very great amelioration of the disease. Continuous giddiness, headache, dropsical swellings, impairment of vision and signs of cardiac debility are unfavourable symptoms.

Treatment consists principally of the curative measures mentioned above: dieting, rest, and warm baths, tepid ablutions and wet compresses applied to the abdomen also being of use. A dry and sunny dwelling is vital to sufferers from kidney trouble. Homeopathic remedies, of which we shall mention a few, have repeatedly been of great service, such as: *Arsenicum* 5x, *Phosphor.* 5x, *Terebinth.* 6x, *Cantharis* 6x, *Coccus cacti* 2x and *Solidago* 6x (according to Rademacher the last two are the best remedies for kidney diseases). In obstinate cases *Nitrum* 2x taken for several weeks should be tried. Wildungen water is sometimes of use. For dropsical swellings Prof. Winternitz recommends a decoction of birch leaves. The bowels should be regulated by dietary measures: stewed fruit, honey water, or in case of need lukewarm enemas.

An exclusive milk diet, often very beneficial at the commencement of the disease, is not so successful if taken for any length of time, the digestive organs being too weak to assimilate it, so that the patient may rapidly lose strength. Care should therefore be exercised in such cases. For anæmia due to kidney disease, *Calcarca phosphorica* 6x, *Ferrum phosphoricum* 2x or 3x, and *China* 3x are suitable.

3. RENAL COLIC (*Colica renalis*) is the name for exceedingly violent and sudden pain extending from the kidneys to the bladder and from the back to the legs, and often attended by shivering fits, vomiting or fainting fits. The patient has an urgent desire to urinate, but is unable to do so. This colic is caused by the jamming of renal stones in the urinary excretory ducts (*Nephrolithiasis*). The pain can often be relieved by hot baths at a temperature varying from 90 to 100° F., by drinking

warm seltzer water, and the alternate use of *Atropin. sulphur.* 4x and *Arsenicum* 4x, and sometimes of *Cantharis* 6x or *Colocynthis* 4x. Others highly recommend *Pareira brava* 2x or 1x and *Cannabis indica* (frequent doses of 1 or 2 drops of the tincture), but the unbearable pain sometimes renders an injection of morphia unavoidable. After the acute stage has been passed, the formation of sand and gravel should by all possible means be prevented, these being the cause of the colic. Provided the disease has not occurred too frequently, this can be done by regulating the diet. Meat and eggs should be taken in moderation, or, still better, completely avoided. Plenty of fruit, a grape cure preferably, is to be recommended. Alcoholic beverages are strictly prohibited. Pure drinking water, outdoor exercise, and a course of certain mineral waters (Wildungen, Neuenahr, Vichy) are often beneficial. For strengthening the constitution, homœopathic remedies such as *Lycopodium* 6x and *Sulphur* 6x are sometimes efficacious. When the bladder stone is very large, surgical treatment will have to be resorted to.

4. INFLAMMATION OF THE PELVIS OF THE KIDNEY (*Pyelitis*) is caused by progressive infection in catarrh of the bladder or by stones in the bladder. The urine is cloudy and contains mucus, pus, albumen, bacteria and occasionally blood. The patient generally suffers from backache. Treatment is that of chronic nephritis, and when attended by violent pain, that of renal colic.

5. TUBERCULOSIS OF THE KIDNEYS (*Nephrophthisis*) may be an attendant symptom of tuberculosis of other organs—the lungs for instance, or may appear as a primary affection of the kidneys. It is attended by emaciation of the entire body and occasionally by hardening of the testicles. The urine contains albumen, pus and tuberculous germs.

Treatment is the same as for chronic nephritis. The most suitable homœopathic remedies are *Arsenicum iodatum* and *Calcarea arsenicosa*. Surgical treatment of the diseased kidney is sometimes expedient.

6. FLOATING KIDNEY (*Renis mobilis*) generally occurs in delicate, anæmic women between the ages of twenty-five and forty. The unnatural mobility of the kidney is caused by the slackening of the tissues by which this organ is kept in place. The complaint is characterised by dragging pain in the back and abdomen, nervous symptoms and a moveable swelling in the abdomen. A light diet, rest, massage, medical gymnastics, an abdominal belt and the internal use of *Aurum* 12x or *Sepia* 6x are efficacious for strengthening the constitution.

7. INFLAMMATORY CATARRH OF THE BLADDER (*Cystitis*) is occasioned by irritant substances mingling with the urine, and may

occur after indulging in new unfermented ale, sour wine, or from the abuse of certain medicines, such as *Balsam of Copaiba* or *Oil of Turpentine*; it may also be caused by a cold or wet feet, and may be an attendant symptom of venereal diseases, especially of gonorrhœa. The symptoms consist of a dull, heavy pain in the abdomen, frequent desire to urinate, pain when passing water, and occasional fever. With proper treatment the disease can generally be cured in a short time, but incorrect treatment or unsuitable habits often cause it to become chronic, when it can go on for years, especially in the aged. In such cases the urine is cloudy and contains mucus and pus and sometimes blood.

In acute cases it is essential for the patient to stay in bed and to be strictly dieted (see page 296). Warm compresses applied to the abdomen and hot sitz-baths (from 96.8° F.) are to be recommended. The specific remedy at the commencement is *Belladonna* 3x, taken every hour or two. When the catarrh is caused by cold or new unfermented ale or sour wine, *Nux vomica* 6x is suitable; *Cantharis* 6x for intense burning pain in passing water; *Mercur. corros.* 5x when due to gonorrhœa. In chronic cases the patient need not keep to such a strict diet, although it is advisable to avoid alcohol in every shape or form, condiments and seasoning, vinegar and salt meat. It is essential to keep the abdomen warm (wearing a woollen abdominal bandage or belt) to see that the bowels act regularly and not to suppress the desire to urinate. In cases of retention of urine lasting longer than twelve hours the accumulated urine must be drawn off by a catheter. For chronic inflammation of the bladder we shall mention the following homœopathic remedies: *Lycopodium* 6x for a sandy sediment in the urine; *Hepar sulphur.* 6x when the urine contains mucus and pus; *Cantharis* 6x for intense pain in urinating; *Terebinthina* 4x and *Uva ursi* 2x for burning, bloody urine; *Acidum benzoicum* 6x for very foul smelling urine. For old cases *Pareira brava* 3x (5 drops in warm water, three times a day) is sometimes of use. Bladder douches with disinfectants, given by the physician, may, however, sometimes be necessary.

8. SPASM OF THE BLADDER (*Cystospasmus*) is an intense constrictive pain in the region of the bladder caused by mistakes in diet or by chill, and is of frequent occurrence in nervous persons. The alternate use of *Belladonna* 3x and *Cantharis* 6x is generally beneficial; their action can be assisted by hot sitz-baths. Other remedies are: *Aconitum* 3x after cold; *Pulsatilla* 3x for suppressed menstruation and during pregnancy; *Arnica* 3x after injuries; *Camphora* 3x when the pain in the bladder is due to the application of Spanish fly (*Cantharides*). For spasm of the bladder in children see Chapter XI.

9. IRRITABILITY OF THE BLADDER (*Hyperæsthesia vesicæ urinariæ*), a nervous affection without lesion, may be recognised by a frequent desire to pass small quantities of urine. The patient has no pain. This disorder is due to super-sensitiveness of the nerves, the organ itself generally being quite healthy. Psychic treatment is best and should consist of strengthening the will to suppress the desire to urinate, in addition to which the patient should take little fluid and avoid highly-seasoned dishes and alcoholic beverages. *Nux vomica* 4x is a good remedy.

10. BLOODY URINATION (*Hæmaturia*) may have its source in the kidneys, the bladder or the urethra; in the last-mentioned case the blood is bright red and is ejected after micturition—when coming from the kidneys or bladder, it is mixed with the urine and is dark red or "smoky." Cancer of the kidneys or bladder is sometimes attended by violent hæmorrhage. In all such cases medical treatment is absolutely necessary. Pending the arrival of the doctor the patient should be kept in bed, take a teaspoonful of *Hamamelis* extract in a glass of water in little sips and have cold compresses applied to the abdomen. Other remedies are: *Arnica* 3x, *Hydrastis canadensis* 2x and *Ipecacuanha* 4x.

11. Further disorders associated with urination are:

PAINFUL URINATION, or STRANGURY, attended by an urgent and painful desire to urinate, the water being passed with intense pain drop by drop. The causes and treatment are those of spasm of the bladder.

DIFFICULT URINATION may be caused either by catarrh and spasm of the bladder or by inflammation and stricture of the urethra. Water can only be passed spasmodically and in a scanty flow or drop by drop. Treatment is that of catarrh and spasm of the bladder. It may sometimes be necessary to enlarge gradually the contracted parts of the urethra by the frequent insertion of bougies.

RETENTION OF URINE (*Ischuria*) may be caused by cold, spasm of the bladder, stone in the bladder and kidney disease, in aged men by abnormal enlargement of the prostate gland (*hypertrophy of the prostate*) and in pregnant women by pressure on the womb or on the neck of the bladder.

Treatment varies according to the cause and should in all cases be left to the physician who is always able to avert evil consequences of protracted retention of urine by the introduction of the catheter. For slight cases the alternate use of *Belladonna* 3x and *Cantharis* 6x, the effect of which may be assisted by hot sitz-baths, sitting over hot steam, or hot compresses, is beneficial.

Other remedies are : *Aconitum* 3x after cold ; *Opium* 6x after a fright ; *Pulsatilla* 3x for suppressed menstruation and during pregnancy ; *Arsenicum* 5x and *Phosphorus* 5x (with the vapour bath in bed) for kidney diseases ; *Thuja* 6x, *Pareira brava* 2x, *Sabal serrulata* 2x for the aged. The last mentioned remedy is especially suitable for enlargement of the prostate gland ; when this is not efficacious and the complaint gets worse, surgical treatment will be necessary.

INVOLUNTARY EVACUATION OF URINE (*Incontinentia urinæ*) is generally a nervous affection and may be caused by weakness or paralysis of the bladder. It is frequently the result of the injurious habit of retaining the urine, either from laziness or false shame. Nocturnal incontinence is a common complaint in children (see wetting the bed in Chapter XI.). Treatment consists in strengthening the nervous system and hardening the abdominal organs by cold ablutions and sitz-baths and in the internal use of *Arnica* 3x, *Arsenicum* 5x, *Causticum* 4x, *Kali phosphoricum* 6x, *Nux vomica* 4x.

PALSY OF THE BLADDER (*Paralysis vesicæ urinariæ*) sometimes results from a protracted catarrh of the bladder in the aged, but is generally an attendant symptom of cerebral or spinal disease and is then incurable. The urine is generally ejected drop by drop, the patient being unable to prevent this. He must then wear a urinal, that is a bottle-shaped indiarubber vessel to receive the urine ; this has to be kept in place by straps. In curable cases *Belladonna* 3x, *Causticum* 4x, *Gelsemium* 4x, *Nux vomica* 4x, *Zincum* 6x and the remedies mentioned for catarrh of the bladder are often efficacious.

CHAPTER IX.

DISEASES OF THE SEXUAL ORGANS.

HEALTHY sexual organs are not only essential to the generation of healthy offspring, but are an important factor of our own well-being. Besides local pain and discomfort, diseased sexual organs generally cause great depression of spirits and nervousness, the bane of so many lives. To no subject is the proverb "prevention is better than cure" more applicable than to this, for boys and girls can generally be kept from self-abuse (*masturbation*) and its injurious effects on body and mind by a sensible bringing-up, while venereal disease can certainly be avoided by chaste conduct. Women, too, can do a great deal to protect themselves from the so-called diseases of women—so prevalent nowadays—by hygienic habits, suitable clothing, scrupulous cleanliness and proper precautions during menstruation, pregnancy and childbirth.

A propos of self-abuse (*masturbation, onanism*), by which the sexual desire is gratified by unnatural means, and which is often secretly practised by boys and girls when quite young, we consider it the duty of all parents and teachers to give their children or those committed to their charge, kind and suitable instruction and warning, many onanists being quite unaware of the immorality and harmfulness of this practice. Admonition, however, is not enough, the children must be watched, their friendships taken note of, and laziness, luxurious living, pampering and the reading of immoral books strictly checked or punished. When a child that has hitherto been well and lively gets pale, has black rings round his eyes, and weak, soft muscles, suffers from loss of memory and lack of concentration, and shows an unnatural desire for solitude, masturbation can be suspected, and it will be high time to look into the matter and take measures to nip the evil in the bud. In addition to moral influence by explanation and admonition, the best means for curing this vicious habit are: plenty of hard work, plain food, abstinence from alcoholic beverages, abundant outdoor exercise (walks, gymnastics, rowing, swimming, skating), invigoration of the pampered body and strengthening of the will-power by cold ablutions and sitz-baths. In girls the action of the bowels must be attended to and possible thread-worms (see page 220) got rid of, as these, by causing irritation of the sexual organs, may lead to self-abuse. For the

encouragement of all persons suffering from the effects of masturbation, it may be said that these effects frequently so injurious can generally be permanently got rid of, if the vicious habit is completely given up and the above measures conscientiously carried out.

This is not the proper place to ask whether the gratification of illegitimate sexual desire is to be morally condemned, but we wish to point out that sexual intercourse out of wedlock may often cause most unpleasant and serious diseases, while on the other hand moderate sexual intercourse helps to keep a healthy system well. This confirms the fact proved by statistics that marriage—apart from marriages contracted too early or too late in life—has an exceedingly beneficial effect on health and the duration of life.

The causes of so-called diseases of women, so prevalent nowadays, are manifold. A foolish bringing-up and an unhealthy mode of life in youth often lay the foundation for future sexual diseases. The superficial training of the mind is still considered of greater importance than the natural hygienic care of the body. Thus, for instance, chronic constipation, a complaint to which girls are very prone, is only aggravated by the habitual use of aperient medicines. Further points to be brought to the notice of mothers blessed with daughters are: immoderate indulgence in strong coffee or tea, the wearing of thin shoes, tight corsets and garters, excessive physical exertion and catching cold during menstruation. These and other causes may lead to diseases of the genital organs during pregnancy and after confinement, which often last for years. From what has been said, the precautionary measures necessary for the prevention of these common diseases can be readily understood. Keeping the external genital parts clean—a practice unfortunately so often neglected—is also of the greatest importance. For this sitz-baths having a temperature varying from 89.6° F. to 68° F. (see page 129) are to be highly recommended to all women; while married women should now and then douche the vagina (see page 138). By the regular application of such simple and natural precautions many diseases of the genital organs of women may be prevented.

Owing to the importance of the subject we have discussed the hygiene of the sexual organs rather fully; we shall now be able to give a briefer description of the following sexual diseases, for most of which careful medical examination is necessary. Treatment, too, should be left to the doctor; in this connection we may state that homœopathic remedies, combined with hydropathic treatment, massage, electricity, etc., often prove so efficacious that an operation can frequently be avoided. The remarks on this subject in Chapter IV. in Part I. should be carefully studied in this connection.

A. DISEASES OF THE MALE SEXUAL ORGANS.

1. CONSTRUCTION OF THE PREPUCE (*Phimosis*), a condition in which the prepuce can only be drawn back with great pain or not at all, is either congenital or due to inflammation resulting chiefly from gonorrhœa. When caused by inflammation, *Pulsatilla* 3x or *Mercur. corros.* 5x, and baths and ablutions with diluted *Calendula* tincture (4 parts to 100 parts of water) render good service. For congenital *Phimosis*, a slight operation is necessary. It may sometimes occur that the foreskin, which has been retracted over the glans and has tightened over the penis, cannot be drawn forward, having become swollen and painful through congestion (*Paraphimosis*). An attempt should be made to reduce the swelling by the application of cold compresses and then to draw forward the foreskin which has been previously rubbed with oil; should this not be successful a slight and easy operation will be necessary.

2. INFLAMMATION OF THE TESTICLES (*Orchitis*), in which the testicles swell and are hot and painful and sometimes even ulcerate, may be caused by an injury or by gonorrhœa, or may occur during an attack of the mumps (see page 270). With proper treatment consisting of rest in bed, cold compresses applied to the testicles, which should be placed in a slightly raised position, the internal use of *Arnica* 2x, *Pulsatilla* 3x or *Mercur. solub.* 4x to 6x, this complaint generally yields to treatment in a week or two.

3. TUMOURS OF THE TESTICLES (*Tumor testiculi*) are generally of a tuberculous, cancerous or syphilitic nature. The testicles may be soft, but are mostly hard and nodular and always enlarged. Treatment is that of the primary disease. For hard swellings *Aurum* 12x and *Silicea* 6x are suitable, and for syphilis *Mercur. solub.* 4x and *Kali iodat.* 2x. An operation is sometimes unavoidable.

4. IN DROPSY OF THE TESTICLES (*Hydrocele*) there is an unnatural accumulation of watery fluid in the scrotum, causing a certain heavy sensation but no other discomfort. It is a complaint to which little boys are particularly liable. *Rhododendron* 4x, *Iodium* 3x, *Arnica* 3x and *Sulphur* 6x, wet compresses made with a diluted solution of spirits of ammonia are then often beneficial. While for adults surgical treatment is generally necessary.

5. POLLUTIONS OR SEMINAL DISCHARGES may occur during sleep in healthy unmarried men every week or two. When of more frequent occurrence—as is the case with onanists—or when there is seminal discharge during the day or with an action of the bowels, the patient's health will suffer—headache, palpitation

being the chief symptoms. When treating this complaint the most suitable remedies are: *Acidum phosphoricum* 3x, when the urine is cloudy; *Nux vomica* 3x or *Lycopodium* 6x when there is constipation; *China* 3x for great weakness after dissipation, *Digitalis* 6x for palpitation of the heart; *Camphora bromata* 3x for excitement and increased sexual desire; *Platina muriatica* 6x for heavy head and confusion of thoughts. All preparations of iron should be avoided, as these generally tend to increase the seminal discharge. Regular habits must be strictly adhered to. Abundant outdoor exercise, such as swimming, is to be recommended. A cold sitz-bath should be taken every day, the best time for this being immediately after getting up in the morning. The patient should take a light evening meal, drink little and abstain especially from alcoholic beverages, tea and coffee; he should sleep in a well ventilated room and on a hard mattress, and avoid lying on his back.

6. IMPOTENCE, OR LACK OF SEXUAL POWER (*Impotentia virilis*), i.e., incapacity for sexual connection, may be due to nervous debility or to various kinds of physical enervation, caused by long continued dissipation, over-indulgence in alcohol, depressing emotion, or excessive mental exertion. Good results can frequently be obtained from the following treatment: cold ablutions and douching of the sexual parts, warm sitz baths before going to bed, cold sitz-baths after rising in the morning, light nourishing food, daily outdoor exercise and the internal use of *China* 3x, *Chinin. muriat.* 3x, *Damiana* 2x, *Lactuca sativa* 2x or *Selenium* 6x.

B. DISEASES OF THE FEMALE SEXUAL ORGANS.

I. MENSTRUAL DERANGEMENTS. Normal menstruation or the monthly period, also called menses or catamenia, is a flow of blood from the sexual organs of women, occurring every three or four weeks (as a rule every twenty-eight days) between the ages of twelve or fourteen and forty-five or fifty, and generally lasting three to five days. The monthly period is greatly affected by climate, occupation, state of health and mental emotions: menstruation often being suppressed by violent excitement, such as a fright, or by excessive mental exertion; during pregnancy and while nursing a child, menstruation ceases in conformity with nature. Menstruation is a physiological process caused by the ripe ovum passing from the ovary to the womb, and this is a sign of the normal functioning of the female sexual organs.

When the ovaries have been destroyed by disease or removed by an operation, barrenness ensues and menstruation never occurs again. The monthly period generally gives rise to a certain amount of discomfort, such as dragging pains in the back

and abdomen, nervous palpitation and tendency to perspiration; the stools are mostly soft.

When menstruation occurs for the first time in young girls, it is often attended by serious discomfort, such as pain in the back and abdomen, which may last for weeks; the alternate use of *Pulsatilla* 3x and *Sulphur* 6x, warm sitz-baths and a non-irritant diet are then to be recommended. When the pain is very violent, a medical examination is absolutely necessary, as it may be caused by an obstruction to the flow of blood, which must be removed by an operation. In anæmic or delicate girls, menstruation is often delayed, but it is unnecessary and even injurious to attempt to force it by all kinds of remedies as it will appear of its own accord as soon as the body is sufficiently developed and has the necessary strength. Hygienic habits and light blood-forming nourishment are—as we have already frequently stated (see page 93)—far more important than medicine. Between the 44th and 50th year menstruation ceases gradually or suddenly. This is the so-called change of life or menopause (*climacterium*) during which women suffer from headache, heat waves, dizziness, insomnia and other nervous symptoms, which may continue for some time after complete cessation of menstruation. Plenty of physical exercise in the open air, abstinence from coffee and wine, cold ablutions, sitz-baths, and the alternate use of *Calcarea carbonica* 6x and *Sepia* 6x are generally of use in this case; sometimes, however, *Lachesis* 12x and *Glonoin* 6x are more suitable.

For hygienic reasons (cleanliness and the prevention of colds) a small linen towel or diaper lined with cotton wool, fine wood shavings or other absorbent material should be worn during the monthly period. Whereas cold ablutions are permitted only after the period has ceased, tepid sitz baths may be safely taken while it is in progress.

FOR SUPPRESSED MENSTRUATION (*supressio menstruationis*) caused by cold, mistakes in diet (the drinking of too much cold water, for instance) or excessive cold water treatment, hot foot baths, warm sitz-baths, hot compresses on the abdomen, and the internal use of *Aconitum* 3x or *Pulsatilla* 3x are beneficial. When there are vicarious symptoms, such as bleeding of the nose, headache or dizziness, *Belladonna* 3x or *Bryonia* 3x is suitable and for hæmorrhage from the lungs *Belladonna* 3x or *Phosphor* 6x. For intense pain in the abdomen, so-called menstrual colic (*colica menstrualis* or *dysmenorrhœa*), hot water compresses should be applied to the abdomen, and the following remedies taken: *Belladonna* 3x for headache and dizziness occurring at the same time (sometimes acts more quickly when taken alternately with *Chamomilla* 3x); *Cocculus* 3x for cramplike pain with violent hæmorrhage, nausea and vomiting; *Gelsemium* 3x or 4x for hysterical fits; *Kali carbonicum* 6x for palpitation; *Magnesia*

phosphorica 6x for pain relieved by warmth and pressure; *Nux vomica* 3x or 4x for premature or too copious menstruation with backache and constipation; *Senecio* 3x when bronchial catarrh occurs simultaneously; *Veratrum* 3x or 4x for vomiting, diarrhoea and cold perspiration; *Viburnum opulus* 1x for colicky pain before menstruation. For excessive menstruation, occurring too soon and lasting too long, to which anæmic girls are especially liable, *Calcarea carbonica* 3x or 6x taken for some time between the monthly periods is frequently very beneficial. Should it not prove efficacious, *Arsenicum* 5x taken in the morning and *Ignatia* 3x in the evening are to be recommended, or *Aletris farinosa* 1x when the patient complains of always being tired. When excessive menstruation is due to plethora, *Nux vomica* 4x or *Sepia* 6x is of use; but when caused by excessive irritation of the sexual organs, *Platina muriat.* 6x is suitable. For violent hæmorrhage (*menorrhagia*) the patient must stay in bed and take one or more

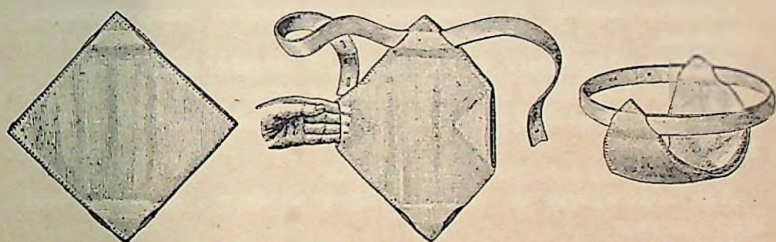


Fig. 144. SANITARY TOWELS.

of the following remedies: *Hamamelis* 2x or *Hamamelis* extract when the hæmorrhage is of a slight red colour; *Hydrastis canadensis* 2x when it is dark red; *Ipecacuanha* 4x for simultaneous digestive disorders; *Millefolium* 2x for great loss of blood; *Secale cornutum* 3x when the blood is dark red and clotted and the patient is very weak.

In all protracted cases of menstrual derangement, in frequently recurring colicky pains and great loss of blood, a general and local medical examination is absolutely necessary.

2. LEUCORRHŒA (*Fluor albus*) a most common women's disease, is catarrh of the internal genital parts, characterised by a sensation of warmth and pressure and the discharge of a watery, mucous or purulent fluid. This pungent discharge often irritates and inflames the external genital parts and causes violent itching and pain. It is at its worst before and after menstruation. In cases of long standing, in which the patient loses flesh and becomes weak and nervous, a careful local examination is necessary. The

complaint may be caused by cold, sudden cessation of menstruation, lack of cleanliness, excessive irritation of the sexual parts by masturbation or want of restraint in sexual connection, the virus of gonorrhœa, general debility, as in anæmia or scrofula, deranged circulation in chronic constipation or in heart, lung and liver diseases.

Treatment should be general and local, internal and external. The most frequently used homœopathic remedies are :

Acidum nitricum 4x, excoriative discharge after profuse menstruation.

Aletris farinosa 1x, American remedy, strengthening for the womb, frequently used for leucorrhœa and other diseases of women : its characteristic symptom is that the patient is always tired.

Alumina 6x, clotted, tough discharge.

Aurum 6x, leucorrhœa with inflammation or displacement of the womb.

Calcarea acetica 1x, obstinate constipation and deranged digestion.

Calcarea phosphorica 3x-6x, especially suitable for anæmia.

Calcarea sulphurica 6x, purulent discharge.

China 2x, great debility, often useful alternately with *Kreosotum* 3x.

Ferrum phosphoricum 2x-6x, anæmia.

Kali carbonicum 3x, mucous yellow discharge in heart and lung diseases.

Kali chloratum 6x, white, tough, sticky discharge.

Kali sulphuricum 6x, greenish or yellowish discharge.

Kali phosphoricum 6x, offensive discharge.

Kreosotum 3x, copious, excoriating discharge, with great debility.

Lycopodium 6x, yellowish complexion, constipation, pain in the abdomen.

Mercurius corrosivus 5x, contagious leucorrhœa.

Natrium muriaticum 6x, light, transparent discharge at its worst in the morning.

Pulsatilla 3x, mucous but not excoriating discharge after scanty and delayed menstruation.

Sepia 6x, watery or bloody discharge, especially during the change of life.

Of these remedies, 5 drops in water, or as much as is contained on the point of a knife dry on the tongue, should be taken twice a day, preferably between the monthly periods, in addition to which hygienic habits, a regular action of the bowels, and sitz-baths are of use. The sitz-baths should be taken two to three times a week (not during menstruation) ; the temperature of the

water should first be 91.4° F., and then gradually be lowered to 68° F. In obstinate cases, lukewarm douches of the vagina with a solution of soda ($\frac{1}{2}$ dessertspoonful of soda to 1 quart of water), or a decoction of oak bark (*Quercus*) are also of use.

3. INFLAMMATION OF THE MUCOUS MEMBRANE OF THE WOMB (*Endometritis*), which may be acute or chronic, is due to much the same causes as leucorrhœa.

In acute inflammation there is fever and violent deep seated pain in the abdomen spreading to the back and legs, presently attended by a mucous discharge. Treatment consists of wet compresses, especially of the application of the T compress (see page 135), warm douches of the vagina (91.4° F.-96.8° F.), and doses of *Aconitum* 3x, *Belladonna* 3x, *Pulsatilla* 3x, or *Mercur. corros.* 5x.

Chronic inflammation of the womb (*Metritis chronica*) is a common complaint giving rise to thickening, enlargement and tumours of the mucous membrane and walls of the womb. Women suffering from this complaint complain of incessant backache, a sensation as of a weight and pain in the abdomen, aggravated by protracted standing and walking. They also suffer from constipation, piles, derangement of the digestion, and all kinds of nervous and hysterical ailments.

Treatment should be left to the physician, a careful local examination being absolutely necessary. A quiet life is the first condition of a cure. Whereas continuous standing, much walking, mountain climbing, dancing, etc., should be avoided, a moderate amount of physical exercise is beneficial. The diet should be nourishing and plain, and coffee, alcoholic beverages and highly seasoned dishes abstained from. The bowels must act regularly (see page 215). Tepid sitz-baths and the application of the T compress during the night are very beneficial, and douches of the vagina mentioned in connection with leucorrhœa to be recommended.

The best internal remedies are : *Aurum mur. natr.* 6x, *Hydrast. canad.* 3x, *Platin. muriat.* 6x and *Thuja* 6x. Premature scraping, cauterisation or cutting should be avoided.

For inflammation of the womb occurring after confinement—puerperal fever—see Chapter X.

4. TUMOURS OF THE WOMB (*Tumor uteri*) may be caused by chronic inflammation ; the most common kind are polypi and hard or fibroid tumours. The symptoms are pressure about the bladder and rectum, pain in the abdomen and frequent weakening hæmorrhage. At the commencement the treatment should be that of *Metritis chronica* ; for polypi *Thuja* 6x, *Sanguinaria* 2x and *Calcarea carbon.* 6x are particularly suitable, but in many cases an operation is unavoidable.

5. CANCER OF THE WOMB (*Carcinoma uteri*) generally occurs between the ages of forty and fifty. Characteristic symptoms are offensive bloody discharge and frequent hæmorrhage, followed by emaciation of the entire body. A good specialist for women's diseases should be consulted at the first appearance of suspicious symptoms, as an early operation may sometimes effect a cure. When it is not possible to operate, a few remedies, such as *Hydrast. canad* 2x., *Aurum mur. natr.* 6x, and *Arsenicum* 4x, combined with nourishing food and disinfecting douches, may have a beneficial effect.

6. RETROFLEXION OF THE UTERUS or BACKWARD DISPLACEMENT (*Retroflexio uteri*), is the result of the relaxing of the tissue by which the uterus is attached to the pelvis, and is caused by getting up too soon after confinement, by a miscarriage, great exertion, chronic constipation, or general debility. The symptoms consist of a sensation of pressure and pain in the abdomen,

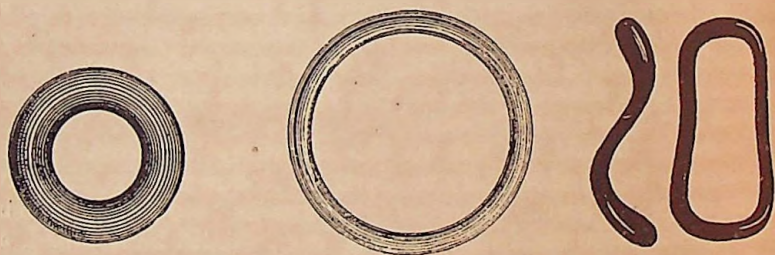


Fig. 145* PESSARIES OR RINGS TO SUPPORT THE WOMB.

abnormal hæmorrhage, leucorrhœa, digestive disorders, or are of a nervous and hysterical nature.

Treatment must often be mechanical (by means of pessaries or rings placed in the vagina to support the womb) and surgical.

A regular action of the bowels is of the greatest importance. Homœopathic remedies may sometimes also be quite efficacious, suitable ones being *Aletris farinosa* IX, *Arnica* 2x, *Aurum mur. natr.* 6x, *Nux vomica* 4x (for prolapse of the womb, *prolapsus uteri*), *Platina muriat.* 6x, etc., as well as the remedies mentioned for constipation and costiveness.

7. ABNORMAL HÆMORRHAGE (*Metrorrhagia*) from the female sexual organs has various causes. For excessive hæmorrhage during menstruation see page 309. Hæmorrhage between the periods may be caused by chronic inflammation, benign tumours, polypi or cancer of the womb; the remedies and measures mentioned for these disorders and diseases should then be employed. Hæmorrhage during pregnancy and during childbed is most

serious, the former generally being a sign of an approaching miscarriage (see Chapter X.). When hæmorrhage is very violent, the doctor should be summoned immediately; pending his arrival the patient should be kept in bed, cold compresses applied to the abdomen, and 10 drops of *Hamamelis* extract and *Millefol.* 2x administered alternately in a spoonful of water every five minutes.

8. INFLAMMATION OF THE OVARIES (*Oöphoritis*) is caused by want of proper care during menstruation, by cold, great exertion, or by contagious venereal diseases, chiefly gonorrhœa. The symptoms are more or less severe pain in the abdomen, generally occurring during the monthly period or after fatiguing work; the pain can be so severe that the patient is unable to sit up straight or to stand or walk.

Treatment must be left to the physician. The alternate use of *Belladonna* 3x and *Apis* 3x and the application of wet compresses may sometimes give relief; a regular action of the bowels is also of importance; another remedy worth recommending is *Belladonna* ointment.

If the inflammation become purulent, an operation is necessary.

9. CYSTS IN THE OVARIES (*Cystæ ovarii*) occur in married and single women between the ages of thirty and forty. These cysts, which are generally not painful, often contain a watery fluid, sometimes an immense quantity (10-15 quarts). The patient complains of a sensation of pressure and weight in the abdomen, difficulty in breathing, palpitation of the heart, want of appetite and constipation. The abdomen gradually gets so big that pregnancy may be suspected, correct diagnosis only being possible after medical examination.

Treatment is generally surgical, although cases are known in which the swellings have partially or entirely disappeared without an operation, by the internal use of *Apis* 5x, *Calcar. carbon.* 6x and *Aurum iodat.* 3x or 4x.

10. STERILITY (*Sterilitas*) has general or local causes. The former include anæmia, general debility, obesity, nervous diseases, etc. Local causes are adhesions of the vagina, contraction of the neck of the uterus and inflammation of the uterus and ovaries.

Treatment is that of the causative complaint; when this has been discovered by careful medical examination, proper treatment sometimes succeeds in curing sterility of many years' standing in a short time. We cannot discuss this treatment here; it may in some cases be surgical, and in others consist of the use of various internal homœopathic remedies; the fact should not be overlooked that the cause of childlessness may be the diseased condition of the genital organs of the man, a fact which naturally has to be considered when treating this condition

II. DISEASES OF THE FEMALE BREASTS (*Mamma*) may be caused by an injury (a blow or knock), and cold, especially when nursing a child, and by a diseased condition of the blood (cancer, for instance) of which the causes have not yet been discovered. To prevent such diseases the breasts should be protected against pressure caused by tight clothing, and kept scrupulously clean, especially during pregnancy and nursing. For pain, soreness and roughness of the nipples, cold ablutions with diluted tincture of *Arnica* and the application of *Hamamelis* ointment are to be recommended.

Inflammation of the Breasts (*Mastitis*), often going on to suppuration, may sometimes be relieved at the commencement by *Belladonna* 3x, wet compresses and a bandage to support the breasts. When suppuration is suspected, warm linseed poultices and *Hepar sulphur.* 4x used internally are suitable. After the pus has been discharged, either of its own accord or in consequence of an incision, *Silicea* 6x should be taken. For the so-called lactiferous swellings often left by the complaint *Conium* 4x, *Calcar. fluor.* 6x, and *Kali iodat.* 2x, and gentle friction with *Hamamelis* ointment are to be recommended.

For Non-Malignant Soft Swellings (*Adenoma mammæ*) which frequently occur in women after injury or from some other cause *Arnica* 2x, *Calcar. carbon.* 6x, *Conium* 4x, *Silicea* 6x and *Sulphur* 6x are beneficial.

When the swellings are hard, the possibility of Cancer (*Carcinoma mammæ*), especially in women over forty years of age, must be considered; when the swelling grows and adheres to the skin, and when the glands in the armpit are enlarged and hard, there can be no doubt of the diagnosis.

Treatment is generally surgical. Homœopathic remedies said to be efficacious are: *Arsenicum*, *Conium* and *Hydrastis canadensis*. The external application of *Conium* and tincture of *Hydrastis* is also recommended. To prevent relapses after an operation, blood-purifying remedies such as *Arsenicum* and *Hydrastis* should be taken for some time.

C. VENEREAL DISEASES.

I. THE CLAP (*Gonorrhœa*) is a contagious disease of the male and female genital organs caused by minute fission fungi, so-called gonococci. These are found in the purulent mucus discharged from the urethra and are transmitted by sexual connection or by unclean hands. The principal symptoms are, burning pain when urinating, purulent discharge from the urethra, inflammation of the foreskin, and occasionally swelling of the testicles. Women frequently suffer from painful and persistent inflammation of the vagina, the uterus, the Fallopian tubes, or the ovaries.

Treatment should, if any way possible, be left to the physician. For the first few days the patient should stay in bed, at least in winter, take warm baths and sitz-baths at a temperature of 98.6° F., and doses of *Mercur. corros.* 5x every two hours.

For violent pain in urinating *Cantharis* 6x and *Cannabis sativa* 3x are beneficial.

Wine, beer, coffee, highly seasoned dishes are strictly forbidden, but milk and gruel are to be recommended. A dessertspoonful of olive oil sometimes brings speedy relief. It is also of the utmost importance to keep the genital parts clean and to wash the hands frequently in warm soapy water. This mild treatment generally succeeds in completely curing the disease within a few weeks, whereas the injection of strong drugs, a method much in favour at present, although it removes the inflammation in a short time, will often cause after effects and complications such as gleet, inflammation of the testicles or catarrh of the bladder. In chronic cases there is continuous slight mucous discharge from the urethra, and the urine contains mucous fibres.

In this case injections of a $\frac{1}{2}$ per cent. solution of *Permanganate of Potash*, or a 1 per cent. solution of *Zincum sulphuricum* are suitable. *Thuja* 6x and *Natrum Sulphur.* 6x taken alternately are also beneficial. Sufferers from gonorrhœa wishing to get married must wait until the above symptoms have completely disappeared, as an apparently trifling case of gleet in the husband may be the cause of abdominal disease in the wife which may last for years.

The treatment of gonorrhœa in women consists of warm sitz-baths, ablutions, dieting, rest and the remedies mentioned above. The inflamed genital parts should be frequently cleansed with wadding and anointed with *Hamamelis* ointment. For copious mucous discharge powdering with equal parts of bean flour and Dermatol is the better remedy.

For internal use in protracted cases the following remedies are suitable: *Sepia* 6x, *Sulphur iodat.* 4x, and *Aurum iodat.* 4x.

Ophthalmia (*Ophthalmia blennorrhœica*), due to gonorrhœal infection, may endanger the eyesight unless medically treated. *Mercur. corros.* 5x is suitable for internal use, good external measures being ablutions and compresses with disinfecting eye lotions.

Rheumatism and Gout occurring during gonorrhœa are treated with *Thuja* 6x taken alternately with *Pulsatilla* 3x, wet compresses and rest.

2. SOFT CHANCRE (*Ulcus molle*) generally declares itself in three to four days after an impure sexual connection. Soft ulcers with raw edges appear on the genital parts, while the lymphatic glands of the groin swell and sometimes suppurate

(Bubo). Proper treatment can effect a cure leaving no injurious after-effects in three* to four weeks.

Treatment comprises rest in bed, a strict diet, scrupulous cleanliness by baths and ablutions, dusting the ulcers with equal

HOW SYPHILIS CAN BE TRANSMITTED.

BY DIRECT PERSONAL CONTACT.



Fig. 146.

BY ILLEGITIMATE SEXUAL CONNECTION.



Fig. 147.

BY KISSING.



Fig. 148.

BY CONTACT WITH PATIENTS.



Fig. 149.

BY THE WET NURSE.

parts of bean flour and Dermatol, and the internal use of *Mercur. corros.* 5x or *Acidum nitr.* 4x. In swellings of the lymphatic glands of the groin, ulceration can sometimes be prevented by the internal use of *Belladonna* 3x or of *Badiaga* 1x and by painting the affected parts with *Iodoform collodium*. Should these measures

be unavailing, fomentations covered with gutta percha tissue and doses of *Hepar sulphur*. 4x are suitable.

3. SYPHILIS (*Lues venerea*), the most dreaded of all venereal diseases, is caused by direct transmission of the virus (*Spirochaeta pallida*) through sexual connection, kissing, or other form of bodily contact, or it may be hereditary.

INDIRECT TRANSMISSION BY :



Fig. 150.

USE OF THE SAME DRINKING VESSEL.



Fig. 151.

SMOKING CIGARETTE STUMPS.



Fig. 152.

TATTOOING.



Fig. 153.

VESSELS (glass blowing).

The disease consists of three stages. The first stage or primary syphilis begins with a small hard ulcer or chancre (primary sore, *ulcus durum*) appearing on the genital parts or on the lips about three or four weeks after infection. The lymphatic glands of the groin swell but do not suppurate. This stage of the disease can be

completely cured in three or four months. As a rule, however, the disease enters upon its second stage at the end of this time; this is characterised by a specific eruption (*Roseola syphilitica*), loss of hair, inflammation of the mouth and throat, and by the formation in the throat of milky white ulcers (*Angina syphilitica*). These symptoms appear periodically, and the patient cannot be considered cured until he has been free from a relapse for two years. The tertiary stage of syphilis, which lasts for years and is very difficult to cure, is characterised by the formation of ulcers in the nose, the larynx, the eyes (*Iritis syphilitica*), as well as by diseases of the bones, cerebral affections (tumours on the brain, called gummata) and paralysis. The offspring of syphilitic parents are often still-born or die soon after birth; when they live they are generally subject to obstinate nasal catarrh, ulcers or skin diseases, and frequently die of general debility.

It goes without saying that the treatment of this dangerous disease must be left to the physician. We must warn against the use of all advertised quack remedies favoured by many patients, who are ashamed to consult a doctor. These remedies besides being injurious in themselves often cause the right moment for really effectual treatment to be missed. A suitable diet, regular habits and scrupulous cleanliness are of the utmost importance. A thorough cleansing of the genital parts with warm water and soap and diluted alcohol immediately after infection can sometimes prevent dangerous consequences. By the "principle of similars" *Mercury* is a suitable remedy for chancre.

It should, however, not be taken in large doses, as these may cause serious secondary symptoms, two doses a day of *Mercur. solub.* 3x generally being sufficient. The ulcer should be cleansed with *Calendula* tincture, and dusted with the same powder that is taken internally. How long this or another remedy should be taken depends on the case and must be left to the doctor's discretion. Recently the practice of injecting *Salvarsan* (a preparation containing 34 per cent. of *Arsenic*) has come into use: opinions differ on the value of this remedy. It is certain, however, that if it is not carefully used injurious consequences will ensue.

Other suitable remedies are: *Phytolacca* 3x for ulcers in the mouth; *Acidum nitricum* 4x to counteract the effects of too much *Mercury*; *Mezereum* 3x for pain in the bones; *Kali bichrom.* 4x for ulceration of the nose, the pharynx and the larynx; *Sarsaparilla* 3x for debility and anæmia; *Kali iodat.* 2x or 1x during the tertiary stage; *Mercur. phosph.* 6x for cerebral affections and paralysis; also *Aurum iodat.* 4x in cases of long standing.

The diet should be plain but strengthening: milk, eggs, vegetables and fruit being recommended and tobacco and alcoholic beverages forbidden. Out-door life, sun baths, vapour baths, *Sulphur* and electric light baths are beneficial. After the

symptoms have disappeared, *Mercur. solub.* 4x or *Mercur. tann.* 4x should be taken from time to time for a year to prevent a relapse. Past sufferers from syphilis should not get married until they have been free from all symptoms for at least two years. The offspring of syphilitic parents must be similarly treated with higher dilutions or triturations of the above-mentioned remedies. During pregnancy proper medical treatment of the mother may have a beneficial effect on the child.

CHAPTER X

COMPLAINTS CONNECTED WITH PREGNANCY AND CHILDBIRTH

A. NORMAL PREGNANCY.

PREGNANCY begins with impregnation, i.e., with the penetration of the male spermatozoön into the female ovum. This generally occurs shortly after menstruation, rarely later than the fourteenth day after the commencement of the monthly period. When pregnancy has commenced, menstruation generally fails to appear; in normal cases of pregnancy, the birth, as a rule, occurs 280 days after the first day of the last monthly period. During this time the female genital organs and the entire system undergo certain changes called signs or symptoms of pregnancy. Only a physician is able after careful examination to diagnose such cases with any degree of certainty, although as a rule even he is not able to do so before the beginning of the fourth month.

Probable signs perceptible to the pregnant woman herself are: the cessation of the monthly period (although it may sometimes occur once or twice after pregnancy has commenced); nausea and vomiting, especially early in the morning; a longing for certain kinds of food; swelling of the breasts and brown pigmentation of the nipples; emaciation at the commencement, followed by increasing stoutness as pregnancy advances; yellow spots on the face; and a sensation of pressure in the abdomen (chiefly about the bladder and rectum). Sure signs are feeling the child's movements and hearing its heart beat through the abdominal wall (about 140 beats a minute). These signs are noticeable about 5 months after the commencement of pregnancy. The womb now begins to increase in size until in the ninth month its upper edge reaches the stomach. The pressure of the enlarged womb on the adjoining organs and tissues causes various ailments, such as varicose veins, swollen feet, etc., to which we shall refer later on.

The best way of determining the approximate date of birth is to count back three months from the first day of the last monthly period and then to add seven days. For instance, if the commencement of the last monthly period was on the 15th of July, the confinement will probably take place on the 22nd of April of the following year. A sure sign of twins is the distinct perception of the heart beats of two children; owing to their position,

however, it is not always possible to determine this with absolute certainty. According to statistics twins occur once in ninety births, and triplets once in 7,000 births. No symptoms or signs exist by which the sex of the child can be ascertained before birth.

B. HYGIENIC RULES TO BE OBSERVED DURING PREGNANCY.

By want of proper care and regular habits during pregnancy a prospective mother may not only cause her child to develop badly and be born delicate but may also do great harm to herself. Many women in the family way transgress the simplest laws of hygiene by such things as the wearing of very tight or thin clothing, excessive physical exertion, late hours, tiring social functions, want of mental and moral self-restraint. The consequences, consisting of serious bodily discomfort, miscarriages and still-born or weak offspring, will not fail to appear.

Every woman looking forward to the joys of motherhood should remember the sacred duty she owes her unborn child.

The growth and development of the child must on no account be checked by the clothing of the mother, tight corsets compressing the waist being most injurious. These may not only cause deformity and feebleness of the child, but may do serious harm to the mother, who will suffer from palpitation, a feeling of fear and shortness of breath. The clothing should also be warm, a woollen abdominal belt being recommended.

The greatest care must be taken not to loosen or tear the connecting bond between mother and child, by a fall or blow, by jumping, dancing, riding, lifting heavy weights, much stooping or working a treadle sewing machine, this being liable to cause a miscarriage, particularly during the first four months of pregnancy. Daily physical exercise, light house work and walks are, however, beneficial. Although a fair amount of rest is good, too much sleep is not to be recommended. Mental agitation and excitements as well as strong drugs are injurious. A calm, cheerful and contented frame of mind plays an important part in the well-being of both mother and child. The care of the skin should not be neglected. The washing of the genital parts and luke-warm to fairly cold sitz-baths are to be recommended. During the first half of pregnancy the sitz-baths should have a temperature varying from 90° F. to 86° F., be of five to ten minutes' duration, and be taken two or three times a week; in the second half they may be a little colder, but not below 79° F., and of shorter duration. In the weeks immediately preceding the confinement daily sitz-baths of 82° F. of five minutes' duration, followed by cold ablutions and thorough drying of the genital parts, help to facilitate accouchement. The room in which the baths are taken must of course have a fire in winter, it being essential that all women

in the family way should guard against cold ; cold and wet feet are especially injurious and may lead to kidney trouble. To facilitate the future nursing of the child, the breasts should be freely washed with cold water during the last weeks of pregnancy and the nipples carefully pulled out.

It is also essential that the action of the bowels be regulated either by a suitable diet or, if necessary, by lukewarm enemata. The desire to pass water should never be suppressed. Cohabitation should be avoided during the last months of pregnancy, and also during the first months when the woman has previously had a miscarriage. When the urine is cloudy or frothy and the feet or face more or less puffy, the urine must be tested for albumen.

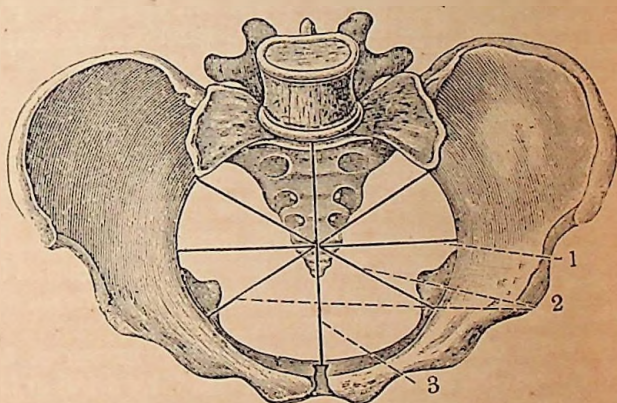


Fig. 154. NORMAL FEMALE PELVIS.

Finally a doctor must be consulted without fail in all serious ailments, especially in cases of hæmorrhage during pregnancy.

C. DIET DURING PREGNANCY.

The diet adhered to during pregnancy is not only of the greatest importance for mother and child, but may be a contributory cause of an easy confinement. It should be light and contain plenty of nutritive salts (see page 96), but no highly seasoned dishes and not too much fluid. This will conduce to keeping the patient well and free from digestive disorders, such as a sensation of fulness in the stomach, eructations, etc., the child will develop well and the confinement generally be easy. By taking only a moderate amount of fluid, the quantity of amniotic liquor will be kept within normal limits, the fœtus will not get too heavy and large, and the accouchement will thus be facilitated.

The most suitable diet during pregnancy is the diet that has been found most suitable in the non-pregnant state.

Mustard, pepper, vinegar, onions, strong tea and coffee and heavy wines are best avoided. To facilitate accouchement we also advise the regular use of *Mitchella repens* (5 drops of the essence three times a day) during the last few weeks of pregnancy.

For women with a small pelvis, with whom childbirth must so often be assisted by instruments, or elderly women with a normal pelvis expecting their first child, and whose confinement will probably be difficult, Dr. Prochownick has prescribed a strict diet by which a very small foetus is produced. This is as follows: in the morning a small cup of coffee (malt coffee is undoubtedly to be preferred) and 1 oz. of rusks; the midday meal to consist of any kind of meat, egg and fish with very little gravy, a few vegetables cooked with butter, salad, fruit and cheese; for supper an egg, about 2 oz. of bread and as much butter as desired. The following articles of food must be completely avoided: water, soup, potatoes, farinaceous food and sugar. Permissible beverages are about $\frac{1}{2}$ pint of Moselle or claret daily. This dietary is suitable for the last eight to ten weeks of pregnancy. It has frequently been beneficial to women who have had difficult confinements.

D. AILMENTS CONNECTED WITH PREGNANCY.

1. MORNING SICKNESS AND VOMITING frequently occur during the first few months of pregnancy. This is a nervous affection, generally disappearing of itself during the second half of pregnancy. A suitable diet (having breakfast in bed is also often a good practice), physical exercise and sensible dress will generally relieve the patient's discomfort. Should the vomiting become so violent as to have a detrimental effect on the health of the patient (*Hyperemesis gravidarum*), proper counteractive measures must be taken. The following remedies are often of use: *Cerium oxal.* 3x for vomiting after every meal; *Natrum muriat.* 6x or *Aletris farin.* 3x-ix for vomiting attended by constipation; *Apomorphinum* 6x or *Kreosotum* 4x for sickness and vomiting early in the morning, the patient nevertheless having a good appetite; *Magnes. muriat.* 6x for acidity; *Magnes. phosph.* 6x for cramp-like pain in the stomach; also *Arsenicum* 4x, *Ipecacuanha* 4x, *Nux vomica* 4x, *Sepia* 6x. Others recommend *Lobelia* 3x-6x for apparently incurable vomiting. Frequent light meals, wet compresses on the stomach and a recumbent position are beneficial measures; in serious cases the patient's strength must be kept up by artificial feeding (see page 122).

2. EXCESSIVE SECRETION OF SALIVA (*Ptyalismus*) should be treated with *Natrum muriat.* 6x and the mouth rinsed out with a 2 per cent. solution of *Borax* or a decoction of oak bark (*Quercus*).

3. CONSTIPATION (*Obstipatio*) is a common complaint during the last few months of pregnancy. The following remedies and measures are to be recommended: *Natrum murial.* 6x, *Nux vomica* 4x or *Sepia* 6x, luke-warm enemas or glycerine suppositories, sitz-baths, physical exercise, and a suitable diet (plenty of vegetables, fruit and wholemeal bread). Strong aperient medicines should not be taken. See Constipation on page 214.

4. DIARRHŒA (*Diarrhœa*) requires a mild diet (gruel, rice or semolina soup), warmth applied to the abdomen, rest and the following remedies: *Arsenicum* 4x, *Dulcam.* 3x after cold; *Colocynthis* 4x, *Pulsatilla* 3x, *Rheum* 2x for diarrhœa with pains in the abdomen or colic; *China* 2x for great debility; *Lycopod.* 6x, *Mercur. solub.* 6x, *Phosphor.* 6x in protracted cases (see diarrhœa, page 209).

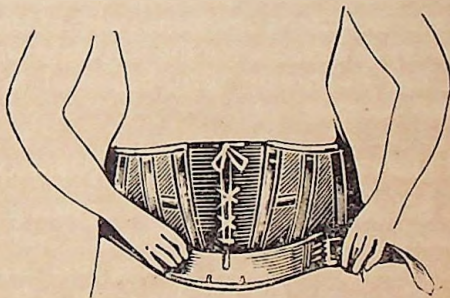


Fig. 155. ABDOMINAL BELT.

5. URINARY COMPLAINTS, generally due to cold, may sometimes prove most unpleasant. For treatment see page 302. *Cannabis sativa*, *Cantharis* and *Pulsatilla* are efficacious remedies.

6. BACKACHE is caused by the pressure of the enlarged womb on the large bloodvessels and nerves, by want of physical exercise, and by constipation. The patient should therefore guard against the two last mentioned causes, wear a suitable abdominal belt and avoid lying on the back for any length of time. Rubbing the back and the lumbar region with *Spirits of Camphor*, alcohol or a mixture of equal parts of *Rhus* tincture and Olive oil is to be recommended. In cases of very violent backache, sometimes the premonitory symptoms of a miscarriage, a doctor should be consulted without delay.

7. TOOTHACHE is a common symptom of the first stage of pregnancy; it may sometimes be very persistent. The best remedies are *Belladonna* and *Pulsatilla*; for long duration and frequent recurrence of toothache the alternate use of *Calcaria*

carbonica 6x and *Sepia* 6x is often of use. Extracting the teeth should be avoided as much as possible during pregnancy (see pages 199 and 200).

8. VARICOSE VEINS (*Varices*) and SWOLLEN FEET, common complaints during pregnancy, are caused by a derangement of the circulation. The most suitable treatment consists of alternate repose and exercise, leaving off garters, corsets and belts, wearing an abdominal belt, careful massage with *Hamamelis* ointment, and bandaging the legs with a roller bandage; when the pain is severe it is sometimes relieved by *Colocynthis* 4x. For hæmorrhage and varicose ulcers see page 171.

9. BRIGHT'S DISEASE (*Nephritis, Albuminuria*), which frequently attacks women during their first pregnancy, may have serious consequences if not detected in time, and cause convulsions and coma before and during confinement. When not only the feet but also the hands and eyelids are swollen, the testing of the urine for albumen is of vital importance and absolutely necessary. If the urine is found to contain albumen, the best remedies are *Arsenicum* 4x and *Apis* 3x combined with the application of vapour baths in bed, warm baths, rest and a plain diet (see Chronic Nephritis in Chapter VIII.). Precautionary measures consist of keeping the abdomen warm, guarding against cold and abstinence from highly seasoned dishes and stimulating beverages.

10. MISCARRIAGE OR ABORTION (*Abortus*) generally occurs during the first half of pregnancy. The symptoms are hæmorrhage and severe pain in the back and abdomen; the causes a fall or blow, jumping, running or driving over rough ground, excessive physical exertion, intense mental emotion, carelessness during cohabitation, violent vomiting and cough, tight clothing, over-indulgence in alcohol, strong aperient medicines or very hot sitz-baths, also a diseased condition of the womb, and febrile diseases such as typhus, influenza and pneumonia, and lastly chronic diseases such as tuberculosis and syphilis.

Treatment must be left to the physician. In serious attacks of hæmorrhage in pregnant women the doctor should be sent for without delay; pending his arrival the remedies mentioned on page 313 should be applied. It is, however, also advisable for the patient to stay in bed during a slight attack of hæmorrhage; wet compresses should be applied to the abdomen and the remedies mentioned on page 309 taken. Another good remedy is *Asa-fœtida* 2x (10 drops in water every two hours); *Sabina* 3x is also recommended; after an injury *Arnica* 3x is the specific remedy. For women with a tendency to miscarriage *Sepia* 6x is of use for plethora and abdominal complaints, and *Platina muriatica* 6x for nervous, hysterical ailments, in addition to which the above causes must naturally be avoided as far as possible. When

syphilis is the cause of frequent miscarriages, *Kali iodatum* 2x-ix taken for some time is strongly to be recommended.

E. CONFINEMENT.

Normal Labour (*Partus*) begins as soon as the development of the child in the womb is completed. This is generally the case in the fortieth week of pregnancy. A confinement or childbirth consists of three stages: 1. First stage of labour or period of dilatation; 2. Second stage of labour or expulsive period; 3. Third stage, or afterbirth. The premonitory symptoms of the first stage, which generally appear some weeks previous to the birth (especially in women bearing their first child), consist of labour-like dragging pains in the small of the back and in the hips, so-called false pains, which are generally absent in future confinements. The actual labour-pains caused by the contraction of the womb, the object of which is to expel the child, are at first not very violent and of short duration, but gradually get worse and more continuous till the womb opens, the bladder containing the foetus bursts and the amniotic liquor escapes. This is the end of the period of dilatation, which in cases of first births last from 10-20 hours and from 1-12 hours in women who have born children before.

After a fairly long painless interval the expulsive period begins. The pains which get very violent and continuous are called expulsive labour pains. The infant's head, which in a normal confinement appears first, gradually comes through the orifice of the womb and the vagina, whereupon with a last attack of violent pain the child is born. This stage lasts $1\frac{1}{2}$ -8 hours in first confinements, $1\frac{1}{4}$ - $1\frac{1}{2}$ hours in later ones.

In about $\frac{1}{4}$ or $\frac{1}{2}$ an hour, after a short restful interval, during which the connection between the mother and child is completely severed by the cutting and tying of the umbilical cord, the afterbirth stage begins. Amid a recurrence of pains, so-called afterbirth pains the placenta, with the membrane of the ovum and the remains of the umbilical cord (the so-called afterbirth) is expelled with fluid and clotted blood, and the confinement is completed. The womb now contracts, hæmorrhage ceases (or should cease), whereupon the wounds of the womb which has been deprived of its membrane must heal in the course of the following days. In healthy mothers this process takes from ten days to a fortnight; the enlarged womb gradually contracts, and there is a continuous secretion of mucus—so-called *lochia*—bloody at first, then purulent and finally watery. The complete return of the sexual organs to their normal position and their recovery generally takes about six weeks, when menstruation as a rule makes its appearance in non-nursing mothers.

In the majority of cases the services of a good maternity nurse

are sufficient during a confinement; should labour, however, be abnormal and disquieting symptoms prevail, a physician should be called in. Such symptoms are: hæmorrhage during the first stage of labour, always serious on account of their being caused by detachment of the afterbirth (*Placenta prævia*); convulsions due to kidney disease which may cause suffocation of the child; spasms; too weak pains by which the confinement is unduly delayed; incorrect position of the fœtus often necessitating the use of instruments; and lastly, abnormal hæmorrhage during the after-birth stage, which unless quickly arrested by a doctor may cause the death of the mother. When a woman is unexpectedly attacked by labour pains, she should go to bed as soon as possible and keep quiet until assistance arrives.

To prevent unpleasant consequences scrupulous cleanliness applied to the patient and her surroundings as well as to every object with which she comes into contact is essential. Puerperal fever, so greatly dreaded and formerly so common, may generally be prevented by the observation of this rule. The sitz-baths already mentioned on page 129, are thus, if only for reasons of cleanliness, highly to be recommended to every woman during the last stage of pregnancy. Shortly before confinement, the genital parts should be washed with warm water and soap. The bladder and the rectum must be cleared—all instruments, but especially the nurse's hands, should be thoroughly cleansed, brushed and disinfected with a 1 per cent. solution of *Lysol*. Towels, sheets, cotton wool, the bed—in short the entire room must be kept perfectly clean; it should not contain any soiled linen or wearing apparel. During confinement, excitement and loud speaking should be avoided, the patient be placed in a comfortable position and not exposed to cold. When the patient feels faint or discouraged, a stimulating drink (tea, coffee, lemonade) may be administered.

After delivery the soiled bed clothes must be removed, the waterproof sheeting washed, and clean well-warmed sheets inserted under the patient. A strip of medicated wadding dipped into a $\frac{1}{2}$ per cent. solution of *Lysol* and slightly squeezed out may be laid over the genital parts and kept in place by a T bandage (see page 135), which can also serve as a wet compress. These compresses, which should be renewed three or four times a day, are also a protection against germs. Immediately after birth and the cutting of the umbilical cord the child should be bathed in warm water (95° F.), and its eyes cleansed with clean medicated wadding and boiled water, kept ready in a special vessel.

F. THE HYGIENE OF CHILDBED.

The room in which a confinement takes place should be spacious, well ventilated, dry, and have a fire in winter. The old method of

excluding air and light by dark heavy curtains should be abandoned, and fresh air and ventilation provided for (draughts must be avoided). The bed should be dry and warm (no feather beds), and should not have been previously used by a patient suffering from a serious illness. The most scrupulous cleanliness should be observed in everything and every person coming into contact with the patient. Thus bandages, syringes for enemas, etc., which have been used for other persons should never be employed without having been previously thoroughly cleaned. The external genital parts should be carefully bathed twice a day with luke-warm water to which a little *Lysol* has been added (a teaspoonful to 1 quart of water). The temperature, which must be taken twice a day, should not exceed 99.5° F. in the arm-pit. In case of fever, the cause should be at once ascertained by a doctor. The regular use of *Arnica* 2x (5 drops in a spoonful of water four times a day) is to be recommended. The patient should pass water at least twice a day in a recumbent position. In case of urinary trouble not yielding to warm abdominal compresses and to the remedies mentioned on page 301 a carefully disinfected catheter should be used by the nurse to draw off the urine. When the bowels have not acted of their own accord up to the third day after confinement, a tepid enema should be administered; there should be an action of the bowels every other day after which, as well as after urinating, the genital parts should be thoroughly cleansed.

The patient should stay in bed for nine or ten days. The first three days she should lie on her back, then on her side, and at the end of a week be allowed to sit up in bed. Through getting up too soon, the serious consequences mentioned on page 312 (No. 6) may ensue. Naturally the surroundings of the patient should be as quiet as possible. Loud speaking, all excitement and emotional disturbances must be avoided. The patient's sleep may not be disturbed. Beneficial perspiration generally occurs during the days immediately following confinement. Care must be taken not to suppress this by exposure to cold, although the patient should not be too warmly covered up.

The diet should be light and nourishing. During the first three days fluid nourishment only should be taken: milk, gruel, sugar-water, fruit-juice, cocoa, beaten-up eggs. Later on veal broth, sweetbread, white bread, rusks and soft-boiled eggs may be taken, and after a week the patient can return to her ordinary diet. Strong coffee and tea and alcoholic beverages as well as very salt, highly seasoned and indigestible food are strictly forbidden. If at all possible, every mother should nurse her child herself at least during the first days and weeks. Besides benefiting the infant it promotes the healing and involution of the womb. Should the nipples be so flat that the child cannot grasp them, a

breast pump must be used. During the first few days of its life the infant should be fed every two hours during the day ; later on every three hours. In the second week it should be got into the habit of sleeping for six consecutive hours at night ; for a

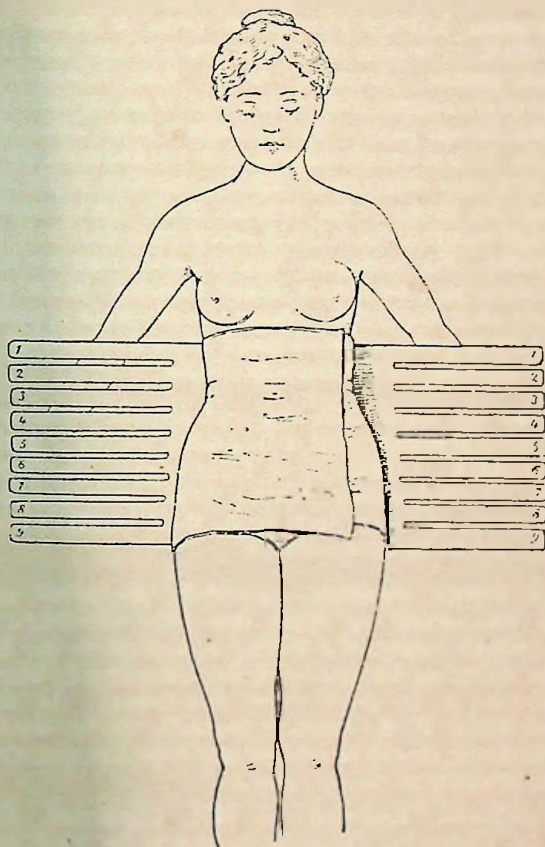


Fig. 156. GOERITA.

An abdominal bandage used in the Dutch Indies to keep the abdomen flat. A broad linen cloth is wrapped round the abdomen and kept in place by another, the ends of which are cut into strips and knotted in front.

healthy infant six meals during twenty-four hours are now sufficient. When the mother is able to get up, she should lead a quiet life for some weeks to come, avoid exerting herself too much, and by careful massage of the abdomen and the wearing

of a suitable belt or bandage prevent the enlargement of the abdomen caused by the relaxing of the abdominal muscles (see fig. 156).

G. AILMENTS ATTENDANT ON CHILDBIRTH.

1. ABNORMAL LABOUR PAINS often occur in women bearing their first child, in women over forty years of age, and in weak and delicate women. According to Dr. King *Mitchella repens* (6-10 drops of the essence four times a day) is an excellent remedy for abnormal labour pains. For convulsive pains *Belladonna* 3x or *Hyoscyam.* 3x and warm compresses on the abdomen are of use. When the first stage of labour is delayed, *Gelsemium* 3x (Dr. Douglas recommends 1-5 drops of the tincture every thirty minutes to relax the rigid mouth of the womb), *Cimicifuga* 2x and *Caulophyllum* 2x are suitable. For inadequate labour pains before the bursting of the amniotic sac *Nux vomica* 3x and *Pulsatilla* 3x and a warm sitz-bath are often beneficial. Danger is only to be apprehended when the labour pains are inadequate after the bursting of the sac and the discharge of the amniotic liquor.

2. AFTERPAINS occur after long and difficult confinement or after instrumental confinement or in women who have borne two or more children. *Arnica* 2x or *Viburn. opul.* 1x often gives relief. For intense backache *Mercur. solub.* 4x is sometimes of use. Wet compresses kept in place by the T bandage, described on page 135, are to be recommended.

3. MILK FEVER, sometimes caused by the influx of milk, occurs on the second or third day after childbirth. The symptoms, which consist of a feeling of tension in the breasts, restlessness, shivering fits, and headache, can generally be relieved by *Belladonna* 3x (5 drops every two hours). In cases of fever above 100.4° F. the cause is generally to be found elsewhere; the doctor should be sent for and *Arnica* 2x and *Aconitum* 3x given alternately in the meantime.

For Insufficient Secretion of Milk (*Agalactia*), *Calcarea carbonica* 6x, *China* 3x, *Pulsatilla* 3x should be tried, together with nourishing food and plenty of milk. For the sudden disappearance of milk, especially after mental emotion, *Bryonia* 3x or *Pulsatilla* 3x is suitable; for super-abundance of milk, *Kali iodat.* 2x, the patient at the same time taking less fluid. For debility due to nursing the alternate use of *China* 2x and *Calcar. carbon.* 6x renders good service.

4. INFLAMMATION OF THE BREASTS (*Mastitis*) should be prevented by proper treatment of these glands during pregnancy (see page 322), and by great cleanliness in nursing the child (see

page 314). Rubbing the affected parts with warm olive oil is often beneficial; other remedies and measures have already been mentioned on page 314.

5. SLEEPLESSNESS (*Agrypnia*) requires *Belladonna* 4x, *Coffea* 4x or *Zincum valerian.* 3x; sugar water and lemon juice also being beneficial. Mental symptoms, such as depression, fear of misfortune, tendency to weep, sometimes occur after a confinement; these may last a long time but can generally be completely cured by the use of *Arsenicum* 4x, *Platina muriat.* 6x or *Sepia* 6x. See also Sleeplessness in Chapter V.

6. For PHLEBITIS, which in childbed occurs in the upper part of the thigh and which is characterised by a peculiar painful white swelling, absolute rest in bed is essential in addition to wet compresses applied to the leg and the internal use of *Arsenicum* 4x, *Belladonna* 3x or *Hamamelis* 2x (see page 170).

7. CHILDBED FEVER, or PUERPERAL FEVER (*Febris puerperalis*) is the most dangerous complaint connected with childbirth, to which 10-15 per cent. of child-bearing women formerly succumbed and of which, as a result of antiseptic treatment, mortality now does not exceed $\frac{1}{2}$ per cent.

The symptoms of this complaint, which is caused by pus-producing germs and generally occurs between the third and sixth day after confinement, are a high temperature, shivering fits (*rigors*), rapid pulse, great debility and sometimes delirium; the abdomen is distended or very painful, the *lochial* discharge is arrested or becomes purulent and very offensive. The illness may end fatally within a few days although it generally lasts longer. In many cases the patient recovers.

The best preventive measures are scrupulous cleanliness before, during and after confinement (it is essential that the nurse should wash and brush her hands carefully with warm water and soap before every examination of the patient), frequent cleansing of the genital parts, and the application of the T bandage mentioned on page 135.

The treatment of this dangerous disease must naturally be left to the physician. For cases where it is impossible to obtain medical aid we mention the most suitable remedies which should be taken in the very first stage: *Aconitum* 3x for dry skin, restlessness and fear, and *Belladonna* 3x alternately with *Arnica* 2x for flushed face and perspiration in certain parts of the body, in addition to which wet compresses (T bandage) should be applied and renewed every three hours, and douches of the vagina with boiled water to which a little *Lysol* has been added (1 teaspoonful to 1 quart of water) administered. The diet should be light and nourishing. Wine or brandy in water may be freely given. These measures sometimes

succeed in checking the progress of the disease. At a later stage *Arsenicum* 4x, *Lachesis* 12x, *Carbo veget.* 6x, *Echinacea* 2x and luke-warm baths (86° F.) are suitable. Chronic inflammations may be caused by this disease, or symptoms of abscess may appear, necessitating surgical treatment. See also inflammation of the womb (*Metritis*) in Chapter IX.

CHAPTER XI

INFANTILE DISEASES AND DISEASES OF CHILDREN

A. THE CARE OF INFANTS AND YOUNG CHILDREN.

How important the proper care of infants and children is for the prevention of diseases is shown by the statistics of infant mortality, which, as we all know, is highest in densely populated towns and among the poorer classes, where pernicious influences, neglect and improper treatment are so prevalent. Till lately hardly less than one in ten of all new-born infants died in the first week of life, and one in five during the first year. The chief causes of this alarmingly high death rate among children are—apart from congenital feebleness and delicacy—insufficient and improper feeding and neglect of the simplest hygienic rules. Lack of clean, warm and dry clothing and bedding, breathing impure and very cold air, inclement weather, abdominal chills, inadequate cleansing of feeding bottles and rubber-teats, and particularly improper food, are the causes of many serious and fatal infantile diseases.

With older children and school-children, hygienic principles are also frequently violated by a wrong method of feeding (strong coffee and tea, rich food and sweets), irregular meals, very light clothing, too much hardening of the system, late hours, insufficient rest and sleep, want of outdoor exercise, too much homework, neglect of the eyesight, protracted sitting and stooping on unsuitable forms or at too high tables, and by over-indulgence and pampering. The results of this improper treatment are not as a rule fatal—the constitution of older children having more vitality and power of resistance—but are manifested chiefly in a chronic state of ill-health, such as anæmia, nervousness, spinal deformity, near-sightedness, or weak lungs. It is thus the duty of all parents and teachers to observe these points very carefully; for a healthy, strong body is essential to the general well-being of young people.

From the above, the general rules relating to the care and bringing up of infants and children can easily be understood, but a few points of special importance must be more fully discussed, and of these the first is :

The Feeding of Infants.

Mother's milk is undoubtedly the best and most natural food for the infant, except in cases where the mother is very delicate

or anæmic or is suffering from a cough or some other chronic disease ; as the milk will then not contain the necessary nourishment, it is better to bring up the child by hand. It is greatly to be regretted that owing to various weakening influences so many mothers are to-day unable to nurse their offspring. The endeavours recently made in many quarters to improve this state of affairs are therefore to be welcomed. Although a healthy wet nurse¹ can be engaged to replace the mother, the costs involved are generally too high, so that nothing remains but to bring up the child by hand. Which is the best way of doing this ? Asses' milk bears the greatest resemblance to human milk, but is too expensive and too difficult to procure for general use. As the exclusive use of goats' milk for infants has been known to cause serious anæmia, it is not to be recommended. In the



Fig. 157.

A SOXHLET APPARATUS IN USE.



Fig. 158.

BOTTLE-HOLDER.

majority of cases cow's milk must take the place of human milk, but as cow's milk contains more fat and casein and less sugar of milk than human milk, it must be diluted with water and supplemented by sugar of milk. Experience has proved that in the majority of cases the following method is the best. During the first four weeks 1 part of milk to 3 parts of water ; in the second month 1 part of milk to 2 parts of water ; in the third and fourth months equal parts of milk and water ; in the fifth month 1 part of water to 3 parts of milk, and from the sixth month onwards pure milk. To each portion, which should consist of about 2 ounces, $\frac{1}{2}$ teaspoonful of sugar of milk and a few grains of salt should be added.

¹ The health of a wet nurse must be tested by medical examination: a wet nurse suffering from an infectious disease or a chronic complaint is inadmissible. The milk too must be tested, it being of especial importance to know whether the supply of milk during the 24 hours is sufficient for the infant.

The milk must, of course, be pure and unadulterated. The best milk is obtained from cows fed on dry food, as that from cows fed on green, moist fodder, turnips, potatoes or distillery wash, often disagrees with the infant and easily causes diarrhoea. When pure cow's milk is not procurable or when it does not agree with the

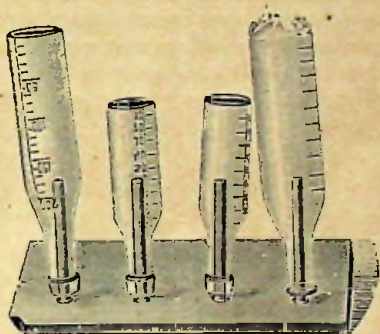


Fig. 159. PROPER POSITION OF THE BOTTLES WHEN NOT IN USE.

infant, as may be the case now and then, condensed milk must be resorted to. When milk is warranted to be free from germs, it can be given unboiled; in all other cases it should be scalded before use. If sufficient milk for twenty-four hours is to be prepared, this can be done in a sterilizer, or so-called Soxhlet apparatus

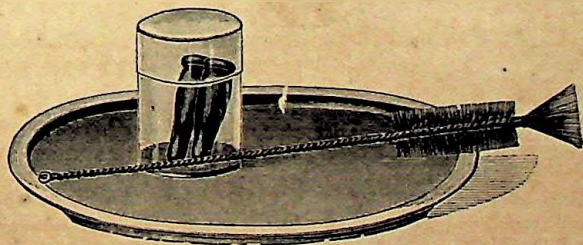


Fig. 160. HOW TO KEEP RUBBER TEATS WHEN NOT IN USE.

(see fig. 157), which simplifies artificial feeding; the milk, however, should not be sterilised too long, as this, besides rendering it indigestible and reducing its nutritive value, may as has recently been discovered, cause various complaints. The milk need only just come to the boil. The vessels must be kept scrupulously clean. The bottles must be rinsed and cleaned with a brush, the rubber teats washed and kept in cold water when not in use (see figs. 159 and 160).

In regard to quantity, an infant should generally have seven or eight meals of nearly two ounces each during the twenty-four hours. This quantity should gradually be increased, a healthy child several weeks old requiring from two to three pints of milk a day. The milk may also be diluted with oat, barley or rice water in the proportions mentioned above instead of with pure water, this agreeing with many infants, better than milk diluted with water. Patent foods should not be given to infants under three months, the stomach not being able to digest these at such an early age. At the end of the twelfth week such foods added to the milk may



Fig. 161. THE WRONG WAY OF KEEPING BOTTLES AND TEATS, WHEN NOT IN USE.

produce good results. It is not easy to recommend one special kind of infants' food, as one may agree with one child, another with another. The most commonly used at present are Nestle's, Neave's and Mellin's food. Although the exclusive use of these foods may fatten the infant, it may also promote a tendency to rickets or scrofula. All infants should be given daily a teaspoonful of fruit-juice and water in equal parts with a little sugar.

For older infants (from the seventh month) we have found fruit juice (1 teaspoonful of the juice of a sweet orange or of stewed apples once or twice a day), and very soft boiled green vegetables, such as spinach, passed through a sieve (1-2 teaspoonfuls daily),

given between the milk-meals very beneficial, the mineral salts and vitamins (i.e., substances essential to life and growth) contained therein having an excellent effect on the infants' constitution. This form of nourishment is certainly to be preferred to beef tea; it should however, not be given to children predisposed to diarrhœa. By degrees bread, rusks, milk puddings or the yolk

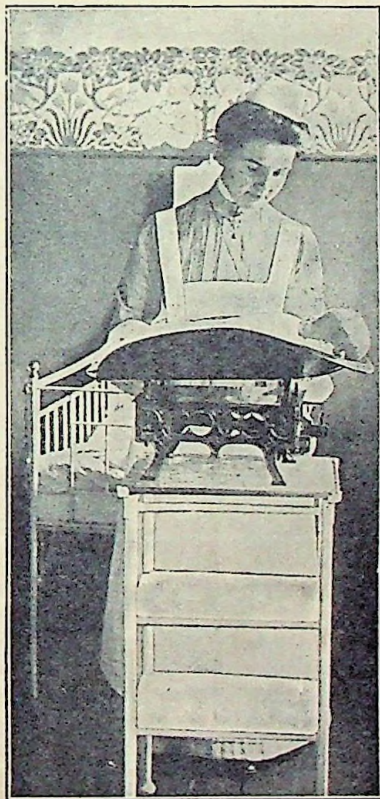


Fig. 162. WEIGHING THE INFANT.

of an egg beaten up with sugar (twice a week) may be given, in addition to the milk, which must still form the infant's chief nourishment.

The same food is suitable when the child is teething. Older children should be given other food, but not be allowed to partake of everything. Highly seasoned food, vinegar, wine, beer, coffee and tea are injurious; a small quantity of meat may be given;

beef tea and broth, which act on the heart and nerves, are not very good for young children, and too many potatoes are injurious. The most suitable nourishment for children between the ages of two and five consists of milk, bread, butter, eggs, farinaceous food, milk puddings (for breakfast porridge served with milk and sugar is best), vegetables and fruit. While sweets should only be given occasionally, honey is an excellent food for children.

The following table on which the average increase of weight in a number of healthy children is recorded, will be a help to those of our readers who wish to ascertain whether an infant fed on a given diet, shows a normal increase in weight.

Weight at Birth : 7 lb. 11 oz.

At the end of the	Daily increase.		Monthly increase.		Total weight.	
	gr.	oz.	gr.	lb. oz.	gr.	lb. oz.
1st month ..	35	or 1.24	1050	or 2 5.1	4550	or 10.0
2nd	32	.. 1.13	960	.. 2 1.9	5500	.. 12.2
3rd	28	.. 0.99	840	.. 1 13.7	6350	.. 14.0
4th	22	.. 0.78	660	.. 1 7.3	7000	.. 15.7
5th	18	.. 0.74	540	.. 1 3.1	7550	.. 16.10
6th	14	.. 0.49	420	.. 14.8	7970	.. 17.9
7th	12	.. 0.42	360	.. 12.7	8330	.. 18.6
8th	10	.. 0.35	300	.. 10.6	8630	.. 19.0
9th	10	.. 0.35	300	.. 10.6	8930	.. 10.10
10th	9	.. 0.32	270	.. 9.5	9200	.. 21.4
11th	8	.. 0.28	240	.. 8.5	9440	.. 20.12
12th	6	.. 0.21	180	.. 6.4	9600	.. 21.2

As a general rule it can be stated that an infant not gaining at least $\frac{1}{2}$ oz. a day is not entirely healthy and does not show normal development. At the end of its first year a well-developed infant should weigh from 20-22 lb.

Teething, which generally starts in the seventh or eighth month or a little later, need cause no uneasiness in healthy children; for, if fed according to the rules mentioned above, their blood will contain sufficient chalk to facilitate the formation and the cutting of the teeth. As a rule the two middle incisors of the lower jaw are cut first, followed by the two incisors of the upper jaw; in the second year the molars appear, then the eye teeth, so that at the end of the second year a child has twenty milk teeth, which it keeps until second dentition begins in about the fifth or seventh year. At this age the average height of the child is 3 ft. and its weight $3\frac{1}{2}$ stone (42 lb.). Besides the feeding of infants, a few other important points connected with the care of the young must still be discussed.

In the first place sleep is of great importance. It must be sound and undisturbed. During the first period of its life a healthy

infant sleeps during the greater part of the day and night. Care should be taken that no bad habits are acquired at this time; sleeping with the mouth open can be prevented by placing the child in a proper position; thumb sucking, too, a common habit during sleep, must be prevented. Crying is a kind of unconscious indication that something is wrong, a sign that the infant is hungry, cold or wet, although it can also be caused by tight binding, lack of cleanliness, itching or digestive disorder. When crying does not cease on the removal of these causes, it may either be a bad habit or the sign of some complaint which should be investigated.

The older the child gets, the less sleep it requires; despite this fact young children should always go to bed early, and until

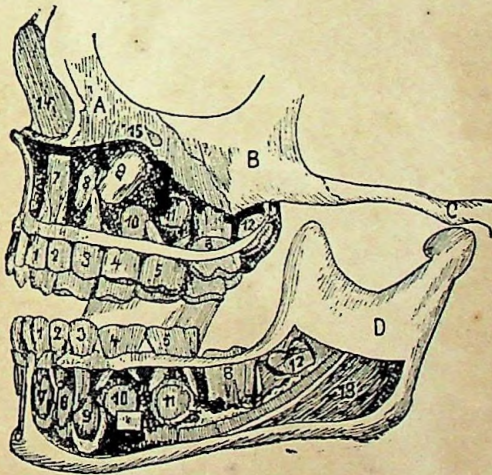


Fig. 163. TEETH OF A CHILD OF SIX YEARS OF AGE.

1 and 2 incisors. 3 eyetooth. 4 and 5 milk molars. 6 true molars. 7-12 permanent teeth and molars in development. 13 and 15 ducts for nerves. 14 nasal septum. A. upper jaw. B. zygomatic or cheek bone. C. zygomatic arch. D. lower jaw.

their third year sleep for a few hours during the day. In order to ensure tranquil and strengthening sleep, the child should not eat too much before going to bed and should not get too excited or boisterous.

It is equally important that the air which the infant breathes be pure and free from dust and smoke. The bedroom should have a fire in winter, but not be over-heated, as this tends to enervate the system. In very cold weather, especially when there is a keen north or east wind, infants should not be taken out-of-doors.

Older children are better able to resist the cold, but with these too care is needed when the wind is very keen, as it may cause cold, croup or even pneumonia in some children.

An indoor air-bath, as described in Chapter VI. of Part II., is very beneficial for children. Infants should be allowed to lie

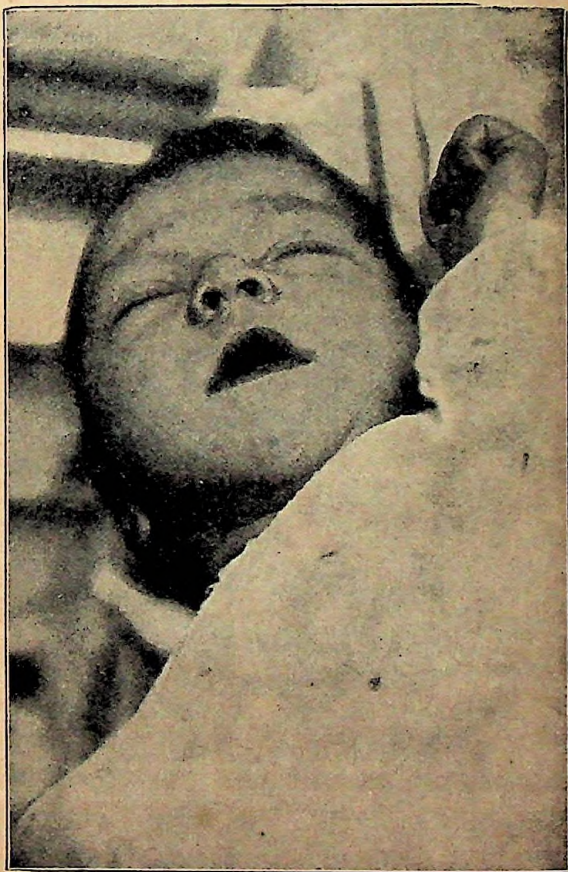


Fig. 164. SLEEPING WITH THE MOUTH OPEN.

naked on a rug or on the lap in a warm room for a few minutes several times a day; their lively movements will testify their delight. Older children should run about the room naked for five minutes every morning and evening, keeping themselves warm meanwhile by easy gymnastic exercises. This will help to harden and invigorate the system.



Fig. 165. POSITION CONDUCTIVE TO HEALTH.

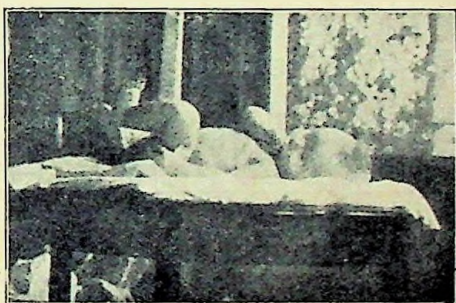


Fig. 166. THE INFANT IS ABLE TO MOVE ITS LIMBS FREELY.



Fig. 167. THUMB SUCKING DURING SLEEP.

The care of the skin is another very important matter. Warm baths (95° F.) are very beneficial to infants. Of course these should be given in a room with a fire during the winter; care should be taken that the temperature of the bath does not exceed 95° F., as very hot baths may easily cause convulsions in infants. Figs. 169 and 170 show how an infant should be handled in a bath. If placed on a sheet in the bath, nervous children will more easily get accustomed to being bathed (see fig. 168). When infants easily catch cold or get restless after a bath, they should be bathed less frequently and washed with tepid water instead.

For older children cool or cold sponging followed by thorough drying and physical exercise or by going back to bed for a short time is very beneficial.

To many children, however, the indoor air-bath is better suited than any kind of cold water treatment (see page 142).

The clothing of an infant must be clean, dry and warm, and not too tight, especially across the chest and abdomen. The head should be kept cool, the feet warm. In the winter it is a good thing to place a hot water bottle at the foot of the cot; the abdomen should also be kept warm during the day by a woollen binder. Care should be taken that in older children circulation is not impeded by tight garments or garters, and that the feet, abdomen and back are warmly clad.

The training of children, which can never begin too early, is based on the laws of imitation and habit. A child should be got into the habit of being clean and tidy; it should never be put to sleep by rocking, or singing, nor should it have a light in the room; the injurious habit of thumb-sucking should not be permitted; and a child should never be frightened or threatened, as this causes many nervous disorders.

When a child is old enough to go to school then also its health must be carefully attended to. Work should be followed by repose, mental effort by physical, the lessons should not be monotonous, delicate or anæmic children should not be overburdened by an excess of home work or too many extra lessons, and lastly, precautions should be taken to prevent (by hygienic forms, a correct position when reading and writing, and a good light) the two "school diseases", curvature of the spine and nearsightedness.

B. SYMPTOMS OF ILLNESS IN INFANTS AND OLDER CHILDREN.

Young children are generally unable to express their feelings clearly; besides this, the symptoms of an illness in a child may be totally different from those in an adult. The doctor can, therefore, generally only diagnose an infantile complaint by an objective examination of the various organs. However, by taking note of the first symptoms a mother or nurse may often assist the physician

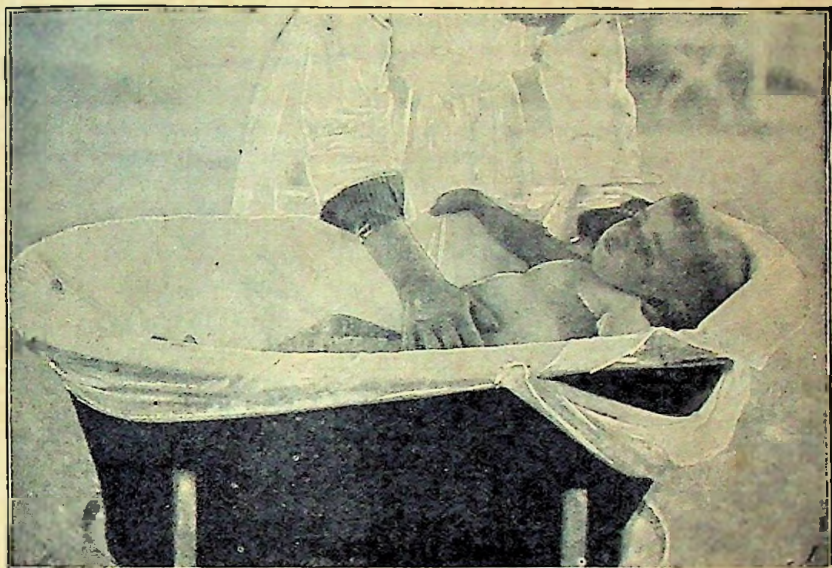


Fig. 168. BATHING AN INFANT ON A SHEET.



Fig. 169.
WRONG WAY OF HOLDING THE
INFANT IN A BATH.



Fig. 170.
CORRECT WAY OF HOLDING THE
INFANT.

in his investigation, with the result that correct treatment may in many cases succeed in preventing a serious illness. A mother should therefore possess a certain knowledge of the general symptoms of illness in her children.

If a child sleeps well, if its bowels act regularly, if it is lively when it wakes up, cries with a strong voice, and shows a normal increase in weight (see page 338), the mother can rest assured that her child is healthy. The first symptom of disorder is generally

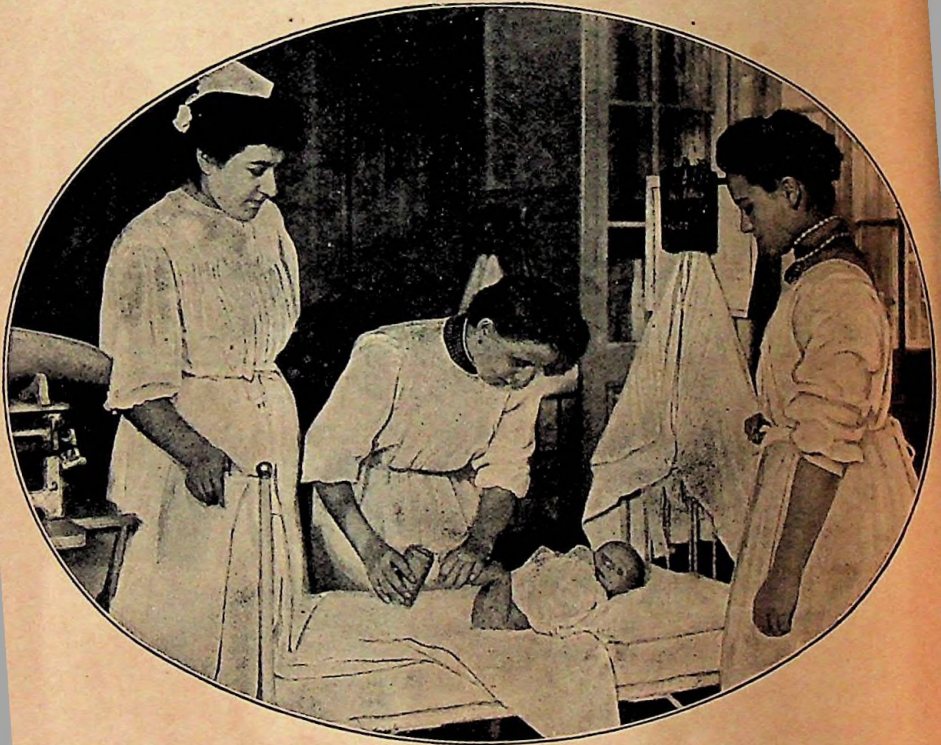


Fig. 171. LEARNING HOW TO PUT ON A BABY'S NAPKINS.

screaming (when not due to the reasons mentioned on page 339). The nature of the cry often indicates the complaint from which the child is suffering. Hoarse crying is caused by an inflammation of the throat or bronchial tubes; suppressed crying, changing now and then into loud screaming, and attended by marked respiratory flapping of the nostrils, points to pneumonia; incessant loud crying, in which the mouth is opened very wide, is a sign of stomach-ache, flatulence or constipation; spasmodic piercing screams point to pain in the head and may be a symptom of

meningitis. A child suffering from earache will sometimes scream for hours without stopping, whereas when it has pain in the joints it will only cry when the painful spots are accidentally touched.

Concerning the facial expressions of an infant, it can be mentioned that a healthy infant has no special expression, whereas



Fig. 172. HOW A SISTER SHOULD CARRY HER LITTLE BROTHER.

during illness the features often undergo a marked change ; this is especially the case during serious digestive disorders, when the eyes become sunken, the nose looks thin, and the lips are drawn ; in chronic intestinal trouble the face seems actually to decrease in size and has an old expression.

A child in good health will as a rule lie with its back slightly curved to the outside, its head bent forward and its legs drawn up to the body. When feverish, children toss about; during meningitis, they throw the head back and press it into the pillow; when suffering from pneumonia they lie on their backs or on the affected side of the chest; in scrofulous ophthalmia on the face; when very feeble they lie quite still, and when insensible the eyes are half open and rigid and do not follow the movements of the mother as the eyes of healthy infants of a month old generally do. Tears are not shed till after the fourth month, and perspiration

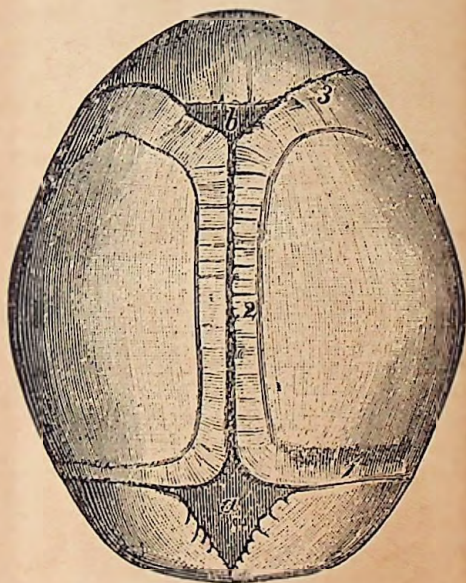


Fig. 173. THE FONTANELLES ON THE SKULL OF A NEW-BORN CHILD.
1. Coronal suture. 2. Sagittal suture. 3. Lambdoidal suture. (a) large,
(b) small fontanelle.

seldom occurs in very young infants; when occurring later on the head, it is generally the first sign of rickets. An infant passes a great deal of water; during the first months of its life an infant wets about twelve napkins every day. The bowels should act from two to four times a day and the stools be of a yellow colour and soft; when of a greenish colour and sour smelling, the digestion is out of order. Normal stools, however, may undergo a similar change if exposed to the air for any length of time. In older children the stools are firm and the bowels moved once or twice a day. Watery, bloody, mucous, very frequent stools are

a sign of intestinal disorder. The pulse in young children is not as symptomatic of disease or health as in adults, as the slightest cause (movement, screaming, fear, suckling) may accelerate or retard it. As a general rule 130 beats a minute during sleep indicate fever. A very intermittent pulse is often a sign of heart or brain disorder, although this may occur in many healthy children without serious cause.

The bodily temperature (normally about 98.6° F.) is of far greater importance in determining the presence of fever than the pulse. It frequently happens that although the hands and feet and even the greater part of the body feel cold to the touch the patient has a temperature of 102° F. or more. It is therefore of great importance to ascertain the temperature of the body by a clinical thermometer in all cases of suspected fever. (For full details concerning the taking of temperature, see Chapter II. of Part II.)

The respiration of infants is rapid and often irregular, and only regular during sleep. During the first six months of its life a child breathes about twenty to forty times a minute, later on twenty to thirty times, and still later fifteen to twenty-five times. Very rapid breathing (forty to sixty breaths a minute) points to pneumonia, while very intermittent and sighing breathing during sleep is often a symptom of cerebral trouble.

Normally the fontanelles in the head close during the second year; the front fontanelle should not close before the child is fifteen months old, as this may cause injury to the brain; when, however, the fontanelles close very late, rickets may be suspected. In high fever the front fontanelle often bulges out, whereas it recedes in lingering illnesses.

C. COMPLAINTS AND DISEASES OF NEW-BORN INFANTS, INFANTS, AND CHILDREN.

I. APPARENT DEATH OR SUSPENDED ANIMATION (*Quasi mors*) generally occurs in new-born infants in consequence of protracted and abnormal birth, or of strangulation by the umbilical cord. When the face is very flushed or is of a bluish colour and the infant does not breathe or cry, but struggles and chokes when attempts are made to remove the mucus from its mouth with the finger, there is a good chance of restoring animation. After the mouth has been cleansed from blood and mucus, the infant should be placed in a warm bath, well rubbed, and its face splashed with a little cold water from time to time. As soon as respiration sets in regularly, all immediate danger is over. When, however, the infant is pale and insensible at birth, there is less hope of restoring animation. Artificial respiration (see Chapter XIII.) should then be tried for some time, at least as long as the heart continues to beat.

2. SWELLING OF THE HEAD (*Caput succedaneum*) is the name for a peculiar swelling of the scalp sometimes caused by violent pressure during birth, especially in instrumental birth, and generally disappearing of its own accord in a few days. Should the



Fig. 174. STICKING PLASTER STRAPPING FOR UMBILICAL HERNIA.

swelling increase after birth, wet compresses made with tepid water to which about 10 drops of tincture of *Arnica* have been added, should be applied to the head, and a little *Silicea D. 6* (as much as the point of a knife will hold) administered twice a day.

Sometimes, however, slight surgical treatment is necessary to remove the accumulated blood or purulent fluid.

3. CONGENITAL DEFORMITIES. Of these the most common are: tongue-tie, in which the frenulum of the tongue (*fraenum linguæ*) is so short that the infant is unable to suck properly, but which can be cured by slight surgical treatment; malformation of lips and palate (so-called hare-lip and cleft palate); flat-footedness (*pes planus*); clubfoot (*talipes varus* and *valgus*), and wry neck (*torticollis*). The last-mentioned malformation is caused by shortening of the muscles and sinews on one side of the neck. Deformities of this kind must either be treated surgically or with orthopædic appliances and massage, which generally produce very good results.

4. SWELLING OF THE INFANT'S BREASTS is due to cold or to the foolish habit of pressing out the milky fluid sometimes contained



Fig. 175.
TRUSS FOR UMBILICAL HERNIA.



Fig. 176.
TRUSS FOR UMBILICAL OR
ABDOMINAL HERNIA.

in the breasts of infants. Treatment should consist of rubbing the affected parts with warm olive oil and doses of *Belladonna* 6x. Should, however, the swellings increase and become purulent, warm compresses made with diluted tincture of *Calendula* (1 part to 10 parts water) and frequent doses of *Hepar sulphur.* 6x are to be recommended.

5. UMBILICAL HERNIA (*Hernia umbilicalis*) can be recognised by a soft marble shaped protrusion appearing on the navel when the child cries or coughs, and which may be easily pushed in with the finger. This common complaint can generally be cured by wearing a small zinc plate covered with linen and fastened by three transversely placed strips of india rubber plaster for a few months. The bandage shown on fig. 174 is also suitable for umbilical hernia.

6. JAUNDICE (*Icterus*) often occurs in new-born infants a few days after birth ; it is not serious and generally yields to *Chamomilla* 6x when the stools are thin and mucous, or to *Bryonia* 6x when hard and dry ; *Myrica cerifera* 6x is also recommended. Tepid compresses on the abdomen and rubbing the entire body with warm olive-oil are other efficacious remedies.

Jaundice in older children should be treated according to the directions mentioned in No. 36 on page 224.

7. HICCOUGH or HICCUPS (*Singultus*) occurs in infants and young children, chiefly after drinking or when they are cold and wet ; it is generally easily got rid of by raising the child or by dressing it in dry and warm clothes. When occurring frequently, a few doses of *Ignat.* 6x are to be recommended. For hiccough in adults see Chapter XII, No. 19.

8. THRUSH or SORE MOUTH (*Aphthæ*) is generally due to want of cleanliness. Small white specks, fungoid products, form inside the lips and cheeks ; if neglected or improperly treated they may spread to other parts. Children suffering from this complaint are very restless, cry a great deal, suffer from stomach-ache and vomiting, and, as pain prevents them from drinking, often lose weight.

Precautionary measures to be taken against this complaint, which is generally made too light of, consist of a thorough washing of the mothers or wet nurses' nipples before and after nursing, and of cleansing the infant's mouth after nursing with a linen rag dipped in cold water. If the child is fed by hand, the feeding bottle and teats must naturally be kept perfectly clean ; it goes without saying that the infant should not be allowed a disgusting comforter.

Treatment should consist of the careful observation of the above precautionary measures, and of the frequent cleansing of the mouth with a 2 per cent. solution of *Borax* or of painting the affected parts with glycerine to which a little borax has been added (1 part borax to 10 parts glycerine). Too frequent or rough cleansing of the mouth, however, may cause wounds which will only aggravate the trouble. All drastic treatment should be avoided (see fig. 177).

For internal use *Mercur. solub.* 6x is to be recommended, and in obstinate cases *Hepar sulphur.* 6x or *Arsenicum* 6x.

For *Stomatitis* (inflammation of the mouth) see page 196.

9. CANKER OF THE MOUTH (*Noma*) is the name for a dangerous gangrenous inflammation of the membrane of the cheeks and lips, sometimes occurring after measles or scarlet fever in ill-fed or neglected children, and often proving fatal in a short time. *Arsenicum* 4x, *Mercur. solub.* 4x or *Lachesis* 12x may be tried, but it is advisable to consult a physician.

10. CRYING AND RESTLESSNESS IN INFANTS are frequently due to the causes mentioned on page 339; after these have been removed, the child's ailment may often be detected by the nature of the cry (see page 344). In the majority of cases crying, restlessness and sleeplessness in infants are caused by digestive disorder. Treatment should consist of tepid wet compresses applied to the abdomen and the use of *Chamomilla* 3x for diarrhoea, of *Coffea* 4x for great excitability, of *Belladonna* 4x when the face

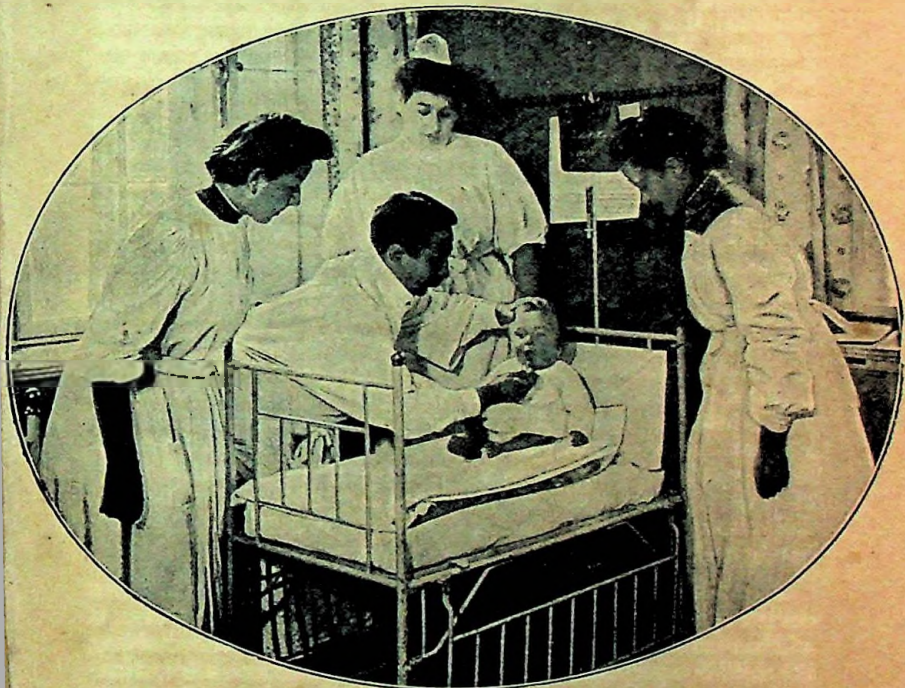


Fig. 177. SHOWING A DISEASE OF THE MOUTH CAUSED BY TOO FREQUENT AND ROUGH CLEANSING OF THE MOUTH.

is hot and flushed and the infant gives a sudden scream during sleep, of *Aconitum* 4x for restlessness and fever, of *Bryonia* 4x for constipation and dry lips, of *Hyoscyamus* 4x for intermittent crying, restlessness and disinclination for sleep.

When crying is due to other complaints, treatment must be directed towards the cause. We warn all mothers and nurses against rocking the child—still a favourite practice with many people—and the use of soothing medicines, as both these practices have an injurious effect on the infant's soft brain.

Nightmare (*Pavor nocturnus*) often occurs in nervous children ; it may be caused by overloading the stomach previous to going to bed or by intestinal worms. The causes must therefore be removed.

For sleeplessness in older children cold ablutions in the morning and a dose of *Zincum valerian.* 3x at night before going to bed generally succeed in soothing the nerves and inducing normal sleep. In obstinate cases a nerve specialist should be consulted.

Grinding the teeth during sleep is also common among nervous children ; it is of no consequence, however, in otherwise healthy children. When attended by other symptoms, such as headache or vomiting, it may be a premonitory sign of some serious cerebral complaint.

11. STOMACH-ACHE is caused by improper feeding, constipation or cold. When the mother nurses the infant herself, she must keep to a suitable diet (see page 328) as indigestible and highly-seasoned food or alcoholic beverages partaken of by the mother may cause flatulence and stomach-ache in the child. Intense emotion and excitement of the mother will also have an injurious effect on the child. If the child is fed by hand, care must be taken that the cow's milk is good and that the feeding bottles and teats are kept scrupulously clean (see page 335). When treating this complaint, a regular action of the bowels must be provided for (by the use of tepid enemas when there is constipation) ; treatment should also consist of camomile or warm water compresses on the abdomen and the internal use of *Chamomilla* 3x, *Belladonna* 4x or *Colocynthis* 4x. Some highly recommend the alternate use of tincture of *Chamomilla* and tincture of *Dioscorea* (two drops of each in a cup of water ; one teaspoonful to be administered alternately every $\frac{1}{4}$ of an hour). See also Colic on page 209.

12. VOMITING (*Emesis*) is a common infantile complaint. When caused by excessive or very rapid drinking as is often the case, it will have no serious consequences and can be prevented by holding the child in a perpendicular position for a few minutes after drinking and by patting it on the back ; this will cause it to hiccough and to get rid of the air swallowed with its nourishment. Sickness occurring sometimes after drinking requires treatment ; as a rule a few doses of *Ipecacuanha* 4x or *Achusa cynap.* 4x are beneficial ; when the vomited milk is curdled and has an acid smell, *Calcar. carbon.* 6x is suitable, and when attended by constipation *Lycopodium* 6x ; for great feebleness and emaciation *Arsenicum* 4x is of use, and after a fall or blow on the head *Arnica* 3x. Chronic vomiting, that is, vomiting occurring at irregular intervals, is common in children who have been prematurely weaned or improperly fed. The vomited matter, which generally consists of fermented milk, has a sour smell. Hot food is injurious

as it promotes vomiting. Wet compresses applied to the abdomen, doses of *Ipecacuanha* 4x or *Arsenicum* 5x, together with suitable food, generally succeed in getting rid of this complaint. When there is great debility, beef tea is to be recommended. When vomiting in older children is attended by headache or grinding of the teeth during sleep, this may indicate an impending attack of meningitis (see page 365).

13. DIARRHŒA in infants is caused by cold, wrong feeding, or overloading the stomach. These cases should not be disregarded and every attack of infantile diarrhœa should be carefully treated, as it is liable otherwise to turn to *cholera infantum* (described below), so fatal to infants, especially during hot weather. As a rule, simple diarrhœa can speedily be cured by keeping the abdomen and feet warm, by tepid compresses on the abdomen, by giving gruel or barley water with white of egg in place of cow's milk; in addition, doses of *Arsenicum* 5x, *Chamomilla* 3x, *Ipecacuanha* 4x, *Rheum* 3x or *Veratrum* 4x should be administered according to the directions given on page 210. Protracted, continuous diarrhœa in young children can easily cause relaxation of the intestinal tissue and *prolapsus ani*, for particulars of which see page 218.

14. SUMMER DIARRHŒA IN CHILDREN, also called Cholera (*Cholera infantum*) is catarrh of the bowels which often proves fatal to infants and young children, especially in large towns during hot weather. The causes are: bad or unsuitable nourishment, bad milk, indigestible food, overloading the stomach, or a cold which in its turn may be due to wetting of the undergarments, to kicking off the bedclothes during sleep, to insufficient clothing of the abdomen and feet, to sitting on cold ground or to drinking very cold water. The principal symptoms are: fever and diarrhœa which is first soft, then watery, and often attended by vomiting and stomach-ache. In severe cases there is speedy prostration and syncope; the skin turns cool or quite cold, the eyes become sunken, the lips blue, convulsions and insensibility finally ensuing.

Preventive measures comprise suitable nourishment (see page 333), keeping the abdomen warm and avoiding the causes mentioned above. When infants are brought up by hand, care must be taken to keep the feeding bottles and teats scrupulously clean. Treatment should be left to the physician. It is essential that the patient should be given no cow's milk, but barley water mixed with the white of an egg, or when this too is vomited, weak tea or plain water. In addition hot-water compresses should be applied to the abdomen and the following remedies given internally: *Chamomilla* 3x in slight cases; *Ipecacuanha* 4x for violent vomiting; *Arsenicum* 5x for watery evacuations and great weakness; *Rheum* 3x for sour smelling diarrhœa,

and *Veratrum* 4x for cold perspiration and cold hands and feet. For prostration and syncope *Camphora* 1x, hot compresses applied to the heart and warm baths are to be recommended. After the patient is convalescent, he should still go on taking smaller doses of the most efficacious remedy and only return to his ordinary diet very gradually (see diarrhœa and acute enteritis in Chapter IV.).

15. TUBERCULOSIS OF THE ABDOMINAL GLANDS (*Tabes mesenterica*) in children is often associated with chronic tuberculous enteritis. The bowels act from six to seven times a day, the stools are pulpy or watery, and the patient becomes very thin and weak, the abdomen is sunken or distended, and the glands of the abdomen and groin swollen. In protracted cases the abdomen swells and abdominal dropsy sets in (see page 224). Important points of treatment are a strict diet (see pages 211 and 212), and keeping the abdomen warm. Many physicians recommend feeding the patient with buttermilk. The principal remedies are: *Arsenicum* 6x, 5x or 4x, *Arsen. iod.* 3x, *Calcar. phosphor.* 6x, *China* 3x or 2x, and *Phosphor.* 6x. See also the directions given on pages 210 and 211, on various remedies suited to this disease. Where there is abdominal dropsy, operation may be necessary.

16. CONSTIPATION (*Obstipatio*) in young children may be caused by too much farinaceous food or weakness of the intestinal tract; it is also an attendant symptom of all febrile complaints, especially cerebral disease. When a child's bowels are not moved at least once a day, their action may be assisted by a tepid enema. In obstinate constipation, the diet should be altered (no farinaceous food, but plenty of fruit juice, and if necessary sour or buttermilk); internally *Bryonia* 3x, *Lycopodium* 6x, *Nux vomica* 4x or *Opium* 6x, selected according to their characteristic indications (see page 215 and Chapter VII. of Part I.) are beneficial. A wet compress on the abdomen during the night is also to be recommended. In older children a diet consisting exclusively of meat and eggs is often the cause of constipation; laziness and forgetfulness are other contributory causes. Chronic or protracted constipation may cause a certain poisoning of the system (*Auto-intoxication*) of which leading symptoms are nettlerash and nervous disorders. In such cases a mixed diet consisting of little meat, wholemeal bread, butter, vegetables and fruit should be given. Children should also be got into the habit of attending to the calls of nature regularly; this will have a good effect on the digestive system, the benefit of which will be felt throughout life.

17. DISORDERS DURING DENTITION (*Dentitio difficilis*) give no cause for alarm in suitably fed infants (see pages 333 and 338)

whose blood, as a result of being so fed, contains a sufficient quantity of *Calcium* salts. While teething, babies are a little more restless than usual, their gums are red and swollen, the flow of saliva increases, and appetite fails; they occasionally also suffer from diarrhœa or a rash which, however, soon disappears. Nothing need be done for these ailments except washing out the mouth with cold water now and then and applying a wet compress to the abdomen at night. Should the symptoms be intensified, or last a long time, as they often do in scrofulous or improperly fed children, one of the following remedies should be selected: *Aconitum* 4x for fever and restlessness, also for cough; *Belladonna* 4x for very red face, trembling, sudden screaming during sleep, and convulsions; *Chamomilla* 3x for restlessness and diarrhœa resembling chopped-up eggs; *Coffea* 4x for great restlessness and insomnia; *Ignatia* 4x for convulsions (this remedy should be followed by *Zincum cyanat.* 6x); *Ipecac.* 4x for vomiting and diarrhœa; *Mercur. solub.* 6x for mucous, greenish diarrhœa; *Sulphur* 6x for rash. Infants suffering from rickets, who as a rule cut their teeth very late, should be given a dose (as much as the point of a knife will hold) of *Calcar. phosphor.* 3x every day and be suitably fed. A doctor should, however, be consulted in all serious disorders occurring during dentition, as these may be due to other less apparent causes.

18. TROUBLES CONNECTED WITH VACCINATION often occur after vaccination and are caused chiefly by a too deep incision, by contamination of the wound, or by bad lymph. As the hygienic rules applying to vaccination are far stricter nowadays than they used to be, serious after effects are of rarer occurrence. Nevertheless a child should on no account be vaccinated with lymph taken from another child's arm, but with pure animal lymph. With sick, delicate infants or children suffering from chronic skin diseases, vaccination should be delayed until recovery.

To prevent unpleasant consequences of vaccination as far as possible, the cut should at once be covered with *Hamamelis* ointment and clean medicated wadding, the child be given 5 drops of *Thuja* 6x twice a day and a wet compress placed on the abdomen every evening. When feverish symptoms appear between the seventh and ninth day after vaccination, *Mercur. corros.* 6x should be given. For a rosaceous swelling after vaccination *Apis* 3x and *Belladonna* 4x are suitable, for deep abscesses *Silicea* 6x, and for chronic ill-health after vaccination the higher attenuations of *Anthracinum*, *Silicea*, *Sulphur* and *Thuja*.

19. TROUBLES DUE TO WORMS (*Helminthiasis*), thread worms (*oxyurides*), or round worms (*ascarides*), and more rarely tape worms (*tænia*), are common among children. As these have already

been fully discussed in Chapter IV., see pages 219 to 222 for all particulars.

20. OPTHALMIA NEONATORUM may be caused by cold, an over-bright light, or careless washing of the eyes; in new-born infants it is chiefly caused by vitiated vaginal discharge of the mother getting into the infant's eyes at birth. The symptoms are dread of light (*photophobia*), swelling of the eyelids and secretion of mucus and pus from the eyes. The cornea is often affected and ulceration may completely destroy the eyesight.

The treatment of this exceedingly dangerous disease must naturally be left to the doctor. The sick-room should be warm and the atmosphere free from dust, a bright light avoided, and the child's eyes frequently cleansed with medicated wadding and a tepid 2 per cent. solution of *Boracic acid*. The eyes should not be dried by rubbing but by gentle dabbing. The soiled medicated wadding should immediately be destroyed to prevent infection. Internally, the remedies mentioned on page 261 for inflammation of the cornea should be applied. Preventive measures consist of careful cleansing of the infant's eyes directly after birth; when there is fear of infection, this may be prevented by squirting a few drops of watery solution of *Argentum nitricum* (by medical prescription) into the eyes.

21. SCROFULOUS OPTHALMIA (*Keratitis phlyctænulosa*), generally very persistent, is common among scrofulous children, especially in the spring; it requires internal treatment with remedies acting on the constitution. The symptoms are: profuse flow of tears, intolerance of light, inflammation and redness of the white of the eyes, which secrete mucus and occasionally matter; the cornea is sometimes affected and ulcers form, leaving white patches or spots (*maculæ*) which impair the vision. Young children suffering from this disease generally keep their eyes firmly closed and bury their heads in the pillows. Treatment should be general and local. Besides the internal and external remedies mentioned on page 261, *Æthiops antimon.* 4x, *Arsen. iod.* 6x, *Calcar. carbon.* 6x and *Sulphur* 6x are suitable, in addition to plenty of milk, fruit and vegetables, fresh air, air-baths and alternate hot and cold foot baths. Certain medically prescribed eye ointments may also be beneficial.

22. SORENESS OF INFANTS (*Intertrigo*) frequently occurs in young children in places where there is friction of the skin, such as between the legs, in the armpits, at the neck and behind the ears. Treatment of this trifling but unpleasant complaint, which is generally due to want of cleanliness, consists of careful washing and bathing with cold water followed by a dusting of the chafed parts with bean or potato flour, or with *Hamamelis* powder;

when very persistent, it may be necessary to dab the sore parts with a solution of 30 grains of *Boracic acid* dissolved in 2 oz. of *Glycerine* and 2 oz. of water and to give *Chamomilla* 3x or *Mercur. solub.* 6x internally.

23. **ERYSIPELAS, or ST. ANTHONY'S FIRE**, occurring in new-born infants on the navel, is caused by microbial infection due to want of cleanliness; in addition to other feverish symptoms, the skin of the belly and chest becomes red, parched and painful. In the first stage attempts should be made to check the inflammation by tepid compresses made with diluted tincture of *Calendula* and by doses of *Arnica* 3x; should this be unavailing, *Belladonna* 4x and *Aconitum* 4x, and local application of almond oil or *Hamamelis* ointment, are often efficacious; but a doctor should be consulted in all serious cases (see page 283).

24. **ERUPTION OF BULLÆ (*Pemphigus neonatorum*)** is common in new-born infants. Smarting, itching vesicles which cause great restlessness form all over the body, but chiefly on the hands and feet. A minute incision for the discharge of the fluid should be made in the vesicles, which must then be dusted with potato flour and bandaged. A few doses of *Ranunculus bulbosus* 6x or *Rhus tox.* 6x should be given internally.

25. **MILK CRUST (*Eczema faciei*) and SCALDED HEAD (*Eczema capitis*)** are two kinds of eruptions common in young children, the former of which generally affects the face, the latter the scalp. Small vesicles running into each other form and secrete a yellow fluid turning to crusts or scabs; the eruption is generally attended by violent itching and in consequence of the almost unavoidable scratching is always breaking out afresh. The disease is very persistent; its causes and treatment are identical with those of eczema (see Chapter II.). The principal homœopathic remedies are: *Hepar sulphur.* 6x for milk crust; *Mercur. solub.* 6x for scalded head. The alternate use of *Dulcamara* 3x and *Viola* 3x is highly recommended. Other suitable remedies are *Arsenicum* 6x for burning smarting eruption which chafes the surrounding parts, *Calcar. carbon.* 6x and *Sulphur* 6x for scrofulous children, and *Graphites* 6x for rash behind the ears; *Rhus tox.* 6x for inflamed edges of the eruption and violent itching; *Mezereum* 3x, *Psorinum* 12x and *Sulphur* 12x for obstinate cases (see also page 290). Violent external remedies and pungent ointments must on no account be used. The best external remedies are ablutions and compresses with warm camomile tea, which soften and loosen the crusts, friction with warm olive oil and dusting the face with bean flour or *Hamamelis* powder. The patient should take little fluid, but more solid nourishment, consisting chiefly of stewed fruit and vegetables.

26. SPASM OF THE BLADDER (*Cystospasmus*) in infants is often caused by a chill to the abdomen; warm compresses and the alternate use of *Aconitum* 4x and *Belladonna* 4x generally suffice to effect a cure. When the child cries a great deal while passing water, and if this is cloudy and contains a reddish or whitish sediment, *Lycopodium* 6x is of use. As, however, the pain during



Fig. 178. CLEANSING AN INFANTS' NOSE.

urination may be caused by soreness of the sexual parts, great care must be exercised and when necessary the remedies mentioned on page 356 applied.

27. WETTING THE BED (*Enuresis nocturna*) is sometimes a bad habit, but generally a morbid symptom in nervous and anæmic children. During the day the patient as a rule has no difficulty in retaining the urine, but in the night it is passed involuntarily

one or two hours after falling asleep. Weakness of the bladder is the chief cause, although it may also be caused by worms.

Treatment.—The child should take no fluid whatsoever in the evening, and avoid all heavy food before going to bed. It should be roused an hour or two after going to sleep and made to pass water. On every succeeding evening the child should be awakened a little later. The mattress should not be too soft and the covering not too warm and the foot end of the bed should be raised 12 inches by pieces of wood. In addition cold ablutions of the entire body and air-baths are to be recommended. Naturally all highly seasoned and salty food causing thirst, also coffee, tea and alcoholic drinks, should be avoided. Corporal punishment is only permissible in cases of real laziness and apathy. The following are the most efficacious homœopathic remedies: *Belladonna* 4x for boys; *Pulsatilla* 4x for girls; *Calcar. carbon.* 6x, *Ferrum phosphor.* 6x and *Sulphur* 6x for anæmic and scrofulous children; *Sepia* 6x for girls suffering from leucorrhœa; *Equisetum hiemale* 2x, *Phosphor.* 6x, *Plantago* 3x in chronic or protracted cases.

After these remedies have been taken twice a day for a week, they should be stopped until there is a relapse, when the same or another remedy should again be administered. In obstinate cases electric treatment (faradisation of the back), suggestive treatment or hypnotism may be tried.

28. COLDS AND COUGHS should be treated according to the rules given on pages 175 and 271. The principal remedies are: *Aconitum* 4x, *Belladonna* 4x, *Bryonia* 3x, *Chamomilla* 3x, *Ipecacuanha* 4x and *Pulsatilla* 4x, to be applied according to the directions given. For chronic stoppage of the nose in infants *Nux vomica* 4x and friction of the nose with warm olive oil are efficacious remedies; the nose should also frequently be cleansed with a pad of cotton wool (see fig. 178). For older children the remedies mentioned on page 271 should be applied.

29. WHOOPING COUGH (*Pertussis, Tussis convulsiva*) is an infectious disease rarely affecting adults, but principally children between the ages of one and eight years. The disease, which is characterised by paroxysmal fits of coughing, is caused by minute fission fungi spreading over the membrane of the respiratory organs. As these germs are contained in the expectoration of the patient and in their breath, the danger of infection is increased by herding together many children in a restricted space. The first stage of the disease resembles that of an ordinary cough. As a rule, the child coughs more during the night than the day; when a healthy child is attacked by these symptoms during an epidemic, whooping cough may be suspected and suitable remedies should immediately be applied. In a week or two the nature of the cough changes and assumes a spasmodic character; it can

then be recognised by the whistling, crowing sound—the whoop following the cough, and by the face turning red or blue; the paroxysms are now frequently followed by vomiting and occasionally even by bleeding of the nose. The attacks recur more and more frequently, the child becomes weaker and loses its appetite. After a time the discharge of mucus becomes more profuse, the cough gets looser and loses its spasmodic character, and the attacks decrease in length and frequency. The disease lasts from six to eighteen weeks. Although the paroxysms seldom prove fatal in themselves, statistics show that more



Fig. 179. DR. NÄGELI'S MANGÈVRE IN WHOOPING COUGH.

children die of whooping cough than of scarlet fever—this unfavourable result being due to the disorders consequent on whooping cough, such as pneumonia, emphysema or even consumption, which often have serious effects, especially on delicate and anæmic children. Homœopathic remedies have produced such excellent results in the treatment of this complaint that those who have tried them will rarely resort to other means. In the first stage *Belladonna* is the chief remedy, *Cuprum* during the spasmodic stage, and *Antimonium sulphuratum aurantiacum* during the stage of expectoration. We have frequently seen good results produced by *Cuprum aceticum* 4x (four dry doses a day). This should be taken on the first appearance of the characteristic symptoms and continued for some weeks. When combined with daily frictions of the chest and the back with alcohol and water, and with

staying indoors in cold inclement weather and in bed when feverish, this remedy is so efficacious that the coughing fits soon decrease in length and violence and after-effects are generally prevented. Should the cough however, have a barking sound and be dry, the throat sore, and the face and eyes red, *Belladonna* 4x is sometimes more beneficial in the first stage. *Ipecacuanha* 4x is a good intermediate remedy for violent vomiting and bleeding of the nose, while for catarrh with profuse secretion of phlegm *Antimon. Sulphur. aurant.* 6x is suitable. To some cases and epidemics the following remedies are suited: *Coccus cacti* 3x or 2x when the attacks are at their worst in the morning; *Aralia racemosa* 3x when at their worst in the evening; and occasionally *Hyoscyamus* 4x or *Veratrum* 4x. In addition to these remedies friction of the back and chest with an ointment containing 30 per cent. of *Camphor*, which has a beneficial effect on the heart's action, especially in delicate children, is to be recommended. When complications ensue and for after-effects a doctor should always be consulted. Good supplementary remedies are *Arsenicum* 4x, *China* 3x and *Ferrum phosphor.* 6x.

As it is essential that children suffering from whooping cough should be well fed, they should after vomiting be given plenty of light digestible nourishing food, such as milk, soft boiled eggs, etc. When the paroxysms are very violent and there is danger of suffocation, the child's head should be firmly grasped, the lower jaw pulled forward and downward and an attempt made to remove the phlegm from the throat with the fingers. (Dr. Nägeli's whooping cough manipulation, see fig. 179). When the breath is held too long, cold water should be dashed into the child's face. The air in the sitting room and bedroom should be pure, warm and not too dry. A complete change of air is sometimes most beneficial.

The best preventive measure is to avoid contact with children suffering from whooping cough. Separating healthy children from sick ones in the same family is of little use, as they have generally caught the disease before it is detected. On the other hand, children who have suffered from whooping cough should not be allowed to go back to school and to mix with other children before the coughing fits have entirely ceased. During an epidemic of whooping cough every ordinary cough should be carefully watched and treated.

30. SPASMODIC CROUP or CHILD-CROWING (*Laryngismus stridulus*) or Asthma of Millar, is a common ailment among unproperly fed, scrofulous and rickety children, especially during the first few years of their life. As a rule the child is awakened from a tranquil sleep by a sudden fit of suffocation in which it gasps and struggles for breath, its face turns purple and the head is drawn

back. The spasm soon ceases and is succeeded by an interval of apparent recovery, which is, however, quickly followed by a renewed and frequently longer attack. The voice is not hoarse but clear, by which characteristic child-crowing may be distinguished from croup. During a fit all tight-fitting garments should be removed, the child raised up, a little cold water dashed in its face, and the lower jaw drawn down and forward (see fig. 179), by which process respiration is assisted. In severe cases, a sponge wrung out of hot water may be applied to the throat, or the child may be placed in a warm bath and its back sponged with cold water. After the fit is over, *Belladonna* 4x should be administered when the face is red, *Ipecacuanha* 4x when the face is pale, and *Cuprum aceticum* 4x for convulsive coughing during the fit. To prevent recurrence of the attacks, the constitution should be strengthened by suitable nourishment (see pages 333 and 338) and the alternate use of *Calcar. carbon.* 6x and *Sulphur* 6x, in addition to which cold should be guarded against and the skin hardened by cold sponging and air-baths.

31. CROUP occurs in two forms, true croup (membranous), and false or pseudo-croup (catarrhal). The latter, also called croupous cough, is acute catarrh of the larynx, which, by causing the mucous membrane to swell, gives rise to fits of suffocation. The child is usually attacked at night by a hoarse barking cough, sometimes without any premonitory symptoms, sometimes after it has been feverish and had a cold for a few days. After the fit is over, the little patient generally falls asleep again, only to be awakened by a worse attack attended by hoarseness and loss of voice; respiration is impeded, although not to the same extent as in true croup. Between the attacks the children are lively and have no difficulty in breathing and the cough is loose and not barking. These attacks of croupous cough, occurring frequently in scrofulous and predisposed children after a cold or in consequence of going out in a north or east wind, will generally soon yield to proper treatment. True croup, on the other hand, is one of the most dangerous infantile diseases. The disquieting symptoms last longer, the fever is higher, the difficulties in breathing increase even when the cough becomes looser, the voice remains hoarse and the cough has an unpleasant indescribable sound. In serious cases respiration becomes more and more difficult, the pulse weaker, lips and face turn blue, owing to the lack of air pressure in the thorax caused by the stopping up of the larynx by bits of membrane; the stomach and throat contract; the patient gradually becomes insensible till death ensues amid symptoms of carbonic acid poisoning.

True or membranous croup often occurs during or after measles and scarlet fever, but more frequently in connection with

diphtheria. It generally confines itself to children between the ages of two and seven, and rarely occurs twice in the same child.

Treatment.—The difference between real and false croup being very difficult to detect, a doctor should be summoned at once after a child has been attacked by croupy coughing fits during the night, even when despite fever and hoarseness it appears better next day. When an attack occurs during the night, alternate doses of *Aconitum* 3x and *Spongia* 2x (2 drops every ten minutes), hot sugar or honey water should be administered, a wet compress applied to the abdomen, and hot fomentations to the throat. This treatment will generally give relief. Should this not be the case, *Bromium* 3x or *Ammon. bromat.* 2x should be given and a wet pack applied to the entire body. Inhaling a weak solution of salt or limewater with an inhaler (see page 138) is also to be recommended. Lime water tends to loosen the membrane; as the little opening of the tube of the inhaler easily gets stopped up by lime sediment, it should frequently be cleaned with a bit of rag dipped into vinegar. When the fits of suffocation increase in violence, *Phosphorus* 6x may still occasionally be of assistance. Sponging the child with cold water in a warm bath may sometimes force it to take a deep breath and cough violently, by which the membranous matter may be ejected and respiration relieved. In some cases, however, tracheotomy (incision of the windpipe) must be resorted to in order to preserve the patient's life, although this, too, is not always successful. When the above remedies and measures produce successful results, the little patient should remain in bed for a few days longer and take one of the following remedies: *Hepar sulphur.* 6x when the cough is loose, *Antimon. tartar.* 4x or 3x when it is hard and expectoration difficult. When croup occurs during measles, scarlet fever or diphtheria, *Arsenicum* 6x, *Apis* 3x and *Mercur. cyanat.* 4x or 5x are suitable remedies. After recovery, exposure to inclement weather should be guarded against for some time and the little patient be hardened to changes of temperature by cold ablutions and air-baths. In order to strengthen the constitution, some preparation of lime such as *Calcar. carbon.* 3x should be given for a few weeks.

32. PNEUMONIA, INFLAMMATION OF THE LUNGS (*Pneumonia catarrhalis*) is a common and serious disease in children, requiring medical treatment. It is chiefly predisposed to by chill or by breathing impure or very cold air, but may be due to a nasal, laryngeal or bronchial catarrh extending to the lungs; it also frequently occurs during infectious diseases, such as measles.

Whereas in pneumonia in adults there is always a crisis, children suffering from catarrhal pneumonia generally recover gradually (by lysis); otherwise the symptoms are almost identical. In infants and young children rapid breathing (40-60

breaths a minute) attended by a high temperature, point to the presence of pneumonia; the disease is frequently ushered in by convulsions which sometimes last for hours. Blueness of the lips and nails and protracted unconsciousness of the patient are dangerous symptoms.

All particulars of treatment have already been given on pages 180 to 182.

On the appearance of the above mentioned symptoms during the course of a bronchial catarrh or of measles alternate doses of *Antimon. tartar.* 3x and *Phosphor.* 6x should immediately be administered and wet compresses applied to the chest. To increase the effect of these compresses, a little mustard powder may be added to the water; they should, however, not be left on longer than half an hour and should be followed by cool sponging of the chest. After recovery anæmic and scrofulous children should take *Calcar. phosphor.* 6x or *Arsenicum iodatum* 6x for some time.

33. INFANTILE CONVULSIONS OR FITS (*Eclampsia infantum*) are very common among infants and young children, many febrile complaints being ushered in by convulsions. They also occur frequently during dentition, rickets and in consequence of digestive derangements; the most serious, however, are those caused by meningitis and epilepsy. Convulsions sometimes occur suddenly and unexpectedly, but generally are preceded by symptoms of fever, restlessness and sleeplessness. During the fits the body is stiff, the eyes roll and turn rigidly, there are insensibility, convulsions and grinding of teeth; a fit may last a few seconds or minutes, or be of longer duration; the longer it lasts, the greater the danger.

Pending the arrival of the doctor, who should if possible be summoned immediately, treatment should consist of a warm bath (95° F.) of five to fifteen minutes' duration, in which the child's chest and limbs must be thoroughly rubbed and a cold wet bandage applied to the head. The child must then be put to bed wrapped in a blanket, and a hot-water bottle covered with a wet cloth must be placed at its feet. For a flushed and hot face *Belladonna* 4x is suitable, otherwise *Ignatia* 4x or *Stramonium* 6x; it is also advisable to clear the bowels by a tepid enema. Knowledge of the cause of the complaint being essential to proper treatment, this must of course be ascertained. Rickets is often the cause of this tendency to convulsions (*spasmophilia*); the continuous use of *Calcar. phosphor.* 3x or a higher trituration is then to be recommended. See also teething ailments, epilepsy, meningitis, infantile paralysis, pneumonia, summer diarrhoea and complaints due to worms. After recovery care must be taken to guard the child against undue exertion or excitement for some time to come.

34. ST. VITUS'S DANCE (*Chorea*) chiefly attacks young girls between the ages of seven and sixteen, but may also occur in young women during pregnancy. The complaint begins with irritability, the patient is easily moved to tears, has difficulty in writing and is attacked by involuntary muscular twitchings, soon turning to actual muscular convulsions. The patient can only keep still during sleep. Severe cases are marked by debility and emaciation; and the heart may also be affected. The exciting causes are: nervous debility, masturbation, too rapid growth, excessive mental exertion and agitation. The real cause is rheumatism. The disease, which may last from six to eight weeks and is generally curable, sometimes occurs as an epidemic in day or boarding schools.

Treatment consists of complete rest of body and mind; the patient should be kept in bed. Habits and diet are those applying to epilepsy (see pages 248 and 249). The best remedies are *Arsenicum* 5x or 6x and *Zincum cyanat.* 4x taken once or twice a day. Other suitable remedies are those mentioned with their indications for epilepsy on page 249. Rubbing the back with warm water and vinegar in the evening is very beneficial.

35. INFANTILE PARALYSIS is a peculiar cerebral (*Encephalitis infantilis*) or spinal disease (*Poliomyelitis*), almost exclusively confined to children between the ages of six months and twelve years; it generally attacks apparently healthy children and often causes incurable paralysis and deformity of the limbs. As a rule the disease comes on suddenly with moderately high fever, perhaps convulsions and rarely insensibility; in a few days the child may apparently be quite well again, but will be unable to move an arm or a leg (sometimes both limbs) properly. In severe cases the paralysis is permanent, the paralysed limb becoming limp and powerless and its growth arrested. The causes of this disease are still unknown, but it probably is frequently associated with a violent chill or drenching. At the commencement treatment is that of convulsions (see page 364). At the first sign of an attack a dose (as much as the point of a knife will hold) of *Plumbum iodatum* 4x should be administered twice a day dry on the tongue, and the paralysed limb massaged with equal parts of *Rhus* tincture and olive oil. Later on the remedies mentioned on page 247, under the heading paralysis, and the application of faradisation and the galvanic battery, medical gymnastics and orthopædic appliances are suitable.

36. MENINGITIS, inflammation of the meninges (membrane covering the surface of the brain), in children is generally of a tuberculous nature (*Meningitis tuberculosa*), occurring chiefly and rather frequently in the scrofulous offspring of consumptive parents. Predisposing causes are: chronic intestinal or bronchial

catarrh, measles, whooping cough, diseases of the ear, insufficient nourishment, excessive mental and physical exertion. The symptoms are almost the same as those described on page 236, except that they do not come on so suddenly. Restless sleep, sudden fits of crying during the night, grinding the teeth during sleep, headache and vomiting are the premonitory symptoms of this dangerous and frequently incurable malady.

Treatment must be left to the physician. In addition to the remedies and measures mentioned on pages 237 and 238, the following remedies are suitable: *Arsenicum iodatum* 4x or 6x, *Kali iodat.* 2x or 1x, and *Zincum phosphor.* 6x. If the disease is recognised in time and suitably treated, a cure is not impossible.

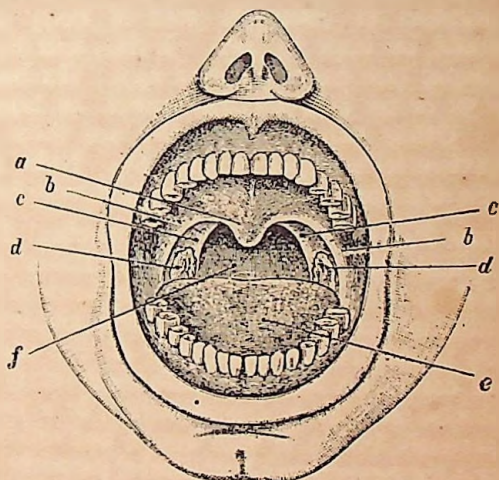


Fig. 180. CAVITY OF THE MOUTH.

a. Uvula; b. and c. anterior and posterior faucial pillars; d. tonsils; e. tongue; f. pharynx.

37. HYDROCEPHALUS, or "Water on the brain," is the name for an abnormal accumulation of water in the cavities of the brain. This disease may be congenital or appear suddenly or gradually.

The chronic form is less dangerous and occurs chiefly in rickety children; treatment is that of rickets (*rachitis*).

The acute form is ushered in with fever, headache, obstinate constipation, vomiting and a very intermittent pulse, followed by convulsions and insensibility.

Treatment is that of meningitis (see above). For congenital hydrocephalus the lower attenuations of *Helleborus* and *Iodium* and tapping the brain are to be recommended if the infant does not succumb at birth or in the first years of its life, it will generally be feeble-minded.

38. HEADACHE (*Cephalalgia*) frequently attacks children ; in nervous children it sometimes occurs periodically. When due to nervous causes, the remedies mentioned for neurasthenia should be applied ; when anæmia is the cause, the child should be given light, digestible nourishment and be in the open-air as much as possible. For such cases *China* 2x and *Ferrum phosphoricum* 3x are suitable internal remedies. Strong allopathic drugs, although giving a temporary relief, can not affect a permanent cure and should not be used for children.



FIG. 181. HOW TO HOLD A CHILD FOR EXAMINATION OF THE THROAT.

39. SORE THROAT is so common in children that it is advisable to look into the throat whenever a child is attacked by fever without apparent cause. This can easily be done by pressing down the tongue with a spoon and letting the child say "ah" which will enable the mother or nurse to obtain a complete view of the cavity of the mouth with the tonsils, palate and uvula.

In ordinary Tonsillitis (*Tonsillitis acuta*) or inflammation of the tonsils, these parts are red, more or less swollen and covered with mucus. Staying in bed, gargling with diluted lemon juice,

wet compresses round the throat and 5 drops or pilules of *Belladonna* 3x every hour or two will generally effect a speedy cure.

Tonsillitis attended by the formation of spots of a white or yellowish deposit (*Tonsillitis follicularis*) is far more serious and unpleasant. The temperature is generally higher, swallowing is very difficult and painful, there is intense pain in the throat and the child appears to be very ill. Pending the arrival of the doctor treatment should consist of doses of *Mercurius solub.* 4x or *Mercurius corros.* 5x (when the throat is very painful, this can be given alternately with *Belladonna* 3x), of gargling with honey water to which a little lemon juice has been added, of wet compresses round the throat (no ice), or friction of the throat with warm olive oil, and finally of the application of the vapour bath in bed (see page 132), or of the wet stocking treatment (see page 135). If diphtheria is suspected, alternate doses of *Apis* 3x and *Mercurius cyanat.* 5x should immediately be administered. For an abscess of the tonsils see page 277.

40. CHRONIC ENLARGEMENT OF THE TONSILS (*Hypertrophia tonsillarum*) occurs in scrofulous children and also after repeated attacks of tonsillitis. The tonsils protrude from their niches like thick pads; the symptoms consist of difficulty in breathing, snoring, sleeping with the mouth open, and occasionally of partial deafness.

Treatment consists of the frequent use of *Calcar. carbon.* 6x, *Calcar. iodat.* 4x, *Sulphur* 6x or *Sulphur iodat.* 4x, and plenty of fresh air, but if after six months there is no material improvement, surgical aid must be invoked.

41. ENLARGEMENT OF THE PHARYNGEAL TONSIL ("adenoids") which is situated behind the soft palate, is very common among young children and is due to chronic inflammatory causes. An operation may be necessary when the symptoms mentioned under the heading "Enlargement of the tonsils" do not readily yield to treatment. Before resorting to an operation, however, we recommend a trial of *Calcar. iodat.* 4x and *Sulphur iodat.* 4x taken alternately (or of *Thuja* 3x) which when combined with syringing the nose with a solution of glycerine and common salt and water have sometimes produced very good results.

42. DIPHTHERIA is a very dangerous and contagious disease chiefly affecting children between the ages of two and ten years and often occurring as an epidemic. The chief symptom is a deposit of grey or white patches on the tonsils, often causing ulceration and tending to spread to the gums, the uvula, the nose and the pharynx. Serious general symptoms such as moderately high fever, delirium, loss of consciousness, inflammation of the kidneys and syncope are often caused by the poisoned

state of the blood due to absorption of the diphtheric germs. The glands of the neck and under the lower jaw are always swollen, a symptom by which even a slight attack of diphtheria may be distinguished from ordinary tonsillitis. The breath is offensive, the tongue has a yellow coating and swallowing is difficult. Slight cases can be cured by proper treatment in from four to eight days; a serious sign is the extension of the disease to the nose (the symptoms of which are bleeding from the nose and discharge of offensive mucus), and to the larynx (to be recognised by hoarseness, croupy cough and difficulty in breathing). Even in cases in which the patient is apparently making satisfactory progress, sudden syncope may occur, or paralysis of the nerves of the throat (causing difficulty in swallowing and a nasal sound in speaking), or of the eyes (causing squinting and impairment of vision), complaints which may, however, generally be cured by careful treatment.

The treatment of this serious disease must naturally be left to the physician. For cases in which it is impossible to obtain medical aid, the following directions may be of use: The patient should have a spacious, airy apartment and, if possible, be isolated. At the outset the diet should be fluid but nourishing; milk should be administered every two hours, and wine when the heart is affected. A vapour bath should at once be given in bed, the bowels cleared by an enema and *Belladonna* 3x administered internally, and as soon as the nature of the disease is recognised, alternate doses of *Apis* 3x and *Mercurius cyanatus* 5x or 6x. The last-mentioned remedy must always be quite fresh, as otherwise it loses its efficacy. Other measures to be recommended are tepid compresses applied to the throat (no ice), wet stockings (see page 135) and gargling with warm water, honey and lemon juice. For nephritis (of which the presence of albumen in the urine is a sign, see page 297) *Acidum nitricum* 4x and warm baths are suitable, and for croup *Bromium* 3x or *Ammon. bromat.* 2x, for debility *Arsenicum* 5x or 4x is of use, while for ulceration and severe swelling of the glands *Mercurius biniodatus* 4x and for bleeding from the nose *Natrum nitricum* 2x are suitable.

The advisability or necessity of an injection of antitoxic serum so commonly practised nowadays must be decided by the doctor treating the case; it is certain that the effect of this remedy is greater if it is applied at an early stage. For paralysis resulting from diphtheria *Gelsemium* 4x and *Phosphor.* 5x and faradisation are often of use. Preventive measures consist of avoiding contact with sufferers from diphtheria and of isolation of the patient. The nurse should not take her meals in the sick room and should frequently wash her hands with warm water and soap. During an epidemic of diphtheria, every affection of the throat, even the very slightest, should be carefully watched

and treated; when one or more members of a family have been attacked by the disease, those still in good health should take 5 drops of *Mercur. cyanat.* 5x every day and gargle frequently with diluted lemon juice. After recovery the patient's clothes and bedding as well as the sick room should be carefully disinfected.

43. MEASLES (*Morbilli*) is a very infectious disease, generally occurring in epidemics; it may either be malignant or non-malignant. In the winter this disease is generally more serious than in summer. The first symptoms, which as a rule appear eight to ten days after infection, consist of a cough, fever, and red or sore eyes. In three or four days, the eruption (*exanthem*), in the form of little red spots, appears first on the face, then on the neck, the chest and the back, and lastly on the arms and legs. These spots soon multiply and coalesce, giving a mottled appearance. In another three or four days the eruption fades in the same order as it appeared, this stage being sometimes followed by a slight peeling of the skin. In malignant epidemics an effusion of blood may cause the vesicles to assume a dark purple hue, so-called black measles, often attended by fever of a typhoid nature.

The diseases and disorders consequent on measles are generally more dangerous and of longer duration than the measles themselves; the chief of these are laryngeal and bronchial catarrh, pneumonia or even consumption, croup, whooping cough, chronic ophthalmia and diseases of the ears, especially in scrofulous children.

Treatment.—The patient should be kept in bed, the temperature of the room not being above 64° F.; the eyes should be protected from a bright light and the room well ventilated, without however exposing the patient to a draught. In the first stage a fever diet should be adhered to (see page 119), but when the fever abates more nourishing food can be given. The patient should stay in bed until the rash has completely disappeared, when he may be given a warm bath; in the winter or in cold weather he should be kept indoors for four weeks. Slight cases are treated with *Aconitum* 3x, which is indicated by fever and dry cough; for headache and delirium *Belladonna* 3x is suitable; for affections of the ears *Pulsatilla* 3x; for intense watering of the eyes *Euphrasia* 3x; for croupy cough *Spongia* 2x and *Ammon. bromat.* 2x; for pneumonia *Antimon. tartar.* 3x and *Phosphor.* 5x. alternately; for whooping cough, *Cuprum aceticum* 4x; in malignant cases *Arsen. alb.* 5x or 6x is of use; when the eruption suddenly recedes or is slow and does not come out fully, *Sulphur* 6x and warm baths are suitable. As secondary diseases may develop insidiously and unnoticed, a doctor should always be consulted without delay on the appearance of serious symptoms.

After recovery anæmic and scrofulous children should take a dose of *Sulphur* 6x for some weeks.

44. GERMAN MEASLES (*Rubella*) is not a serious complaint ; it is attended by an eruption similar to that of measles, but is far less serious, and has no injurious effect on the general health. Children suffering from this complaint should be kept in bed or in a warm room for a few days, and when necessary be given alternate doses of *Aconitum* 3x and *Belladonna* 3x.

45. SCARLET FEVER (*Scarlatina*) is an extremely infectious disease, chiefly attacking children, although it may also occur in adults ; its symptoms are high fever, severe throat affections, and



Fig. 182. MEASLES.

a scarlet eruption (*erythema*). It may, like measles, assume a malignant or non-malignant form ; as a rule, however, scarlet fever is an incalculable and insidious disease, which, although apparently pursuing a satisfactory course, may cause dangerous complications and after-effects.

Infection is contracted by certain germs which can be transmitted from the patient to others by persons in good health who have been in contact with the sick. The premonitory symptoms, fever (102°-104° F.), vomiting, headache, sore throat, even delirium and convulsions, appear in about three to six days after infection has been contracted. The throat and the tonsils are red and swollen, the tongue is coated and the tip dark red. In a short time

the characteristic rash, to which the disease owes its name, appears, first on the neck, then on the whole body. This rash consists of irregular, little red spots which by coalescing give the skin the appearance of being smeared all over with raspberry juice. In about three or four days, the eruption fades, and gradually disappears and desquamation or scaling begins, by which process the skin is shed in large flakes, especially from the hands and feet. In ordinary cases the patient cannot be considered free from infection before six weeks have elapsed. Dangerous symptoms by which the duration of the disease is often greatly prolonged are :



Fig. 183. SCARLET FEVER.

high fever, sudden recession of the rash, diphtheric deposit on the throat, swelling and ulceration of the cervical and submaxillary glands, and nephritis. The presence of the last-mentioned complication, which generally occurs during the 3rd or 4th week, may be detected by puffiness of the face and eyes, but at an earlier stage by testing the urine for albumen.

Needless to say, the treatment of such a serious disease should always be left to the physician.

It is of the greatest importance to isolate the patient who should be put to bed in a warm, well-ventilated room. The diet should be of a fluid nature and consist chiefly of milk and fruit juice ; gargling with diluted lemon juice or water and honey

is to be recommended, whereas cold water treatment should be abstained from. Sponging the body with tepid water at the commencement of the disease is efficacious, as are also warm baths, after the rash has come out, and friction of the body with olive oil or with a mixture of *lanoline* and water (2 parts *lanoline* to 1 part water) once or twice a day.

In normal cases, *Belladonna* 3x, 5 drops in water every 2 hours, is the best remedy; for imperfect development of the rash or its sudden retrocession, *Sulphur* 4x is suitable, when necessary taken alternately with *Apis* 3x; for swelling of the jugular and parotid glands, see page 270; for diphtheric sore throat page 368 and for nephritis page 297.

Preventive measures consist of avoiding all contact with sufferers from scarlet fever as far as possible. The nurse should observe the greatest cleanliness in the sick room, frequently wash her hands with warm water and soap, and not take her meals in the sick room. Children not yet attacked by the disease should if possible be sent away from home, and be given a daily dose of 3 drops (or one pilule) of *Belladonna* 3x (this remedy should be administered to all children during an epidemic of scarlet fever), which, though it may not always prevent infection, will generally modify the severity of the attack.

Children should not be permitted to return to school before the end of the 6th week, after thorough disinfection of the bedding, the clothes and the sick room.

46. CHICKEN-POX (*Varicella*) is the name for a trifling exanthematic complaint, sometimes occurring as an epidemic and rarely requiring medical aid. Attended by slight febrile symptoms, a vesicular eruption breaks out on various parts of the skin; the vesicles dry up in about 8 or 10 days and form little scabs which soon fall off. Treatment, consisting of staying in bed, a light and digestible diet, and a few doses of *Aconitum* 3x for fever, of *Belladonna* 3x for headache and congestion of blood to the head, and of *Sulphur* 6x on the appearance of the rash, generally effects a speedy cure.

47. RICKETS OR RACHITIS, a common disease in under-fed or improperly fed children, seldom occurs in those who are suitably nourished (see pages 333 to 338). When the mineral salts, especially lime salts and the recently-discovered vitamins so essential to proper nutrition, are lacking, normal development is retarded, the bones remain soft, and the legs, back and chest become deformed (bow legs, knock knees, curvature of the spine, pigeon breast); these deformities sometimes remain throughout life.

In women especially, malformation of the pelvis (the bony basin of the trunk) (see fig. 186) may, by rendering normal birth difficult, have serious consequences. The bones of the skull too,

often develop badly, so that the fontanelles remain open for a long time; dentition is attended by many ailments and is generally delayed: owing to the limpness and the weakness of the muscles,



Fig. 184. CHILD SUFFERING FROM RICKETS. Pigeon-breast, Characteristic position of the Legs in Sitting. Enlargement of the Joints of the Fore-arm. Large Skull.

the child only learns to walk with great difficulty. According to Prof. Kattowitz impure air in sitting and bed-rooms may be a contributory cause of rickets, his recent investigations having proved that the worst cases occur in winter when the children often

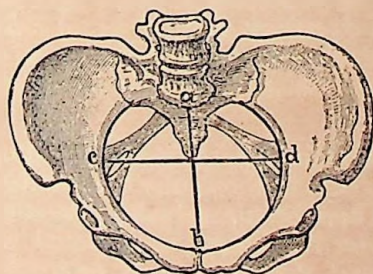


Fig. 185. NORMAL FEMALE PELVIS.

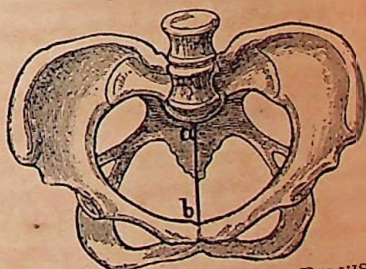


Fig. 186. FLAT NARROW PELVIS.

do not get any fresh air for weeks. The first symptoms of this disease are: perspiration on the head, tendency to convulsions and diarrhoea with greenish stools. It is therefore advisable to consult a doctor on the appearance of these symptoms, as a correct and

an early diagnosis may greatly affect treatment. This treatment consists in the first place of proper feeding. The full directions given on pages 333 to 338 on the best way of feeding infants and young children should be carefully observed when treating this disease. Whereas sweets, potatoes and patent foods must be completely avoided, corn flour, cow's milk, eggs, stewed fruit, and boiled green vegetables passed through a sieve are to be recommended. Plenty of fresh air every day, and baths (at a



Fig. 187. KNOCK-KNEED GIRL, 4 YEARS OF AGE.

temperature of 90°F. to 86°F., of 5—10 minutes duration 2—3 times a week) to promote the action of the skin, are other essential factors of treatment. On account of their undoubted efficacy homœopathic remedies should always be employed in this disease; of these, *Calcarea carbonica* and *Calcarea phosphorica* 3x or a higher attenuation, taken consecutively twice a day for some time are the most efficacious; the latter is especially suitable for patients suffering from diarrhœa with greenish stools.

Arsenicum 5x, *Graphites* 6x, *Kali phosphor.* 6x, *Phosphor.* 6x, *Silicea* 6x have also proved efficacious in various cases. Daily

friction of the back and limbs with diluted *Vinus* tincture is another good remedy. Children should always sleep on hard mattresses, those stuffed with horse hair being best, and feather beds should be completely avoided. For serious crippling of the limbs or curvature, orthopædic appliances and medical gymnastics are to be recommended. See also Lime therapeutics, page 124.

48. ANÆMIA (*Anæmia*), deficiency or poverty of blood or of the red corpuscles, may occur in children of all ages. In infants

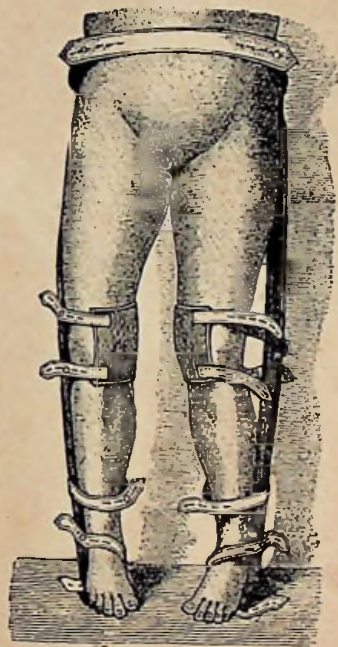


Fig. 188. ORTHOPÆDIC APPLIANCE FOR KNOCK-KNEES.

even, convulsions due to improper or insufficient feeding may be a symptom of cerebral anæmia. In older children anæmia is often caused by too much study, want of physical exercise, badly ventilated rooms, and over-indulgence in stimulants (coffee, tea, beer or wine). In the treatment of this complaint the diet should be carefully attended to (according to the directions given in pages 333 to 338); plenty of fresh air and sufficient sleep are also very important; needless to say, the above-mentioned injurious influences must be avoided. We shall mention the most suitable remedies in the following chapter, when discussing anæmia in adults. In anæmia occurring after a serious illness we have seen

good results produced by the internal use of *Avena sativa* 1x, *Calcar. phosphor.* 3x or *Ferrum phosphor.* 3x.

49. SCROFULA is a constitutional disease or morbid state which in modern phraseology would be called the pre-tuberculous state. It is a chronic condition of frequent occurrence all over the world, chiefly appearing in children between the ages of two and fourteen—occasionally, also, in adults. It is often due to hereditary tendency, although the children of healthy parents may become scrofulous by prolonged exposure to injurious conditions, such as unhealthy, damp, gloomy dwellings, want of proper care of the skin, and unsuitable or unwholesome food. Weakening diseases such as measles and whooping cough may sometimes be followed by scrofulous affections. The symptoms of this disease are so numerous that they cannot all be mentioned here. The principal ones are: transitory or prolonged inflammation of the cervical, inguinal and abdominal glands; persistent skin diseases (*eczema*); inflammation of the nasal sinuses, the bronchial tubes or the lungs; inflammation of the eyes and ears, with ulceration and purulent discharge; inflammation of the bones and joints (*osteitis* and *arthritis*); frequent and prolonged digestive disorder characterised by want of appetite, diarrhoea and a distended abdomen. The duration of the disease varies, but is generally very prolonged; ten or more years may pass before its last traces have disappeared. As a general rule two forms of scrofula may be distinguished: that in which the patient is limp and tired, and that characterised by a healthy appearance. The former is met with in children with clumsy figures, broad noses, swollen upper lips, pale puffy faces, and dull and phlegmatic temperaments, while the latter may be recognised by the slim build, small bones, transparent rosy complexion, and mental alertness of the patient. In young children a tendency to cold and perspiring feet and obstinate colds is often a sign of a scrofulous constitution. Attention must, however, be drawn to the fact that neglected cases of eczema on the head, accompanied by swelling of the cervical glands and inflammation of the eyes and ears, may be mistaken for scrofula (see page 357); congenital syphilis may also produce similar symptoms. A patient should not therefore be treated for "scrofula" before the nature of his complaint has been ascertained by careful investigation, correct treatment being dependent on a correct diagnosis.

Preventive measures are of the greatest importance, especially in the case of children of scrofulous or tuberculous parents, as the development of scrofula may be checked by a carefully regulated diet and the strict observance of hygienic rules. For directions concerning food and habits, see remarks on pages 333 to 338.

Salty and highly seasoned dishes, coffee, tea, wine, and beer are strictly forbidden, while beef-tea may only be given in very small quantities. The best kind of food consists of milk, eggs, brown bread and butter, porridge, vegetables, a small quantity of potatoes, fruit (especially apples, oranges and nuts); very little meat should be given. Apple sauce mixed with cream is to be highly recommended.

Plenty of pure oxygenated air and sunshine are essential factors of treatment, bracing mountain or sea air being most beneficial to delicate children of scrofulous constitution. The care of the skin should not be neglected; a tepid bath (90° F. to 86° F.) to which 1-2 lb. of salt may be added, should be given twice a week; also cold ablutions and indoor air-baths. Clothing should be warm and porous (see pages 103 and 104). Physical exercise, especially walking and gymnastics in moderation, is to be recommended; but excessive mental exertion should be avoided. Provided the above hygienic rules are carefully observed, excellent results can be obtained from the use of homœopathic remedies in the treatment of this disease. The following are most generally used: *Calcar. carbon.* 3x, 6x, or higher attenuations for tendency to bronchial catarrh and digestive derangements, for children with an enlarged abdomen and thin legs, for perspiration of the head, troubles attendant on dentition, and for those who easily catch cold; *Mercur. solub.* 6x for swelling, redness and ulceration of the glands, for milk crust, scalled head, inflammation of the ears and eyes, and for violent pains in the bones during the night; *Silicea* 6x for ulceration of the glands and fistulas, for cough of long standing with purulent discharge, and for scrofulous affections of the bones and joints; *Sulphur* 3x, 6x, or higher attenuations at the beginning of treatment and for persistent eruption on the skin, swelling of the nose and upper lips, alternate constipation and diarrhœa, and for scrofulous affections of the eyes and ears. These remedies should be taken twice a week for some length of time. In obstinate cases, *Calcar. carbon.* 6x and *Sulphur* 6x taken alternately, have frequently produced good results. Other remedies suited to various cases are: *Arsenicum* 5x, *Arsen. iodat.* 6x, *Aurum iodat.* 6x, *Baryta carbon.* 6x, *Ferrum phosphoricum* 6x, *Iodium* 4x, *Phosphor.* 6x. (For the indications of these remedies see Chapter VII. of Part I.) The widely used remedy, codliver oil, contains a plentiful supply of vitamins, those accessory food factors which according to recent investigations are essential to the maintenance of life and especially to the physical development of the young. Thus the old belief in the beneficial effect of codliver oil on delicate children has been proved afresh and scientifically explained. When, however, as is occasionally the case, it does not agree, a child should not be forced to take it. When it can be taken, a

six weeks course of treatment may often produce good results, especially in the winter. Friction of the whole body with chemically pure soft soap (*Sapo kalinus*) dissolved in water has recently also been recommended: we have seen good results produced by this treatment in cases of abdominal scrofula (see page 354). This soft-soap treatment should be applied three times a week, the soap being left on for 1½ hours and then removed by a bath or washing. For disfiguring swellings of the glands and in affections of the bones and joints, surgical treatment may sometimes be necessary.—although sunbaths and exposure to the ray of the quartz lamp are generally to be preferred (see page 144).

50. INFLAMMATION OF THE BONES (*Osteitis*) and VERTEBRÆ (*Spondylitis*) is a rather common disease of childhood. When the periosteum (the fibrous membrane investing the surface of the bones) is affected, the patient is attacked by violent pain which is aggravated by pressure; the inflammation may turn to ulceration, the patient showing marked febrile symptoms. In such cases, cold or tepid wet compresses and the internal use of *Belladonna* 3x at the commencement, of *Mercur. solub.* 4x at a later stage, and of *Silicea* 6x for ulceration, are to be recommended.

When the marrow of the bones is affected (*Osteomyelitis*), chronic ulceration, requiring surgical treatment, generally ensues. In acute cases *Phosphor.* 5x and *Mercur. solub.* 4x are suitable internal remedies, and in chronic cases *Calcar. carbon.* 6x, *Silicea* 6x, *Arsen. iodat.* 4x or 6x, *Aurum iodat.* 4x or 6x, and *Sulphur* 6x. When the inflammation is seated in the cervical spinal vertebræ it will generally cause chronic abscesses or curvature of the spine. It is essential that this disease be recognised in time, as prolonged rest in bed, combined with the application of sun therapeutics (see pages 143 to 145) and the use of proper supports at the commencement may sometimes effect a complete cure.

51. MORBUS COXÆ or DISEASE OF THE HIP JOINT (*Coxitis*), generally occurs in delicate and scrofulous children, although apparently healthy children,—boys rather than girls,—between the ages of 2 and 10 years are also occasionally attacked by it. Predisposing causes are, as a rule, a fall, blow or knock, over-fatigue from running and jumping, a cold through sitting on cold or damp ground. At first the child complains of pain located in the knee rather than in the hip—the pain in the hip joint, which is aggravated by moving about, appears later on. Walking becomes more and more difficult, the child limps, the affected leg first appears to be longer, but soon proves to be shorter than the other; the increasing inflammation causes swelling of the hip, fever and emaciation, and finally ulcers with external discharge, which, even in the most favourable cases, cause shortening of the limb and stiffening of the joints. Treatment of this obstinate

disease, which often lasts for years, must be left to the physician. If recognised in time, a complete cure can sometimes be effected by absolute rest in bed, the application of wet compresses, bandages, and the internal use of *Belladonna* 3x, *Apis* 3x, or *Mercur. solub.* 4x. In chronic cases *Silicea* 6x, *Sulphur* 6x or higher attenuations, *Arsen. iodat.* 4x or 6x, *Calcar. iodat.* 4x, salt baths and the application of orthopædic appliances are suitable. Since treatment by sun therapeutics (sunbaths, artificial sunlight, etc.) has been so successfully employed, operations are less frequent. This treatment is now extensively employed in hospitals and sanatoriums.

CHAPTER XII

MISCELLANEOUS DISEASES

1. ANÆMIA is poverty of blood caused by a deficiency of red corpuscles or of the red colouring matter in the corpuscles. It attacks people of all ages. In young children it is generally due to insufficient or improper food (see page 333). In children attending school and young people, too much home work and the bad ventilation of schoolrooms are contributory causes of anæmia (see pages 333). In adults anæmia is frequently caused by excessive physical or mental exertion, particularly when food is insufficient or of poor quality and alcoholic beverages are indulged in immoderately. Anæmia is a state of the blood in which the red corpuscles are deficient in quantity or quality or both, and the quantity of serum is excessive (so-called *serosity*).

The actual causes of anæmia are twofold: Firstly, excessive consumption or loss of blood, due to injuries and wounds, bleeding from the nose, hæmorrhage from the lungs and stomach, too profuse menstruation, or loss of fluids containing organic constituents of the blood through chronic diarrhœa, ulceration, masturbation, prolonged nursing; other causes are insomnia, continuous pain, the too rapid growth, of young people and immoderate cold water treatment. Secondly, it may be due to an abnormal condition of the blood itself, resulting from under-feeding and privation, improper food, lack of air, light and exercise, an excessive use of strong drugs, such as *mercury*, or from diseases of the digestive and respiratory system.

Its symptoms are well-known: fatigue and debility, headache and giddiness, especially in the morning after getting up, backache and loss of appetite. The skin is flabby, pale and dry, the muscles weak, the adipose tissue is emaciated, although some anæmic patients look fairly well. As a rule, the patient suffers from cold hands and feet. In pernicious anæmia (*anæmia perniciosa*) all these symptoms are intensified, and the patient is confined to bed, with no prospect but death by exhaustion till the recent introduction of dieting these patients with liver.

The aim of treatment is twofold—firstly: prevention or restriction of excessive waste of blood by avoiding the pre-disposing causes as much as possible and by proper treatment of the causative complaints. Secondly: constant renewal of healthy, normal blood constituents, to which two things are essential,

oxygen, and suitable nourishment. In respiration, oxygen burns up the used-up material of the blood in the lungs, by which process the blood is invigorated and renewed; this is the reason why systematic breathing exercises in pure air are so invigorating and beneficial for anæmic patients. Suitable food is of equal importance. In regard to this the directions given on pages 93 to 101 should be followed. Overfeeding must be avoided as much as underfeeding. Light digestible food containing plenty of mineral salts but little common salt, and a moderate amount of fluid, are essential to the improvement of the state of blood.

In addition to the remedies mentioned in connection with other diseases, the following homœopathic remedies are suitable: *Calcarea phosphorica* 3x-6x for anæmic girls suffering from too early, too profuse and too prolonged menstruation; *China* 3x after loss of blood or humours; *Avena sativa* 1x during convalescence after acute diseases; *Ferrum phosphor.* 2x or 3x (trituration) for great deficiency of the red corpuscles, when not attended by

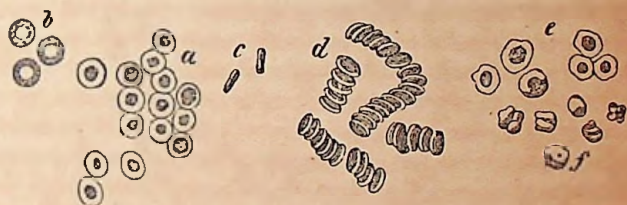


Fig. 189. HUMAN BLOOD-CORPUSCLES.

digestive disorders; *Arsenicum* 4x or 5x, and *Chinin. arsen.* 4x for obstinate cases attended by great exhaustion (*Anæmia perniciosa*); in some cases also *Phosphor.* 5x, *Cuprum aceticum* 4x, *Sulphur* 6x, as well as the preparations mentioned for chlorosis (green-sickness). Raw or underdone liver has recently been recommended for cases of pernicious anæmia, as it is said to contain substances very conducive to the formation of red corpuscles. Lastly, we must mention blood transfusion, i.e., the injection of a certain quantity of the blood of a healthy person into the veins of a sick one, a method which has of late proved very successful in severe cases of anæmia.

2. **BERI-BERI** is the name for a disease peculiar to the tropics, especially to the East Indies, characterised by œdema, prostration, sensation of cold, stiffness and paralysis of the limbs and disturbances of sensation. The best results have hitherto been obtained from *Chinin. arsen.* 4x taken for a long period; as it is also most essential that the patient's food contains plenty of vitamins (see page 97) it should chiefly consist of unpolished

rice, fresh fruit and vegetables; vapour baths in bed, wet packs applied to the whole body, and, at a later stage, massage are also to be recommended.

3. CACHEXY is the name for a state of general ill-health occurring during the course of various chronic diseases, such as cancer, tuberculosis or anæmia, characterised by great weakness, emaciation, and a pale or sallow complexion. Treatment must be that of the causative disease.

4. CANCER (*Carcinoma*) is a malignant tumour caused by the degeneration or morbid growth of the cellular tissue. These tumours (*tumores*), which may arise in any part of the body, give rise to all kinds of complaints, and will—if not cured or removed—sooner or later lead to complete exhaustion of the system.

The actual cause of cancer has not yet been discovered; heredity, irregular habits, over-indulgence in alcohol, and excess of meat, unhealthy dwellings, want of air, light, and exercise, are some of the exciting causes of this pernicious disease which is so steadily on the increase in civilised countries. It is often looked upon as a symptom of degeneration, which according to recent investigations may be due to a deficiency in the system of *Acidum silicicum* (*Silicic acid*). This deficiency is said to be due to food containing little *Silicic acid*, such as meat, fish and eggs; the diet of millions of people, especially the well-to-do, consists chiefly of such food, and it is particularly among these classes that cancer is most prevalent. Vegetables, fruit, oats, barley and rye, on the other hand, contain plenty of *Silicic acid*, an interesting fact to be considered in connection with the rare occurrence of cancer among the Trappists (a monastic order) who are strict vegetarians, and the Japanese, also to a great extent vegetarians.

The symptoms of cancer vary according to the part of the body or the organs affected; see articles referring to this, as indicated in the index. It is of the greatest importance that the nature of the disease should be recognised in time, a cure only being possible during its first stages. On the appearance of local or general symptoms, such as hard swellings, emaciation, sallow complexion—pointing to the possibility of cancer, the patient should at once be subjected to a thorough medical examination.

Although at an advanced stage of malignant disease there is little prospect of cure, treatment to-day is not as hopeless as it used to be.

Every sufferer or suspected sufferer from cancer should in the first place avoid every irritant cause of cancerous growths; for instance in cancer of the lips or tongue, smoking should be abstained from, and in cancer of the throat, stomach, and bowels, alcohol and tobacco and all hot and highly seasoned food and beverages avoided.

Secondly, the patient should try to improve the state of his blood and maintain his strength by suitable nourishment, consisting chiefly of food containing plenty of *Silicic acid*, such as vegetables, fruit, especially apples which should be eaten with the peel, oatmeal and unpolished rice; eggs and meat may be taken in moderation, but not as a staple food; many sufferers from cancer by the way have an instinctive dislike to meat. In order to increase the supply of *Silicic acid*, Dr. Zeller recommends adding a small quantity of *Silicic acid* to the patient's food (about 10 drops of 1 per cent. solution of *Natrum silicicum* three times a day).

Thirdly, hygienic rules may not be neglected; for instance a regular action of the bowels should be attended to, and the



Fig. 190.
TUBERCULOSIS OF THE SPINE.



Fig. 191.
BOSS CAUSED BY CARRIES OF THE
VERTEBRÆ.

muscles well exercised and strengthened by systematic gymnastic exercises of the arms and legs, short walks and plenty of fresh air.

Actual medical treatment comprises the application of internal and external remedies (for suitable homœopathic remedies, see corresponding articles), such as X-rays, artificial sunlight treatment, radium and operations. The last mentioned have of late not been so much to the fore, although in some cases—cancer of the womb and breast, for instance—an early operation is to be recommended. An immediate operation may sometimes even be necessary to save the patient's life; for instance when there is risk of suffocation in cancer of the throat, or of intestinal stoppage due to cancer of the bowels. Open wounds and ulcerous

tumours must be kept scrupulously clean; various hydropathic applications, such as wet compresses and bandages, vapour baths, etc., as well as the external use of disinfectants, such as powdered charcoal or a dilution of permanganate of potash, will assist in mitigating the discomfort of the patient and in rendering nursing less unpleasant.

5. **CARIES OF THE BONES** is a chronic inflammation, generally of a tuberculous nature, attended by ulceration and gradual disintegration of the bone tissue. It chiefly affects the short bones of the hands and feet, the spinal vertebræ and the joints of the elbow and knee. The discharge of pus generally causes fistulas which in their turn sometimes secrete pus for years. The treatment is partly surgical, partly internal as mentioned under the heading Inflammation of the bones and vertebræ on page 379 (see also page 287). Surgical treatment, formerly so frequently resorted to, is now far less common; this is in part attributable to the good results obtained from Prof. Bier's method of hyperæmia induced by bandaging, from soft soap treatment (see page 379), and artificial sunlight (see page 145). The diet, which should contain plenty of mineral salts, is an important factor in this treatment (see page 96); lime therapeutics (see page 124), plenty of fresh air and warm salt baths are also of use. For dental caries see page 199.

6. **COLD FEET** are a symptom of a disordered circulation; the blood is forced upwards to the head, chest and abdomen; if this condition continues for some time, it may cause all kinds of complaints, especially in women and children. Cold feet may also be an attendant symptom of chronic diseases or be due to nervous disorders or to diseases of the blood vessels. Whereas people in good health dislike the sensation of cold feet, it is often hardly felt by invalids; as a rule too little attention is paid to this complaint.

In treating this complaint, its cause must first be ascertained; when due to want of exercise and low vitality, energetic steps should be taken to improve the circulation, by daily walks, gymnastic exercises (see figs. 192 and 193), mountain climbing, bicycling, etc. When, however, cold feet are caused by poverty of blood, this condition should be corrected by light, nourishing food and by recharging the blood with oxygen (by breathing exercises); when due to perspiration of the feet, the measures mentioned on page 293 should be taken.

Hygienic stockings and shoes also play an important part; woollen stockings covering the knees and warm shoes in winter, sandals or walking shoes in summer should be worn by all sufferers from cold feet.

Other beneficial measures are hot footbaths, alternate hot and cold footbaths (see page 131) and massage of the legs. Finally, chronic constipation, such a common complaint among women and so often attended by cold feet, should be treated according to the directions given on page 215.



Fig. 192.
STANDING ON THE TOES.

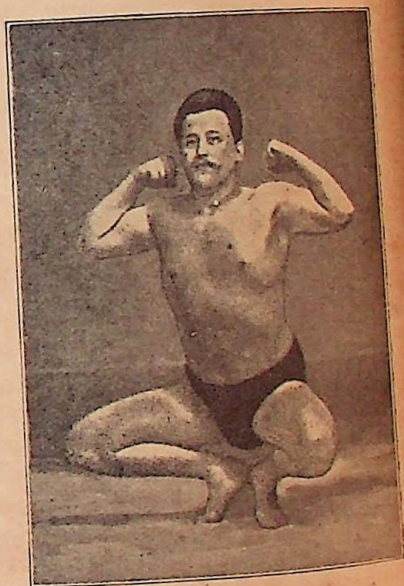


Fig. 193.
DEEP KNEE FLEXION.

7. By **COLLAPSE** is meant a sudden state of prostration characterised by a weak pulse, clammy, pale skin, and bluish lips, often occurring in febrile diseases during a sudden drop of the temperature to below normal (to 97° F. and lower). Treatment is that mentioned for cardiac debility or syncope (see page 167).
8. **CONGESTION** results from a deranged circulation. Prolonged sitting in a stooping posture, tight corsets and belts, obstinate constipation, piles and cold feet cause congestion of

blood to the head. These causes should if possible be removed, and treatment should then consist of alternate hot and cold foot baths (see page 131) and of doses of *Belladonna* 4x, 5 drops of which should be taken every quarter of an hour until relief is felt, then less frequently; for congestion of blood to the head with bleeding from the nose, *Arnica* 2x is suitable. For congestion of blood in the chest see page 180.

9. DEAF-MUTISM consists of an inability to speak caused by deafness. It is either congenital or may develop in the first years of life. It is thus of the utmost importance, especially in young children, to avoid everything that may have an injurious effect on the ear and to observe the hygienic rules applying to the ears (see page 265) most carefully. Deaf and dumb children should receive instruction in asylums or schools for the deaf and dumb.

10. DEATH. The signs of death are the cessation of respiration and of the heart's action and the absence of all movement, even on exposure of the body to the most intense irritants. The eyes are dim, the pupils dilated and rigid, the body becomes cold and stiff. A person in a trance bears much resemblance to a dead person. In the majority of cases, however, a doctor can, by examining the heart with a stethoscope, definitely ascertain whether life has departed. If any doubt remains, the electric current may be tried; when there is no reactionary vibration, life is extinct. The surest sign, however, is livid spots on the body; see also Trance or suspended animation in Chapter XIII.

11. DEATH STRUGGLE, or AGONY, is the name for a state, which, except in cases of sudden death, often precedes death. The patient gradually grows feebler, his breathing becomes weaker, the mucus accumulated in the wind-pipe causes a loud rattling sound, the pulse is at first very rapid, gets slower and weaker, until it is no longer perceptible, the features seem to alter, the eyes become sunken, a cold sweat breaks out, hands and feet are cold and the patient loses consciousness. Hearing is generally fairly acute until the end, a fact not to be overlooked by those at the death-bed, who would not wish the last moments of the dying to be disturbed by thoughtless words. To relieve the patient, the sweat should be wiped from his face, fresh air let into the room, and a cool compress applied to the region of the heart.

12. By DEGENERATION is meant deterioration of the cells, tissues and organs of the body. This may be manifested either by growths and tumours caused by the abnormal increase of the constructive elements of an organ, or by shrinking and emaciation due to the decrease of these elements. Enlargement of the heart and lungs on the one hand, and atrophy of the kidneys and the muscles on the other, are instances of degeneration. Excessive

development of the adipose tissue may sometimes cause fatty degeneration, as in fatty degeneration of the heart and obesity. The opposite of degeneration is regeneration, by which certain tissues, such as the cornea, the skin or adipose tissue, can regain their normal condition. When, however, the organs have completely deteriorated all hope of restoring them must be abandoned.

13. DIABETES is a chronic disease, characterised by excretion of sugar in the urine. Twenty pints of urine containing as much as 2 lbs. of sugar may be passed daily. The patient is always thirsty and hungry, and consumes a large quantity of food and drink; nevertheless, he gradually loses flesh and gets weaker and weaker. The skin is dry and cracked and often breaks out into pimples and sores; the eyesight is frequently affected, and the patient suffers from pain and discomfort of the sexual organs. The duration of the disease varies; a suitable diet is often able to effect a cure, or at least so far to improve the condition of the patient that he may live to a great age. A correct diagnosis can only be given by a doctor after careful chemical testing of the urine. Amongst other causes of diabetes are functional and organic derangements of the liver and the pancreas. Continuous mental excitement, an over-abundance of good food, obesity and heredity are contributory causes of this disease.

The most important part of treatment is the careful regulation of the diet. It must be mentioned, however, that an exclusive meat diet, so frequently recommended, generally disagrees with the patient if taken for any length of time. A mixed diet excluding sugar, farinaceous food, spices, condiments and alcoholic beverages is more to be recommended. Thus sugar, honey, flour, ordinary bread, semolina, oatmeal, potatoes, peas, beans, carrots, celery, cakes, pastry, sweet fruit, tobacco, beer, wine and liqueurs may not be partaken of. The following articles of food are permitted: beef tea, broth, soup with an egg and green vegetables, meat of all kinds, fish in every shape and form, eggs, milk, sour milk, butter milk, butter, bacon, whole-meal bread, Graham-bread, bran bread, the special diabetic bread (made of aleuronat powder which contains 90 per cent. protein and 7 per cent. carbohydrates), a little toast made of white bread (not more than 5 oz. a day), spinach, greens, salad, radishes, apples, pears, nuts, bilberries, strawberries and raspberries. Water, mineral waters, tea without sugar, acorn coffee, cider may be taken. Frequent walks and cold ablutions of the whole body are also beneficial. The homœopathic remedies, which sometimes have a remedial effect, we shall mention in the order of their efficacy: *Uranium nitricum*. 3x, *Acid. phosphor.* 4x, *Sizygium jambolanum* 1x, *Arsenicum* 5x, *Kreasotum* 4x, *Natrum sulphuricum* 3x. A course of the waters of Karlsbad, Neuenahr or Vichy is also said to have a beneficial effect.

A new remedy, *Insulin*, which is at present attracting considerable attention, consists of an extract made from the pancreatic glands of the ox, which, if used as an injection, may sometimes reduce the quantity of sugar contained in the urine. When employing this remedy, however, the diet described must still be strictly adhered to.

14. **FISTULÆ** are narrow winding tracks originating in chronic ulceration of the tissues and secreting pus from time to time. A permanent cure can generally be effected by surgical treatment. See also remedies mentioned for Ulcers on page 287.

15. **FLAT FOOT.** When the whole sole of the foot lies flat on the ground, a person is said to be flat-footed. Flat-footed persons easily get tired and cannot walk or stand for any length of time; the feet are often very painful. Flat-foot may be



Fig. 194.
FLAT FOOT.



Fig. 195.
ARCH-SUPPORTER IN THE SHOE.

congenital or may be caused in young people by protracted standing—in waiters, for instance—or by hard work in a standing posture, such as blacksmith's work.

When choosing a vocation, predisposition to this complaint should be considered. Treatment consists of the alternate hot and cold foot bath and of the wearing of special soles, so-called arch-supporters, in the shoes.

16. **GANGRENE** may be caused by violent inflammation, freezing of a limb or tight lacing or binding. This complaint frequently occurs in the aged, chiefly in the toes when it is due to a clot of blood in the veins causing derangement of the circulation and mortification of the tissues. The affected limb is attacked by violent pain and turns dark purple or blackish; vesicles and ulcers form until the limb drops off. Treatment is chiefly surgical; for internal use *Arsenicum* 4x, *Carbo veget.* 6x and for the aged *Secale cornutum* 3x may be tried.

17. GOUT may be acute or chronic. In the majority of cases an acute attack of gout begins in the great toe (hence the name *podagra*). The attack, which generally starts during the night, is attended by feverish symptoms and violent pain in the affected joint which is red, hot and swollen; the pain subsides towards morning, when perspiration takes place. The patient may feel fairly well during the day, but in the night the symptoms reappear, and other joints—those of the knee and shoulder—are sometimes attacked. The disease generally lasts a long time, although its duration varies in different patients.



Fig. 196. GANGRENE OF THE FOOT.

The attacks may recur frequently and at very short intervals, or not return for years. Chronic gout is characterised by the swelling of various joints and calcareous deposits, so-called chalk stones (*tophi*), especially painful during change of the weather; by digestive derangement, heartburn, the formation of stone or gravel (*calculus*) in the kidneys, and bladder and finally by calcification of the arteries which in its turn may cause apoplexy.

The cause of gout has been said to be an excess of uric acid, which is deposited in the shape of crystals first in the joints and then in the various organs where it excites inflammation. Whereas the blood of a healthy person contains only a small quantity of uric acid, the blood of sufferers from gout is impregnated with it; this condition

is attributable to the insufficient combustion of albuminous substances. The greater the quantity of nitrogenous substances introduced into the system by food, the more uric acid will be contained in the blood of sufferers from gout, until it is ejected from the blood by some exciting cause, such as a cold or indigestion, and deposited in the joints. The real reason for this abnormal assimilation has not yet been discovered; heredity seems to play a certain part; it is also a fact that continued over-indulgence in meat and alcoholic beverages or a diet consisting almost exclusively of bread and legumens conduces to gout, while on the other hand those who keep a mixed diet, consisting for the most part of vegetables, salad and fruit, who avoid alcoholic beverages and have sufficient exercise, are rarely or never attacked by gout.

These facts should be of assistance in choosing a diet for the gouty. Very abundant meals should be abstained from, and meat (especially salt meat and fish), eggs, cheese, legumens and wine (especially port, sherry and madeira), and heavy beer should be taken in moderation or still better completely avoided for a time, while vegetables containing mineral salts, salad and fruit of all kinds, milk and butter milk, should form the chief nourishment of the patient. Plenty of oranges and lemon juice are also to be recommended. A regular action of the bowels should be promoted by physical exercise or by an enema when necessary. Manual labour—such as sawing wood and digging—is very beneficial, if continued until the patient is in a perspiration. The skin should be inured to climatic changes by air and sun baths. As the sun is most beneficial to sufferers from gout they should enjoy as much sunshine as possible. Cold baths and ablutions, on the other hand, do not, as a rule, agree with gouty patients. A course of the waters of Vichy, Karlsbad, Gastein or Neuenahr is of use. Tincture of *Urtica urens* (10 drops taken in warm water three times a day for some weeks) which often causes the uric acid salts to be discharged with the urine, is also to be recommended; a quart of hot water drunk before going to bed has a still stronger excretory effect, provided the urine is not passed before the morning. The juice of raw potatoes used internally and externally (for compresses), is a popular old remedy, worth noting for gout and chronic rheumatism. Other suitable remedies are: *Ammon. benzoicum* 2x for gout in the foot, *Lycopod.* 6x for cloudy urine, *Lithium carbon.* 3x, *Kal. iodat.* 1x (10 drops three times a day) in protracted cases.

In acute attacks the patient must remain in bed; in addition to *Aconitum* 3x and *Colchicum* 3x (sometimes *Bryonia* 3x, *Pulsatilla* 3x or *Rhus tox.* 4x) we recommend friction of the affected joint with *Menthol* ointment, *Chloroform* oil or *Salicylic* and *Turpentine* ointment (see page 401), followed by wrapping the limb with sheep's wool.

In so-called Rheumatic gout (*Arthritis deformans*), generally attacking elderly persons in poor circumstances and characterised by disfigurement of the hands and feet and stiffness of nearly every joint (the hip-joint [*Malum coxæ*] is very frequently attacked), all treatment is as a rule useless. The only remedies likely to cause any improvement are *Caustic.* 4x, *Kali iodatum* 1x and *Thuja* 6x and hot baths.

18. GREENSICKNESS (*Chlorosis*) is a disease generally confined to females. Its chief symptoms are pale lips and cheeks, a yellowish or greenish complexion, palpitation of the heart, shortness of breath and a feeling of fatigue after slight physical exertion. The patients often have a craving for things like coffee beans, chalk, acid food, etc. ; they are generally very thirsty. Menstruation is either too scanty or too profuse. The blood is of a light red colour, the red corpuscles being deficient in hæmoglobin; the imperfect oxygenation of the blood resulting from this condition causes general enfeeblement of all the organs. In severe cases the legs and even the face are swollen and the heart is affected; it is therefore advisable to ascertain the nature of the disease by an early medical examination, especially as the occasional healthy appearance of the patient is sometimes misleading.

The causes of chlorosis are various. It may sometimes occur in consequence of excessive loss of blood during menstruation, or be due to deranged sexual functions or to masturbation; other contributory causes are want of exercise, derangement of the circulation by tight corsets and belts, insufficient or unsuitable food, over-indulgence in coffee, and long continued mental agitation or anxiety.

Treatment consists of the regulation of the diet according to the directions given for Anæmia (see page 381), of abstinence from coffee, alcoholic beverages and food containing vinegar, of rest both physical and mental, and of plenty of fresh air. Whereas the exaggerated use of cold water is just as injurious as frequent warm baths, tepid ablutions and indoor air-baths combined with systematic breathing exercises are to be recommended. Homœopathic remedies are generally very efficacious. When the patient suffers from indigestion (stomachache, acidity, nausea) this should first be treated with the specific remedies for this complaint, *Nux vomica*, *Ignatia*, *Ipecacuanha*, *Pulsatilla* or *Arsenicum*, according to the indications mentioned in Chapter VII. of Part I. ; the patient should stay in bed, have wet compresses applied to the stomach and keep to a diet of milk, eggs and white bread; when improvement sets in, the patient may also be allowed lean meat, tender vegetables and stewed fruit. After the digestive system has been invigorated by this treatment, *Calcar. carbon.* 6x and *Calcar. phosphor.* 6x are suitable for excessive, prolonged or

premature menstruation, while the various preparations of *Ferrum* (sometimes combined with *Pulsatilla* 3x or 4x) or *Sulphur* (6x or higher attenuations) are to be recommended for girls with scanty, delayed or absent menstruation. The usual large doses of iron are unnecessary, 5 grains of the 3x or 2x trituration of *Ferrum phosphoricum* or *Ferrum lacticum* taken two or three times a day generally being sufficient. The formic acid preparation of iron known as *Hensels tonicum* can also be recommended for patients with good digestion; it disagrees with sufferers from indigestion, for whom the so-called *Liquor ferro-manganisaccharati* is the better remedy, especially if taken in little doses after meals. In cases for which *Ferrum* is suitable but not efficacious, *Cuprum* 6x, *Cuprum aceticum* 4x, *Arsenicum* 4x and *China* 3x should be taken.

19. HICCUGH or HICCUP (*Singultus*) may be a symptom of various diseases, especially of diseases of the abdominal organs; it consists of recurring spasms of the diaphragm and other muscles used in respiration, and can generally easily be got rid of by drinking a little cold water or by the brief application of firm pressure to the region of the stomach. In hysterical or nervous persons hiccoughs may sometimes last for hours; for this the remedies specifically efficacious for spasms should be tried: *Nux vomica*, *Ignatia*, *Asafœtida*, *Valeriana*.

Hiccough sometimes occurs during an attack of influenza, when it may be very violent and long-lasting. *Belladonna* is then the best remedy. When caused by smoking, which is often the case when a heavy brand of tobacco is smoked in pipes, this must of course be abstained from.

For hiccough in infants and young children see page 350.

20. IDIOSYNCRASY is the term for super-sensitiveness in some persons to certain external influences, which gives rise to various peculiarities. For instance, some persons, otherwise in good health, may have an inexplicable aversion to certain kinds of food, beverages or sounds, etc. Some people are even attacked by nettle-rash after partaking of strawberries, oysters, crabs, etc. Such an idiosyncrasy can be permanent or only last a certain time—during pregnancy for instance. It may sometimes be conquered by will power—but should never be forcibly proceeded against, especially not in children. The selection of a homœopathic remedy may often be facilitated by knowledge of a certain idiosyncrasy in a patient; for instance, when various homœopathic remedies are indicated in a certain disease, a decided aversion to coffee will point to *Nux vomica*, to milk to *Pulsatilla*, to acid food to *Nux vomica* and *Sulphur*, while a desire for acid food points to *Phosphorus* and *Veratrum*, for sweets to *Ipecacuanha* and *Rhus toxicodendron*, for milk to *Arsenicum*.

21. INFLAMMATION OF THE JOINTS (*Arthritis*) chiefly caused by rheumatism and gout, wounds and tuberculous affections, is characterised by swelling and redness of the joint and especially by pain aggravated by movement; frequently also by high fever. A watery or purulent fluid generally forms in the joint; in favourable cases this is soon absorbed, but in serious ones it may cause the destruction of the bone (see Caries, on page 385). The joints most frequently affected are the knee and hip.

In recent cases treatment consists of absolute rest, the careful application of wet compresses covered with gutta percha tissue, and of doses of *Aconit.* 4x, *Belladonna* 4x or *Apis* 3x, and in chronic cases of warm compresses or hot sandbags, orthopædic appliances and the remedies mentioned for gout and chronic rheumatism; a plaster of Paris dressing may also sometimes be of use.

For dropsy of the joints (*Synovitis serosa*) often occurring in the knee joint, wet compresses, massage and binding the joint firmly with a stockinette bandage and the internal use of *Iodium* 3x, *Kali iodat.* 2x or *Apis* 5x are to be recommended.

When pus forms, an operation is unavoidable, although the limb will remain permanently stiff even in the most successful cases. For tuberculous diseases of the joints see: Scrofula, Inflammation of the hip joint, Diseases of the vertebræ and bones, and Caries.

22. INTERMITTENT FEVER or AGUE (*Malaria*) is an endemic disease, caused by protozoal parasites (*sporozoa*), the so-called plasmodia. It consists chiefly of a morbid condition of the blood, other organs, however, like the spleen and liver being also affected. According to recent investigations, these plasmodia are introduced into the blood on which they have a disastrous effect by the sting of certain mosquitoes (*Anopheles*). As these mosquitoes require stagnant water and marshy ground for their proper development, malaria most frequently occurs in the South of Europe and in the tropics.

Malaria is characterised by the periodic appearance of the symptoms. At certain hours the patient is attacked by fever, which is ushered in by violent rigor, sometimes lasting for hours, and ending with profuse perspiration. These attacks, which generally last from six to ten hours, recur every second, third, or fourth day. Whereas in slight cases the patient feels comparatively well between the attacks, in severe ones the temperature is never quite normal, but rises and falls remittently. The latter variety is often malignant, it being attended by deterioration of the blood and great swelling of the spleen. In a certain type of malaria the temperature sometimes rises to 107.6° F. or even higher, the patient is nearly always unconscious, and in most cases the issue is fatal. In chronic cases the patient becomes cachectic (see Cachexy, on page 383), loses flesh, turns

sallow and suffers from pain in the loins and back and from digestive disorders. In other cases there is no fever, the symptoms being neuralgia and bronchial catarrh, which, when of a periodical nature, may point to latent malaria.

Treatment during rigor stage should consist of rest in bed, hot water bottles and drinks of hot milk (repeated doses of

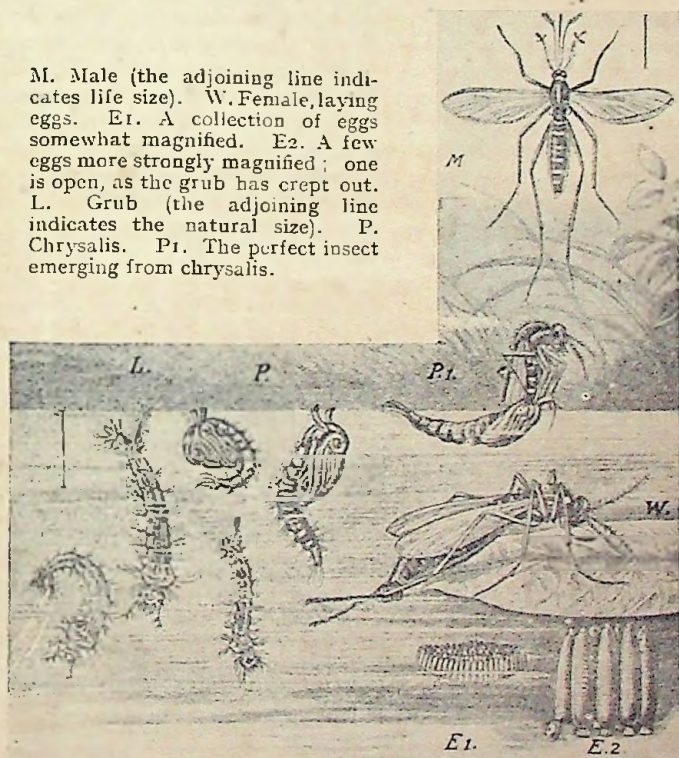


Fig. 197. MALARIAL MOSQUITOES AND THEIR METAMORPHOSIS.

Camphora rubini are also suitable); during the fever stage treatment should consist of drinks of fruit juice, strong antifebrile remedies being strictly excluded; and during perspiration, of cold ablutions and thorough friction, after which the patient should be dressed in well-warmed undergarments. During the interval, in which the patient is free from fever, he must avoid everything liable to weaken the action of the heart (an excess of alcoholic

beverages and strong coffee), observe regular habits and follow the precautionary measures mentioned below. It is not always easy to select the suitable homœopathic remedy, *Arsenicum* 4x, for instance, being most efficacious for some cases, and *Bryonia* 3x for others. A specific remedy suited to most cases is *Quinine* which according to the recent investigations of Prof. Schulz has a marked effect on the spleen and the liver, proving thereby (like Hahnemann's original discovery), that "like cures like", and that *Quinine* and malaria stand in a specific homœopathic relationship to each other (see also page 7). It is unnecessary, however, to give the usual strong doses which so often cause unpleasant attendant symptoms; in the majority of cases frequent doses of *Chinin. muriat.* 2x or 1x will suffice, but they must be taken during the time the patient is free from fever. Other remedies are

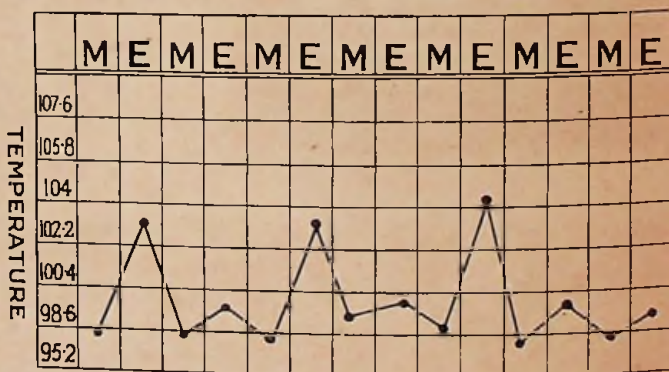


Fig. 198. TEMPERATURE CHART IN MALARIA.
M.=morning; E.=evening.

Eucalyptus 2x and *Arsenicum* 4x, which often produce good results in cases on which *Quinine* has no effect or when the patient has taken very large doses of this remedy; *Eupator. perfoliat.* 2x for fever occurring at irregular intervals and attended by great thirst; *Ipecacuanha* 3x when the fever is attended by nausea and vomiting; *Natrum muriat.* 6x, when the complexion is sallow and there is an eruption on the lips; *Nux vomica* 4x for periodical headache and giddiness; *Arsenicum* 4x and *Chinin. arsen.* 4x for malarial cachexy and periodical attacks of neuralgia.

Preventive measures, which are of the utmost importance, especially in marshy districts and in the tropics, consist of extermination of the mosquitoes by draining the marshes and the fields and by guarding against stings by proper clothing and dwellings. Those who are obliged to live in mosquito infested districts should not sleep in the open air, should have airy and

sunny rooms, beware of catching cold, drink tea and lemon juice instead of water, and adopt regular habits.

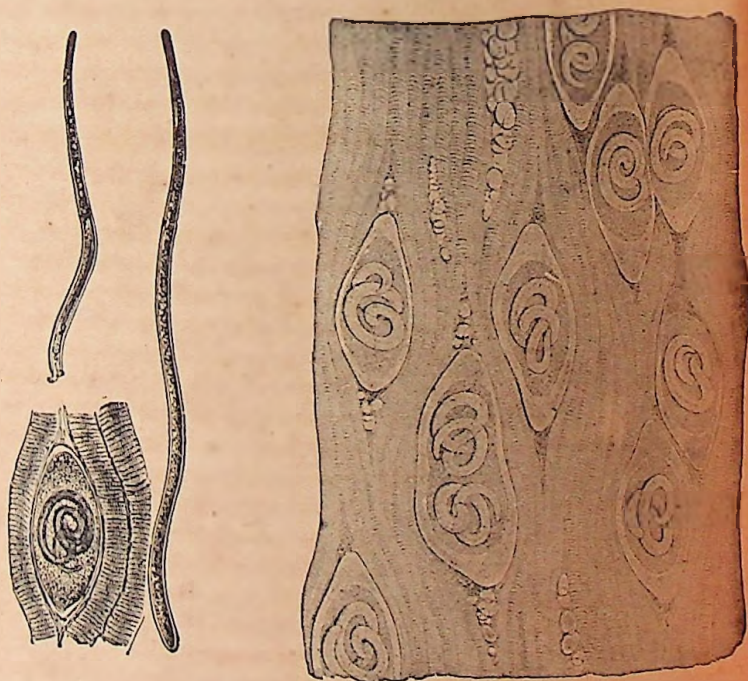
23. LAND SCURVY (*Purpura hæmorrhagica*) occurs chiefly in women, children and delicate persons, especially in those living in poor circumstances and damp dwellings. Attended by feverish symptoms, patches, about $\frac{1}{2}$ to $\frac{3}{4}$ inch in diameter, which are first of a purple colour, but then gradually turn bluish, yellow and green, appear on the skin. The patients may sometimes be attacked by violent bleeding from the nose or blood-spitting and occasionally by rheumatic pains; in serious cases they may even die of exhaustion or syncope. Treatment should consist of rest in bed, light, digestible food (no tea, coffee, wine or beer, but plenty of eggs, milk, stewed fruit and fruit juice), and tepid ablutions with vinegar and water. Suitable remedies are *Hamamelis* extract, *Natrum nitricum* 2x, and the remedies mentioned for anæmia.

24. OBESITY (*Adipositas*) is a morbid condition of the system in which the adipose tissue increases abnormally to the detriment of the muscles and bodily strength of the patient. As long as getting stout, a common symptom of middle age, does not exceed a normal limit (i.e., when a man's weight does not exceed 190 lbs. or a woman's 160 lbs.), no counteractive measures need be taken, unless certain symptoms make their appearance. Such symptoms are: shortness of breath, palpitation of the heart, attacks of giddiness, tendency to perspiration and debility. In many cases the heart may also be affected. It is therefore advisable that persons with a tendency to corpulence and suffering from heart affections should carefully observe the preventive measures for hypertrophy (or enlargement) of the heart given on page 168.

The causes of obesity are—apart from constitutional predisposition—want of bodily exercise and work, and an excess of fatty, sweet or farinaceous food, and especially of beer. As in a sedentary life, so usual among sufferers from obesity, respiration is not vigorous enough, the blood is insufficiently supplied with oxygen, so that the fatty substances instead of being burnt up remain stored in the tissues. This will also lead to poverty of the red corpuscles, by which the fact that the fat people often suffer from anæmia can be explained.

For the treatment of obesity various thinning or reducing methods have been proposed, which should, however, only be tried under medical supervision. The Banting dietary, consisting almost exclusively of meat, fish and eggs, sometimes produces good results, but is generally attended by too much discomfort and danger to be continued for any length of time. The Ebstein treatment allows fatty substances in addition to meat. The most satisfactory results have been obtained from the use of the Oertel-Schwenger treatment. The main points of this

treatment are as follows: (1) Moderation in eating. (2) A restricted supply of fluid ($1\frac{1}{2}$ to 2 pints a day at the most). (3) Not to drink during meals. (4) Abstinence, as far as possible, from sugar, potatoes, farinaceous food, bread, peas, beans, lentils, rice, sweet things, cakes and beer. (5) All other food is permitted in moderation, especially green vegetables such as spinach, cabbage, also salad and acid fruit, apples and strawberries for instance. (6) Moselle wine is a suitable beverage. (7) Daily exercise is necessary; up-hill walking, bicycling, skating, manual work such as wood-chopping, etc., being most suitable. (8) A



Figs. 199 and 200. TRICHINÆ ENCYSTED IN THE MUSCLES.

vapour bath should be taken now and then. (9) Not more than seven hours' sleep and no mid-day nap.

Special remedies are not necessary during this treatment, although we must not omit mentioning that the internal use of *Fucus vesiculosus* tincture (10 drops in water three times a day) is recommended in various quarters.

25. PAIN IN THE COCCYX (*Coccygodynia*) frequently results from an injury—a fall or blow—or may occur after a confinement. The pain is at its worst when sitting and on getting up and after an action of the bowels. Warm sitz-baths, *Arnica* 3x, *Nux vomica*

4x and electric treatment are generally beneficial. In obstinate cases an operation is necessary.

26. PARASITES often occur in and on the human body; their development is promoted by lack of cleanliness, unsuitable food and a diseased state of the body. The principal parasites of the human body are small thread worms, long round worms (*Ascaris*), and tape worms (see page 220), itch mites and lice (see page 289), and trichinæ. The last mentioned get into the intestinal tract through raw or underdone trichinous pork; from the bowels they pass into the blood and the muscles. They cause nausea, vomiting, diarrhœa, headache, fever, violent backache, and dropsical swellings in various parts of the body. The disease can be cured within a few weeks. The attendant discomfort may be

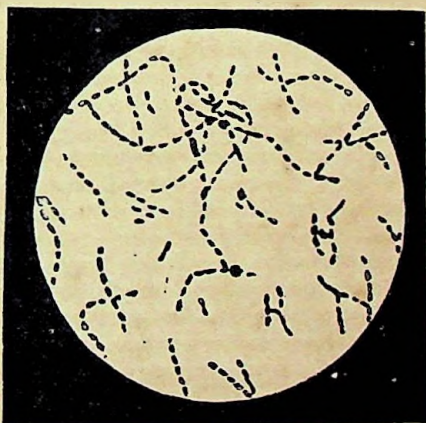


Fig. 201. CULTURE OF PLAGUE BACILLI.

greatly relieved by vapour baths applied in bed, vapour baths applied to the whole body, and a regular course of enemas; the iron remedies mentioned for anæmia on page 381 are also suitable.

27. PLAGUE (*Pestis orientalis*). Whereas this terrible disease, also called "Black Death", was formerly common all over Europe, strict quarantine and sanitation have to-day succeeded in preventing it from spreading beyond the frontiers of India, China, Persia and Egypt. The specific poison causing this disease is contained chiefly in the blood, excrements and discharges of patients and is transmitted by direct contact or by animals and insects (rats, flies). The symptoms are: high fever, delirium, swelling of the spleen and liver, swelling and ulceration of the glands of the neck and groins, and

pneumonia. There are two varieties of the disease: Bubonic plague, characterised by the swelling of the lymphatic glands of the groin, and Pneumonic plague; the former is less dangerous, both as regards the disease itself and the risk of infection; in the latter the symptoms are like those of a very severe attack of pneumonia, mortality is high, and the risk of infection very great.

For treatment, *Arsenicum* 4x, *Lachesis* 12x, *Crotalus* 6x or 12x, *Acidum nitricum* 4x, warm baths (95° F.-91.5° F.), wet packs applied to the entire body, light, digestible food and a liberal allowance of wine are to be recommended. To prevent the disease from spreading, the improvement of sanitary conditions and the destruction of plague rats on vessels coming from infested districts is of the utmost importance.

28. RED NOSE (*Acne rosacea*) is caused by enlargement of the blood vessels and morbid growth of the connective tissue, and it is sometimes attended by the formation of vesicles. The causes of this ailment, which is unpleasant and disfiguring rather than painful, are over-indulgence in alcohol, a sedentary life, diseases of the sexual organs in women, and lastly freezing of the nose. Every thing causing congestion of the head with blood, such as constipation, cold feet, tight collars, prolonged sitting in a stooping posture, but especially alcoholic beverages and strong coffee, should be avoided. Internally, *Sulphur* 6x, and *Sulphur iodatum* 6x (for women, *Calcar. carbon.* 6x and *Sepia* 6x) should be tried, and externally *Hamamelis* ointment, a 2 per cent. *Resorcin* ointment, or ablutions with warm water and *Ergotine* soap; in obstinate cases the application of electrolysis may cause some improvement. Some harmless powder may be used during the day to improve the appearance.

29. RHEUMATISM may be acute and chronic and can occur both in the joints and in the muscles. The causes of this common and wide-spread disease are: a severe chill or drenching, especially when in a perspiration, a draught, damp or newly-erected houses, a very rich and abundant diet combined with lack of physical exercise, or poor food and overwork, particularly when work has to be done in badly ventilated rooms. According to recent investigations acute articular rheumatism is caused by certain fission fungi (*schismoids*).

In acute Articular Rheumatism or Rheumatism of the joints (*Rheumatismus articularum acutus, polyarthriti rheumatica*) the joints are swollen and intensely painful, the pain being aggravated by moving about and at night. The patient has a high temperature and rapid pulse and suffers from digestive derangement; the urine is dark red and has a reddish sediment. The patient is very thirsty and although he perspires freely the perspiration—strange to say—gives no relief. The disease has an intermittent

course, the fever is sometimes attended by symptoms of cerebral irritation, and sometimes reaches an alarming height; it is the heart and its valves, however, which are most frequently affected in children, incurable valvular disease of the heart often ensuing (see page 164).

In many cases, however, proper treatment can effect a gradual disappearance of the symptoms in a few weeks (two to five), so that apart from slight stiffness and pain in the joints—the patient can be considered cured at the end of this time.

The constant risk of heart trouble, the varying nature of the disease and the impatience of the patient render medical treatment very difficult. Essential conditions of a cure are: complete rest in bed, a fever diet (see page 119), plenty of fruit juice, especially lemon juice, and wrapping up the affected limbs in flannel; hydropathic treatment, as a rule, does not agree with the patient. At the beginning *Aconitum* 3x and *Bryonia* 3x should be administered alternately, and for intense pain at night *Colchicum* 3x is suitable; for profuse perspiration *Mercur. solub.* 4x; for great restlessness *Rhus tox.* 4x; for headache, flushed face and high fever *Belladonna* 3x; for heart trouble *Aconitum* 3x and *Spigelia* 3x. We have frequently found *Acidum benzoicum* 2x (a dose every two hours) most beneficial, especially when the urine is very cloudy and has a sediment. Frictions with *Turpentine-salicylic* ointment (consisting of 3 drams each of turpentine oil, *Salicylic acid* and lanoline to 2 oz. of vaseline) are often efficacious in relieving pain. After recovery the patient should dress warmly and take an occasional dose of *Sulphur* 6x.

Chronic Articular Rheumatism or Rheumatism of the joints (*Rheumatismus articulatorum chronicus*), which is very obstinate and difficult to get rid of, is sometimes the sequel of acute rheumatism, but generally affects persons predisposed to rheumatic complaints gradually and independently of any previous attack. In the course of this disease the joints become more and more swollen until they finally get quite stiff and lose their power of motion. Treatment should consist of abundant out-door exercise and exposure of the whole body to the beneficent rays of the sun. The diet should be chiefly vegetarian, salt meat or too much meat being injurious, and acid fruit (oranges, lemons) very beneficial. Good results have been obtained from hot baths, vapour baths, sand or mud baths, massage (especially frictions with equal parts of *Rhus* tincture or *Ledum* tincture and olive oil), from a course of the waters and baths of Wiesbaden, Baden-Baden, Salzschlirf and Harrogate, and from electric treatment. As in gout the regular use of *Urtica urens* tincture is to be recommended. Of the homeopathic remedies in most common use we mention: *Rhus tox.* 3x or 4x for tense pain relieved by continuous motion; *Bryonia* 3x for sharp pain aggravated by motion; *Arsenicum* 4x,

5x or 6x for burning pain at its worst in bed at night; *Mercur. solub.* 4x for swelling of the joints and pain at its worst at night and not relieved by perspiration; *Causticum* 4x for pain better in bed and relieved by warmth and aggravated by motion;

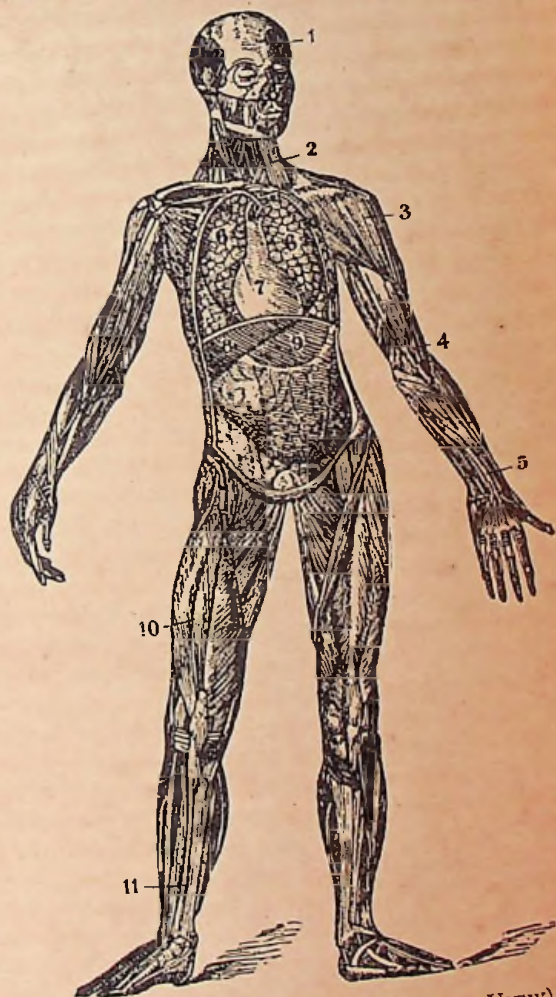


Fig. 202. THE MUSCLES (FRONT VIEW).

1. Facial Muscles. 2. Cervical muscles. 3. Deltoid muscle. 4. Flexor of the arm. 5. Flexor of the hand and fingers. 6. Lungs. 7. Heart. 8. Diaphragm. 9. Stomach. 10. Extensor of the leg. 11. Flexor of the foot.

Causticum 4x alternately with *Thuja* 6x for great stiffness and partial loss of power in the limb; *Ledum* 3x when the small joints are affected; *Pulsatilla* 3x for fugitive pains in various joints; *Sulphur* 6x, *Lycopod.* 6x and *Kali iodatum* 2x or 1x in chronic cases.

Muscular rheumatism is often occasioned by cold, especially in persons predisposed to rheumatism; the muscles are stiff and painful, every movement causing violent pain. The commonest varieties of this affection are stiff neck (*torticollis rheumatica*)

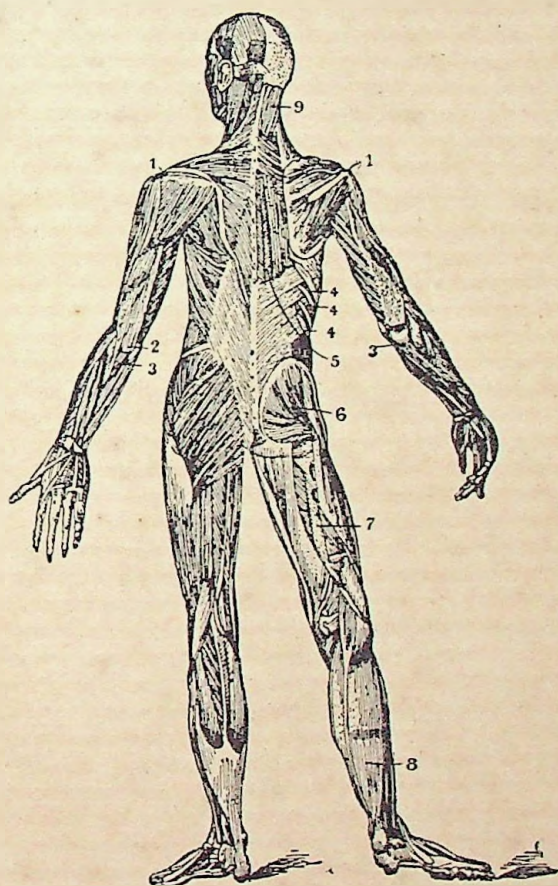


Fig. 203. THE MUSCLES (SEEN FROM THE BACK).

1. Humeral muscles. 2. and 3. Extensors of the arm. 4. Intercostal muscles. 5. Long dorsal muscle. 6. Coxo-femoral muscles. 7. Flexor of the legs. 8. Extensor of the foot. 9. Cervical muscles.

and lumbago (rheumatism of the lumbar muscles); the muscles of the chest and those between the ribs are sometimes also affected (*pleurodynia*), this complaint being attended by such severe pain in breathing that pleurisy may be suspected.

Treatment is that mentioned above. For lumbago *Nuxvomica* 4x and *Antimon. tartar.* 4x are particularly suitable; we have frequently obtained good results from friction with *Hamamelis* extract, tincture of *Arnica*, *Spirits of Camphor*, *Chloroform* oil, and the ointment mentioned above.

Preventive measures in all varieties of rheumatism consist chiefly of inuring the system to climatic and atmospheric changes by daily out-door exercise, cold ablutions, air-baths and warm porous undergarments. Persons liable to rheumatism should guard against rapid cooling down when in a perspiration, avoid damp beds and bedrooms and damp houses generally, and observe the diet prescribed for sufferers from gout on page 390.

30. SCURVY (*Scorbutus*). As this disease is mainly due to unfavourable conditions of life, it is chiefly to be met with among the lower classes. It is also common on long voyages, when the diet consists almost exclusively of rusks and tinned meat. The disease begins with a feeling of lassitude, depression, inflammation and bleeding of the gums, loosening and dropping out of the teeth, offensive breath and other symptoms similar to those of Land-scurvy (see page 397). As a preventive on a long voyage, the vessel should carry a plentiful supply of vegetable food (preserved vegetables and fruit) and especially fresh lemons. After the outbreak of the disease, salt meat must be avoided as far as possible and a diet consisting chiefly of vegetables adhered to. Gargling with vinegar and water and the internal use of *Mercur. corros.* 5x and *Hamamelis* extract is also to be recommended.

Infantile Scurvy, also called Barlow's disease after the physician who first described it, often occurs in children as a result of their being fed exclusively on artificially prepared nourishment or on over-sterilised food. The so-called anti-scorbutic vitamins, which by recent investigations have been proved indispensable to life, are destroyed by prolonged heating. It has been discovered that the duration of the heating process is of greater importance than the degree of heat to which the food is exposed. Thus milk which has been heated for thirty minutes up to a temperature of 144° F. loses more of its anti-scorbutic qualities than if heated a few minutes up to 212° F. This explains the fact that Barlow's disease occurs more frequently in children fed on pasteurised milk than in those fed on boiled milk. The symptoms of this disease are: swelling and bleeding of the gums, swelling of the joints and the appearance of yellow or blue spots all over the body. If fresh milk which has only just come to the boil, the juice of fresh fruit and meat juice form the nourishment, these symptoms will soon disappear.

31. By SENILE DECAY or MARASMUS is meant the loss, rapid or gradual, of strength which occurs in the aged without a definite

cause and is generally a sign that life is drawing to an end. Physical and mental rest and light digestible food are then to be recommended. When—despite a good appetite—there is general enfeeblement and emaciation *Abrotanum* 3x is suitable; this remedy is particularly efficacious for marasmus or wasting in children during the course of a long illness.

The complaints of the aged can often be greatly relieved by the application of homœopathic remedies. *Conium* 4x is often of use in various unpleasant disorders; *Phosphor.* 5x for shortness of breath and cough; *Carbo. veget.* 6x for eructations and flatulence; *Causticum* 4x for shakiness; *Cocculus* 4x and *Rhus tox.* 4x for dizziness; *Mezereum* 3x for itching; *Petroleum* 6x for deafness; *Sulphur* 6x and *Opium* 6x for obstinate constipation.

32. SMALL POX (*Variola*). Small pox was a well-known disease in ancient times, when it frequently destroyed entire tribes. Since vaccination has become general, this extremely infectious disease as a rule only occurs sporadically (in isolated cases), great devastating epidemics being seldom heard of. The contagious matter (virus) is contained in the pustules and is transmitted by contact or by exhalation; it develops unnoticed in the body (incubation) for twelve days, at the end of which period the disease breaks out suddenly attended by high fever, violent headache and backache, delirium and vomiting; an eruption resembling measles, but soon changing into vesicles and pustules, appears about the fourth day, first on the face and about the wrists and then on the body. After abating for a few days the fever recurs as soon as pus forms in the blisters which turn to real pustules. This secondary fever lasts from ten to twelve days; during all this time, the skin, the mucous membrane, the ears, eyes, nose and neck and even the genital parts are covered with pustules. They then begin to dry up and scales form which fall off, leaving behind the well-known disfiguring and permanent scars called "pits."

Treatment must of course be left to the physician. The patients should be isolated, if possible in special barracks adapted to the purpose. The primary requirements of proper nursing are: cool apartments into which there is an uninterrupted admission of fresh air, a fever diet (especially fruit juice), frequent tepid spongings, warm baths and rinsing out of the mouth. To prevent pitting in the face as far as possible, each pustule should be pricked with a thoroughly-heated needle, pressed out and covered with cold compresses. For those who, by reason of their place of abode, are unable to avail themselves of hygienic appliances but must depend on their own resources, the internal use of *Aconitum* 3x and *Belladonna* 3x at the commencement and of *Mercur. corros.* 4x or 5x on the appearance of the eruption and of *Hepar sulphur.* 5x or 6x during the stage of the suppurative fever

is to be recommended. The patient must be isolated until the scabs are all gone ; but the bedclothes and the wearing apparel of the patient, as well as the sick-room and all it contains, must first be thoroughly disinfected.

Preventive measures consist of the isolation of the patient and his nurses and of scrupulous cleanliness. Vaccination seems to be a fair safeguard against small-pox, although it may not preserve its efficacy for more than about seven years. In children unpleasant and dangerous symptoms sometimes attendant on vaccination may be prevented by observation of the rules given on page 355.

33. SNEEZING is caused by irritation of the nasal mucous membrane and may be considered Nature's remedy by which foreign bodies, germs and accumulated mucus are violently got rid of. It may also have an indirect cause, such as looking at a white wall on which the sun is shining. (See hay fever, page 273.)

34. SNORING is caused by the violent motion of the soft palate in respiration during sleep, when the mouth is open and nasal respiration is impeded by swollen tonsils or some similar cause. This cause should, therefore, be medically treated and the patient get into the habit of breathing through the nose during the day as well as during the night.

35. SOFTENING OF THE BONES (*Osteomalacia*) is caused by a deficiency of lime salts in the food, which are so essential to the proper formation of the bones, or may result from an unhealthy condition of the body which prevents the lime salts from being properly assimilated. The former is partly the case in rickets; the latter occurs in young anæmic women during pregnancy and confinement and is associated with some abnormal condition of the ovaries. The treatment of rickets has been discussed on page 373; for softening of the bones during pregnancy, a carefully regulated diet is desirable. Whereas vegetables, salad and fruit, butter, fresh and sour milk are to be especially recommended, meat, spices, salty food, alcoholic beverages and much fluid generally should be avoided. *Calcar. phosphor. 6x*, *Phosphor. 5x* and *Silicea 6x* are the most suitable remedies.

36. STAMMERING or STUTTERING is an impediment in speech chiefly due to nervousness but occasionally occurring in connection with certain diseases of children. Fluent speech is temporarily rendered impossible by convulsive movements of the tongue, lips and vocal cords. Treatment should consist of systematic exercises of these parts by so-called vocal gymnastics (reading aloud is particularly beneficial) and of strengthening the will-power.

37. SWEATING IN BED often occurs after a cold and during a bronchial catarrh or influenza. Injurious substances are removed from the system by this process, which should be considered one of Nature's remedies. Thus nothing should be done to suppress perspiration, provided it does not last too long and weaken the patient. When this is the case, preventive measures must be taken, the most efficacious being : sponging the body with vinegar and water, friction with alcohol, and 10 drops of *Avena sativa* tincture taken three times a day in a spoonful of water.

For perspiration in consumption see page 193 ; perspiration of the hands and feet, page 293 ; perspiration in the arm-pit, page 293 ; of the head in children, page 374.

38. TUMOURS (*Tumores*) owe their development to the morbid growth of tissue matter ; they may increase slowly or rapidly ; some tumours, such as lipomata or fatty swellings, are non-malignant ; others—cancerous growths, for instance—malignant. They may appear in any part of the body, in the eye and brain, and in the nerves and bones. Tumours in the womb and ovaries are generally very large.

Although treatment with homœopathic remedies combined with a suitable diet and medical measures sometimes produces surprising results, it is advisable to consult a good physician, he only being able to say whether and when an operation is necessary. For further particulars on this subject, passages treating of tumours and cancer should be consulted (see Index).

39. TYPHOID FEVER (*Typhus abdominalis*), also called enteric fever, is a common infectious disease, known to be caused by the bacillus typhosus discovered by Eberth. It may be epidemic, endemic, or sporadic ; infection is carried by water, milk and other food polluted by the poisonous germs. Predisposition plays a certain part, it having been discovered that some people are rendered especially susceptible to the disease by unsuitable or insufficient food, prolonged emotion and unaccustomed physical or mental exertion. One attack generally precludes the possibility of a second one. It is remarkable that persons suffering from chronic diseases are generally in better health after an attack of typhoid fever than they were before. It may, however, also happen that patients who have got over the disease and are apparently quite well, will for weeks and sometimes for months discharge virulent germs with their excrements. Such people are called " typhoid carriers " and are much to be pitied, being without any fault of their own a constant source of infection to others.

As no specific remedy has yet been discovered for this serious disease, the only thing such persons can do is to observe the most

scrupulous cleanliness in contact with others. Fortunately the germs will in course of time disappear of their own accord.

Symptoms and course of the disease. Incubation—that is the period that elapses between the taking of the infection and the

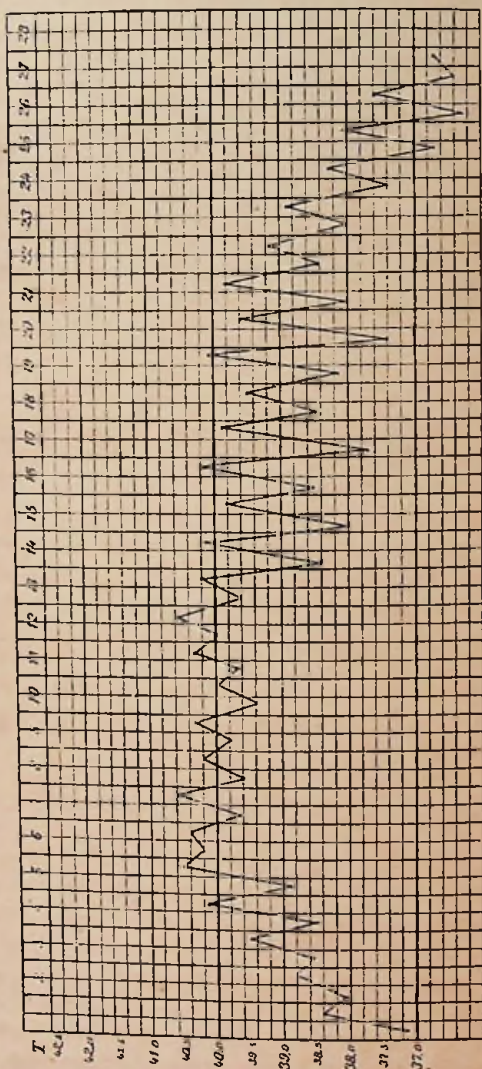


Fig. 204. TEMPERATURE CHART IN A TYPICAL CASE OF TYPHOID FEVER.

outbreak of the disease—lasts from ten to twenty days; this stage is preceded by premonitory symptoms, such as headache, lassitude and loss of appetite. Attended by characteristic febrile symptoms, the disease then breaks out, the temperature rising gradually in

"staircase" fashion, with small remissions every morning, till it reaches its zenith, and then declining gradually in similar fashion to the normal (see fig. 204). Constipation is followed by weakening diarrhœa ("peasoup" stools) occurring two to four times a day; other symptoms are headache, delirium and semi-coma, feeble pulse, dry brown tongue, swelling of the spleen and red spots on the abdomen, great emaciation and loss of hair. Patients recovering from this disease are always liable to a relapse. There is constant risk of dangerous complications, such as hæmorrhage from the bowels, perforation of the bowel and pneumonia.

Important items in the treatment of this dangerous complaint (which should, if any way possible, be left to the physician) are a suitable diet and the use of warm and tepid baths. During the feverish stage fluid nourishment only should be given, chiefly milk, gruel, beef-tea, beaten up eggs and clear soup. Later on the patient may be allowed soups thickened with rice and semolina, mashed potatoes, carefully prepared vegetables, scraped ham, young fowls and pigeons—although great care should still be taken during convalescence and all indigestible food completely avoided. Hydropathic treatment should consist of cool sponging of the entire body when the bodily temperature is not above 102° F., and of complete baths in cases of higher fever; this treatment is generally very beneficial—a bath varying in temperature from 93° F. to 83° F. being most efficacious. A bath of this kind may last from ten to fifteen minutes, its duration depending on the strength of the patient, and may, if necessary, be taken twice a day. Homœopathic remedies have been found efficacious in this disease. The principal ones are: *Belladonna* 3x and *Acidum phosphoricum* 4x at the commencement; *Rhus tox.* 3x, *Baptisia* 3x, *Acidum muriat.* 3x at later stages and in slight cases; *Arsenicum* 6x, 5x or 4x, and *Cuprum arsenicosum* 6x, 5x or 4x, one of the most efficacious remedies (according to Prof. Schulz) in more serious cases; *Carbo veget.* 6x and *Echinacea* 2x for collapse. American doctors highly recommend *Pyrogenium* 12x, which apparently causes the disease to assume a milder form and sometimes even cuts it short at the start. The remedy contains certain products of metabolism diluted with alcohol.

Suitable intercurrent remedies are *Ipecacuanha* 3x for nausea and vomiting, *Bryonia* 3x for pain and jaundice, *Hamamelis* 3x, *Hamamelis* extract and *Secale cornutum* 3x for hæmorrhage from the bowels, *Stramon.* 4x, *Hyoscyamus* 4x and *Zincum cyanat.* 4x for cerebral affections, and *Antimonium tartar.* 3x and *Phosphor.* 5x for pneumonia. Bedsores should be prevented by the measures mentioned on page 115. After recovery *Calcar. phosphor.* 6x, *Avena sativa* 1x or *China* 3x should be taken for some length of time.

Preventive measures during a typhoid epidemic are identical with those recommended for cholera (see page 213). Absolutely pure water for drinking purposes is essential.

40. **TYPHUS FEVER** (*Typhus exanthematicus*), fortunately a disease of rare occurrence in our part of the world, has claimed many victims (in some epidemics mortality reached 60 per cent.) in times of privation and poverty and war. The disease is caused by microbes which can be transmitted from one person to another by the bite of a body louse. It begins with a feeling of great debility, violent rigors and high fever; on the third or fifth day spots resembling measles appear on the skin. The patient is generally unconscious; profuse perspiration is a favourable symptom. Treatment is much the same as in typhoid fever (see page 407). Physicians practising in India chiefly recommend *Rhus tox.* 4x and *Arsenicum* 4x or 3x.

Measures to prevent the spread of an epidemic consist of the greatest cleanliness both of the body and of the clothes, of sufficient nourishment and the destruction of lice. This destruction is at present extensively carried out in special institutions, in which the clothes are freed from lice by steaming or exposing them to hot air, while persons infested with these parasites are well soaped and then placed under a hot shower bath.

41. **VORACIOUS APPETITE** is a sudden intense desire for food which if not satisfied will cause nausea, vomiting and even swooning. It is sometimes occasioned by a tape-worm and can be cured by removal of the cause (see page 221). In other cases treatment is that of nervous dyspepsia.

42. **YAWNING** is occasioned by irritation of the respiratory centre situated in the medulla oblongata of the brain by physical fatigue or mental fatigue (*Ennui*). Continuous yawning is a sign that the blood is not sufficiently charged with oxygen and may be considered nature's remedy for this disorder.

43. **YELLOW FEVER** (*Febris flava*) is an endemic disease, peculiar to tropical regions, bearing some similarity to cholera. Rigor, fever, thirst, vomiting, diarrhœa, headache, backache and pain in the muscles, insomnia and a yellow colour of the skin are the chief symptoms; in severe cases the patient rapidly becomes very weak and loses consciousness. For treatment, *Arsenicum* 4x and *Rhus tox.* 4x, warm baths and wet compresses applied to the abdomen are to be recommended.

CHAPTER XIII

FIRST AID TO THE INJURED

IN all serious accidents it is advisable to summon medical assistance. As this, however, is often not available at once or at all, everybody ought to know what to do in an emergency in order to avert immediate danger. What a number of slight accidents occur every day for which prompt aid is of vital importance!

Nearly everybody with any fellow-feeling wishes to be of assistance in such circumstances, but this assistance can only be of use when it is efficient. The means and ways by which a person can help himself and others in slight accidents should therefore be known to everybody, as well as the measures to be taken in serious cases before the services of a doctor are obtained.

I. **INSENSIBILITY** or **UNCONSCIOUSNESS** occurs frequently and in various forms. The slightest form is a fainting fit caused by sudden deficiency of blood in the brain in consequence of momentary partial failure of the heart's action through fright, intense pain, loss of blood, close or crowded rooms. Total insensibility occurs in cerebral diseases, injury to the brain, apoplexy, epilepsy, and in poisoning caused by alcoholic beverages, opium or other strong drugs. It can be so complete that the pulse and respiration are no longer perceptible and the patient appears to be dead or in a trance.

Treatment. Lay the patient down with the head on a lower level than the body when the face is pale, and on a higher one when it is flushed; undo all tight clothing round the neck and chest, sprinkle the face with cold water or vinegar, wash the forehead and temples with vinegar or eau de cologne, and hold smelling salts to the patient's nose. When able to swallow, he should be given strong coffee, brandy or a few drops of *Spirits of Camphor* in warm water.

Total unconsciousness of protracted duration may, until medical aid is forthcoming, also be treated with the following measures: hot foot and hand baths, hot water compresses applied to the heart, brushing the soles of the feet, massage of the heart (see page 414), and artificial respiration (see page 413). When the patient has regained consciousness, which is manifested by yawning, sighing, deeper breathing and the return of bodily warmth and colour to

the lips, he should take a few sips of cold water and remain in a recumbent or sitting posture for some time, being warmly covered up meanwhile.

2. TRANCE OR SUSPENDED ANIMATION (*Quasi mors*) is the highest degree of insensibility, bearing much resemblance to death. The body is completely insensible and can even be cold, and respiration and pulse be no longer perceptible. We have already



Fig. 205. SUPPORTING A HALF-CONSCIOUS PERSON.

pointed out the difference between a trance and death on page 387.

In all cases of sudden death without a previous illness, the possibility of the patient being in a trance should never be entirely rejected.

Treatment is that of total unconsciousness (see page 411). In desperate cases, the application of a strong faradic current may sometimes still be of use. For suspended animation in new-born infants see page 347.

3. ARTIFICIAL RESPIRATION is one of the principal means of reviving an insensible person or of restoring suspended animation. It should always be applied in cases when natural respiration has apparently ceased.

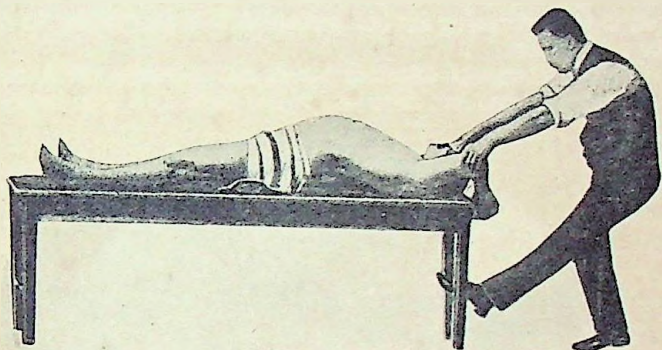


Fig. 206. ARTIFICIAL RESPIRATION (INSPIRATION).

The best method of artificial respiration is that introduced by Dr. Silvester. It should be carried out as follows: place the patient on his back and remove all tight clothing from about the

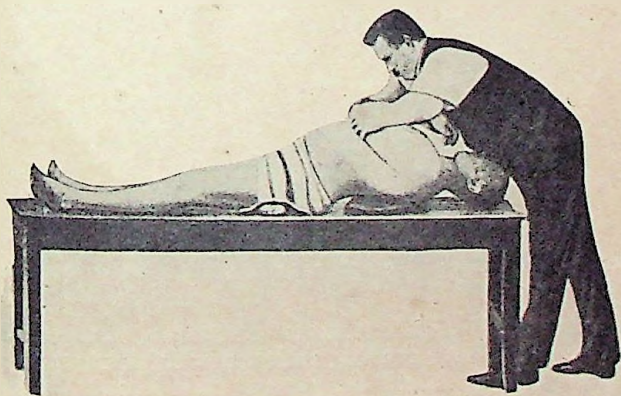


Fig. 207. ARTIFICIAL RESPIRATION (EXPIRATION).

neck and chest, then stand at a convenient distance behind the patient's head, grasp his arms just above the elbow, draw them evenly and slowly over the patient's head, hold them there for a

few instants, then draw downwards and press against the sides of the chest. These movements, by which air is drawn into the lungs and pressed out again, should be repeated about ten times a minute and continued until spontaneous breathing is re-established. As this may sometimes last for several hours and as the work is very fatiguing for one person, it is a good thing to have relays of helpers.

A sudden change of colour in the face is generally the first sign of restored animation, after which the chest as a rule begins to



Fig. 208. HOW A GOOD SWIMMER SHOULD HOLD A DROWNING PERSON.

move spontaneously. Life seems to be returning to a dead body. If the patient is able to swallow, a few teaspoonfuls of warm coffee or wine or brandy should be given; when consciousness has been thoroughly established, he should be allowed to sleep, if so inclined.

4. **MASSAGE OF THE HEART** is applied independently or with artificial respiration in all cases of a feeble action of the heart.

It should be applied as follows: stoop over the patient who is in bed or on the floor, turning your face to him, place the tips of the

fingers of the right hand over his bare chest or left nipple and make short vigorous strokes (about 100 a minute) about the region of the heart.

5. **RESCUING THE DROWNING** is not very difficult, provided one has a large ball filled with air attached to a long rope, such as is often seen at seaside resorts. When this ball is thrown into the water, the drowning person will instinctively cling to it and be pulled to shore. When there is neither a ball of this kind nor a life belt nor a boat nor a pole at hand, the drowning person can



Fig. 209. HOW A GOOD SWIMMER SHOULD SWIM TO SHORE WITH A DROWNING PERSON.

only be saved by a good swimmer who should proceed as follows: Encourage the drowning person by calling out that he is saved, jump into the water, catch hold of him from behind and hold him firmly against you so that he is unable to cling to you and prevent you from swimming.

When he is taken from the water apparently dead, lay him over your knee or on the ground, and place a pad made of some article of clothing under the chest. Now apply even pressure by the hands to the patient's back in order to get rid of the water in the

air passages ; then place the patient on his back and clear the mouth and nose of mud and froth, take off his wet clothes, dry the body thoroughly, apply restoratives and proceed to artificial respiration (see page 413).

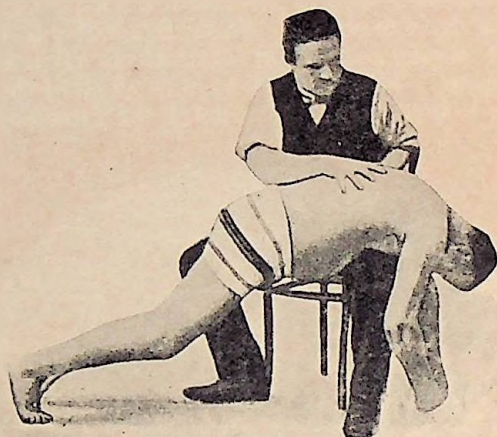


Fig. 210. TREATING AN APPARENTLY DROWNED PERSON.

A non-swimmer in danger of drowning should place himself on his back and not raise his arms above the water, as this will cause the head to sink ; but stretch them out on the water and draw

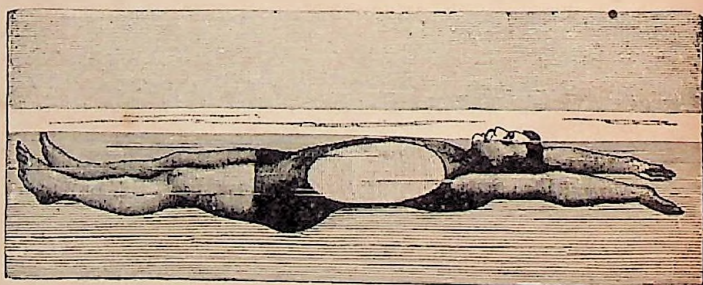


Fig. 211. CORRECT POSITION IN THE WATER.

rapid, deep breaths ; this process will keep his head above water.

The white patches in figs. 211 and 212 (showing the wrong and the right positions in the water) represent the air in the body which, when in the right position, prevents the body from sinking.

6. **HANGING.** Free the neck from the rope immediately, taking care that the body does not fall to the ground; then loosen the clothing about the neck and the chest, sprinkle the face with cold water, brush the soles of the feet, and proceed to artificial respiration (see page 413).

7. **SUFFOCATION.** Remove the patient as quickly as possible from out of the reach of the poisonous gases into the fresh air or into a room into which fresh air has constant access through

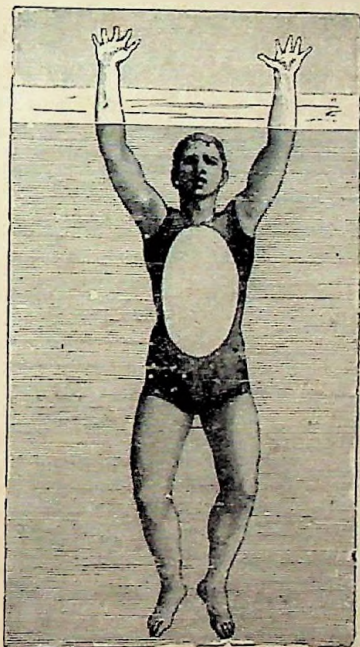


Fig. 212. WRONG POSITION IN THE WATER.

windows and doors. Further treatment is that of total insensibility (see page 411). The author has witnessed a case of restored animation by means of artificial respiration (lasting many hours) and electricity applied to a man who had been insensible for over fifteen hours in consequence of suffocation by carbonic oxide.

8. **A PERSON STRUCK BY LIGHTNING** must be undressed in the open air as quickly as possible, splashed with cold water and well rubbed. When animation is suspended, artificial respiration must be commenced at once (see page 413).

During a thunderstorm, the following precautions should be taken: Do not seek shelter under an isolated tree, or near a haystack or water. In town, avoid taking shelter under a roof from which the water is pouring; in the house avoid standing near the stove or fireplace and do not telephone. In accidents caused by contact with an electric wire or cable, the current should if possible be switched off at once; when this is impossible, stand on a dry board or some article of clothing and pull the sufferer away from the wires or other contact. To protect yourself from contact wrap up your hands in dry material or clothes or put on india-rubber gloves.

Treatment.—This is that of insensibility (see page 411).

9. PERSONS IN A FROZEN CONDITION (*Congelatio*) must on no account be brought into a heated room until the body has been gradually thawed; careful handling of the patient is also necessary, as otherwise a limb may easily break. He should be taken into an unheated room, carefully undressed and rubbed with snow until the skin thaws and the limbs regain the power of motion. In the absence of snow, cold wet towels may be used. When circulation is restored, the temperature of the room should be gradually raised and artificial respiration begun (see page 413). Frost-bitten hands and feet should also be rubbed with snow and cold water. (For chilblains see page 292).

10. SUNSTROKE (*Insolatio*) and HEATSTROKE are caused by exposure of the head to the direct rays of the sun, or by excessive bodily exertion in great heat, especially when there is a deficiency or lack of perspiration. The overheating of the blood sometimes gives rise to sudden syncope. Sufferers from sunstroke or heatstroke must be removed to a cool shady spot, all tight clothing undone and cold water poured over the head and chest, after which artificial respiration (see page 413) should be applied; as soon as the patient is able to swallow, he should be given plenty of fresh water. A few does of *Glonoinum* 5x are beneficial.

11. BURNS AND SCALDS (*Combustio*). A burn is caused by dry heat, such as flames, hot metals, etc.; a scald by moist heat, such as boiling water, hot oil, etc. There are three degrees or varieties of burns and scalds:

(1) Burns causing painful swelling and redness of the skin. On holding the burnt places to the fire, the pain will first get worse, then better; compresses made with cold water and a little *Urtica urens* tincture will also give relief.

(2) Burns in which "blebs" or vesicles filled with a yellowish watery fluid form on the inflamed skin. Do not remove these vesicles, but prick them on their lower rim with a needle heated over a flame to allow the fluid to escape, and then cover with

medicated wadding soaked in diluted *Urtica urens* tincture or diluted alcohol. In fresh burns any bandage by which the air is completely kept from the wound will ease the pain; these bandages can be smeared with white of egg, olive oil, carbolic oil, *Arnica* ointment, or with an application consisting of equal parts of linseed oil and lime water, obtainable at a chemist's. When nothing of the kind is available, scrape good common white soap, mix it with water until a thick paste is formed and apply this to the burns, which should also be well dusted with a powder consisting of equal parts of dermatol and potato or bean flour, this helping to absorb the fluid exuding from the vesicles. A dry gauze bandage dusted with bismuth powder placed over the burn is another very efficacious remedy, one dressing sometimes sufficing to heal the wound.

(3) Burns by which the tissues are completely destroyed. In this—the so-called gangrenous stage—black crusts and scales form which gradually peel off by renewed inflammation or suppuration.



Fig. 213. A BURN OF THE SECOND DEGREE.

Treatment must be left to the doctor; pending his arrival, the remedies mentioned above may be applied. Amputating the burnt limb is sometimes the only means of saving the patient's life. When more than a third of the surface of the body is burnt, recovery is most doubtful; the patients are then generally quite apathetic, do not complain of pain, but only sigh now and then and suffer from intense thirst.

When a woman's dress catches fire, a common accident often caused by the bad habit of lighting a fire with petroleum or paraffin, throw a cloth, or rug, or woollen article of clothing, or any similar thing that is handy, over the sufferer, who should then be laid flat on the ground and rolled about until the flames are extinguished; then pour water over the patient and send for the doctor without delay. The clothes must not be torn off, but cut open with a good pair of scissors or a sharp knife and removed with the greatest care. *Aconitum* 3x alternately with *Arnica* 3x for fever; *Arsenicum* 5x, *Cantharis* 6x or *Causticum* 4x for violent pain; and *Hepar sulphur.* 4x, *Silicea* 6x or *Sulphur* 6x for long continued ulceration and suppuration.

12. WOUNDS (*Vulnus*) and INJURIES (*Contusio*) are caused by a blow or fall, a knock, prick, cut, shot or an explosion, and in more modern times are very frequently due to accidents arising from the handling of machinery. Bruises or contusions do not injure the skin, but only cause pain, redness and swelling; rest of the injured part which should be kept in a raised position and cold compresses made with *Arnica* tincture (1 teaspoonful of *Arnica* to 1 pint of water) will generally soon cure the bruises. In an injury to the internal organs or concussion of the brain, accompanied by vomiting and insensibility, the doctor should be summoned immediately; pending his arrival 5 drops of *Arnica* 2x in a spoonful of water should be administered every quarter of an hour, and a hot water bottle placed at the patient's feet if they are cold.

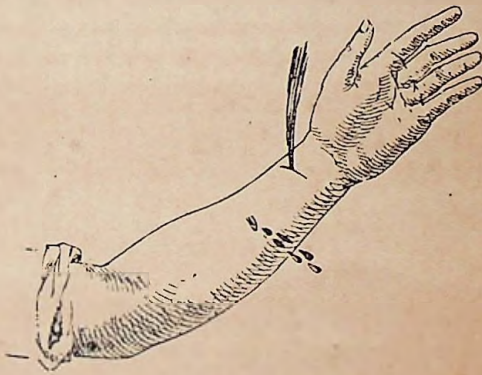


Fig. 214. HÆMORRHAGE FROM AN ARTERY IS SHOWN ABOVE AND FROM A VEIN BELOW.

Wounds cause injury to the skin and to the tissues, muscles, blood vessels and nerves which may be more or less seriously crushed or even destroyed; wounds are generally attended by hæmorrhage. When the capillaries only are injured, the flow of blood is slight, which if it does not cease of its own accord can easily be stopped by pressure. This may, however, only be applied with medical wadding or a clean cloth; it is a mistake to wash off the clotted blood, a common practice arising from ignorance.

When a vein is cut, the blood is of a dark colour and flows in a continuous steady stream, while blood from an artery is scarlet in colour and escapes in spurts or jets. As prolonged hæmorrhage endangers the patient's life, immediate aid is necessary. A doctor is able to arrest hæmorrhage from an artery by compression of the vessel between the wound and the heart as close to the wound as possible, hæmorrhage from a vein by compression on the

side of the wound farthest from the heart; when professional aid is not available, apply even pressure to the wound by means of a layer of medicated wadding or a clean cloth, or if this proves insufficient, to the spot between heart and wound where the throbbing of the artery is felt. The best way of



Fig. 215. HÆMORRHAGE IN JETS OR SPURTS.

Place the thumb on the artery by the side of the windpipe, pressing backwards while the four fingers clasp the neck.

applying this indirect pressure is by an elastic band such as a garter or braces or by the tourniquet bandage, which can be improvised in the following way: tie a bandage or a cloth tightly round the limb, insert a knot through the knot and twist until the

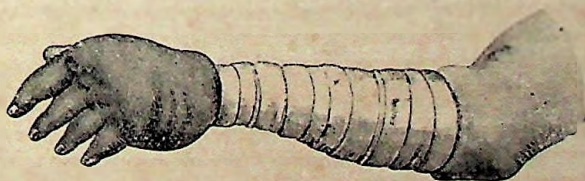


Fig. 216. SWOLLEN, PURPLE AND GANGRENOUS HAND IN CONSEQUENCE OF AN OVER TIGHT BANDAGE.

flow of blood is arrested. As this tight bandage may, however, cause swelling of the limb or even gangrene, it should not be left on longer than two hours. When owing to the position of the wound—on the throat, for instance—this method is not applicable. apply digital pressure until the doctor arrives.

Further treatment consists of cleansing the parts around the wound by removing foreign bodies and dirt, joining the edges of the wound by pressure or narrow strips of sticking plaster (in severe wounds this should, of course, be left to the doctor), and bandaging it with an *Arnica* and *Alcohol* dressing made as follows: Soak medicated wadding or gauze in a mixture of 1 part of tincture of *Arnica* and 9 parts of diluted *Alcohol*, place this on the wound, cover with a layer of dry medicated wadding and bandage. The advantages of this *Arnica* and *Alcohol* dressing—which completely meets the requirements of antiseptic and aseptic treatment of wounds—consist firstly of the exclusion of air and injurious substances from the wound by the thick layer of wadding; secondly of the great disinfecting qualities of *Alcohol*; and thirdly of the beneficial action of *Arnica* on the white corpuscles.

Scrupulous cleanliness is also essential to the proper treatment of recent or old wounds. The hands must therefore always be washed with soap before treating wounds, and on no account may

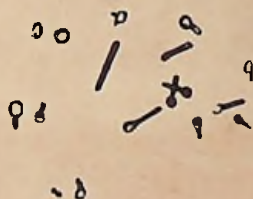


Fig. 217. TETANUS BACILLI.

sponges, soiled linen or sticking plaster or cobwebs be brought into contact with a wound, as so often happens from stupidity or carelessness, only clean cotton wool and bandages being permissible.

In all bruises and wounds of a more serious nature the internal use of *Arnica* 3x or *Hamamelis* extract is also of use. For proud flesh occasioned by a wound, dabbing the place with *Argent. nit.* 2x is often efficacious.

13. POISONED or SEPTIC WOUNDS may result from improper treatment or the use of unclean instruments in operations, by which poisonous substances (*Pathogenic bacteria*) get into the blood and cause blood poisoning (*Septicæmia*). The wound has an unclean appearance and discharges putrid pus, causing swelling and pain in the surrounding parts and attended in more serious cases by fever, loss of appetite, diarrhœa and rapid loss of strength. Poisoning with tetanus bacilli may cause the formidable and dangerous disorder called tetanus or lockjaw.

Preventive measures consist of most careful treatment, as described above, of even the slightest wound. When symptoms

of blood-poisoning appear, wet compresses on the wound or wet packs applied to the entire body are often beneficial, in addition to which, however, it may be necessary to destroy the seat of the infection by surgical treatment. Prof. Bier has introduced for all kinds of septic wounds treatment by moist heat, by means of compresses extending far beyond the wound and very hot baths applied locally and lasting one or two hours twice a day. We can from our own experience thoroughly recommend this treatment with moist heat which may obviate the necessity of an operation. The patient's strength must be kept up by light, digestible food and good wine or brandy; suitable internal remedies are *Arsenicum* 4x, *Lachesis* 12x and *Chinin. muriat.* 2x; in desperate cases *Echinacea* 2x or 1x, one of the more recent American remedies, should by reason of its antiseptic and stimulating actions always be given a trial.

Poisoned wounds (*vulnera venenata*) are not infrequently caused by the stings of bees, wasps or mosquitoes, or by the bites of serpents or mad dogs.



Fig. 218. CULTURE OF THE TETANUS BACILLI.

Stings should be squeezed and then covered with wet compresses made with *Calendula* tincture or rubbed with *Apis* tincture or *Hamamelis* vinegar. When stung in the mouth or throat by a wasp, salt moistened with water should be slowly swallowed so as to prevent swelling and possible suffocation. If this is of no avail, the doctor must scarify the dangerous swelling of the mucous membrane by a few deep incisions.

In the case of snake bites the wound should be well sucked or when this is too late cauterized with a red-hot iron, a lighted cigar or similar object and the limb tightly bound (with a string, brace, strip of handkerchief etc.) between the wound and the heart; wet compresses should then be applied to the affected limb and fomentations to the wound itself.

In the tropics, spirits and alcohol in any shape or form, mixed with hot water, are administered in large quantities with most beneficial effect, a circumstance which probably finds its explanation in the fact that alcohol rapidly destroys the poison in the blood and at the same time keeps up the patient's strength.

In cases of bites from dogs suffering from rabies (*hydrophobia*) a prophylactic injection according to Pasteur should at once be

made; in addition, the wound should be cauterized and a constriction placed between the wound and the heart; fomentations and frequent vapour baths are also to be recommended.

14. **SPRAINS** (*distorsio*) and **DISLOCATIONS** (*luxatio*) are caused by the sudden violent contraction of the muscles through a fall or blow. Whereas a sprained limb, although exceedingly painful, can still be moved, a dislocated joint is immovable.

The ankle and wrist are most liable to sprains and the shoulder joint to dislocation. Although a sprain is generally treated with cold compresses, we have frequently used warm water to better and more rapid effect.



Fig. 219.
DISLOCATION OF THE RIGHT ELBOW.



Fig. 220.
PROVISIONAL OR FIRST-AID SPLINTS
MADE OF CARDBOARD.

The sprained limb should be placed in a pail of warm water to which a few dessertspoonfuls of *Arnica* tincture have been added; as much hot water should then be gradually added as the patient can stand.

As a rule the pain is soon eased. The sprained limb must be kept at rest for some time and then be carefully massaged and bandaged with flannel.

In cases of dislocation a doctor should be summoned as soon as possible. Pending his arrival place the dislocated joint in whatever position gives most ease and apply cold compresses.

It is sometimes possible to set a dislocated joint without causing too much pain after a long warm bath. In other cases this can only be done when the patient is under an anæsthetic.

15. FRACTURE can be recognised by the unnatural mobility of the injured part, a grating sound (crepitatio) and intense pain in moving. When the adjacent tissues of the skin or mucous membrane are injured so that there is direct communication

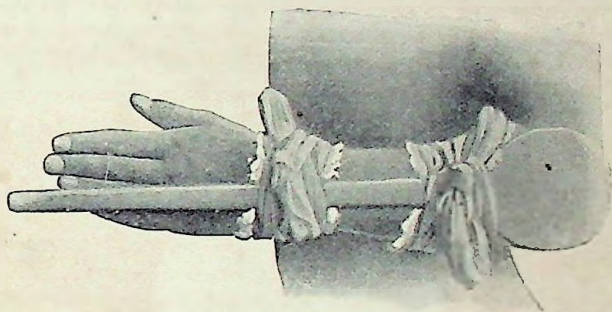


Fig. 221. PROVISIONAL OR FIRST-AID SPLINT MADE WITH A WOODEN SPOON.

between the air and the site of fracture, this is called a compound fracture. A doctor should be summoned at once or the injured person taken at once to a hospital.

When the arm is broken, support it by a wide sling supporting the arm and tied at the back of the neck. In fractures of the leg, place the injured leg on a board or something equally firm, apply splints,—pieces of wood, walking sticks, umbrellas etc.—to both sides of the leg and secure in position by bandages; the patient

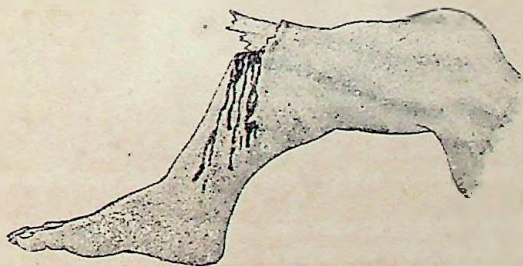


Fig. 222. A COMPOUND FRACTURE OF THE LEG.

may then be carefully moved. All unnecessary and useless manipulation should be avoided, as this only causes aggravation of the trouble. It is thus far better in cases of accidents occurring in lonely spots to place the patient in as comfortable a position as possible and to leave him there till help and means of conveyance arrive, than to remove him at once with hurried and improper measures which will cause pain and even danger. Cold compresses

are always efficacious for relieving pain. Medical treatment consists of setting the bones and the application of a suitable Plaster of Paris or Silicate dressing. A fractured finger will take about a fortnight to heal, an arm 4—6 weeks, and a leg 6—10 weeks. Fractured ribs cause great pain in breathing; a broad bandage or a wide strip of sticking plaster round the chest will generally cause the fracture to heal quickly.

16. THE BEST WAY OF TRANSPORTING THE INJURED is by stretcher or ambulance. When this means of conveyance is



Fig. 223. TWO BEARERS CARRYING AN INJURED PERSON.

unavailable, a stretcher may be improvised with a few stout branches or sticks covered with a shawl or coat etc. In case of need an injured man can be carried by two persons in the following way: the patient places his arms round the necks of the bearers who form a kind of bridge for the patient to sit on with two hands, the other two supporting the patient's back. On arriving at his destination, the patient must be placed in a comfortable position and carefully undressed, by cutting or unpicking the seams of his clothes.

17. FOREIGN BODIES (*Corpora aliena*) IN THE EYE, EAR, NOSE, THROAT AND STOMACH. The removal of foreign bodies from the

eye has been fully discussed on page 259. We repeat that a doctor should be consulted when the foreign body is located on or in the cornea or still deeper in the eye.

Attempts to remove foreign bodies in the ear, such as peas, insects, or an accumulation of wax, should consist of carefully syringing the ear with warm water, never of probing it with sharp instruments, hairpins, pincers, etc., which by careless handling may easily injure the drum of the ear (see page 265). In playing, children frequently stuff up their noses, peas, beans, buttons, etc., the presence of which may remain unnoticed for some time; finally, however, these objects will give rise to pain and mucous discharge. They can be dislodged by sneezing induced by a pinch of snuff or tickling the nose with a feather, syringing the nose with tepid water (through the free nostril) may also be tried. If these attempts are unavailing, a doctor should immediately be summoned, as he alone can use an instrument properly.

Fish bones and other bones sometimes get into the throat during meals, or the bad practice of holding small objects in the mouth may cause these, by a sudden inspiratory movement (laughing, coughing), to get into the windpipe and induce suffocation.

As false teeth may be swallowed during sleep and get into the larynx or pharynx, it is advisable to remove these before going to bed. In all such cases nature tries to help herself by coughing or vomiting.

If this does not remove the foreign body, thump the sufferer between the shoulders and try to pull it out with the fingers. Should it have got too far down, try to push it still further down, towards the stomach. In serious cases of suffocation the patient's life can only be saved by a speedy operation.

When a foreign body has got into the stomach, avoid purgatives and let the patient eat plenty of bread and potatoes, in which the foreign body will become embedded and be got rid of in a natural way.

18. POISONING is caused by mineral, vegetable or animal poisons, or by breathing poisonous gases. For the two last-mentioned kinds of poisoning, see page 423, as well as under the heading septic wounds and suffocation.

Chronic poisoning is occasioned by prolonged contact with poisonous substances and by the habitual use of overdoses of certain drugs, such as *Mercury*. In such cases, homeopathic remedies, suitable diet and baths are to be recommended. In cases of acute poisoning steps must immediately be taken to get the poison out of the system, or when this is no longer possible to neutralise its effect.

The best way of getting rid of the poison is to administer an emetic (prescribed by the doctor) or to apply the stomach pump.

while its effect may be neutralised by an antidote selected according to the nature of the poisoning.

When the poison is not known, plenty of milk or preferably a 5 per cent. solution of borax in milk should be administered.

In the following table the most common kinds of poisoning and the best way of treatment are described. Needless to say, a doctor should be summoned in all sudden cases of poisoning. Pending his arrival the measures mentioned above and below may sometimes succeed in averting immediate danger.

NAME OF POISON.	SYMPTOMS OF POISONING.	TREATMENT.
Alcohol.	Insensibility, red face, dilated pupils, breath smells of alcohol.	5-10 drops of Spirits of Ammonia in sugar water, strong coffee, enemata with vinegar and water.
Arsenic (Rat poisoning) (Paris green).	Vomiting, pain in stomach and abdomen, diarrhoea, cramp in the legs, fear, delirium, rapid feeble pulse, twitching.	Emetics, milk, oil; the proper antidote for Arsenic should immediately be procured from a chemist close at hand and a dessertspoonful administered every five minutes.
Prussic acid	Sudden syncope and suspended respiration, death is generally ushered in by convulsions and suffocation.	<i>Immediate</i> emetics, followed by pouring cold water over the neck and back, strong coffee and artificial respiration.
Lead (white lead).	Colicky pains in the abdomen, sweetish taste in the mouth, thirst, offensive breath and finally paralysis.	Emetics, stomach pump, Glauber salts, milk, white of egg, hot compresses of abdomen.
Tartar emetic.	Vomiting, violent pain in stomach, thirst, cold sweat, convulsions.	Milk, strong tea, raw white of egg, hot water compresses on abdomen.
Nitrate of silver.	Vomiting, burning of the lips and tongue, pain in stomach.	Strong solution of salt, also milk and white of egg.
Iodine Tincture of iodine.	Vomiting of brown and bluish matter, thirst, diarrhoea, weak pulse, small quantities cause headache and cold in the head.	Plenty of starch pap, white of egg, sugar water.
Carbolic acid and Lysol.	Intense burning pain in the mouth, throat and stomach, vomiting, insensibility, loss of strength.	Emetic, stomach pump, milk, oil, white of egg, Glauber salts.

NAME OF POISON.	SYMPTOMS OF POISONING.	TREATMENT.
Oxalic acid (also called Saccharic acid).	Vomiting, convulsions, difficult breathing, weak pulse, cold, clammy skin.	Lime water should be administered immediately. In cases of emergency chalk can be dissolved in water.
Copper (verdigris).	Vomiting of green or blue matter, colic, bloody diarrhoea, metallic taste in the mouth.	Emetics, plenty of white of egg, honey, milk, honey water, <i>no fat or oil!</i>
Alkaline corrosives (quick lime, caustic soda, spirits of ammonia).	Burning of the mouth and tongue with intense pain, vomiting, colic, and bloody diarrhoea.	Plenty of lemonade, vinegar and water, milk, oil, butter.
Mineral acids (hydrochloric acid, sulphuric acid or vitriol, nitric acid).	Burning, violent pain in the mouth, throat and stomach, vomiting and diarrhoea.	White of egg, plenty of water, milk, soapy water (internally), oil, limewater.
Vegetable poisons (henbane, digitalis, nicotine, opium, hemlock, deadly night shade).	Dizziness, insensibility, contracted or dilated pupils, delirium, occasional vomiting or diarrhoea, dry sensation in throat, weak pulse, sighing breathing, convulsions, paralysis.	Emetics, stomach pump, strong tea, coffee, wine, cold wet compresses on head, hot hand and foot baths, artificial respiration.
Phosphorus (rat poison, matches).	Vomiting of phosphorescent matter smelling of garlic, diarrhoea.	Emetics, 20 drops of oil of turpentine in gruel, <i>no milk, no oil!</i>
Fungi.	Nausea, vomiting, diarrhoea, convulsions and delirium, sometimes only occurring 5-10 hours after partaking of poisonous or bad fungi.	Emetics and purgatives, strong tea, wine, spirits of camphor.
Mercury.	The same as those caused by arsenic, in addition to a copious flow of saliva, metallic taste in the mouth.	Emetics, plenty of white of egg, milk, water. <i>Antidote to be procured at a chemist's.</i>
Spanish fly.	Burning pain in mouth and throat, thirst, headache, urine contains blood.	Emetics, gruel, white of egg. <i>No fat, no oil!</i>
Ptomaine poisoning (meat, fish, cheese).	Thirst, vomiting, pain in abdomen, dysuria, difficulty in breathing, insensibility.	Emetics and purgatives, coffee, wine and spirits of camphor.

GLOSSARY

Abnormal	..	deviating from the general rule, unnatural
Acne	..	pimple
Adenoid	..	growth at the back of the nose
Adipose tissue	..	fatty tissue
Agalactia	..	lack of milk
Ague	..	malarial fever ; intermittent fever
Albumen	..	protein, as in white of egg, blood and other body fluids.
Albuminuria	..	a condition in which albumen is excreted in the urine
Alkali	..	that which in combination with an acid produces a neutral salt
Alkaloid	..	the active principle of a vegetable drug
Allopathy	..	the ordinary mode of medical practice, consisting of the use of drugs that produce in the system a condition contrary to the disease
Amaurosis	..	sudden and complete blindness, usually temporary
Amylum	..	starch
Anæmia	..	poverty of blood or shortage of red corpuscles
Anæsthetic	..	a drug which causes loss of consciousness
Anatomy	..	science of the structure of the body
Anthrax	..	malignant pustule caused by anthrax bacillus
Antidote	..	a counteracting remedy for poison
Antiseptic	..	counteracting the growth of putrefactive and poisonous germs
Anus	..	orifice of the rectum
Aperient	..	opening medicine ; see purgative
Appendicitis	..	inflammation of the appendix
Appendix	..	vermiform process of the blind gut (cæcum)
Arteriosclerosis	..	degenerative hardening of the arteries
Arthritis	..	inflammation of the joints
Ascites	..	abdominal dropsy
Assimilation	..	the act by which living bodies appropriate and transform into their own substance matters with which they come in contact
Asthenopia	..	weak-sightedness
Ataxy	..	inability to co-ordinate the movements of the limbs (see locomotor ataxy)
Atrophy	..	wasting ; insufficient nutrition ; emaciation
Attenuation	..	dilution
Auscultation	..	listening over the chest to discover the condition of lungs and heart, with or without a stethoscope
Axilla	..	armpit

- Bacteria** .. microscopic fission fungi (schismoids or schyzomycetes)
- Bacilli** .. bacteria of a rod-like shape
- Banting dietary** .. a diet for the treatment of corpulence introduced by Dr. Banting
- Beri-beri** .. food-deficiency disease peculiar to the tropics
- Biochemistry** .. the chemistry of the living tissues, method of healing introduced by Dr. Schüssler
- Bougie** .. a flexible sound of wax or India rubber
- Bronchi** .. the two tubes into which the trachea or windpipe divides
- Bronchitis** .. inflammation of the bronchi
- Bubo** .. a swelling of the glands in the groin, due either to syphilis or plague
- Bursitis** .. " Housemaid's knee "
- C** .. centigrade
- Cachexy** .. a state of general ill-health
- Calculus** .. a concretion in the bladder (or elsewhere)
- Capillaries** .. minute hair-like blood-vessels between the arteries and veins
- Carbo-hydrate** .. a compound of carbon and hydrogen
- Carbuncle** .. an inflammatory swelling of the skin with an area of necrosis
- Caries** .. ulceration of the bones
- Carotid artery** .. artery which carries blood to the head
- Casein** .. the chief nitrogenous constituent of milk
- Cataract** .. a disease of the eye
- Catarrh** .. discharge of fluid from a mucous membrane
- Catheter** .. a tubular instrument for emptying the bladder
- Cerebral** .. pertaining to the brain (cerebrum)
- Cervical** .. pertaining to the neck
- Chlorosis** .. green sickness, a variety of anæmia
- Cholesterine** .. a fatty constituent of the bile.
- Climacteric** .. the change of life
- Colic** .. disorder of the bowels attended by spasmodic crampy pain
- Collapse** .. prostration; suspension of powers and functions of life
- Colon** .. the large intestine
- Conjunctivitis** .. inflammation of the lining membrane of the eyelids or front part of the eyeball
- Crisis** .. turning point
- Cyst** .. (occasionally suppurating) pouch or sac
- Dacryocystitis** .. inflammation of the lachrymal sac
- Degeneration** .. a change for the worse in the composition of the solids and fluids of the body
- Diabetes** .. a disease in which sugar is excreted in the urine

- Diagnosis .. ascertaining of a disease from its signs and symptoms.
- Diaphragm .. a transversely situated muscle which separates the thorax from the abdomen
- Digital .. pertaining to the fingers
- Dorsal .. pertaining to the back
- Duodenum .. the first portion of the small intestines, formerly supposed to be twelve fingers' breadth long (duodeni = twelve)
- Dyscrasia .. a morbid constitutional tendency
- Dyspepsia .. indigestion
- Dysentery .. inflammation of the mucous membrane of the large intestine
- Dyspnœa .. difficult breathing
- Dysuria .. pain in discharging urine
- E**
- Effusion .. the escape of a fluid out of its natural viscus
- Electrode .. part of an electrical machine by which the current is conveyed to the body
- Emphysema .. dilatation of the lungs
- Empirical .. learnt by or founded on experience
- Endemic .. applied to diseases peculiar to certain countries or localities
- Epidemic .. applied to diseases due to a temporary cause and widely prevalent in a district
- Epidemy .. a contagious disease spreading rapidly over whole districts
- Epilation .. extraction of hair
- Eustachian tube .. a tube about 2 inches long which communicates between the pharynx and the tympanum
- Exanthemata .. eruptive diseases
- Extravasation .. escape of blood from the blood-vessels
- F**
- F .. Fahrenheit
- Faradisation .. application of the faradic current
- Femur .. thigh-bone
- Flatulence .. air generated in the stomach or bowels
- Fontanelles .. spaces in the skull cap of an infant at the union of the various cranial bones, occupied only by a membrane
- Fracture .. breaking, applied to bone
- Fumigation .. filling a space with vapour or gas to purify or perfume it, or charge it with a medicinal substance
- Furuncle .. a boil
- Galvanic current .. interrupted electric current
- Galvanism .. application of the galvanic current
- Galvanometer .. an instrument for measuring the galvanic current
- Gastric .. pertaining to the stomach

Gastritis	..	inflammation of the stomach
Glaucoma	..	a disease consisting of increased tension in the globe of the eye, due to obstructed filtration of fluid from the eye
Gleet	..	discharge from the urethra
Globule (globulus)	..	a tiny spherical lump of sugar impregnated with a drug
Glossitis	..	inflammation of the tongue
Gonorrhœa	..	clap; a contagious venereal disease of the male or female urethra
H æmoglobin	..	the colouring matter of the blood
Hæmorrhage	..	discharge of blood; bleeding
Hæmorrhoids	..	piles
Hallucination	..	delusion, illusionary idea
Hernia	..	rupture; protrusion of an intestine from its natural cavity
Homœopathy	..	the method of curing diseases by drugs which if given to healthy persons produce conditions or symptoms similar to those of the disease to be cured
Hydropathy	..	treatment with water externally applied
Hydrophobia	..	dread of water, canine madness
Hygiene	..	the science of health
Hyperæmia	..	engorgement with blood
Hypertrophy	..	enlargements of parts of the body due to increased activity or nutrition
Hypnotism	..	treatment by inducing a trance-like sleep in which the patient is abnormally "suggestible"
Hysteria	..	a nervous affection peculiar to women
Idiosyncrasy	..	a predisposition of mind or body to react in a peculiar way to certain impressions
Incubation	..	period of development between the infection and the outbreak of a disease
Inguinal	..	pertaining to the groin
Inoculation	..	introducing the virus of a disease by means of a puncture in the skin
Intercostal	..	between the ribs
Iritis	..	inflammation of the iris
. . . itis	..	a termination of many words, denoting inflammation
Koumiss	..	a dietetic preparation of mare's milk
Lachrymation	..	flow of tears
Laryngitis	..	inflammation of the larynx
Larynx	..	that part of the air-passages in which the voice is produced
Leucorrhœa	..	whites (white discharge from the female passages)

GLOSSARY

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- Locomotor ataxy .. a disease of the spinal cord, characterised by inability to co-ordinate the movements of locomotion
- Lumbago .. rheumatism of the lumbar muscles
- Lumbar .. pertaining to the loins
- Lupus .. a tuberculous inflammation and infiltration of the skin, usually of the nose or face
- Lymph .. a colourless fluid contained in the lymphatic vessels
- Malaria .. (= bad air) a tropical disease often associated with marshy or swampy ground
- Mammæ .. the breasts
- Marasmus .. atrophy ; progressive wasting
- Masturbation .. self-abuse, onanism
- Meningitis .. inflammation of the cerebral membranes or meninges
- Metabolism .. assimilation: the breaking down and building up of living tissues
- Menstruation .. the monthly function peculiar to women
- Metacarpal .. bone of the palm
- Miasma .. contagious matter floating in the air
- Microbe .. microscopic germ of disease
- Micturition .. desire to pass water
- Monomania .. insanity with regard to one subject only
- Myopia .. near-sightedness
- Narcotic .. inducing drowsiness, sleep or torpidity
- Nephritis .. inflammation of the kidneys
- Neptune's girdle .. wet compress applied to the stomach
- Neurasthenia .. weakness of the nerves
- Nicotine .. the alkaloid or active principle of tobacco
- Normal .. according to the general rule ; natural
- Nunquam retrorsum .. never backwards
- Obesity .. excessive fatness
- Œsophagus .. the tube or canal extending from the pharynx to the stomach and serving for the passage of food and drink
- Onanism .. self-abuse (see masturbation)
- Ophthalmia .. inflammation of the eye
- Orthopædics .. treatment and cure of physical deformities by mechanical means and apparatus
- Orchitis .. inflammation of the testicle
- Ozæna .. a fœtid ulcer in the nose
- Panacea .. universal remedy
- Pancreatic .. relating to the pancreas or sweetbread, one of the digestive glands
- Papillæ circumvallatæ .. mucous follicles arranged in two lines at the base of the tongue

- Parasite .. any plant or animal that lives on, and grows at the expense of, another organism
- Pathology .. the science of the nature of diseases
- Percussion .. tapping a part of the body to find out its inner condition by the sound produced
- Pericarditis .. inflammation of the serous sac which encloses the heart
- Peritoneum .. membrane investing the abdominal viscera and intestines
- Peritonitis .. inflammation of the peritoneum
- Pharmaceutics .. the science of preparing medicines
- Pharmacology .. the science of medicines
- Pharynx .. the upper expanded part of the gullet
- Phlebitis .. inflammation of the veins
- Photophobia .. dread of light
- Pituitary membrane .. the mucous membrane of the nose
- Plasmodia .. parasitic organisms transmitted to the blood by the sting of certain mosquitoes and inducing malaria
- Pleura .. a membrane that envelops the lung
- Pleurisy .. inflammation of the pleura
- Pneumonia .. inflammation of the lungs
- Podagra .. gout in the foot
- Pollution .. seminal discharge
- Prognosis .. art of judging the course of a disease beforehand
- Polychrest .. a drug or medicine useful for the treatment of a large number of diseased states
- Polypus .. a fleshy tumour usually hanging from a mucous membrane
- Potency .. degree of attenuation of a drug made according to Hahnemann's method
- Principle of similars .. the principle of homœopathy expressed in the words "Let likes be treated by likes" (similia similibus curentur)
- Prophylactic .. preventive; a medicine or measure used to prevent, or as a precaution against, disease
- Protein .. albumen, whether animal or vegetable
- Puerperal .. pertaining to childbirth
- Purgative .. an aperient medicine
- Pus .. matter; the ultimate secretion of inflamed tissues.
- Quinsy .. suppurative inflammation of the tonsils and peri-tonsillar tissues
- R**
- Rabies .. Réaumur
- Rectum .. canine madness (see hydrophobia)
- Rigor .. the last part of the large bowel
- Rupture .. chill with violent shivering
- .. see hernia

Satyriasis	..	abnormal sexual desire
Scabies	..	itch, a disease caused by a parasite (acarus scabiei)
Schismoids or Schyzomycetes		fission fungi, a group of microscopic organisms multiplying by fission
Sciatica	..	Rheumatic inflammation of the sciatic nerve
Scrofula	..	pre-tuberculous disease of the glands
Serous	..	containing serum, the watery part of animal fluids
Specific	..	a remedy which has power to cure a special disease
Spermatorrhœa	..	involuntary seminal discharge
Sphincter	..	a muscle to close the aperture round which it is placed
Sporadic	..	scattered ; here and there
Stertorous	..	snoring, applicable to breathing in certain diseases
Stethoscope	..	an instrument for listening to the chest (see auscultation)
Stomatitis	..	inflammation of the mouth
Strangury	..	painful urination
Styptic	..	an astringent for stopping hæmorrhage
Syncope	..	swooning, heart failure
Syphilis	..	a venereal disease (lues)
Tapping	..	removing fluid by surgical treatment
Tenesmus	..	painful straining in the rectum
Therapeutic	..	relating to the treatment of diseases
Thyroid gland	..	the gland partly resting on the shield-like cartilage of the larynx
Tonic	..	an invigorating and a stimulating remedy
Tonsillitis	..	inflammation of the tonsils
Trachea	..	windpipe
Tracheotomy	..	opening the windpipe by a surgical operation
Triturate	..	to reduce to a very fine powder by grinding
Trituration (or triturate)	..	a medicine consisting of a thoroughly powdered substance mixed with sugar of milk
Tubercle	..	a swelling or tumour in the organs gradually producing pus
Tuberculosis	..	degeneration of tissue into tubercular matter
Tympanum	..	middle ear
Umbilical	..	pertaining to the navel
Urethra	..	urinary duct leading from bladder to the outside air
Urine	..	fluid excreted by the kidney
Urtica urens	..	stinging nettle
Uterus	..	the womb
Vagina	..	the canal leading from the external genitals to the womb.

Varicose	..	relating to or affected with varix
Varix	..	an abnormal dilatation of the veins (especially of the lower extremities)
Venereal disease	..	syphilis or gonorrhœa
Vertebræ	..	the bones forming the spinal column
Vesicle	..	a minute bladder or blister
Vicarious	..	substitutional
Vis medicatrix naturæ		Nature's healing power
Viscera	..	bowels, intestines, or internal organs

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