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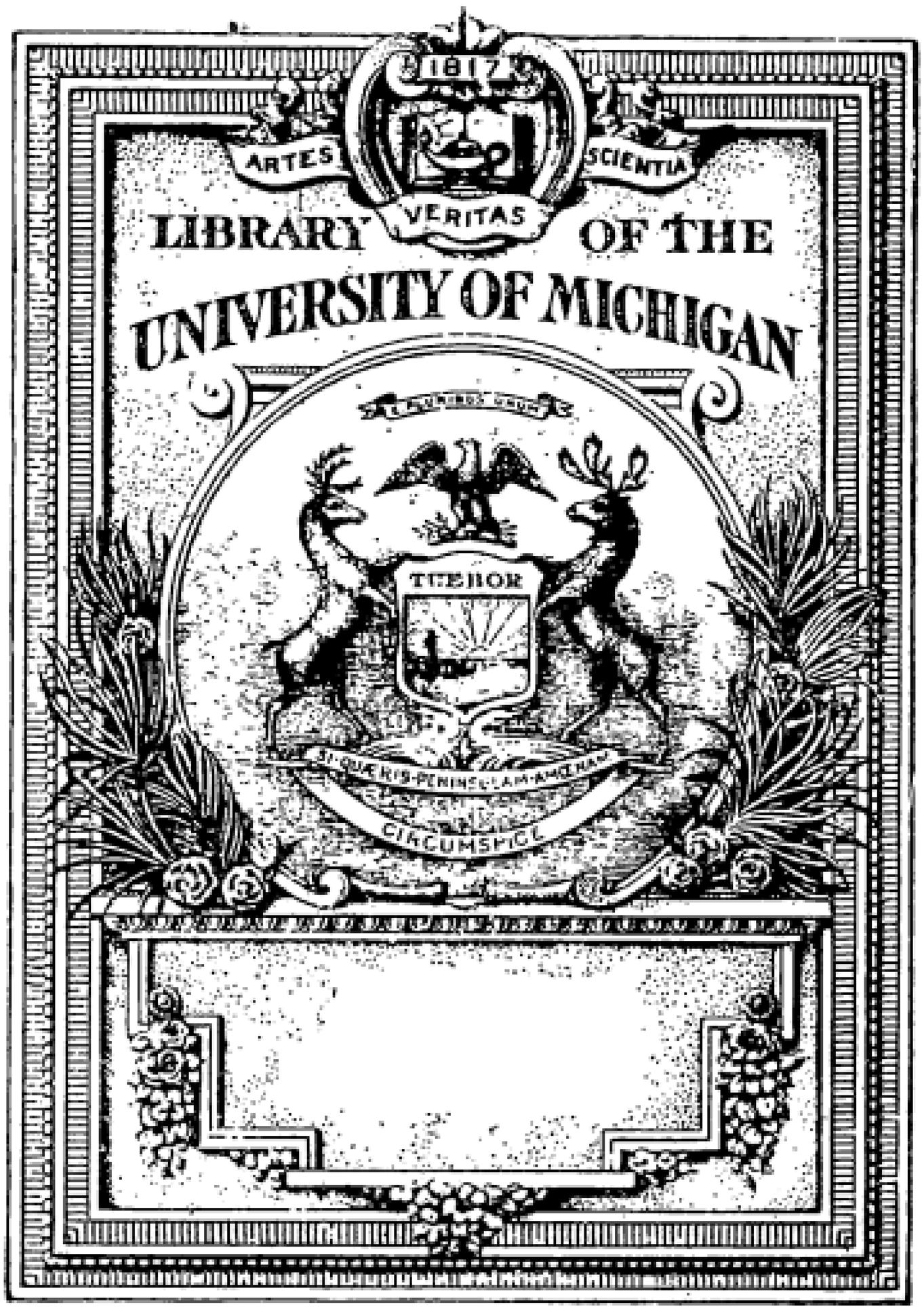

PRESENTED BY MRS. GUY L. KIEFER
November, 1931
IN MEMORY OF
DR. HERMANN KIEFER,
REGENT 1889-1902
AND
GUY L. KIEFER, A.B. '87, A.M. '91, M.D. '91
D.P.H. (Honorary) 1911

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DOMESTIC HOMŒOPATHY:

OR

RULES

FOR THE

DOMESTIC TREATMENT OF THE MALADIES

OF

INFANTS, CHILDREN, AND ADULTS,

AND FOR

THE CONDUCT AND THE TREATMENT

DURING

Pregnancy, Confinement, and Suckling.

By JOHN EPPS, M. D.

GRADUATE OF THE UNIVERSITY OF EDINBURGH, DIRECTOR OF THE ROYAL JENNERIAN AND LONDON VACCINE INSTITUTION, AND CONSULTING PHYSICIAN TO THE MANCHESTER HOMŒOPATHIC DISPENSARY.

THIRD AMERICAN FROM THE FOURTH LONDON EDITION.

EDITED AND ENLARGED

By GEO. W. COOK, M. D.

BOSTON:

OTIS CLAPP, 12, SCHOOL STREET:

NEW YORK, WILLIAM RADDE: J. T. S. SMITH:

CINCINNATI, J. F. DESILVER.

1848.

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MEDICINE CHESTS,

Containing the medicines, prepared with the greatest care, referred to in this Treatise, are made and sold by OTIS CLAPP, 12, School street, Boston.

BOSTON:
PRINTED BY FREEMAN AND BOLLES.
DEVONSHIRE STREET.

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GIFT
MRS. GUY L. KIEFER
4-1-32

PREFACE TO THE SECOND EDITION.

In presenting a second edition of this Domestic Homœopathy to the public, it is agreeable to the writer to be able to state, that the *first* edition, consisting of *one thousand* copies, has been *sold* in less than *one year* and *a half*; a fact, strikingly illustrative of the progress of Homœopathy.

Parties, who have used the first edition, have kindly suggested the necessity of some points being rendered more clear, and of some others being more fully dwelt upon. To meet such suggestions, and at the same time, to render the work more complete, many particulars, not in the first edition have been introduced into this. Such are the modes of treatment, *before*, *during* PREGNANCY, *at* and *after* CHILDBIRTH: These are detailed in the Second Part.

I have perfected as much as possible the *tabular* views, in which the effects of medicines, appropriate to any individual disease, are recorded, introducing in italics the points of distinction and of specificity; an arrangement, namely, the *columnar*, adopted, though attended with considerable trouble and double expense, to aid the reader.

I have added, in the Third Part, two chapters on the indications as to the appropriate remedy, as dependent upon the agency of the *Cause*, more immediately producing the disease. To these chapters attention is particularly directed; also to the Fourth

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Part, on DIET. To this succeeds another Part, in which some of the *terms* used in this work are explained, to which, if the reader has any difficulty he should refer.

It may be proper here to remark that I have still adhered to the *classification* of the diseases adopted in the first edition; a classification, founded upon the different organs affected: such being more particularly useful in enabling the reader to find out, both the remedies best suited to the diseases, and the diseases themselves; an arrangement, which with pleasure I have seen adopted in a late work on Homœopathic Domestic Medicine.

It will be seen, that, among the diseases, the remedies for which are recorded, are many, technically called *acute:* diseases, which require the attendance of the physician; still, the means of cure are detailed, because till the arrival of or the communication with, the physician, danger may thus be warded off, or the progress of the disease may be stayed. This detail of acute diseases and their remedies has been of the greatest service: I have patients in Manchester and other places, who have successfully treated *croup* by the means detailed. Croup, it is well known, is an acute and highly dangerous disease, and one, which under the injurious treatment, designated, *par excellence*, "ACTIVE," is often fatal; and the successful treatment of this disease, even under domestic direction, (I do not recommend persons to trust to such direction wholly,) shows the utter fallacy of the ignorant but pompously promulgated notion, that Homœopathic remedies are efficacious only in *chronic* and not in *acute* diseases.

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The reader will find much fuller directions in this edition respecting the REPETITION of the doses of the medicines: directions afforded by experience on a very extended scale, the writer having prescribed, he finds from his patients' names-book, upwards of *five thousand* recipes since the 1st of April, 1841, and these for almost every form of disease, from catarrh, simple sore throat, to diseased bone, discharges from the hip and the thigh bones, abscesses in the back, deep-seated ulcers, derangement, diseased womb, tendency to miscarriage, typhus and other fevers, with inflammations of the eyes, the larynx, the bronchia, the lungs, the pleura.

In reference to the cases referred to, the writer can add that he has *cured*, by homœopathic means, many diseases, which, as a practitioner under the old system he could not, as an honest man, have ventured to *touch*. He can further add that many families, who have used homœopathic medicines under the instructions contained in the Domestic Homœopathy, have with joy confessed, that they have been astonished at the successful treatment, thence obtained, of many complaints, which, from their severity, they could never have supposed would have given way, except to the miscalled "active" *remedies*, more appropriately designated active *enemies*.

In fact Homœopathy, with its sneered-at infinitesimal doses, is making its silent, but steady and certain way: a way, marked with cures, and unattended with the injurious effects, consequent upon the recoveries under the other systems of treatment.

The reason for this success is to be found in the

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fact, that *Homœopathy is a part of the Divine Truth:* an axiom, demonstrated elsewhere.*

Though Homœopathy is thus efficient, many, and those often the enemies of Homœopathy, attempt to discredit it, because it is not *all efficient*. If any patient dies under homœopathic treatment, they insinuate that death came because of the *want of active* treatment: though perhaps the very objectors have had relatives or friends die of the very disease, and though the registrar's tables show that the disease has been decidedly fatal in the common, this miscalled active-treatment, practice. All the cures performed by homœopathic means are not remembered: all the victories gained are swallowed up in the one unsuccessful repulsion of Death. This is prejudice. It must be expected for a few years. Homœopathy must bide its time.

JOHN EPPS, M. D.

89, *Great Russell Street,*
April 1, 1842.

[N. B. In compiling this edition, I have derived considerable aid from the valuable work of Dr. Hering of America, on this subject.]

* Homœopathy and its Principles Explained: being Four Lectures thereon, by John Epps, M. D. Sherwood and Co., Paternoster Row, London.

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PREFACE AND INTRODUCTION BY THE AMERICAN EDITOR.

A DAILY devotion of near a quarter of a century to the study and practice of medicine; over one third of the time being engaged in the homœopathic practice, ought to enable one to speak with some confidence of the comparative merits of all the means of cure heretofore discovered. The fact that I now practise homœopathy in preference to any other system, of course is an endorsement of the former; and after disapproving of domestic practice with any other medicine, as I always did during my allopathic practice, to recommend so far as to edit a domestic homœopathic guide, is proof conclusive that I regard the two systems of medicine as so widely differing as to require an entirely opposite course for their advancement or promulgation.

Allopathy palliates, while homœopathy cures radically; the former disturbs healthy organs to divert disease from those which are deranged, while the latter cures by a direct action of the medicine to the part affected; a portion of the profession have been driven to admit that the homœopathic practice is more successful than the old school practice, and attempt its imitation by leaving all to nature's efforts, but they are not as successful as homœopathic practitioners, by a large percentage, as the statistics from various sources abundantly show. They may endorse Dr. Forbes's assertion, "that the old school practice is worse than nothing," and consequently "that homœopathy is nothing," but time will compel them to admit that the latter is efficient, and the only true rule of practice.

There are no poisonous influences to be feared from *true* homœopathy, while a curative effect is sure to follow the administration of a remedy which is truly indicated in a given case; the dose being graduated with a full knowledge of its power, when applied upon the well known and

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long-tried law, "similia similibus curantur," will not do injury if a mistake occur in diagnosing the location of the disease; the only evil being then in delay, may be corrected in another and more careful selection of a remedy.

From the foregoing remarks it may be comprehended why domestic allopathy is dangerous, while domestic homœopathy is not only safe, but often useful, in the absence of better advice than that of lay practitioners. I have, therefore, with due regard to the importance of preserving the high standing and respectability of a profession of my choice, and with a proper sense of the importance of elevating the standard of medical education, consented to edit a domestic Homœopathic Guide, for the use of the nursery, in the management of those little departures from health, which do not appear of sufficient importance to call a physician to treat; and also for the use of those who are so unfortunate as to be entirely beyond the reach of a physician, who has been honest enough to make homœopathy a part of his studies. I can conscientiously say, that I would sooner trust an intelligent layman who has a domestic practice of this kind, with a suitable case of medicine at hand, than trust an ultra allopathic physician, whose prejudices have prevented him from making himself acquainted with a system which is founded upon the principles of true induction, as we know homœopathy to be.

There is no profession so complicated and loaded with responsibilities, — no science so profound and which draws so largely from other collateral sciences as that of medicine; and in order to be able to meet all emergencies, extensive preparation must be made. In the absence of the ability to make this extensive preparation, we may throw out a few useful lessons of instruction to help the novice in his treatment of disease, when a homœopathic physician cannot be obtained.

It is generally considered very difficult to diagnose the diseases of infants, and to the inexperienced it is so, but to the physician of experience and observation, it is more easy to decide accurately as to the nature and seat of their diseases, than it is in those who are more advanced. All the

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manifestations, during the first epoch of infancy, which extends to the sixth month, may be regarded as most natural, and indeed nearly vegetative; it draws its sustenance from the mother, or if that natural source is cut off, artificial nourishment as nearly assimilating this aliment as possible, should be substituted, and the greatest care should be observed in this preparation, for sometimes the most bland and nicely prepared will not agree with the delicate and sensitive infantile structure. The bones are in a course of hardening during this epoch; strength is gradually imparted to the vital phenomena, and its mental manifestations are nearly adapted to the expression of instinctive desires — pleasure or pain. At this epoch the existence of disease is made manifest by the position of the body and limbs; the expression, the openness, the contraction, the brightness, or the dullness of the eye; the cry; the changes of countenance, manifested by a peculiar smile; the drawing up of the limbs; the sudden scream; the restlessness and the state of the pulse and respiration; all must be consulted. The vomiting which so frequently occurs during the first six months, should not be regarded as disease; it is a provision of nature, and affords relief to an overloaded stomach; hence, if the nurse is healthy, disturbance of the bowels is not common during this period, unless physic has been given, and thus one of nature's most perfect works interfered with. The question might well be asked here, why man, the only thinking being, should be the only disorderly work of Almighty Creation. The lower orders of mammalia are never thought worthy of a dose of *calomel* or *castor oil* to purge off the meconium, and yet they remain healthy in more than a hundredfold greater percentage than the human species. The mother's milk is provided by nature for this purpose, and should never be interfered with. On this subject pages might be written; we might go through a history of our race from our first parent, through all the steps of civilization to show the important influence which interference with nature has had upon natural developments. The lining membrane of the alimentary canal is abundantly protected during this period with mu-

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cus, and a cathartic, by removing this, leaves the delicate mucous tissue a sure prey to the succeeding doses of medicine which often follow. As the second epoch approaches, the gums begin to look red, and swell slightly, the child bites and discharges saliva, is restless, and the eyes are slightly inflamed, or at least the inner surface of the lids, and the vessels of the conjunctiva are fuller and more numerous than has been before noticed.

The great disproportion between the size of the brain and other organs, during the first and second epoch, renders diseases of the brain very frequent. All opiates increase this tendency and should be studiously avoided. Through the whole course of my practice, allopathic as well as homœopathic, I have unhesitatingly condemned the introduction of opium into the nursery, in any form, whether elixor paregoric, cordials, dovers powder or any other, as directly tending to produce not only many of the diseases and sufferings of this stage of life, but as being intimately connected with the causes which lay the foundation for an enfeebled constitution and many of the ills of future life.

The clothing should be carefully attended to, while every precaution should be taken to avoid cold and damp air; free exposure to the air when it is of a mild and healthy character should always be practised, the head should always be kept cool. The practice of dressing the tender scalp with a *stiff-starched cap* cannot be too highly reprobated, for although it may not add materially to the warmth of the head, will not only make the child uncomfortable by the irritation constantly kept up, but they are much more liable to the diseases of the ears and scalp, usually called scalled-head. Washing first with warm, then tepid water, during the first month, and as the infant gains strength, gradually passing on to cold water, with gentle friction, is conducive to the health and strength of the infant. When cold bathing is practised, it should consist in rapid immersion, when a beneficial reaction will ensue, and a fine glow will pass over the surface, whereas continuing the child in the water, even for a minute, would

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greatly depress the vital energies and prevent the development of the healthy secretion of the surface which cold ablution tends to induce.

Towards the close of these epochs teething has advanced, and other physical changes in function and structure continue, when voluntary motions, creeping and walking, are attempted in succession, and there is seldom much fear of disease if there has been no improper medication, or there is no hereditary predisposition to disease, and the infant has been accustomed to healthy out-door exercise and comfortable dress.

The most suitable time for weaning is from the tenth to the fourteenth month, and then there ought to be at least six or eight teeth quite through the gums. The child should be gradually accustomed to food other than that drawn from the breasts of the mother, from the fifth month upward, but at first it should be of the mildest and blandest kind. Animal food is seldom required, or indeed proper, during the first year; nature has pointed out the period for this, in the preparation of teeth to masticate it. During these epochs the infant is less liable to all infections and exanthematous diseases; we often find it most difficult to make an impression with the vaccine virus during nursing.

The period of childhood extends from the second year to the seventh or eighth year, when the second dentition is being completed. Catarrhal fevers, and the various diseases from indigestion of improper food, are common towards the latter part of this period. The shedding of teeth requires special attention; while the parent should not be slow in having the decayed teeth extracted, they should be careful not to be too precipitate in this matter.

The early extraction of the milk teeth, long before the second and permanent teeth are advancing, allows the alveolar process to be absorbed, and the jaw settling away prevents the uniformity and regularity which not only preserves the symmetry but the comfort of the owner; on the other hand leaving them too long is equally objectionable. The best course is always to consult a skilful dentist fre-

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quently during the process of decay, unless the fangs are so far absorbed as to be easily detached with the finger.

Free exercise in the open, pure atmosphere, with wholesome nourishment, should form a part of the every-day business of the child. Sleeping in large well-ventilated apartments should be attended to by the parents. In employing the faculties of the mind, care should be taken not to fatigue the child, or deprive it of that healthful exercise of the physical functions heretofore spoken of. Its mental exercises should be more a matter of amusement than of exertion, until about the seventh year; prior to this great injury may be done, by confining a child to a sitting posture on a hard bench, three hours in the forenoon and three hours in the afternoon, in a crowded and badly ventilated apartment, such as we often find in our school-rooms.

After having glanced at the peculiarities of age, it may be useful to notice the other natural changes of *respiration* and *pulsations*, as age advances; to which *temperaments* may be added, as exerting an influence in health and disease.

The average *pulsation* of infants from eight days to six months old, has been set down, from repeated observations and notes taken from healthy subjects, at 131 for boys, and 134 for girls; from six to twenty-one months, the average for boys was 113, and for girls 126; the extremes vary far above and below the average.

The pulse of the adult male is stated to be 70, that of the adult female at 80; the highest number is rather less than 100 in the adult male, and somewhat more than 110 in the adult female; 50 may be considered the least number in each, and the healthy standard preserved, although much lower numbers have been observed, and good health still considered to exist. Thus we see a mere departure from the uniform standard of pulsations is not a sure evidence of ill health, and shows how important it is to be able to comprehend all the operations of the human system, in order fully to understand the true disease.

The average *respirations* (i. e. inspirations and expirations) may be set down at 18 for the adult, or one for every

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four beats of the pulse; but this is subject to even greater variations, according to *age*, *sex*, *temperament*, &c., than that of the pulse. Posture, sleep, and all causes which vary the pulses, have a like effect upon the respiration, the number of the respiration may be varied by the will, however, and the pulse cannot be.

At birth the number is about 46 respirations.
At 5 years " " 32 "
From 15 to 50 years " 20 "

The respirations of the female on an average is a trifle more frequent, except when the free expansion of their chests are prevented by improper dress, when the respirations are very short and mainly confined to the upper part of the lungs; the bosom heaves, while the waist, diaphragm and abdomen, remain stationary. This is a fruitful source of pulmonary disease, and cannot be too strongly reprobated. The time occupied in emptying the lungs of air after an inspiration, is not longer than that occupied by a patient far advanced in the consumption, which is not more than ten seconds, whereas healthy adult lungs can occupy from thirty to forty seconds in emptying them after a full inspiration. Mr. Abernethy's method of measuring the capacity of the lungs, consisted in causing the patient to take as deep an inspiration as possible, and then expire, through a bent tube under an inverted jar containing water, the quantity of water displaced being the measure of the capacity of the lungs. If the lungs were healthy, from six to eight pints would be displaced, a less quantity than this being evidence of disease or pressure from without in proportion to the decrease. Physicians have better means than this, but these will do for laymen, who would only be confused by multiplying directions for diagnosing those diseases which none but the experienced can well understand.

The temperaments have some influence on the pulse. The sanguine and nervous have a more frequent pulse than the lymphatic and bilious. Having almost unconciously touched upon the temperaments, I shall have to give a brief description of them in order to satisfy the reader. There are four temperaments recognized: the *sanguine*, the *phleg-*

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matic, the *bilious*, and the *nervous*. A *melancholic* temperament is also considered independently by some.

1st. The *sanguine* temperament is characterized by moderate plumpness of person and firmness of flesh. The hair is red or bright chestnut, the eyes blue, the complexion fair and florid, and the skin soft and thin. The blood-vessels are large, the circulation active, and the pulse full and frequent. The countenance is animated, the movements quick, the passions excitable, the mind volatile and unsteady.

2d. The *phlegmatic* temperament is distinguished by roundness of form, softness of the muscles, and repletion of the cellular tissue. The hair is fair, the eyes light blue or gray, the skin pale, and the lips fleshy. The blood-vessels are small, the circulation languid, and the pulse slow. It takes a great deal to arouse one of this temperament.

3d. The *bilious* temperament is recognized by moderate plumpness and much firmness of flesh, with harshly expressed outlines of person, strongly-marked features, and decided expression of countenance. The hair is black, the eyes and the complexion dark. The pulse is full, firm, and of moderate frequency. There is much energy of character, with great power of endurance and permanence of impression, physical and mental.

4th. The *nervous* temperament is distinguished by a small, spare form, delicate features, with thin upper lip, slender muscles, quick movements, pallor of countenance, and feeble health. The pulse is feeble, and quick, and easily excited by mental emotions or nervous impressions. The whole nervous system, including the brain, is active, the senses are acute, the thoughts quick, and the imagination lively.

5th. The *melancholic* temperament is nearly allied to the bilious, and is marked by peculiar calmness and seriousness of mind, with a great tenacity of impressions, and a tendency to indulge in gloomy thoughts.

It is rare that we meet with pure specimens of these temperaments. They are often so combined that it is difficult to say which predominates.

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While I have endeavored to avoid all interference with the author's text, I have found it necessary, in order to meet the wants of this country, to enlarge upon it, and add several important articles to it. In doing this, brevity and accuracy have been more constantly aimed at than elegance of style.

The entire class of fevers are added to this addition, also Tic Douloureux, Rickets, Leucorrhea, and several other diseases, and several remedies which have lately been introduced into our materia medica, Protiodide Mercury, Kalmia latifolia, Bichromate of Potash, &c., all valuable remedies, are added, and will be found in their appropriate places.

The author's directions are confined to the use of pellets. My plan is to have a duplicate of a few of the leading remedies for a family case, and then acute diseases which appear to resist the high attenuations, may be subdued by the low dilutions or tinctures; for I know, by repeated observation, that colic, inflammation of the lungs, cholera morbus, fevers, and other severe diseases, are promptly and safely cured by drops of the tinctures of the appropriate remedies, without any alarming aggravations.

I will remark, as a general rule when not otherwise directed in the treatment of the disease, that whenever the drops are selected for use, drop two drops in a tumbler half full of water, and administer one tablespoonful if the patient be an adult, or one teaspoonful if it be a child, every quarter, half, one, two, or four hours in acute diseases, once a day or less frequently in chronic diseases. If the medicine be in powder, put as much as will lay on a sixpenny piece on the tongue, unless it is otherwise directed in the text. Antimony tart. should always be dissolved in water, and given as above directed. If the symptoms are relieved, discontinue the medicine altogether, or allow the intervals between the doses to be longer; if no relief is manifest after the second or third dose, you may be very certain that the medicine is not properly indicated, and it will be your duty to select another more appropriate one.

GEORGE W. COOK, M. D.

New York, Nov. 24, 1847.

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This enumeration of the medicines used, (and these are not more than a third of those employed in homœopathic practice,) will afford the best answer to the ignorance-founded assertion, that *homœopathists use* but ONE *medicine*. This is urged by some, it is believed, because the medicines are colorless: a circumstance dependent upon the medicines being prepared by trituration with sugar of milk.

The examination of this Index will show, that the medicines to be studied most are Aconite, Arnica, Arsenicum, Belladonna, Bryonia, Chamomilla, China, Ignatia, Nux Vomica, Opium, Pulsatilla, Rhus Toxicodendron, and Sulphur.

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DOMESTIC HOMŒOPATHY.

INTRODUCTION.

It seems proper, as introductory to this little treatise, to make a few remarks upon

The rules for administering the medicines.

There are three methods of administering homœopathic remedies; first, by *smelling*; second, by putting *globule* or globules of the medicine upon the *tongue*; and the third, by taking the medicine dissolved in *water*.

For persons very susceptible, smelling the medicine is deemed sufficient: for persons less susceptible, the medicine is placed upon the tongue: and for others, the medicine is given in solution: which last is the form most frequently employed.

Generally speaking, solution in water is to be preferred. Filtered *rain water*, or what is better, *pure, distilled water*,* constitutes the best vehicle. When

* By pure distilled water is meant water obtained by the distillation of water: not water that is distilled over in the preparation of essential oils. Any person can make a little distilled water by putting some water in a retort, and then having connected this retort by its neck with a receiver; the receiver being kept cold by the dropping of cold water, the steam, produced by the application of a lighted spirit lamp to the retort, will be condensed in the receiver.

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neither rain water nor distilled water can be obtained, *common* water, *boiled two hours*, and poured out while boiling, and allowed to stand in an earthenware vessel till cold, can be used. The solution should always be made in a new bottle, with a new well-fitting cork; or if the bottle has been used before for homœopathic medicines, it should be washed with water, renewed four times, well drained, and then heated to dryness in an oven or before the fire. All bottles, which have been used for the medicines, as prescribed under the old system, must not, on any account, be used. The medicines should be kept in the dark. The cork should be inserted directly the medicine has been removed from the bottle.

Rules for administration in acute diseases.

In acute diseases, the plan I generally adopt is to dissolve three to four globules* of the medicine indicated, in four spoonsful (either tablespoonful or teaspoonful, according to the age of the person,) of water; give two spoonsful at once, and repeat generally every eight hours, sometimes every four hours,

Generally in acute diseases there is more or less of *febrile heat*. ACONITUM is the medicine most peculiarly appropriate to such a condition, and hence, in perhaps *seven* cases out of *ten* of acute diseases, aconitum will be the remedy best suited to give at first, dissolved as directed.

* The globules are impregnated with the medicinal agent. I generally use the globules impregnated with the medicinal solution at its highest dilution; usually marked 30. To *adults*, sometimes, the globules at a less dilution, marked 12.

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Though aconitum is suited to GENERAL *febrile action*,* often there is a LOCAL diseased condition, to which aconitum is not so applicable: take croup for instance: here is a *local affection* of the *windpipe:* that is, with the general febrile action there is a local diseased condition, towards the cure of which aconitum is serviceable, so far as it acts on the general febrile action, and also so far as its symptoms are homœopathic to those presented in croup; but there is another remedy, peculiarly adapted to the *local* affection of the windpipe, namely, the symptoms presented in croup: such medicine is *Spongia.* Spongia is therefore to be given. The plan is this: dissolve three globules of spongia in four spoonsful of water, and take two spoonsful four hours after the aconitum, or sooner, if the local symptoms increase notwithstanding the aconite. Wait then six or eight hours, repeat the aconite solution, one spoonful, and four hours after, the spongia solution, one spoonful: if progress is being made, wait twelve hours, and, if any of the original symptoms remain undiminished, give the remaining dose of the aconite, and follow, four hours after, with the remaining dose of the spongia.

In some violent diseases, such as spasms, cramps,

* General febrile action is exhibited in the following symptoms: *First*, constant burning heat of the whole body with redness of the skin; *second*, distention and redness of the face in particular; *third*, eyes glistening and prominent; *fourth*, dry tongue most frequently, sometimes coated with mucus; *fifth*, great thirst; *sixth*, want of appetite; *seventh*, constipated or absent stools; *eighth*, urine heating, and passed in small quantities; *ninth*, sleeplessness; *tenth*, jactitation or tossing about; and *eleventh*, anxiety. — HARTMANN.

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convulsions, the dose may be repeated every quarter of an hour, or half an hour, or hour.

Rules for administering in chronic and less acute diseases.

Generally speaking, in chronic diseases, three to four globules dissolved in eight or ten spoonsful of water, and one spoonful taken in the morning at eleven, and one at seven in the evening, or two spoonsful taken the first thing in the morning, or two at night, will be enough.

Additional experience has led me to adopt the following method in a majority of cases. After the second day of taking the medicine, the patient desists from medicine, then repeats, then desists for a day. I have found this decidedly effective: the power of the medicine, developing itself from the accumulating influence of the first doses, does not require so frequent a repetition to keep up the effect. In fact, too frequent repetition is injurious.

As general rules, *Nux Vomica* should be taken at *night*; *Pulsatilla* in the *afternoon*.

Rhus generally in the *morning*.

Rules as to the medicines generally.

The medicine should be taken before or between meals, so that an hour and a half or two hours may have intervened between the time after food has been taken, or before food is again taken, and the time of taking the medicine.

The time of day, in which the mind is most free

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from mental occupation, should be chosen, unless when otherwise indicated.

In acute diseases, the appropriate remedy can be taken at once.

All mental excitements* should, so far as possible, be avoided while under the operation of the medicines.

All vices should be avoided; because, as disease is so often the fruit of vice, it is quite clear, the vice, persevered in, must keep up the febrile and morbid irritation, and thereby effectually resist the operation of the remedy.

Rules for the selection of the remedy.

As to the *selection* of the remedy, the principal points, are, first, to ascertain the exact symptoms or features of the complaint of the patient, and the second, to look to the description of the disease, and find out the remedy recorded in connection therewith, which corresponds most exactly in its symptoms to those of the disease.

It does not require that the similarity should be perfect: better if it is: but if the prominent, the majority of the symptoms agree, then give the medicine.

In ascertaining the exact features of the complaint,

* Many persons have judged, from this statement, that it is of no use to take the medicines when their position subjects them, of necessity, to much mental excitement. This is quite a mistake. It is the more necessary that they should take the medicine, homœopathic to the disease, because thus they may be able to sustain the mental excitement, and may have some of the injurious effects prevented.

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the patient should always, if relating his symptoms to another, describe what he feels in his own language, for it is certain he will describe most influentially those symptoms troubling him most. He should never be questioned whether he has this or that symptom.

If, after his description, there seem some deficiencies in the statement, then questions, but not *leading* questions, may be put.*

Rules as to judging respecting the efficiency of the medicine.

It may be here with benefit remarked that, though, often the remedy, although STRICTLY *homœopathic*, and therefore CERTAINLY *curative* of the disease, at first causes an *aggravation* of the symptoms, *amelioration* will soon follow; and as long as a marked amelioration proceeds, so long no repetition of dose, or at least a smaller dose, is needed: when the amelioration ceases to progress, then either the medicine, previously administered, must be repeated, or some other medicine selected, best suited to the remaining symptoms.

If these remarks hold good with the use of remedies in acute diseases, it is decidedly the case with remedies used in *chronic* cases: as long as a marked

* In cases of consultation, where the physician is at a distance, and the patient is not able to see him, great minuteness is required; and the queries in Part Fifth will show the points, to which attention is to be directed, and also will demonstrate the immense care the homœopathic practice requires; quite different from the usual, where the tongue, the pulse, and the secretions, and these only in *general* points, are the matters usually brought under consideration.

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amelioration progresses, we should not repeat the remedy, or at least we must increase the interval between the doses.

But it may be inquired, how is the homœopathic *remedial* aggravation to be distinguished from the aggravation produced by the *destructive progress* of the disease. Hahnemann gives the rules :

The *remedial* aggravation occurs almost immediately after the administration of the remedy, and with intensity, so that it is seen to arise from some new agent operating.	The *progress* of *disease* aggravation proceeds on regularly : and bears the same ratio of progress *after* as *before* the exhibition of the remedy.
The *remedial* aggravation presents an increase of the same symptoms, which, after three to four hours, present a lessened strength.	The *progress* of *disease* aggravation presents an addition often of *new* symptoms.

These are the chief distinctions : there is another, which powerfully helps to distinguish the aggravation as *remedial*, and this is, that some of the *symptoms* of the remedial agent, distinct from those, in which it is homœopathic to the disease, become manifest in the patient.

This additional evidence is principally available to the homœopathic physician, because it cannot be supposed that non-medical individuals are likely to be acquainted with these symptoms.

If, however, in four hours after administration, no effect should be produced by the medicine, either

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aggravating decidedly the symptoms, or *diminishing* decidedly the symptoms, it is certain that the remedy, homœopathic to the disease, has not been selected, or that some circumstances, such as diet, (see chapter on Diet,) have interfered with the operation. It will be necessary then to go over the symptoms of the patient again, and to compare these symptoms with some other remedy or remedies, so as to find the one most homœopathic to the symptoms.

If, still, after the most careful examination, the symptoms are most correspondent with those of the homœopathic remedy first chosen, it may be that the want of effect depends upon the diminished susceptibility to impression, dependent upon the exhaustion of the life power; it will then be well to give a *drop* of the dilution itself, instead of the globules impregnated with the given dilution. But, in such a case, a physician's aid is sure to be sought.

In regard to diet, the particulars, to be attended to, will be found in the Fourth Part.

It is necessary always to select articles of diet in which the *nutritive* property, unattended by strong flavors, preponderates.

Cocoa is the best of all flavored drinks. It is highly nutritive. It contains an oil and a fecula, compounded in such suitable proportions, that the most delicate stomach will, after a time, bear them thus joined. At first, sometimes, the stomach does not seem to agree with the cocoa; a little perseverance, and the stomach will submit. The author of this work takes cocoa three times each day, no tea, no coffee, no beer, and no liquid at dinner.

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CHAPTER I.

THE SKIN AND ITS DISEASES.

VARIOUS are the diseases of the membrane, investing the body.

1. Milk Crust, or Milk Scab.
2. Excoriation.
3. Itchings.
4. Irritability.
5. Whitlow.
6. Boil.
7. Chilblain.
8. Scald Head or Ring Worm.
9. Warts.
10. Corns.
11. Chicken Pox.
12. Small Pox.
13. Varioloid.
14. Measles.
15. Scarlet Fever.
16. Purples.
17. St. Anthony's Fire, or Erysipelas.
18. Miliary Fever.
19. Nettle Rash.
20. Burn and Scald.
21. Wound.
22. Sprain.
23. Bruise.

Of these, one appearing the earliest in life, is

THE MILK CRUST, (CRUSTA LACTEA.)

Little vesicles, containing a clear lymph, in clusters, appearing generally, first on the face, and thence extending sometimes over the whole body, soon becoming yellow, then break, forming hard crusts, constitute this disease.

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• When the surrounding parts swell, are red and tender, and the little sufferer scratches and is restless, *Aconite** can be administered, followed on the second day, when the restlessness and the inflammatory symptoms are subdued, by the *Viola Tricolor*. The viola tricolor not affording relief, *Sulphur* will be useful.

[If it is brought on by variations of temperature, accompanied with symptoms of cold, give *Dulcamara* in the usual way. If there is much itching, with watery discharge, *Rhus. Tox. Hep. Sulp.*, if hoarseness attends the cold, *Graph. Arsenicum* may also be required. — *Ed.*]

No external application but a little hair powder or weak soap water should be used.

When depending upon constitutional tendency, and relief not being attained by these means, the physician must be consulted.

Another malady of the skin in children is

EXCORIATION.

This takes place at the folds of the skin, particularly in infancy.

Cleanliness, by the use of lukewarm water, and in drying the parts, not by rubbing, but the free use of the common drying† powder, are often sufficient;

* For the general conditions under which Aconite is useful, see Introduction.

† This powder should be made of the flower of wheat, and not of that of the potato.

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if insufficient, then *Chamomilla* can be used for four or five days.

If chamomilla has been used previously, under the form of chamomile tea, then *Pulsatilla* or *Ignatia* is applicable.

When the child's body becomes as it were, one wound from the galled parts becoming as raw, *Mercury* is best.

Mercury not succeeding, *Zinc* may be employed: but, on the failure of mercury, advice should be sought.

If the infant suckles, both the mother and the child should take t he dicine.

A third malady of the skin, affecting *adults* as well as children, may be designated, from the prominent symptom,

ITCHINGS.

Little colorless knotty bodies, appearing more particularly at the nape of the neck, on the bosom, at the inner part of the thighs, itch, and being scratched, become red, discharge at their tops, and, in a few hours, twelve to twenty-four, form minute white, yellowish, or dusky crusts or scabs.

The itching and the inflammation are augmented by scratching, stimulating drinks, exercise, at the monthly periods, and in the evening. Variations in the weather often occasion a return.

Sometimes the irritation is very extended; the skin of the whole neck being affected.

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'*Sulphur* is the chief remedy; if not wholly curing, '*Carbo Vegetabilis* will succeed.

Should the little knotty bodies appear as flea bites, and the itching be diffused, pricking and burning, and if, on scratching, it leaves one part to proceed to another, and if it annoys particularly after getting warm in bed, then *Ignatia* is to be used.

If these means, aided by cleanliness, are inefficient, the physician's aid must be sought.

If the itching occurs after getting warm in bed, *Pulsatilla* can be taken; if the itching always occurs when undressing, then *Nux Vomica* or *Arsenicum*; if this fail, take *Mercurius Vivus*, [if there is itching with oozing of water from the surface like drops of sweat.—*Ed.*]

A fourth malady of the skin may be designated

IRRITABILITY.

In some skins the least circumstance produces irritation, attended with inflammation and suppuration: a condition indicating a *peculiar constitutional state*, which, being removed, this irritable state will cease. *Calcarea Carbonica* is often useful; but generally, the selection of the remedy should be left to the physician.

A fifth malady of the skin is

THE WHITLOW, (PARONYCHIA.)

This is an inflammation, affecting generally the

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ends of the fingers at the nail; being attended often with severe pain, and ending very frequently in suppuration.

Mercurius is the best remedy in suppuration.

If in the course of eight hours after taking the mercurius, *two globules* as a dose, no improvement be apparent, use *Aconite* and *Hepar Sulphuris*, as recommended for acute diseases, in the Introduction; this will often prevent suppuration and the loss of the nail, and even, if not preventing suppuration, the process of suppuration will be rendered less troublesome and painful.

A poultice should be employed: Dr. Hering recommends, if the pains are acute, to let a fresh egg be opened at the thick end and to thrust the finger into it, and let it remain there till the pain abate.

[Although this disease is sometimes superficial; confined to the skin and cellular texture and glands about the nail, it is improperly classed with skin diseases. More frequently the worst forms are deep seated next the bone, and an incision down to the seat of the disease is the only sure means of arresting a very painful malady. *Aconite* and *Mercury*, internally, and a soothing poultice externally, steadily and patiently persevered in, are the only sure mean of relief.— *Ed.*]

When *suppuration* is taking place, *Hepar Sulphuris* aids nature most effectually.

Should the whitlow again threaten, then *Silica* may be employed, alternating this with *Sulphur*.

The north pole of the magnet, applied to the whitlow for a minute or two, has been found to be serviceable.

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A sixth malady of the skin is

THE BOIL, (FURUNCULUS.)

A red spot in the skin, hard and painful, appears: it rises and swells, and becomes a painful, well-defined, pointed tumor, being highest in the centre, of a deep red color, ending, for the most part, in suppuration; a head forming in the centre, which being removed, pus, mixed with blood, is discharged.

Arnica will promote the healing, and prevent the return. Arnica being unsuccessful, and if, with the boil, there is an enlargement of the glands in the neighborhood of the boil, *Belladonna* will, in most cases, cure.

If the inflammation still persist, and the boil is very large, and there is feverish heat, then aconite and hepar sulphuris, as directed for the whitlow, will be serviceable.

Often *Mercurius*, after arnica or belladonna has, or arnica and belladonna have, exercised the full extent of its or their beneficial agency, without perfectly curing, will complete the curative process. Sulphur is useful after the Arnica.

It should be remembered that boils indicate a constitutional state, which should be eradicated, because, while remaining, there is always a liability to attack from other diseases: for this the physician must be consulted.

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A seventh malady of the skin is

THE CHILBLAIN.

This inflammatory affection attacks the toes and the fingers, and seems to be constitutional. If children liable to chilblains are treated constitutionally, the return of them will be prevented.

I have just been informed of the children of a patient of mine in Sussex, who every winter severely suffered from chilblains for *three* months. I prescribed the alternate use of *Calcarea* and *Sulphur*, and they have not been troubled this winter with the chilblains.

The following table will guide in the selection of the remedies:

Arnica.	*Belladonna.*	*Chamomilla.*	*Nux Vomica.*	*Pulsatilla.*	*Sulphur*
swelling hard: inflammation, *shining.*	much inflammation, *bluish red* and very severe.		swelling. inflammation, bright red color.	much inflammation, livid hue.	very violent.
painful.		*excessively* painful;			
itching.	creeping tingling sensation.	itching with a burning sensation.	itching *increased by warmth.* show a tendency to burst.	itch, burn, break up and bleed, beating or *throbbing;* suffering increased in evening and night.	itching very severe.

Pulsatilla may be used first with advantage: *Sulphur* follows this well: when the *pains* are *very*

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acute, as the table will show, *Chamomilla;* which, if not producing relief, may be followed with *Arsenicum.*

Sulphur is particularly indicated where the other remedies have failed, or where the chilblain has, before homœpathic means have been used, been of long duration.

Sometimes the following plan is useful: lay some strong glue warm on the part: put over it some strong paper covered with glue. When the pains are gone, wash the part cautiously with warm water.

[In this country this is most frequently a local disease, and the best means of overcoming it is to use a foot bath, composed of one ounce of muriatic acid to one gallon of warm water; keep the feet in this for half an hour every evening. — *Ed.*]

An eighth malady, in which the eruption takes place in *the hair of the head*, and which, under common treatment, is very tedious, is that well-known complaint called

RING WORM, OR SCALD HEAD, (PORRIGO.)

In this disease diet is of the greatest importance, and, in the most obstinate cases, *Silica* has a most powerful effect. All caustic applications are destructive.

[If the eruption extends from the head to the face, give *Hep. S.*, and if the glands of the throat are inflamed, give *Bryonia.* If the surface has a corrosive discharge oozing from it, give *Rhus. T.* If

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