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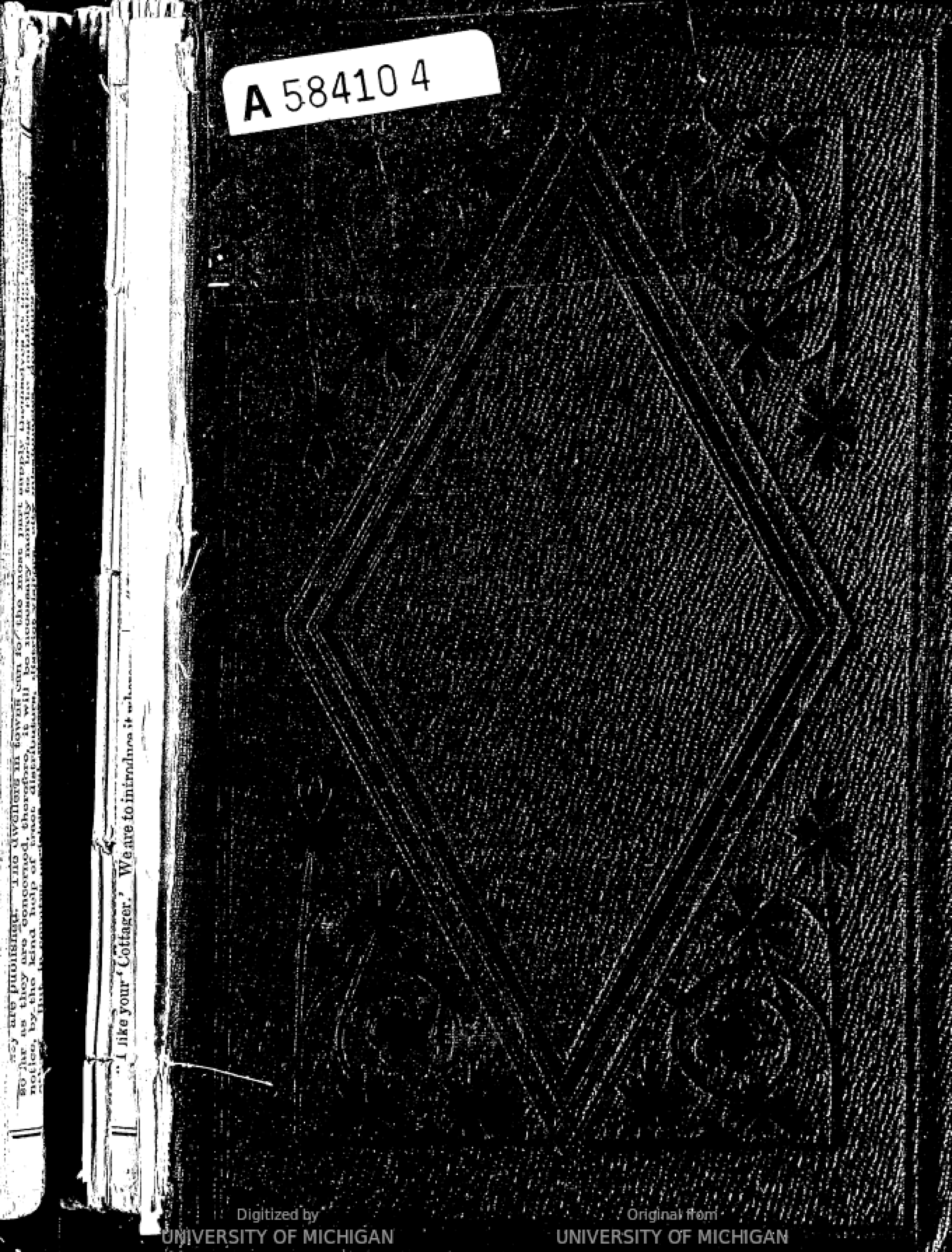

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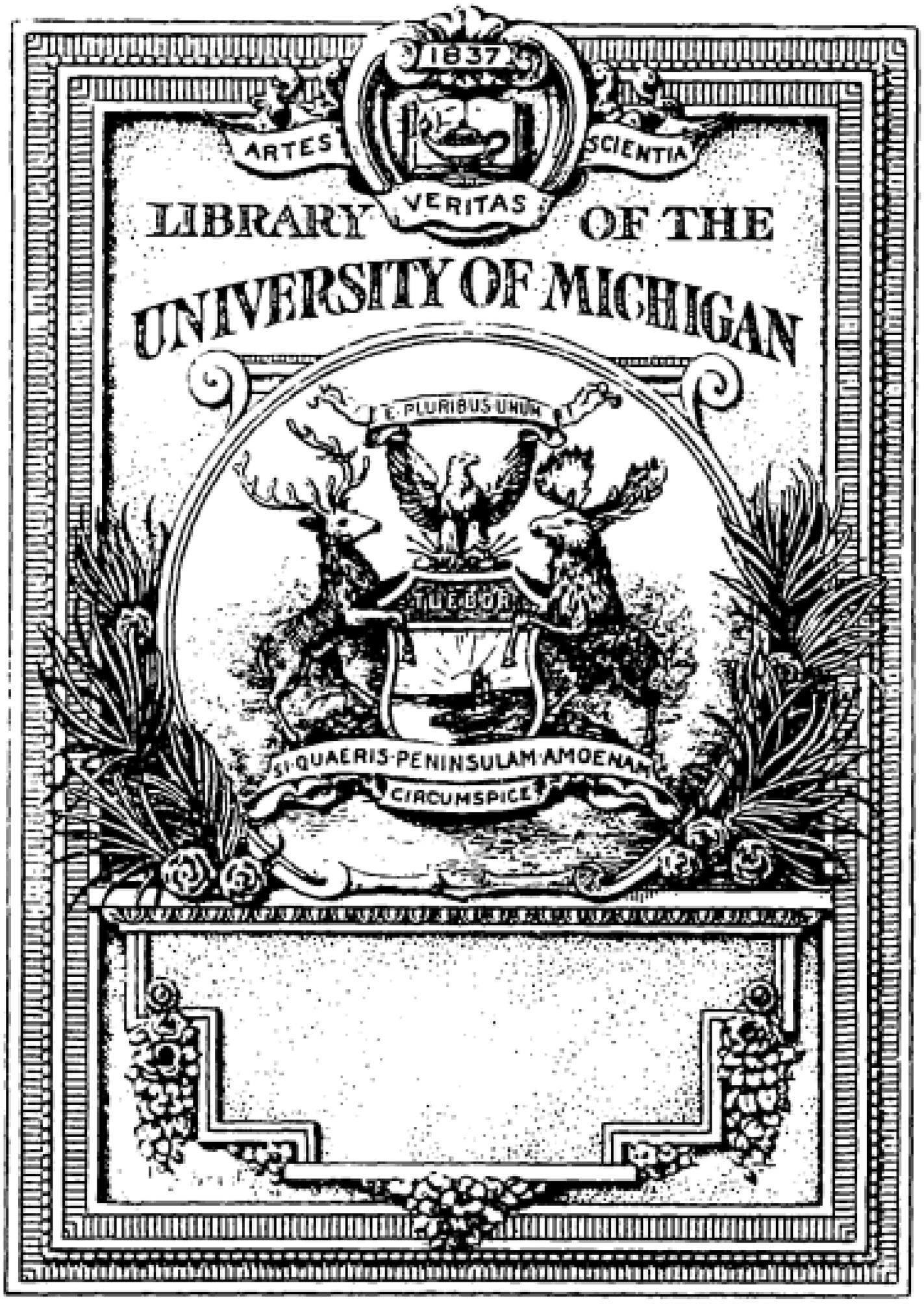

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THE CHILD'S

HOMŒOPATHIC PHYSICIAN;

OR,

FULL AND PLAIN ADVICE TO PARENTS

ON THE MANAGEMENT OF INFANTS AND CHILDREN, AND

ON THE TREATMENT OF THEIR DISORDERS.

BY DR. C. G. C. HARTLAUB.

Translated from the fourth foreign Edition, with the addition of Cases, and many new Chapters.

BY NEVILLE WOOD, M.D.

FELLOW OF THE ROYAL COLLEGE OF PHYSICIANS OF EDINBURGH; MEMBER OF THE BRITISH HOMŒOPATHIC SOCIETY; AUTHOR OF "A BRIEF VIEW OF HOMŒOPATHY"; PHYSICIAN TO THE BROMPTON HOMŒOPATHIC DISPENSARY; CONSULTING PHYSICIAN TO THE CENTRAL HOMŒOPATHIC DISPENSARY; ONE OF THE MEDICAL COUNCIL OF THE LONDON HOMŒOPATHIC HOSPITAL.

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1861.

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TO

MAJOR-GENERAL CARMICHAEL, C.B.,

Of Hyndford House, Brompton, S.W.

My dear General,

I dedicate this little work to you, not because it is worth your acceptance, but as a slight mark of my sincere friendship for you and for your family.

I am,

My dear General,

Your faithful Friend,

NEVILLE WOOD.

10, *Onslow Square, S.W.*
July 1, 1858.

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TRANSLATOR'S PREFACE.

STRICTLY speaking, the treatment of all disorders should be confided to medical men. As an abstract position, this is self-evident. But a large portion of the public are, by various circumstances, induced to treat themselves and their families in slight cases; while a few non-medical persons, more self-confident or more reckless than the majority, trust in *all* instances to their own judgment. With allopathic medicines, this custom is often productive of serious results, both positive and negative. In homœopathic practice, the danger generally arises from a negative source, namely, from ignorance of the specific remedies.

The question is not, however, whether the experience of a physician or the non-experience of an amateur is preferable. The important point is, whether homœopathy in the hands of the public, and under the guidance of some recog-

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nised domestic treatise, is not better than allopathy in the hands of the same public, or even in those of the profession. Both alternatives involve evils: but, of the two evils, assuredly amateur homœopathic practice is the lesser. In violent or obstinate cases, a homœopathic physician ought to be immediately summoned. If this, however, be impracticable, it may be affirmed that in all disorders, slight or severe, a good homœopathic manual should be consulted, in preference to administering the violent and often fatal remedies used in ordinary practice. In the present edition of Dr. Hartlaub's excellent work many chapters have, accordingly, been added, with the view of rendering the treatise still more serviceable to the public. Supposing the advice of a physician to be unattainable, the reader will thus be enabled to dispense with bleeding, leeches, blisters, setons, purgatives, narcotics, and all other dangerous remedies, which, though they might be tolerated in the dark ages, may well be discarded in the present state of medical science. Many eminent physicians of the old school confess that to such treatment not a few lives have fallen a sacrifice.

Amateur practice and domestic treatises are,

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moreover, among the most powerful engines for the spread, and ultimately for the advancement, of homœopathy, the universal diffusion of which will be effected mainly by appeals to the public. The public, in turn, will partly induce, partly compel, the medical profession to examine, and to be guided by, the law of nature in the treatment of disease.

By applying the simple directions given in a domestic manual, medical men have, in several instances, been convinced of the TRUTH of homœopathy, and have thus been led subsequently to master the details of the practice with the aid of more scientific works.

It may be hoped that none who acknowledge the modern practice, its safety, its great and manifold advantages, and its evident superiority over the ancient method, will henceforth suffer their tender offspring to undergo the pernicious treatment pursued by the allopathic school. It is better to trust to nature alone than to resort to means by which the health of so many children has been ruined, the lives of so many embittered, endangered, or sacrificed. It may be laid down as a general rule, that persons are less easily affected by specific remedies, and the cure of

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every malady is rendered more difficult, in proportion to the duration and violence of the previous allopathic treatment. Yet so decided is the sensitiveness at an early age, that it is rare to meet with any case, acute or chronic, occurring under the fourteenth year, which cannot be either cured or materially alleviated by homœopathic remedies.

The treatment recommended in this work is intended for young persons from birth until puberty. The new matter added, by the translator, to the present edition, is indicated by being included in brackets []. The first and second Parts of the volume have been translated directly from the German. The third Part has been rendered from M. Sarrazin's French edition, which professes to have been translated from the fourth German impression. I have been unable to meet with so late an edition in London, and preferred, therefore, being guided by M. Sarrazin's text in the latter portion of the treatise.

It may interest some of my readers to learn, that the homœopathic law, *similia similibus curantur* (like cures like), was discovered in 1790. Dr. Samuel Hahnemann, the founder of the reformed system of medicine, was born April 10,

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1755, at Meissen, in Saxony; and died July 2, 1843, in his eighty-ninth year, at Paris, where he was engaged in extensive practice till within a few weeks of his decease.

During the sixty-eight years which have elapsed since the discovery was first promulgated, homœopathy has been gradually and steadily spreading over the face of the globe. The bigotry or malice of its opponents has never been able to stem the progress of this noble truth. In America and on the European continent, homœopathy is practised almost as extensively as allopathy. During a tour, some years since, in nearly every part of North and South Germany, I frequently met and conversed with disciples of the new school; while, among allopathic practitioners, I rarely encountered the unenquiring hostility to the doctrines of Hahnemann too frequent with the profession in England.

The reform is, however, advancing rapidly in Great Britain. There are already homœopathic practitioners in most of the principal towns in England. As the public is daily becoming better acquainted with the practical advantages of the improved system of medicine, it is probable that,

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before the lapse of many years, every town in the kingdom will boast the possession of one or more homœopathic physicians.

N. W.

10, Onslow Square, Brompton,
London (S.W.), July 1, 1858.

PREFACE

TO THE

SECOND ENGLISH EDITION.

In the present edition of this work, an attempt has been made to render the practical instructions for treating disease at once plainer and more complete. And several new cases have been added.

September, 1861.

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CONTENTS.

PAGE

REMEDIES SUITED FOR VARIOUS TEMPERAMENTS AND SEASONS xx

LIST OF MEDICINES PRESCRIBED IN THIS WORK xxii

PART I.

MANAGEMENT OF INFANTS.

PRELIMINARY REMARKS 1

CHAP. I. — TREATMENT SHORTLY AFTER BIRTH.

(*a*) EXPULSION OF THE MECONIUM ... 4

(*b*) SLEEP 6

(*c*) WASHING AND DRESSING 9

(*d*) LIGHT 15

(*e*) SOUND 16

(*f*) TEMPERATURE 17

(*g*) VENTILATION 18

(*h*) EXERCISE 20

(*i*) VACCINATION 23

CHAP. II.—ACCIDENTS OCCURRING AT BIRTH.

(*a*) STILL-BORN CHILDREN 26

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PAGE

(*b*) SWELLING OF THE HEAD ... 31
(*c*) SWELLING OF THE BREASTS 33

CHAP. III.—THE FOOD OF INFANTS.

(*a*) SUCKLING 35
(*b*) AVERSION TO THE MOTHER'S MILK 41
(*c*) CHOICE OF A NURSE 43
(*d*) DIET AND TREATMENT OF THE NURSE 45
(*e*) THE MILK OF ANIMALS 47
(*f*) WEANING 49
(*g*) ADDITIONAL FOOD 50

PART II.
MANAGEMENT OF CHILDREN.

CHAP. I.—CHOICE AND MANAGEMENT OF ATTENDANTS 55
CHAP. II.—CLEANLINESS AND VENTILATION 58
CHAP. III.—CLOTHING 61
CHAP. IV.—EXERCISE 66
CHAP. V.—DIET 70
CHAP. VI.—EDUCATION 75

PART III.
TREATMENT OF THE DISORDERS OF INFANTS AND CHILDREN.

GENERAL REMARKS AND INSTRUCTIONS ... 78

Digitized by UNIVERSITY OF MICHIGAN
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		PAGE
1.	Abscess	85
2.	Anger and Vexation	87
3.	Asiatic Cholera	88
4.	Baldness	92
5.	Bleeding of the Nose	92
6.	Blue Disease	93
7.	Boil	94
8.	Bruises	95
9.	Burns and Scalds	97
10.	Burnt-holes	99
11.	Chicken-pox	101
12.	Chilblains	103
13.	Cold in the Head	104
14.	Colic	108
15.	Congestion in the Chest	111
16.	Congestion in the Head	113
17.	Convulsions	115
18.	Costiveness	118
19.	Cough	122
20.	Croup	125
21.	Deafness	128
22.	Diarrhœa	130
23.	Diphtheria	134
24.	Drowsiness	137
25.	Dysentery	139
26.	English Cholera	142
27.	Epilepsy	144
28.	Erysipelas	147
29.	Excoriation	150
30.	Falling of the Intestine	151

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PAGE

31. Fever 153
32. Flatulency 154
33. Fright 155
34. Gum-boil 157
35. Hare-lip 158
36. Headach 159
37. Heartburn 162
38. Heat-spots 163
39. Hiccup 165
40. Hoarseness 166
41. Hooping-cough 169
42. Hydrophobia 172
43. Incontinence of Urine 175
44. Indigestion 177
45. Infantile Remittent Fever 180
46. Inflammation of the Bowels 184
47. Inflammation of the Brain (*Brain Fever*) .. 186
48. Inflammation of the Bronchial Tubes (*Bronchitis*) 189
49. Inflammation of the Ears, and Earach 192
50. Inflammation of the Eyes and Eyelids .. 195
51. Inflammation of the Larynx .. 198
52. Inflammation of the Lungs (*Pneumonia*) .. 201
53. Inflammation of the Mouth 204
54. Inflammation of the Pleura (*Pleurisy*) .. 207
55. Inflammation of the Stomach .. 210
56. Inflammation of the Throat 213
57. Influenza 217
58. Itch 219
59. Jaundice 220

Digitized by UNIVERSITY OF MICHIGAN
Original from UNIVERSITY OF MICHIGAN

PAGE

60. Land Scurvy 223
61. Lockjaw 225
62. Measles 227
63. Milky Urine 231
64. Milk-scab 232
65. Moles and Freckles 234
66. Mumps 237
67. Nettlerash 238
68. Nightmare 240
69. Pain in the Stomach 241
70. Palpitation of the Heart 242
71. Piles 244
72. Poisoning 246
73. Putrid Sore-throat 248
74. Red-gum 251
75. Rheumatism 253
76. Rickets 259
77. Ringworm 263
78. Rose-rash 265
79. Rupture 266
80. St. Vitus's Dance 270
81. Scaldhead.. 272
82. Scarlet-fever 274
83. Screaming 278
84. Scrofula 279
85. Short Tongue-string 281
86. Sleeplessness 282
87. Small-pox.. 283
88. Spasmodic Asthma 288
89. Sprains 290

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PAGE

90. Stammering 291
91. Stings and Bites of Insects 292
92. Stye 293
93. Suppression of Urine 294
94. Swelling of the Face 295
95. Swelling of the Glands 297
96. Swelling of the Lips and Nose 299
97. Teething 300
98. Thrush 304
99. Toothach 307
100. Typhus-fever 311
101. Vomiting 317
102. Warts 320
103. Wasting 321
104. Water in the Head 325
105. Whitlow 328
106. Worms 329
107. Wounds 333

Part IV.

CASES AND OBSERVATIONS.

General Remarks 336
Case 1. Abscess 337
„ 2. Asiatic Cholera 339
„ 3. Bleeding of the Nose 341
„ 4. Convulsions 342

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PAGE

Case 5. Croup 343
„ 6. Deafness 345
„ 7. Diarrhœa 346
„ 8. Diphtheria 348
„ 9. Dropsy 349
„ 10. Dysentery 350
„ 11. Epilepsy 351
„ 12. Erysipelas 352
„ 13. Hooping-cough 353
„ 14. Inflammation of the Brain 354
„ 15. Inflammation of the Bronchial Tubes 356
„ 16. Inflammation of the Eyes 357
„ 17. Inflammation of the Lungs .. 359
„ 18. Inflammation of the Pleura 360
„ 19. Itch 362
„ 20. Measles 363
„ 21. Malignant Measles 364
„ 22. Putrid Sore-throat 366
„ 23. Rheumatism 367
„ 24. Rickets 368
„ 25. Ringworm 370
„ 26. St. Vitus's Dance 371
„ 27. Scaldhead 372
„ 28. Scarlet-fever 373
„ 29. Scrofula 374
„ 30. Small-pox 376
„ 31. Spasmodic Asthma 377
„ 32. Stammering 378
„ 33. Swelling of the Face 379
„ 34. Swelling of the Glands 380

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PAGE

Case 35. Threadworms 381
„ 36. Thrush 383
„ 37. Vomiting 383
„ 38. Warts 385
„ 39. Wasting 386
„ 40. Water in the Head 387
Glossary of Medical Terms 388
Index 399

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REMEDIES ESPECIALLY ADAPTED FOR VARIOUS TEMPERAMENTS AND SEASONS.

BILIOUS TEMPERAMENT.—Acidum nitricum, Aconitum, Arnica, Arsenicum, Bryonia, Chamomilla, China, Graphites, Lachesis, Mercurius, Nux vomica, Phosphorus, Pulsatilla, Sepia, Silicea, Stannum, Sulphur, Veratrum.

LYMPHATIC TEMPERAMENT.—Arnica, Arsenicum, Belladonna, Calcarea, Carbo vegetabilis, China, Digitalis, Dulcamara, Helleborus, Hyoscyamus, Lycopodium, Mercurius, Phosphorus, Pulsatilla, Sepia, Silicea, Sulphur.

NERVOUS TEMPERAMENT.—Aconitum, Arsenicum, Bryonia, Chamomilla, Coffea, Cuprum metallicum, Ignatia, Lachesis, Nux vomica, Sepia.

SANGUINE TEMPERAMENT.—Aconitum, Arnica, Belladonna, Bryonia, Calcarea, Chamomilla, Coffea, Hepar, Nux vomica, Opium.

HOT WEATHER.—Aconitum, Belladonna, Bryonia, Camphor, Carbo vegetabilis, Nux vomica, Opium, Silicea.

COLD WEATHER.—Aconitum, Arsenicum, Bryonia, Calcarea, Carbo vegetabilis, Chamomilla,

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Dulcamara, Ipecacuanha, Mercurius, Pulsatilla, Rhus, Silicea, Sulphur, Veratrum.

CHANGE FROM HOT TO COLD WEATHER.—Dulcamara.

CHANGE FROM COLD TO HOT WEATHER.—Carbo vegetabilis.

A DRY CHILL.—Aconitum, Belladonna, Bryonia, Chamomilla, Ipecacuanha, Nux vomica, Sulphur.

A DAMP CHILL.—Calcarea, Dulcamara, Pulsatilla, Rhus, Veratrum, Sulphur.

A CHILL IN SPRING.—Carbo vegetabilis, Rhus, Veratrum.

A CHILL IN SUMMER.—Belladonna, Bryonia, Veratrum.

A CHILL IN AUTUMN.—Mercurius, Rhus, Veratrum.

A CHILL IN WINTER.—Aconitum, Belladonna, Bryonia, Chamomilla, Dulcamara, Ipecacuanha, Nux vomica, Sulphur, Veratrum.

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LIST OF THE MEDICINES PRESCRIBED IN THIS WORK.

1. Acidum nitricum, 12th attenuation (or strength).
2. Acidum phosphoricum, 12th atten.
3. Acidum sulphuricum, 12th atten.
4. Aconitum napellus, 12th atten.
5. Arnica montana, mother tincture, and 12th atten.
6. Arsenicum album, 12th atten.
7. Belladonna, 12th atten.
8. Borax veneta, 12th atten.
9. Bryonia alba, 12th atten.
10. Calendula officinalis, 12th atten.
11. Camphora, mother tincture, and 12th atten.
12. Carbo vegetabilis, 12th atten.
13. Causticum, 12th atten.
14. Chamomilla vulgaris, 12th atten.
15. China officinalis, 12th atten.
16. Cicuta virosa, 12th atten.
17. Cina, 12th atten.
18. Coffea cruda, 12th atten.
19. Cuprum aceticum, 12th atten.
20. Cuprum metallicum, 12th atten.

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21. Digitalis purpurea, 12th atten.
22. Drosera rotundifolia, 12th atten.
23. Dulcamara, 12th atten.
24. Graphites, 12th atten.
25. Helleborus niger, 12th atten.
26. Hepar sulphuris, 12th atten.
27. Hyoscyamus niger, 12th atten.
28. Ignatia amara, 12th atten.
29. Iodium, 12th atten.
30. Ipecacuanha, 12th atten.
31. Lachesis, 12th atten.
32. Lycopodium, 12th atten.
33. Mercurius corrosivus, 12th atten.
34. Mercurius solubilis, 12th atten.
35. Nux vomica, 12th atten.
36. Opium, 12th atten.
37. Phosphorus, 12th atten.
38. Pulsatilla, 12th atten.
39. Rhus toxicodendron, mother tincture, and 12th atten.
40. Sambucus nigra, 12th atten.
41. Sepia, 12th atten.
42. Silicea, 12th atten.
43. Spongia, 12th atten.
44. Stannum, 12th atten.
45. Stramonium, 12th atten.

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46. Sulphur, 12th atten.
47. Tartarus emeticus, crude, and 12th atten.
48. Uva ursi, 12th atten.
49. Valeriana officinalis, 12th atten.
50. Veratrum album, 12th atten.

[The medicines should be kept in a dry, cool, and dark place, free from odors. A remedy that is being taken in solution, and in divided doses, ought not to be left in the patient's room. In hot weather, a few drops of rectified spirit-of-wine or brandy may be added to the solution (in the proportion of six drops of spirit to a wineglassful of water), to prevent decomposition.

The attenuation (or strength) of a medicine is of less importance than the selection of the remedy. Persons who already possess cases of medicines may, therefore, use the attenuations *nearest* to those prescribed in this volume.

Covered porcelain medicine-cups, with the spoonfuls marked inside, and bone, ivory, or porcelain spoons, as well as any or all of the above-mentioned medicines, may be procured from the publishers of this work.]

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THE CHILD'S

HOMŒOPATHIC PHYSICIAN.

PART I.

MANAGEMENT OF INFANTS.

PRELIMINARY REMARKS.

THE foundation of a truly healthy condition of mind and body, and of a long life, must be laid in early youth, nay, on the very day of birth. Man enters the world in a far more helpless state than most of the lower animals, and requires during a much longer period the assistance of others, because his frame arrives more slowly at maturity than those of brutes, and because his reason is more tardily developed than their instinct. He therefore needs the watchful care of his parents until, his bodily and mental powers having acquired their full vigor, he is fitted to govern himself. This care of the

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yet helpless human being constitutes his EDUCATION, in the most extended sense of the term.

The period at which education ceases cannot be determined by any general rule. It is sometimes considered to close at the approach of puberty: but this terminates, in fact, only the first section of education, marking the commencement of a second, and not less important, era. The duration of education also depends upon individual disposition, upon the rank or destined occupation of the child, and upon various other circumstances. To be complete, education should not be limited to the first fourteen or fifteen years of life, but should be continued as long as the youth remains under the guardianship of his parents, and until he is prepared to go forth into the world. We shall commence our investigation at the moment of birth.

With some obvious exceptions, it is necessary to place the delicate frame of the new-born infant in circumstances differing as little as possible from those which have previously surrounded it. With this view let us, in the ensuing chapter, explain the needful precautions, of which the following is a summary:—

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[All irritating medicines, aperient or otherwise, are inadmissible ;—refreshing sleep can never be ensured by violent rocking, or by the use of soporific drugs ;—] the infant should be so clothed as to possess the free use of its limbs; —exposure to bright light is injurious to the eyes ;—loud noises are equally hurtful to the ears ;—the surrounding temperature should be moderate and uniform ;—[a constant supply of fresh and pure air should be maintained by free ventilation ;—and ample means of exercise, proportioned to the age and strength of the infant, should be allowed.]*

[* The matter included within brackets [] is added by the translator.]

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CHAP. I.

TREATMENT SHORTLY AFTER BIRTH.

(*a*) EXPULSION OF THE MECONIUM.

THE treatment of the newly-born infant generally commences with a long series of abuses, which exercise a most injurious influence upon its present and future welfare. The first care of the nurse is to give the child (even before it has received any nourishment) a dose of syrup of rhubarb or manna, with the view of expelling from the bowels a substance (the *meconium*) supposed to be hurtful. This is a mistake. The infant, as yet little habituated to its new sphere, cannot fail to be injured by these irritant medicines. Interference on our part is uncalled for; —unassisted nature may be trusted to remove, in due time, with ease and safety, the excrement, which we injudiciously seek to expel by precipitate and violent measures. By non-interference, we obey rational hygienic laws. Except in the comparatively rare cases which present any un-

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usual condition or unhealthy symptoms, no medicine, laxative syrup, injection, or fomentation will be required.

[The infant should be applied to the mother's breast eight or ten hours after birth. The first milk (called *colostrum*) seldom fails to evacuate the dark brown *meconium*. Hence it is by some authors considered to possess a specific aperient property. More probably, however, it works, like other nutriment, as a mechanical stimulus.

Should the bowels not act within twelve or fourteen hours, a teaspoonful of perfectly sweet olive oil, mixed with an equal quantity of thin warm gruel, may be given. If, after four hours, this fails to produce any effect, recourse may be had to an injection, consisting of three teaspoonfuls of olive oil mixed with six tablespoonfuls of thin, tepid gruel. The total amount of fluid injected at one time should never exceed four ounces (eight tablespoonfuls), and it ought rather to be too cool than too warm. The proper temperature is about 70° Fahr.

For the treatment of obstinate confinement of the bowels, the reader is referred to the article "COSTIVENESS."

It is satisfactory to be able to add, that the

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best allopathic physicians agree with their homœopathic brethren in condemning the administration of purgatives to newly-born healthy infants.]

(*b*) SLEEP.

All movements and actions to which the child is subjected, should be conducted with care and gentleness. This rule is very commonly infringed, by what is termed "rocking," and by throwing the infant violently upwards with the arms, in order to still its cries, or to induce sleep. Such rough measures, far from attaining either of the desired objects, only produce a state of stupor highly injurious, interrupted by starts and screams, and differing widely in character and effects from natural slumber. During the first few weeks of their existence, infants are disposed by nature for much sleep, and, consequently, require no artificial soporific means whatever. If, therefore, sleeplessness and screaming do not arise from want of food or from some external circumstance, it may be assumed that

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they are due to an internal cause, and that the child is ill. Such cases demand the aid of medicine (see "SLEEPLESSNESS," and "SCREAMING"). Soothing syrups, and opium under its various forms, are not less injurious than rocking. Opium never produces healthy sleep, but only a half-conscious lethargy. It fails, moreover, to remove the *cause* of sleeplessness or of screaming. The continued use of opium is followed by the most baneful, and sometimes by fatal, effects. This insidious drug causes stupidity, retards the growth, renders the muscles thin and flabby, the cheeks hollow, and overspreads the face with a pale earthy hue,—producing, in short, the appearance of old age.

[For the first six weeks, a healthy infant should scarcely wake except to take its proper nourishment. Until the end of the third year, the child may be encouraged to sleep one or two hours every day at noon: and young persons require at all ages more sleep than adults, in proportion to their youth and the rapidity of their growth.

Regularity should be observed in the hours appropriated to rest. Perseverance in this respect supersedes the necessity of rocking, or

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nursing the child to sleep. The sleep should be sound and tranquil. If the usual hours of repose be curtailed, restlessness and irritability ensue. Light, noise, and other sources of disturbance prevent the sleep from being calm and refreshing, and thus deprive it to a considerable extent of its intended purpose. The night's rest should continue from seven o'clock in the evening until the following morning. When the period of rest commences before the evening is far advanced, the infant is fully refreshed by an early hour next morning; thus acquiring the habit, seldom lost in after life, of early rising. Upon this plan, the child will be ready for the day-sleep at noon, which should not be taken at a later hour, lest it interfere with the repose at night.

For about six weeks after birth, the infant may sleep with its mother or nurse, in order to maintain the temperature necessary for its healthy existence. Due care should, however, be taken to prevent the child from slipping down under the bed-clothes. If the period of separation be too much prolonged, the child (having acquired an increased power of generating heat) runs the risk of becoming weak and puny, by sleeping with an adult, and the anxiety of the mother for

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her offspring is needlessly protracted, to the injury of her milk.

A cradle, as being more portable, and at least as airy and clean, is preferable to a large bedstead. The bed-clothes should be light and warm, but not more than sufficient to maintain the natural temperature of the body. Mattresses are preferable to feather beds, both for children and adults. Curtains and hangings of all kinds around the cradle or bed are injurious, since they hinder the circulation of the air. Draughts may be warded off by the use of a screen.

The child should be placed upon its side in the cradle, care being taken to lay it alternately on each side. An omission of this precaution may induce spinal distortion, and other serious evils.]

(*c*) WASHING AND DRESSING.

[After having removed from the mouth any mucus likely to obstruct the breathing, the nurse will proceed to wash the infant, with a fine sponge and warm water. This operation

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should be conducted gently and carefully, and as rapidly as may be consistent with efficiency;—if in winter, near a moderate fire. The principal points to be attended to are, a minute and thorough cleansing of the entire surface, the avoidance of any circumstance likely to produce a chill, and care, on the part of the nurse, not to injure the tender frame of the infant by pressure. The use of soap, brandy, whiskey, and other powerful irritants, is positively forbidden. The eyes should be washed with a perfectly clean sponge and pure warm water, or inflammation of these organs may ensue. (See "INFLAMMATION OF THE EYES.") For the sake of greater efficiency, rapidity, and convenience, the child may, both at the first and at subsequent ablutions, be placed in a tub of warm water (heated to about 98° Fahr.), but should not remain therein more than a few seconds. The body should be rubbed quite dry with a soft and warm napkin.

The breasts of most new-born infants secrete, more or less abundantly, a milky fluid, which many nurses consider it necessary to remove by pressure, until a hard substance (popularly known as the "kernel") is expelled. No measure of this kind is admissible, and the barbarous pro-

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ceeding above mentioned is entirely founded on ignorance. In some cases, the manipulations have been so roughly or perseveringly executed, as to excite inflammation, followed by abscess. If undisturbed, the secretion will soon disappear spontaneously.

A still more injurious popular notion is, that forcible compression of the head is required, in order to close the fontanels and sutures. These "moulds" and "seams" are generally, for the wisest purposes, more or less open at birth, and will in due time become effectually obliterated or closed (except in cases of disease, for which see "RICKETS," "SCROFULA," and "WATER IN THE HEAD") without artificial assistance. The period of this closure differs according to individual constitution, health, food, and other circumstances. Generally speaking, the fontanels are not entirely obliterated until the end of the third year.

All infants should be bathed night and morning. At the end of nine months, the temperature of the water may be gradually reduced. After the third year, the strength and growth of healthy children are materially promoted by the use of cold water for all ablutions.]

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In dressing the infant, full scope should be allowed for the action of the muscles. The practice of swathing the body in tight bandages is highly pernicious. This error is often committed with the kind intention of preventing the child from injuring itself by excess of action; but, as the movements of the infant are never disproportioned to the strength of its limbs, injury cannot ensue. The hapless being is frequently stretched to its full length, packed tightly in swathing-clothes, and is thus left in bed for several hours at a time. This position is entirely contrary to that which obtained in the bosom of the mother, namely, the body somewhat bent, and the limbs folded over the trunk. Apart from this consideration, however, the above posture must be altogether unbearable to the child, because—as any adult may learn from his own experience—it is highly constrained, and because the body is most efficiently rested by slightly bending the limbs. Screaming is often occasioned solely by this forced position, a fact which is proved by the child generally becoming quiet as soon as the bandages are removed.

The custom of applying an umbilical band, in order to prevent the occurrence of RUPTURE (see

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this), is not without its use; but the binder should not be drawn very tight, and should be removed after the first few days.

[Should bleeding of the umbilical cord ensue, a fresh ligature (which can scarcely be too tight) must be applied.

If tight bandages to the limbs are injurious, any compression of the chest or abdomen, and of the important organs they contain, must prove still more detrimental. When the chest is compressed, the restraint is disagreeable and unnatural to the infant; and the lungs are prevented from expanding to the extent necessary for inhaling a due proportion of fresh air, a constant and free supply of which is essential to health. But this is not all: for as nature daily and hourly seeks to expand the breathing-apparatus, man perpetually opposes these efforts by stronger and firmer bands, so that the lungs are gradually allowed less and less scope in proportion to their requirements. Constant pressure, moreover, so enfeebles the muscles, that at length they really need the artificial support so officiously and injuriously given. The intended object of such ligatures, that of imparting strength and of preventing distortion, is never attained. On the

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contrary, artificial constraint is the most fruitful source of arrested development, of various forms of curvature, of consumption and other pulmonary diseases, and also of indigestion. From whatever motive and at whatever age it may be adopted, it is hurtful, and opposed to the obvious nature of man's constitution. But it can never be so injurious as when it affects the frames of tender infants.

It were useless atempting to point out any particular mode of dressing infants. Much will always depend upon custom, and upon the taste of the parents. Suffice it to say, that the clothing should be simple and light, that it should be sufficient to maintain a moderate and equal temperature, and that it should neither irritate the skin, nor place the slightest restriction upon the growth or free movements of the child. Thus while, on the one hand, the infant should not be burdened and rendered delicate by excess of clothes, so, on the other, we must beware of resorting too freely to the "hardening" process, which, in our damp and changeable climate, often leads to a premature grave, or lays the foundation of some chronic disorder. Nightcaps should be laid aside after the first few weeks, as

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they tend to promote congestion of blood in the head, to which young persons are peculiarly liable. Linen is the best under-covering for children, being cleaner and less irritating than flannel.

Pins are dangerous articles in the dress of infants. Strings, or thread, should be substituted.]

(*d*) LIGHT.

It is essential to avoid all circumstances calculated too powerfully to affect the senses. The eyes of new-born infants become very gradually accustomed to bright light. The sun-shine should, therefore, be moderated by the use of shutters or blinds. Especial care is necessary to prevent the *direct* light of the sun or of candles from falling upon the child's eyes, particularly on first waking from sleep. The infant should be so placed in bed that the eyes are turned away from the light. A lamp or candle-skreen is also indispensable in the nursery.

[Disregard of the above precautions in early

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infancy is often followed by dangerous or troublesome INFLAMMATION OF THE EYES (see this). At the end of the first two or three weeks, light should, during the day, be freely admitted into the nursery, experience having shown that light is absolutely required for the healthy development, not only of plants and animals, but also of man. Children reared in crowded cities, and all who pass much of their time in dark cellars, factories, or mines, are witnesses to this fact, and form a melancholy contrast to the ruddy, healthy aspect of those who live mostly in the open air and in the country. It is not sufficient that children be well fed, clothed, and nursed, if light be withheld, or merely admitted through a loop-hole.]

(*e*) SOUND.

Equal care should be bestowed in protecting the organs of hearing. The attendants should be enjoined to shut the doors quietly, to walk gently across the room, to speak in a subdued tone, and, in short, to avoid all loud and sudden

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noises. For this reason, it is better—where selection is possible—for the accouchement to take place in a secluded room, far from streets and much-frequented spots. [Deafness has, in some instances, been traced to the effect of loud and sudden noises upon the ears of young infants.]

(*f*) TEMPERATURE.

The temperature of the surrounding atmosphere, and of the water in which the infant is washed, should be moderate: extremes of heat and cold being alike injurious. Hence the evil of employing thick and heavy bed-clothes, and of the common custom of maintaining a high temperature in the nursery. For the same reason, the water with which infants are bathed should, after the first two months, be tepid, never cold. The ablution being concluded, the child ought to be rapidly dried, that the water may not be allowed to grow cold upon the skin.

[The general temperature of the nursery, during the prevalence of cold weather, should not be

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much above or below 60° Fahr. A hot and close atmosphere predisposes children to inflammation of the brain. Cold air produces coughs, catarrh, inflammation of the lungs and bronchial tubes, and bowel complaints.]

[(*g*) VENTILATION.]

[The nursery should be large, lofty, and free from draughts. In modern houses, all windows are, most properly, so constructed as to open both above and below. During the summer months, the windows should be constantly and freely open during the day, excepting in wet or damp weather. Even on wet days, and in mid-winter, the windows may be thrown open, for a few minutes at a time, at least once in every four hours, so as to admit a frequent supply of fresh and pure air, without permanently diminishing the temperature of the room. This precaution prevents the feeling of lassitude and oppression that would otherwise ensue; and enables the system to support more easily the vicissitudes of our climate. It has also this advantage, that

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when circumstances forbid the use of a day nursery distinct from the sleeping-room, the atmosphere is in a great degree prepared and purified for the night's rest. Cries and sleeplessness may often be cured simply by admitting a current of cool air into the room: care being taken not to allow a direct draught to fall upon the child. Provided a moderate temperature be maintained, and draughts and damp avoided, the child can, during the day, scarcely hold too free and constant communication with the outward air. If, immediately before bed-time, the sleeping-room be thoroughly ventilated, the atmosphere will, in a large chamber containing an open chimney, remain sufficiently sweet till morning. More than one person should not sleep in the same room with the infant.

It cannot be too often repeated, or too strongly enforced, that pure air is indispensable to the preservation of health, and that it is one of the best restoratives in many forms of disease. Let the absurd prejudice be henceforth discarded for ever that would guard the twice and thrice respired atmosphere of a close room as favorable to health, while it views in the light of a poison the free and pure air of heaven.

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During the day, the bedding and bed-clothes should be thoroughly aired; the mattress should be turned every night; and all linen ought to be frequently changed.]

[(*h*) EXERCISE.]

[In the earliest period of infancy, the delicate organization of the frame points to the necessity of the utmost gentleness of treatment. The slightest violence, or the frequent recurrence of a constrained position, might cause permanent injury, in the shape of some deformity of the trunk or limbs. The bones being imperfectly hardened, and the soft parts of the body correspondingly feeble, it is obvious that only evil could ensue from any kind of rough usage. Thus, during the first six months, the child should never be placed, unsupported, in a sitting posture, as the system is yet unfitted to bear much weight or pressure. In lifting an infant, the arms should not be laid hold of, nor the chest compressed by the hand. Until the eighth month, the act of "hoisting" ought to be prac-

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tised sparingly and cautiously. After that age, it may be more freely indulged in, as the exercise thus afforded is beneficial; but it should still be carefully and gently conducted.

Under four months, sufficient exercise will be obtained by the child's being carried in the arms of a nurse, and by occasionally allowing it to lie upon a bed or rug, and throw about its limbs in the free and unconstrained manner dictated by nature. While on the nurse's arm, the head of the child should be so supported as to be upon a plane superior to its body; and, as a precaution against curvature, the infant should lie alternately on each arm of the attendant.

Go-carts, and all other artificial supports and contrivances, are hurtful, as tending to induce the child to walk prematurely, and thus leading to deformity. The period at which children begin to walk differs greatly, according to individual constitution, health, and activity. It should on no account be hastened; nor ought the infant to be tempted to stand, until its powers are sufficiently matured to enable it, of its own accord, to make the trial.

In mild, dry weather, very young infants may be carried out for a few minutes at a time; the

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duration of the excursion being afterwards increased. As already stated, the communication with the fresh, pure, outward air can, after the first few weeks, scarcely be too free and constant during the day. In winter, the child should not, on first entering the house from the external air, be taken into a warm room, or near the fire. Children being peculiarly sensible to changes of temperature, chilblains, colds, or inflammation may result from carelessness in this respect. Due warmth can only be with safety maintained by exercise, appropriate clothing, and moderate friction. When the extremities are cold, they should be gently rubbed with the hand.

There are few days so wet or cold, that advantage may not be taken of some transient gleam of sunshine during which the child may for a few minutes breathe a pure and invigorating atmosphere. The importance of regular daily exercise cannot be over-estimated.

An open carriage affords an amusing and healthful exercise for children of all ages: but long railway journies should be avoided, as nourishing that disposition to congestion to which children are peculiarly liable.]

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[(*i*) VACCINATION.]

[Supposing the child to be healthy, this operation should, if possible, be performed at the end of the third month, or sooner if small-pox is epidemic in the neighbourhood. As a general rule, however, vaccination is attended with least risk in moderately warm weather.

Every precaution should be taken to secure lymph from a perfectly healthy child. A strong infant, vaccinated in mild weather, and protected from draughts of cold air, seldom suffers from this simple operation. Under less favorable circumstances, a considerable degree of fever, or undue local irritation, may arise. In the former case, a dose of *Aconitum napellus* (two globules, dry, at bed-time), followed next night by *Belladonna* (two globules, dry), may be required; in the latter, two or three doses of *Sulphur*, one globule, dry, night and morning.

That the ordinary symptoms following successful vaccination may not excite alarm, a short description of the several stages may be useful. On the third or fourth day after the operation, a

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small hard red pimple, raised above the skin, appears upon the spot touched by the lancet. The pimple gradually enlarges till the fifth or sixth day, when it presents the appearance of a round vesicle, depressed in the middle. On the eighth day, a red ring surrounds the vesicle. The size of the vesicle and of the inflamed ring increases till the tenth or eleventh day, after which the vesicle becomes smaller, and the hue of the ring grows paler. A hard crust, indented in the centre, now occupies the place of the vesicle. About the twentieth day, the crust drops off, leaving a permanent whitish mark. The above periods are somewhat shortened or prolonged in a few cases; but, generally, the whole process occurs with surprising regularity. A slight degree of feverishness may be looked for during the first three weeks after the operation, but it requires no remedial treatment.

Time and experience have amply proved, that few children, who have once been properly vaccinated, are liable to small-pox in after life; that in the exceptional cases the disease mostly runs a mild course, and rarely proves fatal; and that re-vaccination (which may be advantageously practised at fifteen or twenty years of age) forms

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an additional and almost certain safeguard against that terrible malady. In fact, parents do not now, as formerly, require to be advised to have their children vaccinated: but simply to be instructed as to the proper period of performing the operation.

In vaccination we have a brilliant example of the homœopathic principle. The vaccine lymph, by causing a disorder the symptoms of which are similar to those of small-pox, renders the frame incapable of being afterwards attacked by this disease. The same principle has, by Hahnemann, been extended to the prevention of other maladies (as scarlet-fever and Asiatic cholera), and to the treatment of all disorders.]

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CHAP. II.

[ACCIDENTS OCCURRING AT BIRTH.]

[(*a*) STILL-BORN CHILDREN.]

[SYMPTOMS.—If an infant be really still-born, that is, if it be dead, we become aware of the fact by the entire absence of pulsation of the heart and umbilical cord, and by observing that the child makes no attempt to cry, to breathe, or to move. In some instances, the evidence is completed by the existence of putrefaction, more or less advanced, and of excessive malformations. If *all* the above conditions co-exist, it is obvious that any attempt at restoration will be useless.

But a child may be only *apparently*, not absolutely, still-born. Resuscitation has taken place in cases presenting, at first sight, so little hope, that, except when the evidences of death are positive, the most persevering efforts should be made to restore the vital energies. The asphyxia

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may be either *sthenic* or *asthenic*. In the former variety the child is generally robust, with a powerful circulation;—in the latter, the infant is more commonly feeble, with pale cheeks, and languid circulation. In each case the same constitutional treatment is applicable.

CAUSES.—Weakness of constitution; twisting of the navel-string round the neck; various injuries inflicted during the course of a difficult or protracted labor, or by the use of instruments; tying the cord before respiration is fully established; copious accumulation of mucus in the throat. Dr. Jörg believes that a very quick and easy parturition may likewise produce asphyxia, the obstruction to the fetal circulation caused by compression of the cord being absent in such cases.

GENERAL TREATMENT.—Do not divide the cord until it has ceased to pulsate, unless respiration be fully established. Remove from the mouth and throat any foreign matter that may have lodged therein. Place the child (the head excepted) for a few seconds in a bath heated to a temperature of about 98° Fahr., at the same time throwing cold water upon the head. Continued immersion would only still further enfeeble the

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infant, the whole advantage being derived from the sudden and momentary application of the stimulus. The surface should now be diligently rubbed with soft, warm, dry flannel. If these measures fail, or prove but partially successful, tickle the nostrils and throat with a feather, rub the palms of the hands and soles of the feet, gently slap the back and chest, and hold harts-horn under the nose. Then endeavour to promote respiration by introducing warm air into the lungs. The attendant may effect this object by blowing into the mouth of the child, a piece of muslin being placed over the lips. The head of the child should be held backwards, the nostrils being at the same time closed by pressure with the finger and thumb, while the operator rests one hand firmly upon the infant's abdomen, so as to prevent the air from passing into the stomach. The chest and abdomen should be alternately pressed, in imitation of the natural process of respiration, until a deep sigh attests the success of the operation. Lastly, wrap the infant in warm flannel, and place it in bed close to its mother.

Of the above means of restoration, the warm bath and artificial respiration are the most important.

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The cold bath, and inflation with the aid of various artificial contrivances, have also been recommended: but they have in many instances caused bronchitis, and other dangerous affections of the respiratory apparatus. The only serious objection to inflation by the mouth of an attendant (cleanliness being ensured by the intervening muslin) is that the air thus introduced is impure. Experience, however, proves that this disadvantage is more than compensated by the fact of the air being warm.

The attempts at resuscitation should be continued as long as any signs of life can be traced, such as faint pulsations of the heart, efforts to breathe, or movements of any part. Perseverance in one or more of the means recommended may be required, according to the gravity of the case, during a period varying from a few minutes to three or four hours.

Infants born asphyxiated are generally more or less feeble and unhealthy, and great care is required in their subsequent management. The same kind of treatment is, however, applicable to such children as we have already advised for the strong and healthy. Thus, they should receive only simple and nourishing food, should be suffi-

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ciently but not unduly clothed, sedulously guarded from all sources of inflammation (such as extremes of temperature), should be ensured a constant and abundant supply of fresh pure air, and exercise should not be carried to the extent of causing fatigue.

MEDICINAL TREATMENT.—During the general treatment, the aid of medicine must not be forgotten. In the stage of insensibility, the proper remedies are *Tartarus emeticus* and *Opium*; on the appearance of signs of vitality, *Aconitum* and *China*, according to the symptoms.

The first remedy to be given in all cases is

Tartarus emeticus. Dissolve a grain of the common tartar-emetic of the shops in a wine-glassful of cold water, and give three drops of the solution to the infant two or three times, at intervals of ten minutes. If the above preparation be not at hand, six globules of *Tartarus emeticus* may be dissolved in a wine-glassful of cold water, and four drops given every ten minutes, as above. Should no effect be produced by the third dose, proceed to

Opium. Four globules to be dissolved in a wine-glassful of cold water, and six drops to be given every quarter of an hour. This remedy is

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especially indicated when the face is purple and puffed.

Aconitum is required when the face is hot and red, and there is excessive activity of the circulation: two globules to be dissolved in a wine-glassful of cold water, and ten drops of the solution to be given every ten minutes.

China (three globules to be dissolved in a wine-glassful of cold water, and six drops to be given every half hour) is useful when the face is pale, and the infant thin and delicate. If requisite, the medicine may be continued every night for the first week.]

[(*b*) SWELLING OF THE HEAD.]

[In most cases, a trifling swelling of the head is noticed at birth. In general, this requires no attention, and the deformity soon disappears; but after very severe labors, the tumors on the head and face are so large and angry-looking, as to demand immediate assistance. It is never necessary to open the tumor: but, should it burst spontaneously, a bread-and-water poultice may be applied. One or more of the following

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remedies seldom fail to reduce the swelling with surprising rapidity.

MEDICINAL TREATMENT.—*Arnica.* Two globules to be dissolved in a wine-glassful of cold water, and six drops to be given night and morning, for two or three days. The affected part may also be bathed twice a day with a lotion formed by adding ten drops of *Tincture of Arnica* to a wine-glassful of cold water.

Rhus toxicodendron. If the swellings do not yield to *Arnica* at the end of twenty-four hours, administer *Rhus* and *Tincture of Rhus*, as above.

Hepar sulphuris (two globules to be taken dry) is required when there is a tendency to the formation of matter; the dose to be repeated, if necessary, every four hours.

Silicea (two globules, dry, at bed-time, on alternate nights) is useful when the tumor has burst, and especially if there are unhealthy ulcers. The remedy may be continued till the injury has nearly disappeared. A bread-and-water poultice should at the same time be applied, and may be repeated as long as there is much discharge.

Lachesis (four globules dry, night and morning) may be given if gangrene ensues. The injury, however, seldom proceeds to this extent.]

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[(*c*) SWELLING OF THE BREASTS.]

[CAUSES.—This accident is generally produced, or greatly increased, by the practice, already noticed (p. 10), of squeezing the infant's nipples, with the view of discharging the milky fluid secreted by the breasts shortly after birth. Most nurses, however, attribute the swelling to want of firmness and perseverance in pressing out the supposed noxious matter. All such attempts are needless and injurious; and the fluid, if undisturbed, will soon cease to flow. One or more of the following remedies may be required, according to the symptoms.

MEDICINAL TREATMENT.—*Arnica* (three globules, dry, night and morning) is useful for mere swelling, unattended with other evils. Add ten drops of *Tincture of Arniça* to a wineglassful of cold water, and use this mixture as a lotion. One or two bathings usually suffice.

Belladonna (three globules, dry) is suitable when the swelling is very red and angry.

Chamomilla (two globules, dry, twelve hours after *Belladonna*) may be given if the infant screams without apparent cause.

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Hepar sulphuris (four globules, dry) is an excellent remedy when it appears probable that an abscess will be formed.

Silicea (two globules, dry) is suitable after the abscess has burst. A bread poultice may at the same time be applied. Repeat the *Silicea* every third night, at bed-time, until the part is nearly well.]

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CHAP. III.

THE FOOD OF INFANTS.

(*a*) SUCKLING.

THE food of infants is a matter of vital importance. Nature points out our obligations in this respect with perfect clearness: but we have gradually acted more and more in opposition to her dictates; and infants have, in consequence, become more and more the victims of criminal neglect.* It is decreed by nature that, for a considerable time after birth, the child shall be nourished exclusively by an aliment secreted by the bosom of the mother: and this decree should, in all possible cases, be strictly obeyed. What duty can be more sacred to a humane mother, than that of imparting to her offspring its natu-

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[* This censure, however, is at the present day much less applicable in England than it is in France or Germany.]

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ral food? To this duty nature enjoins her with unerring distinctness. But the love of luxury, and of an easy life, the excessive refinement of our manners, and the feeble state of health so frequent at the present day, have almost caused it to be the rule with mothers to delegate the early nourishment of their children to nurses. Many infants are even deprived of this advantage, and are "brought up by hand." A mother worthy the name will, unless prevented by the most urgent reasons, always suckle her children. The following are the only grounds upon which she can fairly claim exemption:—a weak or sickly condition, which wholly unfits the mother for the office, or which might be so far increased, by the exhaustion consequent upon suckling, as to endanger life; a defective formation of the breasts; or a complete absence of milk. Some of these morbid states are, however, within the reach of art; and medical treatment should be resorted to before the birth of another child.

To those of the poorer classes who are obliged to seek their livelihood by out-of-door work, the preceding remarks do not apply. But nothing save ill-health can excuse ladies in the higher ranks for so great an offence against nature as

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that above indicated. Nor can we admit the validity of the arguments usually employed, namely, the fear of disturbed sleep, the loss of social pleasures, or the supposed injury to personal beauty. Did mothers who claim exemption on such grounds listen to the voice of nature, they would learn that they might raise themselves far higher in the esteem of all rational persons, by fulfilling their maternal duties, than by the most brilliant appearance in the ball-room, than by the most astonishing display of artistic talent, or than by the most splendid intellectual ability. A pretext frequently alleged for non-fulfilment of the duty of suckling, is a feeble state of health. In our times such is, indeed, too often a valid argument; but far more commonly it is a mere idle excuse. A female who has sufficient milk is never too weak to suckle her child, provided she has not any disorder, or tendency to disorder, which sensibly diminishes her strength. In the absence of such affection, suckling can produce no injurious results. On the contrary, mothers who discharge this office are generally more healthy than those who neglect it, and escape many dangers to which the latter are subject.

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As regards the infant, its mother's milk forms unquestionably the best nutriment. What food can be more suitable than that which nature herself provides? Hence we generally find, that children suckled by their mothers are stronger and healthier than those which are confided to nurses. There are, however, cases in which the mother's milk disagrees, producing restlessness, cramps, or even wasting. In such instances, accurate observation for the most part reveals in the mother some disorder, which should, if possible, be removed by remedial means. Only when all efforts to cure the affection fail, should suckling be discontinued. Lastly, there is little doubt that, by suckling her infant, the mother exercises a decided influence upon the future character, if not upon the intellect, of her offspring. Instances not unfrequently occur in which, with increasing years, children acquire the dispositions of their nurses. The fact of a nurse being employed to perform the duty of the mother, may in some measure account for the indifference so often manifested, especially in the higher ranks, by children towards their parents.

In the middle classes, nature is opposed in another direction, by a too long continuance of

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suckling. After the appearance of the first teeth (that is, from the sixth to the eighth month), the infant is able to support a more solid diet. Nature, and the growing powers of digestion, indicate this change. The mother's milk now affords insufficient nourishment for the rapidly increasing frame, and stronger food should be added. Protracted suckling also weakens the mother.

When, from any of the causes already enumerated, a mother is prevented from suckling, the infant may either be nourished by a nurse, or it may be reared without its natural food. Let us examine successively each of these methods.

Both plans are attended with difficulty, and require much care and attention. Indeed, it is not easy to decide which is, in general, the better alternative. On the one hand, it is more natural to suckle the child by means of a nurse; but, on the other, a nurse who is perfectly trustworthy, and in every respect fitted for her office, cannot always be found. If a person can be engaged whose health has from childhood been good, who bears an irreproachable character, and who possesses all the qualifications hereafter to be mentioned, she should have the preference over the

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plan of artificial feeding. The latter, though more troublesome, is, however, for the most part, the safer method.

[When there is a complete absence of milk, the mother should take a dose of *Pulsatilla* (two globules, dissolved in a tablespoonful of cold water), followed, after three hours, by *Calcarea* (three globules, dissolved in a tablespoonful of cold water). In most cases, the infant should begin to suck about ten hours after birth. When the milk flows with difficulty, the act of sucking remedies the defect more gently and successfully than any artificial apparatus; and an early application of the child prevents the breasts from becoming over-distended, sore, and inflamed.

During the first four months, the infant should be suckled regularly at intervals of from two to four hours, day and night, the intervals being gradually extended as the period of weaning approaches. It is an advantage so to arrange the times, that the child should not suck more than once in the night. This ensures regular and sufficient hours of sleep. The nipple should not remain in the mouth during sleep, or distension of the stomach, flatulency, and cramps will ensue. The infant should be applied alternately to each breast:

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otherwise, extreme distension, soreness, or inflammation of one breast may arise, and the child may acquire the habit of squinting, or may become crooked.]

[(*b*) AVERSION OF THE INFANT TO ITS MOTHER'S MILK.]

[CAUSES.—Aversion to the mother's milk may result from the presence of some transient disorder on her part, or on that of her offspring. It may also depend upon incurable disease in the former, or upon excessive constitutional nervousness, or irritability;—and in such cases, weaning should be resorted to. If, the mother merely suffers from slight symptoms, these may promptly be removed by medicinal, dietetic, and general measures.

When the fault rests with the child, one or more of the following remedies may be required. The desired effect is often produced in a few hours; sometimes in a few minutes.

MEDICINAL TREATMENT.—*Mercurius* (one globule, dry, half an hour before or after suckling:

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the dose to be repeated, if necessary, in four hours) is more generally indicated than any other medicine: but is especially useful for scrofulous infants, and during teething, when there is a *copious flow of clear water from the mouth; thrush; diarrhœa.*

Cina (one globule, dry, half an hour before suckling: two or three doses) is required when there is a tendency to water in the head, with pale face, dark circle round the eyes, emaciation, *discharge of threadworms*, and oppression of the chest.

Silicea (two globules, dry, at bed-time, twice a week) is less speedy in its action than either of the preceding remedies, and is most suitable in chronic cases: especially when the infant has always been sickly, with tendency to softening and bending of the bones, weakness, ulceration of various parts, constipation, and *vomiting after suckling.*

Stannum (one globule, dry, at bed-time: to be repeated two or three times, if required, at intervals of two days) may be given for weakness, emaciation, paleness of face, cramps of the stomach, and a dry shaking cough, followed by copious accumulation of mucus in the throat.]

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(*c*) CHOICE OF A NURSE.

Before engaging a nurse, it is essential to ascertain whether she possesses the requisite qualifications for her office: otherwise, the health of the infant may be sacrificed to our culpable neglect. She should be young, well formed, and of agreeable appearance. She should never have had any chronic disease, the effects of which may still lurk in the constitution. More especially she must have been free from scald-head, and from all other cutaneous eruptions, from swelling of the glands of the neck, from rickets,* from tendency to inflammation of the eyes, from running at the ears, from chronic catarrhs, from cramps in the stomach, and from pains in the limbs. It is of yet greater importance that at the time of suckling she be not suffering from the above or any other chronic complaint.

A superficial examination is by no means

[* The Germans term this affection "the English disease."]

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sufficient. All the functions of the body should be passed in review, in order to ascertain if they are correctly performed. It is, in fact, indispensable to confide the investigation to the care of a physician. The constitution of the nurse must always have been correct in all respects; her confinement must have been natural; and there must, above all, be no hereditary or other taint, an evil which has brought serious affliction upon many families. The cure of such evils is often entrusted to quacks, who by external remedies rapidly drive the disorder from its original seat, although it is far from being eradicated. The disease lies concealed in the system, and will, sooner or later, infallibly reappear. A nurse should never be engaged after a general inspection;—far less ought confidence to be placed in her own statements;—it is necessary to make the most searching inquiry respecting her previous character. The confinement of the nurse should have occurred about the same time as that of the mother. If the nurse has suckled her own child for any considerable period, the milk will be neither so abundant, so good, nor so appropriate to the new-born infant.

Lastly, the nurse should possess a kind, obli-

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ging disposition ;—neither timid, obstinate, nor passionate. She should be temperate, of cleanly habits, not given to over-indulgence in sleep, and should perform all her duties with cheerfulness and alacrity.

[It is likewise necessary that the nurse should have moderately firm breasts, good and healthy nipples, and sound teeth. The quality of the milk ought also to be noticed. The nurse should be fond of children. Nor can we be too careful to ascertain that her infant is perfectly healthy.]

(*d*) DIET AND TREATMENT OF THE NURSE.

After having selected a nurse, it is the parent's duty so to regulate her diet and mode of life, as to ensure her own health, and an abundant supply of good milk for the infant. Her diet should be wholesome and nourishing, and neither gross nor too delicate. All sources of vexation, anger, or contention should be removed ; and she ought to be treated with the kindness and consideration which the importance of her office merits. She should, moreover, devote herself exclusively to

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the infant, and should not be required to take any part in the general household duties.

[The almost universal custom of giving malt and spirituous liquors to nurses, is decidedly injurious. In this opinion we are supported by many eminent allopathic practitioners. The first effects of stimulating beverages are always followed, in a short time, by corresponding languor and depression. These stimulants, also, affect the infant by means of the milk. Excitement, and then unnatural drowsiness, are often due to this cause. Further, a nurse previously unaccustomed to take beer or spirits, is by such articles not unfrequently deprived of the health her former diet had ensured. Hence, upon every ground, stimulants should in all possible instances be forbidden. The utmost indulgence to be permitted in this respect is, that when the nurse has habitually used ale or porter, a moderate daily allowance of malt liquor may still be continued. Wine and spirits should invariably be prohibited.

The best rule is to give the nurse a sufficient supply of plain wholesome food, animal and vegetable, and by no means to induce her to eat or drink more than a moderate natural appetite

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may dictate. This will be the surest means of preserving the health of nurse and child.

Regular daily exercise in the open air is as essential to the nurse as it is to her little charge. Fatigue should, however, be avoided.]

(*e*) THE MILK OF ANIMALS.

When a suitable nurse cannot be obtained, the mother's milk should be replaced by that of animals. During the first few weeks of life, no nutriment is so suitable as milk; and cow's milk is the best substitute for the natural food. Next in order of usefulness for this purpose, is the milk of asses, and that of goats. It is, if possible, advisable always to give the milk of the same cow. As cow's milk is richer than human milk, it should be mixed with an equal proportion of hot water. This is a far better plan than heating the milk by the fire, which is apt to render it acid; and it is difficult, by means of a fire, to obtain the precise required temperature, which should be about 88° Fahr. The milk ought to be obtained fresh from the cow

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three times in the day, that it may not become sour from keeping. The milk and water should be mixed each time, immediately before the child is fed. When repeatedly warmed, milk turns acid, and becomes decomposed.

The child should be allowed to feed at stated periods, so as to leave regular intervals between the meals. The practice of permitting the sucking-bottle to remain in the child's mouth for an indefinite time, is injurious. Upon this system, not only does the milk shortly become cold, but nourishment is thrown too continuously into the stomach, and sufficient time is not afforded for digestion. Hence acid vomitings, and other complaints. The custom of leaving a sucking-bag in the mouth, is still more objectionable.

[It is important that the bottle itself be free from acidity. This can only be ensured by scalding the bottle and the sucking-leather, after each meal, in two or three successive portions of clean hot water. The leather may, during the intervals of sucking, be placed in a mixture of equal parts of water and spirit-of-wine.]

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[(*f*) WEANING.]

[Generally speaking, the period of suckling should last about nine months. But it will vary, according to the health of the mother and of her child, and according to the development of the teeth. If the mother is sickly, and visibly weakened by suckling, and if the supply of milk begins to diminish, continued nursing would injure both herself and her offspring. But if the infant is weak and delicate, while the mother is strong, the child may benefit by remaining at the breast till the twelfth or fourteenth month. A longer period of suckling undermines the health of most mothers, and cannot improve that of the infant. Another indication for protracted suckling, is a tardy appearance of the teeth. A watchful and intelligent mother will be guided by these modifying circumstances, instead of following implicitly any general rule.

The act of weaning ought never to be performed suddenly. The child should be prepared for this complete separation from the mother's breast, by gradually receiving, after the tenth week, a portion of artificial food, and a less por-

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tion of the natural aliment. Thus, by the end of the ninth month, the child will be fed almost entirely by hand, and the process of weaning will be scarcely felt either by mother or child.]

(*g*) ADDITIONAL FOOD.

The additional food may consist of well-baked white bread that has become hard by keeping, or biscuit, scraped, and mixed with milk. No butter should be allowed.

After the appearance of the first teeth, the diet may be more varied: but still exclusively derived from the vegetable kingdom. Ripe fruit may occasionally be given. Tea, coffee, and beer are altogether prohibited, as too stimulating. Wine and spirits are still more pernicious.

The plan of mixing an abundance of sugar with the food, is decidedly hurtful. This article should be used with great moderation, as it produces acidity and indigestion, and is likely to tempt the child beyond its natural appetite. Neither are pastry, cakes, or preserves admissible. Nothing destroys the healthy appetite so

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completely as the dainties with which—especially in the middle and upper classes—children are literally overfed, both with and without the sanction of the parents. We have heard with surprise that even some physicians habitually carry these seductive articles in their pockets, to win the hearts of the children in the families they attend!

Broths, and animal food, are not allowable until the eighteenth month, when nature indicates, by the appearance of the canine teeth, that the infant is no longer to be exclusively limited to a vegetable diet. Nevertheless, before puberty, meat should be given in moderation. Till that period, vegetables should continue to form the principal source of nourishment. Too much meat unnaturally hastens the growth, and induces a premature development of puberty, to the detriment of health. Meat, when allowed at all, should be free from fat. The flesh of gross animals, as the goose and pig, is injurious. Such meats, always unwholesome, are especially unsuitable for children, in whom they may encourage the growth of some disorder the seeds of which already lurk in the system.

Intemperance in diet is still more hurtful to

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children than to adults. With the former, a desire for food generally remains after hunger has been appeased. Hence children will eat as often as food is offered to them, particularly if it be anything dainty. This tendency should not be encouraged: although it may not be desirable to suppress it altogether. Children more frequently become hungry, and require a greater proportion of nourishment, than adults, because their digestion proceeds more rapidly. They should, therefore, have a greater number of meals in the day. But regular hours should be observed. Thus, they may be fed once between breakfast and dinner, and once between dinner and supper, but at no other times than those here indicated. Dinner should form the principal meal.* The supper should be moderate in quantity, and not too late. A heavy meal immediately before going to bed retards digestion, and induces a disturbed and uneasy sleep.

[During the first eighteen months, the addi-

[* The German word *Mittagsessen*, here translated "dinner," signifies literally *noon-meal:* and the principal repast should, in fact, be taken about the middle of the day.]

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tional food should be given by means of a sucking-bottle. This affords the nearest approach to the natural mode of feeding, and prevents the nutriment from passing too rapidly into the stomach. It may happen that a certain kind of food agrees for a time, and then suddenly disagrees, and is rejected by the infant. In such cases the diet must be changed. Thus, barley-water is apt to purge: while arrow-root and broths produce costiveness. These articles, which are injurious when such effects occur, are often useful in checking a tendency to derangement of the bowels, but should be discontinued after they have occasioned the desired result. It is frequently some acidity of the food, caused by inattention to cleanliness, that gives rise to various infantile disorders. The temperature of the food should be about 90° Fahr. The head of the child ought to be raised above the level of the body during the act of feeding, or suffocation may ensue.

Milk-porridge, and plain sago or ground-rice puddings, made with milk, and containing no spice or eggs, are excellent articles of diet.

Biscuit-powder, powdered groats, and all kinds of artificial preparations, sold in the shops as

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"food for infants," are often composed of noxious, inferior, and non-nutritive articles. Such preparations frequently excite alarming diarrhœa, and other disorders, without the real cause of the complaint being even suspected. Whenever a child becomes suddenly ill, it is necessary to inquire whether the food, or any other part of the general management, is in fault. Unless such sources of disorder be removed, the most skilful medical treatment will be unavailing.

When milk diet proves too feeding, or occasions diarrhœa, crusts of bread, soaked in hot water, and moderately sweetened with loaf sugar, may be used for a few days.

It is, however, impossible to establish any universal rule with regard to diet. This must vary according to the constitution, health, and mode of life of the infant, according to custom in various countries, and, to a certain extent, according to individual inclination or aversion to particular kinds of food. But, in general, the simplest, purest, and least irritating diet will be found, under all circumstances, to be the best.]

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PART II.

MANAGEMENT OF CHILDREN.

CHAP. I.

THE CHOICE AND MANAGEMENT OF ATTENDANTS.

HAVING treated of infants, let us proceed to discuss a few points of importance to children who have passed the stage of infancy. The treatment already recommended is equally applicable in many respects to children as to infants; but some remarks regarding the management of the former remain to be made.

The good effect capable of being produced on the physical and moral development of children, by a vigilant and skilful superintending care, would appear to be self-evident. Yet how frequently is this duty neglected by parents, and delegated to those who are, by training, circum-

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stances and character, unfit for so important a trust! In the lower and middle ranks of society, the necessity of working for a livelihood leaves small leisure for attention to family duties. In the upper classes, parents are apt to consider their own avocations, and the requirements of fashionable life, as of paramount importance: hence they only see their children at certain appointed hours of the day, instead of allowing them to be their most constant and cherished companions.

Carelessness in the selection of attendants cannot be too severely censured: its result may eventually be moral perversion, leading to bodily infirmity. Stories of ghosts, robberies, and extraordinary and startling adventures in which servants delight, may also induce a timidity of disposition, which in after years the strongest intellect can scarcely overcome. Children are gifted with quick powers of observation; and all that passes around them is impressed vividly and firmly upon their active minds. Hence too much care cannot be taken to speak and to act, in their presence, with the most scrupulous propriety and discretion. Nor should the hasty, rough, and harsh conduct of many servants to-

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wards children, and their frequent neglect of duty, remain unnoticed. For example, the attendants often walk out rather with a view to their own enjoyment, than to pay due attention to the tender beings confided to them. The instances in which the welfare of children has been thus sacrificed, are far from rare.

Another point of the utmost importance is, that neither the child nor the nurse should be allowed to hold communication with casual strangers, or with persons affected with any disorder which might be transmitted to the child by contact. Some of these disorders are of a highly dangerous character. Others, as the itch, are common among the working classes, and are easily communicated to children. This disease is not very prominently visible: it often displays itself to the eye only by a few small vesicles, which are either overlooked, or are treated merely with some ointment or lotion, which excites a multitude of subsequent complaints. Children ought never to be kissed, handled, or touched by a stranger. Nor should they be permitted to suck anything which may be offered by strangers. Such intended kindness may prove fatal not only to the health, but to the life of the child.

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CHAP. II.

CLEANLINESS AND VENTILATION.

CLEANLINESS is essential to the maintenance of health. Many children, especially those of the poor, and those which are not brought up by their parents, lose their health solely from neglect of cleanliness. While the child continues to wear long clothes, all articles of dress should be changed as often as they are soiled: otherwise the clothes will remain damp; and the cold which results from humidity is extremely prejudicial, often causing restlessness, screaming, hiccup, convulsions, diarrhœa, and other complaints. Attention to this particular will enable us to discard the pernicious custom of powdering infants with medicinal substances, often used in case of excoriation. The linen should be renewed several times during the day, until the child has acquired habits of cleanliness. The bed-clothes

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should be altered at regular periods, or as often as may be necessary, and should, during the day, be hung out in the open air. In addition to the required ablutions, a daily tepid bath, of from ten to fifteen minutes' duration, contributes in a remarkable degree to the health of the child. The bath may be given with advantage every morning, till the third or fourth year. Pure spring water should be used: the best plan is to boil it, and then to add as much cold water as will reduce it to a temperature of about 88° Fahr. The child should be quickly and thoroughly dried, and then wrapped in linen. In subsequent years, children may be allowed to bathe in river water twice or thrice a week during the summer.

Too many persons should not be permitted to be at the same time in the nursery, as often happens, under pretext of visiting the mother. Perfumes and flowers are injurious. The room should be light, and if possible exposed to the direct rays of the sun. A cheerful sunny apartment is much more healthy than one which is gloomy, and into which the sunshine can scarcely penetrate. This rule should be observed, not only during childhood, but throughout life.

[Linen should never be dried or aired in the

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nursery. During evaporation, a large supply of heat is abstracted from surrounding objects; and the temperature is thus in many instances so reduced, that violent catarrhs, or even death may result.

A strict regard to cleanliness, particularly with respect to the head, ears, nose, mouth, etc., and complete drying, are among the best means of avoiding the occurrence of scabs and excoriations, so often noticed in children of whom little care is taken. Such neglect, nnfortunately, is not confined to the poorer classes.]

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Chap. III.

CLOTHING.

The rule with respect to clothing, as already mentioned, is that it should allow room for growth and for free motion; that it be not heavy or cumbersome; and that it be sufficient to maintain a moderate temperature. Children take, or should take, more exercise than adults. Hence the necessity of paying especial regard to their dress, which has unquestionably much influence upon their health. For the first two or three years, children of both sexes may wear, over their linen, a covering of holland or cotton, and in winter of cloth, reaching from the shoulders to the ankles. Trousers, which should not be worn by boys till after the fourth year, ought to be made so as to button to the waistcoat: braces being apt to compress the chest.

The use of stays for girls ought to be entirely

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discontinued. If worn at all, they should be so loose as not to occasion pressure,* and so placed that, after its development, they do not raise the bosom, or maintain it in a forced and unnatural position. It is a mistake to suppose that stays are necessary to support the bosom, and to give a proper shape to the upper part of the body. Coërcive means uniformly fail in effecting the latter object. On the contrary, they prevent the natural development of the breasts, and make them flabby. They limit the action of the muscles, especially those of the back, weaken them, and incapacitate them for maintaining the body in its proper position. The result is, that artificial support is at length absolutely required, to keep the upper part of the trunk straight. After having worn stays for a considerable time, few females can preserve the erect posture without such support, on the removal of which the body may literally be said to sink. This feeble condi-

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[* It is, however, better to abolish stays altogether, than to leave any latitude as to their being "loose" or "tight." We never find ladies *confessing* that they lace tightly. The idea that "support" is necessary, should not for a moment be sanctioned, directly or indirectly.]

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tion mainly results from want of motion, and from pressure. The best proof that such weakness is the effect of wearing stays, is that even delicate boys have generally a more graceful and upright carriage than girls. The whalebone placed behind stays twists and bends from side to side, thus occasioning an unequal pressure. This, with other causes, may contribute in producing curvature of the spine.

Nor should the feet be heavily loaded. Both for boys and girls, shoes are better than boots: the latter exercise too much pressure upon the feet, and prevent the child from walking with ease. In order to ensure a firm step, the shoe ought to fit closely, without being tight. Diminutive feet, so greatly admired by ladies, are the consequence of tight shoes and boots. The advantage is dearly bought, at the expense of *corns*, and of fatigue in walking. High heels are injurious; they alter the centre of gravity of the body, cause the trunk to incline forwards, and thus induce an uncertain gait. In some instances they even assist in producing spinal deformity.

The proper material for stockings is cotton. Woollen articles are too warm, and should never

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be worn next the skin; they are especially unsuited for children. The neck should be left free, and unencumbered with cravat or neckkerchief. The best covering for the head is a cap of holland or cloth, without fur or lining. The head is so well cared for by nature, that it has little need of artificial protection.* In warm weather, both boys and girls may safely go into the open air without any covering to the head. In that case, however, the practice of cutting the hair short, should be abandoned. The custom of removing an ornament certainly not given by nature without a wise object, is by no means conducive to health, and is followed simply because man is the slave of fashion.

[Children are often injured in various ways by being over-dressed. By this expression is not intended a too heavy clothing, though that is an evil; but rather the reverse, namely, a decking out with ribbons, feathers, and other absurd ornaments, while the arms and chest of the

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[* The head-dress can scarcely be too light. It is well known that the boys at Christ Church School, London, who are out in all weathers without any artificial covering to the head, are less liable to catarrh than children who habitually wear hats or caps.]

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child remain, regardless of climate, uncovered. Many disorders, and many deaths, are due to this baneful practice, which is sometimes adopted in the hope of "hardening" the unfortunate little creature. The prevailing fashion has frequently the further disadvantage of inducing a premature and almost morbid love of dress in the minds of young persons. Dress a child simply and sufficiently, maintain a due regard to cleanliness, exercise, and ventilation, avoid extremes and sudden changes of temperature, and far more is done towards real "hardening" than could be effected by the culpable excesses above mentioned.]

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CHAP. IV.

EXERCISE.

NOTHING conduces so greatly to the preservation of health, especially in children, as free and frequent exercise in the open air. In these refined times, when the attention devoted to the mind so often leads to neglect of the body, it is necessary to remind parents and teachers of this fact. As children are constantly growing, their muscles require still more exercise than those of adults. Without exercise, the muscles become weak and flabby, and the body fails to attain the firmness and strength needed in after years in various modes of life, and for resisting a multitude of accidental occurrences. The truth of this position is amply attested by comparing children brought up in the country and in the fresh air, with those reared in towns. In large towns, children, particularly in the higher classes,

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remain too much in the house, studying, or engaged in embroidery and other fashionable employments. Fear is entertained respecting every breath of fresh air and every drop of rain. Young persons are compelled constantly to maintain a stiff and constrained carriage, so that the free play of the muscles and limbs is diligently and artificially repressed. To a mother, nothing is more displeasing than to see her daughter standing or walking otherwise than she has been taught to do by the dancing-master, or quitting that most comfortless position which consists in sitting for hours together perfectly upright, without support to the back. We have no wish to quarrel with the graces of life: but these must not be sought in a rigid and constrained awkwardness. True grace is, on the contrary, encouraged by a free and vigorous use of the limbs. Want of exercise, combined with tight clothing, assists in causing various distortions of the frame.

Bodily exercise of various kinds, especially in the open air, should form part of the daily occupation of both boys and girls. Besides the usual walks and juvenile sports, gymnastic exercises are of much service. The latter, by demanding a certain effort and celerity of movement,

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develope muscular power and adroitness in a high degree.

If effeminacy is to be avoided, not less injurious are the sudden attempts occasionally made to induce premature strength. All exercises should be proportioned to the age and powers of the individual: they should only be increased in vigor as the child gains additional energy to support them. Children ought, in like manner, to become gradually inured to cold and boisterous weather. Many parents, after having confined their children to a sedentary life, and carefully guarded them from every variation of climate, suddenly conceive the idea of hardening them. But nature is averse to violent measures; and this rapid transition from one extreme to another is generally pernicious in its results. Hence, especially with regard to weak and sickly children, "hardening" should be conducted gradually.

[Gymnastics should be additional to, not instead of, daily exercise in fields and gardens, or the free and joyous spirits of children will be sacrificed to mere strength of muscle. In the country, unrestricted play can without difficulty be afforded; and it may be hoped that, ere long,

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public parks and gardens, free to the inhabitants of all classes and ages, will be found in the vicinity of every large town. Next to the attainment of cleanliness, proper drainage, and free ventilation, this would form one of the most important sanitary improvements in densely-populated cities.

Children should enjoy an occasional change of air. This is particularly desirable during convalescence from any serious illness, and for young persons who live in towns.]

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Chap. V.

[DIET.]

[The entire profession is indebted to homœopathic practitioners for the admirable dietetic rules laid down by the latter. So confessedly is this the case, that any benefit derived from the reformed treatment is apt to be exclusively attributed to a careful regulation of food and drink.

A judicious diet forms in many diseases an important, and in some an indispensable part of treatment. Still, its powers have been overrated. Patients have been, by homœopathic remedies, repeatedly cured of chronic maladies without being deprived of their customary wine, beer, coffee, or spices, when they have shown a peculiar disinclination to abandon these articles. On the other hand, a moderately simple diet—neither wholly devoid of stimulants, nor abounding in spices and rich and fatty matters—is, in general, the best, both for persons in moderate health, and for those affected with chronic disorders. It

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is impossible to form absolute rules upon the subject; but—making due allowance for peculiarities of taste, habit, and disorder—the following may be accepted as useful lists of the aliments allowed or forbidden, in moderate health, and in most chronic complaints.

In acute affections, and especially in those accompanied by fever, the wishes of the patient may, within rational limits, be consulted. In such cases, there is seldom a desire for anything but toast-and-water or barley-water (warm or cold), thin gruel, arrowroot, &c.

The diet of infants has already been treated of in this book. The present chapter refers to older children, and the list shows that homœopathy is not necessarily a starving system.

A.—ALIMENTS ALLOWED.

(a) *Animal Food.*—Roast or boiled beef or mutton.

Beef-tea, veal, mutton, or chicken broth, seasoned with salt, and either with or without rice, pearl barley, and vegetables.

Hares, rabbits, pheasants, partridges, grouse, woodcocks, snipes, plovers, wild ducks, and venison, if not kept too long.

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Chickens, guinea-fowls, and turkeys.

Calf's-foot and other jellies.

Almost all kinds of salt and fresh-water fish except salmon and eels; raw oysters.

Fresh eggs, boiled or poached.

(b) *Vegetable Food.*—White, and occasionally brown, wheaten bread, fermented or unfermented; plain cakes, or biscuits, without much egg or butter, and free from currants or caraway seeds.

Rice, sago, millet, tapioca, arrowroot, vermicelli, and macaroni, cooked in a simple manner.

Light puddings made with flour, preserve, or apples.

Ripe strawberries, raspberries, gooseberries, apricots, melons, oranges, cherries, plums, grapes, peaches, apples, and pears (raw, cooked, or preserved), in moderation.

Potatoes, peas, French-beans, cauliflower, and Jerusalem-artichokes, well and simply cooked.

Roasted chesnuts, dried figs, dates, French plums, and raisins, in moderation.

(c) *Liquids.*—The best beverage for healthy persons—and, to a taste not vitiated by the early and habitual use of strong liquors, the most agreeable—is pure spring water.

Toast-and-water, barley-water; new milk, boiled

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milk, milk-and-water, whey, and fresh butter-milk.

Weak wine-and-water, or mild home-brewed beer, is allowed, in moderation, and for occasional use, under certain circumstances.

Weak black tea, cocoa, and plain chocolate, with milk and a little sugar.

(d) *Condiments.*—Salt, sugar, fresh butter, and olive-oil, in moderation.

B.—ALIMENTS PROHIBITED.

(a) *Animal Food.*—Pork, veal, ham, tongues, sausages, and salted meats.

Curries; all highly seasoned soups and other dishes; pea-soup.

Geese, domestic ducks, and pigeons.

Salted, pickled, or smoked fish; salmon, eels, lobsters, crabs, crawfish, shrimps, prawns, cockles, cooked oysters, and anchovies.

Fried, rancid, or salt butter; cheese.

(b) *Vegetable Food.*—Onions, garlic, shallot, parsley, asparagus, celery, radishes, mushrooms, cucumbers, parsnips, beet, tomatos, sorrel, fennel, sage, thyme, mint, horseradish, capers, artichokes,

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lentils, dried peas, salads, and all raw vegetables.

The more oily nuts; all sour and unripe fruits.

Rich, heavy, and highly-seasoned pastry; sour or aromatic preserves; colored confectionery; muffins, crumpets, new bread, hot rolls, soda-cakes, spiced cakes, gingerbread; peppermint and other lozenges; spices of all kinds.

(c) *Liquids.*—Green tea, coffee, and spiced cocoa or chocolate; herb teas.

Bitters of all kinds.

Beverages containing any vegetable or mineral acid: artificial and natural mineral waters.

Cider, perry, spruce-beer, and ginger-beer; wines and fermented liquors, with the exception already made under "*Liquids allowed;*" spirits; liqueurs.

(d) *Condiments.*—Mustard, pepper, vinegar, mace, nutmeg, cinnamon, ginger, allspice, pimento; bitter almonds; peach and other kernels; curry powder; coriander, caraway, and other heating seeds; all sauces and pickles; lemon and orange peel.]

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CHAP. VI.

MORAL AND INTELLECTUAL EDUCATION.

HAVING thus completed our sketch of a rational physical education, it may be useful to offer a few remarks upon mental culture.

The development of the mind should ever go hand-in-hand with that of the body. Premature mental exertion is injurious to physical growth and health. At the present day, when forcing of the mind has become so common, examples often occur in which an astonishing mental progress coexists with a weak and delicate frame. But the mind itself cannot, under such circumstances, long retain its high standard, generally failing in proportion as the body becomes unequal to its support. It is with men as with hot-house cultivation of plants: the more rapidly they reach maturity, the less vigorous will be their life, and the more prematurely will death occur. Thus, both the mind and the body are

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cut short, without any counterbalancing advantage either to the individual or to the world. A person who is forced beyond his powers never receives a complete and truly liberal education. His learning and his faculties are alike limited to a narrow range of subjects and of views. His character becomes feeble, timid, irresolute, despondent at the slightest disappointment, misanthropic, and peevish. In short, he is a burden to himself and to others.

The child begins to learn, and to form its character, as soon as it attempts to speak. A knowledge of the mother-tongue, and of surrounding objects, is the first matter that engages the mind: these are learnt in sport, and without effort. All teaching should be thus conducted until at least the seventh year, when the mind begins to be capable of supporting more methodical instruction. Children are generally sent to school at too early an age, the hours of study are too much prolonged, and too many things are taught at once. The mind is yet too feeble for this exertion; the ideas become confused, the memory is overburdened, and at length the faculties give way. Children from nine to twelve years of age are often obliged to sit at

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school, and to stretch their attention, six or seven hours every day, besides studying at home. They are expected to bear without injury this protracted study, which would be a labour even to adults! Nor does the mind alone suffer: the body is seriously injured by such sedentary habits, and by exhalations from the lungs of numbers of other children confined in the same room. From the seventh till the tenth year, the duration of the lessons should not exceed two or three hours daily; and from the tenth till the fourteenth year, four or five hours at the utmost. After the age of fourteen, the mind becomes capable of more continued application: but this ought still to be alternated with the necessary games and bodily exercise in the open air, that youthful gaiety and health may not be sacrificed to study. In the majority of schools, too little freedom is permitted in this respect. Hence these places, instead of being abodes where youth may study with ardour and delight, more resemble prisons. In addition to sedentary habits, the limited ideas encouraged by a confined life, often lead to the most pernicious results, both moral and intellectual.

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PART III.

TREATMENT OF THE DISORDERS OF INFANTS AND CHILDREN.

[GENERAL REMARKS AND INSTRUCTIONS.]

[*The Essential Rules of Homœopathic Practice* are: 1st, in each case of disorder a remedy must be given which is capable of producing in a healthy person a similar disorder;—2nd, two or more medicines are never to be administered at the same time to any patient.

Allopathic Remedies, such as bleeding, leeches, cupping, blisters, setons, purgatives, narcotics, &c. &c., are strictly forbidden in homœopathic practice.

The Difference between Allopathy and Homœopathy is, that the former first palliates, then aggravates the symptoms of a malady;—while the latter tends first slightly to increase, then altogether to remove, the symptoms. Hence,

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especially in chronic diseases, the action of homœopathic remedies sometimes appears slower than that of allopathic measures, but it is more curative and more enduring.

With respect to Food and Drink, the reader is referred to the article DIET, p. 70.

Selection of the Remedy.—In treating any disorder, all the symptoms should be taken into consideration: but the most marked and characteristic are those to which the greatest attention is required. In this volume, such characteristic symptoms, both of disorders and of remedies, are, when necessary, indicated by *Italics*. It is not, however, to be expected that each case of disease will present *all* the symptoms mentioned as belonging to that disorder or to its remedies. Nor, on the other hand, would it have been possible to enumerate under any medicine *all* the symptoms which it can cause in health, or cure in disease.

The remedy cannot be too carefully selected, as an inappropriate medicine is either inert, or produces an injurious effect.

Rule for continuing any Remedy.—A medicine, properly selected, should be employed as long as the condition of the patient manifestly improves.

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When the amelioration is very slow or slight in proportion to the duration or severity of the disorder, another remedy, suited to the existing symptoms, should be selected.

New Symptoms indicate a change of Remedy.—If new symptoms, not caused by or characteristic of the first medicine arise, another remedy should be selected, in accordance with the existing symptoms.

An Accidental Disorder indicates a Change of Remedy.—During treatment, an accidental disorder sometimes occurs. If severe, this must be checked by a remedy appropriate to the new symptoms; if slight, it is better not to interfere. Unnecessary changes of remedies often complicate a case, by introducing fresh medicinal symptoms. After the accidental affection has disappeared, the treatment of the principal disease may be resumed.

Medicinal Aggravation.—In case of medicinal aggravation, the remedy should not be repeated until the temporary effect has ceased; nor should it be repeated at all unless the disturbance be followed by a distinct amelioration. A medicinal aggravation is known by its arising more suddenly than a natural increase of the disorder:

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also by its agreeing with the characteristic symptoms of the remedy. Such aggravation is, however, rare in young persons, endures but a short time, produces no ill result save a slight and transient increase of pain, and departs as suddenly as it arose. It generally ends in tranquil slumber, and in a distinct abatement of all the sufferings.

The Art of Prescribing.—The preceding remarks will suffice to afford a general idea of the method of selecting, continuing, and changing the remedies. The art of prescribing with ease and decision can only be attained by long study, by much practice, and by diligent and careful observation and reasoning, combined with a natural tact and readiness. The rudiments of the art may be learnt from books; the rest must be acquired from nature.

Relative Sensitiveness to Medicinal Action.—Children are in general remarkably susceptible to the curative action of homœopathic remedies. Young persons of a slow phlegmatic temperament are, however, affected with more difficulty than active, sanguine, nervous, or bilious children. The constitution and general health being good, and the patient not having been subjected

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to prolonged or violent allopathic treatment, are highly favorable circumstances.

Repetition of Doses.—Slight complaints often yield to a single dose of a single appropriate medicine. In more obstinate cases, the same remedy may, in general, be repeated as soon as the improvement produced by the previous dose ceases. The doses are administered at shorter intervals in acute than in chronic cases,—the periods varying from five minutes to twelve hours in the former, and from twelve hours to many weeks in the latter. During convalescence, or in proportion as the symptoms abate, the doses should be given at longer intervals than in the height of the disorder. Persons of a phlegmatic temperament require more frequent medication than those of an active and susceptible nature. But the character of each individual case is a better guide than any universal rule.

Rule for the Attenuation according to the Disease and the Temperament.—In acute disorders it is usual to prescribe the lower or more material attenuations, from the first to the twelfth, and in some instances the *mother tincture*, that is, the saturated and strongest tincture. In chronic affections, the higher or less material attenua-

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tions are employed, from the twelfth upwards. To phlegmatic patients I generally administer the higher attenuations,—sometimes so high as the *eight hundredth*, with marked advantage. When the temperament is active, the lower attenuations are often to be preferred.

Rule for the Attenuation according to the Remedy.—Medicines which, in their crude state, are nearly or wholly inert (as *Silicea*, *Carbo vegetabilis*, *Calcarea carbonica*, and *Graphites*) are more efficient in the higher than in the lower attenuations. The contrary is the case with regard to many remedies which are powerful in their crude condition (as *Opium*, *Hyoscyamus*, *Helleborus niger*, *Arnica*, and *Rhus toxicodendron*).

In Domestic Practice, it is sufficient to adhere, in general, to a uniform attenuation, and the twelfth has been selected for this purpose. The attenuation is, however, of much less moment than the selection of the remedy. Persons who already possess medicine-cases may, therefore, employ the attenuations *nearest* to those mentioned in the present treatise. With very young infants, it is often necessary to administer the dry globules, or at least to heat the spoon before giving a remedy in solution.

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Tinctures are much used in modern homœopathic practice; but the safety and efficacy of globules cannot be denied.

The best Time for taking Medicine, in chronic cases, is just before going to bed, the sources of disturbance being fewer at night than in the day. The next best time is on first rising in the morning. The patient should fast at least one hour before and after taking each dose. In urgent acute disorders, however, it is impossible to follow these regulations, as the medicines require, in many instances, to be repeated at intervals of a few minutes or hours. Again, certain remedies act best if given in the evening, while others are to be taken in the morning.

Application of the preceding Rules.—In professional practice, the above rules act as our guides in prescribing. But throughout this volume I have, in treating of each disorder, supplied as accurate instructions as possible respecting the selection of the remedy, the repetition of doses, and the duration of treatment. Nothing perplexes the amateur so much as the absence of these and other necessary details. Such directions have, however, been inserted merely for the convenience of the reader,

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as only an approximation to correctness can be attained when general remarks are applied to special cases.]

[ABSCESS.]

[NATURE OF THE AFFECTION.—Matter contained in a sac of peculiar organization, which sac possesses secretory or absorbent vessels. The disorder may be acute or chronic.

SYMPTOMS.—Even in very young infants, tumours occasionally form in various parts of the body, sometimes without causing much inflammation or fever. In a few days the tumour becomes pointed, throbs, a certain fluctuation on pressure indicates the presence of fluid, and the skin at length bursts at the point of the cone, giving vent to a quantity of more or less putrid matter. In acute abscess there is a greater amount of constitutional disturbance than in chronic cases. The disorder generally runs its course more rapidly in children than in adults.

TERMINATION.—Either in resolution (recovery), or, in severe cases, death of the patient at the end of a few days or weeks. Or the abscess may

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become chronic. Excessive or long-continued discharges sometimes induce hectic fever.

CAUSES.—Lymphatic temperament; debility; long illnesses; insufficient nourishment; exposure to cold.*

GENERAL TREATMENT.—The external treatment should in most cases be limited to fomentations and the application of poultices. But if an abscess be so situated that its pressure may cause intense pain, or if it threaten injury to any important organ, the tumour must be opened without delay. The operation ought to be performed by a surgeon. Carefully exclude the air from the wound, and apply a poultice.

MEDICINAL TREATMENT (See *General Instructions*, p. 78).—*Belladonna* (three globules, dry, night and morning, for a day or two) often succeeds in preventing suppuration.

Hepar sulphuris (two globules to be dissolved in a tablespoonful of cold water, and one teaspoonful to be taken night and morning) may be given to hasten the bursting of the abscess, when

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* In enumerating the causes of each disorder, the *predisposing* and *exciting* causes are, for the sake of convenience, included under the same head.

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the tumour throbs and continues to enlarge, when it is evident that resolution cannot be expected, and when the skin over the abscess retains its natural hue.

Lachesis (two globules, administered in the same way, and for the same purpose, as *Hepar*) is required when the skin over the abscess has a puffed and deep purple appearance.

Silicea (three globules, dry, at bed-time, for three or four nights), given after the abscess has burst, accelerates the cure, and prevents the weakening effects of a chronic discharge.

Phosphorus (two globules, dry, at bed-time, every third night, for two or three weeks) is useful for the debility produced by copious discharges from an open abscess.]

ANGER AND VEXATION.

MEDICINAL TREATMENT (See *General Instructions, p.* 78).—Immediately after an attack of passion, give *Chamomilla* (one globule, dry); or, in case of silent vexation, *Ignatia* (one globule, dry). Should the symptoms be obstinate, and

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accompanied by shivering, headach, loss of appetite, bitter taste in the mouth, and diarrhœa, administer *Pulsatilla* (two globules, dry).

Anger is often combined with fear. In such case *Aconitum* (two globules, dry) is an admirable remedy.

[ASIATIC CHOLERA.]

[*Synonyms.—Epidemic, Malignant, or Spasmodic Cholera.*]

[NATURE OF THE DISEASE.—Violent vomiting and purging of watery matters free from admixture of bile. The affection is acute.

SYMPTOMS.—The disorder is often preceded, during a few days, by painless diarrhœa. The attack itself consists, in the first stage, of sudden weakness, violent cramps of the stomach and limbs, coldness and blue color of the skin, thirst, giddiness, swelling of the abdomen, anxious expression of countenance, and weak plaintive voice; in the second stage, *urgent diarrhœa and vomiting of watery fluid*, clammy sweat, cramps, severe (often burning) pain in the stomach, and

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oppression of the chest. There is frequently a third or typhoid stage.

TERMINATION.—Death may ensue in a few hours. Or the attack may end in gastric irritation, or in typhus-fever. The mortality is somewhat less in children than in adults, and far less under homœopathic than under allopathic treatment.

CAUSES.—Previous ill-health, and tendency to diarrhœa; scanty or unwholesome diet; insufficient admixture of salt with the food; inattention to ventilation and cleanliness; exposure to cold and damp. The disorder is epidemic, but rarely, if ever, contagious.

GENERAL TREATMENT.—Keep the child in bed. The temperature of the body should be maintained by flannel coverings, hot bottles to the feet, and friction of the skin. Excessive thirst, and burning pains, may be allayed by drinking iced water in small quantities at a time. During convalescence, it is essential to avoid fatigue, stimulants, and exposure to cold.

MEDICINAL TREATMENT (See *General Instructions, p.* 78).—*Cuprum metallicum* and *Veratrum* (four globules of each), taken alternately, dry, at bed-time, twice a week, when cholera prevails in

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the neighbourhood, act in many instances as *preventives* against the disorder. If, in spite of this precaution, an attack ensue, it is likely to be of a mild character.

Acidum phosphoricum (two globules, dry, every night at bed-time) may be given during the *painless diarrhœa* so frequent in districts attacked by cholera.

Camphor (one drop of the *Tincture*, in a teaspoonful of ice-cold water, every five minutes) is generally required in the first or cold stage of the disease.

Veratrum (two globules to be dissolved in a wineglassful of cold water, and one teaspoonful to be taken every half hour) is the proper remedy, in a large proportion of cases, during the second stage, especially if *the limbs are extremely cold*, and the skin is covered with a clammy sweat. Should no improvement occur after the eighth dose, select some other medicine, according to the symptoms.

Bryonia (two globules to be dissolved in a wineglassful of cold water, and one teaspoonful to be taken every hour) should be given if typhoid symptoms arise.

Cuprum metallicum (one globule to be dissolved

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in a wineglassful of cold water, and one teaspoonful to be taken every hour) is suitable when *cramps in the limbs* and convulsions predominate, with *loss of consciousness*.

Arsenicum (four globules to be dissolved in a wineglassful of cold water, and one teaspoonful to be taken every hour) is the proper remedy for extreme weakness and restlessness, excessive thirst, burning pain in the stomach, *coldness and blue color of the skin*.

Ipecacuanha (three globules to be dissolved in a wineglassful of cold water, and one teaspoonful to be taken every quarter of an hour) is useful when vomiting is the chief symptom.

Aconitum (two globules to be dissolved in a wineglassful of cold water, and one teaspoonful to be taken every half hour) is required when inflammatory attacks occur during or after cholera.

China (two globules, dry, at bed-time, for a few nights) is suitable during convalescence, when there is bilious diarrhœa or much feebleness.

Whatever remedy be selected, the doses should be given at longer intervals in proportion as the symptoms abate.]

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[BALDNESS.]

[*Synonyms.—Alopecia, Calvities.*]

[CAUSES.—In young persons, partial or entire baldness may occur without apparent cause. More frequently, however, it follows some other disorder, especially scaldhead, and various fevers.

MEDICINAL TREATMENT (See *General Instructions, p.* 78).—*Lycopodium* (two globules, dry, at bed-time, twice a week, for two months) is one of the best remedies.

Calcarea (three globules, dry, at bed-time, once a week, for several weeks) may be substituted for *Lycopodium*, should the latter produce no effect at the end of six or seven weeks.]

BLEEDING OF THE NOSE.

[*Synonym.—Epistaxis.*]

[CAUSES.—This symptom may occur either in plethoric, over-fed children, or in those of sickly and exhausted frame. When slight, or when it takes place as a critical discharge towards the

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end of a fever or other acute illness, no treatment is requisite.

MEDICINAL TREATMENT (See *General Instructions, p.* 78).—*Aconitum* (two globules, dissolved in a dessert-spoonful of cold water) speedily arrests bleeding of the nose occurring in a plethoric child.]

Mercurius (two globules, dissolved in a dessert-spoonful of cold water) is indicated when the patient is troubled with worms or diarrhœa.

China (two globules, dry) may be given, twenty-four hours after the attack, to prevent a relapse.

[BLUE DISEASE.]

[*Synonym.—Cyanosis.*]

[CAUSES.—The blue color of the skin observed in some infants, is due to imperfect formation of the heart, or to want of power on the part of this organ.

TERMINATION.—The disease seldom admits of cure: but some persons affected with it have lived many years in a state of misery.

MEDICINAL TREATMENT (See *General Instructions, p.* 78).—*Digitalis* (three globules, dry, at

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bed-time, once a week, for several weeks). One case of blue disease is said to have been cured by this remedy.

Lachesis (two globules, dry, at bed-time, once a week, for three months) has also been recommended.]

BOIL.

[*Synonym.—Furunculus.*]

[NATURE OF THE AFFECTION.—An inflamed, pointed, circumscribed swelling, situated in the cellular tissue beneath the skin, and tending to suppuration. The disorder may be acute or chronic.]

SYMPTOMS.—A circumscribed tumour, raised considerably above the surface, pointed, somewhat hard, of a deep red color, and painful, situated in the cellular tissue beneath the skin. The swelling varies from the size of a hazel-nut to that of a pigeon's egg. It rarely disperses without suppurating. Matter forms within; and, after the removal of this, a thinner pus, mixed with blood, flows from the opening. The pain then diminishes, and the tumour gradually

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disappears. Sometimes the boil becomes hard, dries up, and slowly disperses; or fresh inflammation arises.

[TERMINATION.—Generally, after a longer or shorter time, in recovery; but relapses often occur.

CAUSES.—General ill-health; previous attacks of fever; exposure to damp air; constitutional tendency. Boils may, however, arise, in persons otherwise apparently healthy.

LOCAL TREATMENT.—When a large boil is ripe, apply a warm bread poultice.]

MEDICINAL TREATMENT (See *General Instructions, p.* 78).—*Arnica* (two globules dissolved in half a wineglassful of cold water, and one teaspoonful to be taken every night at bed-time) is the best remedy for the cure of boils, and for preventing relapses; also to avert *suppuration*.

[*Sulphur* (one globule, dry, at bed-time, every day for a week) is useful in tedious cases.]

BRUISES.

[*Synonym.—Contusions.*]

[NATURE OF THE INJURY.—Extravasation of blood under the skin.]

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SYMPTOMS.—Severe bruises generally occasion a tumour, which is painful, diffused and soft (or somewhat hard); then follow inflammation, suppuration, and fever. Either from the first, or a short time afterwards, the swelling is spotted, and of a deep red or leaden hue.

TERMINATION.—Except in a few severe cases, (in which mortification and sloughing ensue), the swelling and discoloration quickly disappear.

[CAUSES.—Bruises are mostly produced by a fall upon a flat surface, or by a blow from a blunt instrument.]

MEDICINAL TREATMENT (See *General Instructions, p.* 78).—*Arnica* is specific in all cases of contusion. Two or three doses (two globules, dissolved in a dessertspoonful of cold water), taken internally, suffice to cure a slight bruise. If the injury be more severe, the remedy should also be applied externally: moisten the part affected, several times daily, with a lotion made by adding a teaspoonful of *Tincture of Arnica* to a tumblerful of cold water.

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BURNS AND SCALDS.

[*Synonym.—Ambustiones.*]

[NATURE OF THE INJURY.—Inflammation of the skin, with or without vesication; or complete destruction of tissue.]

SYMPTOMS.—Burns may be either trifling or severe. In the former case, the affected part is inflamed; sometimes the cuticle is raised, and blisters arise. In the latter, the skin is destroyed, and the parts below the skin are injured.

TERMINATION.—Severe or extensive burns demand careful medical and surgical treatment, and are occasionally sufficient to destroy life. Superficial burns seldom require much attention.

GENERAL TREATMENT.—If the injury is not extensive, the best plan is to hold the part affected close to red-hot charcoal, or to any kind of fire. At first the pain is greatly increased; but, if this can be borne with firmness for a few seconds, the suffering soon ceases entirely. By this means, also, the formation of blisters is prevented.

For more extensive burns, recourse should be had to another remedy, the excellence of which

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has likewise been proved by experience. Moisten the injured surface with heated spirit-of-wine, or with brandy, renewing the liquid as often as it evaporates. Or cover the parts with several folds of linen or lint, soaked in spirit-of-wine, and kept constantly moist. Or spirit-of-turpentine may be used. The unremitting care of an attendant is necessary, to prevent the parts from becoming dry. At night, the light should be placed in a lantern, lest the highly inflammable spirit of wine or turpentine catch fire. [If the above remedies are not at hand, use soap-lather instead. When the skin is destroyed, preserve the parts carefully from the air.]

MEDICINAL TREATMENT (See *General Instructions*, p. 78).—*Aconitum* (one globule, dissolved in a dessertspoonful of cold water) may be given should the burn occasion symptoms of fever. Repeat the dose every four hours, until the fever has subsided.

Arsenicum (two globules, dry, every four hours) is useful when the pain is very severe.

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[BURNT HOLES.]

[*Synonym.—Pemphigus gangrenosus.*]

[NATURE OF THE DISEASE.—An eruption of vesicles on the skin, with tendency to gangrene. It is an acute affection.

SYMPTOMS.—Without any previous warning, large separate vesicles appear on various parts of the body, increase for two or three days, and then break, discharging a thin, colorless, fetid fluid. At the time of bursting, the blisters run together, and ulcers, which give rise to unhealthy matter, are formed. A rapid destruction of tissue ensues, and there is much general disturbance. *This disease is distinguished from chicken-pox by the vesicles becoming ulcerated* in the former, scabby in the latter.

TERMINATION.—Often in death about the twelfth day. Much constitutional disturbance, and a rapid spread of the ulcers, are *unfavorable* circumstances.

CAUSES.—Want of cleanliness; damp, unhealthy, ill-drained districts; small, crowded, ill-

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ventilated rooms; bad or insufficient food. The disease sometimes occurs as an epidemic. It is confined to children, and chiefly to those of the poor.

GENERAL TREATMENT.—The application of poultices, a scrupulous attention to cleanliness and ventilation, and a nutritious diet, suffice in slight cases.

MEDICINAL TREATMENT (See *General Instructions*, p. 78).—*Rhus toxicodendron* (two globules to be dissolved in half a wineglassful of cold water, and one teaspoonful to be taken night and morning) is one of the principal remedies for burnt holes.

Dulcamara (three globules to be dissolved in half a wineglassful of cold water, and one teaspoonful to be taken night and morning) may be substituted at the end of a few days, should *Rhus* produce no effect.

Whichever remedy be selected, the doses should be given at longer intervals in proportion as the symptoms abate.]

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CHICKEN-POX.

[*Synonyms.—Bastard, Gland, Swine, or Water-pox, Hives;—Varicella.*]

[NATURE OF THE DISORDER.—An eruption of pimples, vesicles, and pustules on the skin, with slight fever. It is an acute affection, of definite progress and duration.]

SYMPTOMS.—This eruption, in itself innocuous, often attacks children living in places affected by the small-pox. It frequently bears great resemblance, in external appearance, to that disease, but is *distinguished by the pimples not being depressed in the centre, by the irregularity of their occurrence, and by the absence of the odor peculiar to the small-pox*, as well as by its mildness and short duration. *The eruption commences upon the back.* It chiefly affects the face and the back, seldom lasts more than five or six days, and is only occasionally accompanied by slight catarrh, cough, and fever.

[TERMINATION.—Almost always in recovery. When the eruption is confluent, and when in-

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flammation of any internal organ arises, the danger is, however, much increased: but these are rare occurrences. If allopathically treated, the disorder sometimes leaves tedious sores and scabs.

CAUSE.—Specific contagion. The malady seldom attacks the same person twice.

GENERAL TREATMENT.—A moderate and uniform temperature, and mild unstimulating diet, are of essential service. The child need not be kept in bed, but should remain in one room until the eruption begins to decline.]

MEDICINAL TREATMENT (See *General Instructions*, p. 78).—*Aconitum* (two globules, dry, at bed-time). Chicken-pox rarely requires medicinal treatment: but if there be much fever, one or two doses of the above remedy may be given.

[*Sulphur* (two globules, dry, at bed-time, for a few nights) may be given when the disorder leaves an unhealthy state of skin.]

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CHILBLAINS.

[*Synonym.—Perniones.*]

SYMPTOMS.—Small round elevated tumors, caused by exposure to cold. The parts most frequently affected are the hands and the feet, and especially the great toes. At the approach of winter, and on exposure to changes of temperature, a sort of erysipelatous inflammation arises: this is accompanied by excessive itching and burning.

[GENERAL TREATMENT.—Keep the feet and hands warm and dry, but avoid extremes of temperature. The hands should be rubbed perfectly dry, after washing, with a soft napkin, and must never be warmed at the fire after exposure to cold air. Warm gloves may, in very cold weather, be worn in the house as well as out-of-doors. Apply sweet oil, night and morning, to the chilblains.]

MEDICINAL TREATMENT (See *General Instructions*, p. 78).—Chilblains are seldom cured by the use of a single remedy: in almost every case,

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several are required. The two first-mentioned medicines are those most frequently indicated.

Chamomilla (two globules, dry, at bed-time, for a few nights) when the chilblains are hot and itching.

Arnica (two globules, dry, every night at bed-time) when there is a hard shining surface.

Pulsatilla (two globules, dry, every night at bed-time), followed after a few days by *Belladonna* (three globules, dry, at bed-time, every alternate night), should be given when there is much inflammation, with pulsative pains, swelling, and reddish-blue color of the affected part.

Sulphur (two globules, dry, at bed-time, on alternate nights), followed at the end of a fortnight by *Acidum nitricum* (to be given in the same way as *Sulphur*) is suitable in obstinate cases, and particularly when there is severe itching.

COLD IN THE HEAD.

[*Synonyms.—Catarrh, Common Cold;—Coryza.*]

NATURE OF THE DISORDER.—Irritation and

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slight inflammation of the mucous membrane of the eyes and nostrils. The affection may be acute or chronic.

SYMPTOMS.—The attack is ushered in by a peculiar sensation in the nostrils, accompanied by dryness and swelling; slight difficulty of breathing, frequent sneezing, nasal voice, and loss of the sense of smell. Frequently a watery saline fluid is secreted by drops, producing soreness, dryness, and crusts upon the lips and nostrils. The discharge, which occasions more or less uneasiness, arises from the lining membrane of the nostrils. Sometimes these symptoms are preceded by a dryness and a disagreeable odor of dust, and violent pressive pain at the root of the nose and in the frontal sinus, constituting what is called an obstruction or stuffing. When the irritation within the nose is very great, it is accompanied by fever. But this circumstance in no way modifies the treatment, for the fever ceases with the disappearance of the catarrh.

[TERMINATION.—The affection is in itself generally slight: but it may prepare the way for serious disorders.

CAUSES.—Exposure to damp, or to sudden and

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extreme variations of temperature; constitutional tendency.

General Treatment.—One of the most important means of curing and of preventing catarrhs, is to avoid extremes of temperature, and especially sudden changes. The clothing should be moderately warm. Children liable to colds ought, on returning from a walk in damp weather, to put on dry shoes without delay. Persons who are much out of doors rarely take cold; while those who are mostly confined in hot rooms, cannot withstand the slightest breath of fresh air. Children who are daily sponged with cold water seldom take cold. This practice should be commenced about the third year.

It is no harm to "stuff a cold," unless the child be of a full habit. Barley-water and toast-and-water, warm or cold, according to taste, are good drinks. Sometimes an attack may be cut short, at the outset, by placing the feet for a few minutes in hot water (96° Fahr.), and drinking a tumblerful of cold water, immediately before going to bed.]

When the nose is much stuffed in infants, great benefit is derived by introducing, with a

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soft feather, a few drops of sweet oil into the nostrils.

[MEDICINAL TREATMENT (See *General Instructions*, p. 78).—*Belladonna* (two globules, dry, at bed-time) is suitable at the beginning of the attack, when there is much fever, headach, and swelling of the veins of the head. This remedy, followed at intervals of twelve hours by two or three doses of *Mercurius*, often effects a rapid cure.]

Nux vomica (two globules, dry, at bed-time, for two or three nights) is applicable when there is *stuffing of the nostrils; dryness of the mouth;* heat of the face, especially at night; itching of the nose; painful sensibility of the nostrils; sense of stuffing at night only; discharge from the nostrils during the day; heat and numbness of the head; general soreness; sorrowfulness, *and disposition to anger.*

Pulsatilla (two globules, dry, at bed-time, for a few nights) is required for these symptoms:—tickling in the nose, as if after taking snuff; violent sneezing; *loss of the sense of smell;* discharge of blood on blowing the nose; flow of fetid mucus from the nose; nostrils painful, and ulcerated; sensibility of the eyes to light; pres-

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sive headach; disturbed sleep; silent sorrow; *tearful disposition; shivering;* hoarseness.

Chamomilla (one globule, dry, at bed-time: one or two doses) may be given for cold arising from *suppressed perspiration;* flow of mucus from the nose; chaps, ulcers, and *inflammation in the nostrils;* pain and peeling of the lips; drowsiness; *dull feeling in the head;* general numbness; *redness of one cheek and paleness of the other;* shivering; *intense thirst; sneezing.*

Mercurius (three globules, dry, at bed-time: two or three doses). This remedy may be given, after *Belladonna,* when there is an *abundant discharge,* with soreness of the nostrils and entire nose, and drawing *rheumatic pains in the limbs.*

COLIC.

[*Synonyms.—Belly-ach, Windy Colic;—Colica, Enteralgia.*]

[NATURE OF THE DISORDER.—Spasm of the muscular fibres in some parts of the intestines, or distension of the bowel with flatus. The affection may be acute or chronic.]

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SYMPTOMS.—In children attacked with colic there is often an increased discharge of urine, followed by agitation and impatience, constant weeping, sudden screams, contortions of the face, sleeplessness, and *twisting pain and retraction of the navel.* The legs are bent towards the stomach; the body is twisted; and infants cannot suck in a recumbent position. *The pain is relieved by pressure.*

[TERMINATION.—The bowels being moved, and an abatement of pain ensuing, are *favorable* circumstances. The *unfavorable* symptoms are, obstinate costiveness, *the sufferings being fixed to one spot*, and *the pain being increased by pressure*, indicating the approach of INFLAMMATION OF THE BOWELS (see this).]

CAUSES.—A chill; worms; flatulency; improper diet; mental emotions.

[GENERAL TREATMENT.—A warm bath, and hot fomentations to the abdomen, produce some relief: but the chief reliance should be placed in the appropriate homœopathic remedies. The diet may be light and nourishing, and free from stimulants.

MEDICINAL TREATMENT (See *General Instructions*, p. 78).— *Chamomilla* (one globule, dry;

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two or three doses, at intervals of four hours) is often suitable at the commencement of the attack, especially when this has arisen from a *chill*, or from a fit of passion, and when there is anxiety and restlessness; *vomiting and diarrhœa of bilious matters;* extremely violent pain, chiefly tearing and drawing; *one cheek pale, the other red.*]

Nux vomica (two globules, dissolved in a teaspoonful of cold water, to be taken immediately) quickly removes colic accompanied by *costiveness;* sensation as of a heavy weight in the lower part of the abdomen; rumbling in the bowels; great heat; tension of the abdomen, with short, anxious, and painful breathing; *sense of fulness in the abdomen;* drawing, pinching, pressive pains; pressure at the navel; stupifying headach; tenderness of the abdomen to the touch; loss of consciousness; *coldness of the feet* during the attack.

Mercurius (one globule, dry; the dose to be repeated after each attack) is very useful in colic caused by worms, and accompanied by urgent desire to vomit; *copious flow of water into the mouth;* contractions in the stomach, and hardness of the navel; cramps in the muscles of the

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abdomen; smarting of the throat; frequent hiccup; *voracity;* distaste for sweet things; constant desire to go to stool; hardness and swelling of the lower part of the abdomen; tensive and burning pain around the navel; risings from the stomach; general weakness; *diarrhœa; evacuation of mucus;* appearance of the abdominal symptoms chiefly at night.

CONGESTION IN THE CHEST.

[*Synonym.—Determination of Blood to the Chest.*]

[NATURE OF THE DISORDER.—Enlargement of the capillary and other blood-vessels of the lungs, with partial stagnation of blood. The affection may be of long or short duration.]

SYMPTOMS.—*Oppression on the chest;* palpitation of the heart; difficulty of breathing; sighing; anxiety. These symptoms are often followed by *spitting of blood,* or by some other disorder of the lungs or of the heart.

[TERMINATION.—Congestion is to be feared from the fact that it may end in inflammation.]

CAUSES.—Plethoric habit; tendency to affec-

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tions of the chest; over-exertion; extremes of temperature; repression of discharges, rashes, or perspiration.

[GENERAL TREATMENT.—The diet should be moderate and unstimulating. Sponge the chest night and morning with warm water. Sudden changes of temperature are injurious. Gentle exercise in the open air is of great service.]

MEDICINAL TREATMENT (See *General Instructions*, p. 78).—*Belladonna* (two globules, dry, at bed-time, every night till improvement sets in) is the proper remedy when there is much cough, with difficulty of breathing.

Nux vomica (three globules, dry, at bed-time, every night) may be given when *Belladonna* appears to produce but little effect, and when there is frequent *sighing*.

China (two globules, dry, at bed-time, twice a week) is required when there are palpitations.

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CONGESTION IN THE HEAD.

[*Synonym.—Determination of Blood to the Head.*]

[NATURE OF THE DISORDER.—Enlargement of the capillary and other blood-vessels of the brain, with partial stagnation of blood. The affection may be of long or short duration.]

SYMPTOMS.—Red and puffy appearance of the face; swelling of the veins of the head; violent throbbing of the arteries; torpor; headach, increased by stooping; disturbed sleep; anxious dreams.

[TERMINATION.—Congestion may end in INFLAMMATION OF THE BRAIN (see this).

CAUSES.—Plethoric habit; tendency to cerebral disorders; mental emotions; stimulants; mechanical injuries.

GENERAL TREATMENT.—A moderate and unstimulating diet is necessary; and gentle exercise in the open air is of essential service. Sponge the forehead every morning with cold water.]

MEDICINAL TREATMENT (See *General Instructions*, p. 78).—*Aconitum* (three globules, dry, at bed-time, for two or three nights) is the most

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appropriate remedy to commence with in most cases.

Nux vomica (two globules, dry, at bed-time, every other night till improvement sets in) may generally follow *Aconite*, especially when the congestion has been occasioned by a fit of passion.

Belladonna (two globules, dry, at bed-time, on alternate nights, for a week) is indicated *when the veins of the head are much swollen*; also if there is violent *megrim*, with shooting and burning in the head, and sensitiveness of the eyes to light. In such cases, the remedy may be given twenty-four hours after the last dose of *Aconite*.

Arnica (two globules, dry, at bed-time, for two or three nights) is suitable when congestion arises from a mechanical injury. The wound may also be dressed with a rag soaked in a lotion made by adding ten drops of *Tincture of Arnica* to a wineglassful of cold water.

Dulcamara (two globules, dry, at bed-time) is useful when there is deafness, or constant *buzzing in the ears*.

Coffea (one globule, dry, at bed-time) may be given for congestion caused by *excessive joy*.

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Ignatia (one globule, dry, at bed-time) is required in cases of *concealed sorrow*.

Opium (four globules, dry, immediately) is given when fear has been the exciting cause of the malady.

CONVULSIONS.

[*Synonyms.—Fits, Cramps, Spasms.*]

[NATURE OF THE DISORDER.—Spasms of various parts, with or without fever.]

SYMPTOMS.—True convulsions are always more or less dangerous, and require to be treated by a physician. They are sometimes confounded with slight cramps, which may in most cases, safely be left to the care of the ordinary attendants. Such *cramps* are unaccompanied by fever, or by any general derangement of health; they mostly occur during sleep, and affect only the fingers, or in a slight degree the whole body. *True convulsions* present these symptoms:—frequent flushes of heat over the whole body; sudden waking from light slumber, after which the child is with difficulty induced to sleep again;

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loud screaming; universal trembling; convulsive movements of some of the limbs or muscles.

[TERMINATION.—Sometimes in death: but convulsions are not always dangerous in proportion to their violence. Strong robust children are not so often attacked as the weakly: but the danger is greater in the former. Unless the exciting cause be removed, the fits are apt to return.

CAUSES.—A nervous, irritable temperament; worms; exposure to cold; unwholesome food; the irritation of teething; violent purgatives; the sudden suppression of an eruption, or of an habitual discharge; flatulency; colic; costiveness; sudden fright.

GENERAL TREATMENT.—During the first severe fit, loosen the child's clothes, raise the head above the level of the body, admit fresh air, dash cold water upon the head, and at the same time place the feet in hot water. In subsequent attacks, depend chiefly on internal remedies.]

MEDICINAL TREATMENT (See *General Instructions*, p. 78).—*Chamomilla* (two globules, dry: the dose to be repeated in case of a fresh attack) is suitable for the slight *Cramps* above noticed, especially if caused by a chill, colic, or flatulency.

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Ignatia (three globules, dry, to be placed upon the tongue immediately after each attack) is successfully employed for the *True Convulsions* already described, particularly when they arise from a moral cause.

Belladonna (two globules, dry, night and morning) is required for convulsions caused by teething, or by the repression of an eruption.

Calcarea (two globules, dry, every night at bed-time) may be given when the teeth are late in appearing, particularly in sickly children.

Mercurius (three globules to be dissolved in half a wineglassful of cold water, and one teaspoonful to be taken night and morning) is required when convulsions proceed from worms, and when, besides starting of the limbs, there is swelling or hardness of the lower part of the abdomen, with *risings of clear water* into the mouth, dulness of the intellect, and general weakness.

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COSTIVENESS.

[*Synonyms.—Constipation; Confined Bowels.—Obstipatio, Obstructio alvi, Torpor intestinorum.*]

[NATURE OF THE DISORDER.—Stools less frequent than natural, with hard excrement, and difficult evacuation. The affection is very apt to become chronic.

CAUSES.—Sedentary habits; indigestible food; the use of aperients; paralysis, or spasm, of some part of the bowels; sometimes obliteration of the passage. In children, the constant use of purgatives is the most frequent cause. All such remedies (and more especially the various preparations of mercury) are extremely injurious. The immediate effect of an opening medicine is, of course, to procure an artificial evacuation; but the ultimate result is obstinate constipation. At length the bowels become almost entirely paralysed, and are never moved naturally. Nor is this all: for the purgatives which sufficed at first, in due time lose their virtue, and the most powerful drugs barely produce a scanty evacua-

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tion. When the remedies have a medicinal as well as a mechanical power, the general health quickly suffers, and the child grows into a confirmed dyspeptic.

General Treatment.—Thus the more costiveness is to be feared, so much the more sedulously are purgatives to be avoided. In young healthy children, the bowels are freely moved at least once or twice in twenty-four hours. But mere costiveness, unattended by other unpleasant symptoms (as headach, or pain in the stomach), may endure with perfect safety two days in an infant, and four or five days in older children. Such a condition can always be obviated by removing the exciting cause, by regular habits, and by homœopathic remedies; while every aperient dose tends to perpetuate the evil. Violent purgatives are especially dangerous when there is a rupture, or other mechanical obstruction.

The cure is materially assisted by exercise in the open air, by avoiding indigestible food and stimulating drinks, and by eating slowly. In infants, costiveness often arises from the too early use of solid food, and especially of meat.

After the second year, children who suffer

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from costiveness may take a wineglassful of cold water night and morning, and after dinner. After the fourth year, half a tumblerful of water may be given at a time.

If the child has become habituated to the use of aperients, these should be abandoned gradually, without delaying the administration of specific remedies.

MEDICINAL TREATMENT (See *General Instructions*, p. 78).—When, in spite of all dietetic and other precautions, costiveness ensues in a very young infant, inject six tablespoonfuls of tepid water or milk into the bowel. If this prove insufficient, and should the nurse also be costive, let the nurse and child each take a teaspoonful of the solution of *Nux vomica* as prescribed below, and let the doses be repeated every night, at bed-time, till the obstruction is removed. This treatment is especially requisite when the nurse habitually drinks strong coffee (which she should avoid), and when costiveness is caused by indigestible food: or when the fæces are hard, evacuated with difficulty, and streaked with blood.]

Nux vomica (two globules, dissolved in a tablespoonful of cold water, to be taken, at bed-time,

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every night till the bowels are freely moved) is of great service in costiveness caused by *indigestible food*, or by over-eating. It is likewise useful after a diarrhœa which has ceased spontaneously, or after the use of an inappropriate remedy, and when these symptoms occur :—loss of appetite ; unpleasant taste in the mouth ; the *tongue loaded with white mucus ;* loathing, and *nausea ;* cuttings and painful shootings in the lower part of the abdomen, with *tension and pressure ;* heat ; flushing of the face ; *stupifying headach ;* disturbed sleep ; oppression ; much heat in the lower part of the abdomen ; protrusion of the bowel.

Pulsatilla (two globules, dissolved in a tablespoonful of cold water, to be taken, at bed-time, every night till the bowels are freely moved) is required when, in addition to the above symptoms, there is a bitter taste in the mouth ; desire to vomit ; sour risings ; *flow of mucus into the mouth ; burning sensation in the gullet ;* pressive tension and pinching in the lower part of the abdomen ; sallow complexion ; *shivering ;* dejection ; *mild and gentle disposition.*

[*Opium* (four globules, dry, at bed-time : the dose to be repeated, if necessary, in twenty-four

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hours) is suitable for plethoric children. Should this remedy fail, proceed to *Nux vomica*.

Sulphur (one globule, dry, at bed-time, once a week, for a month) is an excellent remedy in many obstinate cases. It may be given, after any of the above medicines, to remove the tendency to costiveness.]

COUGH.

[*Synonym.—Tussis.*]

[NATURE OF THE COMPLAINT.—Sudden expiration, accompanied by a more or less loud noise. The affection may be acute or chronic.

SYMPTOMS.—A cough may be either dry or moist. It may exist alone, but more commonly accompanies fever, or some disorder of the lungs or air-passages, as HOOPING-COUGH, INFLAMMATION OF THE PLEURA, INFLAMMATION OF THE BRONCHIAL TUBES (see these). In this place it will be considered as a distinct affection.

TERMINATION.—Catarrhal cough is of itself rarely so severe as to occasion alarm. It may, however, end in hooping-cough, consumption, or

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inflammation of the lungs, and should, therefore, never be neglected.

CAUSES.—A chill; irritation or disease of the lungs or air-tubes; fever; indigestion.

GENERAL TREATMENT.—Cold water, linseed-tea, and gum-arabic water allay the irritation of the throat, and are especially soothing when the cough is hard and dry. A moderate and uniform temperature should be maintained in the patient's room. Fresh air, and daily sponging with cold water, are the best means of preventing colds.]

MEDICINAL TREATMENT (See *General Instructions*, p. 78).—*Nux vomica* (two globules, to be dissolved in a tablespoonful of cold water, and one teaspoonful to be taken night and morning) is very efficacious for slight catarrhal coughs arising from a chill, and accompanied by roughness and scraping in the throat, with tickling in the palate; constant exhausting cough, causing, *at each shock, a splitting pain in the head;* sensation as of a severe bruise in the lower part of the abdomen; after coughing, a pain as of a violent blow under the ribs; difficulty of breathing at night; feeling as of a hot and heavy substance on the chest; cold in the head.

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Chamomilla (two globules, dissolved in a dessertspoonful of cold water, every night at bed-time) is suitable for coughs arising from passion; *violent, dry cough which continues during sleep*; cough excited, during the day, by a constant tickling in the larynx; sensation, while coughing, as of something rising in the throat and threatening suffocation.

Hyoscyamus (two globules, dissolved in a dessertspoonful of cold water, every night at bed-time) is useful for a dry cough, worse at night, and which prevents the child from sleeping; *cough which is constant when the child lies down, which ceases on his sitting up*, and which compels him at short intervals to rise in order to obtain alleviation; tickling and irritation in the windpipe; *convulsive cough.*

[*Pulsatilla* (three globules, dry, at bed-time, for three or four nights) is required for a *moist cough*, with expectoration of white, tenacious mucus, worse at night and when lying down, and accompanied by nausea, shivering, and *difficulty of breathing.*

Ipecacuanha (two globules, dry, every night at bed-time) is good for a dry, suffocating, nocturnal cough, accompanied with nausea.

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Sulphur (one globule, dry, at bed-time) on alternate nights: two or three doses) may follow *Pulsatilla* when this remedy is only partially successful, especially if the cough is still moist, and produces *soreness and shootings in the chest* and head, and hoarseness.]

Violent fatiguing cough, with pain in the chest, expectoration of blood, and general uneasiness, requires the immediate aid of a physician.

[CROUP.]

[*Synonyms.—Tracheitis, Cynanche trachealis, Angina membranacea.*]

[NATURE OF THE DISEASE.—Inflammation of the mucous membrane lining the wind-pipe, with tendency to the formation of a false membrane. It is an acute disorder.

SYMPTOMS.—Previous to the attack, hoarseness, dry cough, wheezing, and restlessness. When the disease is established:—flushing of the face; veins of the face and neck swollen; *pieces of white membrane are with difficulty expectorated; the sound made in breathing resembles the crowing of a cock;* sudden attacks of shrill cough; extremely

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anxious countenance; great difficulty of breathing; *fever*.

TERMINATION.—Often in death at the end of the first, second, or third day. In a few cases the attack lasts two or three weeks. The danger consists partly in threatened suffocation by the false membrane, partly in the inflammation of the respiratory organs. The difficulty of breathing being moderate, and an early and copious discharge of membrane, are *favorable* symptoms. Violent fever, extreme difficulty of breathing, and absence of expectoration, are *unfavorable*.

CAUSES.—Croup chiefly occurs in children under twelve years of age, in those who are ill fed and clothed, sickly, or enfeebled by previous illness, or who live near large sheets of stagnant water, and in damp or otherwise unhealthy localities. It may also arise from sudden changes of temperature, or from hereditary disposition. The disorder is liable to return.

GENERAL TREATMENT.—After having once been affected with croup, the child should be permanently removed from all influences known to favor the disease. The success of leeches, bleeding, blisters, purgatives, tracheotomy, and other allopathic means, has been very small. The

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disease, though always dangerous, has often been rapidly cured by one or more of the following remedies. In all cases, it is important to treat the attack from the commencement. It is useful to anoint the throat and chest with sweet oil. In severe cases, a bread-and-water poultice may be applied to the throat. Keep the feet warm. Let the child remain in bed.

MEDICINAL TREATMENT (See *General Instructions, p.* 78).—*Chamomilla* (two globules, dry, night and morning, for one day) may be given for cough and catarrh which threaten to run into croup.

Aconitum (three globules to be dissolved in a wineglassful of cold water, and one teaspoonful to be taken every half hour till the fever begins to abate) is the remedy first required for declared croup, if there is much *fever*. When the skin becomes comparatively cool and moist, proceed to some other remedy, according to the symptoms.

Hepar sulphuris (two globules to be dissolved in a wineglassful of cold water, and one teaspoonful to be taken every two hours, or every half hour in very severe cases) is suitable for attacks of dry, rough, hollow, barking, or crowing cough, with anguish; weak, rough voice; anxious, wheezing respiration, *with threatened suffocation*

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on lying down, and *sufferings which force the patient to throw his head back;* unsuccessful attempts to throw up membrane and mucus.

Spongia (two globules to be dissolved in a wineglassful of cold water, and one teaspoonful to be taken every two hours, or in severe cases every quarter of an hour) may follow *Aconite* or *Hepar*, when there is *dry, hollow, barking, or whistling cough, day and night*, but worse towards evening; wheezing respiration, and *burning sensation in the chest;* hoarse voice; expectoration of mucus, and rattling of mucus in the wind-pipe.

Phosphorus (one globule, dry, night and morning, for a week) is useful, during convalescence, to remove weakness. It may also be given, at bed-time, twice a week, when there is a constitutional tendency to the disease.

Whatever remedy be selected, the doses should be given at longer intervals as the symptoms abate.]

[DEAFNESS.]

[*Synonym.—Dysecœa.*]

[CAUSES.—In children, deafness mostly arises

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from a chill, from suppressed discharges or eruptions, from the abuse of mercury, from deficient or excessive secretion of wax in the ear, or in connexion with nervous and inflammatory affections. It is generally a symptom of some other disorder.

GENERAL TREATMENT.—Never syringe the ears without consulting a physician. Apply cotton wool, dipped in sweet oil, to the ears every night at bed-time, and leave the wool in all night. Bathe the ears, night and morning, with warm water. Keep the feet warm. Avoid chills.

MEDICINAL TREATMENT (See *General Instructions*, p. 78).—*Belladonna* (one globule, dry, at bed-time, on alternate nights, for a week) is given to plethoric children, when there is swelling of the parotid glands, or buzzing in the ears. Also if deafness accompanies catarrh arising from a chill. Or when it occurs after scarlet-fever.

Mercurius (two globules, dry, at bed-time, on alternate nights, for a fortnight) is useful for deafness accompanying rheumatism or catarrh arising from a chill. Also if the throat and the glands of the neck are swollen, or when a discharge from the nose or ears has been suppressed. Or for deafness after small-pox.

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Acidum nitricum (one globule, dry, at bed-time, for two or three nights) is suitable for deafness caused by the abuse of mercury.

Pulsatilla (two globules, dry, at bed-time, every night, for a week) is the best remedy for deafness occurring after measles, or accompanied by catarrh produced by wet feet.

Phosphorus (one globule, dry, at bed-time, on alternate nights till improvement sets in) is required for deafness arising in nervous children, or following any nervous disorder.]

DIARRHŒA.

[*Synonyms.—Looseness of the Bowels, Purging.*]

NATURE OF THE DISORDER.—A too rapid, copious, and frequent discharge from the bowels. The affection is very apt to become chronic.

SYMPTOMS.—Many of the following symptoms often accompany diarrhœa:—partial or complete loss of appetite; pain in the stomach; swelling and tension in the lower part of the abdomen; rumbling in the bowels; cold and dry skin; thirst; urine scanty; dejection; irregular and intermittent pulse; cutting or tearing pains

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which shift their position; desire to vomit, which disappears and returns repeatedly. In severe cases, there is burning in the lower bowel, violent straining, extreme weakness, and even fainting.

TERMINATION.—The complaint is generally slight, and free from danger. Sometimes, however, it is accompanied with much pain and fever, and degenerates into some other disorder; and it may, if not properly treated, even prove fatal. When cholera prevails, diarrhœa may terminate in that malady.

CAUSES.—A chill; intemperance in eating and drinking; fatigue; mental emotions; debility.

GENERAL TREATMENT.—Warmth, a moderate farinaceous diet, and in some cases a cup of coffee without milk, suffice to cure slight diarrhœa. In severe cases, put the patient to bed for a day or two, keep the feet warm, and apply hot flannels to the abdomen.

MEDICINAL TREATMENT (See *General Instructions*, p. 78).—*China* (two globules to be dissolved in a tablespoonful of cold water, and one teaspoonful to be taken night and morning) is suitable for diarrhœa caused by a chill; frequent evacuations of a sour colorless liquid, preceded by

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spasms and pressive pains in the bowels, and accompanied with pain in the stomach, risings, rumbling, and *sense of weakness in the bowels.*

Chamomilla (two globules to be dissolved in a wineglassful of cold water, and one teaspoonful to be taken immediately after each fluid evacuation) is required for diarrhœa caused by *passion*, and accompanied by a *bitter taste in the mouth; violent tearing pains and spasms in the stomach*, which allow the patient no repose, and which compel him to writhe, and to run in agony from place to place; sensation of fulness in the navel; sensation as if the abdomen were empty; constant movements in the bowels, or feeling as of a ball in the side; dark blue circles round the eyes; nausea; vomiting; frequent, hot, green, watery, or mucous stools, which *smell like rotten eggs;* risings; pressive headach; general weakness.

Mercurius (three globules to be dissolved in a wineglassful of cold water, and one teaspoonful to be taken immediately after each fluid evacuation) is useful for diarrhœa caused by exposure to night air, and accompanied by pinching in the navel; rumblings; sensation as of an approaching stool; pressure in the abdomen, and *cutting*

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pain at the lower part of it; tearing pain and extreme coldness at the lower part of the abdomen; nausea and loathing; shivering; urgent desire to go to stool, *at first without result*, and then *frequent, copious, watery, green evacuations*, with tendency to fainting. *Mercurius* may follow *Chamomilla*, when the latter produces little effect after the fifth dose.

Pulsatilla (three globules to be dissolved in a wineglassful of cold water, and one teaspoonful to be taken three times a day: four or five doses generally suffice) is indicated when diarrhœa proceeds from *errors of diet*, and is accompanied by loss of appetite, with dryness and slight burning in the tongue, but without thirst; bitter and salt taste in the mouth, without distaste for food; risings as of rotten eggs; hiccup; *nausea*, desire to vomit, and *vomiting*; distension of the lower part of the abdomen; colic; *flatulency*; constant movements of the bowels; urgent desire to go to stool; restlessness; frequent evacuations.

Opium (three globules, dry; two or three doses, at intervals of six hours) quickly cures diarrhœa arising from fright, or from moral emotions in general.

Dulcamara (four globules to be dissolved in a

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wineglassful of cold water: a dessertspoonful to be taken three times a day) is given in diarrhœa caused by teething, especially when there is loss of appetite, and slight fever.

[DIPHTHERIA.]

[*Synonym.—Diphtherite.*]

[NATURE OF THE DISORDER.—The essential feature of diphtheria is the existence of a tough yellowish-grey membrane on the tongue, throat, and on the inside of the mouth generally. The disorder has been called "croup of the mouth."

SYMPTOMS.—The attack is sometimes sudden; but generally it is preceded for a day or two by chills, alternating with flushes;—also by vomiting, and sorethroat;—and by much debility. When the disease is fully established, there is a tough yellowish-grey membrane formed on a greater or lesser surface of the tongue, tonsils, and mouth generally. At first there are only a few spots, but these gradually increase in number, and sometimes produce suffocation, by closing the larynx. There is also fever, delirium, swell-

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ing of the neck, excessive anguish, and extreme fetor of the breath.

TERMINATION.—In *favorable* cases, the spots are few and small; the neck is not swollen; the fever is slight; the strength is but little impaired; there is no delirium; a gentle perspiration ensues; and the recovery is rapid and complete. In *unfavorable* cases, the reverse of the above is observed, and many cases are lost within a few days, or even hours, of the commencement of the attack. The *worst symptoms* are extreme difficulty of swallowing; enormous swelling of the neck; furious delirium: excessive debility.

CAUSES.—Diphtheria is both epidemic and contagious. It is thought to depend upon a peculiar blood-poison. Like croup, it mostly attacks persons of delicate frame, and those who live in damp, unhealthy localities. It not unfrequently accompanies scarlet-fever, and it attacks children and adults alike.

GENERAL TREATMENT.—Keep the child in bed, with the head raised considerably above the rest of the body. Apply a warm linseed poultice to the neck, and renew the poultice every three hours. Keep the feet warm. Apply, with a camel-hair pencil, every hour, a lotion consisting of *warm*

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rennet acidulated with one or two drops of dilute hydrochloric acid, to the diseased parts of the mouth. For this valuable prescription, the public are indebted to the editor of the *Monthly Homœopathic Review*, Dr. Ryan, of Sheffield. A warm bath may be given, night and morning, the child to remain in the water (heated to 100° Fahr.) ten minutes at a time, and then, without being dried, to be wrapped in a hot blanket, and put to bed. During the feverish stage, cold water is the best beverage. When there is much debility, and during convalescence, give jelly, beef tea, or veal tea, several times in the day.

MEDICINAL TREATMENT (See *General Instructions*, p. 78.)—*Aconite* (four globules, dry, every three hours) should be given in the first or feverish stage of the disorder.

Belladonna (three globules, dry, every hour) is in many cases the proper remedy to follow *Aconite*, when the fever is beginning to abate, and when the diphtheritic spots begin to form within the mouth; especially if there is headach, delirium, inflammation of the tonsils, or difficulty of swallowing.

Mercurius (three globules, dry, every hour)

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may follow *Aconite*, when the glands of the neck are swollen, when there is a copious flow of fetid saliva from the mouth, with diphtheritic patches, difficulty of swallowing, and diarrhœa. *Belladonna* and *Mercurius* are the two chief remedies for diphtheria.

Lachesis (two globules, dry, occasionally) may be used when the patient complains of a sensation of strangulation, with a feeling as if a band were tied tightly round the throat.

Arsenicum (two globules, dry, every hour, and, during convalescence, night and morning) is required when there is extreme debility, and when there are symptoms of TYPHUS-FEVER (see this). Also during convalescence.

Whatever remedy be selected, the doses should be given at longer intervals as the symptoms abate.]

[DROWSINESS.]

[*Synonyms.—Lethargy, Somnolence.*]

[CAUSES.—Children, especially those who grow rapidly, or who take much exercise, naturally

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sleep more than adults. Excessive drowsiness often arises from the administration of a sleeping draught, given by the nurse to still the child's cries.

TERMINATION.—Constant drowsiness demands attention, as it is one of the earliest signs of congestion, or of water in the brain.

GENERAL TREATMENT.—Gentle exercise in the open air is of great service. The diet should be moderate, chiefly farinaceous, and unstimulating. The dress ought to be light and easy. Wash the head every morning with cold water. Keep the feet warm.

MEDICINAL TREATMENT (See *General Instructions*, p. 78).—*Belladonna* (one globule, dry, at bed-time, every night, for a week) removes drowsiness depending on incipient congestion, indicated by flushed face, swelling of the veins, and violent throbbing of the arteries.

Opium (two globules, dry, night and morning, for four days) is useful for drowsiness arising from fright. Or this remedy may follow *Belladonna*, when the latter is only partially successful.]

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[DYSENTERY.]

[*Synonyms.—Bloody Flux;—Colitis, Febris dysenterica.*]

[NATURE OF THE DISORDER.—Inflammation of the colon, with violent mucous and sanguineous diarrhœa. It is mostly an acute disease.

SYMPTOMS.—Dysentery is generally preceded and accompanied by *fever*. The attack itself consists of constant and urgent desire to go to stool; severe pains in the bowels; frequent and copious *evacuations of fetid mucus*, often *mixed with blood and pieces of membrane;* burning heat and bearing down of the lower bowel; hiccup; nausea and vomiting; excessive flatulency; *cramps of the limbs;* small rapid pulse; weakness and emaciation; anxiety.

TERMINATION.—Often, unless checked by appropriate treatment, in death. Warmth and moisture of the skin, the weakness being slight, and the stools becoming more natural, are *favorable* circumstances. Fixed pain in one spot often indicates the approach of INFLAMMATION OF THE BOWELS (see this). Sudden cessation of

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pain, extremely fetid stools, blackness of the lips, hiccup, convulsions, cold sweats, livid spots on the skin, and extreme prostration, are among the signs of mortification, and are, of course, *unfavorable*. Under homœopathic treatment, the recovery is, mostly, rapid and complete.

CAUSES.—Autumn weather; damp unwholesome localities; indigestible or putrid food; unripe fruit; sudden exposure to cold, especially after much fatigue; teething; worms; contagion.

GENERAL TREATMENT.—Children who have once suffered from dysentery, ought never to live in low, marshy districts. Keep the child in bed. The diet may consist of warm toast-and-water, linseed-tea, and arrow-root, in small quantities at a time. During convalescence, sago, light broths, or beef tea, may be taken in moderation. Unwholesome food, and exposure to cold and damp, should be carefully avoided, or a dangerous relapse may ensue. Sudden changes of temperature are hurtful. After recovery, the diet should be simple, but nutritious.

MEDICINAL TREATMENT (See *General Instructions*, p. 78).—*Mercurius corrosivus* (three globules to be dissolved in a wineglassful of cold water, and one teaspoonful to be taken every four hours)

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is in a considerable number of cases the specific remedy. It is essentially useful when there are burning, *bilious*, *fetid*, *greenish*, or *mucous* stools, *mixed with blood*, and accompanied by *severe cuttings* and painful straining.

Arsenicum (three globules to be dissolved in a wineglassful of cold water, and one teaspoonful to be taken every four hours) is suitable in contagious dysentery, and when typhoid symptoms arise. Also if there is *extreme weakness; vomiting; unquenchable thirst; burning evacuations; dark-colored stools.* Or when symptoms of mortification occur. *Arsenicum* may follow *Mercurius corrosivus*, should the latter, after a few days, produce only slight relief.

China (two globules to be dissolved in a wineglassful of cold water, and one teaspoonful to be taken every four hours) is the proper remedy for dysentery caused by marshy exhalations, or by unripe fruit. Also when the stools are *white*, or yellowish, and watery.

Sulphur (one globule to be dissolved in six dessert-spoonfuls of cold water, and one dessert-spoonful to be taken night and morning) is useful after the more urgent symptoms have been removed by other medicines, but when the evacua-

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tions are still frequent and relaxed, and when much weakness remains. Also if there is an habitual tendency to dysentery.

Aconitum (two globules, dry, every four hours) may be required, at any period of the disorder, if there is much fever, or tendency to inflammation.]

[ENGLISH CHOLERA.]

[*Synonyms.—Cholera infantum, Gastro-enteritis mucosa.*]

[NATURE OF THE DISORDER.—Inflammation of the mucous membrane of the stomach and bowels, with bilious diarrhœa. It is an acute affection.

SYMPTOMS.—Frequent evacuations of bile and mucus; thirst; cold sweats; anxiety; in severe cases, blueness of the skin; vomiting; short breathing; slight cramps of the limbs.

TERMINATION.—The *favorable* circumstances are, the disorder having passed the fourth day, a warm moist skin, and diminished diarrhœa. Cold clammy sweat, much weakness, anxiety, hiccup, fetid purging and vomiting, and convul-

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sions, are *unfavorable* occurrences. Cases that are neglected, or treated with violent remedies, often terminate fatally. Under judicious homœopathic treatment, death rarely ensues.

CAUSES.—Autumn weather; exposure to cold and damp; insufficient, indigestible or putrid food; unripe fruit; marshy exhalations; drastic purgatives; passion, or fright; teething; worms; fatigue.

GENERAL TREATMENT.—Mild cases may be cured by keeping the skin warm, avoiding exposure to cold and damp, and limiting the diet to warm toast-and-water, arrow-root, and thin gruel, in small quantities at a time. During convalescence, give mutton-broth, toast, milk-and-water, and farinaceous puddings. Keep the feet warm. Let the child remain in bed until all the symptoms begin to abate.

MEDICINAL TREATMENT (See *General Instructions, p.* 78).—*Chamomilla* (two globules, dry, three times a day), given at the beginning of the attack, effects a rapid cure, especially if the exciting cause has been a chill, or passion, and when there are cramps, green stools, and anxiety.

Pulsatilla (two globules to be dissolved in a wineglassful of cold water, and one teaspoonful to be taken three times a day) is suitable when

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the disorder arises from wet feet, and when there is mucous diarrhœa, with shivering.

Mercurius (one globule to be dissolved in a tablespoonful of cold water, and one teaspoonful to be taken every night at bed-time) is useful when the complaint is caused by worms, or by teething. This remedy is often required after *Chamomilla*.

China (three globules to be dissolved in a wine-glassful of cold water, and one teaspoonful to be taken three times a day) is given for diarrhœa which proceeds from marshy exhalations, from eating unripe fruit and other unwholesome food, and for brown evacuations, with excessive weakness. Also during convalescence.

Whatever remedy be selected, the doses should be given at longer intervals in proportion as the symptoms abate.]

[EPILEPSY.]

[*Synonym.—Falling Sickness.*]

[NATURE OF THE FITS.—Sudden and complete loss of consciousness, with foaming and convulsions, followed by sleep.

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SYMPTOMS.—The fit either occurs without the slightest warning, or is preceded by a cold sensation running up the body. Frequently there is little apparent disturbance of the general health. During the attack, the patient struggles, and *foams at the mouth*, screams, and bites his tongue. *After the attack, he falls into a deep sleep.*

TERMINATION.—In children the disorder is less obstinate than in adults. It occasionally disappears without evident cause, and sometimes when a cutaneous eruption or fever breaks out. Hereditary disposition to the disease is an *unfavorable* circumstance, and neglected or mismanaged cases are apt to become permanent. The child having been long afflicted with fits, is *unfavorable.* Epilepsy often yields to homœopathic treatment.

CAUSES. — Hereditary tendency; plethoric habit; nervous temperament; fright; violent emotions; worms; teething; excessive or suddenly-checked discharges and eruptions.

GENERAL TREATMENT.—The removal of the cause, when this is possible, light and nutritious diet, moderate and easy clothing, gentle treatment, and much exercise in the open air, are of

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great importance. The child should be sponged all over his body with cold water, every morning. During the fit, all that can be done is to loosen the dress, and to prevent the patient from injuring himself.

MEDICINAL TREATMENT (See *General Instructions*, p. 78).—This should in all possible instances be confided to a physician. A few slight hints are all that can here be given.

Belladonna (two globules, dry, at bed-time, once a week) is required when the child is plethoric, and has a tendency to congestion in the head, or suffers from teething ;—

Ignatia (one globule, dry, at bed-time, twice a week) when the patient is nervous, sensitive and pale, and when vexation or ill-treatment has caused the disorder ;—

Nux vomica (two globules, dry, at bed-time, once a week) when there is costiveness or indigestion, and when the habits are sedentary ;—

Opium (four globules, dry, at bed-time, twice a week) when the child is plethoric and drowsy, and when fright has been the exciting cause ;—

Cina (two globules, dry, at bed-time, twice a week) when the disorder is due to worms or teething ;—

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Sulphur (two globules, dry, at bed-time, once a fortnight) in cases of long standing, with tendency to *idiocy* or *insanity*, or when the disease has been excited by a chill, or by the suppression of an eruption or discharge.

Whatever remedy be selected, the doses should be given at longer intervals during convalescence.]

[ERYSIPELAS.]

[*Synonyms.—Infantile Erysipelas, St. Anthony's Fire.*]

[NATURE OF THE DISEASE.—A peculiar, wandering inflammation of the skin. The affection is acute.

SYMPTOMS.—A small, red, shining, swollen patch appears on some part of the body (generally on the trunk), *quickly extends*, and acquires a deeper hue; blisters occasionally form; at length the skin may blacken and peel off. Sometimes there is suppuration; mostly much fever, which in severe cases becomes typhoid; constipation, or diarrhœa; *pungent heat of the*

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parts affected; putrid stools; offensive breath; anxiety.

TERMINATION.—In infants erysipelas is always dangerous, and often fatal, especially under the violent treatment too frequently adopted: the patient being carried off between the third and fourteenth days. Symptoms of typhus and gangrene, internal inflammation, stupor, the disease being protracted beyond the eighth day, and weakness from previous illness, are *unfavorable* circumstances. The eruption being bright red, free from blisters, and of moderate extent, and the stupor being slight and transient, are *favorable*. In older children, the mortality is not so great.

CAUSES.—The disorder chiefly attacks infants within the first three months of life, and is most frequent and fatal when it occurs in lying-in hospitals. A plethoric habit, exposure to cold, unwholesome food, and various sources of irritation, are among the predisposing and exciting causes of erysipelas at all ages.

GENERAL TREATMENT.—When fluid oozes out, it may be absorbed by sprinkling meal or powdered starch over the surface. Otherwise, no topical application is required. If there is fever,

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the diet should be limited to thin gruel, warm or cold barley-water, and toast-and-water. The child should remain in the house while the affection lasts. During convalescence, sago, cocoa, and chicken-broth may be taken in moderation.

MEDICINAL TREATMENT (See *General Instructions*, p. 78).— *Belladonna* (two globules to be dissolved in a wineglassful of cold water, and one dessertspoonful to be taken night and morning) effects a rapid cure in mild cases. Or it may follow *Aconite*, after the fever has somewhat abated, and when there is much headach or stupor.

Aconitum (three globules to be dissolved in a wineglassful of cold water, and one teaspoonful to be taken every four hours) is required at the outset, when there is fever. Two or three doses generally suffice. After *Aconite*, give some other remedy (mostly *Belladonna*), according to the symptoms. *Aconite* is also the proper remedy when internal inflammation ensues.

Rhus toxicodendron (two globules to be dissolved in a wineglassful of cold water, and one teaspoonful to be taken every four hours) is useful when blisters appear, and especially when

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they burst. Also when typhoid symptoms arise. (See TYPHUS-FEVER.)

Lachesis (two globules to be dissolved in a wineglassful of cold water, and one teaspoonful to be taken every four hours) may follow *Belladonna* when the latter produces but little effect. It is also useful in severe cases, when the skin is bluish-black, or when there are large blisters.

Sulphur (one globule, dry, at bed-time, for three or four nights) will remove any unpleasant symptoms that may remain during convalescence.

Whatever remedy be selected, the doses should be given at longer intervals as the symptoms abate.]

EXCORIATION.

[*Synonyms.—Soreness of the Skin;—Intertrigo.*]

[NATURE OF THE AFFECTION.—Slight inflammation of the skin, with blisters.]

CAUSES.—Excoriation mostly arises from want of cleanliness, from insufficient drying after washing, from pressure, from the use of soap, or, in very fat infants, from chafing. Sometimes it occurs without evident cause.

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GENERAL TREATMENT.—The best method of curing this frequent and troublesome complaint, is by washing the child twice a day in tepid water without soap, and then thoroughly drying the skin with soft flannel, and by using soft dry linen for clothing and bedding.

MEDICINAL TREATMENT (See *General Instructions*, p. 78).—*Chamomilla* (one globule, dry, at bed-time, for a few nights) is a valuable remedy, especially if the child be irritable and passionate.

Pulsatilla (two globules, dry, at bed-time, for a few nights) is suitable for mild and placid children.

[*Graphites* (one globule, dry, at bed-time, twice a week) is required in obstinate cases which resist the other remedies.]

[FALLING OF THE INTESTINE.]

[*Synonyms.—Protrusion of the Bowel;—Prolapsus ani.*]

[NATURE OF THE DISORDER.—Protrusion of the lower end of the large intestine.

TERMINATION.—The affection soon yields to

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judicious treatment. If neglected, inflammation and ulceration may ensue.

CAUSES.—Constipation, or diarrhœa; purgatives; straining; debility, either constitutional, or occasioned by long or severe illness.

GENERAL TREATMENT.—The tumor is easily returned, after placing the child for two or three minutes in a warm bath, by gentle and uniform pressure upon the protruded bowel, after this has been anointed with sweet oil.

MEDICINAL TREATMENT (See *General Instructions*, p. 78).—*Nux vomica* (two globules, dry, at bed-time, for two or three nights) may be given if the child is costive, and strains much at stool.

Mercurius (two globules, dry, at bed-time, for four nights) is required when diarrhœa accompanies the disorder.

Sulphur (one globule, dry, at bed-time, twice a week, for a month) may follow either of the above remedies, after the costiveness or diarrhœa has ceased, to prevent the tendency to relapse.]

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[COMMON FEVER.]

[SYMPTOMS.—This is mostly a slight and transient disorder when occurring alone. It becomes important when it precedes or accompanies the various eruptive and inflammatory diseases, and will therefore be treated of under many different heads in this work. The symptoms are the same in either case, namely, *shivering*, sickness, and pain in the back, followed by *hot dry skin*, *thirst*, headach, short breathing, *quick full pulse*, and loss of appetite. *Urine scanty*. At first the bowels are confined; afterwards they become relaxed, *perspiration* takes place, and the patient recovers. When occurring with inflammatory disorders, it often proves fatal.

GENERAL TREATMENT.—Keep the patient in bed, and give him cold water to drink. During convalescence, gradually return to the usual diet.

MEDICINAL TREATMENT (See *General Instructions*, p. 78).—*Aconite* (two globules to be dissolved in a wineglassful of cold water, and one teaspoonful to be given every two or four hours, according as the symptoms are more or less urgent), administered at the onset of the attack,

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saves much suffering, and has preserved many lives, even before medical aid could be obtained.]

[FLATULENCY.]

[NATURE OF THE COMPLAINT.—Abundant formation of gas in the bowels.

SYMPTOMS.—Fulness and tension of the abdomen; rumbling in the bowels; severe pain; accumulation, or copious discharge, of wind.

CAUSES.—Indigestion; errors of diet; exposure to cold.

GENERAL TREATMENT.—The diet should be moderate and plain; little or no sugar ought to be mixed with the food; and exposure to cold must be avoided. The feet are to be kept warm, and the stomach may be rubbed with a warm hand.

MEDICINAL TREATMENT (See *General Instructions*, p. 78).—*Nux vomica* (two globules, dry, at bed-time, on alternate nights, for a week) may be given when the patient is costive.

Ipecacuanha (four globules, dry, night and morning, for a day or two) is suitable for flatu-

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lency caused by over-feeding, and accompanied by nausea and vomiting.

Pulsatilla (three globules, dry, night and morning, for a day or two) may be commenced at the end of the third day, if *Ipecacuanha* proves only slightly beneficial, and if there be diarrhœa and shivering.

China (two globules, dry, at bed-time, for two or three nights) is useful when, with copious emission of wind, there is much weakness, and when the disorder has arisen from eating sour fruit.

Chamomilla (two globules, dry, every four hours) is the best remedy when there is either much pain, or diarrhœa.

Carbo vegetabilis (two globules, dry, at bed-time, twice a week, for a month) may follow any of the above medicines, in order to prevent a relapse.]

FRIGHT.

Symptoms.—Fright is a vivid and disagreeable impression excited by a real or imaginary danger. The impression acts so violently upon the mind,

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and is so rapidly transmitted to the nervous system, that it is felt by the whole body.

TERMINATION.—Fear sometimes causes loss of consciousness, fainting, stoppage of the heart's action, stiffness of the muscles, paralysis, giddiness, apoplexy, and even madness. Surprise occasioned by agreeable tidings may produce similar emotions, but the effects are then generally transient.

[GENERAL TREATMENT. — Timid children should be very mildly treated, and ought never to be purposely frightened. They may, however, be gently and gradually induced to overcome, if possible, their tendency to excessive fear. Rough usage invariably increases the evil.]

MEDICINAL TREATMENT (See *General Instructions*, p. 78).—*Opium* (two globules, dry, to be taken immediately) is the best remedy in most instances, and especially when there is tearing pain in the forehead, pressing from within outwards; sudden attacks of cold sweating; sensation as of a weight in the lower part of the abdomen; *internal heat;* loss of consciousness; sudden stiffening of the whole body, with asthma; trembling of the limbs, with oppression and shocks in the body; convulsive movements

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