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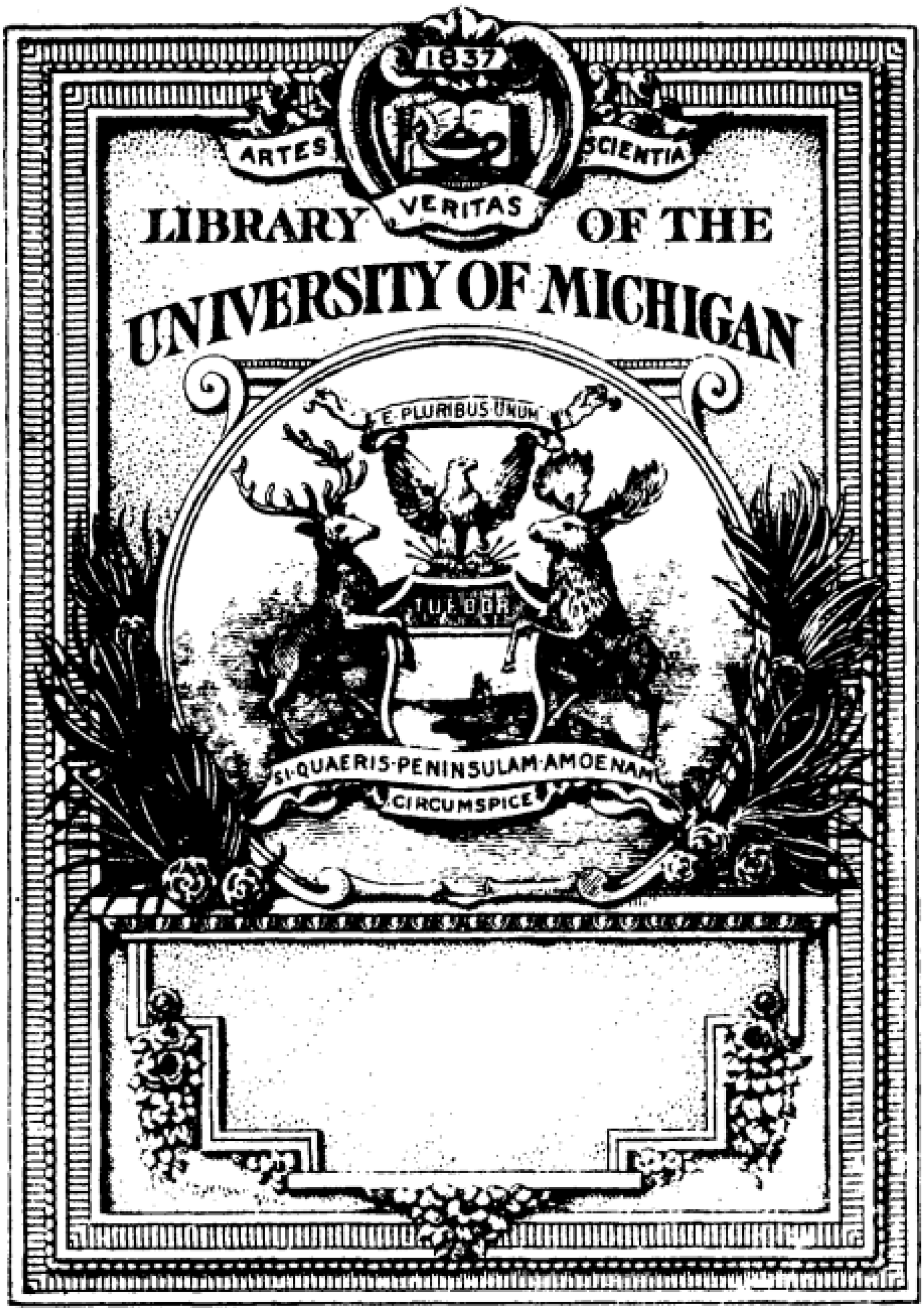

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A

DOMESTIC HOMŒOPATHY,

RESTRICTED TO

46845

ITS LEGITIMATE SPHERE OF PRACTICE;

TOGETHER WITH

RULES FOR DIET AND REGIMEN.

BY

EDWARD C. CHEPMELL, M. D.

FIRST AMERICAN EDITION, WITH ADDITIONS AND IMPROVEMENTS,

By SAMUEL B. BARLOW, M. D.

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PREFACE.

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

Under the old system of Medicine, which may justly be charged with an empirical use of strong remedies, many lives have been lost for want of attention to this most obvious truth.

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The works hitherto written to adapt Homœopathy to domestic purposes, however great their intrinsic merits in many respects, have not a little contributed to aggravate the mischief. Being composed at a time when country practitioners of the new school were hardly to be met with, and the non-professional homœopathist, was often driven to act as a physician by the force of circumstances over which he had no control, it was absolutely necessary to include in the plan a number of subjects, which in treatises of this kind would otherwise have been completety out of place. This state of things is fast passing away, and it is, therefore, evident, that the *semi-popular*, *semi-professional* character of the manuals which are in vogue must daily lessen their usefulness, and render them objectionable, and even dangerous, in the hands of the untaught.

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

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

Moreover it is laid down as an invariable rule, that *if any disorder is not cured by the treatment enjoined*—a treatment based upon numerous cases of private and dispensary practice—*a medical man ought to be called in.* As little as possible is left to the uninstructed judgment* with regard to the choice and repetition of remedies, it being impossible to allow it much latitude without also greatly increasing the chances of the commission of dangerous mistakes.

Great pains have also been taken to set forth sound and practical views on the subject of Diet and Regimen there being no kind of information more needed, either by the healthy or the sick, owing to the erroneous opin-

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

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ions on these matters, which prevail so widely among the public.

There are yet two more objects to be mentioned, which have not been lost sight of in this work.

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

E. D. C.

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INTRODUCTORY REMARKS.

For the convenience of reference, this work is divided into Two Parts.

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

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

B. Under that of Regimen, analogous instruction will be found for the regulation of the following accessory means of promoting health, viz. Air and Light, Clothing, Exercise, Sleep, Cleanliness, and the Moral Habits.

2. The remarks on Diseases in general have a reference to their conventional classification, and to the

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EXPLANATIONS

AND

GENERAL DIRECTIONS.

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

PRESCRIPTIONS.—There are two modes in which medicines are prescribed to be taken; namely, in SINGLE (UNDIVIDED), and in DIVIDED DOSES.

A. When the remedy is to be administered in a SINGLE (UNDIVIDED) DOSE, the best way is to place the *Dry globules on the tongue*, and allow them to dissolve in the mouth; and this is taken for granted when the prescribed directions have reference only to the period of administration of one or more remedies.

For example: SULPH., 3 glob (18th), or *Nux v.*, 3 glob. (12th), signify that 3 globules of the 18th dilution of *Sulph.*, or of the 12th *Nux v.*, are to be taken *dry on the tongue at one dose.*

B. When, however, the medicine is to be exhibited in DIVIDED DOSES, an equal division is best effected by dissolving the total number of globules prescribed in

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as many tea-spoonfuls (which are perhaps as good conventional measures as any) of pure cold water *as there are fractional parts indicated.*

For Example: *Ipec.*, 9 glob. (3d), *in solution*, a *sixth part* every four hours, or *Hep. Sulph.*, 9 glob. (4th), *one fourth* night and morning, signify that 9 globules of the 3d dilution of *Ipec.* are to be dissolved in *six tea-spoonfuls* of cold water and taken in doses of one *tea-spoonful* every four hours, or that 9 glob. of the fourth dilution of *Hep. Sulph.*, are to be dissolved in *four tea* or *dessert spoonfuls* of cold water, and taken in doses of *one tea-spoonful* night and morning, *until finished.*

Periods of Administration.—The remedies are usually prescribed at *specified intervals*, either in *regular succession*, or in *alternation.*

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

Examples: Nux v., 3 glob. (12th), *Sulph.*, 3 glob. (18th), and *Bry.*, 3 glob (12th), are to be administered, in succession every *fourth* night. Such a prescription would signify (supposing the first remedy to be taken on the 1st of the month, and Monday to be the corresponding week-day) that *Sulph.*, is to be taken on *Friday*, the 5th, and *Bry.* on *Tuesday*, the 9th.

Again, a prescription which runs thus: Begin with *Cham.*, 3 glob. (12th,) then in *three* days give *Arn.*, 3 glob. (12th), and lastly *Sulph.*, 3 glob. (18th in *four* days more, would signify (adopting the

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

The same prescription might be thus worded. Administer *Cham.*, 3 glob. (12th), then wait three days, and give *Arn.*, 3 glob. (12th); lastly, after a further interval of four days, exhibit *Sulph.*, 3 glob. (18th.)

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

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

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

Administration of Remedies.—When a remedy is prescribed to be taken at intervals of twenty-four hours, or of several days, the best time for its administration is just before going to bed at night. The remedy should be administered fasting, and (if practicable) *at least one hour* should *elapse* before taking a meal, after the exhibition of the remedy, or after a meal, before taking the remedy.

Doses.—The doses usually prescribed throughout this work will *very seldom* prove too large. Nevertheless, in the case of very young and delicate infants, or

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in that of persons who are extremely susceptible to the action of Homœopathic Remedies, SINGLE (UNDIVIDED) DOSES of 3 glob. *may be reduced* to 1 or 2 glob. or even to half a glob. when administered dry upon the tongue; or else they may be given *without reduction*, provided they are dissolved in two or three tea-spoonfuls of cold water. No diminution will be required for the DIVIDED DOSES, seeing that the tendency of solution is to render the action of Homœopathic remedies more mild.

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TABULAR INDEX OF THE MEDICINES.

	Remedies.	Antidotes.
1	Acidum Nitricum.	Calc. c., Camph., Sulph.
2	Acidum Phosphoricum.	Camph., Coff., Nux v.
3	Acidum Sulphuricum.	Pulsatilla.
4	Aconite.	Camph., Nux v.
5	Alumina.	Bryon , Camph., Ipec.
6	Antimonium Crudum.	Hep. s., Mercur.
7	Arnica.	Camph., Ign., Ipec.
8	Arsenicum.	China, Nux v., Verat.
9	Belladonna.	Coff., Hyos., Puls.
10	Bryonia.	Acon., Cham., Nux v.
11	Calcarea Carbonica.	Camph., Sulph.
12	Cantharides.	Camphor.
13	Carbo Animalis.	Camphor.
14	Carbo Vegetabilis.	Arsenic., Camph.
15	Causticum.	Coffea, Nux v.
16	Chamomilla.	Acon., Nux v., Puls.
17	Cicuta Virosa.	Arnica, Tabac.
18	Cina.	Ipec.
19	Cinchona or China.	Arn., Ars., Sulph.
20	Cocculus.	Camph , Nux v.
21	Coffea Cruda.	Acon., Cham., Nux v.
22	Colocynth.	Camph., Coffea.
23	Crocus.	Opium.
24	Cuprum Metallicum.	Bell., Merc., Nux v.
25	Digitalis.	Nux v., Opium.
26	Drosera.	Camphor.
27	Dulcamara.	Camph., Merc., Ipecac.
28	Euphrasia.	Pulsatilla.
29	Ferrum Metallicum.	Arn., Ars., Bell , Ipec.
30	Graphites.	Arsen., Nux v.
31	Hepar Sulphuris.	Belladonna.
32	Hyoscyamus.	Bell., Camph., China.
33	Ignatia.	Puls., Camph.
34	Ipecacuanha.	Arn., Ars., China.
35	Kali Carbonicum.	Camph., Coff.

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Remedies.	Antidotes.
36 Lachesis.	Ars., Bell., Nux v.
37 Lycopodium.	Camph., Pulsat.
38 Magnesia Carbonica.	Camphor.
39 Mercurius.	Arn., Bell., Camph., Sulph., Carbo veg.
40 Mercurius Solubilis.	The same
41 Natrum Muriaticum.	Arsenic., Camph.
42 Nux Vomica.	Acon., Camph., Coff., Puls.
43 Opium.	Camp., Hep., s., Sulph.
44 Phosphorus.	Camph., Coff., Nux v.
45 Platina.	Pulsatilla.
46 Pulsatilla.	Camph., Coff., Ignat., Nux v.
47 Rheum.	Camph., Cham., Nux v.
48 Rhus Toxicodendron.	Bell., Bry., Camph., Coff., Sulph.
49 Sambucus Niger.	Arsenic., Camph.
50 Secale Cornutum.	Camph, Opium.
51 Sepia.	Aconit., Spir. nitr.
52 Silicea.	Camph., Hep. s.
53 Spongia.	Camphor.
54 Staphysagria.	Camphor.
55 Stramonium.	Bellad., Nux v.
56 Sulphur.	Acon., Camph., Merc., Nux v.
57 Tabacum.	Camphor., Ipec, Nux v.
58 Tinctura Sulphuris.	Acon., Camph., Merc., Nux v.
59 Veratrum.	Acon., Ars., Camph., Coff.
60 Zincum.	Camph., Ignat., Hep. s.

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