

are large and cone-shaped, whereas in eczema they are crowded together, small, and more frequently seated on the back of the fingers than between them. Eczema is rarely dangerous to life.

Treatment.—Few diseases are more troublesome, or obstinate, than this, especially when chronic. It requires a persevering and long-continued treatment.

Aconite: This remedy will be required when an acute attack of eczema is ushered in by fever, local heat, and swelling of the affected part. A dose may be given once in two hours.

Dose of this or other remedies, see page 7.

If the disease has been caused by the rays of the sun, or by heat, it is sometimes called prickly heat. If any fever attends such cases, *Aconite* may be given three times a day for a few days, afterward give *Belladonna* night and morning. If the direct rays of the sun on an exposed surface of the skin, have caused the eruption, give *Arnica* internally, and drop five or six drops of the tincture into a tablespoonful of water, and wash the parts three or four times a day.

Dulcamara: If the eruption is attended by fever, *Dulcamara* should either follow *Aconite*, or be given alternately with it, and continued several days. *Dulcamara* will often be found useful in chronic cases, when it should be repeated night and morning, and continued as long as there is any improvement.

Mercurius cor.: This is perhaps the most important remedy we have, after the acute symptoms have been somewhat relieved by the above remedies, especially when the disease occurs during childhood, and occupies the scalp or face. A dose may be given once in six hours, and the diseased parts may be washed once or twice a day, in a spoonful taken from the same solution which is given internally. This remedy should be continued in recent cases for one or two weeks at least, and in long-standing cases, night and morning for one or two months. *Apis mel.* may follow *Mercurius cor.*, if it is needed; give a dose night and morning and continue as long as there is any improvement.

Sulphur should follow the above remedies in recent attacks, and may precede them in chronic cases, one dose every night. If there are scattering pustules discharging matter or pus, in connec-

tion with the watery discharge of eczema, give *Sulphur* one night and *Rhus tox.* the next for three or four weeks, and follow these remedies by *Hepar sulphuris* night and morning if necessary. If irritation of the urinary passages attends this eruption, give *Apis mel.* night and morning.

Arsenicum is a very important remedy in obstinate cases; give a dose night and morning, and continue it for several months, substituting *Dulcamara* occasionally for a week.

When the disease occurs on the legs of aged persons, give *Arsenicum* night and morning and follow it with *Carbo veg.* at the end of a month.

General Directions.—Do not use soap in washing; use simply tepid water, or water containing a small quantity of carbonate of soda, and dry the surface well after washing. In eczema of the scalp, the hair should be cut close with a pair of scissors, and if the head is covered by scurfy crusts, poultice it with linseed meal and wash with tepid water, with or without a little soda, until the crusts are removed. In chronic eczema, great benefit often results from the nightly application of a poultice of slippery-elm bark, prepared with warm water. Children, after the period of nursing, should be kept on a bread-and-milk diet, not bread made from superfine flour, but from the second and third runnings, which contain the dark and nutritive portions of the wheat, phosphoric acid, &c., which children affected with this disease need. It is not always safe to dry up suddenly the secretion which attends this disease by external applications, for fatal internal disease not unfrequently results from such treatment.

PEMPHIGUS (WATER BELBS).

This eruption is characterized by the appearance of round or oval red spots, upon which blisters from the size of a pea to that of a hickory-nut, or even larger, make their appearance, often preceded by chills and fever, and loss of appetite. It may appear on the thighs, abdomen, arms, hands, and other parts.

Treatment.—*Hepar sulph.* alternately with *Rhus tox.*, two or

three hours apart, are generally the remedies required for the acute form of the disease. Give one at night and the other in the morning when the affection has become chronic.

LICHEN.

This disease is characterized by the development of numerous minute pimples of the color of the skin, or of a reddish hue, in clusters or scattered over the surface of the skin, attended with itching or tingling and heat, and terminating either in the separation of scales or scurf, or in superficial ulcerations. The simple form of the disease is rarely attended with much fever, but minute pimples, about the size of a pin's head, make their appearance in irregular patches on the extremities, neck, face, or breast, and may spread over a large extent of surface, or be comparative'y limited. The pimples become fully developed on the third day, and by the seventh or eighth day they fade, leaving on their summits minute scales. As all the patches do not appear at the same time, the disease is generally prolonged for two weeks, and in chronic cases, by successive crops of pimples for months and even years. There is a severer form of the disease, in which the pimples are clustered in large patches, are small, very red, and the skin is inflamed. It occurs most frequently on the outer surface of the limbs, forehead, and on the cheeks, and is attended by smarting, burning pain, especially at night, and is preceded by considerable fever, which abates when the eruption appears. In a few days the points of the pimples become slightly ulcerated, and pour out a watery fluid, which dries and forms thin yellowish scales or scabs. The disease may terminate in a fortnight or three weeks, or it may be prolonged for months, or even for several years, with occasional remissions during cold weather. In chronic and severe cases the skin is apt to become thickened, of a dark, livid color, uneven on the surface, and chapped or cracked, and discharges a thin, watery fluid. When it occurs on the back of the hands, and even when it appears elsewhere it is one of the eruptive diseases usually denominated salt-rheum. This disease, when there

is a thin, watery discharge, often resembles eczema, but the skin is more swollen, thickened, and uneven, and the watery discharge is less than in eczema, and the itching is more intense. Bear in mind that lichen commences with pimples which may, in the course of a few days, ulcerate and discharge moderately; but eczema commences with vesicles which secrete a profuse watery fluid. The disease denominated ringworm is often but circular patches of lichen; in other cases it is a vesicular or herpetic eruption

Lichen is frequently caused by heat, when it is called *prickly heat*. It may be caused by stimulating drinks and food, stimulating substances applied to the skin, chronic inflammation of the stomach, derangements of the stomach and bowels, &c.

Treatment.—If the eruption is preceded or accompanied by fever, give a dose of *Aconite* once in two hours until it abates. Even if there is not much or any fever, this remedy will often be useful, especially if the disease has been caused by heat, and there is intense itching and burning.

Dose of any of the following remedies, see page 7.

Bryonia: This is generally the most important remedy in all recent or acute attacks, after *Aconite*, or when the symptoms do not require *Aconite*. Give a dose once in two hours. If the patient is not better at the end of three days, especially if new crops of pimples are making their appearance, give *Dulcamara* once in four hours.

Sulphur may follow the above remedies as soon as the symptoms are in a great measure relieved, or if they fail to relieve; also in chronic cases, give a dose every night, and continue this remedy for a week, then omit it for a week, after which give *Lycopodium* for a week, then omit, and at the end of another week give *Sulphur* again, and so continue.

A tepid bath may be employed daily for the relief of the itching and burning, and after the skin has been well dried, the seat of the eruption may be smeared over with *Olive oil*, or *Cold cream*. In chronic cases, the surface of the eruption may be moistened with water, and then rubbed over, lightly with *Glycerine* once or twice a day. Patients affected with this disease should use very little salt.

ITCHING OF THE SKIN (PRURIGO).

This disease is characterized by an intense itching of the skin, without any eruption, or with a very slight appearance of pimples, sometimes quite large pimples, but without redness of the skin, or fever. The disease is not contagious, and is generally chronic.

Treatment.—Give a dose of *Sulphur* every night for two weeks, and if the patient is then improving, continue it, but at longer intervals—once in three nights. When *Sulphuris* fails to benefit, give *Nux vomica* night and morning as long as improvement follows; then give *Hepar sulphuris* every night, and afterwards *Dulcamara*. If the disease is on the scrotum, give *Sulphur*, and then *Dulcamara*. If on the vulva, give *Sulphur* as directed above, then *Sepia*, and afterward, if necessary, *Calcarea carb.* Wash in all cases, frequently with warm water, and use a warm bath two or three times a week.

RINGWORM.

This disease is frequently a variety of lichen, or simply an eruption of pimples in a circular form, without any vesicles; when this is the case, consult the section on lichen, and follow the general and local treatment there recommended. In other cases, the disease is a vesicular eruption (*Herpes circinnatus*) characterized by the appearance of very minute vesicles, closely set, and forming circles, often with healthy skin in the centre.

Treatment.—Give a dose of *Sulphur* night and morning for three days, and then give *Sepia* in the same manner for a week, when, if there is no improvement, you may give *Calcarea carb.* every night. *Arsenicum* may be required in obstinate cases.

CHILBLAINS.

This affection generally attacks the feet, and results from sudden changes of temperature in the part, which causes the skin to become inflamed, swollen, and painful.

Treatment.—Give *Pulsatilla* at night and *Arsenicum* in the morning. Put one teaspoonful of *Arnica tincture* into a cup of water, and wash the parts once in three or four hours.

CORNS.

Some persons are much more liable to suffer from corns than others. The disease is generally, in fact always, caused by wearing tight shoes. The external layer of the skin becomes thickened from pressure, which, by pressing on the parts beneath, causes pain, soreness, and inflammation.

Treatment.—Wear loose shoes. Carefully dissect off the corn with a sharp knife, commencing at one side and slowly cut with the point of the knife, as you raise the edge of the corn with a finger nail of the other hand or a hook, between the almost transparent corn, and the whitish surface of the true skin; and if you have patience and are careful, you can remove the corn entirely, without drawing blood or causing pain. Then wet a soft rag in *Arnica water* prepared as directed for chilblains, and wind round the toe or foot. Give *Calcarea carb.* alternately with *Sulphur*, at intervals of three or four days, to prevent a return of the complaint.

BOIL (FURUNCULUS).

This is an inflammation of the skin, and of the areola tissue beneath it, ending, if not subdued, in the death of the latter, which separates and escapes in the form of a slough or core, with pus. The swelling is of a conical shape, and if left to itself, breaks at its apex.

Treatment.—Put twelve globules or one drop of *Arnica tincture* into a glass of water, and give a teaspoonful of the solution once in six hours, and wash the boil in the same solution. If, at the end of twenty-four hours, the inflammation is not abating, omit the *Arnica* and give a dose of *Belladonna* three times a day, and if this remedy does not check the progress of the disease within twenty-

four hours; give *Mercurius viv.* alternately with it, at intervals of two or three hours, and apply a poultice of bread and milk, or of linseed meal. If the pain is throbbing, and you have reason to think that matter has formed, give *Hepar sulph.* night and morning, and *Belladonna* once in four hours in the intervals, until the abscess breaks.

To remove the predisposition to boils give *Sulphur* at night and *Belladonna* in the morning for a week, then give them alternately, at intervals of three or four days, for two or three months, if the patient has suffered long from the disease. Afterward give *Lycopodium* once or twice a week.

CARBUNCLE (ANTHRAX).

This disease bears some resemblance to a boil, but the swelling is generally larger, darker, and more spongy. The cellular tissue beneath the skin early becomes gangrenous, or mortifies, and as the disease progresses, several openings form through the skin, through which a thin, offensive matter issues, with portions of dead cellular tissue. Typhoid symptoms are early manifested, and the disease, especially when it attacks the aged, or those of bad habits, or of a depraved constitution, is attended with great danger to life. The usual seat of carbuncle is on the back, neck, or head, although other parts may be affected. It may be small, not larger than a prune, or it may be as large as a tea-saucer, or even larger in some cases.

Treatment.—At the commencement of the disease give *Silicea* night and morning, and give *Belladonna* once in two hours in the intervals, until either the inflammation and swelling are relieved, or you are satisfied that they are not likely to check the progress of the disease. Then omit the *Silicea* and give *Arsenicum* alternately with *Belladonna*, at intervals of two hours. If, notwithstanding the use of the above remedies, several openings make their appearance, through which a thin matter oozes, the skin should be freely divided over the dead substance beneath, so as to allow the slough and matter to escape readily; then apply a poultice of bread and

milk, or linseed meal, until the dead tissue is separated and discharged. If symptoms of great debility ensue, omit the *Belladonna*, and give *China* once in four hours. If there is burning pains, give it alternately with *Arsenicum*, once in two hours. To heal up the sore or ulcer which remains, give *China* in the morning and *Silicea* at night.

Dose, see page 7.

The diet should generally be nourishing, especially after the first few days; milk, beef, or mutton, or beef tea, toast, mashed potatoes, &c., used with moderation.

FELON—WHITLOW (PANARI).

This disease is an inflammation, resulting in the formation of an abscess on the fingers, or in the palm of the hand. It frequently attacks the balls or ends of the fingers; also the spaces between the joints. The inflammation may commence in the skin, or the fleshy part beneath the skin, or deeper among the sheaths of the tendons or chords; or, again, in the external covering of the bone, or periosteum. One form of this disease extends around the roots of the finger-nails, and is therefore called a run-around. The disease is very painful. There is often heat and swelling of the whole hand, with violent throbbing of the arteries. It usually commences with a pricking pain, as though a splinter were in the part.

Treatment.—Give *Silicea* once in six hours, and if, notwithstanding the use of this remedy, the hand becomes hot, and the patient feverish, give a dose of *Aconite* every hour between the doses of *Silicea*. Often *Silicea* alone will cure the disease if given early.

Dose, see page 7.

At the very commencement of the inflammation wet a strip of cotton or linen cloth, half an inch wide, and six inches long, in *Arnica water*, or a spoonful of water containing a few drops of *Arnica tincture*, and commence at the end of the finger and wind it around the finger as snug as the patient can bear, without causing much pain, and allow it to remain, if it affords relief at

the end of one or two hours. If the disease has been continuing unchecked for several days, and the pain is throbbing, the sooner it is freely lanced the better, for if this is not done when the disease is on the end of the finger, the bone is very liable to be destroyed, and come away after a long period of suffering; or if the disease is nearer the hand, between either of the joints of the finger, the matter is apt to follow down among the tendons, into the palm of the hand, and cause much suffering and deformity. As soon as it is evident that the formation of an abscess cannot be avoided the parts should be freely laid open, and a poultice of bread and milk, slippery elm, or linseed meal, applied. Any physician can perform the operation. Continue the *Silicea* afterward.

ULCERS.

These may arise from external injuries, the action of chemical agents, &c.; or they may arise from internal or constitutional causes, scurvy, a scrofulous or cancerous diathesis, the poisonous action of mercury, and of the venereal virus. They are frequently caused by the sluggish circulation, which results from enlarged or varicose veins on the lower extremities. Ulcers caused by external agents will generally disappear readily if there is no constitutional predisposition, but if they fail to heal, proper internal remedies must be given.

Treatment.—If the patient has symptoms of scurvy, such as swollen and bleeding gums, fetid breath, livid spots on the skin, and swelling of the lower extremities give *Carbo veg.* night and morning for one week, and *Arsenicum* the next week, and so continue. Follow the general directions you will find in the section on scurvy.

Dose, see page 7.

If the patient has scrofulous symptoms, such as swelling of the glands of the neck or arm-pits, chronic inflammation of the eyes and lids, chronic discharges from the ears and nose, give *Sulphur* every night for one week, and *Calcarea carb.* for the next; afterward give *Hepar sulph.* and consult the section on scrofula.

For cancerous ulcers give *Sulphur* every night for a week, then

Arsenicum night and morning for a month, and longer if the ulcer improves; afterwards give *Silicea*. Consult a homœopathic physician.

If an abuse of mercury has been the cause of the disease, give *Sulphur* night and morning for two weeks, then *Hepar sulph* until the ulcer heals. If the disease has been caused by syphilis or the venereal disease, *Mercurius viv.* is the main remedy. Give a dose night and morning, omitting it every third week, substituting *Lachesis*.

For ulcers on the legs connected with varicose or enlarged veins, or for varicose veins without ulcers, give *Pulsatilla* night and morning, and apply every morning a bandage moistened in half a teaspoonful of *Arnica* to a cup of water, to the foot and leg, commencing at the toes and ending at the knee. Call on a physician and let him show you how to apply it properly. At the end of two weeks omit *Pulsatilla* and give *Carbo veg.* night and morning, and continue it as long as the ulcer improves. *Arsenicum* or *Lachesis* may follow *Carbo veg.* in such cases.

When there is a burning sensation in an ulcer, give *Arsenicum* night and morning, and follow it with *Carbo veg.*; if there is itching give *Sulphur*, followed by *Hepar sulphuris*.

For fistulous ulcers give *Sulphur* night and morning for a week, then *Calcarea carb.* for two weeks; and afterward, if necessary, *Silicea* until it is healed. Also, confine with a bandage, a compress of cotton or cloth, so that it shall press firmly upon the portion of the cavity, or track from which the pus comes farthest from the external opening, so as to bring the two sides of the cavity in contact and allow them to heal; leave the opening free.

If ulcers are irritable and painful apply soft rags or cotton wet in warm water. If they are indolent, or inactive, apply cloths wet in cold water, and several folds of dry flannel over them—change once in six hours. If the ulcer seems to be doing well and the matter is thick and healthy, apply a soft cloth with a little simple cerate or mutton-tallow, spread upon its surface; do not remove it more frequently than once in twenty-four hours, unless the discharge is very great, and then do not wash off the matter from the surface of the sore, as it is nature's dressing

If the ulcer is on one of the lower extremities, the cure will be expedited by keeping the limb in a horizontal position.

When an ulcer is in a healthy condition, the healing process can often be hastened by drawing the edges towards each other by the means of straps of adhesive plaster, so as to lessen the extent of surface to be healed over.

ABSCESSSES.

Abscesses may form on almost any part of the body, and also in internal organs. They result from local inflammation. Such inflammation may be slow or rapid in its progress; usually several days intervene between the commencement of the inflammation and the formation of pus, sometimes weeks, and even months.

Treatment.—For local inflammation which threatens to result in the formation of an abscess, give *Belladonna* when there is heat, redness, and swelling of the parts. If there is fever and thirst, give *Arnica* alternately with *Belladonna*. If the above remedies fail to check the inflammation within two or three days, give *Mercurius viv* once in three or four hours. If the pain becomes throbbing, and slight chills occur, give *Lachesis*, and if no improvement follows at the end of twenty-four hours, give *Hepar sulph*. If an abscess is slow in coming to a head, without being very painful, give *Sulphur* at night and *Silicea* in the morning for a week, then omit the *Sulphur* and give *Hepar sulph*. at night. After the abscess breaks, give *Silicea* every night and morning.

If the swelling is very painful during the formation of an abscess, apply a bread-and-milk or linseed poultice, and change when it becomes cold; or apply cloths wrung from cold water, and put over them dry flannel, so as to exclude the air and excite perspiration; change once in four hours.

RED-GUM AND TOOTH-RASH.

(STROPHULUS.)

These are but varieties of lichen. The former consists in an eruption of pimples, and is peculiar to children during the early

periods of life, occurring most frequently a few days after birth. The pimples are generally of a reddish or crimson hue, and scattered on the surface over the face, back of the hands and arms, and sometimes on the body, intermingled with small red patches of skin. The eruption begins to fade in two or three days, and has disappeared at the end of a week or ten days. This disease is generally caused by keeping the child too warm, by the irritation of flannel, or by the action of the atmosphere on the delicate skin of a new-born child.

The tooth-rash is caused by teething; the pimples may be red, white, or the color of the skin, and are numerous, in patches, and attended with itching, and sometimes with fever. The pimples gradually disappear in the course of ten days or two weeks, but fresh patches may be developed as the old disappear, and the disease be prolonged for months.

Treatment.—For the red gum, keep the surface of the body cool—not cold, and omit flannel. Wash the surface with tepid water, or milk-and-water, and give *Aconite* once in twelve hours, and at the end of two or three days, give *Sulphur*—one dose a day. For the tooth-rash, use the same external measures, and give *Aconite*, at night and *Bryonia* in the morning, for a week, then give *Sulphur* every night.