

CHAPTER III.

ACUTE RHEUMATISM.

THERE are two forms of this disease; one inflammatory, attended with fever and local inflammation, one or both; the other nervous, often without the least sign of fever or even local inflammation. In inflammatory rheumatism, the fever sometimes precedes the local inflammation, but much more frequently the first symptoms are local, and in a majority of cases seated in the extremities, generally, but not always, in the lower extremities first. The first local symptom may be acute pain, or it may be simply uneasiness and stiffness in a part, soon followed by soreness and pain, especially on motion. If the pain is severe at first, it often abates somewhat when the swelling commences, but extreme soreness and pain on motion remain. The swelling is generally tense and elastic; the skin may be unchanged in color, or reddened of a light rose color. The disease may involve almost the entire exterior of the body at once, but more frequently it commences in one or more limbs, or parts of the body. It not unfrequently changes somewhat rapidly from one part to another, abating where it first commenced, in other instances it extends to other parts without abating in those previously involved. Sometimes parts are attacked several times before the disease abates. A whole limb may be involved, or only the joints; in some instances the muscles between the joints are chiefly affected. The pains are usually tearing or rending, often with shootings, and movement almost always causes great suffering. The febrile symptoms are generally, but not always, in proportion to the local symptoms, and soon follow the latter. The pulse is full and strong, but not very frequent, in a majority of cases ranging from

ninety to one hundred, and the surface is not as hot as in many other febrile affections, and is sometimes bathed in a profuse perspiration, which does not relieve the sufferings. The tongue is generally white and coated with a thick fur, the stomach quiet, and the bowels constipated, the urine scanty, high-colored, and depositing a sediment on cooling. The fever is usually remittent, and worse in the evening or at night, when the pain is also worse. The disease sometimes changes from external parts to internal organs, especially to the membranes upon the external and internal surfaces of the heart, causing pain, oppression, palpitation, and faintness.

It is not uncommon to have a local inflammatory rheumatic affection either so limited, or so slow in its progress, as not to cause fever. It may involve one or more joints, but this variety of the disease often attacks the muscles, sometimes but a single muscle, causing pain, soreness on pressure, and pain on motion. The muscles of the scalp, the eye, face, neck, chest, back, sides, abdomen, and hips, are frequently thus affected. The stomach, bowels, liver, kidneys, uterus, and testicles, are not exempt from a liability to this disease. The previous or present existence of rheumatic inflammation in other organs or parts, will aid us in distinguishing this from other diseases.

NERVOUS RHEUMATISM.—This form of the disease is evinced by pain, or other disordered sensations, in organs or parts, and derangements of function or of motive power. It may affect almost any part of the body, and often resembles neuralgia. It may cause colic, spasms in the stomach, palpitation of the heart, headaches, dizziness, buzzing in the ears, earache, toothache, and a great variety of other symptoms of a nervous character, which may be known to be of a rheumatic nature, or at least complicated with rheumatism, in all cases where such symptoms alternate with rheumatic disease of the joints or muscles, appearing when such rheumatic affections are relieved, and disappearing when the joints or muscles become again affected.

In regard to the cause of rheumatism we know little; we simply know that there is a certain predisposition existing with many individuals, which renders them liable to attacks of this disease on

exposure to cold when the body is hot, or to wet and damp weather, or currents of air, changes of weather, or any of the causes which develop colds or inflammatory diseases in others. Rheumatism is not a hereditary disease; it occurs frequently during childhood, and among those exposed to hardships, privations, and accustomed to excessive labor; in all these respects it differs essentially from its next door neighbor, the gout.

Treatment.—In few diseases is the superiority of the homœopathic treatment over the allopathic more manifest than in many cases of acute rheumatism; not that this disease is always easily cured by our treatment, but allopathy has a knowledge of but few remedies which hold a specific relation to this affection, and does not possess the science requisite to guide, with any considerable degree of accuracy, in the administration of those she uses; therefore she can do little or no good in a large proportion of cases, and very many linger on for months, and in not a few instances the disease becomes chronic; whereas homœopathy has a knowledge of many remedies, and a law to guide in the selection of the right one, therefore she is able to cure promptly most cases, and it is rare that the disease becomes chronic under this treatment.

Aconite.—This is a very important remedy in most cases which are attended with fever and swelling, and should be continued once in one or two hours until the severity of the symptoms is somewhat relieved. It will be found useful when the skin is moist as well as dry, provided it is hot and the pulse full. It should generally be followed by one of the remedies named below.

Dose of this, or other remedies, see page 7

Belladonna is next in importance to *Aconite*, when the fever is of an active inflammatory grade, and may be given once in two hours after the latter remedy, especially when the pains are shooting and burning, and the surface over the part diseased is red and shining, and there is much swelling, and the patient is worse at night. If a high fever persists after you commence giving *Belladonna*, omit the latter remedy during the evening and night, and give *Aconite*, returning to *Belladonna* in the morning. *Aconite* and *Belladonna* should be continued until the severity of the febrile and general inflammatory action is in a measure relieved, when, if

the local symptoms do not steadily abate, you can select one of the following remedies, and give instead of *Belladonna*. *Belladonna* is also useful for nervous rheumatism, when the pains are sharp or shooting.

Bryonia: After the acute symptoms have been somewhat relieved by *Aconite*, or this remedy and *Belladonna*, and in cases not attended by much fever from the commencement, no remedy is so frequently required as *Bryonia*; if there is much fever lingering, it is well to give a dose once in four hours, and *Aconite* every hour between. *Bryonia* will be found especially useful when motion or moving the part diseased, causes stitching, catching tearing or shooting pains, also when there is profuse perspiration. It is one of the best remedies for nervous rheumatism, when the symptoms are aggravated by motion, and are worse at night, or in the morning. It may be given once in two hours, when the patient is awake, excepting when *Aconite* is required.

Rhus tox.: If *Bryonia* fails to relieve the symptoms in acute rheumatism, *Rhus tox.* should generally follow it. It may take the place of the former remedy at the commencement, if the disease has been caused by exposure to wet, or cold damp weather. In cases not attended with fever, or where it is very slight, *Rhus tox.* should be selected when the symptoms are relieved by exercise or motion. The pain and stiffness may be very great upon first attempting to move the part after rest, or when awaking in the morning, but if these symptoms are lessened after moving for a while, *Rhus* is particularly indicated, whereas, if they are increased, as the patient continues to exercise, *Bryonia* is the remedy. A dose may be given once in two hours.

Pulsatilla should be given when the pains shift rapidly from one joint or part to another; when there is a sensation of numbness or lameness of the affected part, or a feeling of coldness at every change of weather. Also when the pains are aggravated in a warm room, and relieved by cool air. It is more frequently required for women and children, and persons of a mild or phlegmatic temperament than for others. A dose may be given once in two hours.

Nux vomica: When there are costiveness, great sensitiveness to the open air, and numbness of the affected parts, with drawing

pains in the muscles, *Nux vom.* may be given once in two hours. It is especially useful for those addicted to the use of alcoholic and fermented drinks; also for nervous rheumatism; but rarely of much service at the commencement of very inflammatory attacks.

Chamomilla, in the case of women and children, and for sensitive men, will often be found useful when there are drawing, tearing, continuous pains, which are worse at night, with great restlessness and tossing about.

Mercurius viv. should be selected when the pains seem to be in the bones, also when they are in the joints and muscles, if there is a profuse perspiration which affords no relief; and when there is a feeling of coldness in the affected parts, and the pains are burning or tearing, and worse in cold or damp weather, and also worse at night. Repeat the dose once in two or three hours.

Arsenicum may be given when the pains are burning and tearing, worse at night, aggravated by cold, and relieved by warm applications. This remedy is especially indicated when there are paroxysms of pain, which are intermittent. When the heart becomes involved, after the use of *Aconite*, *Belladonna*, and *Bryonia*, or *Rhus tox.*, *Arsenicum* becomes our main remedy. It may be given alternately with *Bryonia* or *Rhus tox.* Repeat once in two hours.

Arnica is the remedy when there is a sensation as if the parts diseased were resting upon something very hard, with violent pains as if contused. Give a dose every hour, and put a teaspoonful of the tincture into a teacupful of water, wet a cloth in it and lay it on the diseased part, and over the wet cloth place four or five thicknesses of dry flannel so as to exclude the cold air; change once in six or eight hours.

Ignatia is the remedy when there is a sensation as if the flesh were loose on the bones in consequence of blows, or a contused feeling, and when the local symptoms are temporarily relieved by a change of position. Give a dose once in two hours.

China is often a valuable remedy after the acute symptoms have been relieved, when there is great weakness and profuse perspiration, also in intermittent cases. Repeat the dose once in four hours.

CHRONIC RHEUMATISM.

This is a very obstinate disease. It generally results from an uncured acute or a sub-acute attack. It may be limited to one part, or extend to several; it may be fixed or shifting. If the muscles are involved, they often waste away and become contracted, and in old cases there are frequently stiffness, distortion, thickening, and immobility of the joints, especially of the hands and fingers.

Treatment.—Several of the remedies named for acute rheumatism, will be found serviceable, especially *Belladonna*, *Bryonia*, *Rhus tox.*, *Mercurius viv.*, *Pulsatilla*, and *Nux vom.*, and the indications for their use there given, are sufficient.

Sulphur: In all cases of acute and sub-acute rheumatism, which linger and threaten to assume the chronic form, *Sulphur* should be given; also when chronic rheumatism has been caused by an abuse of calomel or mercury. It may be given night and morning. If *Sulphur* fails to relieve such cases *Hepar sulphuris* may be given in the same manner. *Lycopodium*, *Lachesis*, *Phosphorus*, *Sepia*, and *Calcarea carb.* may be used in turn, giving a dose night and morning, and continuing the remedy for at least two weeks, and longer if the patient improves. Electricity, carefully applied, is often of service, and also vapor baths, and warm bathing; but it is better to consult a homœopathic physician, when practicable, than to attempt to treat the disease simply by the aid of a domestic book and case. Rubbing over and pressing upon the parts diseased, gently pressing or slapping them with the hand, and moving the parts, or bending and extending the joints, are exercises which are of great importance, in chronic cases, when properly applied.

GOUT.

This is not a very frequent disease in this country, except in instances where it is hereditary. It is caused by high living, especially by the use of high-seasoned animal food by those who do not labor or pursue an active life, and by the use of vinous and

fermented drinks, or malt liquors, such as porter, lager beer, &c. Gout seldom occurs before the age of thirty, and is much more common with men than with women; and the attack is more liable to occur during the spring or autumn than during either summer or winter. The first attack generally commences suddenly during the night; the patient awaking about midnight, with an acute pain in the first joint of the great toe of one foot, which by the morning becomes much swollen, of a bright red color, and very sore to the touch. Slight chills followed by fever and restlessness attend the local disease. Toward morning there is often a remission of the pain and fever, and the patient obtains some rest, but in severe cases there is but little if any relief until the second morning, when the pain abates and the part diseased becomes more swollen, but less red and firm, and when pressed by the end of the finger a pit or depression remains for a time after it has been removed. The pain, fever, and restlessness, return the following night, but again abate in the morning; and thus the disease continues, but steadily abating in severity until the patient is restored to his usual health, at the end of from five to ten days, if the disease is not arrested sooner by treatment. Some swelling often remains for a time, and the scarf skin generally peels off, which is attended by itching. There is thirst during the fever, the urine is scanty, and deposits, on cooling, an abundant brick-dust sediment. If the patient does not entirely change his manner of living, the first attack is but a foretaste of the future, and at the end of from one to two or three years he has a return of the disease; and afterward the attacks gradually become more frequent, and also both great toes and other joints of the foot, the ankles, knees, elbows, wrists, and many other parts may suffer in their turn; or several may be affected at the same time. After the patient has had several attacks, the disease may commence in other parts; and even the first attack does not always commence in the first joint of the great toe, but sometimes in the ball of the foot, or the ankle, and occasionally in one of the finger joints, or in the wrist. Gouty subjects are extremely subject to heart-burn and sour stomach at all times. In chronic cases earthy or chalky matter is frequently

deposited within and around the joints, muscles, and ligaments, impairing their functions and causing deformity.

Gout bears quite a resemblance to rheumatism, and sometimes both diseases exist at the same time. Gout attacks high livers, the indolent, but children are generally exempt; whereas rheumatism is common among those who work hard, are much exposed, and children frequently suffer from this disease. In gout, the fever is more variable, and there is little disposition to sweat; whereas in rheumatism the fever is more constant, and there is often profuse perspiration. The hands and feet are much more liable to be affected, and leave the rest of the body free, in gout than in rheumatism.

Treatment —We are first to strive to relieve the attack if the patient is suffering from one, and then to prevent a return of the disease, for it is almost sure to return if the utmost care is not used to prevent it.

Aconite may be given every hour in all cases where there are much fever and heat of the skin, and continued until these symptoms are removed.

Dose, see page 7.

Bryonia: After a few doses of *Aconite*, *Bryonia* should generally be given once in two hours during the day, and *Aconite* during the night, until the acute symptoms are relieved. If these remedies do not relieve the symptoms within two days, *Rhus tox.* may take the place of *Bryonia*.

Nux vomica: As soon as the acute symptoms have been somewhat relieved by the above remedies *Nux vom.* may be given, especially when the stomach is sour, or otherwise disordered, the bowels costive, and if the patient is addicted to the use of stimulating drinks, give a dose once in two hours.

Pulsatilla: If *Nux vom.* fails to relieve the symptoms named, *Pulsatilla* should be given; and this remedy may be administered instead of *Nux vom.* when the bowels are loose, or if the patient is of a mild temperament or a female.

To prevent a return of the paroxysms, or to cure chronic gout, *Nux vomica* and *Pulsatilla* will be found very efficacious, and should be administered when there is the slightest derangement of the digestive organs. If the stomach is sour or the bowels are loose,

Pulsatilla may be given every night; but if the bowels are constipated, and the patient is subject to the piles, *Nux vomica* every night will do better. In addition to the above remedies *Calcareo carb.* may be given every morning when there are earthy concretions about the joints, and when there is irritation of the urinary passage, with an earthy sediment in the urine, especially if it is light colored; whereas if the sediment in the urine is reddish, like brick dust, or even yellowish, give *Lycopodium* in the morning instead of *Calcareo carb.*

But if a patient expects to get a permanent cure of this disease, or even anything like satisfactory palliative relief, he must change entirely his manner of living in the intervals between the attacks, for the same course of life as that which induced the disease in the first instance, if continued, will most certainly bring on a return of the symptoms, in spite of remedies. There is but one course which can save the patient from untold sufferings, and the longer it is delayed, the less efficacious will it prove. No sudden changes should be made, for they will not always be tolerated, but gradually, as his digestive organs will bear it, the patient must cease entirely to use alcoholic, vinous, and fermented drinks, and all stimulating condiments, and use very little animal food, and never eat meat more than once a day at most, and very temperately then. Regular systematic exercise is all-important, so as to keep the digestive organs in a healthy state.

NEURALGIA.

This is a disease of the nervous system, and consists of severe paroxysms of pain, of a purely nervous character, unattended by inflammation, lasting from a few minutes, or even seconds, to several hours, days, or weeks, in different cases. There are always more or less perfect remissions when the paroxysms continue any considerable length of time, generally occurring at irregular intervals. Sometimes, especially in sections of the country where intermittent fevers prevail, the disease assumes an intermittent form, and the paroxysms occur at regular intervals, once in one, two, three, sev-

en, or fourteen days, as do those of regular intermittent fevers, and subject to the same variations. Such cases are called masked ague, as they undoubtedly arise from the poison that causes ague, and require similar remedies. Persons who have once had an attack of neuralgia, are very liable to have a return of the disease sooner or later, unless there is a resort to a persevering medical and general treatment, for the purpose of eradicating the tendency to it. The pain is generally very severe, and more or less darting or lancinating, and sometimes burning, tearing, aching, beating, benumbing, or tingling. In some instances it seems like electric shocks, and causes the patient to start suddenly, and spasmodic twitchings of the muscles, are not uncommon. Sometimes there is tenderness of the part on pressure, especially on slight pressure; strong pressure often affords partial relief, and friction with the hand frequently relieves even when hard pressure seems to increase the pain. The paroxysms may come and go off suddenly, or gradually, and may return several times a day, or only at long intervals, and may cease entirely, or continue to recur during life. This disease may attack almost any part of the body, external or internal, but all parts are not equally susceptible. It frequently attacks the head and face, and may be confined to a single small spot or extend over half of either. When its seat is in the nerves of the jaws and teeth, it causes one of the forms of toothache; when in those of the ear, it causes earache. The eyes, temples, heart, stomach, and bowels, are not unfrequently affected, also the upper and lower extremities, the back, and walls of the chest. It frequently shifts from one part to another.

Very little is known in regard to the causes of neuralgia, but it is quite certain that a predisposition to this disease, and to its recurrence is caused by whatever tends to impair the general vitality of the system, such as exposure, excessive labor, intemperance, excesses of every kind, especially sexual excesses and abuses, indolence, and the want of pure air and sunlight. It sometimes depends upon a local irritation of, or pressure on a nerve, but the pain is often at some distance from the diseased point which causes it. Neuralgia is frequently complicated with rheumatism or gout, or at least, patients subject to the latter diseases, are very liable to the former.

Treatment.—We should not only strive to relieve the paroxysm when the patient is suffering, but also endeavor to eradicate the tendency to the disease, by remedies and general measures. For present relief during the paroxysm, one of the following remedies may be selected.

Aconite tincture, or globules saturated with tincture: This is one of the best remedies when the pains are very acute, almost insupportable, especially at night, or even during the day, if the pains are shooting, and the disease is located about the face or head. Three drops of the tincture, or twenty globules, saturated with *Aconite*, may be put into a half-pint glassful of water, and a tablespoonful may be given to an adult, but only from a half to a whole teaspoonful to a child, every ten minutes, and the parts diseased may be washed with a spoonful of the same solution until the pain is relieved; then a dose may be given three or four times a day, to prevent a return of the symptoms. The dilutions of *Aconite* will rarely relieve the symptoms, it requires generally either the prime tincture, or globules saturated with the tincture.

Belladonna: If *Aconite* fails to relieve the symptoms, *Belladonna* may be selected, or take the place of it at the commencement, when the pains are piercing and burning, with or without muscular twitching, and aggravated by a bright light, noise, a current of air, or by the warmth of bed; and if the paroxysms of pain occur in the afternoon or forepart of the night, this will be another indication for this remedy; although it may be found useful when they occur at any period of the twenty-four hours. A dose may be repeated every hour unless it aggravates the symptoms; in that case it should not be repeated, at least for several hours, or until the aggravation has passed off. After the symptoms are relieved, it may be given three or four times a day to prevent a return of the disease.

Dose of this or other remedies, see page 7.

Nux vom. will be found especially useful in case the patient is subject to the gout, or if he is addicted to the use of alcoholic and fermented drinks, or if he is a high liver, of sedentary habits; and with others when the following indications exist: Drawing or jerking pains, sensation of numbness, shocks like electric shocks,

symptoms worse after a meal, also at night, and in the morning, aggravated by cold air, and reading or thinking. Give a dose every hour until the pain is relieved, and then repeat two or three times a day to prevent its return.

Chamomilla: Excessive nervous sensibility, which renders the least pain insupportable, beating and tearing pains—more frequently required for women and children than for men. Repeat the dose every half hour or hour.

Pulsatilla: Pulsative and piercing pains, aggravated on lying down in the evening, during repose, and while sitting, relieved by cold air; especially useful in the case of women, and persons of a mild disposition, but may be of service in the case of men. Give a dose every hour.

Coffea may be given when there is great nervous sensibility, tearfulness and discouragement; it may be repeated every half hour, and if it does not relieve, it may be followed by *Ignatia*, especially if the pain is partially relieved by movement, or change of position.

Bryonia: This remedy should be selected in case the patient has suffered from rheumatism, especially if the pains are pressive or drawing, tearing and piercing; and are aggravated by movement of the body. If similar symptoms occur, but are relieved by exercise or movement, *Rhus tox.* may be given instead of *Bryonia*. Repeat either every hour.

China: This is an important remedy in intermittent cases, especially when the patient has frequently had intermittent fevers. It will also relieve in other cases when there is excessive sensibility of the skin to the slightest touch, and there is a sensation of torpor and weakness in the affected part. Give a dose once in four hours.

Arsenicum is more frequently required than any other remedy when the disease assumes a regular intermittent form. In such cases it may be given alternately with *Nux vomica*. Burning or tearing pains, or a sensation of coldness in the affected parts, are also indications for *Arsenicum*. Give a dose every hour, and gradually lengthen the intervals as the patient improves.

For further suggestions in regard to the medical treatment of

this disease, consult the sections on the treatment of headache, toothache, gastralgia, colic, &c.

It is all-important that the patient change his manner of living, so as to conform strictly to the laws of health; otherwise remedies will do little more than palliate his sufferings. The great essentials for health and life, are sunlight, pure air, regular active exercise, and plain wholesome food and drink, free from stimulants and stimulating condiments. Patients who persist in shunning the light of the sun, and active exercise, and live in the confined air of over-heated rooms, and eat superfine flour bread, need not expect to be cured of neuralgia. Consult the "Avoidable Cause of Disease."

SCURVY.

This disease is generally caused by the absence of fresh vegetable food. Impure air, or whatever else tends to debilitate the system or deprave the blood, will favor the development of the scurvy. Sailors, when long confined to salt meats, bread, beans, &c., are very liable to this disease. When it occurs on land, it is generally in fortifications, or toward the close of winter and during the forepart of spring, when fresh vegetables are scarce. The worst case I have ever seen on land, was caused by living entirely on bread made from superfine flour.

Symptoms.—Aching and weariness in the limbs, paleness of the complexion, swelling, tenderness, redness and bleeding from the gums, are among the first symptoms. As the disease progresses, the paleness increases, sometimes with a livid hue; hard and painful swellings appear on the lower extremities, lower jaw and hands, causing contraction, stiffness, and pain on movement. The gums become excessively swollen, sometimes so as to conceal the teeth; bleed freely, may present a blackish appearance, the teeth become loose, and in some instances fall out; chewing is very difficult, and the breath excessively offensive. Purple spots appear on the surface of the body, hemorrhage occurs frequently from the mouth, nose, stomach, bowels, and urinary organs. In desperate cases, old scars ulcerate, united fractures may separate, and the debility is

extreme. The bowels are generally costive, and the appetite good. Scurvy is frequently complicated with dysentery and typhoid fever, and sometimes with congestion or inflammation of the lungs and other organs, which adds much to the danger.

"Dr. Garrod, from an examination of the composition of food, under the use of which scurvy was capable of occurring, as well as of such substances as had been proved beyond doubt to be anti-scorbutic, was led to the conclusion that the absence of potash was the cause of the scurvy. In this way he shows: 1st. That potash is deficient in scorbutic diet; 2d. That all bodies proved to be anti-scorbutic, including fresh meat and vegetables, milk, lemon juice, etc., contain a large amount of potash; 3d. That in scurvy the blood is deficient in potash, and the amount of that substance thrown out by the kidneys, is less than what takes place in health; 4th. That scorbutic patients, when kept under a diet which gave rise to the disease, recover when a few grains of potash are added to their food. The salts of potash, such as the nitrate, oxalate, and bitartrate, are well-known anti-scorbutics, but their efficacy has always been ascribed to the acid, rather than to the alkali; 5th. That deficiency of potash in the system, seems capable of explaining some of its symptoms, especially muscular weakness, as potash is a necessary constituent of the muscular system." (Bennett.)

The above conclusions of Dr. Garrod require further confirmation before we can rely upon them, but they are worthy of being borne in mind.

Treatment.—A proper diet is far more important than medicine, in fact the latter can be of little use when the former is neglected. All vegetables are not equally efficacious as anti-scorbutics. Among the most important are acid fruits of all kinds, especially lemons, limes, and sour oranges; potatoes cooked or raw are perhaps next in importance; then raw cabbage, turnips, and carrots. If in the early spring, the above vegetables are scarce, or if among emigrants in new countries or soldiers, miners, &c., they are not to be had, and symptoms of scurvy appear, it will not do to be too particular in the selection of vegetables, but any of the following which can be obtained, may be freely used: Radishes, mustard,

lettuce, spinage, celery, garlic, parsley, sorrel, dandelions, and even horse-radish. In fact almost any early vegetable which is used as a salad, or as greens, may be used in cases of necessity. It is well for emigrants into new countries who cannot carry with them a supply of potatoes, cabbages, and turnips, to provide themselves with the seed of lettuce, mustard, and other early vegetables, so as to supply themselves with vegetable food as soon as possible in the spring. It is not necessary that severe symptoms of scurvy appear before there is great danger; for when the vitality of the blood has been in a measure destroyed, the patient becomes very liable to attacks of dysentery, typhus and typhoid fevers, and inflammation of the lungs, and in fact many other diseases; and in such cases they are very dangerous. Fresh meat, especially wild meat, is very useful, and should be given when it can be obtained. Lemon juice is one of the best remedies, and may be freely used when it can be obtained, in the form of lemonade. Vinegar is of little or no value and should not be used except it may be moderately on salads, cabbage or greens. Also give one of the following remedies:

Mercurius viv.: If the patient has never, or not recently, taken this remedy in large doses, give it once in four hours when the patient is awake, especially when the gums are ulcerated, the teeth loose, and there are swellings on the limbs.

Carbo veg. may follow *Mercurius*, or precede that remedy, when the breath is very offensive, and there is a burning sensation in the mouth, and great weakness. *Nux vomica* may be given alternately with *Carbo veg.* at intervals of two or three hours, in case the latter remedy fails to relieve the symptoms when given alone.

Arsenicum: This may follow the above in case they fail to benefit, or relieve all the symptoms, especially when there are burning sensations, ulcers on the edges of the tongue, swelling of the limbs, and great weakness.

Dose, see page 7.

SCROFULA.

Tuberculous consumption, enlargement of the mesenteric glands, a certain form of inflammation of the eyes, hip disease, and various other forms of local diseases, are regarded as scrofulous affections, and will be duly considered under their various heads; but the disease now under consideration consists of swelling, induration, and frequently of inflammation and ulceration of the absorbent glands of the neck, arm-pit, groin, or breasts. A single gland may be enlarged, when the swelling is generally oval; or there may be several, forming an irregular mass. The tumors may remain for months and years, and then gradually abate, or they may become inflamed, and an abscess form, which, after a time, bursts and discharges pus alone, or mixed with a curdy matter, leaving an ulcer, which discharges a thin, imperfect matter, and may be a long time healing; and when healed leaves a large, irregular scar. If these glandular swellings suddenly abate, under the use of external remedies, disease of the lungs not unfrequently follows. This affection is most frequent in children and young persons, and females are more liable to it than males, and a predisposition to it is often inherited. It is undoubtedly caused either by some defective action in the organs of nutrition, or those of secretion, one or both.

Treatment.—General measures are far more important than medicines, not that the latter may not be useful. Sunlight, pure air, and active exercise, including proper amusements, are the great instrumentalities for renovating the organism by strengthening the whole system, quickening the digestive organs, and stimulating the organs of secretion to remove all useless substances from the system. Let every individual who is tainted with scrofula in any form, or who has a child thus affected, obtain the author's work on the "Avoidable Causes of Disease," and carefully read it through, and he will find information which is far more important, not only for the prevention of the disease, but also for its radical cure, when it has already commenced, than any remedies possibly can be. Still proper remedies are useful, and very important.

Calcarea carb.: Give six globules of this remedy, or, if in powder, as much as will lie on the end of a penknife-blade, every night for one month. Then give *Sulphur* every night for two weeks; repeat these remedies if necessary. If the enlarged glands become sore and painful at any time, give a dose of *Belladonna* once in four hours, between the doses of the above remedies. If an abscess threatens, or forms, notwithstanding the use of the above remedies, give *Hepar sulph.* night and morning, until it bursts; then give *Silicea* night and morning, until the ulcer heals.

The diet should be nutritious, consisting of bread made from coarse flour, butter, milk, meat, and vegetables. Pastry and bread made from superfine flour should not be used, as the former deranges the digestive organs, and the latter contains too much starch, and not enough nutriment.

HIP DISEASE AND WHITE SWELLING.

These are scrofulous affections of the joints. In the hip disease there is an inflammation of a scrofulous character in the bones and joints, which comes on very insidiously, and, if not checked, it progresses until the joint is destroyed, an abscess forms, and if the patient survives, it is only with a shortening of the limb and deformity. Among the first symptoms noticed are generally the following: A disposition to stumble, lameness, pain in the knee or ankle, sometimes in the thigh or hip. As the disease progresses the limb sometimes becomes elongated, and generally emaciated; the pain increases, and is often very troublesome at night; then swelling and an abscess, and finally shortening of the limb and flattening of the nates. Pressing the thigh-bone into the socket by a sudden push or blow on the foot or the upper end of the thigh-bone causes pain.

White Swelling, is a somewhat similar affection of other joints, which often results in disorganization of the joint, and ankylosis or stiff joint, if not in the loss of the limb.

Treatment.—*Mercurius viv.* is the most important remedy at the commencement of the disease. Give a dose night and morning,

and if there is much pain, give *Belladonna* occasionally between the doses of *Mercurius*. *Colocynth* will also sometimes relieve the pain. Continue *Mercurius* as long as there is any improvement; but when it ceases, or the patient is apparently well, do not stop the treatment, but give *Sulphur* every night for one week, and *Calcarea carb.* every night for the next week, and so continue. If, notwithstanding the treatment, an abscess begins to form, give *Hepar Sulph.* night and morning, and after it breaks, give *Silicea* every night for one week, and *Calcarea carb.* every night for the next week, and so continue until the discharge ceases. A current of electricity passed through the hip for a short time daily, will often hasten the healing process. Treat white swellings in the same manner. A homœopathic physician should always be consulted in all cases of disease of the joints or bones when practicable, and he should be consulted early if possible.

DISEASES OF THE BONES AND PERIOSTEUM.—Bathing in cold water when the body is hot, and other causes, not unfrequently excite inflammation of the periosteum, or external covering of the bones, or of the bones themselves. If this inflammation is not soon checked by treatment, it goes on to the formation of matter, or pus, and finally to the death of the bone itself. Only the external surface of the bone may be involved, or the entire shaft may be destroyed. In the first case scales and pieces of dead bone, after much suffering, and at the end of months, are separated and work their way to the surface with the discharge; but if the entire shaft is involved before it is detached from living portions, a new bone often forms around it, from which it can only be removed by a surgical operation.

At the commencement of the disease there is deep-seated pain; soreness and swelling soon make their appearance, attended by fever, a hot skin, frequent and full pulse, and loss of appetite. This disease is often, at its commencement, mistaken for rheumatism. Syphilitic and mercurial poisoning often cause nodes or swelling and soreness of the periosteum, but the symptoms are generally much less acute than when the disease results from the other causes named.

Treatment.—At the commencement of the attack, give *Mercu-*

rius viv. once in two hours, and if relief is not soon afforded, alternate it with *Belladonna*, one hour apart; and continue these remedies for two days, and longer, if the patient is doing well or improving; but if there is no improvement, give *Phosphorus* once in two hours. This is a good remedy in cases where the bone is involved; and it is especially useful when the disease commences in the periosteum; and in such cases, it may even precede the other remedies above named, but if, at the end of two days, it does not relieve the symptoms, *Mercurius* and *Belladonna* should take its place. A remedy in this disease should be continued at least two or three days before it is changed, and never change as long as there is any improvement. If, at the end of four or five days, the above remedies do not relieve the symptoms, give *Silicea* once in two hours, but omit one dose in the course of the twenty-four hours, and give a dose of *Sulphur*. If, notwithstanding the treatment, an abscess forms, *Silicea*, *Calcarea carb.*, *Sulphur*, and *Phosphorus*, are your chief remedies—one dose of one of these remedies a day. If the disease has been caused by syphilis, give *Mercurius viv.* once in two hours, but if it does not relieve, give *Nitric acid*; also give this remedy once in four hours when mercury is the cause.

DROPSY.

This affection may be caused by exposure; it may follow eruptive febrile attacks, especially scarlet fever, but it is very frequently caused by disease of the kidneys, heart, lungs, liver, or spleen. Dropsy of the different cavities may result from inflammation of the membrane which lines them. There are various forms of the disease, named by authors, such as cellular dropsy, called anasarca; this affects the extremities, face, and body, externally to the various cavities. Next, abdominal dropsy, named ascites; dropsy of the chest, named hydrothorax. Then we have dropsy of the brain, named hydrocephalus; and dropsy of the scrotum, named hydrocele. If the disease results from inflammation of the various cavities, it is usually preceded by fever and pain in the part, but not always. For dropsy on the brain, consult the sections on hydro-

cephalus and inflammation of the brain. So if the dropsy is confined to the chest, consult the sections on pleurisy and pericarditis; if to the abdomen, consult the section on peritonitis. If the disease follows scarlet fever, consult the section on that disease. If there is no evidence of disease of the heart, lungs, liver, or spleen, and the lower extremities commence to bloat unexpectedly, without any cause which can be traced to organic disease, pregnancy, or scarlet fever, consult the section on Bright's disease of the kidneys. If the dropsy is caused by disease of the heart, consult the section on diseases of the heart.

Treatment.—If this affection is caused by exposure to wet or damp weather, give *Dulcamara* once in two hours. If *Dulcamara* fails to relieve give *Apis mel.* in the same manner.

In dropsy of the chest there are shortness and difficulty of breathing, which are aggravated by lying down, and during exercise, and dullness on percussion.

For dropsy of the chest, *Bryonia*, *Sulphur*, *Arsenicum*, *Mercurius* and *Helleborus*, are the chief remedies. If they fail to relieve, give *Apis mel.*: One of these remedies may be given once in four hours.

For dropsy of the abdomen, *Apis mel.*, *Arsenicum*, *Mercurius*, *Helleborus*, *Sulphur*, and *China*, are important remedies, and one of them may be given once in four hours.

For cellular dropsy, *Apis mel.*, *Arsenicum*, *Dulcamara*, *Helleborus*, *Mercurius*, and *Sulphur*, are the principal remedies. If the disease follows scarlet fever, *Arsenicum* and *Helleborus* are useful remedies, and may be given alternately two hours apart. If they do not relieve the symptoms, give *Apis mel.* once in two hours. If this disease follows the abuse of *Quinine*, give *Arsenicum*. If it follows the abuse of *Arsenic* give *China*. If it has been caused by the abuse of mercury, give *China* alternately with *Sulphur* two or three hours apart. If it follows the loss of blood or other animal fluids, give *China*.

In all cases consult the sections on the diseases named above; ascertain if possible the cause of the dropsical effusion, for it is impossible to make a satisfactory prescription without some knowledge of the cause. Dropsy is generally but a symptom of some other disease.