

throat, and the symptoms are worse after sleeping. If sudden and alarming prostration ensues, either at the commencement of the disease, or during its progress, with cold extremities and small pulse, give either six globules or a drop of the *Tincture of camphor* every ten minutes, until the prostration is relieved.

If croupy symptoms occur, or the patient begins to be troubled with a hoarse or a squeaking cough, and paroxysms of difficult breathing come on, especially after midnight, give *Lachesis* every hour, and if it does not soon afford relief, alternate it with *Hepar sulph.* at intervals of one hour, and apply large towels wrung from hot water, over the throat, neck, and chest, as hot as the patient can bear without burning or blistering the skin, and apply dry flannels over the wet cloths. Change the wet towels every ten or fifteen minutes, when there is much difficulty of breathing; at other times once an hour.

In the putrid or malignant form of diphtheria other remedies will often be required, but *Merc. prot.*, *Mercurius viv.*, and *Lachesis*, are generally very useful during the earlier stages of the disease, and *Lachesis* at a later period. Then at the commencement of such cases, when the breath is offensive, the extremities cool, and there is great debility, give *Mercurius prot.* every hour alternately with *Rhus. tox.*, and if, at the end of two or three days, the symptoms are getting worse, omit the *Mercurius* and give *Lachesis* alternately with *Rhus tox.*

*Arsenicum*: If, notwithstanding the use of the above remedies, the symptoms get steadily worse, the breath more offensive, the throat dark and putrid, the extremities cool, omit the *Mercurius* and give *Arsenicum* alternately with *Lachesis*, at intervals of one hour.

*Carbo veg.* may be substituted for *Lachesis* if the pulse becomes small or irregular, and the extremities cold.

*China*: This remedy may be given night and morning after the disease is cured, for the debility which it causes.

*General Direction, Diet, &c.*—A dry, light, and airy room is very important, in this as in almost all other diseases. The patient may wash the mouth and gargle the throat with a tea made by pouring boiling water on dried apples. The diet in all cases of

of inflammation of the throat, except when there is a decided malignant tendency, must be light, consisting of rice water, arrow-root, thin flour gruel, soft boiled rice, or soft toast, if the patient can swallow it without difficulty; to which may be added in malignant cases, especially when there is great prostration of strength, milk, thin custard, and beef-tea; as the patient recovers, mutton-broth, and even beef or mutton, if the patient can chew and swallow it. The diet must very gradually be made more nutritious.

#### QUINSY (INFLAMMATION OF THE TONSILS).

We have superficial inflammation of the tonsils in the varieties of sore throat we have been considering; but the disease now under consideration, consists in a phlegmonous or deep-seated inflammation of the body of the tonsil itself. The following are the symptoms of this disease: A sense of fullness in the throat, pain and difficulty of swallowing, heat and dryness of the throat, and shooting pains in the ear. The voice has a croaking sound, and on examination we find one or both tonsils projecting, and the surrounding parts more or less swollen and covered with mucus. In severe cases the swelling may be so great as to almost close the throat, and even to impede respiration. The fever attending this disease is generally active and inflammatory, with hot skin and full pulse. If the inflammation is violent, and not soon relieved, but continues active several days, it generally terminates in an abscess; but if less active, it may continue several days and abate without the formation of matter. The distress caused by large abscesses in the tonsils is very great; the formation of pus is often announced by throbbing in the part, and slight chills. Those who have once had this disease are more liable to be attacked than others. The causes are sudden changes of temperature, exposure, especially of the neck, &c.

*Treatment*—*Aconite* and *Belladonna* are the principal remedies at the commencement of the disease, if the fever is high, the skin hot, and the pulse full, especially if there are pricking or shooting,

pains during the act of swallowing, with spasmodic contraction, and if the throat presents a bright red appearance, with swelling of the palate, uvula, tonsils, and of the glands of the neck. Give a dose of *Aconite* every hour for six hours, and if, at the end of that period, there is no improvement, alternate it with *Belladonna* at intervals of one hour.

Dose of this or other remedies, see page 7.

*Ignatia* may be given instead of *Belladonna*, at the commencement, or follow that remedy, when there is a sensation of a crumb or lump in the throat when not swallowing; burning and excoriation when swallowing, and shooting pains which extend to the cheeks and ears, are also indications for this remedy.

*Mercurius viv.* often follows the above remedies to advantage, especially when there is a profuse secretion of saliva, and empty swallowing is more painful than that of liquids. Give a dose once in two hours.

*Lachesis* may be given once in two hours, if the disease threatens to go on to the formation of an abscess, notwithstanding the use of the above remedies, or at the commencement before giving them, when the pain is aggravated by the slightest external pressure, when the symptoms are worse after sleeping, and when there is a sensation of a lump or crumb in the throat.

A cloth wrung from cold water may be applied over the neck, and several thicknesses of dry flannel over that. Wet the cloth once in six hours. If there is no relief at the end of twenty-four hours, wring cloths from hot water and apply, and change often. Steaming the throat over hot water, may be useful in obstinate cases. No animal food or food in substance should be allowed until the inflammation is subdued, simply rice-water, gruel, arrow-root, &c.

#### CHRONIC ENLARGEMENT OF THE TONSILS.

This is a very common disease, especially in young persons of a scrofulous habit. *Calcarea carb.* is the principal remedy. Give a dose every night for one month, then give *Sulphur* for one week, and follow it by *Calcarea carb.* *Sepia* and *Hepar sulph.* may be

given in the same manner afterward if necessary. If the symptoms are aggravated by taking cold, a few doses of *Aconite*, *Belladonna*, or *Ignatia*, will be required.

#### FOLLICULAR INFLAMMATION OF THE THROAT.

There is sometimes a chronic inflammation and enlargement of the follicles of the tonsils and throat, which results in the secretion of a cheesy matter, until those sacks are so far distended and enlarged, as to allow these little accretions to be hawked and raised up with the secretions of the throat. These masses vary from the size of a pin's head to that of a pea, and are often mistaken for tubercles from the lungs, but may always be distinguished by the peculiarly nauseous odor which arises when they are crushed between the fingers. Tubercles are nearly odorless.

*Lachesis* is the chief remedy for this disease, and a dose may be given every night. After this symptom is in a great measure relieved, give *Silicea* every night, and afterward *Calcarea carb.*, to prevent a return of the disease.

#### CELLULAR INFLAMMATION OF THE THROAT.

Inflammation and suppuration sometimes take place in the cellular tissue, back of the throat, between it and the bones of the spine. When there is a deep-seated pain in the throat, tenderness upon pressure from without, stiffness of the neck, great difficulty in swallowing, suppression of the voice and difficulty of breathing, carefully examine the back part of the throat, for you will have reason to fear the existence of this disease. If you find the parts are much swollen, and the symptoms have been of several days' duration, and you have reason to fear that an abscess has formed, especially if the pain is throbbing, and the patient has chills, send for a physician, for the abscess should be lanced early, otherwise it may burst suddenly, and, by overwhelming the air passages, may cause suffocation, a result which I have known to occur in one instance. But if the disease is promptly and early

treated, an abscess can generally be prevented. This is a rare disease.

*Treatment*—The chief remedies are *Aconite* and *Belladonna*, to be given as directed in simple sore throat. If the symptoms are not very acute, or even if they are, after they are somewhat relieved, *Mercurius viv.* and *Pulsatilla* will be preferable, and may be given in alternation, at intervals of one or two hours. If, notwithstanding the above remedies, the disease threatens to go on to the formation of an abscess, give *Lachesis* every hour.

If an abscess forms, an incision should be made for the escape of the pus, as near the centre of the back of the throat as possible, so as to avoid arterial branches; but you had better send for a physician, and not make the attempt to lance it yourself.

#### INFLAMMATION OF THE GULLET OR PASSAGE TO THE STOMACH (CESOPHAGITIS).

This is a rare affection unless caused directly by irritating substances, yet it sometimes occurs. A sense of heat and pain, increased by swallowing, frequently referred to the lower part of the throat, or else to the upper part of the stomach, is one of the first symptoms, no matter what part of the tube is affected. Swallowing is difficult, and sometimes impossible; hiccough is a frequent symptom. There is usually little or no fever. Sometimes the membranous inflammation of diphtheria extends down this passage. In some instances ulcers and even an abscess result, but rarely. This disease is sometimes chronic. It may be caused by very hot or corrosive substances, mechanical injuries, exposure, &c.

*Treatment*.—If the disease has been caused by mechanical injuries, or by burns, put one drop of *Arnica* into a glass of water, and give a spoonful every hour or two.

*Belladonna*, when the disease arises from cold or exposure, is the chief remedy. Give a dose once in two hours. If *Belladonna* fails to relieve, give *Arsenicum* alternately with it. *Sulphur* may follow the above remedies. This remedy and *Arsenicum* are also useful when the disease becomes chronic.

#### STRICTURE OF THE CESOPHAGUS OR GULLET.

Stricture of the passage occasionally occurs. It may be of the upper, or quite as frequently of the lower portion of the tube. It may be but slight, simply sufficient to cause the patient to choke readily on attempting to swallow large pieces of meat or bread, or it may gradually increase so as to entirely obstruct the passage.

*Treatment*.—Give *Nux vomica* at night and *Sulphur* in the morning for one month; then give *Arsenicum* in the morning for a month; then *Silicea*. If the patient becomes choked by meat, or other food, it is sometimes necessary to crowd it down into the stomach by the aid of a probang, or a small sponge fastened securely on the end of a long slender piece of whale-bone.

#### SPASM OF THE CESOPHAGUS OR GULLET.

Spasm of the passage may be distinguished from permanent stricture by its coming on suddenly, and by the ability to swallow readily at times, when the spasm is not on. The food is arrested, and is often rejected immediately if the spasm is at the upper part of the œsophagus; if it is lower down, it may remain for some time and then rise by regurgitation. Occasionally after the food has been a short time in contact with the stricture, the latter gives way, and the food passes into the stomach.

*Treatment*.—*Belladonna* is one of the best remedies for this difficulty, and may be given three or four times a day. *Nux vomica* may follow *Belladonna* and be given every night. Continue the above remedies several weeks, and if they do not entirely cure the disease give *Cuprum* every night.

#### INFLAMMATION OF THE STOMACH,

(GASTRITIS)

This disease is generally caused by substances taken into the stomach, either improper articles, or such as are wholesome in excessive quantities. It is often a very rapid disease, sometimes ter-

minating fatally in a few hours, or within two or three days; or it may extend two or three weeks, and even become chronic; or the patient may recover. Acid and corrosive poisons, when taken into the stomach, cause this disease.

*Symptoms.*—Intense pain in the region of the stomach, with a peculiar feeling of distress extending up under the breast-bone, and to the sides, beneath the short ribs. There is frequently a burning sensation, sometimes extending up the œsophagus or gullet. Pressure, swallowing, and breathing, aggravate the suffering; vomiting is very common and very distressing, and alternates with nausea and retching. At first the contents of the stomach and bilious matters are thrown up; afterward simply mucus, perhaps mixed with blood. There are excessive thirst, and a craving for cold drinks, which are rejected the moment they are taken, and but increase the sufferings of the patient. There are heat and fullness in the region of the stomach. The countenance, in severe cases, is pale, sunken, and altered, and there is great prostration of strength, with a frequent and small pulse, and cold extremities. In less severe cases, the countenance, early in the disease, may be flushed, and the skin hot, dry, and harsh. If the inflammation does not extend to the bowels they are generally costive; the urine is scanty and high colored; the edges of the tongue are generally red, and the centre covered with a thick, flaky fur.

Chronic inflammation of the stomach not unfrequently follows the acute form of the disease, or it may come on gradually without any severe attack. It may be caused by an indigestible and irritating diet, acrid medicines, ice water, alcoholic drinks, and exposure. The local symptoms differ but little from those of the acute variety, except in degree, and in being more variable. There is pain or uneasiness more or less constant, which is generally increased by eating. Hot liquids, tea or water, usually aggravate or induce pain; whereas, in dyspepsia, they generally relieve the sufferings temporarily. There is tenderness on pressure at the pit of the stomach, and sometimes a gnawing sensation. Great faintness at the pit of the stomach, or a gone feeling, is not uncommon. There may be loss of appetite, a variable appetite, or an unnatural craving for food, even for the most inappropriate

articles. Various sympathetic symptoms frequently occur, such as headache, confusion of thought, sleeplessness, and distressing dreams; derangements of sight, hearing, and of sensation; a hard, sounding spasmodic cough; irritation of the urinary passages and of the genital apparatus; a scaly and dry pimply eruption on the skin. In inveterate cases, there is emaciation, with an inability to pinch up the skin, owing to its being drawn tight over the muscles. There is sometimes hectic fever.

*Treatment of the Acute Form of the Disease.*—If the inflammation has been caused by a poisonous substance, consult the section on poisons, and follow the directions there given, until the poisonous substance is either evacuated from the stomach, or properly antidoted, then follow the directions in this section; only if *Arsenic* has caused the disease, do not give *Arsenicum*.

*Aconite* should generally be given at the commencement of all acute attacks of this disease; even if the pulse is small and frequent, and the surface of the body cool, it will be well to give a few doses of this remedy every half hour or hour. If in such cases there is excessive nausea, alternate it with *Veratrum* at intervals of one half hour. If at the end of a few hours the prostration and coldness are increasing, omit the *Aconite* and give *Arsenicum* alternately with *Veratrum*, in the same manner, until there is a manifest improvement, then lengthen the intervals to one or two hours.

Dose of these or other remedies, see page 7.

If the vomiting is frequent, either give the medicine dry, or dissolve it in a very small quantity of water, and give the patient but a few drops of the liquid at a time for a dose.

In all cases, if symptoms of great prostration come on, either at the commencement of the disease or later, with burning pain and excessive nausea, *Veratrum* and *Arsenicum* are our main remedies. But in case there is high febrile excitement at the commencement, or if the attack is not very severe, other remedies will often do better. In such cases *Aconite* will require to be continued longer, or until the acute febrile symptoms are relieved; and if there is incessant vomiting, with pain in the stomach, anxiety, restlessness and difficulty of breathing, *Ipecac* may be given alternate-

ly with it. *Belladonna* may follow *Aconite* if there are cerebral or head symptoms, such as pain in the head, delirium, or stupor, and may be given alternately with *Ipecac*, or if *Ipecac* fails to relieve the nausea and vomiting, alternately with *Veratrum*.

*Bryonia*: If the disease has been caused by cold drinks, taken when the patient was hot and in a perspiration, and there is a feeling of weight or load at the pit of the stomach, give this remedy. *Bryonia* will also be found useful when the disease continues several days, with slow fever which is not relieved by other remedies. Give a dose once in from one to two hours.

If the vomiting is excessive and long continued, and the patient very thirsty, keep the stomach empty, but give injections of rice-water, arrow-root, or corn-starch, two or three times a day, not to move the bowels, but to relieve the thirst and supply the system with fluids and nourishment. In all cases nothing more than boiled water, thin arrow-root, rice-water, or toast-water, should be used until the inflammation is subdued, and then gradually make these warm drinks thicker, and very slowly return to a more substantial diet. You cannot be too careful. Warm applications over the stomach sometimes afford some relief. At the very commencement, if there is great nausea, but not free vomiting, and you have reason to suppose that indigestible or improper food remains in the stomach, let the patient drink freely of warm water (all he can) until he vomits. Aid by tickling the throat with the finger, if necessary.

*Treatment of Chronic Inflammation of the Stomach.*—Give *Arsenicum* night and morning when there are acrid and bitter eructations, dry or red tongue, great thirst, nausea, burning pains in the pit of the stomach, and great sensitiveness on pressure. If there is much nausea or vomiting, which *Arsenicum* does not relieve, give an occasional dose of *Veratrum*.

*Nux. vom.* may precede or follow *Arsenicum* when there are bitter eructations, nausea, and vomiting of food, tension and pressure in the region of the stomach, constipation, headache, confusion of mind, restlessness or peevishness; give a dose before every meal until the symptoms are in a great measure relieved, then give a dose at night, and a dose of *Sulphur* in the morning. If *Nux*

*vom.* fails to relieve the above symptoms, especially if the patient is a female, give *Pulsatilla* in the same manner.

If the symptoms are relieved by eating, give *Lachesis* before every meal; and if other remedies fail to entirely remove the symptoms, give *Carbo veg.* night and morning.

A warm bath every day, or once in two days, is a very important auxiliary. Stimulants must be avoided, and the diet unirritating, but more nourishing than in the acute form of the disease. A milk diet often does well when it agrees with the patient.

### NEURALGIA OF THE STOMACH (GASTRALGIA)

This affection is frequently confounded with spasms of the stomach, and in fact the two diseases sometimes coexist. Neuralgia of the stomach is often connected with a general neuralgic predisposition; in other cases with either rheumatic or a gouty diathesis. It frequently attacks patients recovering from acute diseases, and those exhausted by profuse discharges. Nursing females are very subject to it. Mental emotions, and improper articles of food, may cause an attack of this disease. The pain is usually acute and severe, sometimes occurring in shocks, like electric shocks, causing the patient to start suddenly. The pain may leave altogether for a time, then return suddenly; it may be relieved by pressure, but not always. The pain is less constant than in chronic inflammation of the stomach, and the appetite is often unimpaired. Hot drinks generally temporarily relieve the suffering in this affection, whereas, they aggravate it in cases of chronic inflammation.

*Treatment.*—*Nux vomica* is one of the most important remedies for this disease, especially when the pains are severe like an electric shock, or the attack has been caused by improper diet, and the pains are worse after a meal, at night or in the morning. In such cases, if *Nux Vomica* fails to relieve, give *Pulsatilla*. Give a dose of either every hour.

Dose of the above or other remedies, see page 7.

*Belladonna*: Give this remedy when there are violent lancinating or cutting pains in the pit of the stomach, and also if the pains are brought on by eating or drinking.

In the case of weak and exhausted persons, *China* is the most important remedy, especially to prevent a return of the paroxysms. For this purpose give a dose three or four times a day. If nursing females have this disease, *Belladonna* or *Nux vomica* may be given during the paroxysms of pain, and *Pulsatilla* may be given at night and *China* in the morning during the intervals, to prevent a return of the symptoms. Also, consult the general directions under the head of neuralgia, and follow them.

If the patient is subject to gout or rheumatism, *Bryonia* will often be found useful, and if this fails *Nux vomica* or *Pulsatilla* will generally be required, *Nux vom.* in the case of men, and *Pulsatilla* for women. If one fails give the other. Also consult the sections on rheumatism and gout.

## SPASMS OF THE STOMACH,

### OR CRAMP IN THE STOMACH.

This disease is characterized by paroxysms of pain, stricture, and spasmodic contraction in the region of the stomach. In the intervals between the spasms the patient may be free, or nearly free from pain. The stomach sometimes feels as if it were gathered in a ball, and in some instances as if drawn backward. Pressure often affords partial relief, and the patient generally bends forward. The spasms may be slight, or so severe as to cause screams from the most resolute individual. The pulse and skin may remain natural in moderate cases, but when the spasm is very violent, the pulse sometimes becomes small and fluttering, and the skin covered with a cold clammy sweat, and even death sometimes ensues, but very rarely. When the disease has been caused by offending matters in the stomach, there is often nausea and vomiting between the paroxysms. Spasms of the stomach are frequently caused by indigestible food, such as unripe fruit, boiled cabbage, lobsters, clams, &c.; even cheese and honey will cause the disease in some individuals. Gout, rheumatism, spinal irri-

tation, intemperance, or the use of tobacco, may cause this affection. Hysterical females are very subject to it. When a predisposition exists, the least irregularity of diet, or unusual mental emotion, may induce an attack.

*Treatment.*—*Nux vomica* is perhaps more frequently indicated than any other remedy, especially when the disease attacks the intemperate, coffee-drinkers, or tobacco-users; also when the attack occurs after eating. This remedy may be selected when there are contractive cramp-like pains in the stomach, with pressure as of a load or weight, and a sensation as if the clothes were too tight over the stomach. Repeat the remedy every hour.

Dose, see page 7.

*Pulsatilla* may be given if *Nux vomica* aggravates the symptoms, or fails to relieve. It may be given at the commencement if there are heartburn and acrid vomiting, especially if the patient is a female. If the above remedies fail, give *Ignatia* every half hour.

*Chamomilla* will be found useful for spasms of the stomach, particularly for persons who are addicted to the use of coffee, when *Nux vom.* fails to relieve such cases, and also in the case of children, when the stomach is distended with air or gas.

Give *Bryonia* if the patient is subject to rheumatism or gout, especially if there is a sensation of weight or load at the pit of the stomach, between the spasms, and *Nux vom.* fails to relieve the symptoms.

*Carbo veg.*: If the above remedies fail to afford relief, or only partially relieve the suffering, give this remedy once in six hours. *Carbo veg.* is especially useful to prevent a return of the spasms. For this purpose give a dose morning and noon, one half an hour before eating, and a dose of either *Nux vom.* or *Pulsatilla*, before tea and at bedtime. To eradicate a predisposition to this disease, continue the above remedies for four weeks, then give *Sulphur* every night, or if the patient is young and of full habit, and apt to bleed from the nose, or a female, and subject to frequent and profuse menstrual discharges, give *Calcarea carb.* every night.

The patient should shun all articles which excite attacks of the disease, and live on plain, easily digested food, spend his time in the fresh air and sunlight, and take regular active exercise.

## WATERBRASH (PYROSIS).

This is a paroxysmal disease, commencing with a spasmodic sensation in the stomach, accompanied by an irritation of the mucous membrane, resulting in a profuse watery secretion, which either flows from the stomach and mouth in a constant stream, or is removed by eructations; after which the pain and spasm gradually abate. The attacks more frequently occur in the morning or forenoon, when the stomach is empty, but they may happen at any time, and are very apt to be repeated. Very little is known in regard to the causes of this disease. It generally attacks those whose digestive organs are debilitated.

*Treatment.*—*Bryonia* is more frequently required than any other remedy, and it will generally cure the disease. Give a dose during the attack, and before every meal, one half hour before eating. Give *Nux vom.* in the case of drunkards or those accustomed to night living.

If the water which is discharged is sour or acrid, give *Pulsatilla* before every meal. If the disease is not entirely cured by the above remedies, give *Carbo veg.* every night for a few weeks, then omit it and give *Calcareo carb.* once or twice a week.

## HEARTBURN, SOUR STOMACH, ERUCTATIONS.

These are generally symptoms of deranged or weak digestion, and in addition to what is said below, consult the section on dyspepsia. If the food we eat instead of being digested, decomposes in the stomach, it gives rise to acidity and heartburn. Sometimes there is an excessive secretion of acid by the stomach itself, causing a burning sensation, which may extend up the oesophagus or gullet. In either case the patient may be troubled by sour eructations and even vomiting. Such symptoms are very common during pregnancy. Occasionally there are offensive eructations, resembling in smell, rotten eggs; such frequently precede a diarrhoea, when the latter is caused by undigested food. Sometimes the eructations are bitter.

*Treatment.*—Shun all alkalies, for they simply neutralize the acid in the stomach for the time being, and they weaken the digestive organs, and thereby increase the evil.

*Nux vomica:* Give this remedy night and morning, and at any time when the patient is suffering from heartburn, sour or bitter eructations, especially if the bowels are costive. If it fails to relieve, give *Pulsatilla* in the same manner.

Dose of this or other remedies named, see page 7.

*Pulsatilla:* Give this remedy for heartburn, sour stomach, or sour eructations, especially if the bowels are loose: also for eructations smelling like rotten eggs, and if it fails to relieve, give *Chanomilla.* Give a dose night and morning, and one when the patient is suffering.

Give *Bryonia* for bitter eructations, if *Nux vom.* fails to relieve. It is sometimes useful for heartburn, if the stomach feels distended, and there is either headache or pains in the limbs.

As soon as the symptoms are somewhat relieved by the above remedies, give a dose of *Calcareo carb.* every night for two weeks; then give *Hepar sulph.* for a week or two. *Carbo veg.* may follow the above remedies, if there is any disposition to a return of the symptoms. As to diet, consult the section on dyspepsia.

## HICCOUGH.

This symptom is generally connected either with derangement of the digestive organs, or with an irritation of the stomach. It is caused by a spasmodic contraction of the diaphragm. In severe cases, even the muscles of the abdomen, and other muscles of the chest, may be involved in the involuntary action, causing a shaking of the whole trunk.

*Treatment.*—*Nux vom.* is generally the most important remedy. Give a dose every half hour, until this symptom abates, then give it every night to prevent a return. *Ignatia* is next in importance, and may be given if *Nux vom.* fails. *Belladonna* will sometimes be required, and may be given as directed for *Nux vom.*

## SEA-SICKNESS.

This disease is the same as that which is produced by riding backward in a close carriage, or by whirling around. The disease is evidently produced by the impressions made on the brain by the unusual motion; and that the impressions made through the organs of sight have much to do with causing this disease, is evident, from the fact that the symptoms are materially relieved, if the eyes are closed. The symptoms are lessened, although not generally entirely relieved, by keeping the horizontal position. The sick stomach is often preceded and accompanied by dizziness, and even headache; and these symptoms sometimes remain for several days after landing from the ship or carriage.

*Treatment.*—If an individual is liable to this affection, a dose of *Nux vomica* taken a few hours previous to going on board a ship, or into a carriage, will often prevent the disease. This remedy will sometimes check the symptoms if taken at the commencement of the dizziness or headache, and it will generally relieve the latter symptoms if they continue after leaving the ship or carriage.

While seasick take *Ipecac* alternately with *Nux vom.*, one hour apart, and if they fail, take *Arsenicum* once in two hours. In obstinate cases, omit other remedies for a time, and take *Sulphur* once in six hours.

Dose, see page 7.

## NAUSEA AND VOMITING,

Sickness of the stomach and vomiting may be sympathetic, arising from irritation of the brain, as in sea-sickness, inflammation of the brain, concussion of the brain from a fall or blow, dizziness and threatening symptoms of apoplexy, sick-headache, offensive odors, disgusting sights, &c., or from sympathy with the womb, as during pregnancy, or when there are ulcerations on, or displacement of, this organ. In all such cases consult the section on the disease from which the patient may be suffering. Also when it occurs during fevers, inflammation of the stomach, and other diseases, do the same.

Sickness of the stomach and vomiting may arise from an irritation of the stomach, which does not amount to inflammation. This may be supposed to be the case when there is no fever, frequency of pulse or pain, or evidence of disease in other parts. It may arise from overloading the stomach, and intemperance; also from the debility of this organ, which results from the want of active exercise, masturbation, and from over mental exertion. In all such cases the patient should shun the causes which produce the symptoms.

*Treatment.*—Give *Ipecac* for sickness of the stomach, caused by overeating, and if it does not soon relieve, let the patient drink freely of tepid water until he either vomits freely or the nausea is relieved; then give another dose of *Ipecac*. If *Ipecac* fails to relieve, give *Veratrum*. If the stomach is sour give *Pulsatilla* instead of *Veratrum*.

Give *Nux vomica* if the patient is intemperate, also if the disease results from over mental exertion or from lack of exercise. In obstinate cases give *Sulphur* every night for a week, then *Arsenicum* or *Carbo veg.* may be of service. As to diet, consult the section on dyspepsia.

## VOMITING OF BLOOD (HÆMATEMESIS).

This affection may result from mechanical injuries, over-exertion, rupture of the vessels of the stomach from chronic ulceration or violent vomiting. It sometimes results from a sudden suppression of the menses, and in other cases suppression of the discharge from bleeding piles.

*Treatment.*—If the disease has been caused by mechanical injuries, or by over-exertion, give *Arnica* alternately with *Ipecac*, at intervals of half an hour.

If the blood is of a bright red color, and there is fullness and uneasiness of the stomach, and the patient is of a full habit, and the affection has not been caused by a mechanical injury, give *Aconite* alternately with *Ipecac*, at intervals of half an hour. If suppression of the menses is the cause, give *Pulsatilla* every hour, and follow it with *Nux vomica* if necessary. If caused by a suppression of the