

lepsy, and follow the directions you there find, in the intervals between the attacks. If the patient is a female between the ages of ten or twelve and forty-five, especially if there is a disposition to sob, cry, or laugh, at the commencement, or at the termination of the paroxysm, consult the section on hysteria and hysterical convulsions. But in other cases, follow the directions below.

Treatment.—During the attack, make warm applications to the lower part of the body, and lower extremities, or put the lower half or two thirds of the body into warm water. If the head is hot, and the face red, you may shower the head for a few moments with cold water, especially if the disease has been caused by the irritation of teething. If the attack has been caused by eating green fruit, or other indigestible food, as soon as the patient can swallow, let him drink freely of warm water—all he can swallow—then tickle the throat with a feather, so as to cause vomiting; even if vomiting does not ensue, the warm water may benefit the patient. In all cases where the bowels are costive, or you have the least reason to suppose the attack is caused by irritation of the stomach and bowels, or by worms, give a free injection of warm water, and repeat it in one hour, if the bowels do not move freely.

Belladonna: Give this remedy every half hour or hour, when the disease has been caused by teething, chagrin, or insults; also when you cannot ascertain the cause. In the case of children, give a dose two or three times a day, and a dose of *Calcarea carb.* at bedtime, to prevent a return of the symptoms, after the paroxysm is over.

Dose: Dissolve twelve globules, or one drop of the above, or any of the following remedies, in half a glass of water, and during the convulsions, put a few drops of the solution into the mouth, but as soon as the paroxysm is over, give a teaspoonful for a dose. If the medicine is in powder, give as much as will lie on the end of a penknife blade.

Chamomilla: Give this remedy if the disease has been caused by irritation of the bowels, colic, diarrhoea, anger, disappointment, or by teething, if *Belladonna* fails to relieve in the latter instance. Give a dose every half hour or hour, until a disposition to spasms

has been relieved, and then give a dose three times during the day, and if the disease has been caused by irritation of the bowels, give a dose of *Mercurius viv.* at bedtime, to prevent a return of the paroxysms.

Opium: If the convulsions are the result of fright, give *Opium*, and if it fails to relieve give *Ignatia*.

Ignatia: If the attack has been caused by grief or fright, give this remedy every half hour or hour, also in other cases where *Belladonna* or *Chamomilla* fails to relieve the symptoms. *Stramonium* when there is trembling and nervous excitement or convulsions without loss of consciousness.

If the attack has been caused by indigestible food, give *Nux vom.*, but if the bowels are loose give *Pulsatilla* or *Chamomilla*. If the spasms seem to be caused by worms, give *Cina*, and consult the section on worms.

ST. VITUS' DANCE (CHOREA).

This disease generally occurs between the ages of five and twenty, although there is no period of life absolutely exempt. Females are more subject to it than males. Whatever tends to impair the general health and increase nervous irritability predisposes to this disease. It may be caused by strong mental emotions or over-excitement, deranged stomach and bowels, self-pollution, spinal irritation, suppression of the menses, &c.

Symptoms.—This disease is characterized by involuntary movements, sometimes of the whole or almost the whole body, often worse on one side than on the other, and occasionally confined to one limb or part. The patient does not lose her consciousness, and has the power to commence moving, but cannot control her movements, or at least until after several efforts. These irregular movements may be so incessant as to interfere with sleep; and are generally increased by mental emotions, especially by the consciousness that others are observing her. The face often becomes distorted into all sorts of fantastical shapes, and walking is frequently difficult, and in bad cases, walking, or even standing or sitting, may be impossible. Stammering is but a variety of this affection.

This disease may only continue for a few days, or it may last for months and years, when improperly treated, or without treatment.

Treatment.—Sun-light, out-door air, exercise, brown bread, loose dresses and absence from heated school-rooms and confinement; and relief from close study, are the essential conditions necessary for a cure, without which remedies will be of little avail.

Give *Belladonna* once in six hours, if the face is implicated, if the patient stammers, or has headache, and also, if, with the above symptoms, the disease extends to the extremities. If this remedy fails to relieve, give *Cuprum* at night and *Belladonna* before every meal. Give *Hyoscyamus* before every meal, if there are stammering, involuntary action of the under jaw, neck, head, and of the extremities, and give *Cuprum* at bedtime. *Stramonium* may follow the above remedies once in three or four hours, if it is required.

If the extremities are more affected than the face, or, in other cases, if the above remedies fail, give *Arsenicum* three or four times a day, and if it does not relieve the symptoms within a few days, give it at night only, and if the patient is a male, give *Nux vom.* before every meal; if relief does not follow, give *Pulsatilla*. If the patient is a female, give *Pulsatilla* before every meal; if it fails to relieve, give *Nux vom.* *Ignatia* before meals and *Sulphur* at night will be useful in obstinate cases.

HYSTERIC (HYSTERIA).

This affection generally occurs in females between the ages of twelve and forty-five, and it is more frequent at the menstrual periods than at other times. The present cruel method of bringing up young ladies, favors the development of the disease, by rendering the whole system delicate and nervous. They are deprived to a great extent of the all-important necessities of life—sunlight, pure air, active labor, and exercise. Hot rooms, unnatural confinement in schools, crowding the intellect to the neglect of the body, solitary vice, and novel-reading, are among the many causes of this disease; also disappointments in love, domestic troubles, strong mental emotions, and an irregular or

vicious life. It is often connected with if not caused by spinal irritation, also by diseases and derangements of the womb.

Symptoms.—The symptoms all manifest a state of unnatural excitement of the nervous system, and they are apt to occur in paroxysms. The patient may be troubled more or less constantly with aches, pains, palpitation of the heart, nausea, irregular action of the bowels and kidneys, prickling, and numb sensations; also choking, a disposition to sob, laugh, or sigh, great sensitiveness on pressure, and soreness of parts, and all from this affection. The soreness and tenderness on pressure over the spine, bowels, breasts, and many other parts, often simulate inflammation, but may be known from the latter disease by the absence of fever, and by the tenderness being as great, and often greater on slight pressure, than it is on heavy pressure; and then moving the parts often causes but little if any pain. After having been troubled for a longer or shorter time by some of the above hysterical symptoms, or without them, an individual predisposed to this disease is liable to be attacked with a sensation as if a ball were ascending from the left side of the abdomen, stomach, or chest, up to the throat: or more frequently there is simply a sensation of uneasiness or oppression at the stomach, or in the chest, when the patient falls, if standing, throws her limbs about convulsively, beats her stomach or breast, pulls her hair, perhaps attempts to bite, and twists the body into all sorts of shape. Sometimes there is simply rigidity with perhaps the body bent backward as in tetanus. The patient not unfrequently cries out, but is generally partially, and in some instances entirely unconscious. The face is rarely distorted to any great extent. The paroxysm may continue but for a few moments, or it may last for hours, or even days, with intervals of sleep or stupor. When it passes off the patient sometimes breaks out in a fit of laughing or sobbing; in other instances quiet sleep follows, and she awakes comparatively well. In another form of the disease, instead of convulsions the patient becomes stupid and insensible, and cannot be aroused, the breathing becomes feeble, the pulse small and the extremities cold. This state may continue from a few hours to two or three days, and sometimes the paroxysms are followed by temporary

paralysis of some part of the body. Hysterical paroxysms with those who are subject to them, may occur at intervals of from a few days to a month, or several months. This disease is attended with very little danger to life.

Treatment.—Medicine is good, for it may and will palliate the symptoms, but it alone can never cure. If a husband, father, or brother, would avoid spending his living on doctors or nostrums, or if a lady would avoid a life of suffering and wretched uselessness, let him or her obtain the author's work on the "Avoidable Causes of Disease," and read it carefully through from beginning to end, and then profit by the information therein contained; and this disease can be cured, but first the whole life and habits must be revolutionized.

If a paroxysm of hysterical convulsions occurs at about the time of the menstrual flow, give a dose of *Coffea* every hour, and if, after two doses, the symptoms are not relieved, give *Pulsatilla* every hour; also in all cases, if there is a disposition to sigh, sob, or laugh. This remedy, *Pulsatilla*, is also useful for hysterical stupor, and the same is true of *Belladonna* and *Nux vom.*

Dose, see page 7.

If the paroxysm has been caused by grief, disappointment, contradiction, or even fright, give *Ignatia* every hour; and if three or four doses do not relieve, give *Pulsatilla*. *Nux vom.* will sometimes be useful when either fright or anger has caused the paroxysm. If jealousy is the cause, give *Hyoscyamus* every hour.

At the commencement of a hysterical paroxysm, dash a handful or two of cold water into the patient's face, on to her neck and breast; admit fresh air, and unfasten everything that is tight about the breast and waist. These measures will often prevent the paroxysm, and sometimes even relieve it after it has commenced. To overcome a tendency to this disease, *Calcarea carb.*, *Sulphur*, and *Sepia*, are among the remedies, in addition to those named above. If the menses are profuse and frequent, give *Calcarea carb.* every third night; and if they are attended with severe pain, give *Nux vom.* on the two nights when you do not give *Calcarea*. If these remedies, at the end of two months, do not relieve, give *Platina* night and morning. When the menses are

scanty or suppressed, give *Pulsatilla* and *Sulphur* alternately, two nights apart, and if, at the end of two months, there is no change, omit them, and give *Sepia* once in three nights. Also consult the sections on spinal irritation, dyspepsia, and uterine diseases.

CATALEPSY.

In this disease, there is a more or less perfect loss of consciousness, with rigidity of all the muscles of the body, or only of a part, or a single limb. The body or limbs are not usually so stiff but that they can be bent without much difficulty, but the peculiarity is, that they retain the position in which they are placed, however awkward it may be. If an arm is raised, it retains its position. The paroxysm may last but a few minutes, or it may continue for hours or days. This is a very rare disease, and resembles, in many respects, hysteria, and arises from the same causes.

Treatment.—Give *Chamomilla* every hour, and if it fails, give *Belladonna*. *Platina* may be given night and morning, to prevent a return of the paroxysm.

SLEEPLESSNESS.

Hearty or late suppers frequently cause disturbed sleep, and sometimes sleeplessness. The use of coffee and tea, late rising in the morning, strong mental emotions, reading, writing, and mental application, during the evening, are among the chief causes of this derangement.

Treatment.—If sleeplessness or disturbed sleep, arises either from eating too much at supper, or from late suppers, let the patient avoid the former, and abandon forever the latter, and take *Pulsatilla* about one hour before retiring. Give *Aconite* when sleeplessness is caused by mental anxiety, or by alarming events, fear, fright, or chagrin, especially if there is fullness of the head.

Give *Belladonna* one hour before retiring, when the patient feels sleepy, but no sleep follows; also when he cannot restrain his thoughts; and when frightful visions occur during sleep.

Nux vomica is the proper remedy when the sleeplessness is caused by thinking, reading, or writing late at night, and when all sorts of ideas crowd upon the patient's mind; it is especially useful in the case of coffee-drinkers, and of those who use alcoholic and fermented drinks.

Ignatia, when the sleeplessness is caused by grief, sadness, care, mental anxiety, and depressing emotions. *Opium* will be required for the sleeplessness of aged people; also give it to others if *Aconite* does not relieve this symptom, when it is caused by fear or fright.

Give *Hyoscyamus* when sleeplessness occurs during the progress of fevers, and other diseases, or while recovering from them. If it fails, select some other remedy.

For sleeplessness of young children, give *Aconite*, especially if there is any fever or restlessness, and if the symptoms are not relieved in an hour, give *Coffea*; repeat these remedies if necessary. *Belladonna* may be given if the child cries without apparent cause, and if there is sudden starting or twitching which is not relieved by it, give *Chamomilla*. Give *Chamomilla* when the child is troubled with colic, or earache, and if it fails give *Belladonna*. Repeat the dose of either every hour until relief follows.

DROWSINESS OR SLEEPINESS

When this occurs between the regular hours of sleep, if it occurs soon after eating, it may be caused either by over-eating, especially of animal food, or by debility of the digestive organs. It may also be caused by derangements of the liver, and by a tendency to congestion of the brain.

Treatment: If the sleepiness occurs soon after eating, eat less, and take a dose of *Nux vom.* before each meal, and if you do not get relief consult the section on dyspepsia. If the skin and eyes are yellow, or if there is more or less uneasiness in the right side, just beneath the right lower ribs, give *Nux vom.* at night and *Bryonia* in the morning. In all other cases, especially when there is a tendency to profound sleep, consult the section on congestion of the brain and apoplexy. In case of nervous females, consult also the section on hysterics.

NIGHTMARE (INCUBUS).

This is an affection which comes on during sleep, and is characterized especially by a sense of weight on the chest, with an inability to move or speak; sometimes accompanied with a dream of being held down by some horrid monster, or of trying to escape from some great danger. It may be caused by late or hearty suppers, cold feet, the habitual use of tobacco, and by whatever interferes with sound sleep.

Treatment.—Let the patient eat light suppers, go to bed early, use no tobacco, tea, coffee, or stimulating drinks. Give a dose of *Nux vomica* one hour before the patient retires, when the disease results from over-eating, the use of coffee or stimulating drinks. *Pulsatilla* may be given if *Nux vomica* fails to relieve, especially in the case of females. Give *Aconite* if there are feverish heat and palpitation of the heart; *Opium*, if other remedies fail, and the paroxysms are very severe; if the breathing is snoring, the surface cold, and if there are twitchings of the extremities. Give *Sulphur* mornings.

MENTAL EMOTIONS.

As strong mental emotions often cause disease, it is not always best to wait until manifest symptoms occur, before resorting to the use of the proper remedy, for the early administration of the remedy may aid in restoring harmony to the mental faculties, and thereby prevent suffering. If unpleasant symptoms already exist, consult the section on the form of disease which is manifested. Give, among the different remedies mentioned below, under the different heads, the first one named, and repeat the dose every hour, when the emotions are very violent, until four or five doses have been taken, when, if no relief follows, give the next remedy. As soon as relief begins to be experienced, lengthen the intervals between the doses to four, six, or eight hours.

For fear or fright, give *Opium*, *Aconite*, *Ignatia*, or *Pulsatilla*.

For excessive joy, give *Coffea* or *Pulsatilla*.

For grief, give *Ignatia* or *Lachesis*.

For disappointment in love, give *Hyoscyamus* or *Ignatia*.

For jealousy, give *Hyoscyamus*, *Nux vom.*, or *Lachesis*.

For mortification, resulting from insults, disappointed ambition, &c., give *Belladonna*, *Ignatia*, *Pulsatilla*, or *Platina*.

For violent anger, give *Aconite*, *Nux vom.*, *Chamomilla* or *Bryonia*.

For chagrin and the effects of contradiction, give *Aconite*, *Chamomilla*, *Ignatia*, or *Bryonia*.

For religious excitement, give *Belladonna*, *Lachesis*, *Hyoscyamus*, or *Sulphur*.

INSANITY OR MENTAL DERANGEMENT.

It would require too much space to enter into a full description of the various forms of insanity, nor do I propose to do more than to allude to this subject and point out some of the most important remedies to be tried at the commencement of the disease, by those who have not access to a homœopathic physician, before sending the patient to an insane asylum. It is to be hoped that the day is not far distant, when some of our noble charitable institutions, devoted to the treatment of this disease, will be under homœopathic treatment. Never, until then, shall we be able to know the full measure of success which may be attained in the treatment of mental diseases.

Delirium is common during febrile and inflammatory diseases, and will be found frequently noticed in other sections, in connection with such diseases, but what little is said here has reference to continued or intermittent derangement of the intellectual and moral faculties. A predisposition to insanity is sometimes inherited, and it is often acquired. The intermarrying of blood relations, overtaxing the brain and intellectual faculties in our schools, and neglect of the body, are perhaps the most fruitful causes of a predisposition to this disease in our country. Solitary vice is a very frequent cause; and the same is true of strong mental emotions.

We have, first, cases of mental alienation, which consist in a mere perversion of the mental and moral faculties; and second, of those which consist in the impairment or loss of the same facul-

ties. Under the first head may be recorded what is called mania, in which the intellect is perverted on all subjects. Second, what is called monomania, or partial insanity, in which the perversion is restricted to one subject. Third, moral insanity, which consists in a perversion of the natural feelings, of the affections, inclinations, temper, habits, moral disposition, or natural impulses, without any remarkable disorder of the intellect, and particularly without any insane illusions. Under the second head, we have first, what is called dementia, in which the intellect has been impaired or destroyed; second, idiocy, where the deficiency is congenital, or the patient was born with it.

Treatment.—Let every parent who has the least ground to fear that his child may inherit a tendency to insanity, also every individual who fears this disease, obtain the author's work on the "Avoidable Causes of Disease, Insanity, and Deformity," and read the chapters on children, education, amusements, marriage; and especially on the mental causes of disease and insanity.

If this affection has been caused by mental emotions, consult the section on mental emotions, which precedes this, and follow the directions there given for the treatment of the different emotions.

If the disease has been caused by excessive study or mental application, give *Lachesis* night and morning, afterward, if necessary, *Nux vomica*, *Platina*, and *Sulphur*; do not change as long as there is any improvement.

If caused by suppression of the menses, give *Pulsatilla* night and morning; *Platina* and *Belladonna* may be of use in such cases after *Pulsatilla*.

If caused by solitary vice, give *Nux vomica* at night and *Sulphur* in the morning. Follow these remedies, if necessary, by *Pulsatilla* at night and *Calcarea carb.* in the morning.

If there is a disposition to commit suicide, give *Arsenicum* in the morning and *Nux vomica* at night; afterward if the symptoms are not relieved, give *Pulsatilla* or *Belladonna*. If the patient desires to commit acts of violence to others, give *Belladonna* or *Hyoscyamus*.

For imbecility or idiocy, give *Belladonna* one night and *Sulphur*

the next. If at the end of a month there is any improvement, give them at intervals of three days. Follow the above remedies, if necessary, with *Hyoscyamus* and *Lachesis* in the same manner.

MELANCHOLY OR HYPOCHONDRIASIS.

This is often but the first stage of insanity or monomania, although it may depend on dyspepsia; and when that seems to be the case, consult the section on that disease. For religious melancholy, give *Sulphur* every night and *Pulsatilla* every morning until there is some improvement, then give them two or three days apart. *Belladonna* and *Lachesis* may be required. When it results from disappointment, give *Belladonna*, *Ignatia*, or *Pulsatilla*. Consult the section on insanity, and the one on mental emotions.

CRAMPS IN THE LEGS.

If this affection occurs at night, give *Nux vomica* night and morning until the paroxysms cease, then give it at night and *Sulphur* in the morning to prevent a return. If the above remedies do not cure, give *Veratrum*, in the place of *Nux vomica*, and afterward give *Secale cor.* if it is needed. If this symptom occurs while sitting, or after violent exercise, give *Rhus tox.* If on stretching out the limbs, give *Calcarea carb.* *Colocynth* is sometimes useful.

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CHAPTER VIII.

DISEASES OF THE EYE, EAR, AND NOSE.

NEAR-SIGHTEDNESS (MYOPIA).

This affection is generally congenital, or the individual is born with it. It is usually caused by the cornea, or front transparent part of the eye being too convex; sometimes it arises from too great convexity of the lens, or both may be in fault.

Treatment.—Close one eye, and look straight forward with the open eye, then press gently with the fingers over the centre of the ball of the closed eye, for a minute or two, afterward serve the the other eye in the same manner. Repeat this two or three times a day, until the near-sightedness is relieved by gradually reducing the convexity of the eye. Another measure of relief is derived from wearing concave glasses, or spectacles. Glasses should not be worn constantly, but only when especially required. Give a dose of *Sulphur* once a week, as this remedy, in some cases, is useful; afterward give *Pulsatilla* once a week. Continue each for some months.

LONG-SIGHTEDNESS (PRESBYOPIA).

This is often one of the earliest indications of advancing years, and is caused either by a flattening of the cornea or front part of the eye, and perhaps of the lens, or by a change in the density of the various structures of the eye. Distant objects are distinctly seen, while those near cannot be distinguished.

Treatment.—Place the ends of the thumb and two or three fingers at different points around the ball of the eye, as far back in the socket as possible, and gently press upon the eyeball for a min-