

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-

ute or two at a time, two or three times a day, carefully avoiding all pressure on the transparent portion of the eye. Convex glasses relieve while they are worn.

#### PARALYSIS OF THE OPTIC NERVE—BLINDNESS (AMAUROSIS).

This disease may be caused by overtaxing the eyes, in looking at minute objects, or by looking at a very strong light, as at the sun; and even the absence of light, or living in dark rooms, may cause this affection. Symptoms of this disease are very common with females who live in dark parlors, sew, and take little exercise, but in such cases they are generally accompanied by a general impairment of health, and the eyes suffer with the rest of the body. This affection sometimes comes on suddenly, when it arises from some violent cause, such as a strong light, great exertion, excessive heat, or disease of the brain, but generally it is preceded by various derangements of sight, such as sparks, dark or various colored spots, or a blur, mist, or floating specks, before the eyes. There is sometimes, but not always, pain through the eyes and temples.

*Treatment.*—Shun the direct rays of the sun, and of artificial lights, also strong reflected rays from brilliant objects; avoid dark rooms and veils, and remember that the undimmed light of day is a natural stimulant to the eyes; therefore, live in open air and light as much of the time as possible, and take active and regular exercise, especially if you have been living a sedentary or indoor life. If debilitated from any cause, a good nourishing diet is requisite, and a dose of *China* may be taken every night. *Gelsemium semp.* when there is wavering before the eyes, and confusion of sight, with uneasiness through the temples

*Belladonna*: Give this remedy night and morning, if there are sparks or bright objects before the eyes, or if there is pain or heat in the eyes or temples. *Sepia*, especially in the case of females, often follows *Belladonna* to advantage, and may be given every night. *Phosphorus*, *Calcareo carb.*, and also *Sulphur*, are impor-

tant remedies, especially in obstinate cases. If there is any dizziness, or fullness in the head, do not fail to consult the sections on congestion of the brain and apoplexy, and follow the directions found there.

#### CATARACT.

This is an opacity of the crystalline lens, or of the capsule or sack, which surrounds it, and can generally be distinguished by a change in color within the pupil or sight of the eye. Children are sometimes born with this affection. In some instances it results from an injury, and in other cases the origin of the disease can be traced to no definite cause.

*Treatment.*—If the disease has been caused by an injury, give *Arnica* night and morning; follow it if necessary by *Pulsatilla* at the end of a few weeks. In other cases give *Pulsatilla* every night for a week, then give *Phosphorus* every night for a week, and so continue, alternating every week. If remedies fail, and both eyes are becoming blind, a surgical operation will be necessary, but if one eye is sound, be satisfied with that, without an operation.

Squinting, when not of long standing, can sometimes be cured by *Belladonna*, given every night and morning, followed if necessary by *Hyoscyamus*, and afterward by *Stramonium*. Old cases can be relieved by an operation which is neither dangerous to vision, severe, nor very painful.

#### STYE ON THE EYELID.

This disease consists of inflammation of the meibomian glands, situated on the edge of the eyelid; an abscess soon forms, if the inflammation is not checked.

*Treatment.*—*Pulsatilla* is the chief remedy, and it is much more certain to cure if used at the thirtieth dilution, than when used stronger, although any dilution will often check the progress of the disease. Give six globules or one drop of the tincture internally once in six hours; and dissolve the same quantity in a tablespoon

ful of water, and wash the swelling frequently with the solution. To prevent a return of the disease, give *Pulsatilla* and *Sepia* alternately three days apart.

### CATARRHAL INFLAMMATION OF THE EYES.

(CONJUNCTIVITIS.)

This consists of inflammation of the conjunctiva, or of the external coat of the eye, which also lines the under surface of the lids. It may be caused by cold, foreign or irritating substances, and a strong light. Newborn children are very subject to this disease. With them it is generally caused by a too strong light, cold air, or contact with the leucorrhœal or gonorrhœal discharge during the passage of the head through the vagina, when the mother is suffering from either of the latter diseases. One of the worst forms of this disease is caused by the accidental contact of the eyes, with the discharge, in cases of gonorrhœa or clap. Catarrhal inflammation sometimes prevails as an epidemic, and is often contagious, or the discharge from a diseased eye, if brought in contact with a healthy one, will cause a similar disease; therefore every one should avoid washing in the same dish or wiping on the same towel, with those suffering from this disease.

*Symptoms.*—There is every degree in the severity of the symptoms, from a trifling disease of little moment, to a most formidable affection, rapidly endangering sight. Itching, burning, smarting, intolerance of light, redness, swelling, and a more or less profuse discharge of tears and mucus, are among the prominent local symptoms. If the disease is severe, there are fever, headache, and loss of appetite; and if the inflammation is not checked, ulceration and disorganization of the cornea, with impairment and even loss of sight, may result. If the disease is slow in its progress, or continues long, the under surface of the lids are apt to become rough or granulated, and this may prolong the duration of the disease indefinitely.

*Treatment.*—If the disease is slight, with or without fever, give a dose of *Aconite* in the morning, and a dose of *Belladonna* at

night. In all cases avoid reading, sewing, and a strong light. If the symptoms are more severe; if there is great redness, heat, intolerance of light, pain, or fever, give a dose of *Aconite* once in two hours during the day, and a dose of *Belladonna* as frequently during the evening and night, when the patient is awake. Six globules of the remedy you are giving internally, may be dissolved in two tablespoonfuls of water, warm or cold, as is most grateful to the patient, and the eyes may be frequently washed in the solution; and a soft cloth may be wet in it and placed over them, and confined by a dry handkerchief, every night. Persevere with the above remedies, if necessary, several days. And at the end of three or four days, and even sooner, if the fever and heat have abated, and the discharge is mattery, omit the *Aconite* and give *Mercurius viv.* during the evening and night, and *Belladonna* during the day—each once in two or three hours when the patient is awake. Continue the above remedies as long as there is any improvement. If the disease threatens to become chronic, give *Sulphur* night and morning. In chronic cases *Sulphur*, *Mercurius viv.*, and *Calcareo carb.*, are the chief remedies.

If the disease occurs with newborn infants, the above is your treatment, also when it occurs with adults; but if it has been caused by the discharge in cases of gonorrhœa or clap, give *Pulsatilla* instead of *Belladonna*, after the first few days, but otherwise the same treatment.

The diet should be light; in severe cases no animal food, stimulants, or stimulating condiments, should be allowed. Generally warm applications do better than cold. Sometimes cloths wet in cold water, and dry flannel placed over them, changing only once in three or four hours, will do well.

### SCROFULOUS INFLAMMATION OF THE EYES.

This affection is very common with children. There is great intolerance of light, profuse flow of tears, sometimes an eruption on the skin around the eyes; and often pimples, pustules, and even ulcers make their appearance around, and on the transparent

portion of the ball. The edges of the lids are frequently inflamed, red, and swollen.

*Treatment*.—Outdoor air and sunlight, with active exercise, are indispensable; and good nourishing diet is important, especially bread made from unbolted or coarse flour. You need not expect to cure this disease, while you allow the patient to live on superfine flour bread, and high-seasoned food; allow neither coffee nor tea.

Give *China* morning and noon, and *Belladonna* before teatime, and on retiring. Continue these remedies at least one week, and as much longer as there is any improvement. If there is an eruption about the eyes or face, and the above remedies fail to relieve, give a dose of *Mercurius cor.* at night, and *Rhus tox.* in the morning. If the patient is a child of a full habit, or disposed to bleed at the nose, give a dose of *Calcarea carb.* every night, and if, at the end of a week, there is no improvement, give *Sulphur*; afterward give *Hepar sulph.* night and morning for several weeks. *Arsenicum* every night may be required in very obstinate cases. If water is applied externally, it should generally be warm.

#### RHEUMATIC INFLAMMATION OF THE EYES.

This affection generally occurs in those who are subject to rheumatism elsewhere, although it may attack the eyes first; and it involves either the dense structure or coat of the eye beneath the conjunctiva, what is called the sclerotic coat, or it attacks the iris, the curtain which surrounds the pupil or sight, or it may involve both. There is generally more pain and less discharge than in catarrhal inflammation, and there is less redness and itching.

The treatment is similar to that required in acute rheumatism in other parts of the body. *Aconite*, *Bryonia*, *Rhus tox.*, and *Belladonna* are the chief remedies. *Mercurius viv.* will often be useful. At the commencement of the attack, give *Aconite* every hour for twelve or twenty-four hours; then if the pains are sharp, and there is much intolerance of light, give *Belladonna* alternately with *Aconite*, one or two hours apart. If the pain is dull, heavy, and

tearing, and increased by every motion of the eyes, give *Bryonia* once in six hours, and *Aconite* every hour between. After *Bryonia*, *Rhus tox.* may be required, or *Mercurius viv.*, especially the latter, if there is much perspiration, or, if the iris is involved, and other remedies do not relieve. Give a dose once in six hours. If the patient is subject to the gout, *Pulsatilla* or *Nux vom.* may be required. Consult also the section on rheumatism.

#### INFLAMMATION OF THE IRIS, OR OF THE CURTAIN WHICH SURROUNDS THE PUPIL OR SIGHT (IRITIS).

This affection is generally caused by rheumatism, the abuse of mercury, or by syphilitic (venereal) poison, although it some times arises from exposure or a strong light. There are, in severe cases, heat and fever, and a red circle of enlarged vessels may be seen surrounding the cornea or transparent portion of the eye. The iris often changes color when compared with the other eye, is less brilliant, and of a dusky hue, and its edges become irregular, as the disease progresses, from the presence of lymph, which is poured out. By the contraction of this lymph, the pupil is sometimes destroyed and vision lost.

*Treatment*.—If the disease has been caused by rheumatism, consult the sections on rheumatic inflammation of the eyes and rheumatism. If caused by an abuse of mercury, give *Nitric acid* alternately with *Belladonna*, two hours apart, afterward give *Sulphur*, if necessary. If the disease has been caused by syphilis (the venereal disease), *Mercurius* is the chief remedy, provided its use has not recently been abused by the taking of large doses. Give a dose of *Mercurius viv.* once in two hours. If, at the end of two or three days, there is no improvement, give *Mercurius cor.* once in four hours, and give a dose of *Belladonna* between the doses of this remedy.

In all cases of iritis, without regard to the cause, if the pupil becomes much contracted and irregular with shreds of lymph projecting from the edges of the iris, put two or three drops of

the tincture of *Belladonna* into a tablespoonful of water, and wash the eyelids, and around the eye, once in four or five hours. If you have not the tincture you can get a little of the extract of *Belladonna* at any druggist's, and a piece as large as a small pea dissolved and used in the same manner will answer. *Belladonna* causes dilatation of the pupil, and it will sometimes prevent its obliteration in cases of iritis; but it will not often be required.

#### FOREIGN SUBSTANCES IN THE EYES.

If the substance is beneath the lower lid, with the fingers draw the lid down, and ask the patient to look up, then with the head of a pin covered with a soft silk or cambric handkerchief, remove the foreign body. If the offending substance is beneath the upper lid, which is generally the case, take a knitting or tape needle, or the small end of a metal pencil in one hand, place the end across the upper lid about half an inch from its edge, take hold of the eyelashes with the fingers of the other hand, and gently raise the edge of the lid while you press the pencil or needle downward, so as to turn the lid inside out over the pencil, when you will be able to see the foreign substance on the under surface of the lid, and an assistant can readily remove it, as directed in case of the lower lid. With mechanics small particles of steel are often driven into the ball or cornea; they can be removed with the sharp point of a needle or knife, but it requires great care not to injure the eye, and when practicable you had much better apply to a physician, than to attempt it yourself.

#### DISEASES OF THE EAR.

##### EARACHE (OTALGIA).

This may be purely a neuralgic affection; it may be caused by decaying teeth, or it may arise from inflammation of the ear. In either case the pain is most intense, often making the patient

almost frantic. Children frequently suffer from this affection, and before they can make known their sufferings by words, the seat and character of the disease may be suspected when the child screams violently, frequently brings its hands to the side of the head, moves its head uneasily, and does not draw up its legs and bend forward as in colic. A child will cry from severe colic, but generally not as violently and continuously as from the earache. If the pain is caused by inflammation, there is usually tenderness on pressing immediately in front of the ear, there may be swelling and redness in the passage; and if the disease is not checked, an abscess forms in a few days, upon the breaking of which the pain abates. The discharge in some cases, especially if not properly treated, may continue for years. If the internal ear is involved in the inflammation, the bones and other structures are sometimes so far involved in the disease and destroyed, as to seriously impair the hearing. Measles and scarlet fever frequently cause this affection or it occurs in connection with these diseases. The inflammation may become chronic, with more or less ulceration, keeping up a constant mattery discharge for years. In rare cases the inflammation and ulceration cause death of the entire thickness of bone and reach the brain and its membranes, and matter or pus is found on the inside of the skull, which presses on the brain, and we have symptoms of inflammation and congestion of the brain, followed usually by death at no distant period. As there is a liability that chronic inflammation of the ear may take this turn, it is always desirable to cure such an inflammation as soon as practicable, by a careful and persevering homœopathic treatment.

*Treatment of Earache.*—In all cases there is no objection to applying dry warm cloths over the ear, or the same wet in warm water.

*Chamomilla:* This remedy is especially useful in the case of children, and also in that of adults, if the pains are shooting or darting from within outward. In the case of children, if you have any doubt whether the cause of the crying of the child is earache or colic, give this remedy. Give a dose every hour, unless the pains are aggravated after the doses; in that case, omit the reme-

dy. If relief follows the use of this or either of the other remedies, lengthen the intervals between the doses to three or four hours. *Pulsatilla* is often required after *Chamomilla*.

*Pulsatilla*: This is the chief remedy when there is inflammation, swelling, heat, or tenderness, on pressure. Give a dose once in two hours. If, at the end of twelve hours, there is no improvement, omit this remedy for six hours and give a dose of *Belladonna* every hour; if the patient improves under this remedy, continue it, but lengthen the intervals between the doses; but if there is no improvement, return to *Pulsatilla*. In severe cases of inflammation, it may be necessary to continue the two remedies, changing occasionally, for two or three days before the disease will be cured. If the above remedies fail, *Nux vom.* will often relieve the symptoms, but if that does not check the progress of the disease, or afford some relief, give *Mercurius viv.* once in two hours. If the pains become throbbing, and there is a roaring sound, give *Hepar sulph.*

*Nux vom.*: This remedy is sometimes useful in inflammatory earache, especially after *Pulsatilla*; but in neuralgic earache, it is often useful at the commencement, or after *Chamomilla*. Give a dose once in two hours. If the pains are in paroxysms, worse mornings and evenings in bed, and are very violent, tearing and stitching, extorting cries, give this remedy.

If the patient is very sensitive and nervous, and there are no signs of inflammatory action, if *Chamomilla* does not relieve, give *Arnica*, especially if there is great sensitiveness to noise. Give *China*, if the pains seem to be external, and are aggravated by contact, and if there is ringing in the ears. If the pain in the ear is caused by decaying teeth, which may be suspected when the pain commences in the teeth, or when the latter are sore to the touch, *Belladonna* or *Chamomilla* will often relieve it. *Phosphorus* should be given if the teeth are decayed and broken nearly to the gums, and the sockets are inflamed. Have worthless teeth and roots extracted.

### RUNNING FROM THE EARS (OTORRHŒA).

This affection frequently follows an abscess or inflammation, when treatment has been neglected or discontinued too soon. The discharge in chronic cases is often offensive, and of a white, yellowish, or greenish color.

*Treatment*.—In an acute or recent attack of inflammation, if notwithstanding the treatment, a discharge of matter follows, never wait to see whether it will stop spontaneously or not, but give *Pulsatilla* one night, and *Sulphur* the next; at the end of a week, lengthen the intervals between the doses of the above remedies, to forty-eight hours, and continue these remedies for several weeks. In all cases of long standing, which have been neglected, or inefficiently treated by allopathic measures, you may commence with the above remedies. In chronic cases, you will need to continue a remedy several weeks, gradually lengthening the intervals as the symptoms improve.

If the discharge follows scarlet fever, small-pox, or measles, give *Mercurius viv.* alternately with *Belladonna*, the former at night and the latter in the morning. If in the course of two or three weeks, the discharge does not cease, give *Pulsatilla* and *Sulphur* as directed above.

*Calcarea Carb.*: In obstinate cases, give a dose of this remedy once a week, and continue it as long as there is any improvement. *Silicea* may follow it, especially if the discharge is offensive. *Carbo veg.* is also useful in such cases.

### DEAFNESS—DEFECTIVE HEARING (DYSECŒA).

Deafness may arise from an excessive secretion and accumulation of earwax. In such cases it usually comes on gradually, and is often attended by buzzing and other noises. By a careful examination, you can see that the passage is filled with hardened wax. When this is the case, drop two or three drops of sweet oil into the ear, and after a few hours, syringe out the ear carefully, but

thoroughly, with warm water, so as to wash out the wax; let the head, while using the syringe, be leaning over in the direction of the obstructed ear. Repeat the above once a day, until the wax is entirely removed. Also give *Pulsatilla* alternately with *Sulphur*, one week apart, to prevent a return of the obstruction.

If the deafness results from inflammation, or is connected with a discharge from the ears, the treatment which has been recommended for earache, and running from the ears, is the proper treatment.

NERVOUS DEAFNESS is another form of this affection. It may come on gradually or rapidly, from a sudden paralysis of the auditory nerve. Together with hardness of hearing, there are often buzzing, roaring, singing, and various noises in the ears. Sometimes there is great dryness in the ears. If there are buzzing in the ears, pressure and fullness in the head, with deafness, consult the sections on congestion of the brain and apoplexy, and follow the directions therein given.

*Treatment of Nervous Deafness.*—If there are dryness of the ears, with deafness, as if the ears were closed, and singing, buzzing, or ringing in the ears, give a dose of *Calcarea carb.* every night, until there is some change, then gradually lengthen the intervals between the doses. This is one of the most important remedies for nervous deafness, especially in young persons. If the patient is a female, once a month omit the *Calcarea carb.* for a week or ten days, and give *Pulsatilla* every night in its stead.

If the deafness has followed the disappearance of an eruption about the head, face, or ears, give *Sulphur* every night, and after a few weeks give *Hepar sulph.* If the patient is a male, lives high, or if his habits are sedentary, and he has buzzing in the ears, or whistling, give *Sulphur* in the morning and *Nux vom.* at night

#### BUZZING OR OTHER NOISES IN THE EARS.

This affection is often connected with congestion of the brain, and in all cases when there is a sensation of fullness, pressure or pain in the head, consult the section on that disease. It may be

caused by a cold, if so, *Nux vom.*, *Mercurius*, *Aconite*, or other remedies appropriate for cold in the head, are proper. Noises in the ears are common in cases of great debility from the loss of blood, or other fluids of the body; when this is the case, *China* may be given before every meal. *Pulsatilla* will be necessary if *China* fails to cure.

Noises in the ears are often the premonitory symptoms of deafness. In such cases, *Pulsatilla*, *Calcarea carb.*, *Belladonna*, and *Nux vom.*, are among the proper remedies. Consult the sections on deafness and earache.

#### DISEASES OF THE NOSE.

Under the head of coryza, or cold in the head, commencing on page 124, acute inflammation of the mucous membrane of the nostrils, has been considered. For a description of the symptoms and proper treatment of chronic inflammation of the nostrils or catarrh and ozæna, see page 126. For the symptoms caused by foreign bodies in the nostrils, and the way to remove them, see page 127.

#### BLEEDING FROM THE NOSE (EPISTAXIS).

This is a very common affection with young persons, and frequently occurs during adult life. Generally the quantity of blood discharged is moderate, and it is only occasionally that it becomes so great as to injure the general health or endanger life. With some individuals there is a strong tendency to alarming hemorrhages from the nose, gums, or other organs; and in such cases, if prompt measures are not adopted to arrest the flow of blood, death may result. Bleeding from the nose is a common symptom in various febrile affections; sometimes as a critical discharge inaugurating a favorable change, but in other cases it becomes a dangerous symptom. It may result from mechanical injuries; also from a watery state of the blood, or from a loss of vitality in this fluid, and the vessels which contain it, as in scurvy, typhus fever, &c.

*Treatment.*—*Arnica* may be given when it results from mechan-

ical injuries, or from lifting, or straining, or when, in other cases, there is itching in the nostril. Give a dose every fifteen minutes; and if it fails to check the flow of blood at the end of one hour, give *Rhus tox.*

Dose of this or other remedies, see page 7.

*Aconite* should be given if the patient is of a full habit, with red face, or if there is a sensation of fullness in the head, and when this symptom has been caused by heat. If *Aconite* alone fails to check the bleeding at the end of an hour, alternate it with *Belladonna* at intervals of half an hour.

*China*.—Give this remedy every half hour when the patient is weak and exhausted, and if it does not soon check the discharge, follow it with *Secale cor.*

*Pulsatilla* is especially efficacious in the case of females, when this symptom occurs before the first menses, or if they are scanty or delayed. Give a dose every hour.

If bleeding from the nose occurs during typhoid or typhus fever, follow the directions given in the section on that fever, so far as remedies are concerned, but remember the mechanical measures described below.

To overcome a tendency to this affection, if the patient is young and of a full habit, give *Aconite* one night, and *Calcarea carb.* the next, for one week, then lengthen the intervals between the remedies to three days. If the patient is weak and exhausted, give *China* and *Secale cor.*, in the same manner. If the vitality of the blood is impaired, and dark spots appear in and beneath the skin, give *Arnica* in the morning and *Carbo veg.*, at night.

*General Measures*.—Keep the patient either in a sitting or standing position, or at least the head elevated, excepting in cases where there is fainting, when it should be lowered, until this symptom is relieved. Cold water or ice may be applied to the nose, lower part of the forehead, and back of the neck. If the attack is severe, the feet may be put into warm water. Elevating the arm of the same side from which the blood comes will sometimes check the flow. The same is true of pressing with the finger on the side of the nose, letting the pressure extend up an inch or so.

*Mechanical Measures*.—In serious cases, where remedies and

the measures already named fail to prevent a dangerous loss of blood, the nose must be plugged, and this must be properly done or it will be useless. To simply fill up the external orifice will do little or no good, for the blood will flow down the throat. A clot of blood often forms in the nostril and answers as a plug if the patient will only let it alone and avoid blowing or clearing his nose. Tear eight or ten pieces of old cambric or soft cotton or linen cloth, about one and a half inches square; take a needle with a stout double thread and fasten it securely to the centre of one of the pieces, and then simply string all the rest of the pieces upon this double thread by passing the needle through each toward one corner; having done this, take another needle with a single thread, and fasten it to the first piece of cloth, or the same to which the other thread is fastened, then catch up a stitch in the centre of the next piece and tie it securely so that it will not slip, but leaving a slack thread of about three inches between the two pieces of cloth, then fasten all the rest of the pieces to the single thread in the same way about three inches apart. Having done this, with a knitting or tape needle carry the piece of cloth to which both threads are fastened into the nostril nearly as far back as the further end of the soft palate, and hold it there firmly by the double thread while you carry in the other pieces one by one, allowing them to slide on the double thread and pack the entire nostril full, crowding some of the pieces up well toward the ridge of the nose. Having filled the nostril, lay a little roll of cloth across the opening (but so large that it cannot enter) between the double thread, and tie the thread snugly around it, so as to confine the whole to its place, and prevent any part from passing back into the throat. In this way you can with the greatest certainty stop the flow of blood. To be certain that you have succeeded you can look into the patient's mouth and see that the blood is not running down the throat, or ask him to hawk and ascertain if he raises blood. You may allow the plug to remain in for twenty-four hours before removing it; and then put in another if the bleeding returns. In one instance I was obliged to plug both nostrils to stop the hemorrhage. Of course the patient had to breathe through his mouth.



## SWELLING AND INFLAMMATION OF THE NOSE.

Swelling and inflammation may result from mechanical injuries, scrofula, syphilis, whiskey drinking, or erysipelas. Small abscesses not unfrequently form in the wings of the nostrils.

*Treatment.*—If the disease results from a mechanical injury, give *Arnica* and apply it externally—a few drops in a tablespoonful of water may be used for a wash.

*Belladonna* may be given once in two hours when there is redness, swelling, or symptoms of an abscess. It is also useful when erysipelas attacks this organ. If in either case this remedy does not relieve, apply warm water to the nose. Give *Rhus tox.* once in two hours.

Dose of either of the remedies, see page 7.

If the disease has arisen from whiskey drinking, let the patient stop drinking and take *Nux vom.* at night and *Sulphur* in the morning.

SYPHILITIC INFLAMMATION will require *Mercurius viv.* or *Mercurius cor.*, followed by *Nitric acid.* Consult the section on syphilis.

SCROFULOUS INFLAMMATION OF THE NOSE will be benefited by *Sulphur*, *Calcarea carb.*, *Phosphorus*, or *Mercurius viv.* Consult the section on scrofula.

For warts on the nose, give *Calcarea carb.*

CANCER OF THE NOSE.—Give for this affliction, *Arsenicum* night and morning, and continue it at least a month, and as much longer as there is any improvement. Afterward give *Silicea*, *Sulphur*, or *Carbo veg.*

For POLYPU OF THE NOSE, give *Calcarea carb.* night and morning; afterward give *Sepia* every night.

## CHAPTER IX.

## DISEASES OF FEMALES.

## TARDY APPEARANCE OF THE FIRST MENSES.

MENSTRUATION is a natural process, and with a healthy female there should be little or no suffering. There is a great variety in regard to the age at which the menses make their first appearance. Climate makes a great difference; in hot climates they may appear as early as the tenth year, and even earlier; in very cold climates, they may be delayed until the twentieth year, or later; whereas, in temperate climates, usually between the thirteenth and the sixteenth years, although they not unfrequently appear a year or two earlier, or are delayed three or four years later. If they appear early in life, they are apt to cease early; and if they commence late, they continue late. They usually cease, in temperate climates, at about the age of forty-five years. The duration of the menstrual flow is generally four or five days, but it may last but for a day, or it may continue for nine or ten days, and the patient remain healthy; it should return once in twenty-eight days, although it may vary a few days without serious harm. I have alluded to the variations which occur in regard to the menses, as to age, duration, &c., to impress upon the reader the important fact that a deviation from the usual habit, does not necessarily denote a diseased state, and require treatment. Much injury is often done by uncalled-for anxiety and unnecessary medication.

So long as the health is good and the spirits are buoyant, no anxiety need be felt owing to the delay of the menses, even though the young lady may be eighteen or twenty years of age; but if she becomes nervous, pale, or has a flushed face, with symp-