

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 POLYPS 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-

toms of congestion of the brain or chest, with palpitation of the heart, it will be best to give proper attention to her case. Sunlight, outdoor air, and active exercise, are by far the most important measures, for they will invigorate the entire body, and generally soon relieve the existing symptoms, and bring on the menses; without them, remedies may fail, or only partially relieve the case.

Pulsatilla: This is one of the most important remedies, and may be given alternately with *Sulphur*, forty-eight hours apart. If the patient is of a full habit, *Calcarea carb.* may take the place of *Sulphur* at the end of one month.

Give *Bryonia* every morning in obstinate cases.

Sepia: If, notwithstanding the above remedies, especially *Pulsatilla* and *Calcarea carb.*, there ensue great debility, pale and bloodless face and lips, emaciation, unnatural craving for chalk, slate, &c., give *Sepia* every third night.

Lycopodium is sometimes useful, and may be given every night, when relief is not obtained from the above remedies.

SUPPRESSION OF THE MENSES.

(AMENORRHŒA.)

This may result from exposure, getting the feet wet, fright, or other strong mental emotions; and it frequently occurs, during the progress of diseases of the lungs, liver, bowels, and uterus; and in such cases is either symptomatic, or the result of debility; and we can only expect relief when the disease is cured, and health and strength begin to return. In all such cases, the principal attention should be paid to curing the existing disease, which has caused the suppression, and not to the removal of this symptom.

Treatment of Suppression of the Menses.—If it is the result of exposure, or getting the feet wet, give a dose of *Pulsatilla* every night. If there are headache and fullness in the head, give in addition to this remedy a dose of *Belladonna* in the morning; and continue these remedies until the next period arrives; or if the menses have been some time suppressed, continue them for a month,

if relief is not sooner afforded. If they fail, give *Sepia* alternately with *Pulsatilla* two days apart.

If the suppression has been caused by fright, or other violent mental emotions, give *Aconite* once in six hours; also when it arises from other causes, if there is fullness in the head, or a flushed face, with palpitation of the heart. As soon as these unpleasant symptoms are relieved, give but one dose a day. *Lycopodium* may follow *Aconite* if the latter fails to bring on a return of the menses. Give a dose every night for one week, then only twice a week. This remedy is also proper when the face is pale, the spirits depressed, and the patient suffers from the whites or leucorrhœa.

If the patient is of a full habit, and other remedies, especially *Aconite*, *Belladonna*, or *Pulsatilla*, fail, give a dose of *Calcarea carb.*, every night.

If there is great debility, give a dose of *China* every night.

In obstinate cases, give *Bryonia* every morning. If there are frequent chills, or a disposition to cough. Give *Sulphur*, if there are aching pains in the back of the head, disposition to take cold readily, leucorrhœa, exhaustion after talking, and if the mind is irritable and dejected.

SCANTY MENSTRUATION, BUT NOT ENTIRE SUPPRESSION.—The remedies named for suppression are the most important remedies for this affection.

Pulsatilla, if there is headache, which is aggravated by warmth, and relieved in the cold air, palpitation of the heart, leucorrhœa (whites), diarrhœa, sadness and weeping.

Calcarea carb. may be given every night if the patient is of a full habit, with rush of blood to the head, buzzing in the ears, languor and heaviness in the whole body.

Give *China* when there is great debility. *Sepia*, *Lycopodium*, or *Sulphur*, may be required in obstinate cases.

THE MENSES ARE SOMETIMES TARDY IN MAKING THEIR APPEARANCE. Instead of occurring once in twenty-eight days, they may return only once in five, six, or more weeks. When this is the case, and the patient seems otherwise well, give a dose of *Sulphur* once a week, until within four or five days of the time when the menses should occur, then give *Pulsatilla* night and morning until

they commence. During the next two or three months, pursue the same course. If relief does not follow, give *Sepia* and *Bryonia* in the same manner as directed for *Sulphur* and *Pulsatilla*.

In all cases when the menses are retarded, deficient or suppressed, during the progress of disease of the lungs or of other organs, you must consult the section on such disease as well as the directions given above.

PROFUSE MENSTRUATION.

The menses may be regular as to time, or delayed when they are profuse, but generally they are too frequent occurring, once in two or three weeks. The secretion may be natural, or it may contain clots of blood; it may continue an unusual length of time, or no longer than natural. There is sometimes severe pain in the back, and through the womb, and in the left side, with soreness.

Treatment.—The patient should use her drinks cold, avoid tea, coffee, stimulants, shun feather-beds, and live on plain food; if there is much pain, soreness, and fullness, mostly vegetable food; if there is great debility with little pain or soreness, animal food, beef or mutton, should be used at least once a day.

When the menses are too frequent with more or less pain and soreness, give a dose of *Calcarea carb.* every third night in the intervals between the menstrual periods. During the flow if the discharge is bright red give *Ipecac* once in two hours. If there is much pain or flowing and *Ipecac* does not relieve it, give *Belladonna* every hour. Continue this treatment for two months, and longer if the patient is steadily improving; but if no relief follows, or if the patient has ceased to improve, give *Platina* every night between the periods, and if there is much pain or flowing, give *Nux vomica* once in two hours during the period. *Chamomilla* is sometimes useful after *Nux vomica* when there are severe pains with the discharge of dark clots. Give *Sabina* once in four hours if other remedies fail to relieve the flowing.

If there is great weakness with but little pain, give a dose of *China* every night. This remedy will also be found useful in obstinate cases where there are spasmodic pains through the womb,

especially if the discharge has been very profuse or causes faintness. *China* may be given both during the interval and the period, but if it has been given during the interval and has not prevented severe flowing at the period, give *Secale cor.* every hour until it ceases. If notwithstanding the use of *China* for one or two months, the menses still remain profuse without pain and with great debility, give *Sepia* once in two days during the interval, and *Secale cor.* every hour during the flowing. *Pulsatilla* will sometimes be found useful; if the above remedies fail, it may be given instead of *Secale* once in three hours. If the patient does not improve under this treatment a dose of *Sulphur* may be given one night in a week instead of either *China* or *Sepia*.

If the flowing is very profuse let the patient keep the horizontal position, with the hips elevated, and apply cloths from cold water to the lower part of the abdomen and between the thighs.

PAINFUL MENSTRUATION OR MENSTRUAL COLIC

This may occur when the menses are natural, scanty or profuse, and when as to time the patient is regular or irregular.

Treatment.—If the menses are profuse, last too long, or return too frequently with severe spasmodic pains, and pressure in the region of the womb, give a dose of *Platina* every night between the periods, and night and morning during the flow. Continue this remedy at least one month, and as much longer as there is any improvement. *Nux vomica* may follow *Platina* and be given in the same manner. If the menses as to time of appearance are either regular or delayed, natural as to quantity, or scanty give *Pulsatilla* and *Sulphur* alternately two days apart on retiring at night. During the pain give a dose of *Pulsatilla* once in two or three hours. *Belladonna* or *Chamomilla*, will sometimes relieve the pain if *Pulsatilla* fails. If at the end of two months the patient is not relieved, omit the above remedies and give a dose of *Sepia* once in three days, at night, and give at the commencement of the pain a dose of *Nux vomica*, and repeat it at the end of two hours if necessary.

If the flow is scanty, and the pain severe, apply cloths wrung from warm water, over the lower part of the abdomen, and between the thighs.

CESSATION OF THE MENSES, OR CHANGE OF LIFE.

This generally occurs, in this climate, when females arrive at about forty-five years of age, or at some other period between the fortieth and fiftieth years. With healthy females, there is usually little or no serious disturbance of the system; the change approaching gradually, the menses becoming less profuse, and perhaps less frequent, until they cease. But in other instances, there is a tendency to hemorrhage; even profuse flowing is not uncommon. And when there is no hemorrhage, especially if the courses stop suddenly, there is frequently dizziness, headache, nervousness, flashes of heat, disturbances in the urinary secretion and discharges, debility, pains in the back and lower part of the abdomen, with heat; sometimes there is violent itching of the external parts.

Treatment.—This period of life, under homœopathic treatment, is attended with very little danger, as the various disturbances which result, are generally soon relieved by our remedies.

Pulsatilla is perhaps more frequently required than any other remedy, especially when, with a cessation of the menses, there are dizziness, headache, nervousness, urinary derangement, pain, heat, and itching. Give a dose night and morning, until the symptoms are relieved. This remedy, when there is profuse flowing, is sometimes useful, if either *Belladonna* or *Lachesis*, which should generally be tried first, does not relieve the symptoms.

If *Pulsatilla* fails to relieve the various symptoms named, give *Lachesis* night and morning. *Sepia*, and finally, *Sulphur*, may follow *Lachesis*, if required by any remaining symptoms.

WHITES (LEUCORRHŒA)—UTERINE ULCERATION.

The chief causes of these affections, which are so prevalent, are: too much indoor confinement, the want of *sunlight*, air, and active

exercise, during childhood; and too lengthy confinement in school and neglect of active exercise during early youth; also tight dressing, and the use of tea, coffee, and stimulating food. These influences all weaken the system, prevent robust and perfect development, and predispose to these affections, so that even unmarried females become subject to them. The above bad habits, by causing delicacy and deformity, render multitudes of our young ladies incapable of enjoying the pleasures, or bearing the necessary burdens of married life, without causing these diseases, and also falling of the womb. Let the mother who cares for the health of herself or daughters, read carefully the author's works on the "Avoidable Causes of Disease and Deformity," and on "Marriage;" and have her daughters read them.

Symptoms.—At first the discharge may be slight, and transparent, but gradually it becomes whitish, sometimes yellowish, and in bad cases, green, bloody, or dirty brown, and it may be acrid, so as to excoriate the external parts. When it becomes excessive, the general health begins to fail, the appetite is poor, the pulse becomes weak, and there are great debility, lowness of spirits, and pains in the back. If excoriation or ulceration on the neck of the womb ensues, there are often pins, soreness, and a sensation of rawness, with perhaps heat and smarting in that region. Pain in the right side of the abdomen, and pain in the back of the head, and in the back part of the top of the head, with a numb sensation, are common symptoms which attend uterine congestion and ulceration. Leucorrhœa may exist without ulceration, or even much if any inflammation, but the latter affections rarely occur, without causing more or less discharge. Leucorrhœa or a whitish discharge, is not uncommon in young girls, and even in children.

Treatment.—Sunlight, outdoor air, and exercise, are all important in the treatment of these affections; in fact, if these are neglected, remedies of any kind can only palliate the symptoms. All blinds and curtains should be removed from the windows during the day, and the patient should, if possible, occupy a south room. She should sit in the sunlight and open air, ride and walk out, if able; she must have exercise in order to have pure blood, good

digestion, and gain strength, and thus be in a favorable condition for the cause of the symptoms, be it debility, congestion, inflammation, or ulceration, to be relieved. But here is the difficulty: if the disease is at all severe, the patient cannot walk, ride, or perhaps even sit, without causing severe suffering, and aggravating the symptoms and disease. How is she to obtain the needed exercise? First, if she is not able to exercise herself, she is to be exercised. Second, she is to take exercise, or be exercised, while in a position in which exercise will not increase the congestion or sufferings in the region of the womb, generally at first while lying down, perhaps with the hips elevated; afterward, while sitting up, and still later, while standing. Commence with the extremities, stretching, bending, and extending them, rotating them in every possible direction; if the patient is able, let her resist. Thus exercise her for half an hour (allowing her to rest occasionally), once a day, after a little, twice a day. As soon as she is able, let her exercise herself. Such exercise will not only increase the digestive powers, purify the blood, and give strength, but it will also call off the blood from the congested parts to the extremities, and thus relieve the congestion. Follow the above directions, and give the appropriate homœopathic remedies, and a cure will generally follow. There are many specific exercises appropriate in this disease, but it would be difficult to describe them here, and the knowledge and skill of a physician should direct their application in individual cases, when practicable. If you do not obtain relief from the measures and remedies described, consult a physician, one if possible, who not only understands how to select the right homœopathic remedy, but also one who has the skill to select and direct you in regard to such exercises and general measures as you may need, to effect a cure by the aid of the remedies.

Pubatilla: This is one of the most important remedies in a majority of cases, especially if the discharge is white and thick, or watery and irritating, with pain, heat, and burning. Give a dose every night for one week, then alternate it with *Sulphur*, twenty-four hours apart, gradually lengthening the intervals to three or four days.

Sepia: Give this remedy every night, gradually lengthening the intervals, to two or three nights, if the discharge is yellowish, or green and corrosive, and is attended with smarting or itching, and pains in the abdomen. *Lycopodium* may follow *Sepia* in such cases, after a few weeks, and may be given in the same manner.

Calcarea carb.: If the discharge is worse before the menses, or if it is bloody and thin, and if there are pain, soreness, smarting and itching, give a dose of this remedy every night for one week, afterward twice a week. *Sulphur* and *Lycopodium* may be required after *Calcarea*, and may be given in the same manner. In cases of great debility from a profuse discharge, a dose of *China* in the morning will be useful.

For leucorrhœa, or a whitish discharge, in the case of young girls or children, *Cannabis sat.* is the chief remedy. Give a dose night and morning for three weeks, then give a dose of *Calcarea carb.* once a week. Washing the external organs once or twice a day with tepid water is useful in such cases.

In all cases of leucorrhœa the patient should avoid high-seasoned food, tea, coffee, and stimulants, eat brown bread and plain meats, vegetables and fruits.

FALLING OF THE WOMB (PROLAPSUS UTERI).

For the causes which predispose to this disease consult the above section on leucorrhœa. Over-exertion, and getting up too soon after child-birth, and especially the use of cathartic remedies during confinement, are often the immediate cause of this difficulty. The womb sometimes settles down so as to be seen externally, and in some instances so as to project one or two inches. There is a bearing down pain, and a dragging sensation in the lower part of the abdomen, and pressure toward the external parts. There are faintness at the pit of the stomach, sometimes numbness of the lower extremities, nervousness, and a frequent inclination to pass urine. There is sometimes pain in the left side beneath the short ribs. The above symptoms are aggravated by lifting, over-exertion, and a long walk. It is important to state that these symptoms very

frequently exist with very great severity when there is but little if any prolapsus.

Treatment.—Patients who are predisposed to this disease should retain the horizontal position an unusual length of time, without sitting or even raising up after child-birth, and especially avoid cathartic remedies during this period. They should avoid tight-dressing, lifting, over-exertion, and long walks, at all times. The wearing of pessaries and supporters is only a palliative measure, and often does great harm by weakening, relaxing and irritating the parts, and weakening the abdominal and other muscles. They should rarely be worn, and never if they can be avoided, for they do not cure. It is much better to cure this affection by a persevering use of homœopathic remedies, and proper exercise, and I am happy to say that this can generally be accomplished; only in extreme cases, and then only for a temporary period, is it necessary to resort to such mechanical support.

I have space here only to allude to a few of the movements which are useful for the cure of prolapsus or falling of the womb. Let the patient lie on her back, and let one assistant take hold of her hands and another hold of her feet, and gradually stretch her; if she is not too weak she may resist. Then the same may be done when she is lying on her face, the assistant gradually raising her feet as she draws. This tends to raise the ribs, enlarge the abdominal cavity, and causes a flow of blood to the extremities. Also exercise the extremities as directed under the head of leucorrhœa. Let the patient lie on her face and rest the entire weight of her body on her elbows and toes, and gradually raise her hips and lower them several times. If the patient is very weak, an assistant may support part of her weight and assist her. This simple exercise, practised for a short time two or three times a day, is worth more for the relief, and radical cure of falling of the womb than all the supporters and pessaries ever invented. Let the patient lie on her back with her hips elevated and her knees drawn up, then let an assistant repeatedly draw her knees apart, the patient resisting; then let the patient bring them together, the assistant resisting. All the above exercises are taken in the horizontal position and do not increase the prolapsus, but tend to restore the womb to its nat-

ural position, and to strengthen the muscles and parts which should retain it in its true position. Persevere then with such exercises, until cured. Homœopathic remedies will also greatly aid in restoring the patient to sound health, and in relieving the unpleasant symptoms which attend this displacement of the womb. In fact the remedies alone will cure many cases, where the displacement is not too great. Falling of the womb is frequently caused by congestion and enlargement of that organ, and homœopathic remedies cure by relieving the congestion.

Nux vomica: If prolapsus, or symptoms of this affection follow confinement, give a dose of this remedy every night, and let the patient keep the horizontal position until she is entirely relieved. In other cases you may commence the treatment with this remedy, giving a dose every night. If the patient's menses are profuse or frequent, give also a dose of *Calcarea carb.* every third morning, but if the menses are natural or scanty, give a dose of *Sepia* every third morning instead of that remedy.

If, at the end of a month, the patient is not relieved, omit *Nux vomica* and give *Belladonna* every night, and give either *Calcarea carb.* or *Sepia* once a week in the morning. At the end of another month, *Nux vomica* can be given again if necessary, but it will be better to consult a homœopathic physician if the patient is not cured.

INFLAMMATION OF THE WOMB (METRITIS).

This disease may occur at any age, although it is very rare before puberty; it not unfrequently attacks newly-married females; it occasionally occurs during pregnancy, but is far more frequent during confinement than at any other period; and when it attacks lying-in females it constitutes one form of childbed fever. It may be caused by mechanical injuries, exposure, the extension of inflammation from other organs, &c. The disease may be acute or chronic.

Symptoms.—If the attack is acute and severe there are chills followed by fever, a sensation of uneasiness, and heat in the re-

gion of the womb with more or less pain, which may be sharp and in paroxysms, or dull, and may extend to the back and groin. The irritation may extend to the bladder and cause irritation in the urinary passages, or to the bowels and cause diarrhoea. There is generally tenderness on pressure, and nausea and vomiting are not uncommon.

Treatment.—*Aconite* is the most important remedy at the commencement of the disease when the skin is hot, and there are burning and pain in the region of the womb; give a dose every hour.

Dose, see page 7.

Belladonna, at the end of twelve hours, should take the place of *Aconite*, or, if the skin is hot and dry, it should be given alternately with it at intervals of one hour. These remedies one or both should be continued until the acute symptoms are relieved. It is necessary sometimes to continue them several days.

Chamomilla may be given when passion or disappointment has caused the disease. Give *Mercurius viv.* when there are shooting pressive pains with little heat but free perspiration. Give *Nux vomica* after the acute symptoms have been somewhat relieved by other remedies, where there remains a burning, aching sensation in the region of the womb, with pain in the back, and aggravation of the symptoms in the morning. Give a dose once in six hours.

Consult the section on childbed or puerperal fever.

INFLAMMATION OF THE OVARIES.

There is pain, more or less acute, in the lower part of the abdomen, on one or both sides in front of the hips. There is generally tenderness on pressure and sometimes swelling. If the disease is acute there are perhaps chills, fever, and loss of appetite. This disease, when overlooked or neglected, is very apt to become chronic.

Treatment.—If the symptoms are acute, give *Aconite* once in two hours, and if it fails to relieve within twenty-four hours, give

Belladonna, once in four hours; and if, at the end of two or three days, the symptoms are not relieved, give it alternately with *Lachesis*, at intervals of two hours. In chronic cases, or cases which threaten to become chronic, give *Platina* every night, if *Belladonna* and *Lachesis* do not cure the disease; afterward give *Sepia* every night.

INFLAMMATION OF THE LABIA

It is not uncommon for the lips of the vagina or passage to the womb to become inflamed, red, swollen, and hot; and if the inflammation is not subdued, an abscess is apt to form. This affection may be caused by the rupture of the hymen, difficult labor, exposure, or it may occur without apparent cause.

Treatment.—If the disease has been caused by mechanical injuries, give *Arnica* once in three hours. In other cases, give *Belladonna* once in two hours. If at the end of twelve hours there is no improvement, alternate it with *Rhus tox.*, at intervals of two hours. Wash the parts three or four times a day, with a weak solution of *Arnica*; half a teaspoonful of the tincture, to a teacupful of water, is about the right strength. If the above remedies fail to relieve, give *Mercurius viv.* once in four hours.

PREGNANCY.

Although females should enjoy good health while in this condition, still, in the present artificial state of society, it is not unfrequently attended with distressing symptoms, severe diseases and dangerous accidents. To point out all the causes of such difficulties would require a volume, and such a volume the author has written, and every female who would shun suffering and disease, should read the "Avoidable Causes of Disease."

The pregnant female should take regular exercise in the open air and sunlight, riding and walking. Active indoor exercise and labor are useful. The patient should shun over-exertion, hard lifting, and too long walks. She should, above all, carefully avoid

tight-dressing, even about the waist and chest, for it may not only injure her, but destroy her child, or cause it to be deformed. She should cultivate cheerfulness and contentment, avoid strong mental emotions and outbursts of passion, and have no fears as to the result; for under homœopathic treatment, during pregnancy and confinement, when compared with the allopathic treatment, there is very little danger. Nowhere is the wonderful superiority of homœopathy more manifest, than in the success which attends the treatment of females during pregnancy, labor, and confinement, when compared with the best results of any other system of practice.

DIZZINESS AND HEADACHE.

A sense of fullness in the head, chest, and, in fact, of the whole body, with dizziness or headache, is not uncommon. When such symptoms occur, give a dose of *Aconite* in the morning, and a dose of *Belladonna* at night. If these remedies do not give relief soon, consult the sections on headache, and congestion of the brain, on pages 309, 303, and 304.

MORNING SICKNESS.

Heartburn, sour stomach, nausea, and vomiting, are common symptoms, generally commencing about six weeks after conception, and continuing, when not relieved by treatment, for eight or ten weeks; sometimes in fact not abating until after delivery. These symptoms are generally more troublesome in the morning than at any other time of day.

Treatment.—For heartburn or sour stomach, give a dose of *Pulsatilla* every night. If *Pulsatilla* fails to relieve the symptoms, give a dose of *Nux vom.* every night, and a dose of *Pulsatilla* every morning.

For nausea and vomiting, give a dose of *Nux vom.* every night, and a dose of *Ipecac* at any time when there is any nausea, but not more frequently than once in four hours.

If the above remedies fail, give *Natrum mur.* night and morning. *Arsenicum* will be required in obstinate cases, when there is great heat and burning in the stomach.

Opium, when the nausea is aggravated on sitting up. *Sepia*, in obstinate cases. The remedies last named may be given two or three times a day.

CONSTIPATION.

This is not an uncommon symptom during pregnancy. The patient should take regular exercise, eat coarse bread and fruits, and attend to the bowels at a regular hour every day. Give a dose of *Nux vom.* every night and a dose of *Sulphur* in the morning. If these remedies do not relieve, give *Natrum mur.* night and morning; if this fails, give *Lycopodium* at night, and *Bryonia* in the morning. *Opium* three times a day is sometimes useful. Consult the section on constipation, page 238.

DIARRHŒA.

This affection is less frequent during pregnancy than constipation, but it is much more injurious when it does occur. The chief remedies are *Phosphorus*, *Sepia*, *Sulphur*, and *Lulcamara*, although other remedies may be required. For the indications for the use of individual remedies, consult the section on diarrhœa, page 222.

ITCHING OF THE PRIVATE PARTS.

It may be accompanied by a thrushlike eruption. In that case wash the parts with a weak solution of *Borax*, and give *Mercurius viv.* one night and *Sulphur* the next, and so continue. If the parts are of a dark red color, and there is oozing of a watery fluid, give *Rhus tox.* one night and *Sulphur* the next. If there is dryness of the parts, give *Bryonia* three times a day. *Lycopodium* every night is sometimes useful.