

PRUSSIC ACID.—Shower the head and spine with cold water, and let the patient smell of camphor or of ammonia.

OPIMUM.—If a stomach pump is at hand, the stomach should be thoroughly rinsed out; but if one cannot be obtained immediately, excite vomiting as soon as possible, by any of the measures named near the commencement of this section. Pour cold water over the head, spine, and chest; if the patient is a child, plunge the body into warm water and suddenly remove it into the cold air occasionally. Do not let the patient fall asleep, keep him walking, slap his hands, feet, and body. Do not give vinegar, but you may give coffee or tea. Electricity is sometimes useful.

In cases of poisoning from **NUX VOMICA**, **STRYCHNINE**, **HYOSCYAMUS** (MONK'S HOOD) **BELLADONNA**, **STRAMONIUM**, **CICUTA**, or **HEMLOCK**, or any other vegetable substance, excite vomiting as soon as possible, by the use of any of the means named near the commencement of this section, or use the stomach pump. Do not use cold water as directed in cases of poisoning by opium or morphine. You may give drop doses of *Camphor*, often repeated, also strong *Coffee*, and for convulsions, if they are severe and persist, let the patient breathe *Chloroform* during them, omitting it as soon as the convulsions abate.

ALCOHOL.—The effects of poisonous doses of alcohol may be counteracted by showering the head and body with cold water, when the body is hot. Also cause vomiting as soon as possible, or use the stomach pump.

If inflammation or other forms of disease result from the action of poisons, consult the section on such disease in this work, and follow the directions there found, only always avoid the use of the article which has caused the symptoms, and select some other remedy.

CHAPTER XII.

EMERGENCIES,

AND DISEASES AND SYMPTOMS NOT ALREADY NOTICED.

THERE are times when prompt action is requisite to rescue individuals from immediate danger and death. At such critical moments it is all-important that the right thing should be done on the spot, and it is perhaps equally essential that improper measures be avoided. The aim in this chapter is simply to point out separately what should be done *first*, and then to refer the reader to the page where he will find full directions for further treatment.

BLEEDING (HEMORRHAGE).

If from a wound the blood flows in jets, press directly one or more fingers into the wound on to the end of the bleeding vessel or vessels. If from a wound on the inner part of the thigh or leg, press in the wound, and also with one thumb press firmly on the artery as it passes from the abdomen over the bone into the groin.

For further directions, see page 385.

Bleeding from the lungs, if alarming: Place the patient half-way between a sitting and lying position, unfasten the garments about the neck, chest, and waist, and apply cold water to the chest. The patient should not speak. If you have at hand, give *Aconite* alternately with *Ipecac* fifteen minutes apart. If you have no remedies, dissolve a teaspoonful of salt in half a glass of water and give a teaspoonful of the solution every ten minutes.

For further directions, see page 161.

BURNS AND SCALDS (IF EXTENSIVE).

Protect the surface from the air by applying dry cotton, or cotton moistened with sweet oil, or dust the parts repeatedly with wheat flour; or if at hand, apply cloth moistened with a liniment of sweet oil and lime-water. For further directions, see page 383.

FREEZING, AND FROST-BITTEN PARTS.

Keep the patient away from the fire; apply snow, ice-water, or cold water. For further directions, see page 384.

FITS, CONVULSIONS, &c.

If a patient falls in a fit, and is convulsed, or has twitchings of the face or extremities, with or without frothing at the mouth, let him remain in the horizontal position, with the head and shoulders raised; remove everything tight from around the neck and chest; apply cold water to the head, and for further directions, see pages 318 and 321.

If the patient is motionless, with blowing out of lips, elevate the head and shoulders, and if the head is hot and the face flushed, apply cold water to the head. For further directions, consult the section on apoplexy, page 304.

FADING FITS—SWOONING.

The face is deathly pale, and the lips colorless, the patient is unconscious, respiration and circulation are apparently nearly or quite suspended. Place the patient *immediately* in the horizontal position, with the head and shoulders as low or lower than the body; admit fresh air, and dash cold water over the face and chest. If relief does not soon follow, resort to artificial respiration, as directed on page 388, in cases of drowning. Also see page 179.

APPARENT DEATH (ASPHYXIA),

FROM DROWNING, HANGING, CHOKING, OR SMOTHERING.

If from drowning, remove all wet garments. In all cases of apparent death from either of the above causes, place the patient in a horizontal position, and apply dry warm flannel to the surface of the body, and warm bricks and bottles of warm water to the extremities and sides. In cases from smothering, choking, or hanging, dash a little cold water over the face and chest two or three times, and wipe dry afterward. In all cases resort immediately to artificial respiration as directed on page 388.

APPARENT DEATH FROM GASES AND LIGHTNING.

Place the body in a current of cool, fresh air, and dash cold water repeatedly over the face, neck, and body, and resort to artificial respiration as directed in cases of apparent death from drowning, on page 388. If the body becomes cold, apply artificial warmth as directed in cases of drowning. For further directions, see page 389.

Apparent death from a fall, resort to artificial respiration and warmth. See page 389.

POISONS AND THEIR ANTIDOTES

In all cases, if a poison has been taken into the stomach, excite vomiting as soon as possible, by giving freely of tepid water, and by tickling the throat with the finger or a feather. For further directions, see pages 390, 391, and 392.

SIGNS OF DEATH.

It may be thought an easy matter to say whether an individual is dead or alive, but it is sometimes extremely difficult to determine with certainty, and yet very important to decide correctly; for severe cases of fainting, and of asphyxia, not unfrequently terminate fatally, through a neglect of proper restorative measures.

All apparent respiration and circulation may cease for hours, possibly for days, and yet the patient be alive, and finally recover.

There is but one sure sign of absolute death, and that is the beginning of decomposition, which is indicated by the smell, and by the greenish, or bluish discoloration of parts of the body. The darkish discolorations of the skin which are generally witnessed soon after or even before apparent death on dependent portions of the body, are not signs of decomposition.

There is but one certain sign that an individual is dying, and that, in cases where there is no organic change to render recovery absolutely impossible, restorative efforts are useless, and that is the *rigidity* or stiffness of the muscular system which usually follows within a few hours after apparent death, and continues from a few

hours to four or five days in different cases. The limbs and body are stiff, and if forcibly bent, the part does not return to its former place, but remains where the force applied has left it. "This curious phenomenon is regarded by John Hunter as the last act of the vital principle," and by Nysten, as a "concentration of the remaining vital powers in the muscular system, preparatory to its final extinction." After this rigidity or stiffness has passed off, the body again becomes limber, and decomposition follows.

In cases of apparent death from drowning, asphyxia, fainting, and the like, we should not give up our efforts to restore the patient until this rigidity or stiffness makes its appearance.

In England, it is customary not to bury the dead until the commencement of decomposition, and this is as it should be. We should never think of interring a corpse till either decomposition has commenced, or rigidity makes it manifest recovery is impossible.

VARIOUS SYMPTOMS NOT ALREADY NOTICED.

FOR HABITUAL COLD FEET and coldness of the lower extremities, give *Rhus tox.* in the morning and *Silicea* at night. Washing in cold water is of service. In such cases, patients should shun hot water, stoves, and fires, for they increase the difficulty.

FOR PERSPIRATION OF THE FEET, give *Sulphur* every night for one week, and *Carbo veg.*, the next, and so continue. For an offensive cold perspiration, give *Silicea* every night.

FOR BURNING IN THE FEET, give *Pulsatilla* every night and *Calcarea carb.*, every morning, and wash with warm water.

FOR NUMBNESS of the lower extremities, give *Nux vomica* every night and *Silicea* every morning.

FOR NUMBNESS of the upper extremities, give *Nux vomica* at night and *Belladonna* in the morning, and in all cases of numbness consult the sections on Paralysis and Apoplexy.

FOR A BAD OR OFFENSIVE BREATH, if from bad teeth, consult a dentist, and wash the teeth and mouth frequently with water. In all cases, give *Nux vomica* at night and *Sulphur* in the morning, and if improvement does not follow within a month, give *Pulsatilla* instead of *Nux vomica* at night.

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THE AVOIDABLE CAUSES OF DISEASE

MARRIAGE, &c.,

(THE TWO VOLUMES IN ONE.)

BY JOHN ELLIS, M. D.

AND FOR SALE BY

TABLE OF CONTENTS:

PREFACE.—Diseases can generally be avoided if the requisite knowledge is possessed. Are our American people physically degenerating?—Importance of the Subjects Discussed.—The only true foundation for a real reformation of the evils of society.

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CHAPTER II.—Physical Causes of Disease—a General View—Predisposing Causes—Exciting Causes—Individual Causes—Specific Causes.

CHAPTER III.—Use and Abuse of the Digestive Organs—Uses performed by Food—Description of the Digestive Organs and the Process of Digestion—Proper and Improper Food—Bread—Animal Food—Condiments, Drugs, etc.

CHAPTER IV.—Violation of the Conditions requisite for Physical Development and Preservation. *Water.* Air—Impure Air—Ventilation—Poisonous Gases—Hot Air—Dry Air—Moist Air—Breathing—How we should Breathe. *Sunlight*—Its Effects on Vegetable Development—On Animal Development—Deformity and Disease result where Light is excluded. *Exercise*—Mental and Physical—Exercise of the Intellectual Faculties—Effects—Physical Exercise—Its Influence on Development—On Health—Results which follow the Neglect of Exercise—Labor—Active Amusements—Outdoor Sports—Calisthenics and Gymnastic Exercises—Their Importance in Schools, Cities, and Villages—Exercise as a Curative Agency.

CHAPTER V.—Children and the Causes of their Diseases—Hereditary Predisposition to Disease and its Causes—Delicate Organization and its Causes—Wants of Very Young Children—Nursing and Obstacles to Nursing—Wet Nurses—Bringing up Children by Hand, and Proper Food—Dosing Infants—Crying—Frequency of Nursing—Deficiency of Milk—Beer and Alcoholic Drinks—Cow's Milk—Weaning and Proper Food for Children after Weaning—Exercise, Air, and Light—Playgrounds for Young Children—Moral Management of Children—Dress—Shoes—Flannel.

CHAPTER VI.—Education—Our Imperfect System of Education among the Causes of Disease, Insanity, and Deformity.

Neglect of Moral Education—Consequences—Insanity—The Education of the Affections more important than Intellectual Education—Importance of Physical Education—Its almost Total Neglect and the Consequences which result—Too Lengthy Confinement in School—Proposed Change in our Schools—Neglect of Elocution and Oratory in our Schools and Colleges—Clergymen's Throat-ail—Its Causes—Prevention and Cure.

In this and in the preceding chapter, comprising eighty-seven pages, will be found more useful and practical information in regard to the proper and improper management and education of children, than can be found in any other volume in the English language.

CHAPTER VII.—Fashions and Habits of the Ladies—Health of American Women—Excessive Confinement in Schools while Young—Dark Parlors and Rooms—Consequences.

CHAPTER VIII.—Neglect of Amusements—Motives which should prompt and restrain in seeking Amusements—Improper Amusements—Those which are Proper—Dancing—Abuse of Amusements.

CHAPTER IX.—Improper Use of Poisons—Signs by which Poisons can be recognized—Opium: Its Effects—Tobacco: Its Effects—As a Poison—Symptoms caused by its Habitual Use.

CHAPTER X.—Alcoholic and Fermented Drinks—Physiological Testimony—Natural and Unnatural Stimulants—Effects of Unnatural Stimulants—Drunkenness—Wine—Beer.

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MARRIAGE, &c.

EQUALITY OF THE SEXES.—Mental and Physical Characteristics of the two Sexes—Man is Superior as Man, and Woman as Woman—What Constitutes a True Marriage—Marriage of Similars or "Congenials," Mentally and Physically, and the Consequences which result to the Parties and their Offspring, both as to Mind and Body—Marriage of Opposites and the Results—The only True Foundation for Happiness in Married Life—Want of Congeniality or Affinity—The True Remedy—Licentiousness—Vice.

Of the Avoidable Causes of Disease, the *New York Independent* says:

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