

A

# GUIDE TO HEALTH,

BEING AN

EXPOSITION OF THE PRINCIPLES

OF THE

THOMSONIAN SYSTEM OF PRACTICE,

AND THEIR

MODE OF APPLICATION

IN THE

CURE OF EVERY FORM OF DISEASE;

EMBRACING A CONCISE VIEW OF

THE VARIOUS THEORIES OF ANCIENT AND MODERN PRACTICE.

---

BY BENJAMIN COLBY.

---

Third Edition, enlarged and revised.

---

Let us strip our profession of every thing that looks like mystery.—RUSH.

---

---

MILFORD, N.H.

JOHN BURNS.

.....  
1846.

## EDITOR'S NOTE:

Quaint and antiquarian though this book may seem, Colby, a more polished voice than his mentor, Samuel Thomson, was dealing as best as possible with the arrogant, hubristic and mechanistic disarray of Medicine between 1800 and 1860. The Thomsonians were radical populists that espoused the rude concept that common sense and a little learning was a better doctor than professionals seemingly addicted to bloodletting, purging with heavy metals, and heroic cleanses. They were a popular and robust "sect", with lay practitioners crawling all over the woodwork like ticks on a feeble dog.

The substantial presence in later years of "irregular" physicians (licensed M.D.s) such as the Eclectics and the Physio-Medicalists, as well as medical Homeopathy, was opposed with almost religious fervor by the "regulars" of the Eastern Establishment. Better funded (often by public moneys) and with close ties to full universities, the regulars prevailed in almost all arenas by the first decade of the twentieth century. The last Eclectic Medical School closed to resounding indifference in 1938. Well before that time, mainstream American Medicine had responded to the CAUSE of opposition by cleaning its house, and reestablishing the general trust of most Americans. The populist movements, by whatever name, had served the greater good...and sealed their own doom.

Frankly, the problems of mid-nineteenth-century medicine uncomfortably resemble the state of medicine at the end of the twentieth century, with alternative medicine/healing/therapy presenting a populist resistance to Standard Practice Medicine that seems to be growing almost exponentially. The slow, ritually scathing indictment by Colby of Medicine in his day may seem quaint...unless you remember that the physicians he verbally eviscerates were products of the most rigorous training available anywhere. His denouncement of the quack remedies of his age are blamed upon the people's loss of faith in regular medicine, a state disturbingly similar to our present circumstance.

In my life I have seen DES therapy and the standard practice of thymus implants with radium come and go...a few brief years later scoffed at as "primitive". Yet hundreds of thousands of physicians still in practice dutifully used BOTH of these modalities at the time, with nary a question (until later). To the educated outsider, it seems astonishing how little attention is given by Medicine to its own history...even that of a decade or two past. History of Medicine as taught in medical schools consists of the exposition of its SUCCESSFUL lineage, whereas the most important parts are not who first observed the circulation of blood or saw the potential of the Digitalis in a Herb Woman's brew. The greatest lessons medicine has learned in the last several centuries has come from CORRECTING its mistakes.

If the last century is an example to learn from, it will be many frantic years before we "irregulars" bring about the re-ordination of mainstream medicine back into the vitalist center. In that context, as well as for some of its surprisingly sound observations, this popular little book from 150 years ago can serve as a parable for our present perceptions of the early-stages of medical decline.

Michael Moore

# A GUIDE TO HEALTH

by Benjamin Colby  
Milford, N.H., 1846

## PART V.

### CHAPTER X.

#### THE TREATMENT OF DIFFERENT MANIFESTATIONS OF DISEASE.

Having arrived at the knowledge of what disease is, its cause, the indications necessary to be accomplished, and the means to be used to accomplish those indications, we have now to point out the particular circumstances or symptoms requiring the accomplishment of each of these indications, and the mode of applying the remedy. This we shall endeavor to do in a manner so plain and simple, that any person may not be at a loss to know what course to pursue in any form of disease.

A large proportion of the different forms of disease depends on constriction or spasm, either general or local, producing an obstruction of the secretions, and a retention of the morbid impurities of the system. The cause is cold, or any irritating substance applied to, or taken into the system. The result is local or general excitement, usually termed fever or inflammation. Other forms of disease depend on relaxation, paralysis, injuries, or change in structure of some organ. Notwithstanding the general adaptedness of "a course of medicine," as described in this work, for the cure of every form of disease, yet some of the different manifestations of disease may require a modification of the treatment, so as to accomplish the object sooner and with less suffering and inconvenience to the patient; we shall therefore give a particular description of such forms of disease and their symptoms and peculiar treatment.

#### FEVER.

This manifestation of disease is but the effect of an effort of nature to expel from the system some irritating substance. Its division into colors and classes is unnecessary, as these different symptoms are but the same cause acting on different organs. The usual symptoms are pain in the head, back and limbs; full, quick pulse; chilliness,

succeeded by a preternatural degree of heat on the surface; thirst; tongue coated, and general weakness.

**Treatment.**—In the first stages, a full course of medicine is the best process to remove the cause of fever. If this fails to remove the cause, and the pulse is full and quick, and the surface hot and dry, give a half tea-spoonful of crawley root in some warming tea once an hour, and bathe the surface in saleratus water, nearly cold, every two hours. Give an injection once in two hours until free perspiration appears on the surface, after which rub with a dry woolen cloth once an hour, and change the sheets twice a day. If this course fails to produce perspiration, put two tea-spoonfuls of the emetic powder into a cup of hot water, and give two tea-spoonfuls of the tea every half hour until vomiting is produced. If there is a coldness of the surface or extremities, steam freely and add a tea-spoonful of Cayenne to the emetic powder, and continue its use until the surface becomes warm and moist, and the pulse regular. In some forms of fever there appears to be a paralyzation of the nervous system, as in putrid fever, where the common portions of medicine will have no effect; in which cases, give the antispasmodic tincture in great spoonful doses, by injection and into the stomach, until free vomiting is produced.

In the treatment of fever, as well as in every other form of disease, the quantity and power of the medicine should depend on the obstinacy of the disease. The indications to be accomplished in all colors and forms of fever, are to produce a free, easy and general perspiration, and maintain it; and to remove obstructions from every part of the system. If pennyroyal or catmint tea will do this, it is all that is required,—but stop not short of giving a pound of lobelia, and other things in proportion, until you have accomplished those objects. Many Thomsonian physicians fail to cure fevers, by depending on fixed potions of medicine, or going through a certain process as directed by some medical author instead of keeping in view the object for which the medicine is given, and persevering until that object is accomplished. We would therefore urge upon all who undertake to cure fever, especially of the typhoid type, to pursue a thorough course of treatment in the early stage, and they will seldom fail of success. If friends object, let them take the responsibility and manage the case in their own way. Suffer no one to take charge of the patient who is not friendly to the medicine, if it can be possibly avoided, or you will be disappointed in the result. Caution should be used, after the cause is removed; that the patient does not take cold or over-load the stomach and bring on a relapse, which is always more difficult to overcome than the first attack. After the fever abates, and the coating comes off the tongue, give a tea-spoonful of the spiced bitters three times a day.

## AGUE AND FEVER.

The first symptoms of this form of disease are— general debility, loss of appetite, more or less distress at the pit of the stomach, obstructed perspiration, restlessness and languor, aching in the back and limbs, and increased sensibility to cold.

*The cold stage, or chill.*—The chill comes on with a coldness along the back, and an irresistible desire to yawn and stretch. There is a general coldness and contracted state of the skin, and a sensation down the back as from the trickling of cold water. The jaws begin to quiver or chatter, and a general shivering takes place over the whole body; which, in some instances, continues but a few minutes, and in others for several hours. The chill is succeeded by flashes of heat, which continue to increase until the fever is fully developed. Distressing vomiting often occurs at this period.

*The re-action, or hot stage.*—In this stage of the disease the countenance becomes flushed, and the skin dry and hot; the pulse rises and becomes full and strong; there is pain in the head, back and extremities, and not infrequently more or less delirium. The duration of the fever varies in different cases, but finally effects a crisis by a restoration of the secretions from the skin and kidneys, and thus terminating in

*The sweating stage, or crisis.*—As perspiration takes place, the breathing becomes less difficult; the pulse softens, and a general abatement of all the distressing symptoms takes place. These three stages form what is called a paroxysm of the fever, which occur every day, every other day, or once in three days, and generally about the same hour of the day—the patient remaining tolerably comfortable between the paroxysms.

*Treatment.*—The indications of cure are to aid nature in her efforts to expel from the system morbid matter on which the disease depends. To do this, administer a full and thorough course of Thomsonian medicine, commencing an hour or two before the time at which the chill comes on. Bathe the surface with the stimulating liniment after the last steaming. Then take a teaspoon twice full of Cayenne, and as much bayberry and golden seal, and steep it in a pint of hot water, and take half a cupful once in three hours, and four of the pills No. 1, at bed time. Avoid for a short time any exposure to damp or cold air—live temperately—exercise moderately, and bathe the surface every morning in cold water if the weather be warm, or cayenne and vinegar if it be cold. If, after this process, there are any symptoms indicating a return of the disease, take another course of medicine, and repeat every day until the symptoms entirely disappear.

## ABORTION.

The premature expulsion of the fetus has become quite common among those who, though they *designedly* use no means to produce it, yet their habits of compressing the chest or tight lacing does do so, and still more so among those who resort to poisons to accomplish that object. Language cannot portray the wickedness of the latter, or folly of the former. Says Dr. Curtis “Of the multitudes that have sunk under the premature expulsion of the fetus, the dark and silent regions of the grave alone contain the record. I have no doubt that if all who have thus committed suicide, could array themselves before us, the effect would be insupportable to the most hardened feelings of our nature.”

Other causes than those mentioned tend to produce abortion, such as falls, reaching too high, frights, lifting, hard labor, grief, &c. The usual symptoms are pain in the back, loins, and lower part of the abdomen, chills, nausea, flowing and palpitation of the heart.

**Treatment.**—In this case, the old adage is emphatically applicable, that “an ounce of prevention is worth a pound of cure.” Let those who are expecting to become mothers, whose habits of compressing the chest predisposes them to an abortion, take one or two courses of medicine to relax the muscles of the abdomen, and two of the pills No. 1, at night. When the symptoms of abortion are exhibited, take freely of composition, and put a jug of warm water at the feet. If this does not relieve, take a full course of medicine, which, if it has not progressed too far, will prevent it; if so, it will assist nature to expel the fetus, the life of which has now become extinct in consequence of the detachment of the placenta; after which take the Female Restorative three times a day before eating, and two of the pills No. 1, at night.

## AGUE IN THE FACE.

The face on one side, or both, frequently becomes swollen and exceedingly painful, depending on decayed or ulcerated teeth or a cold.

**Treatment.**—Inhale the steam of Cayenne and vinegar, and tie up a tea-spoonful of Cayenne in a thin rag and put it between the gum and cheek. and it will produce a free discharge of saliva; which usually affords relief. If this does not remove the pain and swelling, a full course of medicine should be resorted to.

## ASTHMA AND PHTHISIC.

The symptoms of these forms of disease are, difficulty of breathing, which generally comes on towards night, tightness across the chest, together with a peculiar wheezing, being frequently threatened with immediate suffocation on attempting to lie down. Towards morning the symptoms abate, and the patient feels much easier. At other times the symptoms are so mild as to subject the patient to little inconvenience, and in children it is usually called phthisic.

*Treatment.*—Half a tea-spoonful of tincture lobelia, or half tea-spoonful of skunk cabbage, repeated as occasion requires, in half a cupful of pennyroyal tea, will usually afford immediate relief. For a permanent cure, take two or three full courses of medicine in as many days, after which take spiced bitters, composition, and pills No. 1, according to directions, for two or three weeks.

## ABSCESSSES AND BOILS.

An abscess or boil is produced by an effort of nature to throw from the system morbid matter.

*Treatment.*—Apply a poultice of slippery elm, lobelia and a little soft soap, which will soon bring it to a head. When it is fit for opening, which may be known by the thinness of the skin in the most prominent part of it, it should be punctured with a lancet or some sharp-pointed instrument.

## BLEEDING FROM THE NOSE.

The blood-vessels of the nose are more easily ruptured than in any other part of the system; when, therefore, there is a determination of blood to the head, or any external violence, a profuse discharge sometimes takes place.

*Treatment.*—Immerse the feet in warm water, and drink freely of composition or pennyroyal tea to equalize the circulation; and it will soon cease.

## BLEEDING FROM THE LUNGS AND STOMACH.

These are usually considered dangerous forms of disease.; but their danger depends on other symptoms. If there are other symptoms

of consumption, bleeding from the lungs is difficult to cure.

*Treatment.*—A strong tea of witch hazel leaves will usually check bleeding from the lungs or stomach. If this does not check it, give a teaspoonful of composition once in fifteen minutes, and immerse the feet in hot water. After giving composition two or three times, add half a teaspoonful of antispasmodic tincture to the same, and continue it until vomiting is produced. No danger need be apprehended in taking an emetic of lobelia. I have given them repeatedly in these cases with the happiest result.

## **BRUISES OR INJURIES FROM BLOWS OR FALLS**

If the injury be not very severe, bathing with cold water, hot drops, or wormwood moistened with spirits, and taking a teaspoonful of composition, is all that is required. But if very severe, the vapor bath should be immediately administered, with a free use of composition, which is far preferable to bleeding. If the patient is injured so as to be insensible, put down the throat or give by injection a great spoonful of antispasmodic tincture, which will restore sensibility. In some cases, a thorough course of medicine ought to be administered.

## **BURNS OR SCALDS.**

The best application that can be made to burns or scalds, when first done, is cold water. Take a cloth wet in cold water, and wrap several thicknesses round or lay on the part, to be wet as often as the pain returns. Give warm medicine internally. If the skin is broken, apply a poultice of slippery elm, wet with raspberry leaf tea.

## **CANCER.**

Cancer usually seats upon the fleshy portions of the system, as the breast, lip, &c. It commences with a small hard bunch, gradually increasing, attended with sharp, lancinating pains, as though needles were being run through it. It sometimes continues in this way a number of years, at other times it proceeds rapidly to ulceration, discharging a thin, acrimonious fluid, corroding and destroying the contiguous parts.

*Treatment.*—If suppuration has not already commenced, the sorrel salve or the dried juice of wood sorrel should be applied; or if this fail to produce suppuration, the caustic potash, prepared by

burning red oak bark to ashes, in a stove or on a clean hearth, drain boiling water through them till the strength is obtained; boil the lye to the consistence of brown sugar. Keep it in a glass stopped bottle, as it destroys cork. Put some on the cancer for fifteen minutes. If it smarts much, sponge it with vinegar; wash it off with warm soap suds, made of Castile soap. The cancer plaster mentioned in this work should then be applied. Then poultice with lobelia, slippery elm, and catmint. After which apply the elder salve. Courses of medicine should be frequently given, and a syrup of pipsissiway, sarsaparilla, and yellow dock root taken freely.

## CHICKEN POX.

This eruption is usually preceded by feverish symptoms. About the second or third day, the pimples become filled with a watery fluid, which is never converted into yellow matter as in the small pox; and about the fifth day, they usually dry away, and are formed into crusts or scabs.

*Treatment.*—Give composition or saffron and snake root tea, which is all the medicine that is usually required in this form of disease. Should the constitution of the patient be so feeble that the eruption is not well thrown out, a course of medicine should be administered, and repeated if necessary.

## COLIC.

This form of disease is attended with severe pain in the bowels, nausea, and sometimes vomiting, and distention of the stomach. It is usually occasioned by some acrid substance taken into or generated in the stomach, such as unripe fruit, vitiated bile or gas, undigested food, &c.

*Treatment.*—Some cases require thorough treatment. Nothing will afford relief so quick as enemas, which should be given every ten minutes until relief is obtained; then cleanse the syringe, and administer a pint of slippery elm tea by injection, to soothe the bowels. It is sometimes necessary to give a full course of medicine. Mild cases may be cured by taking a teaspoonful of composition, hot drops, or some aromatic tea. A few drops of anti-spasmodic tincture in peppermint tea, is excellent.

## CONSUMPTION.

Pulmonary consumption is characterized by emaciation, debility, cough, hectic fever, and purulent expectoration, night sweats, &c. One writer enumerates thirty different species of consumption; but this enumeration seems unnecessary for practical purposes. When one lobe is affected, the disease is very slow in its progress, often lasting for many years; but when the substance of both lungs is affected, the disease progresses rapidly, commonly called the galloping consumption.

This disease has prevailed extensively from the earliest periods of history to the present time, and has swept more from the earth than the sword or famine. In all northern climates it commits the most terrible ravages. A writer, some years since, computed that out of a population of eleven millions, in the island of Great Britain, fifty-five thousand annually died of the consumption- and the same fatality attends the disease in this climate. I presume one third of all those who die in this country are taken off by pneumonic diseases, or affections of the lungs; all which shows not only the prevalence and fatality of the complaint, but likewise the inefficacy of the various methods of treatment, including the vast number of boasted nostrums of the day, with which the community are now so shamefully deceived and imposed upon.

A consumptive taint may be transmitted from parents to children, and produce a development of the disease at different periods of their lives, owing to those circumstances which are calculated to call this consumptive predisposition into action. A whole family has enjoyed comparative good health, till a certain period of life, when, upon a sudden attack of severe cold, or some other exciting cause, consumption has supervened and proved fatal to all; no doubt, some such case has come under the observation of the reader.

Among the remote causes, we may enumerate the particular formation of the body; such as prominent shoulders, narrow chests, &c.; scrofulous habit, bronchitis, pneumonia scrofula, and the sequel of eruptive diseases; particular employments, exposing the person to inhalation of dusty particles of matter, and fumes of metals and minerals; sedentary life, depressing passions, great evacuations, intemperance, nursing of infants too long, and whatever else induces debility; tight lacing, which serves to compress the chest and circumscribe the action of the pulmonary muscles; and lastly, the application of cold to the body, when in a state of perspiration, which is by far the most common of all causes; which shows the danger of the ball-room, where exercise is performed till the pores are opened, and suddenly closed by the application of cold, which ends in

consumption; nearly every patient who applies for medical aid, in speaking of the cause of his disease, refers to the time when he experienced a sudden check of perspiration, and date it from that period.

I may also mention those positions of the body which oblige the person to continue long in a stooping posture, as at the desk, in the manufacture of shoes, factories, sewing, &c.; also such employments as keep the hands and feet unnaturally cold.

The proximate or immediate cause may be ascribed to irritation on the delicate coat of the lungs, producing organic change or lesion of their structure, subsequently inducing tubercles or ulcers. There is a deleterious agent or fluid carried to this organ, which all of us daily receive into the system in our food and drink, instead of being carried off by the excretory vessels of the system. As an evidence of this, we find that as soon as a person whose lungs are weak, or who is predisposed to consumption, experiences a check of perspiration, or to use a common expression, takes cold, he immediately feels an irritation on the lungs, and begins to cough. This demonstrates that there is an offending matter, or noxious agent, which should be carried off by perspiration; hence the importance of keeping up a uniform determination to the surface, in order to preserve health.

**Treatment.**—It is generally supposed that pulmonary consumption is incurable. But the success of the Thomsonian practice in curing this form of disease, goes to prove that in many cases it can be cured. The patient, in order to be cured, must be willing to pursue strictly the prescribed course; denying himself of every indulgence that is injurious, and faithfully attending to every prescription calculated to benefit him.

It is generally necessary to administer two or three courses of medicine in a week, after having prepared the system for them by taking warming medicines a number of days previously. Between the courses, take one of the pills No. 1, every four hours, and the composition and spiced bitters according to the directions under the head of compounds.

A proper regard to diet, exercise and air, is very important in consumptive cases. The food should consist of coarse wheat bread, rice, ripe fruit, &c., eaten at regular meals only, and regular exercise in the open air, if the strength and weather permit. An effort should be made to exercise as much as possible, as many persons have been cured by a persevering effort of this kind. The surface should be bathed all over twice a day in cold water, if there be sufficient vitality to produce reaction; or if not, brandy and water, followed by friction with a coarse towel fifteen or twenty minutes. The feet should be protected from wet and cold.

## CHOLERA MORBUS, DIARRHEA, AND DYSENTERY.

These forms of disease are considered somewhat different; but the same method of treatment may be properly applied to each. In the first stages, or in mild attacks, the diarrhea powder or syrup taken according to directions will effect a cure. If the attack is severe, a full course of medicine should be given, followed up by injections, containing a large proportion of slippery elm, every half hour, until relief is obtained. For children, a tea of slippery elm and loaf sugar should be given freely; also the diarrhea powders, and injections of hemlock bark.

## CONVULSIONS OR FITS.

Fits are occasioned by an effort of nature to overcome some obstruction.

**Treatment.**—In cases of fits of every description, an injection should be administered, composed of slippery elm and antispasmodic tincture, in quantity according to age and severity of the attack, as soon as possible. If the jaws are locked, put some of the antispasmodic tincture into the back part of the mouth, and they will soon be come relaxed, then give a great spoonful in some kind of warming tea. In order to effect a permanent cure, full courses of medicine should be resorted to, with a constant stimulant and tonic treatment. Regard should also be had to diet and exercise in the open air, which are a *sine qua non* in the cure of all cases.

## CORNS.

To cure these troublesome consequences of tight shoes, avoid the first cause, or wear shoes sufficiently large for the foot, and wear a piece of India rubber over the corn, and a cure is certain.

## CROUP.

This heretofore frightful form of disease, which has ever baffled the skill of the faculty, and proved so almost universally fatal under their treatment, is generally too well known in this country, from unpleasant experience and observation, to need much explanation by way of description, for every American mother must sooner or later have witnessed more or less cases. It is a form of disease peculiar to

children, and has seldom or never been known to attack a person who has arrived at years of puberty. It mostly attacks infants, who are suddenly seized with difficulty of breathing, attended with a rattling noise—and like a multiplicity of other forms of disease, is caused by the application of cold, or, which is synonymous, a loss of the requisite quantity of heat for maintaining a healthy action in the animal economy, and consequently occurs more frequently in the winter and spring than in other seasons. In cases of croup, the mucous membrane of the trachea or windpipe becomes greatly inflamed, which induces a great secretion of a very tenacious coagulated lymph or mucous matter in the windpipe and bronchial vessels, which greatly impedes respiration, and if not relieved, in most cases will sooner or later prove fatal by suffocation, or total obstruction of the respiratory organs.

**Treatment.**—In treating croup, thorough, and sometimes often-repeated emetics should never be neglected, as they are almost the only prescription upon which much reliance can be placed; and lobelia is undoubtedly the most safe and effectual for this purpose of any thing known. It may be administered in powder or in an infusion, and in cases in which children are obstinate in taking medicine, the latter is preferable. A sufficient quantity should be given in all cases, to produce a thorough evacuation of the stomach, as there is little or no danger from the size of the dose, as no more will be used in the stomach than is necessary to produce the requisite cleansing and evacuation, the excess being thrown off as useless. The tincture or infusion of lobelia may be continued in small doses of a teaspoonful or so, after the stomach has been well cleansed and evacuated, and it will produce an excellent effect of arousing action in the stomach, loosening the viscid secretions upon the mucous membrane of the trachea or windpipe, promote expectoration, and allay the inflammation which usually accompanies and particularly affects the bronchial vessels. If the emetic in cases of croup does not operate freely and effectually, enemas or injections, well charged with tincture or third preparation, should be repeated until the stomach is effectually cleansed from all impurities. The child during the operation of the medicine should, if possible, be made to perspire freely, which may be done by feeding it with warm herb drinks and composition tea, by warm bathing, putting warm bricks or boiled blocks about the child in the cradle or bed.

## CATARRH IN THE HEAD.

The glands and membranes of the head secrete a fluid to keep the mouth, nose and eyes moist, which sometimes become obstructed, causing a flow from the nostrils, makes the eyes tender, irritates the nose and occasions sneezing, or falls into the throat and windpipe, and causes coughing, and, if long continued, the consumption.

*Treatment.*—Take one or two full courses of medicine, then use the catarrh snuff mentioned in this work. Dr. Beach recommends the following remedy: “Take common sage a tablespoonful, black pepper a teaspoonful; pulverize, and smoke two or three pipes during the day, and force the smoke through the nose.” Dr. Leavitt, of New York, recommends a snuff of blood root, gum arabic, and gum myrrh. equal parts, pulverized.

## CHILBLAINS.

These are painful swellings, attended with intolerable itching, which make their appearance on the hands, feet, nose, ears, and lips, in cold weather.

*Treatment.*—Bathe frequently in the rheumatic drops, and apply the meadow fern ointment. If there is much pain or inflammation, apply the elm poultice.

## COLDS AND COUGHS.

The application of cold to the body, giving a check to perspiration, is the general cause of these complaints. A cold is usually attended with difficulty of breathing, a sense of fullness and stopping in the nose, head-ache, cough, &c.

*Treatment.*—Take a teaspoonful of composition and two of the pills No. 1, at night, which will generally cure. If the cough should continue troublesome, take the cough drops or powders mentioned in this work. Should these fail to break up the cold, take a full course of medicine and avoid exposure for a few days, and a cure is certain.

## COSTIVENESS.

Costiveness is generally occasioned by improper food and sedentary habits; and the best remedy is to take active exercise in the open air, and live principally on coarse wheat bread, fruit, rye pudding, &c.; avoiding tea, coffee, fine flour bread, and physic.

## DIABETES.

The diabetes is an excessive, frequent, and sometimes an involuntary flow of urine. It is accompanied with great debility, costiveness, voracious appetite, emaciation, &c.

*Treatment.*—The most important indication in this form of disease is to increase the action of the skin and produce free perspiration. For this purpose the vapor bath should be frequently used, and the sudorific powders taken at night. The spiced bitters should be taken three times a day, and the surface bathed in Cayenne and vinegar every morning. If the patient is advanced in years and the constitution broken down, if the course prescribed above does not cure, it may be considered incurable. But if young and tolerably healthy in other respects, apply thorough courses of medicine until a cure is effected.

## DELIRIUM TREMENS.

This horrid disease is confined principally to those who are addicted to the free use of ardent spirits. The patient imagines he is surrounded by robbers, reptiles, or wild animals, and flies to the door or window to escape. His hands become tremulous, and he is restless and talkative.

*Treatment.*—A full course of medicine should be administered, steaming the patient in bed with heated stones wrapped in a damp cloth, placed at the feet and back. Give frequently of valerian or scullcap tea during its operation. The injections should be repeated and their strength increased, until the patient is quiet and inclined to sleep. It is found that kind treatment is much more successful in restoring the patient than violence, as is usually the case under all other circumstances.

## DROPSY.

Dropsy is an accumulation of watery fluid in the cellular membrane, or any of the cavities of the body. It is caused by a weakness of the absorbent vessels, which are unable to take up the fluid and discharge it from the system through the natural channels.

*Treatment.*—In the early stages, this form of disease may be cured by a free use of the diuretic syrup, stimulating conserve and pills No. 2, with a vapor bath occasionally. But in the more advanced stages, full courses of medicine are required, repeated once or twice a week. The patient should avoid drinking much, and live principally on dry food.

## DISLOCATIONS AND FRACTURES.

Simple fractures or dislocations may be reduced by any person of common mechanical ingenuity. The first object is to relax the muscles. The world is indebted to Dr. Thomson for the best mode of accomplishing this object. He directs the patient to take a dose of Cayenne and valerian, to promote perspiration, &c. Then wet a large cloth in hot water, and apply as hot as can be borne, around the injured part, and for some distance above and below it. This being done, hold a vessel under, and pour on water as hot as can be applied without pain, and so continue for fifteen or twenty minutes, when the cloth must be taken off, and the bone or bones placed in their proper position. If the case be a broken bone, it must be splintered; but if it be a joint out of place, nothing more will be necessary than to pour cold water on the part, which will contract the muscles and keep the bone in its proper position. Lobelia taken in broken doses, will also produce relaxation of the muscles, and is often very necessary in dislocation or fracture of large bones. Difficult cases of this kind will, of course, require the aid of experienced surgeons.

## DYSPEPSIA, OR INDIGESTION.

This form of disease may depend on any cause tending to produce weakness or inaction of the stomach, or obstruction in the secretion of gastric juice or bile. It is usually attended with pain after eating, costiveness, emaciation, colic, lowness of spirits, languor, &c.

*Treatment.*—The symptoms attending this form of disease may be relieved by medicine, but the cure can alone be effected by proper diet and exercise. The anti-dyspeptic powders will relieve the pain and soreness of the stomach after eating; pills No. 2 and injections should be used for the costiveness, and a course of medicine occasionally, to throw off the morbid accumulations, and stimulate the different organs to action. The diet should be simple, avoiding tea, coffee, butter, pork, and use but little meat of any kind. The coarse wheat bread is one of the very best articles of food in the complaint. Four or five hours' active exercise in the open air should be taken every day, and the whole body bathed in cold water every morning, followed by brisk friction with a coarse towel. Sedentary occupation should be given up, and those more in accordance with the laws of nature substituted.

## ERYSIPELAS, OR ST. ANTHONY'S FIRE.

This form of disease sometimes attacks all parts of the body, but is usually confined to the face and extremities. The inflammation appears in a small spot, and gradually spreads to a greater or less extent over the surrounding surface. When confined to the face, the symptoms are sometimes violent, swelling so as to close the eyelids. On the fourth or fifth day, blisters of different sizes make their appearance on the inflamed surface, containing a clear and watery fluid which afterwards becomes of a straw color and more or less glutinous. In twenty-four or forty-eight hours the blisters break, when the redness and swelling begin to subside, and the adjacent cuticle peels off in the form of scales.

*Treatment.*—In mild cases of this form of disease, a tea of meadow fern, taken freely and used for bathing, is all that is required. In more severe cases, composition and injections should be used, and if necessary a full course of medicine, repeated as occasion may require. A poultice of slippery elm will soothe the irritation and relieve the pain.

## EAR-ACHE.

Children are peculiarly liable to this distressing form of disease, occasioned by exposure to cold and dampness, or an abscess forming in the ear.

*Treatment.*—The ear-ache may be relieved by steaming the side of the head, and using the warm foot bath. The heart of a roasted onion, put into the ear as hot as it can be borne, will generally relieve. Syringing the ear with warm soap-suds will sometimes relieve the pain. A bath of hops, simmered in vinegar and applied warm, has been found very beneficial.

## FALLING OF THE FUNDAMENT.

This is often met with in children, occasioned by debility and relaxation of the parts.

*Treatment.*—It should be gently replaced with the fingers, smeared in lard or sweet oil. If inflammation and swelling have taken place, so that it cannot be easily returned, steam the part and poultice with slippery elm. Injections of hemlock, witch hazel or sumach will be found useful to strengthen the debilitated parts. The bowels should be kept free.

## FELONS AND WHITLOWS.

Felons and whitlows are very painful, being an inflammation of the covering membrane of the bone, and usually attack the finger joints.

**Treatment.**—As soon as matter forms, an incision may be made with a lancet to let it out. Dr. Thomson recommends burning a piece of punk the size of a pea on the affected part, covering the other portions of the finger with a cloth or napkin wetted with cold water. The burning may be repeated, if necessary; and the pain, it is said, is very slight. As soon as the vitality of the skin is destroyed, it is to be punctured with a needle, slightly elevated, and a small portion of it cut away, so that the pus may escape. This accomplished, the elm and ginger poultice may be applied as on any other sore.

## FLUOR ALBUS, OR WHITES,

Is so called from its appearance, which, though at first it is generally milky, sometimes changes to green, yellow or even brown, shows itself in an irregular discharge from the uterus and vagina. It is often attended with severe pain in the back and loins, weakness, loss of appetite, dejection of spirits, paleness and chilliness, and sometimes by difficult respiration, palpitations, faintings, and swelling of the lower extremities.

**Treatment.**—Full courses of medicine should be administered twice a week, and the composition and pills No. 1 intermediately, with injection "*per vaginam*" of a strong tea of witch hazel, and the female restorative three times a day, until a cure is effected.

## GOUT.

This is a very painful form of disease, generally attacking the small joints. It usually attacks men who indulge in high living, and lead a sedentary life. A celebrated physician recommended to a person afflicted with the gout, that he live upon a sixpence a day, and earn it. Attacks of this complaint rarely occur before the age of thirty-five or forty.

**Treatment.**—The affected part should be bathed with the stimulating liniment, and full courses of medicine repeated until relief is obtained. The elm poultice should also be used.

## GRAVEL, OR STONE.

The formation of small, sand-like concretions in the passage from the kidneys is called the gravel; but if they are formed of so large size that they cannot pass the *ureters*, or *urethra*, it is called the stone. The gravel often afflicts aged persons; the stone, children from infancy to fifteen years of age. They are attended with fixed pain in the loins or small of the back, sometimes shooting down the thighs, numbness of the thigh or leg on the side affected, frequent disposition to pass water, which flows in a small quantity, sometimes attended with a discharge of bloody urine.

**Treatment.**—The best article we have ever used as a solvent for the stone, is queen of the meadow root and cleavers, a strong decoction, drunk freely. The diuretic syrup will usually afford relief. In violent paroxysms of pain, fomentations should be applied to the painful part, of hops and wormwood, and a full course of medicine given. I knew an instance where the stone was passed with the water while in the steam box, and a cure immediately effected.

Persons afflicted with the gravel or stone, should avoid the use of fermented liquors, such as cider, beer, and especially wines, and all sour substances; at the same time giving preference to soft, instead of hard water.

## INFLAMMATION OF ANY INTERNAL ORGAN OR MEMBRANE.

In all cases of internal, local inflammation, the great object to be accomplished is to equalize the circulation, which the faithful administration of full courses of medicine seldom fails to accomplish; fomentations should be applied to the part affected, of wormwood, hops and tansy, wet in vinegar. The intermediate treatment should be the spiced bitters three times a day, and composition at night, with the daily dose of injections. If costive, take two of the pills No. 2, at night. A free use should be made of a tea of slippery elm and milk porridge should be the principal article of diet. Chronic inflammations can only be cured by a proper regulation of the diet, exercise, bathing, &c.

## EXTERNAL INFLAMMATION.

All cases of external inflammation should be bathed often in weak lye water, or a tea of meadow fern, and poulticed with the elm poultice, omitting the ginger. If very violent, the same course should be pursued as in internal inflammation.

## JAUNDICE.

This form of disease is characterized by yellowness of the skin, drowsiness, pain in the right side, clay-colored stools, &c. It is occasioned by an obstruction of the bile in its passage through the biliary ducts into the duodenum; it is absorbed, going into the circulation, rendering the blood impure, and deranging the operations of all the organs.

*Treatment.*—The spiced bitters, composition, and pills No. 2, taken according to the directions under the head of each, will almost invariably cure jaundice. If they should fail, two or three courses of medicine should be taken in connection with the above-named articles.

## MEASLES.

This form of disease is attended with feverish symptoms, hoarseness, vomiting, swelling and redness of eyes, a hoarse, dry cough, drowsiness, sneezing, and a thin, watery discharge from the eyes and nose. The tongue is covered with a white coat, and the breath very offensive. On the third or fourth day, the eruption makes its appearance about the face and forehead. It consists of small, red spots, which run into each other and form patches, which begin to disappear in three or four days.

*Treatment.*—In mild cases, all that is necessary is to give composition, or saffron and snake-root tea, to keep the skin moist, with an occasional injection to open the bowels. If the eruption does not make its appearance, and the feverish excitement continues, it will be necessary to give lobelia enough to produce vomiting, and injections often. The nettle rash, which this resembles, should be treated in precisely the same way.

## MUMPS.

This form of disease comes on with a swelling, sometimes on one and sometimes on both sides of the face and neck, at or near the angle of the jaws. The glands begin to swell and continue to enlarge until the fourth day, when the swelling declines, and in a few days is entirely gone.

Some danger attends this form of disease when the patient takes cold, transferring the swelling to the breasts of females and testicles of males.

*Treatment.*—But little if any medicine is required in this form of disease unless the patient take cold, in which case a full course of medicine should be administered, repeated as often as the nature of the case requires.

## **OBSTRUCTED OR PROFUSE MENSTRUATION.**

These forms of disease are characterized by general debility, pain in the head, coldness of the extremities, palpitation of the heart, &c.

*Treatment.*—The general treatment for each of these forms of disease should be precisely the same, viz.: full courses of medicine to remove the obstruction and equalize the circulation. In case of profuse menstruation, give the female restorative, a tea-spoonful three times a day, and inject a strong tea of witch hazel into the vagina

In obstructed menstruation, in addition to full courses of medicine, steam frequently and administer the female powders and pills No. 1, according to directions.

## **PARALYSIS OR PALSY.**

This form of disease is characterized by loss of sensibility and motion, generally of the left side, but sometimes confined to a particular part, as one or both hands, arms, or legs. It is occasioned by a loss of nervous energy, in consequence of an affection of the brain or spinal marrow, or a compression or injury of the nerves.

*Treatment.*—Full courses of medicine, combined with stimulating liniment applied to the part affected, will seldom fail to effect a cure. The spiced bitters, composition, injections, and pills No. 1, should be taken daily, according to directions, and the stimulating liniment applied twice a day.

## **PILES.**

These tumors are occasioned by the passage of hardened feces, forcing down the blood in the veins until the lining membrane is ruptured, and the blood presses out and forms small tumors; and when these are ruptured, profuse bleeding sometimes takes place.

*Treatment.*—The best remedy we have ever found for the piles is the pile ointment mentioned in this work; it seldom fails to relieve; injections should also be used of hemlock bark and slippery elm; a tea of mullein should be drunk freely, and the bowels kept open by using coarse wheat bread, rye pudding and ripe fruit. Physic of all kinds should be avoided, and costiveness prevented by diet and exercise.

## PLEURISY.

Pleurisy is an inflammation of the membrane that lines the internal surface of the chest, commonly affecting the right side. It is attended with acute lancinating pain in the side; hurried and painful breathing; a short, dry cough; the skin dry and hot; the pulse hard and frequent; and the tongue coated. Inflammation of the pleura is very liable to produce adhesions between the side of the chest and lungs; an occurrence, however, not productive of much danger or inconvenience. But under unfavorable circumstances, an abscess is sometimes formed, which is always attended with more or less hazard to the patient.

*Treatment.*—Slight attacks will, in general, require nothing more than the vapor bath and warming teas; but in more violent attacks the patient should be kept under the influence of lobelia until relief is obtained. A bath of hops or a poultice of lobelia and slippery elm may be applied to the side.

## CANKER RASH, PUTRID SORE THROAT, SCARLET FEVER.

These forms of disease combined, have prevailed to an alarming extent in different sections of New England, consigning to the tomb the fond hopes of many a devoted parent. Notwithstanding their alarming fatality when treated by the old school practice of physicing, bleeding and blistering, they have been almost invariably cured by the simple remedies of Thomson. The Thomsonian treatment, as can be proved by statistical accounts, will cure ninety-nine cases out of a hundred of scarlet fever and canker rash.

“The scarlet fever,” says Beach, “is so denominated from the scarlet color and eruptions which appear on the body. It occurs at all seasons of the year, but generally in the fall or beginning of winter.”

The scarlet fever commences with a chill and shivering, like other kinds of fever, with nausea and vomiting, great sickness succeeded by heat, thirst, and head-ache; sometimes in a very mild degree, at others more violent. The pulse is accelerated, the breathing is frequent or interrupted, the eyes red, and the eye-lids swollen. In two or three days the flesh begins to swell, a pricking sensation is experienced, and an eruption appears on the body in the form of a red stain or blotch, or rather of a fiery redness. It usually appears first upon the face, breast and arms, then over the whole body, of a uniform red color.

In the progress of the disease, one uniform redness, unattended, however, by any pustular eruption, pervades the face, body, and limbs,

which parts appear somewhat swollen. The eyes and nostrils partake likewise more or less of the redness, and, in proportion as the former have an inflamed appearance, so does the tendency to delirium prevail.

**Treatment.**—Thorough Thomsonian treatment, judiciously and perseveringly applied, has proved a certain cure in this form of disease. An emetic course should be given once or twice a day, with frequent injections. The surface should be bathed a number of times in a day with weak lye. Great care should be taken to prevent taking cold after the patient begins to recover.

Injections should be administered once in four hours, and the skin kept moist with a free use of cayenne and bayberry.

The throat should be frequently gargled with bayberry tea, or cayenne and vinegar. Mullen leaves, wet in vinegar, should be applied to the throat externally, and the entire surface frequently bathed with meadow-fern tea.

## RHEUMATISM.

This form of disease is usually occasioned by checking perspiration, and is most prevalent when the weather is damp and variable. The pain is very acute, and frequently changes from one part of the system to another.

**Treatment.**—This form of disease yields readily to the Thomsonian practice. The patient should take three or four courses of medicine in as many days, if the attack is very violent. The part affected should be bathed with the stimulating liniment, and the spiced bitters, composition and pills No. 1, used according to direction until a cure is effected. I have no doubt cold water, judiciously applied, will cure this form of disease; but I have never proved it.

## RUPTURE OR HERNIA.

This is a protrusion of a portion of the bowels or omentum, forming a tumor or sack under the skin. It generally occurs at the groin and inner part of the thigh. When the portion of the bowels becomes confined in the sack by the contraction of the orifice, it produces alarming effects, such as vomiting, pain and stoppage in the bowels, and if relief is not soon obtained, mortification takes place. This is called strangulated hernia.

**Treatment.**—The first object to be accomplished, is to replace the protruded portion of the bowels, which may generally be done by pressure with the fingers, the patient lying on his back, with his thighs

bent upon his body and his head elevated. A strangulated hernia cannot be returned until the inflammation and swelling are subdued. This can be speedily accomplished by a full course of medicine, or lobelia taken in small potions until the system is sufficiently relaxed, when it may be gently returned.

Dr. Logan, of Pennsylvania, recommends the application of a strong decoction of white oak bark to effect a permanent cure for hernia.

## SCALD-HEAD.

This eruption usually commences with a brownish spot on some part of the head; which soon discharges matter so acrid as to excoriate the skin, and spreads so as sometimes to entirely cover the head. Children are particularly subject to this eruption, which is occasioned by improper diet, uncleanliness, or contagion.

*Treatment.*—It is necessary to administer two or three courses of medicine to cleanse the system from the impurities that occasion the eruption. First wash the head two or three times a day with castile soap, then a strong tea of meadow fern burs and leaves; after which apply a poultice composed of slippery elm, pond lily root, and barberry, using the composition tea internally to favor perspiration. Particular attention should be paid to diet, avoiding butter, tea or coffee.

## SCROFULA OR KING'S EVIL.

The first appearance of this form of disease is commonly in small, round, movable tumors under the skin, without pain or discoloration, generally in the neck, behind the ears, and under the chin, which, after a while, suppurate and degenerate into ulcers, discharging a white matter instead of healthy pus. It is occasioned by impure air, unwholesome food, the use of mercury, or whatever tends to derange the health.

*Treatment.*—Thorough courses of medicine are absolutely necessary in this form of disease. Give three courses a week, and steam every day; giving in the meantime, and following up afterwards with the spiced bitters, composition, and pills No. 1, according to directions. Bathe the tumors with stimulating liniment, if there is no inflammation on the surface; if inflamed, apply the elm poultice. If ulceration has taken place, wash with Castile soap suds, and continue the elm poultice with the addition of pond lily root, until the discharge

ceases.

The diet should consist of coarse wheat bread, rice, ripe fruit, rye pudding, &c., avoiding all grease, tea, coffee, and fermented or distilled liquors of all kinds. Perseverance is a very important requisite in this as well as most other chronic forms of disease.

## SMALL POX.

In this form of disease, the eruption appears at first in small red spots, hardly prominent, but by degrees rising into pimples. There are generally but few on the face; but even when more numerous, they are separate and distinct from one another. On the fifth or sixth day a small vesicle, or bladder, containing an almost colorless fluid, appears on the top of each pimple; for two days these vesicles increase in breadth only, and there is a small pit in their middle, so that they are not raised into spheroidal or globule pustules or eruptions, till the eighth day.

As the pustules increase in size, the face swells considerably, if they are numerous on it; and the eyelids particularly are so much swelled, that the eyes are entirely shut. As the disease proceeds, the matter in the pustules becomes, by degrees, first more opaque and cloudy, then white, and then at length assumes a yellowish color. On the eleventh day the swelling of the face is abated, and the pustules seem quite full. On the top of each a darker spot appears; and at this place the pustule, on the eleventh day or soon after, is spontaneously broken, and a portion of the matter oozes out, in consequence of which the pustule is shriveled, and subsides; while the matter oozing out dries, and forms a crust upon its surface.

**Treatment.**—No disease yields more readily to thorough Thomsonian treatment than small pox. The patient should begin by drinking freely of composition and cayenne, after which a full course of medicine should be administered, and an emetic course with injections as often as the nature of the case requires. The intermediate treatment should be composition and raspberry tea, with Cayenne No. 2, and injections often administered. The patient should be in a room where the air can be kept pure, and should not be suffered to change from a mild to a cold atmosphere, without due precaution. His diet should be light, and chiefly vegetable. If costiveness prevails, injections are far preferable to cathartics. This course of treatment, with careful nursing, will effect a cure.

## SORE OR INFLAMED BREAST.

This form of disease very commonly attacks females after child-birth, and frequently results in a broken breast.

*Treatment.*—Fomentation of bitter herbs and the elm poultice, with the internal use of composition, will usually afford immediate relief. Dr. Barrett, of Norfolk, Va., recommends the following application:

“Take the kernels of white oak acorns, either green or dry, (they will keep for years,) pound them fine, and stew them in hog’s lard over a slow fire, until you get the virtues of the acorn well incorporated with the lard. Add about lard enough to cover them, and make it as strong of the acorns as you well can, then strain and preserve them for use. This is to be applied with considerable friction two or three times a day, according to symptoms, and a piece of soft flannel worn over the breast. You may cut a hole in the flannel, so as to nurse a child without removing it.

“If this is well applied before matter is formed, it will not fail one time in a hundred to prevent the breast from rising, whether the child is or is not nursed. It will soften every hard place, ease pain, and cause the milk to flow out naturally, so that the breast in no case will need drawing.”

He says, “I have seen and known so many cases, I speak with confidence.”

## ST. VITUS’ DANCE.

This disease is characterized by the involuntary action of some of the muscles. The disease first affects the legs by a kind of lameness, and the patient drags them after him in an unusual manner, nor can he hold his arms still, but is constantly throwing them about in an ungraceful manner, which it is impossible for him to avoid.

*Treatment.*—In the early stages this form of disease may be cured by a free use of composition and valerian, half a tea-spoonful of each at night, and two of the pills No. 1. If this does not cure, the courses of medicine must be resorted to, which in combination with nervines and tonics will effect a cure.

## SHINGLES.

This form of disease is characterized by a cluster of blisters on an inflamed surface, commencing in most instances on the right side of the abdomen. It is attended with loss of appetite, lassitude, slight

headache, nausea, more or less febrile irritation, together with scalding heat and tingling in the skin, and shooting pains through the chest and stomach.

*Treatment.*—Take composition and pennyroyal tea freely, and two of the pills No. 1, at night; and apply the meadow-fern ointment to the eruption, and it will generally soon disappear.

## SUSPENDED ANIMATION FROM DROWNING.

When a person is taken out of the water soon after drowning, the face exhibits a turgid and livid appearance; the eyes are open and staring; the limbs somewhat stiff; the tongue thrust a little beyond the teeth; and the epigastrium tense and tumid. Under favorable circumstances, life may be restored even after the heart has ceased to act.

*Treatment.*—The patient should be taken to a suitable place and rubbed dry with warm flannels, and covered warm. The face should be turned somewhat downward to allow the water to run out of the mouth, but he should not be handled roughly. An injection should be administered, composed of third preparation, cayenne and slippery elm, and a table-spoonful of the same administered at once, in lukewarm water. No other means can be employed that are so well calculated to arouse the nervous influence and excite respiration, as powerful stimulants administered by injection to the bowels or introduced into the stomach. The injection should be frequently repeated. Rub the surface thoroughly in pepper-sauce, and put a bottle of hot water at the feet. The first symptoms that attend returning animation, are twitching of the muscles about the mouth; soon followed by efforts to breathe; sudden motion of the limbs; a small and weak pulse, beating at irregular intervals; and a discharge of frothy fluid from the mouth. As soon as the patient can swallow, stimulants, such as third preparation of lobelia or pepper tea, must be given in small doses frequently repeated. Vomiting is often induced when animation is being restored, which is always a favorable symptom.

Suspended animation from the inhalation of gas from burning charcoal, or by lightning, or fainting, should be treated as above directed, if they do not recover after dashing cold water into the face, and coming to the air.

## TIC DOLOUREUX.

This form of disease, though of rare occurrence, is probably the most painful of any malady that feeble nature has to contend with; and medical writers generally concur in opinion that nothing short of an operation, dividing the diseased nerve, can afford relief. Our experience, however, though limited, induces us to believe that the disease will readily yield to proper remedies. It is characterized by severe paroxysms of pain, affecting the nerves of the face.

*Treatment.*—Thorough courses of medicine will usually cure this form of disease. The worst case we ever saw, was cured by taking two thorough courses in twenty-four hours; no relief being obtained until after the operation of the second course, when the patient was entirely easy, and has not, to our knowledge, had an attack since.

## WOUNDS.

Wounds are divided into incised, or those done by a sharp instrument, lacerated when done by a rough instrument, punctured when done by a pointed instrument, and poisoned or gun-shot wounds.

*Wounds produced by a sharp instrument.*—The first object is to stop the bleeding. When an artery is cut, the blood is of a bright scarlet color, and gushes from the blood-vessel in a jet, with great force. When a vein is cut, the blood runs in an even, unbroken stream, and is of a purple-red color. The bleeding may be stopped with a pledget of lint rolled up and pressed directly upon the mouth of the artery. The next object is to cleanse the wound from all extraneous substances. The sides of the wound should then be placed together, and confined by narrow strips of sticking plaster. Over these strips should be placed a cushion of soft lint; and over the whole a bandage drawn agreeably tight, and making equal pressure.

In lacerated, punctured, and gun-shot wounds, inflammation sometimes takes place, requiring a poultice of slippery elm mixed with lye-water. They require much the same treatment as wounds produced by a sharp instrument, but are much more difficult to heal. Caution should be used to prevent taking cold, as serious consequences sometimes follow, especially in punctured wounds.

## WHITE SWELLING.

The white swelling is a common and exceedingly painful disorder. It has been considered incurable by the faculty, who have frequently resorted to amputation as the only remedy.

The knee, ankle, wrist, and elbow, are the joints most subject to white swellings. As the name of the disease implies, the skin is not at all altered in color. In some instances, the swelling yields, in a certain degree, to pressure; but it never pits, and is almost always sufficiently firm to make an uninformed examiner believe that the bones contribute to the tumor. The pain is sometimes vehement from the very first; in other instances, there is hardly the least pain in the beginning of the disease. In the majority of scrofulous white swellings, let the pain be trivial or violent, it is particularly situated in one part of the joint, viz., either the centre of the articulation, or the head of the tibia, supposing the knee affected. In some cases, abscesses form a few months after the first affection of the joint; on other occasions, several years elapse, and no suppuration of this kind makes its appearance.

**Treatment.**—Courses of medicine are indispensable in this form of disease. A thorough course should be administered once a week. During the intervals the knee should be bathed with the stimulating liniment, and poulticed with the elm poultice combined with the sediment of drops No. 6. Composition, spiced bitters, and pills No. 1, should be taken according to directions. The diet should consist of coarse wheat bread, rice, potatoes, ripe fruit, &c., avoiding butter, meat, tea and coffee, &c.

## WHOOPING COUGH

This form of disease usually attacks children, occurring but once in the same individual. The cough acquires a peculiar shrill and whooping sound, in many cases almost producing suffocation.

**Treatment.**—The bowels should be kept regular by injections, and the tincture of lobelia used in small quantities, to keep the cough loose. The patient should be kept from the evening air, the feet kept warm and dry, and particular regard paid to the diet.