

THE COMMON DISEASES OF WOMEN

BY
THE LATE
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The Vade Mecum of Modern Medicine, etc.*

EIGHTH EDITION

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PREFACE TO THE EIGHTH EDITION

THE lapse of so many years since the last edition of this little book appeared, and the development of opinion and practice in regard to the diseases of women that those years have seen, have necessitated a drastic revision of some parts of this popular work. The strictly homoeopathic treatment of female diseases, resting as it does upon the unchanging principle of homoeopathy—that remedies have to be fitted to the symptoms of disease according to the doctrine of similars (*similia similibus curentur*)-has been very little altered ; but there has been added a variety of useful therapeutic hints derived from recent practice.

T.M.N.

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CHAPTER I

INTRODUCTORY

I.—Hints to the Reader

1st.—The novice in Homœopathy should first make herself familiar with the remarks on the medicines and their administration, general hints, etc., presented in the next two sections, which should be attentively perused.

2nd.—In consulting the Manual, the whole section devoted to the affection on which information is sought, should be read before determining upon any course of treatment. To aid the reader, as far as practicable, the medicines prescribed under each disease are placed in the order in which they are likely to be most often required, or in the order of their relative importance; this however, must never supersede thoughtful discrimination in the choice of the remedy, which should be determined solely according to the symptoms of the patient.

3rd.—Here and there the use of medical terms is unavoidable, but they are generally explained in the text; or else the meaning is given, in parentheses, immediately after the occurrence of the word in the index at the close of the Manual. The index is greatly extended, and every item of importance may be found by it.

II.—Homœopathic Medicines

It is a safe rule not to purchase homœopathic remedies from an allopathic druggist's shop. Druggists often depreciate homœopathy and recommend to customers their own preparations instead. Persons who are in doubt on the subject should consult a homœopathic medical man, from whom the best information may be obtained as to the remedies most likely to be required, their strength, form, etc., and where they may be obtained genuine. The post affords an easy method of transmission for those who reside at a distance from a respectable homœopathic pharmacy.

The following brief description of the different forms of medicines used in the practice will afford the beginner the necessary information on the subject. The forms in which the remedies are prepared are—*Tinctures*, *Pilules*, *Globules*, and *Triturations*.

Tinctures.—As a rule, these are quicker and more decided in their action in acute diseases than are either Globules or Pilules. It is therefore advisable, for those who reside at a distance from a professional man, to be furnished with a selection of the Tinctures adapted to sudden and acute diseases, in addition to a case or chest of the Pilules.

Pilules.—These are much larger than Globules, are medicated in the same manner, and being more appreciable to the touch, and easily counted,

are generally preferred for domestic and dispensing purposes. In many respects they possess a great advantage over Globules.

Globules.—These are about the size of poppy-seeds, but though most portable, are inconvenient from their minuteness.

Triturations.—These are in powder-form, are not much required, except for administering the low forms of mineral medicines, as *Calcareæ*, *Hepar sulph.*, *Sepia*, *Silicea*, etc.

III.—Directions respecting the Medicines

Pilules or *Globules* may be taken dry on the tongue, but it is better, when convenient, to dissolve them in pure soft water.

Tinctures.—If tinctures are used, the required quantity should be dropped into the bottom of a glass, by holding the bottle in an oblique manner, with the lip resting against a diameter of the cork (not against either the upper margin or the lower margin); the bottle and cork should then be carefully tilted towards each other, when the tincture will descend and drop from the lower edge of the cork. A little practice will enable a person to drop one or any number of drops with great exactness. Water, in the proportion of a tablespoonful to a drop, should then be poured

upon the medicine. The vessel should be scrupulously clean ; and if it has to stand for some time after being mixed, it should be covered over, and the spoon not left *in* the medicine. Finely glazed earthenware spoons are the best for this purpose. If the medicine has to be kept several days, it should be put into a *new* bottle with a new cork.

The medicines should be protected from light and dust.

When triturations are prescribed they should be placed dry upon the tongue and gradually swallowed, the mouth having first been rinsed with water.

Hours.—The most appropriate times for taking the medicines, as a rule, are—on rising in the morning, at bedtime, and, if oftener prescribed, about an hour before, or from one to two hours after, a meal.

Dose.—One or two drops of the Tincture ; two to four Pilules ; or four to six Globules. But in determining the quantity and strength of doses, several circumstances should be considered, such as age, habits, and the seat and character of the disease. Women are more sensitive to the action of medicines than men. Their circulation is quicker, and their nervous system more impressible ; and it is often necessary to consider these peculiarities in determining the dose.

Repetition of Doses.—On this subject we are to be guided by the acute or chronic character of the

malady, the urgency and danger of the symptoms and the effects produced by the medicines. In acute affections, such as uterine Colic, Convulsions, flooding, etc. the remedies may be repeated every fifteen or thirty minutes. In less urgent cases, every two, three, or four hours; and in chronic maladies every six, twelve, or twenty-four hours, or even at more distant intervals. In all cases in which improvement takes place, the medicine should be taken less frequently, and gradually relinquished.

CHAPTER II

MENSTRUATION

IV.—Puberty

The attainment of Puberty in the human female is indicated by the establishment of menstruation, and is the epoch at which she fully enters on that general development and growth which are to enable her to marry and bear children.

Signs of Puberty.—Before this function commences, a striking change is effected in the general system. The pelvic viscera become rapidly developed, and the hips enlarged; the breasts become rounded and full, and establish their connection and sympathy with the womb; the chest, throat, and arms acquire the *contour* of a mature development, and the whole body becomes more rounded, full, and plump; the hair grows more luxuriantly; the skin becomes fresh and blooming, the voice full and mellow.

Corresponding with the external changes of Puberty are internal ones, occurring especially in the ovaries and uterus, which now become more active and more perfectly developed; in short, she has now, as a rule, power to conceive.

The mind, too, as well as the body, acquires a rapid growth; the mental capacity is enlarged,

the imagination becomes more vivid, and the nervous system exhibits a heightened sensibility.

Maternal Instruction.—As Puberty advances, no prudent mother will neglect to instruct her daughter to expect the change which is common to her sex, so that the first appearance of the menstrual flow may neither be arrested by the alarm naturally felt at something not hitherto experienced, nor by the dangerous applications to which in her ignorance she may otherwise secretly resort. Some persons view the whole matter with such strong disgust, that they expose themselves carelessly or purposely at the regular time to cold and wet, or use cold baths or other means of suppression, and thus finally bring on disordered menstruation, and permanent ill-health. The mother should keep an account of dates and other particulars, and, for a few days before the expected flow, should prevent all unusual exposure to night air, as at balls and evening entertainments; or to the injurious effects of damp linen, thin dresses, or wet feet. When the function has become healthily established, such extreme precautions need no longer be observed.

V.—The Function of Menstruation

The periodical recurrence of the menses, or courses, as they are termed, is one of the most important functions of the female organization. It consists of a monthly discharge of fluid from

the womb, the average quantity being from four to six ounces at each period. The duration of the menstrual period varies in different persons, the most common being from four to five days. This fluid consists of broken-up endometrium (lining membrane of the womb or *uterus*) and blood, usually dark, from the ruptured uterine vessels, accompanied normally by a secretion from the glands of the uterus which, being acid, prevents the menstrual blood from clotting. At times, especially when the flow is excessive, this secretion is not furnished in proportion to the amount of blood, and consequently clots occur. Clots interfere with the easy evacuation of the menses and also cause pain. The uterine secretion is, therefore, one of Nature's provisions for oiling the wheels of woman's machinery.

The menstrual flow, as it approaches its close, often fades from red to brown and tails off into a white or yellowish discharge which may last for two or three days.

VI.—First Menstruation

In our climate, from the 14th to the 15th year is by far the most common time for the occurrence of the first menstruation. In hot climates it commences at an earlier, and in cold at a more advanced age. The occurrence of menstruation in this country earlier than the 14th year—at the 13th or 12th year; and also one or two years later than the

the 15th year—at the age of 17 or 18—is not sufficiently uncommon to justify any medicinal interference, should the health be otherwise good ; although as a rule the former is too early, and the latter is too late. Menstruation probably occurs earlier in the rich than in the poor and in the cities than in the country, because luxury and easy living tend to excite prematurely the sexual appetite. It comes on earlier in the hot countries of the South, partly from a general relaxation of physical fibre, partly from precocious sex-stimulation.

It is satisfactorily established, that, in every country and climate, the period of menstruation may be retarded in very many cases much beyond the average age, without producing ill-health or the slightest inconvenience.

To prevent menstrual precocity and menstrual irregularity, it is wise to bring up girls under a bracing and even somewhat Spartan regime ; limiting the number of hot baths and encouraging the use of cold ; restricting severely the use of spiced and stimulating food, and in particular rigidly excluding alcohol ; postponing as long as possible the supersession of milk, cocoa and water by tea and coffee ; recognizing that even tea and coffee are stimulants, to be taken weak and well-diluted ; providing for abundant ventilation of all living rooms and bedrooms and for abundant exercise in the open air ; promoting that general “ early to bed and early to rise ” regime which

makes people wise and healthy, however little wealth it may bring ; filling the young minds with all wholesome and useful knowledge, and in particular with the knowledge of their own bodies and of the biological and social significance of those strange functions which are just beginning to be active. Every mother ought to explain to her daughter, simply and frankly, why God made her as He did, and what her sexual organs are for, thus not only satisfying her natural curiosity but forestalling less desirable channels of enlightenment.

It is not always, however, that puberty advances gradually and normally. The establishment of menstruation may be long delayed, and may then be accompanied by excessive languor, violent pain in the head or in the lower part of the spine, or in the region of the bowels, with a feeling of weight, tenderness or heat, or a bearing-down sensation in the pelvic region, even with sickness and violent spasms. Unless successfully treated at this period, these disturbances may be present, in a greater or less degree, during every subsequent recurrence of the menstrual discharge. The treatment of these abnormal conditions is described in subsequent sections.

Mensúration may occur for the first time prematurely, from a severe fall, violent jumping, great mental emotion, etc. In such cases there may be a considerable discharge, amounting, in extreme instances, to absolute flooding, and last-

ing for several days. It is important that these facts should be known, so that in such sudden and extreme instances the mother may not only maintain her own composure, and calm any excitement in the patient, but efficiently carry out the following measures.

TREATMENT.—A few doses of *Aconitum*, if resulting from mental emotions, or of *Arnica*, if occasioned by a fall or any external injury, observing at the same time the following conditions:—*Rest, in the recumbent posture*, light covering, a cool and well ventilated apartment, and cool drinks. These means will often be sufficient to arrest any serious consequences, or at least will suitably precede the more detailed treatment suggested in subsequent parts of this manual, or the attendance of a homœopathic practitioner.

Menstruation and the General Health.—If the catamenial function, as it is termed, be well and healthily established, new impulses will be given to every nerve and organ of the body, and the system will acquire superior forces for resisting influences adverse to health. But if the function is long retarded, the general health disturbed, and the various remedies and measures suggested in this work appear inefficient in bringing about the necessary change, a homœopathic physician should be consulted without delay. False delicacy and improper treatment have needlessly undermined the health of thousands.

VII.—Delay of the First Menstruation

(*Primary Amenorrhœa*).

We have before stated that the period at which menstruation first takes place varies in different constitutions and under different circumstances, and no active medicinal means should be used so long as the health continues good. But when all the external signs of womanhood have appeared, and menstruation does not occur, but there are aching, fulness, and heaviness of the head, bleeding at the nose, palpitation of the heart, shortness of the breath on slight exertion, weariness of the limbs, pains in the small of the back, in the lower part of the bowels, and down the inside of the thighs : these may be regarded as so many indications that Nature is seeking to establish this important function. Under such circumstances, a selection of one or more of the following medicines may hasten the necessary change.

TREATMENT.—*Pulsatilla*.—Pains in the abdomen and across the back ; hysterical symptoms, alternate laughing and crying, nausea and vomiting, palpitation of the heart, loss of appetite, and indigestion. This medicine is chiefly indicated in girls of light complexion, fair hair, and a timid, easily vexed, yet uncomplaining disposition.

Cimicifuga racemosa.—Delay from deficient nervous energy in the ovaries, which is inferred

from excess in other organs, manifested by extreme nervousness, hysteria, heavy headache, restlessness, sleeplessness, chorea, etc. ; pain under the left breast, and in the left side generally ; rheumatic pains, etc.

Ferrum.—Debility, languor, palpitation, indigestion, sometimes *Leucorrhœa*, very pale complexion, puffiness of the face and ankles, and other anæmic and chlorotic symptoms (see Chlorosis). *Senecio* is also a good remedy.

Phosphorus.—For delicate constitutions, with sensitive lungs, and a predisposition to disease of those organs. Sometimes in such cases, instead of the menstrual discharge, expectoration of blood in small quantities occurs, with cough, and pains in the region of the chest. See also *Bryonia*, further on ; and the section on " Vicarious Menstruation," p. 22. (Cases of spitting of blood should, however, always be referred to a physician, as they may be due to tuberculosis of the lungs.)

Calcarea carbonica.—Scrofulous patients, with chronic indigestion, heartburn, enlarged glands, etc.

Arsenicum.—Poor appetite, great prostration and emaciation, swelling of the ankles, feet, or face, etc. *Sepia*, *Iodium*, *Sulphur*, or *Secale*, etc., may also be required.

For the concomitant symptoms :—

Nux vomica.—Congestive morning headache, constipation, frequent acute indigestion, spasms,

etc. This remedy is well suited to patients of dark complexion, energetic, vehement, and irritable disposition, and who take too little out-door exercise.

Bryonia.—Bleeding from the nose and spitting of blood instead of the menstrual discharge, with hard, dry cough, stitches in the chest, and constipation.

Veratrum.—Cold hands and feet ; hysteric and fainting fits ; nausea, vomiting, and tendency to diarrhœa.

Administration.—As a general rule, the selected remedy should be administered in the morning on rising, one or two hours before dinner, and on retiring to bed. When the symptoms are acute, hourly, or every three or four hours.

ACCESSORY TREATMENT.—It is very important that the feet be kept warm and dry, and that *comfort* rather than fashion should determine the arrangements of the entire clothing. It is especially necessary that the abdomen, hips and loins be kept warm. Sedentary habits should be corrected. Outdoor exercise, such as walking, running, swimming, tennis, badminton, and even cricket (but not football), is highly beneficial both to body and mind. The diet should consist of easily digestible animal and vegetable food. Made-dishes, high seasoning and spices, also the use of strong tea and coffee and all alcoholic stimulants are to be avoided. Cocoa, made with

plenty of milk, is a suitable and nourishing beverage.

CAUSES.—Primary amenorrhœa may be merely a symptom of disease, such as anæmia, phthisis, diabetes, exophthalmic goitre, etc. Such patients may be benefited, to a greater or less extent, by the remedies mentioned above ; but in most cases they are already obviously ill, and they ought to be referred to a doctor.

The recognition of a causal connection between general deranged health and absence of menstruation is most important. The exhibition of stimulants will not hasten menstruation, unless attention be paid to the restoration of the general health of the patient.

With these views we have prescribed *Puls.*, *Ferr.*, *Phos.*, *Cimic.*, etc., not as mere *emmenagogues*, but rather as efficient and well-tried agents for removing that defect in the health, or that general functional inactivity of the body, which is the real cause of the evil. The experience of all homœopathic physicians proves that the first effect of our treatment in cases of delayed menstruation is the improvement of the general health and spirits of the patient, and that amenorrhœa at length disappears as evidence that the cure is complete.

CAUTION.—And here let it be observed, once for all, that the attempt to remedy *any* defect in menstruation by spirits, decoctions of herbs, or

by the pills which are advertised in many papers and may often be procured at shops, is a practice fraught with considerable danger to the health.

Occasionally there is original defective formation of the vagina or of the female organs ; or some mechanical obstruction may prevent the passage of the menses (*retentio mensium*). These causes can only be determined and relieved by examination and surgical measures.

VIII.—Suppressed Menstruation

(*Amenorrhœa—Suppressio mensium*).

When the menstrual flow has fairly been established as part of the economy, it is yet liable to be suppressed.

CAUSES.—The cause may be a physiological one, such as pregnancy ; frequently, however, it is the consequence of weakness, resulting from excessive loss of blood, chronic and acute diseases, and mechanical obstructions ; or it may occur suddenly during the flow from exposure to cold and damp, as by getting the feet wet, or eating ices ; or from violent emotions of the mind, such as anger, terror, etc., or from any other cause which abruptly shocks the system. Perhaps the most common and dangerous cause of sudden suppression is exposure to cold and damp air, sitting upon damp grass or ground, immersion of

the feet, hips, and body in cold baths when overheated, or leaving off any accustomed garment. A large number of girls are apt to have "a check" from the slightest chill or exposure during the monthly period. *Sudden suppression* during the period occasions the most acute suffering, and may develop alarming symptoms in the nervous or circulatory systems, or in both; but *chronic suppression* is far more serious, as it points to a deeper constitutional cause.

TREATMENT.—1. *Sudden suppression during the flow*.—The patient should be immediately placed in a *hot hip-bath*, and afterwards retire to a warmed bed. The free action of the skin should be promoted by a few doses of *Aconitum*, at short intervals, and by frequent draughts of cold water. The success of this treatment, however, depends on the promptness with which it is adopted. *Puls.*, *Cimic.*, or *Dulc.* may be required; the last if suppression be the result of damp, with a concomitant eruption of the skin.

2. *Suppression from fright*.—*Acon.*, *Opi.* or *Ver.*

3. *From mental emotions*.—*Cham.* or *Coloc.* (*anger*); *Ign.* or *Hyos.* (*grief*); *Coff.* or *Opi.* (*excessive joy*).

4. *Chronic cases*.—*Coni.*, *Senec.*, *Sep.*

5. *Gradual Suppression*.—See the remedies under "Delayed Menstruation." This is gener-

ally associated with some deep constitutional disease, such as Consumption, and the patient should be placed under the care of a physician without delay.

Aconitum. Suppression attended by a rush of blood to the head, producing pain, redness of the cheeks, faintness or giddiness on rising from a recumbent position, weight in the loins; cold relieves but heat aggravates the sufferings; there is also heat, thirst, and a general feverish condition.

Cimicifuga.—Intense headache, pain in the eye-balls, back, and limbs, especially of the left side; palpitation, depression of spirits, and nervousness.

Pulsatilla.—This is a chief remedy, especially in females of a mild, timid, and amiable disposition, who are easily excited to tears or laughter; also when there is languor, pain across the small of the back and lower part of the bowels, palpitation, nausea, a vomiting sensation of fulness in the head and eyes, and disposition to general coldness, frequent urination, and Leucorrhœa.

Sepia is also an important remedy, and may follow the last medicine particularly in females of a delicate constitution and sallow skin; the sufferings are often mitigated by exercise, and aggravated by rest; bearing down in the lower parts of the abdomen and pains in the loins, melancholy mood, and morning headache.

Belladonna.—In addition to the *Aconitum* symptoms, there are sparks before the eyes, dizziness, confusion of the head, aching pains in the eyeballs and sockets, shooting pains about the womb and ovaries, bearing down, with heat and dryness of the vagina.

Bryonia.—Vertigo, bleeding of the nose, stitches in the sides and chest, dry cough, confined bowels, severe pressing pain in the stomach, irritability of temper.

Opium —Useful in recent cases, attended with great heaviness of the head, dizziness, lethargy, and drowsiness, especially if there be also obstinate constipation and retention of urine.

Conium.—Very efficacious in retarded or suppressed menstruation of long standing, when not depending on constitutional causes.

Administration.—A dose thrice daily at the commencement of the treatment ; afterwards, as improvement ensues, night and morning. The remedy may be continued for ten days or a fortnight, if doing good ; or changed earlier for a more suitable one.

ACCESSORY MEASURES.—The cause of the suppression should be found out and removed if possible. All physical or mental depression, or undue excitement, late hours, stimulating drinks, and highly-seasoned food, should be avoided. Meals should be taken with regularity, the stomach never over-loaded, the food being simple

and nourishing. The drink should be cocoa, weak China tea and pure water. Coffee and all stimulating drinks must be abandoned. Out-of-door exercise, useful employment, and agreeable company or books will aid recovery. While hoping for a return of the menstrual discharge, the exercise of patience is sometimes necessary, as the general health is often greatly improved before this crowning evidence of cure is obtained.

Caution.—See page 15.

IX.—Too Scanty, Short-lasting, or Deficient Menstruation

This condition, like “Delay of the First Menstruation,” is often due to constitutional causes, and must be treated accordingly. At the same time, if the patient enjoys good health notwithstanding the scanty flow, no medicinal interference is justifiable. If, on the other hand, suffering is present during the monthly period, and there is a general derangement of the system, medicinal and general means must be adopted to correct the morbid condition.

TREATMENT.—*Pulsatilla*.—Pale, scanty, and watery menses, preceded and accompanied by cutting pains in the loins, dejected mood, chilliness, etc., in patients of light complexions and mild disposition.

Sepia.—Patients with torpid skin-action, weariness, sensitiveness to cold, subject to sick-headaches and Leucorrhœa.

Mercurius.—Scanty menses, with sallow unhealthy appearance, *deranged liver*, or general feebleness, dyspnœa, etc.,

Helonias.—Anæmic patients.

Aconitum or *Belladonna*.—Plethoric patients.

Graphites.—Patients who suffer from constipation and unhealthy skin.

Natrum muriaticum.—Earthy complexion. Shiny skin. Constipation. Irritable temper.

Senecio.—Irregular, late, painful.

Other remedies are :—*Coni.*, *Sulph.*, *Nux v.*, *Phos.*, *Iod.*, *Ferr.*, *Plat.*, *Cinic.*, *Senec.*, etc. The previous two Sections should also be consulted.

X.—Irregular Menstruation

Sometimes the period comes on twice or three times consecutively, and then is absent one or more months ; or it may occur at one time too early and at another too late. These and other irregularities usually depend on defective constitutional vigour ; or on circumstances connected with the patient's habits, such as close confinement indoors, sedentary occupations, want of variety in mental and physical employment, etc.

TREATMENT.—Injurious habits must be corrected, and measures taken to remedy the defective health. The Sections on “Delayed Menstruation,” page 12, “Too Profuse, frequent, or long-lasting Menstruation,” page 27, and the following Section should also be studied. *China* or *Quinine* will be most likely to aid *Pulsatilla*, or any other suitable remedy, when simple irregularity is the most prominent fault. *Puls.* may be taken for three days, then *China* for three days, and the course repeated as necessary.

XI.—Vicarious Menstruation

It is said that sometimes a discharge of blood, such as spitting of blood or vomiting of blood or nose-bleeding, occurs at the time when the monthly discharge from the uterus should have occurred. Such discharge of blood is called “vicarious menstruation.” It is also said that a leucorrhœa (“whites”) may occur in the same substitutionary fashion. It seems very doubtful whether there is any such thing as vicarious menstruation. Certainly any spitting of blood or vomiting of blood should be at once referred to a doctor. Our great remedies for hæmorrhages of all sorts are *Ipecacuanha*, *Phosphorus*, *Hamamelis* and *Millefolium*. Where there is cough with spitting of blood (which does not necessarily come from the lungs), together with

general debility and scanty or suppressed menses, *Senecio* should also be considered.

GENERAL MEASURES.—See previous Sections.

XII.—Painful Menstruation—Menstrual Colic (*Dysmenorrhœa*)

Menstruation may be painful, with either too scanty or too profuse discharge, when the function may be otherwise healthily performed.

Dysmenorrhœa is of two chief kinds, the *spasmodic* or *neuralgic*, and the *congestive*.

(a) *Neuralgic* or *spasmodic* dysmenorrhœa (caused by uterine contractions) is characterized by the great severity of the pain (causing vomiting, sweating, fainting and rolling about upon the bed), its paroxysmal nature—coming and going in spasms, its relatively short duration, and the fact that it is not relieved by lying down. It generally begins with the onset of menstruation, but may start suddenly after years of normal menses. It occurs in nervous, highly sensitive women.

(b) *Congestive* dysmenorrhœa (caused by pelvic congestion) is a constant, non-paroxysmal, aching pain, coming on a few days before the flow and relieved by a free discharge. Also relieved by lying down and by heat.

The pain of dysmenorrhœa may be felt in the abdomen, pelvis, back, loins and thighs. There is often concomitant headache.

It is doubtful whether abnormal positions of the womb (ante- and retro-flexion) or narrowing (stenosis) of the os or mouth of the womb produce dysmenorrhœa. But undoubtedly spasmodic dysmenorrhœa, which does not yield to well-chosen remedies, is often relieved by forcible dilatation of the os under an anæsthetic. Many of these sufferers, marrying, become permanently cured by child-bearing.

The following remedies are the most likely to prove useful in dysmenorrhœa :

Aconite.—Stout plethoric women. Pain “unendurable.” Great anxiety and fear of death.

Caulophyllum.—Spasmodic dysmenorrhœa. Painful cramps. Sense of internal trembling.

Gelsemium.—Spasmodic dysmenorrhœa. (Dr. Hughes recommended *Gels.* to be given *at* the times and *Caul. between* the times, to sufferers from spasmodic dysmenorrhœa.)

Chamomilla.—Pains very severe, resembling those of labour ; pressure from the small of the back, forwards and downwards ; colic, with sensitiveness to the touch ; discharge of a dark colour and clotted ; especially suited to highly-sensitive, nervous, and irritable patients troubled with biliousness.

Secale.—*Expulsive forcing-pains*, followed by *lumps* of dark discharge ; cutting pains in the bladder or bowel ; pale face ; cold sweat ; flagging pulse ; or the agonizing forcing pains may occur without any discharge. We have met with great success from the administration of this remedy.

Pulsatilla.—*Scanty menses*, the discharge being attended with cutting pains in the region of the womb, abdomen, back, and loins, with loss of appetite, chilliness, vertigo, etc., the pains moving from one part to another. This remedy is specially suited to young women of light hair and complexion, and mild disposition.

Belladonna.—Suspected inflammation or congestion of the womb, with severe pain, bearing-down, throbbing, etc., and especially in plethoric women. There is also great determination of blood to the head, blurred vision, redness of the face, and the discharge may be profuse. As a rule, *Acon.* may be alternated with *Bell.*

Cimicifuga.—Nervous and rheumatic patients, with severe headache, aching of the limbs, dark and clotted discharge, *pain under the left breast*, depression of spirits, etc. This drug or its concentrated preparation—*Macrotin*—is most useful in the inter-menstrual periods.

Cocculus.—Severe menstrual colic ; spasms or cramps in the abdomen, with flatulence, nausea, dizziness, and faintness.

Nux vomica.—Constipation and piles ; frequent desire to urinate ; pains in the back, as if it were dislocated ; paroxysms of pressing and drawing pain ; indigestion, etc. *Nux v.* is well suited to women of vigorous constitution and irritable temperament,

Coffea.—Exquisite sensitiveness to pain, extreme nervous restlessness, sleeplessness, etc.

Sepia.—Too early, too scanty. Great bearing down, obliging her to cross her limbs. "All-gone" feeling in stomach at 11 a.m. Weeps. Constipation.

Viburnum.—Spasmodic pain, beginning in back and going round to loins and uterus, ending in cramps there.

Administration.—In acute cases, six or eight drops of tincture or twelve pilules, mixed in half a tumbler of cold boiled water, and a dessert-spoonful taken every two or three hours ; as improvement takes place, or in chronic cases, a dose every six, eight, or twelve hours.

ACCESSORY MEASURES.—Daily active exercise in the open air ; the use of the cold-bath in the morning (in the intervals of menstruation), or tepid in the evening (during the period), followed by vigorous friction ; regular and early hours ; a plain regimen ; and avoidance of wine, coffee, and strong tea, and influences that disturb the mind and temper, are important auxiliaries in the treatment of Dysmenorrhœa. As palliatives,

during the period, hot bottles, or flannels wrung out of hot water, and applied to the lower part of the abdomen, or the warm hip-bath in which the patient may remain twenty or thirty minutes, generally give relief.

XIII.—Too Profuse, Frequent, or Long-lasting Menstruation

(*Menorrhagia*).

Menorrhagia is excessive uterine hæmorrhage occurring *at* monthly times. The term Metrorrhagia is used of uterine hæmorrhage occurring *between* the times. Menorrhagia is excessive if it causes debility or anæmia, and for this appropriate remedies should be tried. Metrorrhagia is always abnormal, and a doctor should be consulted about it. If menorrhagia does not quickly respond to carefully chosen remedies, a doctor should be consulted, as the hæmorrhage may be due to tumour, innocent (as polypus, fibroid, etc.) or malignant (cancer). In married women menorrhagia may be due to miscarriage.

Sabina.—Profuse bright-red discharge of fluid blood, mixed with clots, in patients of “plethoric” type who began menstruating early?

Secale.—Severe expulsive pains accompanying the discharge, which is dark, offensive, and increased by movement and coughing; great

weakness, pale face, coldness of the surface and extremities, and feeble pulse.

Crocus.—Dark-coloured, stringy, clotted, abundant discharge. With feeling of something moving inside. Faintness, palpitation. Especially in young girls.

Ipecacuanha.—Menorrhagia of bright red blood, amounting even to flooding, with nausea, and great pressure in the region of the womb.

Calcarea.—Profuse menstruation recurring too early, in scrofulous patients subject to itching and burning Leucorrhœa, and having a tendency to fatness. It is most useful during the *intermenstrual* periods.

Cimicifuga.—In rheumatic and neuralgic patients, with heavy pressing-down pains, aching of the limbs, depression of spirits, and nervousness. This remedy will be found of great service in many cases if taken twice a day during the intervals between the menses.

Hamamelis.—Dark venous blood. Back "as if it would break." With piles or varicose veins. No pain in uterus.

Trillium.—Menses too frequent and last too long. At first bright red, then pale.

Erigeron.—Bright red flow, with violent irritation in rectum or bladder.

Phosphorus.—As a constitutional remedy in patients disposed to Phthisis.

China.—After a heavy discharge, for the resulting debility; and also when there is irregular Menorrhagia, the blood being dark and thick, flowing too long, with burning at the top of the head, debility, etc.

Sulphur.—Profuse discharge of black, clotted or gluey blood, in patients of scrofulous constitution and unhealthy skin,

Belladonna and *Aconitum* are also sometimes useful; the latter any time, either at the commencement or during the flow, alone or in turns with another remedy, when there is disturbance of the circulation—feverishness, palpitation, throbbing, etc.; and the former when there is congestive headache—the face being much flushed, the temples throbbing, the mind confused, the eyes and ears sensitive to light and sound, etc.

Arnica.—Excessive discharge produced by injury, over-exertion, or lifting too great a weight.

Administration.—When the discharge is so profuse as to be dangerous, the dose should be repeated every fifteen or thirty minutes, for several times, or until the flooding ceases. In less urgent cases, every two, three or four hours, as long as necessary.

ACCESSORY TREATMENT.—This consists in *quietude*, the patient sparing herself as much as possible a day or two before, and especially during, the discharge; only moderate exercise,

little labour, and no lifting should be permitted ; warm beverages should be avoided, cold water being the most suitable drink ; hot injections up the bowel may be used with much benefit, especially if the patient be costive and troubled with piles ; hot vaginal injections at 115° F., with a female-syringe, will often relieve the congested state of the womb, without any risk of too abruptly suppressing the discharge. In more severe cases, hot wet cloths applied over the abdomen, the horizontal posture, and light covering, are necessary ; the hips should be as high as or higher than the shoulders so as to relieve the uterus of the column of blood and the patient should be kept cool, quiet, and free from excitement. At the same time, general order and quietness should be maintained in her apartment.

XIV.—Cessation of Menstruation— Change of Life—Critical Age

The most common time for the cessation of the menses is between the forty-fifth and fiftieth years, generally about the forty-seventh year ; but, like the first appearance, its termination is influenced by the varied temperament, constitution, and habits of the women themselves, or by variety of climate.

Symptoms.—As the change progresses, there is commonly more or less functional disturbance, as

vertigo, headache, flushes of heat, nervousness, urinary difficulties, pains in the back and loins extending down the thighs, with creeping sensations, heat in the lower part of the abdomen, occasional swelling of the extremities, itching of the parts, etc.

The most prominent and characteristic of the nervous symptoms of the change of life (otherwise called the menopause or climacteric) is the often violent flushing, affecting chiefly the head and face and aggravated by any emotion or external heat. These "heats" or "flushes" are often preceded by a feeling of chilliness and followed by *sweats* which may be drenching.

It is interesting that at about this time of life women are very apt to become either markedly fatter or markedly thinner than they were before.

Sometimes menstruation ceases abruptly. The monthly discharge may be arrested by cold, fright, or general illness. Earlier in life a restoration to general health would have been attended by the reappearance of the menses; now, however, nature takes this opportunity to terminate the function. But the gradual termination is the most frequent, and is attended with the least disturbance of health. In *gradual* extinction, one period is missed, and then there is a return; a longer time elapses, and there is, perhaps, an excessive flow; afterwards some months may pass away without any reappearance, then there may be a scanty discharge, followed perhaps by

flooding ; at last the discharge becomes so scanty and so lightly coloured as scarcely to attract notice, and then finally disappears.

TREATMENT.—One or more of the following remedies may be useful :

Cimicifuga. A prime remedy for many of the sufferings incidental to the critical age—pains under the left breast and in various parts of the left side ; sinking at the stomach ; headache, with aching in the eyeballs and limbs ; depression of spirits even to melancholy ; irritability and restlessness.

Pulsatilla.—Should be taken by women of the temperament and complexion to which this remedy is suitable. See previous pages.

China or *Ferrum*.—One of these remedies should be used when there are repeated profuse discharges, burning pains at the top of, sense of tightness round, and noises in, the head. The latter remedy should have the preference when there is great poverty of blood, tendency to dropsy, etc.

Aconitum.—Is recommended as being, in robust or plethoric patients, the most soothing of all medicines at the climacteric period.

Lachesis.—Flushing not ending in sweating. Worse on waking from sleep. Irritable. Feels external pressure, even of clothes, intolerable. Burning on top of head.

Sulphur.—Hot flushes. Spells of faintness. "All gone" feeling in stomach in middle of morning. Hot head and cold, sometimes hot, feet.

Sepia.—"All gone" feeling as in *Sulphur*, but top of head is often cold, and flushes seem to start in pelvis and spread upwards. Sallow complexion. Apt to weep. Leucorrhœa and pain in bottom of back.

Sanguinaria.—Flushes of heat with hot palms and soles. Sick headaches.

Glonoine.—Flushings most felt in head. Giddiness. Beating, roaring noise, in ears.

Administration.—A dose every three or four hours for acute symptoms, otherwise thrice daily.

ACCESSORY MEANS.—A light and nourishing, but by no means an extra diet, should be allowed, with no wine and no malt liquors. General simplicity and an avoidance of rich and stimulating food, daily exercise in the open air, frequent ablutions in alternate hot and cold water, followed by massage of the skin, are recommended. It is important to assure highly strung women that the nervous troubles of the menopause are trying, but strictly natural, and that they do not herald the loss of reason or the break-up of the constitution.

CHAPTER III

INCIDENTAL DISEASES

XV.—Whites—Leucorrhœa

This disease may occur at any period of female life, but is most common during the time between puberty and the critical age, *i. e.*, during the menstrual period of a woman's life. It is a catarrh of the mucous membrane of the uterus and vagina, the result of previous inflammation or irritation.

SYMPTOMS.—A discharge of a whitish, yellowish, or greenish colour, either thin and watery or thick and gelatinous, sometimes of an excoriating character, or having an offensive smell, from the vaginal orifice. In severe cases the whole system suffers: the face becomes pale or sallow; the functions of digestion are impaired; there are dull pains in the back, loins, and abdomen; cold extremities; palpitation and dyspnœa after exertion; debility and loss of energy; partial or entire suppression of the menstrual flow. Sometimes the discharge appears to be more or less vicarious of menstruation. In slight cases the disease may exist for years without giving rise to any very marked symptoms.

CAUSES.—Chill; defective health; the irritation of worms; want of cleanliness; disease

of the uterine organs, or of the ovaries, etc. Leucorrhœa is very common in the rich, indolent, luxurious and dissipated, and in those who live in crowded cities ; it is less frequent in persons of industrious and regular habits, and in those who live in the country. When the disease occurs in children of tender years, it is generally the result of uncleanness, of worms, or of some irritating substance introduced into the vaginal passage.

Other causes are—possibly the employment of purgatives ; menstrual derangements ; abnormal growths ; vaginitis consequent on difficult parturition, or too early exercise after confinement ; general debility and relaxation of pelvic structures.

TREATMENT.—*Pulsatilla*.—Suitable in the majority of cases ; in Leucorrhœa during pregnancy, when the discharge is a *thick white mucus*, or is corrosive, with itching ; or in girls who have not menstruated. *Shifting pains* in the abdomen, flatulence, and the *Pulsatilla* temperament, etc., are further indications.

Sepia.—Yellow, greenish, or fœtid discharge, worse before the menses ; *scanty menstruation* ; bearing-down pains ; costiveness ; sensitiveness to cold ; languor ; unhealthy skin.

Calcarea.—*Chronic Leucorrhœa* in children and in women of weak, *scrofulous*, and lymphatic constitution, particularly those who menstruate too *frequently* and too *profusely* ; the Leucorrhœa has a milky appearance, is worst just before the

menses, is often attended with itching or burning, or with pains shooting through the parts, and with falling of the womb.

Iodium.—In constitutions similar to those mentioned under *Calcarea*, when there is an offensive, thin discharge, with emaciation.

Sulphur.—Chronic cases and *scrofulous constitutions*. It may follow either of the two foregoing remedies, or be given in turns with one of them—*Sulph.* one week, the other the next week, and so on.

Mercurius.—Leucorrhœa of a *yellowish* character, containing matter (pus), with soreness and itching; profuse menstruation, the discharge being thin and unhealthy-looking; weakness, coldness, *sallow complexion*, etc.

China.—After long-continued or excessive discharges, for the *consequent debility*; also after other debilitating diseases which have induced Leucorrhœa.

Hamamelis.—Moderate or excessive discharge, more or less taking the place of menstruation, with much pain about the groin, scalding when passing water, etc.

Other remedies are—*Helonias*, *Ferrum*, *Collinsonia*, *Aloes*, *Arsenicum*, *Hydrastis*, etc.; the last named may be used locally also—twenty drops of the strong tincture in half a pint of water.

Administration.—A dose thrice daily, for a week or ten days; in chronic cases, night and morning for a longer period.

ACCESSORY MEANS.—There are several conditions which are absolutely essential to the successful treatment of “Whites,” the most important of which are—plenty of rest, especially rest from much *standing* ; active exercise in the open air, short of inducing fatigue ; avoidance of all sexual excesses, of over-indulgence in the pleasures of the table, of lascivious imaginings, etc. ; and, lastly, frequent injections of warm water, and daily ablutions, including the *hip-bath*, are necessary, in order to ensure the most perfect *cleanliness* of the utero-genital organs.

The importance of this last point cannot be too strongly stated, for without due attention to cleanliness, all other efforts may prove futile. This morbid secretion is at best exceedingly irritating, but when it is permitted to accumulate and remain for a long time in contact with the mucous membrane, it becomes partially decomposed, foetid, and highly pernicious to the healthy condition of the parts. On this account the constant and thorough use of local applications of warm water should be strictly carried out. The use of the enema-syringe, having the vaginal tube attached, is the best means of carrying out the important directions now given.

If the above medicinal and accessory treatment does not quickly bring about a material improvement, the case should be referred to a doctor, as the *Leucorrhœa* may be due to venereal disease or to new growth.

XVI.—Falling of the Womb—Prolapsed Uterus (*Prolapsus uteri*).

This troublesome derangement occurs most frequently in married women beyond the middle age, but it also occurs in others of relaxed constitution—from any injury, over-stretching and the like, which causes a sinking of the pelvic floor upon which the uterus rests: such as childbirth (especially if often repeated) and sudden violent exertions or convulsive fits, and long continued coughs, severe vomiting, etc.

Three degrees of descent of the womb are recognized, viz., *relaxation*, where the slightest descent has happened; *prolapsus*, where it exists to a greater extent; *proidentia*, where there is protrusion through the external parts. A slight relaxation often exists a long time without attention being called to it.

SYMPTOMS.—Bearing-down, dragging sensations in the lower part of the abdomen; drawing from the small of the back and around the loins and hips; weariness, soreness, and faintness, with indisposition to stand; leucorrhœal discharge, increased menstruation, and frequent desire to pass water; nervousness, irritability of temper, constipation, dyspepsia, etc.

TREATMENT.—*Belladonna*.—Sense of weight, and bearing down, in the region of the womb,

with heat and tenderness ; especially suited to plethoric females who menstruate profusely.

Sepia.—Prolapsus attended with great irritability and disposition to faint, or with Leucorrhœa, or when the menses are irregular, scanty, and attended with loss of appetite, nausea, constipation, bearing-down after exercise, frequent desire to urinate, drawing pains in the thighs, and a feeling as if the contents of the pelvis would fall out. *Sepia* is suited to women of feeble and delicate frame, sensitive skin, nervous habits, and whose muscular system is easily strained. A yellowish leucorrhœal discharge, itchings, and eruptions, and tendency to uterine complaints and piles, are further indications.

Nux vomica.—Constant dribbling discharge, prolapsus of the womb and vagina, and constipation, especially when these symptoms occur in dark-complexioned women of irritable, active disposition, who are subject to piles, dyspepsia, sick headache, etc.

Stannum.—Excessive sense of *bearing-down* : it is one of the best remedies.

Sulphur.—May be given in alternation with *Nux v.* ; and when the affection is associated with a strumous constitution.

Arnica.—When a fall, over-exertion, or other injury has led to the condition.

Helonias, *Calcarea*, *Ferrum* and *China*, are other remedies. Professional treatment is, however, nearly always necessary.

Administration.—In severe cases, a dose every three or four hours ; in mild or threatened cases, every six or twelve hours.

ACCESSORY MEANS.—In slight cases, the knee-elbow or knee-chest posture, maintained ten minutes or more at a time, and the use of one or more of the above remedies, will ordinarily suffice to effect a cure. In severe forms of *prolapse* it may be necessary to employ mechanical means to support the womb until, by the administration of suitable remedies, the parts have recovered their natural tone and contractility. A good pessary, accurately adapted to the size of the vagina, may be used with advantage, if properly applied and not worn too long unchanged. Its injudicious use aggravates the mischief. A medical man should always be consulted.

The application of cold water to the body generally, and the daily use of the hip-bath, followed by vigorous friction, are remedial agents whose great value is authenticated by long practice.

Prolapsus uteri is so often associated with constitutional causes as to render it desirable, if possible, to confide the treatment to a homœopathic practitioner.

XVII.—Chlorosis—Green-sickness

This is a condition of general debility chiefly affecting young women about the age of puberty,

in which there is *Anæmia* (deficiency of the hæmoglobin or red colouring matter of the blood corpuscles), which gives the skin a pale yellowish hue.

The temperature of the body is lowered, and the patient morbidly sensitive to cold. Menstruation, though occasionally natural and regular, is more frequently either delayed, suppressed, or imperfectly performed. The breathing is short, the circulation and nervous system are easily disturbed, digestion is imperfect, and the appetite may be lost or depraved. The bowels are constipated.

SYMPTOMS.—Besides the indications given above, there is a state of habitual inertia; the patient is sometimes taciturn, weeps without cause, and sighs involuntarily (*Puls.*, *Aur.*); the face is bloated (*Ars.*, *Plumb.*); the cheeks and lips are pale; there is also often a dropsical swelling of the ankles; the pulse is frequent, rather full, and easily compressed; the evacuations of the bowels are hard (*Plumb.*), and palpitations and creeping chilly turns are frequent, with debility, lassitude, and a desire for repose.

As the disease advances these symptoms become more strongly marked. Physical or mental exertion is attended by a sense of sinking and fainting, palpitation and hurried breathing; these symptoms often occur also during the night; there is frequently *paroxysmal* and *periodic* headache, chiefly affecting one temple, and

greatly aggravated by emotional influences ; the catamenial discharge is superseded by a profuse Leucorrhœa ; a slight hacking cough occurs on rising in the morning, and after exercise ; and, in few words, prostration of all the energies, and derangements of almost every function of the body, mark the disease.

Chlorosis has often been confounded with Consumption by the ignorant. But though many symptoms of the latter disease, as a slight hacking cough, and dyspncea, are often observable in Chlorosis, the absence of hectic, and of all wasting, as well as the low temperature of chlorotic patients, unmistakably negative tuberculosis.

CAUSES.—Confinement in over-heated, ill-ventilated or dark rooms ; studious and sedentary habits ; disordered menstruation ; indigestible food ; enlargement and inaction of the mesenteric glands ; may be contributory factors. The real cause is unknown, but doubtless lurks in the sexual economy of the pubescent girl. It is of the less importance that chlorosis, so common in the 19th century, has now become almost extinct—a happy issue to be traced, perhaps, to the more natural open-air life of the 20th century girl. The old idea connecting chlorosis with habits of self-abuse is entirely without foundation.

TREATMENT.—In so complicated a disease a homœopathic practitioner should be consulted.

If, however, professional advice cannot be obtained, a selection may be made from the following remedies.

Ferrum.—This is often a prime remedy for the whole condition. It may be given as *Ferrum metallicum* or, better still, as *Ferrum protoxalicum* 2x. Often indeed iron in the form of Blaud's pills (one pill three or four times a day) does better than anything.

Calcarea.—Inveterate cases, with lost appetite, chronic acidity of the stomach, Leucorrhœa, pallor of face, etc. ; especially in the scrofulous.

Pulsatilla.—Indigestion, scanty or absent menses, weeping-mood, etc. Next to iron (*ferrum*) the most often indicated remedy.

Helonias.—Atonic conditions of the womb, with defective digestion and assimilation. Our experience fully justifies the designation it has received of a *uterine tonic*.

Graphites.—Too late, scanty, painful menses ; constipation with large knotty stools ; unhealthy skin.

Sepia.—Pelvic congestion with deficient or too profuse menstruation ; constipation ; *Leucorrhœa* ; sick-headache.

Ignatia.—Constant melancholy, or rapid emotional changes, nervousness, etc.

Arsenicum.—Shortness of breath, languor, etc.

Natrium m.—Sadness, oppression, anxiety, and heat in the face.

Plumbum.—With *obstinate constipation*.

Sulphur.—With *chronic bad health*.

Administration.—A dose twice or thrice daily. As soon as improvement is manifest, the medicine should be given at longer intervals, and gradually discontinued.

ACCESSORY MEANS.—Good nourishing food, including milk and *milk diet* generally; frequent *exercise in the open air and sunshine*, avoiding fatigue; good ventilation; and cold bathing, particularly in sea water, are much to be commended. In some cases bathing should be commenced with tepid water, and the temperature gradually diminished, so as to suit the patient's strength. Cold bathing is very necessary, and tends to remove the extreme sensitiveness of chlorotics to cold.

XVIII.—Microcytic Anæmia of Women of Reproductive Age

It is curious that, as the chlorosis of pubescent girls has faded from our view, increasing attention has been directed to a widely prevalent anæmia of women, from, say, twenty to fifty years of age: the chief characteristics of which are the diminished size of the red corpuscles of the blood and the deficiency in the hæmoglobin. These patients show the usual marks of anæmia, viz. pallor, breathlessness, swelling of the ankles,

easy fatigue, debility, etc. Glossitis (inflammation of tongue), brittle finger nails and enlargement of the spleen are sometimes found. These cases sometimes closely resemble pernicious anæmia, a more serious condition for which liver is the treatment. They are not really needing liver, but suffering from iron deficiency, due to the regular drain of menstruation, perhaps also the drain of pregnancy and parturition, and excessive losses about the change of life.

The treatment is the same as that of *Chlorosis* (see p. 42).

XIX.—Hysteria—Hysterical Fits

(*Hysteria*).

The term hysteria is derived from the Greek word *hysteria*, a womb—from its being formerly supposed that the disease depended on the uterus; but since it may exist in those in whom the uterine functions are undeveloped or have ceased, in persons born without a womb, and even sometimes in men, the uterus is not the seat of the disease. At the same time, derangement of the uterine functions may co-exist and materially contribute to the intensity of the malady.

Hysteria is a *nervous* disease, caused by some irritation supervening upon a condition of depressed nerve-power from emotional causes and

showing itself in unconscious imitation (*neuro-mimesis*) of the symptoms of all sorts of diseases. A predisposition to this disease may be transmitted from the parent, and may be fostered by the force of the example of a nervous mother or elder sister.

SYMPTOMS.—Hysteria is remarkable for the wide range and indistinctive character of its symptoms, and the multitudinous diseases it may mimic. It usually assumes one of three forms : first, that in which there is the sensation of a ball rising in the throat (*globus hystericus*), or a sense of suffocation, without convulsions ; second the paroxysmal form, in which there is the *globus hystericus*, succeeded by shrieks and screams, irrepressible crying or laughter, convulsions, etc. ; third, those irregular forms which often arise in the intervals of severe attacks. There is often a great variation in the discharge of urine, which may be at one time scanty, at another profuse and watery.

It is very common for the patient to imagine herself the victim of some serious disease of the heart, uterus, etc., but the belief rests only on imaginary grounds, the pains and sensations she complains of being of a purely nervous character.

HYSTERICAL FIT AND EPILEPSY.—In Hysteria there is not the suddenness of seizure, the complete loss of consciousness, the bitten tongue, the dilated pupils, and the total disregard of injury to

person and clothes that mark Epilepsy. There are much sobbing, crying, panting, and exhaustion, but no perfect stupor or profound sleep, after an attack of Hysteria.

TREATMENT.—*For the condition* (to be administered chiefly during the intervals between the fits).—*Ign.*, *Puls.*, *Cimic.*, *Gels.*, *Plat.*, *Cocc.*, *Hyos.*, *Bell.*, *Asaf.*, etc.

For the fits.—*Camph.*, *Mosc.*, *Acon.*, etc.

Ignatia.—Frequent changes from high spirits to dejection ; sense of a ball or suffocation in the throat ; Hysteria associated with grief, or mental excitement.

Pulsatilla.—Suppressed or scanty menses, pains in the back, weeping mood, especially when the temperament corresponds with this remedy.

Asafetida.—Inertia or irritability of the biliary system ; burning dryness of the throat ; *crampy pains* in the abdomen ; nausea ; constipation, or diarrhœa, with frequent urging ; high-coloured strong-smelling urine ; *globus hystericus* ; premature, painful menses ; uterine excitement ; depressed fitful spirits.

Platina.—Excessive menstruation ; constipation, and *depression*.

Cimicifuga.—Nervousness, *pain under the left breast and in various parts of the left side* ; *uterine disturbance* ; despondency ; *sinking* at the stomach, etc.

Cocculus.—Copious discharge of pale urine ; irritability ; dejection ; *menstrual colic*.

Gelsemium. — Nervous shiverings, with chattering of the teeth *without* chilliness; excessive irritability of body and mind; nervous excitement; pains in the back, etc.

Camphor and *Moschus*.—One of these may be given during a *paroxysm*. Two or three drops of the former on a piece of sugar, or a few drops of the latter in a little water, the dose being repeated every few minutes if necessary. Or the strong tincture may be administered by olfaction.

Chamomilla, *Coffea*, *Valeriana*, *Senecio*, and other remedies, are also sometimes required.

ACCESSORY MEANS.—*Occupation* of both mind and body; *removal* from sympathizing friends; the *shower-bath*, in the use of which an oiled silk covering may be applied over the head to keep the hair dry, tepid water being used at first; the *disuse of stimulants*. The daily consumption of alcoholic beverages for the debility of Hysteria is a delusion which should be strenuously opposed. Stimulants yield but the semblance of strength, while they tend to confirm the worst symptoms of the complaint. Of this fact the patient is not easily to be persuaded, but all doctors endorse the words of the late Dr. Habershon that the exhaustion arising from defective nervous supplies “is really increased by the stimulant; and that if she will withhold the irritating draught, the nerve power will recover, the appetite return, and the functions be restored.” Crowded and

badly-ventilated buildings, late hours in retiring and rising, and artificial habits of living generally, should be *resolutely avoided*.

The diet, rest, study, recreation, as well as the various bodily functions, should receive intelligent and uniform attention.

During a fit, the patient's clothes, especially about the neck and chest, should be loosened, and an abundance of fresh air supplied. The nose and mouth may be held for a short time to prevent breathing, or a jug of cold water poured directly over the face.

Prolonged attacks are remarkably benefited by the temporary constraint which these expedients impose. The patient is induced to "draw a long breath," and this vigorous inspiration is usually followed by a relaxation of all spasm, and a disappearance of the fit.

CHAPTER IV
REPRODUCTION

XX.—Marriage

MARRIAGEABLE AGE.—From twenty to twenty-five years of age may be stated as the proper time for contracting marriage on the part of women. Under favourable circumstances, marriage is conducive to health and longevity. As a general rule the female constitution is not sufficiently matured till the twenty-first year of age to allow of marriage without risk of injury to health and comfort. Some exceptions to this rule exist in persons who have acquired at about nineteen that mental and physical maturity which the majority only obtain some years later. Too early marriage often results in a broken constitution and feeble health in the mother, or in the birth of weakly children. On the other hand, too late marriage often entails much discomfort, and children born of such parents are often sickly, and die prematurely. A considerable disproportion between the ages of the husband and the wife is, for similar reasons, to be avoided. Physiology has, beyond a doubt, established the general truth of these remarks.

though it is not presumed that they can or will always be applied. It is most important, however, that they should be instilled as first principles in the minds of the young and their counsellors, in order that their application may be facilitated as circumstances permit.

XXI.—Sterility—Barrenness

When a reasonable period has elapsed after marriage, and conception has not taken place, the question arises, What is the cause? In seeking an answer to this question, a physician should always be consulted. It is too usual to assume that the blame of a sterile union rests with the woman. The male is in fault in about one case in six. Here is one reason why a doctor should be taken into confidence. In some (probably rare) cases there is no fault in either; each is fertile with some other partner. This incompatibility (noticed also by breeders of animals) can neither be explained nor cured.

CAUSES.—When non-conception is due to faults on the side of the female, the causes may be local or constitutional. Amongst local causes are—a natural defect in the formation of the vagina, uterus, ovaries, etc., which is comparatively rare; polypi or other tumours of the uterus; inflammatory disease of the female organs; backward displacement of the uterus; too frequent sexual

intercourse ; any local condition that causes dysmenorrhœa (painful menstruation) or dyspareunia (painful intercourse).

Constitutional causes include those in which the general physical powers are impaired, or exhausted by acute or chronic disease ; also, obesity ; a luxurious or *inactive* mode of life, the hard-working and the poorer classes being much more prolific than the rich, the indolent, and the free livers ; alcoholism ; absence of sexual feeling etc.

Most of these causes, whether local or general, are causes of a relative and not of an absolute sterility. Imperfect development of the ovaries and uterus cause an absolute sterility for which nothing can be done. On the other hand many women are fertile in spite of dysmenorrhœa and dyspareunia.

TREATMENT.—The treatment of sterility is the treatment of the presumed cause. Spasmodic dysmenorrhœa, e.g., can be treated by homœopathic remedies ; also it is often cured by dilatation of the *os uteri*. Such treatment often cures sterility. Polypi and tumours call for surgical removal. Occasionally an imperforate or insufficiently perforated hymen may need a slight operation. Occasionally married people need to be instructed in the method of complete intercourse by which the semen is deposited in the upper part of the vagina.

The remedies most serviceable in sterility are—*Sepia*, *Agnus castus*, *Baryta carbonica*, *Conium*, *Platina*, *Ferrum*, *Phosphorus*, etc.

Advertisements in the lay press of sterility cures should be treated with the disdain they deserve.

XXII.—Conception

Impregnation depends on the union of certain elements furnished by the male and female organs during sexual congress, both being alike indispensable; and the qualities of the germs furnished at the period of impregnation will cling to the individual through life. It is more than probable that conception resulting from intercourse when the bodily functions or organs are impaired whether by fatigue, overtaxed digestion, or excesses of any kind, affords a rational explanation of many infirmities or eccentricities in the offspring. The practical lesson, therefore, is, that sexual connection, at least when conception is possible, should only take place under favourable conditions.

The majority of authors agree that the time most favourable to conception is that immediately following the menstrual discharge. Women then having a greater aptitude to conceive, it is also the most favourable time for sexual intercourse. The aptitude for fecundation is not, however, limited to a few days after the

menstrual period. Fecundation may occur at any time in the menstrual cycle. Notwithstanding, those who are anxious to increase their families should connect their hopes with this period, whilst they who for reasons of health, from poverty, or other circumstances, do not wish to add to the number of their children, should then exercise particular caution and self control.

XXIII.—Symptoms of Pregnancy

The signs and symptoms of pregnancy vary considerably in different women, both as to their nature and the periods of their occurrence ; but as it is often a matter of importance and anxiety to know whether pregnancy does or does not exist, we will enumerate the symptoms which are most common and characteristic. In estimating their conclusiveness, however, reference must be had to their number and importance, the previous condition of the woman, and any accidental causes which may have been in operation to produce abnormal changes.

The only absolutely *certain* signs of pregnancy are—the movements of the child felt by another, the sounds of the foetal heart, and *ballotement*, but these cannot be observed till pregnancy is several months advanced, and the last two only by a medical man.

I. *Absence of menstruation.* — When after marriage a woman passes the usual time of her

menstruation, especially if she has always been previously regular, pregnancy may be suspected, although the suppression *may* arise from other causes.

2. *Morning-sickness*.—After a few weeks, if sickness, with or without vomiting, occurs on rising in the morning, on retiring at night, or at any other periodical time, with no apparent cause, the digestion, appetite, and general health continuing good in spite of the nausea, this symptom, added to the first, will strengthen the probability of pregnancy.

3. *Enlargement of the breasts*.—From sympathy with the womb and other parts of the genital apparatus, and in process of preparation for the performance of their own future function, the breasts generally enlarge soon after conception, causing sensations of fulness, throbbing, tingling, and tenderness, and if they are felt, will be found hard and knotty, the whole glands manifestly taking on a more vigorous physiological activity.

4. *Darkening of the areola around the nipple*.—The darkish circle round the nipple (*areola*), usually becomes much darker in pregnancy, especially in the first. Little prominences or minute glands, like pimples, also arise on the areola, from which subsequently a semi-milky fluid may be squeezed.

5. *Milk in the breasts*.—This is usually a good sign of pregnancy, although in some women who

have borne children the milk has never ceased to be secreted.

6. *Enlargement of the abdomen.*—This sign, added to those already enumerated, will materially strengthen the presumption of pregnancy. Enlargements may, indeed, occur from other causes, but in these cases the development and shape are not such as characterize pregnancy.

7. *Quickening.*—This is the term applied to the first consciousness on the part of the mother of the movements of the fœtus. This generally occurs early in the sixth month. The term “quickening” points to the old idea that at this time the fœtus first began to be “quick” or alive, but it is now known that the fœtus is alive from the beginning of pregnancy. It must be borne in mind, however, that movements, felt only by the mother, may be due to flatulence, imagination, etc.; it is only when the motions of the fœtus are distinctly felt by another person that pregnancy can be determined by this sign.

8, 9, 10, 11. *Ballottement and the sounds of the fœtal heart,* are signs requiring the skill of a medical man for detection. The last not only conclusively proves pregnancy, but also that the child is alive.

Other symptoms and conditions which may occur are—salivation, neuralgia of the face, head, or breast, irritability of temper, melancholy, and other nervous complaints; some suffer from one

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special disorder—Piles, for instance—when pregnant, and at no other time. But none of these ailments are essential concomitants of pregnancy.

XXIV.—Hygiene during Pregnancy

DIET.—The diet should be simple, nutritious, and easy of digestion ; it should be thoroughly masticated, and but little fluid should be drunk at meal times. Plainly-cooked animal food, once a day, well boiled vegetables, ripe fruits, and such articles as rice, tapioca, or arrowroot, if taken in moderation, will rarely disagree with the stomach. Pastry, smoked hams, salted or spiced meats generally, rich sauces, and every article that has been known to occasion indigestion, as well as those substances which have a tendency to produce a costive state of the bowels, should be avoided, and brown bread, if it agrees with the patient, should be eaten in preference to white. Late suppers are inadmissible. Stimulating drinks, wines, ardent spirits, ale, porter, strong tea and coffee, are generally hurtful both to the mother and the foetus. In a word, the diet should be wholesome and digestible, and if it has been so previously, no change whatever is necessary.

DRESS.—It would seem scarcely necessary to make any remarks upon the dress to be worn

during pregnancy, were it not that some females considerably advanced in it, often lace tightly for the sake of attending public entertainments, or of diverting notice from their condition. *At no time should stays be worn*, for the simple reason that they are never required. But they should especially be avoided during pregnancy, since a continual and forcible compression of the abdomen while nature is at work to secure its gradual enlargement, in order to accommodate the growth of the fœtus, must be attended with serious injury to the health of both mother and child. During gestation the uterus increases on an average from two to fourteen inches in diameter. It must be obvious, then, how vain, as well as criminal, must be every effort to contract it.

Dress should be arranged as to material and quantity, with the view to comfort and to the season. There must be no pressure on any part ; even the garters should be loosely worn. The feet and abdomen should be kept warm, since continued coldness of these parts predisposes to colic, headache, and Miscarriage.

EXERCISE.—Exercise is a most important means of retaining good health during gestation, of securing a natural delivery, and of favouring the health of the infant. The most useful kind is *walking* in the open air ; for this calls into action more of the muscles of the body than does any

other suited to this condition. Such exercise should, if possible, be taken chiefly before dinner, and be of such a character as to interest the mind as well as to strengthen the body. This will operate most favourably as a preventive of a host of morbid feelings which are apt to attend this state. Care must, however, be taken to avoid a degree of exercise which will induce marked fatigue. Violent exercise or exercise that involves any possibility of danger or accident should be avoided. It is probably safest neither to play tennis nor to cycle. In wet weather, or when it is impracticable to walk out, she should select a large and well-ventilated room, so that the air she breathes may be pure. It will be plain from the tenor of these general remarks, that sloth and self-indulgence should be striven against and overcome. There is no harm in a short sleep after dinner.

GENERAL HINTS.—Theatres, balls, or exciting public meetings should not be attended ; early habits should be formed ; all excessive mental emotions, as grief, despondency, anger, etc., are to be guarded against ; a tepid bath, followed by vigorous friction, should be taken daily ; and the mind should be kept tranquil, remembering that parturition is not necessarily attended by great suffering or any danger, these being, in most instances, the penalty incurred by disregarding the hints suggested in this Section.

XXV.—Morning-Sickness

SYMPTOMS.—The first intimation of it generally occurs on rising from bed. Before getting up the patient may feel as well as usual, but while dressing will be overtaken by nausea, followed by retching, and perhaps by vomiting before leaving the room ; or it may not occur until some little time after leaving the apartment, or not till after breakfast, which may be eaten with zest. In this case there will probably be no return of the symptoms till the following day. In some cases, however, sickness is not felt till evening, when it may be simple nausea, or vomiting may occur ; in others, sickness may be present all day. The sickness may begin almost immediately after conception, but more frequently it does not commence until after the lapse of several weeks, and then continues more or less constantly and severely for three or four weeks, and in some instances till near the time of quickening, or even until confinement. In some rare instances it does not occur before the last weeks of pregnancy, and is then apt to be severe ; in other cases it is altogether absent during the whole period of gestation.

CAUSE.—This vomiting is a pure nervous reflex from the uterus and is in no way due to the state of the stomach. It is likely, therefore, to be more marked in those of a highly strung nervous organization.

TREATMENT.—*Nux vomica*.—Vomiting, with vertigo, restlessness, and irritability; acid and bitter risings, *hiccough*, sense of weight at the pit of the stomach, *waterbrash*, *constipation*. When this remedy is indicated, it often affords striking and immediate relief, and carries the patient through the remaining term of pregnancy with comparative comfort.

Ipecacuanha.—Uneasiness about the stomach; continuous nausea and retching; vomiting of fluids and undigested food, or of bile; relaxed bowels. It is generally sufficient in mild cases; in chronic cases it may be alternated with *Sepia*.

Kreasotum.—A most valuable medicine for persistent morning-sickness, and one which seldom fails.

Tabacum.—Continued sick feeling all day without vomiting.

Arsenicum.—Vomiting, with *great weakness*, and attacks of fainting.

Pulsatilla.—Symptoms similar to *Nux v.*, but with *tendency to relaxation*.

ACCESSORY MEANS.—The diet should be regulated, and, if necessary, a change made in the times of eating to those hours when the stomach is least likely to be affected. Cold or cool food will sometimes be retained when hot is rejected.

In some cases two or three teaspoonfuls of beef-tea, or soda-water and milk, should be taken

frequently; or, when these cannot be borne, small pieces of ice may be sucked. In extreme cases it may be necessary to give up the attempt of feeding by the mouth, and to depend upon injections by the rectum for a day or two. Several cases have been recorded in which *raw beef* has been retained after every other kind of food has been rejected. Instead of mincing, it is preferable in point of palatableness and digestibility to prepare the beef as follows: a small block of steak is scraped with a silver spoon till all the pulp is extracted, a new surface is cut, and the operation repeated. The pulp may then be eaten as a sandwich, with salt and pepper. Meat in this form has been found highly beneficial in Diarrhœa, Consumption, or debility from any cause.

XXVI.—Heartburn and Waterbrash

SYMPTOMS.—A burning sensation up the throat and sometimes spasm of the stomach, generally attended by frequent eructations of an acid or tasteless watery fluid, when it is termed *water-brash* or *pyrosis*.

TREATMENT.—*Nux vomica* will generally be found efficient in removing these symptoms, and should be administered three or four times daily for several days, or until better.

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Pulsatilla is to be preferred for patients of a mild, timid disposition, with tendency to diarrhœa ; dislike of food, especially fat ; *eructations, tasting of food ; perverted taste ; inclination to vomit.*

Bryonia may be afterwards used, and after that *Sulphur* if the former remedies only afford partial relief.

Carbo veg.—Sensation of suffocation ; *acid eructations, with flatulence,* and rumbling in the abdomen.

Sulphuric Acid.—*Chronic Acidity.*

Lyc., Ars., Caps., or *Calc. carb.,* may be required.

ACCESSORY MEANS.—Rich and indigestible food, especially pastry, stews, etc., are to be avoided, the patient also refraining from too full meals. Too much cold water should not be drunk *during a meal* ; a glass of water, hot or cold, half an hour before or an hour after a meal is beneficial.

XXVII.—Colic

Spasm, or colic, from flatulent distension of the bowels through cold or improper diet, is apt to occur during pregnancy ; it usually affects the large intestines.

TREATMENT.—*Colocynth,* if the colic prevents the patient from resting in one place, and moving

about soothes the pains. This remedy is suited to severe as well as mild forms of the disease, especially when accompanied by diarrhœa. Sometimes it may be desirable to precede this or any other remedy by a few doses of *Aconitum*.

Chamomilla.—In nervous and irritable patients disposed to bilious derangements from fits of passion, etc.

Nux vomica will be more appropriate if indigestion with constipation exists.

Ign., *Bell.*, *Hyos.*.—Threatened spasms in hysterical patients.

China.—Bilious colic.

ADMINISTRATION.—Two drops of the tincture, or four pilules dissolved in a tablespoonful of water, every half-hour or hour, during a paroxysm of colic; afterwards, every fourth hour for several times.

ACCESSORY MEANS.—During the violent pains of colic, hot applications are useful, or a warm bath may be given. A pint of tepid water boldly injected up the bowel by means of an enema-syringe, and repeated if necessary, is almost invariably and immediately successful. Persons subject to colic are recommended to wear a piece of flannel around the abdomen in cold or changeable weather, and to keep the feet warm and dry.

XXVIII.---Constipation

Constipation is common in pregnancy, especially among women who live in towns and lead a sedentary life. Although constipation is far less injurious than relaxation, it should be removed as far as possible by the means pointed out below.

CAUSE.—Pressure of the enlarged womb upon the bowels.

TREATMENT.—*Nux vomica*.—Indigestion ; a sensation as if the lower bowel were closed ; frequent and ineffectual urging to stool. *Nux v.* is further indicated in persons of a hasty and vehement disposition, and in those who take too little out-of-door exercise.

Bryonia.—Constipation in warm weather, without inclination to stool, and accompanied with determination of blood to the head, and irascibility of temper.

Hydrastis.—Simple constipation from *torpidity of the bowels*.

Sulphur.—Chronic cases ; it may be given either alone or in alternation with *Nux v.* ; the latter at night, and the former in the morning.

Opi., *Lyc.*, *Alum.*, *Plat.*, may also be considered. See also the Section on *Piles*.

ACCESSORY MEANS.—Daily out-of-door exercise ; a tumbler of fresh spring water taken either

on going to bed or on rising in the morning ; the free use of vegetables, ripe or preserved fruits, brown bread, oatmeal porridge, etc. Kellogg's All-Bran is particularly useful. So also is a dessertspoonful of liquid paraffin after meals. Women will rarely suffer from constipation who eat brown bread, fruits, and vegetables, take regular exercise, and accustom themselves to baths or sponging. In cases where the bowels remain for many days unmoved, and there is constant uneasiness, an enema of tepid water should be employed. The medicines should still be continued, for although the bowels are moved by this mechanical assistance, their inactivity still remains to be cured.

For more detailed treatment the reader is referred to the author's other manuals.

XXIX.—Diarrhœa

Diarrhœa is not so frequent in pregnancy as constipation, but is far more prejudicial. If it be severe and continue long it is apt to induce abortion.

CAUSES.—Nervous irritation ; cold, to which pregnant women are very liable ; insufficient dress ; disease of the mucous membrane of the bowels. Diarrhœa sometimes follows conception so closely as to furnish the patient with the first intimation of her condition ; it may also return

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regularly every month, as though it were vicarious of the menses.

TREATMENT. *Pulsatilla*.—Slimy, greenish, and watery stools, preceded by colicky pains, clammy mouth, bitter taste, and absence of thirst; especially if the patient has chills, and the diarrhœa occurs mostly at night.

Chamomilla.—Yellow or green stools; bilious vomitings, with sharp pains in the stomach or bowels; flatulence; bitter taste and thirst.

Dulcamara.—Diarrhœa from cold or wet, especially if the motions are greenish, mucous, and preceded by colic.

Phosphori acidum or *Phosphorus*.—One of these remedies may be required when there are—physical or *nervous debility*, easily induced *perspirations*, night sweats, wasting, and *frequent desire to pass water*, which is often profuse.

Sulphur.—Chronic diarrhœa in scrofulous patients, or *Calc.-carb.* may be required.

Merc., *China*, *Camph.*, etc., may be required in some cases.

ACCESSORY MEANS.—In cases of protracted diarrhœa, the surface should be kept warm with flannel—a flannel roller folded loosely round the abdomen often gives great relief. Food should be light, taken cool or cold, and only in small quantities at a time. Fluid food is most suitable, especially milk and lime water, or milk-and-soda-water, or better still, Whey Koumiss No. 3

(Aylesbury). Restricting a patient to this diet for a short time is often alone sufficient to cure all sorts of diarrhœa not dependent on a permanent chronic cause. A fluid diet like the above is advantageous in diarrhœa, because while highly nutritive it does not require a perfect condition of the intestinal mucous membrane to digest and absorb it. Late hours, stimulants, and excesses of every kind should be avoided.

XXX.—Urinary Difficulties'

The bladder is often affected in pregnancy; there may be either frequent urgent desire, amounting to *incontinence of urine*, or inability to pass water—*retention of urine*.

In the first condition the patient has a constant and painful desire to urinate, which, if not gratified, results in an involuntary discharge. A cough will greatly increase the inconvenience, as each paroxysm will be likely to allow the urine to escape. In many cases this condition is very distressing; the constant discharge excoriates the parts so that the patient can only move about with pain, whilst an offensive urinous odour is exhaled from the person.

Retention—inability to pass water—requires prompt treatment, or the pressure of the distended bladder may occasion serious inconvenience.

TREATMENT.—*Pulsatilla*.—*Incontinence*, with spasmodic pain in the neck of the bladder, and watery urine, in feeble, sensitive patients. A dose every four hours.

Nux vomica.—*Spasmodic retention*, with painful urging, especially in females accustomed to alcoholic drinks.

Belladonna.—*Incontinence*, from relaxation of the neck of the bladder; copious and frequent emissions of pale and watery, or yellow and turbid, urine.

Cantharis.—Irresistible desire, with scalding, cutting, and tearing pains.

Ferrum mur.—*Incontinence* of urine during day time, or on coughing.

Camphor.—Sudden and urgent *retention*, with burning and great pain: a dose every few minutes till relieved.

Cina.—Frequent desire, and passage of turbid urine, which may occur involuntarily in bed, *from the irritation of worms*.

Cocculus.—Scanty emission, pains in the urethra; or *Phosphoric acid*.

ACCESSORY MEANS IN URINARY DIFFICULTIES.
—*Retention*.—Homœopathic treatment will generally suffice to restore the functions of the bladder without the use of instruments. But if the retention arise from delay in satisfying the call of nature, a single introduction of the catheter

may be advisable. This becomes necessary in retention from displacement of the neck of the womb. The applications of a towel, after immersion in very hot water, to the lower part of the abdomen, often causes contraction of the bladder and consequent discharge of the urine. The diet should be sparing, and demulcents,—barley water, gum water, linseed tea,—or simple cold water, should be preferred to other beverages. Acids, and too much salt, must be avoided, and the attendant should be acquainted with the actual state of the patient.

Incontinence.—A cold compress should be applied over the region of the bladder ; but in neither difficulty ought domestic treatment to be relied upon, if the measures pointed out fail to give speedy relief. It is essential in all cases that the patient should make regular efforts to pass water.

XXXI.—Toothache or Faceache

The toothache of pregnancy is a *Neuralgia*, from which some women begin to suffer soon after conception, and thus recognize their condition. It is, however, liable to happen at any period during pregnancy. The pain may attack one or more teeth, decayed or sound, or it may extend along the jaw without affecting any tooth in particular. Extraction

of the teeth during the time of pregnancy should be avoided ; it is rarely necessary, and should only be resorted to when the medical attendant advises it, as homœopathic treatment will generally remove the pain.

TREATMENT.—*Aconitum*.—Toothache from cold or wet, *febrile symptoms*, throbbing pains aggravated by stimulants. The writer has in some cases applied the tincture locally—a few drops in a little water—with almost immediate relief.

Chamomilla.—Faceache with swelling, irritability, flushes of heat, palpitation, and sensitiveness to external impressions, pains worse on taking warm food or drink at night.

Coffæa.—Extreme sensitiveness to pain, sleeplessness, flushed face, great restlessness ; pain relieved by cold water, accompanied by palpitation, recurring every night.

Belladonna.—Toothache with determination of blood to the head ; irritability of the nervous system ; the pains increase at night, are of a throbbing, piercing character, and often alternate with intense headache.

Administration.—The foregoing are most useful during an attack, when a dose may be given every sixty, thirty, or fifteen minutes, according to its severity.

As preventives one of the following should be taken :—*Sep.*, *Cimic.*, *Nux vom.*, *Calc.*, *Kreas.*,

Merc., or *Staph.*; the three last if decayed teeth are affected.

ACCESSORY MEANS.—Avoidance of cold and damp; improvement of the general health, especially of the digestive organs, by means of wholesome food, pure air, out-of-door exercise bathing, and regular early habits.

XXXII.—Headache and Dizziness

These are sometimes most distressing concomitants of pregnancy. There may be acute congestion, with throbbing and heat in the head and face, confusion of ideas, dizziness, and intolerance of light and sound, etc. Or the face may be pale, and cool, and the eyes heavy and languid. A feeling of weight on the top of the head or back of the neck, palpitation, nervous tremblings, a disposition to fall forward, variable or diminished appetite, etc., are also common.

TREATMENT.—*Belladonna*.—Rush of blood to the head, with staggering, buzzing in the ears, throbbing of the arteries of the neck, scarlet redness of the face, sparks before the eyes, double vision, intolerance of light, confusion of ideas, disinclination to move, etc. Worse in the morning.

Aconitum.—Giddiness on rising from a recumbent posture, heavy pressive pains on the top

of the head or in the forehead, redness of the eyes, scanty urine, etc. Especially suitable for plethoric females of florid complexion and nervous temperament.

Bryonia.—Beating in the forehead, giddiness, sense of weight and dullness, as if the brain would protrude on stooping, flushed face. This headache is often accompanied by indigestion, constipation, and sometimes bleeding from the nose.

Nux vomica.—Congestive headache *waking the patient early in the morning*, worse after eating, aching as if the head would split, *stupefaction*, etc., often associated with *constipation*, nausea, etc., sometimes commencing with dazzling of the sight, and increased by coughing or stooping. *Nux vom.* is especially useful to patients who have lived too freely and who take alcoholic beverages.

Puls., *Gels.*, *Glon.*, *Cocc.*, *Sep.*, *Plat.*, etc., may also be considered.

XXXIII.—Pain in the Breasts

Some women are troubled with a pricking or acute pain of a neuralgic character, in one or both breasts. The pain may be constant and exceedingly troublesome, or recur in paroxysms; generally there is no fever, although excessive suffering may cause sleeplessness and want of appetite.

CAUSES.—Sympathetic irritation in the breasts through pregnancy, which determines a flow of blood to those organs. Pain or tension of the breasts may also be symptomatic of uterine tumours, ovarian dropsy, etc.

TREATMENT.—*Pulsatilla* will generally remove this condition when purely nervous, as will *Conium*.

Bryonia.—Pricking sensation with sensitiveness.

Phytolacca.—Where *Bryonia* fails, *Phytolacca* should be tried.

Administration.—A dose thrice daily for three or four days.

ACCESSORY MEANS.—No tight articles of dress should be worn. *Hamamelis* and *olive oil* (one part of *Ham.* to ten of oil), gently rubbed into the breasts, often affords relief.

XXXIV.—Melancholy, Fear, Nervousness, etc.

Fear, anger, joy, grief, etc., operate powerfully upon the heightened susceptibility of the pregnant state, and may affect both the mother and child unfavourably. A morbid dread, causing the sufferer to view events through a darkened medium, may produce trembling of the body, weakness of the limbs, alarming dreams, nightmare, nervous irritability, despair of life, and

even a wish that it were extinct. Injudicious friends often aggravate this morbid state by thoughtlessly repeating exaggerated accounts of accidents and unpropitious results of pregnancy. These narrations, though almost always untrue, may appear so real to the patient as to operate powerfully on her mind, and produce the most serious results.

TREATMENT. — *Pulsatilla*. — Weeping-mood ; headache, heartburn, uneasy feeling at the pit of the stomach ; mental oppression. *Puls.* often produces a satisfactory change in the whole system.

Cimicifuga.—Melancholy, weariness, nervous weakness and prostration ; pains in the left side under the breast, in the back, etc.

Ignatia.—Alternate sadness and gaiety ; depression of spirits, the patient frequently weeping without cause ; acute sensitiveness of the body, nervousness, sensation as of a ball rising in the throat, and hysteric symptoms.

Platina.—Extreme depression, even to the fear of death, anguish about the heart, hysteria, etc.

Sep., *Acon.*, *Hyos.*, *Cham.*, *Opi.*, or *Coff.*, may sometimes be required.

ACCESSORY MEANS.—Useful occupation, combined with out-door exercise, and cheerful company or books.

XXXV.—Varicose Veins

A dilatation of the veins of the legs, by which they become swollen and painful, and the patient is prevented from taking the necessary walking-exercise, is a frequent accompaniment of pregnancy.

SYMPTOMS.—The enlarged veins are most frequently below the knee, but the veins of the thigh may also be involved, and, in some cases those of the external genitalia. The veins appear bluish, tortuous, and knotted; and are sometimes apt to become inflamed and ulcerated, or even to burst. When the womb is more inclined to one side than the other, the corresponding limb will be most affected. The veins get larger when the patient is much on her feet, or allows the limb to hang down, but decrease in size during rest in the horizontal posture.

CAUSE.—Pressure of the enlarged womb, which obstructs the return of blood from the parts below. Such being the general cause of the derangement, after delivery the veins speedily regain their usual size.

TREATMENT.—*Pulsatilla*.—Painful and inflamed veins, causing swelling of the limbs, in patients having the *Pulsatilla* temperament.

Hamamelis virg.—In severe cases, when bleeding is threatened. A dose every eight or twelve hours.

Aconitum.—May be alternated with either *Puls.*, or *Ham.* to relieve the pain and any fever that may be present.

Nux vomica.—Varices, with enlargement of the abdomen, Hæmorrhoids, Constipation, and bearing-down pains.

Bell., *Ars.*, *Sil.*, and *Sulph.*, are also useful under certain conditions. Further information may be found in the author's *Vade Mecum of Modern Medicine and Surgery*.

ACCESSORY MEANS.—The limb should be bandaged from the roots of the toes to just below the knee, or to the hips if the disease extends above the knees ; beneath this bandage linen compresses should be laid over the enlarged veins, and kept wet with a lotion of *Hamamelis* tincture, four teaspoonfuls of water to one of the tincture. All ligatures or garters should be removed. In severe cases it is necessary to keep the limb in a horizontal posture.

XXXVI.—Piles (*Hæmorrhoids*).

Piles is one of the most frequent diseases of pregnancy. *External* piles seldom give rise to bleeding, while *internal* piles often bleed profusely. The disease is really a varicose condition of the veins of the lower part of the *rectum* (last part of large bowel).

CAUSES.—The chief cause is pressure of the enlarged womb upon the vessels of the pelvis ; minor causes are—mechanical pressure of the contents of the bowels in Constipation, Diarrhœa, etc.

TREATMENT.—*Nux vomica* and *Sulphur*.—In the majority of cases, the alternate use of these medicines will afford marked relief, especially in persons who have indulged in stimulating drinks, or who lead an inactive life, and when there are alternate Constipation and Diarrhœa, frequent protrusion of the lower bowel, pain in the small of the back, painful urination, with aggravation of the symptoms after meals and during mental labour. A dose of *Nux vom.* at night, and one of *Sulph.* in the morning, for a week or two. The dose may be repeated every four hours, during an attack.

Aloes.—Hæmorrhoids attended with bilious derangement or torpor of the liver, Diarrhœa, or profuse bleeding. It may be administered in alternation with *Sulph.*, or may precede that remedy.

Aconitum.—Often useful at the commencement, especially if there are heat, fullness, and throbbing in the anus and small of the back.

Collin. and *Ham.* are also valuable. (See likewise the Section on *Constipation*.)

ACCESSORY MEANS.—In *external* piles, great comfort will be found by applying cotton wool,

saturated with *Hamamelis* lotion, to the part ; it requires no bandage to keep it in its place, and can be renewed as often as required. In *internal piles*, half-a-pint to a pint of water injected up the bowel in the morning has often a most salutary effect ; it constricts the blood-vessels and softens the fæces before the accustomed evacuation. If the tumours are too painful to permit of injections, the parts should be washed or fomented with warm water ; and the patient should sit over the steam of hot water. Or the patient should sit in a large poultice of bread or linseed meal.

After the inflammatory symptoms have subsided, cold water ablutions, with occasional injections, are useful.

DIET.—This should be moderate, unstimulating, and easy of digestion. Coarse brown bread is sometimes unsuitable, as the husks, if undigested, irritate the rectum and produce an aggravation of the disease. Coffee, stimulating beverages, pepper, spices, and too much animal food should be eschewed.

XXXVII.—Swelling of the Extremities

(*Edema*).

In advanced pregnancy women often suffer from puffy swelling of the lower extremities, and

of the thighs, or even of the external parts of the sexual organs.

TREATMENT.—*Arsenicum*.—Œdema with much prostration ; feeble, irregular pulse ; coldness of the extremities.

Ferrum.—When the œdema is associated with an anæmic or chlorotic condition.

Apis Mellifica.—Rapid and extreme swelling, with urinary difficulties.

China.—Dropsy, occasioned by loss of blood, Diarrhœa, or Dysentery.

Sulphur.—If the patient has been subject to affections of the skin, which have disappeared during the pregnancy, this will be the most suitable remedy.

ACCESSORY MEANS.—The recumbent posture lessens the inconvenience : accordingly, the swelling is usually much diminished after a night's rest. Standing is more prejudicial than walking. The patient should raise the legs when seated.

XXXVIII.—Palpitation of the Heart

Weakly, nervous women often suffer from attacks of Palpitation. By some it is experienced immediately after conception, by others at the period of quickening, and by others, again, towards the end of pregnancy.

REPRODUCTION

CAUSES.—Increased sensibility and irritability of the nervous system, consequent on pregnancy in the later months, the upward pressure of the enlarging abdomen may act as a predisposing cause ; the movements of the fœtus, indigestion, and mental emotions, etc., as exciting causes.

TREATMENT.—*Moschus*.—Palpitation with a tendency to faint. *Camphor* is also valuable during an attack.

Aconitum and *Belladonna*, alternately, when the patient is plethoric.

Natrum mur.—Palpitation after a meal, or on lying down at night.

Pulsatilla or *Nux vomica* when arising from indigestion.

Cimic., *Sep.*, *Ign.*, *Cham.*, *Coff.*, *Cact.*, etc., are remedies sometimes required.

Administration.—A dose every two or three hours till relieved.

ACCESSORY MEANS.—Derangements of the digestive organs, anxiety, and excitement, should be guarded against.

XXXIX.—Fainting and Hysterical Fits

These are not frequent accompaniments of pregnancy, except at the period of quickening in delicate women. The fits are in no wise serious, unless associated with organic disease

of the heart. If they occur towards the end of pregnancy they may render convalescence after parturition more tedious than it would otherwise be. They are also unpleasant occurrences at the time of labour.

SYMPTOMS.—The fits differ from those of Epilepsy, as there is no choking noise in the throat, and no biting of the tongue. There is a sensation of languor, with disposition to yawn; things appear to turn round; the sight becomes defective, the face pale, and there is a buzzing or ringing in the ears; the patient sighs, screams and becomes partially insensible.

CAUSES.—Overpowering of the sensitive nervous system, as by fright, anger, prolonged sleeplessness, neuralgia, etc. Fainting after labour may arise from hæmorrhage, and requires immediate treatment.

TREATMENT.—*Moschus* may be administered during a fit, either in the usual manner, or by olfaction.

Camphor may be substituted for *Mosch.*, and given also by olfaction, or two drops on small piece of sugar.

Iodium.—For the constitutional debility, of which the tendency to faint is a symptom.

China.—Fainting consequent upon profuse losses.

REPRODUCTION

Cham., *Ign.*, *Puls.*, *Cimic.*, etc., are suited to the hysterical fits.

Administration.—During a fit, a dose every ten or fifteen minutes; afterwards, every four hours.

ACCESSORY MEANS.—The exciting causes should as far as possible be removed, and the diet and general habits be well regulated. During a *hysteric* fit, cold water may be dashed on the face. For a simple fainting-fit, the patient should recline with the head low, abundance of air should be admitted to the room, and quiet maintained. If the extremities are cold, warmth should be applied.

XL.—Cramps

Pregnant women are very liable to Cramps and irregular pains in the calves of the legs, the feet, loins, and abdomen. The efforts made to support the increasing weight of the abdomen, and to maintain the equilibrium of the body, probably account for the aching of the back and loins.

Cham., *Camph.*, or *Ver.*, is usually sufficient to cure the Cramps and uneasy sensations in the limbs. *Camph.*, is often of the greatest value and may be used locally also.

Bry., *Nux vom.*, *Sp.*, if indigestion, sick-headache, etc., are present.

Rhus tox., *K.-carb.*, or *Arn.*—Aching in the back and loins from fatigue, etc.

XLI.—Abortion—Miscarriage

When miscarriage or abortion has once occurred, a predisposition to a recurrence of it, at a corresponding period in subsequent pregnancies, is often established. When the fœtus is expelled during the early months it is called *Abortion*; when during the later months, *Premature Birth*. We here include both conditions.

The treatment should, if possible, be confided to a homœopathic practitioner. Abortion must be regarded as a very serious evil; it not only deprives the mother of the product of her pregnancy, but often imperils life and health.

SYMPTOMS.—(1) A feeling of indisposition to exertion, depression, weakness and uneasiness at the bottom of the back and at the lower part of the abdomen, and other symptoms resembling those which often precede menstruation. (2) Slight and increasing discharge of blood, and cutting pains in the loins and abdomen. (3) Pains, at first slight and irregular, now become severe, and recur at regular intervals, with bearing down, watery discharge, and expulsion of the fœtus.

CAUSES.—*Exciting* causes are,—*over-reaching*, falls, blows, *false steps*, lifting heavy weights, *long walks*, horseback-exercise, dancing, purgative drugs ; violent mental emotions. *Predisposing* causes are,—feebleness of constitution ; too slight an attachment of the embryo to the womb during the early part of pregnancy ; excessive menstruation ; acute diseases, particularly those of the uterus and abdominal viscera ; want of sufficient healthy exercise to maintain unimpaired the vigour of the entire system ; late hours, &c.

TREATMENT.—Homœopathy possesses such effective remedies for averting Miscarriage, or, where it is inevitable, of preventing its injurious effects upon the constitution, that none need despair of a favourable result. The following are a few of the remedies to be used, according to the indications present, when medical aid cannot be immediately secured.

Secale.—Severe forcing-pains, with discharge of dark coagulated blood at each pain. Especially suitable to *Premature labour*.

Sabina.—*Abortion*, with a sense of heat and soreness in the womb, and discharge of blood.

Aconitum.—In full-blooded patients, with strong, quick pulse. This remedy may be alternated with another.

Chamomilla.—Extreme sensitiveness to the pains, with nervousness and irritability.

Ipec., *Plat.*, *Bell.*, or *Croc.*, may be required : see their indications under *Profuse Menstruation*, page 27.

Arnica should be given in alternation with another remedy, when a fall, blow, or over-exertion, has induced the symptoms. If administered in frequently-repeated doses, on the first approach of *malaise*, it will often prevent the threatened Miscarriage altogether.

Administration.—A dose every twenty, thirty, or sixty minutes, according to the urgency of the symptoms ; as these abate, at longer intervals.

ACCESSORY MEANS.—Immediately after a patient has had the least “show,” she should lie down in a cool, well-ventilated room, on a sofa or hair mattress, and maintain that posture till all symptoms of Miscarriage have disappeared. Merely resting the legs and feet is insufficient. In cases, however, in which Miscarriage is only apprehended at a future time, it is not necessary thus to restrict the patient ; gentle, moderate open-air exercise is necessary, an entire rest weakens the constitution and augments any existing predisposition. Sexual intercourse must be avoided ; also excitement, and the circumstances tending to produce Abortion or Miscarriage, as enumerated under “Causes.”

When Miscarriage has actually occurred, the immediate after-treatment should be the same as that pointed out under *Labour*.

REPRODUCTION

PREVENTION.—When a woman who has once miscarried becomes pregnant again, she should avoid all causes likely to excite a recurrence, and take, once a day for two or three months before the period corresponding to that of the Miscarriage, a dose of *Secale* if it were Premature Labour or of *Sabina* if it were Abortion. *Cimicifuga* or *Pulsatilla* may be substituted for a few days occasionally if the patient's symptoms indicate one of these remedies.

Constitutional remedies, where the general health is defective, are likewise necessary—pre-eminently *Sepia* and *Calcarea*; the latter if the woman is scrofulous, the former if she has been subject to scanty or irregular menstruation, affections of the skin, sick-headaches, and is delicate.

Every attention should be directed towards maintaining as vigorous a state of constitution as possible. The diet should be good and sufficiently liberal. Open-air exercise should be taken for two or three hours a day, if it can be borne without fatigue. The bed should have a spring mattress; and cold or tepid sponging should be practised night and morning, both in summer and winter. Sometimes a *hip-bath* should be conjoined with the sponging. The patient should sit in the bath, about half filled with water, for three or four minutes, daily on rising, and whilst in the bath should dash the water upon the stomach and back, with the hand

or by means of a sponge. After the bath, the body should be rubbed into a glow with a large towel or sheet. Where there are threatenings of Miscarriage, the patient must strictly confine herself to the recumbent posture, even for weeks should it be necessary; and after Miscarriage must retain that posture for at least a fortnight. A period of rest is then as necessary to the uterus as after confinement. The repose of body here recommended should be supplemented by a quiet and tranquil state of mind.

CHAPTER V

LABOUR AND ITS AFTER-
MANAGEMENT

XLII.—Calculation of the Time of Labour

The period of pregnancy, from conception till confinement, is calculated at ten *lunar* months, or forty weeks, which amount to 280 days. It is sometimes reckoned at nine *calendar* months, that is, 273 days, or thirty-nine weeks; forty weeks, however, is the safer reckoning. When the date of conception is known, the reckoning begins from that day. If that be not known, the calculation must commence from the first day of the last monthly appearance. If the period of the last monthly course cannot be remembered, then the time of *quickeni*ng, or when the movements of the child are first perceived (usually about four and a half months after conception), may be made use of, but this is not a very reliable basis for calculation.

Since it is highly important that the period of labour be known, we add a calendar, showing 280 days from any given date.

Much time may often be saved, and great anxiety avoided, by being able to reckon approximately the time of labour. In point of economy, too, the advantage of bespeaking

medical and other assistance at the proper time, is self-evident.

Calendar showing approximately when Labour may be expected.

Concep.	Labour.	Concep.	Labour.	Concep.	Labour.
Jan. 1	Oct.	Feb. 15	Nov. 22	April 1	Jan.
2	9	16	" 23	2	7
3	10	" 17	" 24		8
4	11	" 18	" 25	4	9
5	12	" 19	" 26	5	" 10
6	" 13	" 20	" 27	6	" 11
7	" 14	" 21	" 28	7	" 12
8	" 15	" 22	" 29	8	" 13
	" 16	" 23	" 30	9	" 14
10	" 17	" 24	Dec. 1	10	" 15
11	" 18	" 25	" 2	11	" 16
12	" 19	" 26	" 3	" 12	" 17
13	" 20	" 27	" 4	" 13	" 18
14	" 21	" 28	" 5	" 14	" 19
15	" 22	Mar. 1	" 6	" 15	" 20
16	" 23	" 2	" 7	" 16	" 21
17	" 24		" 8	" 17	" 22
18	" 25	4	" 9	" 18	" 23
" 19	" 26	5	" 10	" 19	" 24
" 20	" 27	6	" 11	" 20	" 25
" 21	" 28	7	" 12	" 21	" 26
" 22	" 29	8	" 13	" 22	" 27
" 23	" 30		" 14	" 23	" 28
" 24	" 31	10	" 15	" 24	" 29
" 25	Nov 1	11	" 16	" 25	" 30
" 26		12	" 17	" 26	" 31
" 27	3	" 13	" 18	" 27	Feb. 1
" 28	4	" 14	" 19	" 28	2
" 29	5	" 15	" 20	" 29	3
" 30	6	" 16	" 21	" 30	4
" 31	7	" 17	" 22	May 1	5
Feb. 1	8	" 18	" 23		6
2	9	" 19	" 24	3	7
3	" 10	" 20	" 25	4	8
4	" 11	" 21	" 26	5	9
5	" 12	" 22	" 27	6	10
6	" 13	" 23	" 28	7	11
7	" 14	" 24	" 29	8	12
" 8	" 15	" 25	" 30	9	" 13
	" 16	" 26	" 31	10	" 14
10	" 17	" 27	Jan. 1	11	" 15
11	" 18	" 28	" 2	12	" 16
" 12	" 19	" 29	" 3	" 13	" 17
" 13	" 20	" 30	" 4	" 14	" 18
" 14	" 21	" 31	" 5	" 15	" 19

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Concept.	Labour.	Concept.	Labour.	Concept.	Labour.
May 16	Feb. 20	July 10	April 16	Sept. 3	June 10
17	" 21	" 11	" 17	" 4	" 11
18	" 22	" 12	" 18	" 5	" 12
19	" 23	" 13	" 19	" 6	" 13
20	" 24	" 14	" 20	" 7	" 14
21	" 25	" 15	" 21	" 9	" 15
22	" 26	" 16	" 22	" 10	" 16
23	" 27	" 17	" 23	" 11	" 17
24	" 28	" 18	" 24	" 12	" 18
25	Mar. 1	" 19	" 25	" 13	" 19
26	" 2	" 20	" 26	" 14	" 20
27	" 3	" 21	" 27	" 15	" 21
28	" 4	" 22	" 28	" 16	" 22
29	" 5	" 23	" 29	" 17	" 23
30	" 6	" 24	" 30	" 18	" 24
31	" 7	" 25	May	" 19	" 25
June 1	" 8	" 26	"	" 20	" 26
2	" 9	" 27	"	" 21	" 27
" 3	" 10	" 28	"	" 22	" 28
" 4	" 11	" 29	"	" 23	" 29
6	" 12	" 30	"	" 24	" 30
7	" 13	Aug. 1	"	" 25	July 1
8	" 14	" 2	"	" 26	" 2
9	" 15	" 3	"	" 27	" 3
10	" 16	" 4	"	" 28	" 4
11	" 17	" 5	"	" 29	" 5
12	" 18	" 6	"	" 30	" 6
" 13	" 19	" 7	"	Oct. 1	" 7
" 14	" 20	" 8	"	" 2	" 8
" 15	" 21	" 9	"	" 3	" 9
16	" 22	" 10	"	" 4	" 10
" 17	" 23	" 11	"	" 5	" 11
" 18	" 24	" 12	"	" 6	" 12
19	" 25	" 13	"	" 7	" 13
20	" 26	" 14	"	" 8	" 14
21	" 27	" 15	"	" 10	" 15
22	" 28	" 16	"	" 11	" 16
" 23	" 29	" 17	"	" 12	" 17
" 24	" 30	" 18	"	" 13	" 18
" 25	April 1	" 19	"	" 14	" 19
26	" 2	" 20	"	" 15	" 20
" 27	" 3	" 21	"	" 16	" 21
28	" 4	" 22	"	" 17	" 22
" 29	" 5	" 23	"	" 18	" 23
" 30	" 6	" 24	"	" 19	" 24
July 1	" 7	" 25	June	" 20	" 25
3	" 8	" 26	"	" 21	" 26
4	" 9	" 27	"	" 22	" 27
5	" 10	" 28	"	" 23	" 28
6	" 11	" 29	"	" 24	" 29
7	" 12	" 30	"	" 25	" 30
8	" 13	" 31	"	" 26	" 31
8	" 14	Sept. 1	"	" 27	Aug. 1
9	" 15	"	"	"	" 2

Concep.	Labour	Concep.	Labour.	Concep.	Labour
Oct. 28	Aug. 4	Nov. 19	Aug. 26	Dec. 11	Sept. 17
" 29	" 5	" 20	" 27	" 12	" 18
" 30	" 6	" 21	" 28	" 13	" 19
" 31	" 7	" 22	" 29	" 14	" 20
Nov. 1	" 8	" 23	" 30	" 15	" 21
" 2	" 9	" 24	" 31	" 16	" 22
" 3	" 10	" 25	Sept. 1	" 17	" 23
" 4	" 11	" 26	" 2	" 18	" 24
" 5	" 12	" 27	" 3	" 19	" 25
" 6	" 13	" 28	" 4	" 20	" 26
" 7	" 14	" 29	" 5	" 21	" 27
" 8	" 15	" 30	" 6	" 22	" 28
" 9	" 16	Dec. 1	" 7	" 23	" 29
" 10	" 17	" 2	" 8	" 24	" 30
" 11	" 18	" 3	" 9	" 25	Oct. 1
" 12	" 19	" 4	" 10	" 26	" 2
" 13	" 20	" 5	" 11	" 27	" 3
" 14	" 21	" 6	" 12	" 28	" 4
" 15	" 22	" 7	" 13	" 29	" 5
" 16	" 23	" 8	" 14	" 30	" 6
" 17	" 24	" 9	" 15	" 31	" 7
" 18	" 25	" 10	" 16		

SYMPTOMS OF LABOUR.—The actual earliest is a diminution in the size of the waist, from the child's sinking lower in the abdomen. The first noticed indications are usually agitation, lowness of spirits, flying-pains, frequent desire to pass water, etc. A slight discharge of mucus tinged with red, technically called the "show," is the most certain sign that labour has commenced.

Our sole intention in this manual is so to describe the general course of a perfectly natural labour that, in the unavoidable absence of a medical man, any intelligent person may be enabled to act with some degree of correctness, and to modify, by means of

LABOUR AND ITS AFTER-MANAGEMENT

suitable remedies any distressing symptoms which may arise.¹

Towards the close of gestation, women are apt to suffer from pains which may be mistaken for those of labour, but which the following table will aid in distinguishing:—

TRUE PAINS.

(1) Come on and go off *regularly*, gradually increasing in frequency and severity.

(2) Are situated in the *back* and *loins*.

(3) Are *grinding* or *beaving-down*, according to the stage of labour.

(4) Arise from the contraction of the uterus, and the resistance made to its efforts, and produce *dilatation* of the mouth of the womb.

(5) Are usually attended with a "*show*."

FALSE PAINS.

(1) Are *irregular* in their recurrence, or, in some instances, are unremitting.

(2) Are chiefly confined to the *abdomen*.

(3) Are of a *colicky* nature.

(4) Are caused by cold, flatulence, indigestion, spasm, fatigue, etc., and have no effect upon the mouth of the womb, which is found *closed*.

(5) Are *unattended* with a "*show*."

¹ No unqualified person should assume the office of accoucheur. Nurses and others who are properly qualified, will find much useful information in the sections "Preparations for Labour," "How to act in the absence of a Medical Man," and "Treatment after Delivery," in the *Lady's Manual*, when their services are required.

If the character of the pains points to true labour, although the proper time has not arrived, *Pulsatilla* will generally quiet the abnormal tendency. If, after a few doses at intervals of forty or sixty minutes, the symptoms continue, *Cimicifuga* may be given in like manner. If yet the pains increase, then the Section on *Miscarriage* should be consulted.

Assuming the proper time for childbirth to have arrived, and the symptoms of labour to have set in, an occasional dose of one of the forementioned remedies may be administered with advantage, unless some other be indicated.

TREATMENT.—*Gelsemium*.—To produce relaxation of a rigid, unyielding *os uteri* in labour, this remedy, in from one to five drops of the strong tincture, every half-hour, is probably superior to every other.

Chamomilla.—Excessive painfulness in highly sensitive, irritable patients.

Coffæa.—Extreme nervous restlessness, sharp and severe pains.

Pulsatilla.—Irregularity, uncertain and fitful pains, chiefly in the back.

China.—Pains recurring regularly for a time, and then ceasing. Two or three doses are usually sufficient.

Secale.—Pains that are too weak and seem to be declining.

Cimicifuga.—Violent, spasmodic pains, cramps in the limbs, a tendency to convulsions, nervous irritability and dejection.

Nux vomica.—*Spasmodic* pains.

Belladonna.—Flushed face, throbbing headache, confusion of ideas ; a tendency to wander ; convulsive movements, sensitiveness to noise, light, etc. *Bell.* is also sometimes useful when the pains are strong and normal, but an apparent resistance in the womb itself impedes progress.

Aconitum.—Feverishness, palpitation, etc.

Caulophyllum is preferable to *Ergot* as a uterine excitant.

Administration.—A dose every fifteen, twenty, or thirty minutes, as the case may require. If no relief follows the third or fourth dose, another remedy should be selected.

ACCESSORY MEANS.—No drugs, stimulants, spirituous liquors, etc., should be taken, as they often increase the difficulties and dangers of parturition. A calm, assured manner in the attendant, and in all persons concerned, is necessary to dissipate alarm and anxiety. All whispering or signs should be avoided, as the patient is very susceptible at this period, and is ready to apprehend every kind of evil. Friction over the abdomen, with moderate pressure, especially during the pains in the latter stages of labour, is often of much service, by exciting the action of the womb. This should be continued

till the placenta is detached. *Protracted* labour should always be expected to terminate favourably.¹

Patience is most important on the part of both the mother and attendant.

XLIII.—After Delivery

After the birth, all being otherwise satisfactory, a dose of *Arnica* may be given every forty minutes for three or four times; this remedy will help to prevent soreness and relieve *After-pains*. When the after-birth has been expelled, lotion of the same remedy,—twenty drops of the tincture in a tumbler of water,—may be applied over the abdomen by means of a saturated napkin, and renewed as often as necessary.

The child should be applied to the breast as soon as possible; the milk does not come into the breasts till about the third day, but a fluid, called *Colostrum*, is present, which is beneficial to the infant, acting in particular as a natural laxative. Moreover, the child's sucking at the breasts by reflex action causes a contraction of the womb, which is absolutely necessary to the mother's welfare. When the application of the child to the breast is duly attended to, Flooding

¹ If a difficult labour be anticipated *Arnica* should be taken three times a day, for a month, before the calculated time.

is an unlikely occurrence. For the first two or three days the child should be put to the breast three or four times in the day. It need not have anything else but water until the milk comes into the breasts.

The patient having been made comfortable, and the child applied to the breast, the first few hours should be essentially hours of repose. The patient should not be disturbed, except to remove the soiled napkins, apply the binder, and otherwise render her as comfortable as possible. If she is given a cup of hot tea and then left to herself, she will probably go to sleep—the best thing she can do.

After-pains, if not prevented by *Arnica*, may require *Chamomilla* or *Coffæa*, if the patient is sensitive and irritable, or *Gelsemium* if the pains are the only indication present. Other remedies are, *Puls.*, *Sec.*, *Ign.*, *Xanth.*, etc.

Coffæa.—Sleeplessness, nervous excitement, and restlessness. Two pilules, or a drop of the tincture, may be administered in a teaspoonful of water, every hour until sleep ensues.

Aconitum may be substituted for *Coffæa*, and given in the same manner, should there be any symptoms of fever.

The diet should be simple and nourishing: milk (plain or as custard), tea, soup, on first day; fish or chicken on the second day; anything the patient fancies in reason, on the third day.

XLIV.—Flooding after Delivery

This is one of the most serious accidents which complicate the expulsion of the after-birth. The Hæmorrhage often occurs with a rush a few minutes after the child is born ; sometimes it does not come on for several hours ; or, in rare cases, even for several days. But this need scarcely ever occur ; and will not occur if the various suggestions before pointed out are faithfully acted upon, and no serious constitutional or accidental circumstance occasion it.

SYMPTOMS.—Pallor of the face, dimness of vision, fainting, etc. When the blood appears externally, there need be no doubt about the case ; but at times the discharge is confined to the cavity of the womb, and can only be detected by the above symptoms.

TREATMENT.—*Sec.*, *Puls.*, *Sabi.*, *Ipec.*, *Croc.*, *Cham.*, or *Bell.*, may be required : for indications see *Menorrhagia*, etc., page 27. *China* should follow any other remedy after the discharge has abated.

ACCESSORY MEANS.—After delivery the patient should enjoy the most absolute repose of mind and body for an hour or two. A clean warm napkin should be applied to the vulva as soon after delivery as possible, and be examined every few minutes by the nurse. Thus any excessive discharge may be easily detected. Flooding after delivery (post-partum

hæmorrhage) must always be treated seriously. If a doctor is not present, he must be sent for at once.

XLV.—The Cleansings—Lochia

After delivery a healthy discharge takes place, which in colour and appearance at first resembles that of menstruation. Gradually, however, it becomes lighter, yellowish, and before its cessation is but slightly coloured. This change from red to a yellowish tinge, is generally effected in about a week. The discharge varies considerably in different females : in some it is thin and scanty, and continues only a few days ; in others it is so profuse as almost to amount to Flooding, and lasts for weeks.

TREATMENT.—*Aconitum*.—Plethoric patients with profuse bright-red discharge, and quick pulse.

Pulsatilla.—Simple scanty discharge.

Belladonna.—Scanty discharge ; headache ; flushed face ; confusion of ideas ; offensive Lochia.

Secale.—Very offensive dark discharge.

Sabina.—Similar discharge to that described under *Aconitum*, but without the febrile symptoms ; also when the red flow is too persistent.

Bryonia.—Suppression of the Lochia, with intense headache, fullness and heaviness, aching in the back, and hot, red and scanty urine. In

such a condition, *Acon.* or *Bell.* may be alternated with *Bry.*, according to the special symptoms.

ACCESSORY MEANS.—If the discharge is too bright, or continues too long, the patient should retain the horizontal posture, and be kept quiet, and fed with simple diet. In suppression of the Lochia, warm moist applications should be made to the external parts.

From the outset the external genitals should be washed twice a day, and if an experienced nurse is in charge, it is a good thing to follow this up by a weak antiseptic vaginal douche (a teaspoonful of boracic acid to the pint of water at about 100° F., the water having been previously boiled).

XLVI.—Constipation and Urinary Difficulties after Delivery

At about the third or fourth day, if the bowels have not acted, *Nux vomica* and *Sulphur* should be given in alternation every four hours for twenty-four to thirty-six hours. If these should fail to give relief, any mild laxative that the patient prefers may be given. Liquid paraffin is often useful.

The *inability to pass water* which sometimes follows parturition, may generally be relieved by *Aconitum*; but if after a few doses this does not succeed, and there is great urging, a catheter should be passed by a doctor or experienced

nurse under the strictest antiseptic precautions. The patient should be encouraged later on to pass water "on her own," but the catheter may have to be passed again six hours later. A full bladder may cause a misplacement backward of the womb, which itself may prevent the steady normal "involution" of the womb to its original non-pregnant size.

ACCESSORY MEANS IN CONSTIPATION.—The moderate use of plain, unstimulating *solid* food, at suitable intervals after confinement, will furnish the proper impulse to the intestinal canal, and be more likely to facilitate an evacuation than the exclusive use of liquids.

XLVII.—Diarrhœa after Confinement

This is a more serious condition than the former, and suitable means should be taken to correct it as early as possible.

TREATMENT.—*Pulsatilla*.—Diarrhœa caused by too rich or fatty food; occurring chiefly at night.

China.—When there is much weakness.

Phosphoric Acid.—Obstinate, painless, watery Diarrhœa.

Administration.—A dose every two hours, or after every evacuation until relieved.

ACCESSORY MEANS.—Quietude, and the recumbent posture; cool or cold digestible food.

CHAPTER VI

NURSING—LACTATION

XLVIII.—The Breasts

Much inconvenience and suffering may be obviated by paying proper attention to the breasts during pregnancy. It is then especially necessary to examine whether the nipples are of the proper size and shape, for in many instances the nipple is naturally deficient, or has been so thoroughly compressed by tight clothes, that after confinement it can scarcely be said to exist. The pain thus induced is often very severe. A very simple and efficient plan has been suggested in these cases: it consists in winding woollen thread or yarn two or three times around the base of the nipple (which is to be previously drawn out sufficiently), and tying it moderately tightly, but not so tightly as to interfere with the circulation. In this way the nipple may be kept sufficiently prominent; the woollen threads may be worn for many days without the least inconvenience.

During the last two or three months of pregnancy, the breasts should be regularly bathed with cold water every morning, and perfectly dried by means of a coarse towel.

For simple *excoriation* or *tenderness*, the nipples may be washed two or three times daily with water in which a few drops of the tincture of *Arnica* have been mixed, or the *Glycerole* of *Hydrastis* may be applied.

XLIX.—Milk-Fever

Soon after delivery a pricking sensation is generally felt in the breasts, which gradually swell and harden during the next day or two, until they feel very heavy to the mother. Sometimes this is attended with a slight shivering, and slight general febrile reaction ; this is commonly called “ Milk-fever.”

“ Milk-fever ” is probably always due to some slight microbic infection and cannot be regarded as normal. It is usually but a slight and temporary disease and subsides in a few hours. (The temperature after delivery should be taken three times a day, and any rise occurring about the third day should be viewed with suspicion as it may be the onset of *puerperal fever*, a condition of great seriousness which requires the immediate attendance of a doctor.)

TREATMENT.—In severe and prolonged cases, and especially with women who do not intend to nurse their offspring, one or more of the following medicines may be necessary :—

Bryonia.—Distended breasts, oppression and shooting pains in the chest, etc. This remedy is often alone sufficient.

Aconitum.—Full and strong pulse, pain in the head, dry skin, and thirst. A dose every two hours, in turns with *Bry*.

Belladonna.—Violent pains in the head, confusion or wandering of ideas, redness of the face, glistening eyes, and other symptoms indicating cerebral disturbance. This medicine may follow *Acon.*, or be alternated with it, every two or three hours, till the above symptoms subside.

L.—Sore Nipples

In most cases, if the preparatory treatment suggested, pages 74 and 76, has been adopted, soreness of the nipples will be prevented. But where there is a tendency to excoriation and soreness, the nipples and the breasts around should be bathed several times daily with a lotion made by adding twenty drops of the pure tincture of *Calendula* or of *Hydrastis* to a tumbler of water. The author can testify to the entire success of one of these applications in a very large number of cases which he has treated. The lotion should be applied after the infant has sucked, and washed off again before the next feed.

In obstinate cases, in which the complaint apparently arises from constitutional causes, one or more of the following remedies may be

administered :—*Calc.*, *Graph.*, *Merc.*, *Sil.*, or *Sulph.*

Administration.—A dose of *Calcarea* every six hours for two or three days ; if the inconvenience is diminished, the remedy should be continued twice a day for a few days longer ; if there be but little improvement, another medicine may be administered in the same manner.

ACCESSORY MEANS.—In order to *prevent* sore nipples, as often as the child is nursed they should be gently washed with tepid water immediately afterwards and very carefully dried. The water may be mixed with borax in a solution of a tea-spoonful of borax to a pint of water. In infant feeding the breasts should be used alternately. It is important that the child should not sleep in its mother's bed, as (apart from the danger of "overlying") there is a likelihood of the child constantly sucking and, besides spoiling its own digestion, giving the mother's breasts no rest.

LI.—Gathered Breast

(*Mammary Abscess*).

This disease may arise at any time during the nursing period, but is most likely to occur about the fourth or fifth day after delivery.

CAUSES.—Usually cracked and sore nipples afford entrance to the micro-organisms of

suppuration. Predisposing conditions are poor feeding and malnutrition, possibly a tubercular tendency and too prolonged nursing.

TREATMENT. *Bryonia*.—Large collection of milk, hard, heavy, hot, and painful breasts. A dose every three hours. *Bell.* may be alternated with *Bry.* every three hours, if the surface of the breast has an erysipelatous and glossy appearance; or *Acon.* if there is much *feverishness*.

Phytolacca.—Inflammatory engorgements of the gland; it may be used internally and as a lotion. The testimony to its value is very strong.

Silicea.—If suppuration be tardy, or seem to require aid. *Hep.-S.* is also good in these conditions.

China.—Much weakness from excessive discharge. If the suppuration continue profuse, this remedy should be alternated with *Sil.*

Arsenicum.—Abscesses with *burning pain* and *great debility*.

ACCESSORY MEANS.—The preventive treatment consists in applying the infant to the breasts in order to empty them as soon as they are filled, when the milk is unaffected; in keeping the breasts and person of the patient warm; and in moderate diet. The enlarged breast should be supported by a broad handkerchief, so as to take off the weight, which aggravates the

patient's sufferings greatly; also a linseed poultice, when suppuration is threatened, or a piece of spongio-piline immersed in hot water, should be applied to the part; this will allay the pain by relieving tension. Fomentations with hot water are also highly useful. In extensive engorgements and induration an opening may be necessary, which should be made, as soon as fluctuation is discovered, in the most dependent part.

LII.—Retarded, Scanty or Arrested Flow of Milk

The secretion of milk may be tardy or deficient; or it may be suddenly suppressed from exposure to cold, powerful emotions of the mind, or from any circumstances likely to cause febrile symptoms.

TREATMENT.—*Pulsatilla*.—Tardy flow, or partial or entire suppression. The immediate administration of this remedy almost invariably arrests these symptoms, and indeed exerts a healthful influence over the female constitution, in almost every departure from the normal course during the whole period of nursing.

Calcarea.—Deficiency in the secretion of milk at the outset, or fullness or enlargement of the breasts, with tardiness in the formation of milk. This remedy may follow *Pulsatilla*.

Aconitum.—Febrile symptoms ; a dose every hour or two for three or four times ; afterwards every four hours for several times.

Coffea.—Great restlessness or sleeplessness. A dose or two will generally remove these symptoms.

Chamomilla.—Suppression caused by a fit of anger ; *Ignatia*—by grief ; *Dulcamara*—by a chill.

DIET.—A nutritious and digestible—not an *extra*—diet is necessary. Good cocoa is one of the best auxiliaries in improving the quality and increasing the quantity of the mother's milk. The writer has known it to succeed admirably when other means had failed. During the whole period of nursing this nourishing beverage will be found highly conducive to health.

LIII.—Excessive Supply or Flow of Milk

This caption covers two distinct conditions :—
(1) Engorgement with normal healthy milk, due to excessive activity of the breasts (perhaps also, in part, to blocking of the milk-ducts). (2) Galactorrhœa, in which a thin watery milk runs away all the time.

TREATMENT.—(a) Of engorged breasts : carefully wipe away with moistened wool all dried

secretion that might block the ducts. Use hot fomentations. Apply gentle friction with warm oil, working from the circumference of the breast towards the nipple. Let the child suck its share, and draw off the rest with a breast-pump. Keep the breast well supported by means of a bandage. Internally the best remedies are *Bryonia* and *Belladonna*.

(b) Of Galactorrhœa: the milk being of poor quality, the child should be weaned and everything done, by means of nourishing food, sea air and the administration of *China*, to raise the level of the woman's health. Cover the breasts with lint smeared with glycerine and *Belladonna*, leaving the nipple free, and bandage the whole firmly.

LIV.—Over-Nursing

The mother may suffer from the consequences of suckling, though not extended beyond the usual term, if her constitution is too feeble to sustain the drain even for a short time.

SYMPTOMS.—A dragging sensation in the back when in the act of nursing the child and an exhausted feeling of sinking and emptiness afterwards; general weariness and fatigue; unrefreshing sleep; dimness of vision; loss of appetite; dyspnœa and palpitation after

exertion or ascending stairs. If the nursing is continued, the patient becomes pale, thin, and weak ; night-sweats, swelling of the ankles, and nervousness follow.

CAUSES.—The symptoms of prolonged nursing may occur, as before intimated, from inherent delicacy of constitution ; from bearing children in too rapid succession ; from imperfect nutrition ; hæmorrhage, abortion, Leucorrhœa, or any other accidental cause of debility. Injurious consequences may result in the case of some women from nursing their children twelve, fourteen, or even eighteen months, under the erroneous impression that they will thus prevent pregnancy.

TREATMENT.—*China*.—Great weakness, noises in the ears, palpitation, swelling of the legs, etc., especially if the patient has been subject to night-sweats, excessive menstruation, Hæmorrhages, or Leucorrhœa.

China is a prime remedy in this condition. *Ferrum* may follow, or be alternated with *China*.

Causticum.—A sense of emptiness soon after satisfying a good appetite ; irritable, easily vexed, or vehement and resolute disposition ; impaired memory, nervousness, and despondency ; throbbing headache and noises in the ears ; threatened Amaurosis ; twitchings of the muscles ; profuse Leucorrhœa.

Calcarea.—Scrofulous or chlorotic symptoms, with loss of appetite, emaciation, and tendency to Consumption.

Lyc., Puls., Rhus., Bry., Phos., or *Cimic.*, may also be required.

ACCESSORY MEANS.—Weaning should be commenced at once, as nothing short of this will in general avail; the attempt to force the supply of milk by large and frequent quantities of beer, wine or spirits, will only tend to the more perfect exhaustion of the mother. In slighter cases, and when the infant is but a few months old, a good supply of plain, nourishing food will be productive of the happiest results in augmenting the secretion of milk. But unless the patient be strong, no attempt should be made to encourage the further flow of milk. The child should be given a simple mixture of one part of cow's milk to three of water, the milk being scalded (*i.e.*, brought just short of boiling, when the little bubbles first begin to appear) before the water (previously boiled) is added. To every six ounces of this mixture add two level teaspoonfuls of sugar of milk (lactose). Begin without added cream and then add it gradually. (*Gravity* cream, *i.e.*, the cream obtained by allowing fresh whole milk to stand for six hours, is more digestible than *centrifugal* cream.) Where scalded milk is used, the child should receive two or three teaspoonfuls daily of fruit juice

(orange or grape) diluted with an equal quantity of water and sweetened.

LV.—Weaning

The ordinary period for weaning is about the ninth month ; and the time that the child is in good health, and free from the irritation of teething, and the weather is not hot, should be chosen as the most appropriate. When weaning is decided upon, if the infant is strong, and especially if it has been accustomed to some variation of food, it should take place at once. The mother may take the child as usual, and diminishing the supply from the breast, take care to satisfy its cravings with suitable food. (See end of last section.) The process of weaning should in ordinary cases be spread over three or four weeks. If the mother suffers from any degree of engorgement of the breasts, she should carry out the procedures detailed under Section LIII.