# ELEMENTS

OF

# HOMŒOPATHIC PRACTICE OF PHYSIC.

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# ELEMENTS

OF

# HOMŒOPATHIC PRACTICE

OF

# PHYSIC.

BY


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# PREFACE AND INTRODUCTION.

A considerable portion of the contents of this work has already appeared under the title of 'Homœopathic Domestic Medicine, arranged to serve, in some measure, as a Practical Work for Students.' But, in consequence of the growing attention which medical men are beginning to bestow upon our science, the Author has been advised to give the result of his labours in a separate form to the professional public. He has accordingly made considerable alterations in those parts of the aforesaid work which must necessarily be retained in the present one, and has added many articles which were purposely omitted in what was chiefly designed to be a treatise on domestic medicine. The Author therefore trusts that, notwithstanding its manifold imperfections, this humble effort to furnish the professional inquirer with 'an elementary practice of physic according to the homœopathic principle,' may be viewed with that kind indulgence which the occasion calls for, and ardently hopes that it may be instrumental in creating a desire for more extensive information to be gleaned from works of greater pretensions.

In compiling the work, the Author has derived much assistance from Hahnemann's *Kronischen Krankheiten*, Jahr's *Nouveau Manuel de Médecine Homœopathique*, Hartmann's *Therapie akuter Krankheitsformen*, Bœninghausen's *Manuel de Thérapeutique Homœopathique*, Hering's (of Philadelphia) *Hausarzt*, and Knoack

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and Trinks's forthcoming *Handbuch der Homœopatischen Arzneimittellehre*;* which, together with the *Materia Medica Pura*, the *Organon* of Hahnemann, that of Rau, Hamilton's *Guide to Homœopathy*, Black's *Principles and Practice of Homœopathy*, and the following periodicals—the *British Journal of Homœopathy*, the *American Homœopathic Examiner*, the *American Journal of Homœopathy*, the *Archiv für Homœopatische Heilkunst*, the *Allgemeine Homœopatische Zeitung*, the *Hygea*, the *Oesterreichische Zeitschrift für Homœopathie*, the *Journal de la Médecine Homœopathique*, and the *Journal Hahnemannien*, the Author would particularly recommend to the professional student who may be desirous of cultivating an intimate acquaintance with the science of Homœopathy.

It will be found that the Author has introduced into the work a number of diseases which are not ordinarily included in writings on the practice of physic. In deviating thus from the beaten track, he has been led by the conviction that the line of demarcation which has been attempted to be drawn between diseases that are considered to belong to the province of the surgeon, and those which have been allotted to the sphere of the physician, is by far too artificial to admit of its being rigidly adhered to in a practical point of view. Palpably apparent as this must be to the allopathic practitioner, it is still more strikingly so to the experienced homœopathist who has had repeated opportunities of witnessing the cure of a variety of affections by the instrumentality of medicine, which he had formerly been taught to believe to be removable by the knife alone.

The principal points it is now purposed to allude to are the Regimen—the Choice of the Remedy—the Potencies in general use—and the Dose.

* English translations of all the above works have already been, or are in the course of being published either in this country or in America.

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## REGIMEN.

The homœopathic regimen consists merely of the avoidance of medicinal and indigestible substances during treatment, both as calculated to interfere with the actions of the medicines and the proper functions of the alimentary system. Consequently, among liquids, the articles generally proscribed, particularly in the different forms of dyspepsia, as also in affections of the liver, in gout, hemorrhoids, and in disorders of the bladder, are, green tea, or strong black tea, coffee, malt liquors, wine,* spirits, and stimulants of every description, lemonade, or other acid or alkaline drinks, and natural or artificial mineral waters. Cocoa, unspiced chocolate, toast-, rice-, or barley-water, oatmeal gruel sweetened with a little sugar, or raspberry or strawberry syrup, if desired; whey, milk and water, or pure milk, not too recent from the cow, boiled milk, and in some instances buttermilk, or in fact any non-medicinal beverage is allowable.†

In animal food, pork, young meats—such as veal, lamb, &c., and among poultry, ducks and geese, had better be avoided, especially when derangement of the digestive function exists. Beef, mutton, venison, and most descriptions of game, if not too long kept (high), pigeons, larks, rabbits, are allowable at discretion.‡ (Vide SYNOPSIS, p. 3.) Ham, and neats' tongues under certain restrictions.

* Wine should invariably be forbidden in cases where *Nux v.* is the remedy prescribed; and coffee when *Puls.*, *Ignatia*, &c., are being taken.

† The idiosyncrasies in some individuals, in respect of diet, are remarkable; as for example, some cannot take the smallest quantity of milk without serious inconvenience; others throw out a rash after partaking of fish; and again, others loathe the very sight of animal food. These peculiarities should not only be attended to in prescribing a suitable course of regimen, but should also be taken into account in the selection of the remedies.

‡ In some forms of dyspepsia meat requires to be prohibited for a short time, or taken only every second or third day. (See DYSPEPSIA.) The same rule, it may be added, may sometimes be advantageously followed when the patient is under the action of particular remedies, such as *Calcarea*, *Silicea*.



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Fish is a wholesome article of diet, and may, in most cases, be partaken of without scruple, with the exception of the oleaginous species, such as eels, salmon, &c., or shellfish, as oysters, lobsters, &c.

Eggs, raw or soft boiled; butter, if free from rancid or unusual taste; cream, plain unseasoned custards, and curds.

*Stimulating* soups and made dishes are so evidently opposed to homœopathic regimen, as scarcely to require further notice. Beef-tea, veal, or chicken broth, &c., thickened with rice, macaroni, or sago, and seasoned merely with a little salt, are of course allowable.

Among vegetables, all of a pungent, aromatic, medicinal, or indigestible description, or greened with copper, are prohibited; such as onions, garlic, eschalots, asparagus, radishes, horseradish, celery, parsley, mint, sage, mushrooms, tomatoes, beets, artichokes, parsnips, &c.; but others free from such qualities, such as potatoes, French beans, green peas or beans, cauliflower, spinach, seakale, &c., may be used with the needful precaution of avoiding any particular article of diet, whether of the animal or vegetable kingdom, that may seem to disagree with the individual. Lemon or orange-peel, laurel-leaves, bitter almonds, peach-leaves or kernels, fennel, aniseed, marjoram, are objectionable; acids, and the ordinary condiments, such as pepper, mustard, pickles, &c., and salads, ought either to be sparingly partaken of, or entirely abstained from, particularly by the dyspeptic. Salt and sugar in moderation are admissible.

Acid or unripe fruits are clearly objectionable, and even ripe fruits possessing little or no acidity, if fresh or prepared by cooking, such as peaches, raspberries, sweet cherries, grapes, and dried or preserved fruits, as figs, prunes, apples, pears, should be used in moderation, particularly by dyspeptic individuals, and by those subject to colic or diarrhœa not at all. Cold fruits, such as melons, and raw vegetables,

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such as cucumbers, &c., are inhibited; nuts of every description are forbidden.

All kinds of light bread* and biscuit, free from soda or potash and such like, not new-baked; also simple cakes composed of flour or meal, eggs, sugar, and a little good butter; or light puddings, such as bread-, rice-, sago-, semolina-, without wines, spices, or rich sauces, are admissible; but coloured confectionary, pastry, and also honey, are not so. Regularity in the hours of meals should be observed, and too long fasting, as well as too great a quantity of food at one time, should be avoided.†

During fevers and inflammatory affections, the patient must of course be kept upon a low regimen; gruel, barley-water, &c.; and at the commencement of convalescence a light pudding, with a little weak beef-tea or mutton or chicken broth, should form the whole of the nourishment given. Nature, however, is our best guide, and when she takes away appetite, thereby intimates the necessity of not taxing the digestive functions. (See also SYNOPSIS of the diet rules.)

The use of any medicinal or aromatic substances in the arrangement of the toilet, such as camphorated or otherwise medicated dentifrices, lip-salve, smelling salts, or cosmetics, is detrimental to the action of the medicines, and had therefore better be avoided.

* Unfermented bread is perhaps to be recommended in preference to any other. There are instances, however, in which bread so made does not agree, and produces symptoms of indigestion. In such cases the use of bread, in the making of which *German yeast* has been employed, will often prove of easier digestion.

† In almost every instance where it is necessary to make a *great* alteration in the diet of the patient, it is advisable to do so gradually and cautiously, particularly in the case of those persons who have been long accustomed to the daily use of stimulants of various kinds.

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## CHOICE OF THE REMEDY. POTENCIES OF THE MEDICAMENTS. DOSE AND ITS REPETITION.

In homœopathic practice there are three points which merit most particular attention: the first and principal is the *Choice of the Proper Remedy;* the second the *Potency* at which it should be exhibited; and the third the *Dose and its Repetition.*

### THE CHOICE OF THE PROPER REMEDY.

To accomplish this, in accordance with the law *similia similibus,* Hahnemann has directed us to form "a correct image of the disease," by committing to writing every detail of the case; commencing, in the first place, to note down all those particulars which bear generally on the case, as its history, the previous health of the patient, hereditary predisposition, presumed cause of the disease; the former treatment; the patient's age, temperament, and appearance; his mode of living, occupation, and disposition, and whether his malady has in any degree altered his normal disposition.

In the next place, the questions put must bear minutely upon the disease itself, not only for the purpose of ascertaining those of an important and primary description, but also those which are purely sympathetic or secondary, from the circumstance that the latter, in addition to their being frequently very characteristic of the disorder, are moreover the indices to the selection of the individual specific remedy from amongst a class.

This part of the examination, as a general rule, is to be commenced at the head, external and internal, proceeding to the senses—sight, hearing, smell, and touch—thence to the

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mouth, tongue, throat, and the digestive organs: from thence to the genital, the urinary, and the thoracic organs;' and then the back and the superior and inferior extremities. Afterwards the skin, with particulars as to its temperature, secretion, appearance (the anterior or present existence of eruptions), the sleep, dreams, moral symptoms, pulse, &c.

The *character*, as well as the *seat* of the symptoms is of great importance. Thus it is of little use to our purpose when the patient intimates that he has a severe pain, but he must describe its nature as accurately as possible, as whether it is gnawing, throbbing, aching, burning, shooting (darting), pricking, cutting, dragging, piercing, &c. Whether the symptoms are increased by movement or by rest (walking, lying, standing, or sitting), at night or during the day, in the house or in the open air, by heat or cold, dampness or dryness; after eating, drinking, or during abstinence. If worse after particular kinds of food; if continuous or periodical; and if increased by mental exertion, emotion, &c.

With females, it is essential to pay attention to the following additional particulars: pregnancy, labour, lactation, miscarriage, sterility, and the state of the menses. In reference to the latter, it is requisite to learn whether an irregularity exists, such as too short or too long an interval between the returns; if the discharge exudes uninterruptedly or only at intervals; if it is copious or scanty; its colour; and if attended with pain; the state of the body and mind previous to, during, and subsequent to the catamenia should also be inquired after; and if the patient is affected with leucorrhœa, its nature, quantity, the periods at which it occurs, or the circumstances under which it manifests itself should be ascertained. The selection of the proper remedy is, farther, materially facilitated by the nature of the cause of the disease; we should never omit, therefore, to elicit that information when practicable.

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## THE POTENCY, ATTENUATION, OR DILUTION OF THE MEDICAMENT.

In proceeding to the consideration of this second point, I may make the preliminary remark that it is a subject which is as yet by no means finally determined under what circumstances and conditions the lowest (viz. the 1st, 2d, 3d, and 6th, &c.) the highest (the 18th, 24th, 30th), or the recently promulgated so-called highest potencies (the 100th to the 2000th, and even upwards), are to be preferred. The majority, however, especially amongst the more modern homœopathists, may be said to have decided hitherto in favour of the lower, and particularly the 3d and 6th, in acute, and the higher, especially the 18th, 24th, 30th, &c., in chronic diseases. The main point to be attended to is the *correct selection* of the remedy; nevertheless, as the Author is of opinion that some importance is to be attached to the dilution, attenuation, or potency in the treatment of the multifarious forms of disease which come under the observation of the medical man in extensive practice, he ventures to throw out the following suggestions, premising at the same time that much depends upon the discrimination of the practitioner, and that it is almost impossible to give any rule to which there are not exceptions.

The principal points to be attended to are, the susceptibility of the patient to medicinal influence, how far modified by circumstances, the age, sex, temperament, and habits—the disease itself, and further, the nature of the medicament employed.

As regards the first, the susceptibility of the patient, we find four classes:

*First class.* Those who are comparatively insensible to medicinal influence, particularly at high potencies, upon whom

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the medicines show neither marked action nor reaction. Such individuals are generally of what is denominated the leuco-phlegmatic temperament; they require generally low potencies and frequent repetition—such cases are not without their parallel in allopathic practice. Also, in disease, we find some persons who appear to enjoy a peculiar exemption from infectious and even contagious influence. To this rule, however, of giving the low potencies in such cases, there are exceptions; I have found in practice, after a careful study of the individual, and a selection of a remedy suitable to temperament, a marked action and reaction produced by a very high potency, where a lower of the same medicament had failed to elicit any apparent effect, and *vice versâ*.

*Second class.* A marked susceptibility to medicinal action without a corresponding reflex action: such patients are generally of a highly nervous temperament, exceedingly difficult to treat, and require particular study; here the higher potencies are generally called for, although we frequently find benefit in resorting to the lower.

*Third class.* Those in whom no marked or a scarcely perceptible medicinal action declares itself, but a well-marked reaction; in such cases we must be guided by other indications in the selection of the potency; watch the effect carefully, and avoid too frequent a repetition.

*Fourth class.* Those in whom the medicines show a well-marked action and reaction; here, also, we must be guided by other circumstances in the selection of the potency, so as to obtain the greatest possible benefit without materially increasing the sufferings of the patient.

We generally find a particular susceptibility to medicinal influence, at any potency, in persons dwelling in the country, of robust frame, simple habits, and regular lives, who are not

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subject to any peculiar dyscrasia. In towns, particularly in large densely-populated cities, this susceptibility is greatly developed, but the reaction less evident; however, much depending upon the individual's employment, habits, and pursuits, it is difficult to give any fixed rule.

AGE. In infancy and early childhood, we find a marked receptivity to medicinal influence, a decided action and speedy reaction, consequently the higher potencies are the most applicable in their diseases, and they rarely require so frequent a repetition; however, in acute diseases of any of the more noble organs, we may exhibit lower potencies, particularly of some of the less energetic medicines, for example, *Sambucus*, *Ferrum*, *Ipecacuanha*, *Chamomilla*, etc., a globule constituting the maximum dose. Some further remarks upon this subject have been made in Diseases of Infancy.

SEX. Females, for the most part, possess a higher degree of susceptibility than males, in which they approach nearer to children; for them the higher and medium potencies are generally most suitable; to this rule, however, there are many exceptions, particularly in those who are engaged in laborious employments.

TEMPERAMENTS. In the *Sanguine* temperament, there is considerable susceptibility to all the potencies and a speedy reaction. In the *Nervous*, we find great susceptibility, sometimes without an equivalent reaction: here we should be cautious in administering, and generally use the higher potencies. In the *Bilious*, there is generally but little susceptibility, but the reaction, when roused, is powerful, and prolonged; hence a necessity for low potencies, generally given at long intervals. The *Lymphatic* being the least susceptible of all temperaments, the medicines may be given at low potencies, and frequently repeated till some effect is produced.

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Since these temperaments often occur in a mixed form, the rules above given must be modified accordingly.

We may observe that the remarks above made refer principally to chronic and subacute diseases.

THE DISEASE. In severe acute diseases, we are usually in the habit of resorting to the low potencies, and in tinctures, from the circumstance that we have commonly found them more certain in their effect than the 12th, 18th, or 30th in such affections. In the cases of children, an exception may be made, as already observed. In ordinary cases the best range is from the third to the twelth potency; this rule should of course, be modified according to the remedy itself, the disease, and the individuality of the patient. The seat, character, and the exciting cause of the disease are generally considered of importance in regulating the dose and potency; thus, in inflammation of the brain, or in erysipelas of the head, with implication of the meninges and delirium, *Belladonna* is not required at so low a potency (2, 3, or 6) as it is called for in erysipelas of the extremities. *Dulcamara* is more efficacious at a low potency (3) in catarrhal affections, or diseases of any kind proceeding from exposure to cold, than at a high one. *Aconitum* is more suitable at a low attenuation, when given to allay the violence of the accompanying fever in inflammations, than when it is prescribed as the specific remedy to the inflammation itself. And, finally, the low dilutions are held to be the best adapted to inflammations of a torpid character; the high to inflammatory affections with increased arterial action. It is undeniable, however, that deviations from the above rules may often be made without disadvantage.

THE NATURE OF THE REMEDY. Medicaments which, in their crude state, possess little or no appreciable medicinal property, but whose virtues have been developed by tritura-

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tion and segregation of particles, such as *Lycopodium*, *Natrum muriaticum*, *Calcarea carbonica*, *Sepia*, *Carbo vegetabilis*, *Silicea*, &c., should generally be used at the higher potencies. Others also, which have been found from experience to display considerable efficacy, even when greatly attenuated, such as *Sulphur*, *Lachesis*, *Acidum nitricum*, *Arsenicum*, &c. On the contrary, some which have a short-lived, but well-marked action, may be used in some cases in the original substance; for example, *Moschus*, *Valerian*, and *Camphor*, but in exceedingly small doses. Others again have been found most useful at the first, second, or third potency, such as *Tartarus emeticus*, *Ferrum*, *Ipecacuanha*, *Hepar sulphuris*, *Stannum*, *Rhus toxicodendron*, *Opium*, and in many cases *Cinchona*. Still, all these remedies, in peculiar cases, act well at the higher.

## THE DOSE AND ITS REPETITION.

Although it is almost impossible to give any general rule that will serve in all cases, much more depending upon the discrimination of the administrator, and a careful observance of the symptoms than routine, the following remarks may prove of some service to beginners, for whom indeed, as has already been intimated, the contents of the entire work are almost exclusively intended.

From the diversity of opinion which as yet exists as to the "potency of the medicament," it may readily be surmised that various differences prevail as to the mode of prescribing or administering the homœopathic remedies. Some there are who invariably give one or more drops, or grains; others, again, adhere as rigidly to globules; whilst a third party give drops in acute, and globules in subacute, and in chronic cases.

To the beginner, whose former habits may very naturally

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incline him to err on the side of excess, by invariably flying to mother tinctures, low dilutions, first triturations, &c., in large and rapidly-repeated doses, we should say, "strive ever to cure by means of the smallest possible dose, and do not imagine that because with a *minute* dose you have done much, that by *increasing* it you will do more—more indeed you may do, but that may as likely prove to be to the detriment as to the welfare of your patient." For ourselves, we may state that on most, although by no means on all occasions, we are in the habit of prescribing drops, in the diluted form we have mentioned in certain parts of the work (see PNEUMONIA, PLEURITIS, &c.), in the treatment of acute diseases; whereas in subacute and in chronic affections, we very generally, if not exclusively, confine ourselves to the employment of globules, varying the form of prescription according to the age, sex, and temperament of the patient. On *ordinary* occasions, in the treatment of chronic maladies, we order a couple of globules to be taken every night in a dessert-spoonful of pure cold water at bed-time for a week, and then allow the remedy to act for from four to eight days, and even upwards in particular cases and under particular circumstances, before repeating the remedy, or selecting another. But where the patient is extremely susceptible to the action of the medicines, and, usually, in young subjects, we give only one, or at the most two doses, (one night and morning) consisting of one or of two globules, either undissolved or in a teaspoonful of water, and allow the remedy to act for the same period as above specified. In many cases of a chronic description, and particularly when the patients are found to be moderately sensitive, we give a dose for four successive days, and then wait for two to six days for a development of improvement.

We, as already stated, occasionally vary our mode of prescribing, being guided in doing so by the sex and constitution of the patient, the character of the disease, and

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the nature of the remedy (see art. POTENCIES OF THE MEDICAMENTS), but ever prefer the smallest possible dose to a large one, and globules in place of drops of the tincture, even when from no other motive than that of prescribing a medicine free from taste—an advantage of no small importance in the treatment of children—whenever we feel convinced that we can do so without fear of allowing the disease to gain head, or of retarding recovery by the insufficiency of the dose.

Slight diseases are often removed by a single dose of a well-chosen medicine, but more severe and deeply-seated disorders require a frequent repetition.

In *acute* diseases, we must carefully watch the symptoms, and when we feel assured we have chosen the proper remedy, if no perceptible medicinal aggravation or amelioration declare itself, after an interval of from two to four hours at the utmost, but the disease seems to gain ground, *repeat* the medicine. In cases of high inflammatory action, or the severest forms of acute diseases, as cynanche lar ngea, cholera, pneumonia, pleuritis, dysenteria, febres nervosæ, phrenitis, cystitis, &c., attended with signs of imminent danger, the dose must be repeated every quarter, every half, every hour, or every three or four hours.

If a *medicinal aggravation** take place, followed by *amelioration, we must let the medicine continue its action, until the amelioration appears to cease*, and the disease again make head; if new symptoms set in, we must then have recourse to the medicine thereby indicated. Should, however, no perceptible *medicinal aggravation* take place, but an *ameliora-*

* It is necessary to remark that very striking medicinal aggravations are, comparatively speaking, very rarely met with. In chronic maladies, occurring in highly sensitive persons, and proceeding from or attended with cerebro-spinal irritation, we encounter them more frequently than in acute diseases. They are, in general, more prone to take place in the instances alluded to, with considerable intensity, after the employment of the higher than the lower attenuations. So at least the author's experience teaches him to conclude.

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*tion* follow, we may safely await its approach to its termination, ere we again administer. If any symptoms remain, from the remedy first selected having afforded only partial relief, we must have recourse to some other medicine which seems best fitted to meet them; *but refrain from changing the remedy as long as benefit results from its employment.*

In chronic, subacute, and indeed almost all cases, when a very striking improvement takes place, it will generally be found advantageous to cease to administer the medicine as long as the improvement continues, and only to repeat as soon as the slightest symptoms of activity in the morbid phenomena reappear. But when a sudden or marked improvement of comparatively short duration follows the first dose of a remedy, and, on repeating the dose, the symptoms of the complaint increase instead of subsiding, as they did in the first instance, it may be concluded that the medicine does not answer, and that another must accordingly be had recourse to, in the selection of which it will be necessary to choose one *related to* the remedy first prescribed.

When the action of a well-chosen remedy has been disturbed or arrested by some incidental cause, such as an error in diet, exposure to cold, &c., some intermediate medicine should be prescribed against the new symptoms thus developed, and on their removal the remedy first employed should again be resorted to.

The distinguishing of the medicinal aggravation from that of the disease being a point of material consequence, we shall here endeavour to give the usual characteristics of each. The *medicinal aggravation* comes on *suddenly and without* previous amelioration: the aggravation of the disease more *gradually*, and frequently *following* an amelioration. Moreover, in the former, several of the *medicinal* symptoms, some of which we may meet under the *indications* for the remedy, and not *before* remarked, declare themselves.

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Too much stress cannot be laid upon the necessity of carefully watching the effects of each dose, as, in addition to the temporary aggravation of the symptoms which sometimes sets in, a development of collateral or pathogenetic signs occasionally takes place, particularly after frequent repetition of different remedies in susceptible patients; by a want of attention to this important point, we may incur confusion, and may be unconsciously treating a medicinal disease of our own creation. Such, unhappily, but too frequently occurs in allopathic practice from ignorance of the real properties of the drugs employed. We must also guard against falling into the opposite extreme, and allowing the disease to gain head unchecked.

In severe acute affections we may often repeat the *same medicine at the same dose, at regular intervals, as long as it does good;* but this rule has many exceptions, and the directions already given at the commencement of this article should be borne in mind.

In chronic cases, by a long-continued administration of the same medicine, the patient often becomes less susceptible; in such instances, if the improvement remain stationary, or progress slowly, we may alter the attenuation, or, still better, give at suitable intervals some other remedy or remedies of as nearly analogous medicinal properties to that first administered as possible, and then return to the original remedy, if needful; if, on the other hand, decided amelioration follows each administration, we should allow a longer interval to elapse before repeating, by which means the system gradually recovers itself, and the susceptibility to the medicinal influence remains unimpaired until the cure is completed.

In rare cases, this susceptibility increases; in such instances a higher potency should be selected, or *vice versâ* if that employed has been one of the most minutely subdivided—provided the remedy still appears to be appropriate,—and the *intervals* between the exhibitions *lengthened.* This occa-

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sionally occurs when the medicine has been frequently repeated, and given in solution. When the beneficial effect of a medicine is interrupted by an attack of cold, diarrhœa, &c., some other medicine must be given for the new affection, on the removal of which, the medicine which was previously acting favorably must be recurred to.

## REMARKS.

In the *Selection of the Remedy*, it is not necessary that *all* the symptoms noted should be present; at the same time taking care that there are no symptoms not covered by the medicine, or more strongly indicating another. When the symptoms are few in number, not characteristic or well-marked, attention to the following points is of material assistance: the *period of the day* at which they occur, or become most prominent; the *side* of the body which is affected; the disposition of the patient; his propensities or peculiar habits and likings; the agreeing or disagreeing of different kinds of food; the longing and craving for, or the unconquerable aversion to certain aliments, &c.

When it is requisite to keep a medicine in solution for some days, a few drops of proof spirit may be added to the water, which should be as pure as possible, in order to preserve it from decomposition.

Homœopathists prescribe only one medicine at a time; but in some complicated cases considerable advantage is to be derived from the alternate employment of two remedies, which are equally indicated in the case under treatment.

It may be scarcely necessary to explain the *Pharmaceutical Signs* used in this work, to signify the potency and quantum of the dose; but as the book is intended for beginners, and



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may fall into hands otherwise wholly unacquainted with the science, we do so as a measure of precaution; it will therefore be sufficient to remark, that Tinct. Acon. 3 gtt. ij, means two drops of the third attenuation or potency of Aconite; Tinct. Bry. 6 gtt. iij, three drops of the sixth of Bryonia, and the same with any other medicine. The Germans commonly make use of the Roman numerals to denote the attenuation, and as only every third attenuation is very generally used (particularly in northern Germany) the above signs would be written thus: Tinct. Acon. I, gtt. 00 or 2. Tinct. Bry. II, gtt. 000 or 3. The Roman numeral multiplied by 3, indicating the attenuation meant. When we wish to prescribe globules, the contraction gl. is usually employed.

The medicines should be taken fasting, and food or drink, as also excessive bodily or mental exertion, abstained from for half an hour to an hour afterwards. The homœopathic remedies should be kept in a clean, dry, dark place, free from odours. Every description of allopathic medicine, patent or domestic, is prohibited; likewise bleedings, blisters, medicated fomentations, perfumery, and everything containing camphor. In cases of obstinate constipation, recourse may be had to an enema, or lavement of cold or of tepid water when the former disagrees, to which may be added, if necessary, a tablespoonful of olive oil.

We shall conclude these introductory observations with some extracts from JAHR'S *New Homœopathic Pharmacopœia and Posology*,* for the information of those of our readers who are ignorant of the method in which the homœopathic medicines are prepared, &c.

* Translated, with additions, by James Kitchen, M.D., Philadelphia.

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## "NATURE AND FORM OF HOMŒOPATHIC MEDICINES.

"1. We make use of the same simple substances in homœopathy as in the old school; but, instead of making of them, as in it, compound remedies, we seek, on the contrary, to procure each medicine in all its purity, and to administer it without any admixture which might alter its proper virtues. Without going into detail here on the preference to be given to this mode of administration, we should, nevertheless, observe that it is bound to the principle of homœopathy in so firm a manner, that it cannot be sundered without injury to the practice. In consequence of the principle, that no medicine can be employed with success, except so far as it is known in its pure effects, homœopathy has subjected to examination a number of simple medicines, which it is important now to reproduce, such as they have been experimented on, if we wish to rely on these observations. Even for the medicines which have not yet been experimented on, it is not the less important to submit them to these experiments in all their purity and simplicity; for though each compound remedy forms, after all, also a kind of remedial unity, which may be studied in its effects, still we can never reproduce a second time precisely the same effects as the first, whilst the productions of nature exhibit at all times and in every place the same properties.

"2. In thus rejecting all the compound remedies of the old school, as improper to be submitted to study and to be employed in practice, homœopathy claims not, however, the pretension to use only perfectly simple bodies, such as sulphur, for example, metals and other elementary substances; she derives, on the contrary, her medicines from three kingdoms of nature, the same as the old school, and all the various chemical combinations, which, after invariable laws, are constantly produced in the same manner, can be of use to it as remedial means.

"In one word, the simplicity of homœopathic preparations, of which we speak, has no reference to the primitive substance, which serves for the medicine, but to the medicine itself, which, as such, ought to be composed of only one remedial substance, and prepared in such a manner that the virtues of that substance be as pure and as developed as possible.

"3. If all substances endowed with remedial virtues, presented themselves under a form as convenient as some mineral waters, for example, nothing would be more natural nor more rational than to employ them as nature presented them. But with a great many of these substances, the real virtue is found in a state more or less latent, and could not be put into activity except



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by the destruction of the primitive matter, and the addition of another substance, which, in quality of simple vehicle, receives the developed virtue, and transmits it to the organism. In other substances, on the contrary, the remedial virtue is found developed, but it is so energetic that, without the addition of a substance which can moderate the effects, we cannot employ them without danger to the health, or even the lives of the sick. In fine, there are yet other substances which, though their virtues need not to be either developed or moderated, present themselves under a power which opposes as well to their dispensation as preservation, and which, in consequence, equally exacts the addition of foreign substances in order to be conveniently prepared for use.

" 4. The preparation and administration of medicines being then impossible under any mixture, it is important to discover substances which, at the same time operating under the form of medicines, are innocent enough in themselves not to alter the virtues of them. This condition, simple as it may appear in theory, is not, however, so easy to fulfil as it appears—for, perhaps, there exists not a substance in the world, which, under such and such circumstances, may not exercise a pathogenetic influence, and, consequently, alter the specific effects of a medicine with which it may be mixed. Even *pure water*, the substance the most innocent that we know, is not completely exempt from this inconvenience, and even were it so, it would not suffice alone, neither for the preparation nor the preservation of medicines. In consequence homœopathy has substituted two other vehicles, viz.: 1, *Alcohol* or spirits of wine, for the preparation of liquid or soluble substances; 2, *Sugar of milk*, for the preparation of dry substances: and though these two substances are not entirely void of medicinal effects, the practical facts are still the same as if these substances were entirely pure, since all the preparations which are made in this manner, are constantly the same among themselves.

" 5. By means of these two substances, *pure alcohol and sugar of milk*, homœopathy makes all its medicinal preparations, without exception, whether under the form of tinctures or powders. The first are obtained, that is, the tinctures, in mingling with alcohol the juice recently expressed from fresh plants, or in infusing in this liquid the dry substances, the active principles of which can be extracted in this way. The powders, on the other hand, are obtained by the trituration of the insoluble substances with a suitable quantity of sugar of milk. The *alcoholic tinctures* and the *powders* are then the only preparations known in homœopathy. All kinds of *essences*, *syrups*, *pastes*, *ptisans* and other inventions of the old school, are entirely foreign to it.

" 6. From this, however, it does not follow that homœopathy always employs the *primitive* preparations of medicines; on the contrary, in the majority of cases she considers them too energetic to be administered such

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as they are obtained. But, instead of seeking to diminish their energy by the means which the old school call *correctives*, homœopathy endeavours to obtain this end by the simple *attenuation* of the primitive substance. It is thus that, seeing that a grain or a drop of the primitive preparation of a poisonous substance, for example, would be too active, she attenuates this drop or this grain in mingling it with a new quantity of vehicle, until a preparation is obtained, which is neither too strong nor too weak to operate the cure, nor too energetic to fear any unfortunate consequences. Homœopathy thus prepares out of each substance a series of *attenuations*, of which the following one contains ordinarily the 100th or sometimes the 10th part of the active principle of the preceding one, and it is generally from one of these attenuations, and rarely from the primitive preparation of a medicine, that the homœopathic physician administers to his patients.

"7. Finally, as to the form under which the homœopathic physician dispenses his medicines, it is not less simple than the preparation, and is equally made without any other mixture than that of the least medicinal substances, such as *alcohol, pure water, sugar of milk* and *globules* composed of *sugar and starch*. The attenuations of each medicine being previously prepared, the patient receives of them the dose prescribed, either in form of *solution*, with a convenient quantity of pure water, or water mixed with alcohol, or in form of *powder*, mixed with a small quantity of sugar of milk, or yet again in form of *globules* impregnated with the alcoholic attenuation of the medicine.

"8. How simple soever may be the preparation of homœopathic remedies, as to its principle, it nevertheless exacts much precaution and very particular care, if we would be sure to have medicines as active and as sure as possible in their effects. To this end also homœopathy has prescriptions and positive rules, which it is important to know before all, in order to follow them with exactitude, and to prevent thus the faults, which, diminutive as they may appear in themselves, are, nevertheless, very serious in practice. In the following chapters we shall pass in review all these rules and prescriptions in treating in succession—1. Of *vehicles* which serve for the preparation of medicines. 2. Of the *preparations of medicines in their primitive state.* 3. Of *attenuations.* 4. *Of the dispensation and preservation of homœopathic medicines.* These four chapters containing all that has reference to the general pharmacopœia, we shall occupy ourselves in the second part of this work with the *special* pharmacopœia, that is to say, with the rules to be observed in the preparation of each medicine in particular, and with the description of primitive substances which homœopathy has introduced into its pharmacy.

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## " OF VEHICLES, WHICH SERVE FOR THE PREPARATION OF HOMŒOPATHIC MEDICINES.

" 9. The vehicles which homœopathy uses for the preparation of its medicines are, in all, of the number of four, viz.: 1. *Alcohol, or spirit of wine.* 2. *Sugar of milk.* 3. *Globules* composed of sugar and starch. 4. *Pure water.* Some physicians have wished to add a fifth to the above, viz, *ether,* and we shall see below (28) to what destination this liquid is suitable. As to the four vehicles which we have just cited, homœopathy has thus far used them for all its preparations; and it is important to obtain them as pure as possible, in order to be sure to obtain preparations, in every respect, identical with those with which Hahnemann and his disciples have made their pure and clinical observations. This purity is not, however, always the distinctive quality of the objects which we find in commerce or that nature furnishes, and that is the reason why it is almost indispensable that homœopathy should know how to prepare herself vehicles, or at least to render them proper for the use she makes of them. We shall endeavour to give in this chapter the instructions necessary to this end.

" 10. Alcohol (*spiritus vini, spiritus vini alcoholisatus,* spirits of wine, alcoholized spirits of wine) is never found in nature—it is always the product of art—but it is formed every time that sugar is found in contact with a fermentable matter in water, and at a suitable temperature; that is to say, that it is developed in the course of fermentation, to which has been given, after this phenomenon, the name of *spirituous* or *alcoholic.* As all liquors which have undergone the spirituous fermentation contain alcohol, and as those which abound in the saccharine material, are by that susceptible of affording it, it results that we may obtain it from a great number of vegetable substances, such as wine, beer, cider, malt, grape dregs, sugar-cane juice, germinating cerealia, pounded cherries, molasses, juice of carrots or beets, potatoes, honey, &c. The Tartars extract it even from the milk of their mares.

" 11. From whatever substance we obtain it, alcohol is identical; but we must always have recourse to means more or less complicated to obtain it pure. In every case it contains a more or less large quantity of water, and very often it is mixed either with acetic acid, or a small proportion of prussic acid or empyreumatic oil, &c., according to the substances from which it has been extracted. The alcohol which seems to be the best for homœopathic preparations is that obtained from the *dregs of grapes* (marc de raisin)*

* This is the refuse of the grape, after the juice has been pressed out, in the process of making wine.

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without the addition of other substances, or else the *alcohol of rye* or *wheat*. The least suitable kinds are such as come from the laboratories of chemists or pharmaceutists, and which, for the most part, are drawn from the residue of some chemical preparation, such as the resin of jalap, &c. Alcohol extracted from potatoes is not more suitable for homœopathic preparations, since it contains a large quantity of empyreumatic oil, of which even the chemical proceedings, which consist in clearing it by the chloride of lime and powder of charcoal, do not entirely purify it. This oil is often found even in the alcohol from rye or wheat; but in this case it is sufficient to mingle this spirit with a suitable quantity of pure olive oil, and to shake it from time to time for several days; in this way the empyreumatic oil combines with the olive oil, and swims on the alcohol, whence it may be easily taken.

"12. Alcohol *pure* and perfectly anhydrous is a colourless liquid, of a remarkable fluidity, of a sweet and penetrating odour, of a hot and burning flavour, and whilst it is rubbed between the hands, it should not lather nor emit any foreign odour. Its specific weight is much less than that of water, in which it dissolves perfectly, and in all proportions, with disengagement of heat. Exposed to the air, it evaporates in part, and the part which remains loses its power in becoming saturated with the humidity of the atmosphere, of which it is exceedingly greedy. At the approach of a candle, or by the effect of the electric spark, alcohol burns rapidly, with a flame white at the centre and blue at the edges, and leaves no residue. Put in contact with other substances, it dissolves a great many, such, among others, as phosphorus and sulphur (both in small quantities), the fixed alkalies, balsams, resins, camphor, sugar, volatile oils, extractive matter, &c. Acids have a marked action on it; some dissolve in it simply, whilst others are transformed into *ether*.

"13. Alcohol, in the state of complete purity, has a specific gravity of 0·791. It then contains not a trace of water, and marks by the *alcoholmeter* 100 degrees of force. But it is never employed at this stage of concentration; that which commerce presents, as well as that which we find in medicine, is always more or less weakened. According to the proportions with which water is mixed with it, we may generally distinguish *four* kinds, viz.: 1st. Spirits of wine of *commerce*, the weakest quality, having a specific gravity of but 0·910 to 0·920. 2d. *Rectified* spirits of wine, the quality which is obtained by mingling 7 parts of water with 17 parts of the *best rectified* spirits of wine (see 3d); the specific gravity of this spirit is from 0·890 to 0·900, and its degree of concentration 60°. 3d. The *best rectified* spirits of wine, superior quality, the specific gravity of which is from 0·830 to 0·840, and its degree of concentration 85°. 4th. *Alcoholized* spirits of wine, or *absolute alcohol*, the most concentrated quality, having a specific gravity of 0·810 to 0·820, and containing from 96° to 100° of alcohol. For the preparation of the *mother tinctures* of homœopathy, the most suitable

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quality is the *absolute alcohol* of 95°; for the *attenuations*, we may, in the majority of cases, be content with a spirit of wine of 60° to 70°.

"14. In order to obtain an alcohol as anhydrous as possible, recourse has been had to various chemical measures, which succeed well enough, as regards the concentration, but the majority of these measures (lime, acetate of lime, sulphate of soda, alum, &c.) constantly produce a more or less powerful alteration in this liquid. Even chloride of lime is not exempt from this fault, which may easily be recognised, in burning rectified alcohol by this means, after having added to it nitrate of silver, and afterwards examining the residue. This is the reason why the homœopathist should never make use of alcohol rectified in these chemical ways, but endeavour to obtain the desired quality by more innocent proceedings. That which appears to be the most suitable, consists in obtaining the concentration by simple evaporation. For a long time it has been remarked, that alcohol preserved in vessels closed with prepared bladder acquires strength, whilst it loses strength if closed by caoutchouc, insomuch that to concentrate it, it is only necessary to put it in beef- or pig-bladders, and suspend them in a warm and dry place. To this effect, after having carefully cleansed the bladder, we paint it with a thin coat of fish-glue; then we fill it with the alcohol we wish to concentrate and suspend it, well closed, in a perfectly dry place, and at a temperature of 20° to 25° R. The drier the air that surrounds the bladder, the more prompt is the evaporation of the water; and in leaving the bladder in proper conditions until we perceive the odour of alcohol, we may be sure of obtaining a quality as anhydrous as possible.

"15. The most simple and the most sure method of obtaining an alcohol as concentrated and as pure as homœopathy wants, would then be, to take the first-quality brandies and to concentrate them after the method indicated above. Alcohol obtained in this way is generally in a state of concentration of 95° to 96°, and thus is perfectly suitable for the preparation of alcoholic extracts; only, before employing it, it should be once again rectified by a new distillation. For this, we should be careful to use only glass apparatus, since copper or tin vessels often give out to the product of distillation some of their material, an adulteration, which is the more to be guarded against, as, often, chemical means are not capable of revealing it, though it should be strong enough to alter the effects of medicines which might be prepared with a product of that kind.

"16. Respecting the brandies from which we might wish to obtain alcohol, we have said above that the best were those obtained from the dregs of grapes or else from rye. But in taking these liquors such as they are found in commerce, we should always be well assured that they are pure. Often we find in them lead, which we may detect by treating them with the liver of sulphur, which causes a brownish or blackish precipitate. Should they contain copper, liquid ammonia produces a blue colour. The adulteration of

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brandies by alum may be discovered by the addition of a solution of potash, and the mineral sulphates by acetate of barytes. In fine, to be sure that the alcohol we use is really made of the wished-for substance, we mingle 30 parts of it with 0·15 parts of liquid caustic potash, and heating this mixture with spirit of wine, we permit it to evaporate until there remain but four parts. We take this residue, to which we add four parts of weak sulphuric acid, in a well-stoppered small flagon, taking care to shake the mixture; in unstoppering the flagon afterwards, we shall perceive a perfect odour of the substance of which the brandy has been made.

"*Sugar of Milk.*

"17. Sugar of milk (*saccharum lactis*), is a salt of a sweet taste, slightly sugary; it forms masses moderately thick, hard, crystalline, semi-transparent, colourless, and inodorous. By its properties, both physical and chemical, this substance, which is exclusively proper to the milk of different animals, seems to be intermediate between sugar and gum. Sufficiently purified, sugar of milk contains no azote; it dissolves in 12 times its weight of cold water, and four times its weight of boiling water. Alcohol dissolves it but in a very small proportion, and ether not at all; it does not alter by the air, is not susceptible of undergoing the vinous fermentation, melts, puffs up, and is transformed into a kind of gummy matter by the action of fire, decomposes the acetate of copper the same as common sugar; in fine, treated with nitric acid, it forms mucic acid, and by sulphuric acid or muriatic acid diluted, the sugar of grapes. Its proportion, as that of the other constituent principles of milk, varies in the different kinds of mammiferæ. In general it abounds more in the milk of the ass than in that of the cow, or mare, or goat, &c. According to Berzelius, one thousand parts of skimmed milk give 35, and the same quantity of cream gives 44 parts of sugar of milk, mingled with saline matters.

"18. It is in the mountains of Switzerland that the sugar of milk is prepared which we find in commerce. It is prepared from the evaporation of the whey, which they obtain in such large quantities in the preparation of cheese. It presents many varieties, according to its degree of purity. The crystalline sugar in grape form is considered the most pure; the other kinds always contain more or less animal matter. We often also find in commerce, under the name of sac. lac. inspissatum, the whey of milk solidified and dried; but this is a kind that in nowise is proper for homœopathic preparations. The sugar of milk which we find at the druggists is, in the majority of cases, more or less altered by mortars of copper or iron in which it has been pulverized, and still more often impregnated with exhalations of a quantity of aromatic substances, in the midst of which it is preserved. Hence the necessity of the homœopathic physician to prepare it himself, every time that he has it in his power, or at least to purify it by a new crystallization, if he is

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obliged to provide himself with it from the druggist. This, however, is not without difficulty, since the sugar of milk does not crystallize, in watery solution, but very slowly, and always in an incomplete manner. It is only by treating it with equal parts of alcohol and water that we can succeed well; the operation, it is true, becomes more costly, but considering the advantages which this procedure offers, we think that the cost is no reason for its rejection.

" 19. To purify the sugar of milk in this way, we dissolve about two and a half pounds of the best quality in ten pounds of rain-water or distilled water in a boiling state, then filter the solution through filtering paper, in a vessel of porcelain or glass, and mix it with four kilogrammes of absolute alcohol; after which place the vessel containing this mixture in a dry place, and leave it perfectly still. The sugar of milk being insoluble in absolute alcohol, and this being very attractive of water, drawing away a large quantity, the crystallization advances pretty rapidly, and often at the end of three or four days a crust of white and brilliant crystals may be obtained, of the weight nearly of the sugar of milk that was dissolved in the water. When this crust is formed, it is taken away, washed with distilled water, to which has been added a little alcohol, and then dried on blotting paper. That done, we may consider the sugar as altogether suitable for all the homœopathic preparations, even the most delicate; it is completely colourless and inodorous—tested by the most active reagents it shows not a trace of foreign salts.

" 20. Notwithstanding the process we have described above, it would be of little avail, were the sugar of milk not of a good quality in the first instance. In order to be sure of that, it should be separated from all fatty substances and other foreign matters which milk contains, which is recognisable by its perfectly white colour, by its due degree of resistance to the atmospheric air, and its odour and pure and natural taste. The adulteration of sugar of milk with common sugar may be known by its sugary taste—with alum, by the aid of acetate of lead or oxydulated nitrate of mercury. To examine sugar of milk that has been boiled in copper vessels, we dissolve a certain quantity in water and pour on it some caustic ammonia, which colours it blue, should it contain any of that metal. Nitrate of silver detects the presence of kitchen salt, and acetate of lead that of sulphuric acid. When prepared from sour whey, it reddens the tincture of tournesol.

" 21. To reduce the crystallised sugar of milk to powder, we first break the crust in the direction of the crystals, upon a sufficiently thick piece of wood, with a wooden hammer and a strong knife; then we put the pieces in a mortar of porcelain, when we break and triturate them until the powder becomes sufficiently fine for use. That done, we pass the powder through a sieve of crape which we have fitted above and below with parchment. The finest part, after being sifted, is found below the sieve, whilst the grosser

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part above should be triturated again. To preserve sugar of milk, it should be placed in a dry place, in order to keep it from the moisture of the air and prevent it from spoiling.

"3. *The Sugar Globules.*

"22. The sugar-globules (*globuli saccharini*) are small *nonpareilles* destined to be saturated with homœopathic medicines, in order to be able to dispense these last with more facility. They are generally found at the confectioners, who prepare them from sugar and starch; but as the sugar of the cane or the beet, which enters into this preparation, is not pure enough for the purpose indicated, it is better to have globules made expressly from sugar of milk, or else with the ordinary purified sugar. As to the size of these globules they should not be too large, so that we may be able to dispense the smallest doses. Hahnemann proposed to give them the size of a poppy seed, so that about 40 of them would weigh about one and a half grains, (one centigramme.) This form has been adopted by the majority of homœopaths; some, however, use them of the size of a millet seed.

"23. To charge these globules with the active principles of the medicine, and to prepare them so that in a large quantity they may not deteriorate, we imbibe them first with those alcoholic attenuations which we desire; then, after being well assured that all have been well impregnated, we dry them and put them in a well-stoppered bottle. The complete desiccation of the globules before bottling them is absolutely indispensable, since without that precaution they fall into powder in a short time, and afterwards lose, in becoming decomposed, their medicinal virtue. This is the reason why, after imbibition in a suitable bottle, it is well to turn them out on paper with raised edges, where they may be agitated until they do not adhere one to the other. Should we wish afterwards to put them into the same bottle in which we have imbibed them, we should take care to dry it also, before making use of it, or to empty it afresh and dry the globules until they do not adhere to the bottle. All the globules so imbibed have a dry and smooth hue, whilst in their natural state they are white and brilliant.

"4. *Water.*

"24. Among all the vehicles there is not one that is more free from medicinal virtue, properly so called, than pure water; but, on the other hand, nothing is more rare than to find in nature this fluid in a perfectly pure condition. Under whatever form water presents itself, it is more or less charged with foreign matters, such as gas, salts, earths, &c. The purest quality of water is rain-water, which, as well as distilled water, has neither odour, nor taste, nor colour; besides atmospheric air, which this water contains, there is but a small portion of fixed matters,—only after a storm, we find, occasionally, a trace of nitric acid combined with ammonia. The

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water of springs and wells constantly contain many kinds of neutral salts, earths, and muriatic compounds. As to the waters of rivers, lakes, and ponds, in inhabited countries, it is far from the conditions of pure water to merit attention here.

"25. Homœopathy uses water for three different purposes, viz.—1, for the chemical operations, which require the purification of many primitive substances; 2, for the preparation of some of the attenuations; and 3, for the administration of medicines in the form of watery solution. For the last of these uses we may well enough make use of river or spring-water well filtered; for the chemical operations, rain-water procured during a calm answers in all cases; but for the preparation of the attenuations, we must have the purest water we can possibly obtain. For this, distilled water, which is found in the pharmacies, is not suitable; for even if it has not been distilled in copper or other metallic vessels, it is always to be feared that it is impregnated with foreign matters, derived from substances which, perhaps, but a short time previously had been distilled in the same apparatus, and of which the ordinary care employed in cleansing them is far from discharging the whole.

"26. To obtain a perfectly pure water, the homœopath must himself undertake the distillation in vessels of porcelain or glass, as indicated under the head of alcohol. The most suitable water to distil is rain-water, above all, if we take care, as we have above remarked, not to procure that which falls during a storm, or when the sun shines. We must not, even in an ordinary rain, gather the first rain that falls, since this commonly contains the impurities suspended in the air; it is only after rain has fallen four or six hours that we are able to gather it in its purest possible condition. Still this water contains a certain quantity of carbonic acid, and hence, before submitting it to distillation, we shall do well to boil it in a porcelain vase and let it cool. Respecting the distillation itself, we must be cautious gradually to augment the fire under the apparatus, and to preserve, by wet cloths, the neck of the retort at a moderate temperature, so that the vapour, in passing, may not dissolve from the sides of the vessel even a trace of silex or alkali. The first distillation should be rejected, and when the liquid in the retort is diminished two thirds we must cease. A good distilled water should leave no residue on evaporation; it should be perfectly limpid, insipid and inodorous, and neither precipitate by muriate of barytes, nor nitrate of silver, nor hydrosulphuric acid, nor the hydrosulphates. To preserve it, it should be put into bottles or new jars of yellow glass, that we have been careful to cleanse at first with a part of the same water, and which we put afterwards in a place as cool as possible.

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"5. *Ether.*

"27. *Sulphuric* ether, or ether par excellence (*æther sulphuricus, spiritus sulphurico-ethereus*), is a light, volatile, odorous and inflammable liquid. Like the other *hydratic* ethers, as the *phosphoric, arsenic* ethers, &c., it is composed of two volumes of bicarbonated hydrogen gas and one volume of vapour of water, so that it may be considered either as alcohol deprived of a certain proportion of the elements of water, or as a hydrate of bicarbonated hydrogen. Recently prepared, it is neither alkaline nor acid, and when burnt, it shows no trace of sulphuric acid, an evident proof that the sulphur enters for nothing into its composition. It unites with difficulty with water, which requires ten times its weight to dissolve it, but with alcohol and all the essential oils it unites in all proportions. The fixed oils, also, the strong acids, balsams, several kinds of resins, phosphorus, sulphur, bromine, and many hydrochloric salts, are perfectly soluble in ether.

"28. In homœopathy, we as yet are not acquainted with any etherial preparation, except phosphorus, which some have proposed to substitute for the alcoholic preparation of this substance. This substitution of etherial tinctures for alcoholic tinctures, not only for phosphorus, but also for many other substances, appears to us to be suitable in a great many cases, and we should not hesitate in the least to advise it to all the homœopathic physicians and pharmaceutists, were we well assured that the medicines would not undergo any modification in being indifferently treated by the one or the other of these vehicles. The knowledge of the chemical constituents of which ether is composed is not sufficient for us to conclude on its pathogenetic effects, and so long as this doubt is not settled by pure experiments, we think that all those who wish to be guided by the observations contained in the homœopathic materia medica will do well to procure such preparations as have been employed by the authors of these observations. From this, however, it does not follow that we should not prepare any etherial tincture, and we are ourselves far from wishing to interdict it here, but we only insist on the necessity not to confound them with those of alcohol, and to note at least on the label the vehicle with the aid of which they have been prepared.

"29. Ether, such as it is found in our shops, under the name of rectified ether, is ordinarily pure enough; it only sometimes contains a little alcohol, of which, however, it ought to be freed. To do this, we shake it a short time with double its volume of water, and when it is separated from it we pour it on quicklime, with which it should be shaken at intervals for some days. In afterwards distilling this mixture, until there remains in the retort about two thirds, the third which has passed into the recipient is perfectly pure ether. Often, however, we find it adulterated with a quantity of

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sulphuric acid or other acids. The adulteration with water is known by the watery residuum evident, whilst at a mean temperature we expose a small portion of ether to evaporation. The presence of sulphuric acid betrays itself by its disagreeable odour, and that of other acids by its reddening tournesol. Finally, to preserve ether free from all deterioration, it should be put into little bottles, the mouths of which terminate in points, so that they may be hermetically sealed by the flame of a lamp. When ether has been deteriorated by the action of the air or the light, it is less volatile, of an acrid and burning taste, and miscible with water in all proportions.

## "OF THE PREPARATION OF HOMŒOPATHIC MEDICINES IN THEIR PRIMITIVE STATE.

### "1. *General Observations and Rules.*

"30. In order to obtain good homœopathic preparations, it is necessary, first of all, to procure the primitive substances of the best possible quality, and in the state most suitable for their destination. All the substances which are furnished us by the animal and vegetable kingdoms always lose more or less of their power in drying, and this is the reason why every homœopathic physician and pharmaceutist should endeavour to procure them himself, as much as possible, in the fresh state, and immediately to submit them for preparation. As to the substances which are only found in far distant lands, and which, in consequence, we can only obtain in the tincture, prepared on the spot where they grow, or else the substance itself in a dry state, it is better to accept this last, in this state, than to trust to a preparation, of the purity of which it is impossible to be sure. The cunning of our age has carried to such an extent the falsification of drugs, that it is impossible, with confidence, to make use, for homœopathic preparations, of the products of commerce, and among them, the tinctures are those which are the worst, and consequently, the least proper. As to the substances, which are generally sold in powder, we need equal precaution ; above all should they be clear, as amber, castor, &c. Should it be impossible to procure them in their natural state, we should never accept them, unless we are perfectly assured of their purity. The same may be said of all the chemical products which are found in commerce ; there is not a single one which homœopathy can make use of without a previous careful examination of its quality.

"31. A point, not less important than the good quality of substances, is the exact choice of the particular kind which homœopathy makes use of, and this is a point upon which we believe ourselves bound to insist so much the more, since not only some pharmaceutists, but also homœopathic physicians, have often thought to introduce a real advantage, in substituting, for substances used in homœopathy, others which appeared to them either more

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energetic or more pure in their chemical qualities. However great these advantages may be in a scientific view, it is not the less certain, that the least essential change introduced into the preparation of a medicine may cause the most disastrous consequences to the safety of practice. What is most important to the practitioner is, not that the preparation should be more or less scientific, but that it should be similar with that which has been employed in the experiments, and the more the conformity in this point of view, so much the more the preparation will be perfect to the end it ought to fulfil. Thus, to obtain the *calcarea* or subcarbonate of lime, for example, such as is employed in homœopathy, it is absolutely necessary to prepare the oyster-shell just as Hahnemann prescribed, though such preparation is far from containing the pure subcarbonate of lime. It is thus also that cinchona, opium, nux vomica, &c., such as are used to prepare the tinctures of the same names, can never be replaced by the quinine, the morphine, the strychnine, &c., without inconvenience, notwithstanding these last substances are reputed to contain the active principles of the first in a perfectly pure state.

"32. It is absolutely the same as to the measures adopted by homœopathy in the pharmaceutical preparations of its medicines. Here, as in the gathering and chemical preparation of substances, the strictest observation of prescribed rules is binding. All the substances which homœopathy transforms into *tinctures*, should be prepared alone with alcohol, and those which are neither soluble in this fluid nor in water, by the simple trituration with sugar of milk. The vehicles, such as alcohol, sugar of milk, water, &c., ought to be perfectly pure and good. At the same time, the proportions indicated for the mixtures, as well as the manipulations prescribed for the solution and division of substances, ought to be observed with the utmost possible exactitude. Often, it is true, these indications and prescriptions are of a nature to leave a certain latitude in their execution, according to the use we wish to make of the medicines, or the degree of energy which we propose to give to them; but even in this last case, the principles which have dictated the rules ought always to serve as guides in their application; and in every case, where the indications are positive, homœopathic physicians and pharmaceutists have no business, under any pretext whatsoever, arbitrarily to depart from them.

"33. In addition to the precision to be observed in the process of the preparation, it is also necessary to prevent, with the greatest care, any foreign influence, so that the virtues of the medicines be not changed, and the action thus rendered uncertain. For this it is requisite, in the first place, to make them in a place where the temperature is not above that of houses in general, and where the substances are not exposed to the direct rays of the sun. At the same time, the atmosphere in which we work should be pure and exempt from every odour or vapour, but, above all, of every medi-

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cinal emanation, such as are generally found in the pharmacies in ordinary; for all these exhalations, placed in contact with homœopathic preparations, are liable to change their virtues. The same may be said respecting vessels or other instruments which have been used for the preparation of substances very odorous or susceptible of adhering tenaciously, as musk, essences, arsenic, corrosive sublimate, &c. We should never make use of such vessels, without having previously cleansed them with the most perfect care. As to small bottles and corks which have already been in use, they should never be employed but for the same substance, no more than the cloth which has been used for filtering or expressing the juice of a plant; for, notwithstanding all the endeavours we may use to clean them, we can never be sure that we have entirely purged them of all particles which may adhere to them.

"34. Homœopathy exacts a much greater cleanliness than is ordinarily given to vessels of pharmacy, notwithstanding the care bestowed on it. Even the washing in large quantities of water, as in rivers, which has been recommended, are far from fulfilling the conditions. No matter how we look on it, a vessel, for example, which has served for the trituration of substances such as sulphur, musk, assafœtida, &c., constantly preserves its odour, even after having been washed and dried several times. As to the cleansing with certain chemical articles, such as acids, chlorine, lime, potash, &c., it cannot be tolerated in any case, since these substances themselves, whilst they have been in a vessel, need to be carefully cleaned out. Some have still imagined to clean the vessels with spirits of wine, but even this is a great error, for either the spirits of wine dissolves the substance we wish to get rid of, or it does not dissolve it; in this last case, it will clean out nothing, and, in the first, it will form, with the rest of the substance, a medicinal preparation, which, though weak, will always be stronger than one of the last dilutions, and no homœopath in effect will look upon these preparations as suitable for the end proposed. The best way to obtain the perfect purity of vessels is, at first to clean them with boiling water several times, and then to expose them to the continual action of a strong heat, as for example of an oven, or else to burn, several times, in them absolute alcohol of the greatest purity. As to the stones which have served for the pulverization of a metal, we should cleanse them before employing them again for the preparation of another substance, by scraping their surface with a piece of glass.

"35. Finally, as to the vessels themselves, it is necessary that all which are used in homœopathic preparations should be of a substance not calculated to alter the effects of substances. Hence, all the mortars, pestles, and spatules, as well as the spoons and other instruments needful, should be of quartz, porphyry, glass, porcelain, or horn; those of metal, marble, serpentine, or wood are absolutely inadmissible. To close the bottles, stoppers of glass are always to be preferred to those of cork, above all for the substances

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prepared with sugar of milk, to which the cork stoppers often give a disagreeable odour. For the corrosive substances, such as the acids, iodine, kreosote, &c., glass stoppers are indispensable. If, for the alcoholic preparations, we would, nevertheless, use stoppers of cork, we should procure them of the best quality, never used before. Before making use of them, we should temper them in pure water, after which we should wash them in spirits of wine, and let them dry at a moderate temperature. It has also been advised to boil them, in order to make them larger and softer; but prepared in this way, they become very susceptible of imbibing the humidity of the air and of constantly changing their size.

"2. *Particular Rules for the Preparation of Plants in the fresh State.*

*Tinctures.*

"36. That the plants may be entirely suitable to medical use, we should gather them a little before or, better still, during their flowering, and we should never take those which grow on a very humid spot and deprived of the sun and of the free air, unless the nature of the plant require those conditions. In the majority of cases, it is important not to gather the flowers and the leaves during a continued cold or damp time, since then the etherial oils, the corrosive resins, and the alkaline matters do not become developed as they should, and it permits the separation of albumen but in a very incomplete manner. The most favorable moment is when, after several warm days, there has been a shower of rain; for it is then that the formation of the active principles and the free development of hydrogen are the most favored. In every case, where homœopathy indicates nothing particular, we constantly use the entire plant, flowers, body and root. Before submitting it to preparation, we wash it carefully with fresh water, in order to wash away the dust and other impurities adhering to it.

"37. After this, to prepare the plant, in order to bring together all the properties of its different parts, we cut it up as small as possible, we put it into a mortar of stone and reduce it to a fine paste, which is put into a piece of suitable cloth, in order to submit it to the action of a press of wood expressly constructed, thus to obtain the juice of the plant. This juice is at once mixed intimately with an equal quantity of alcohol, and put into well-stoppered bottles. At the end of 24 hours we decant the clear liquor, which swims on the precipitate of fibrine and albumen, and we put it apart for medical use. Alcohol prevents fermentation from taking place in the vegetable juice, and the virtue of this is thus preserved completely, without alteration, and for ever, provided we only take care to keep it from the rays of the sun and in well-stoppered bottles. The medicine thus obtained by expression, and by the mixture of the juice with an equal quantity of alcohol, is the *mother tincture* of the plant, obtained by expression (*per expressionem*).

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"38. The preparation of the mother tincture, *by expression*, is, however, only applicable to plants abounding in juice; for those plants containing much thick mucilage and albumen, it is better to make their preparations by *macerating* them in a double proportion of alcohol. To do this we should at first half dry them in exposing them in the shade, in an airy place, and at a slightly elevated temperature, after which we cut them as fine as possible, and then add the necessary quantity of alcohol. As to those plants which have but an excessively small quantity of juice, such as the laurel, rose, thuya, &c., we should begin by pounding them alone; then, after reducing them to a fine and moist paste, we imbibe this paste with the double of alcohol, so that the juice, thus mixed with this liquid, may be expressed more easily. The medicine obtained after this method is the mother tincture by maceration (*per macerationem*).

"39. In addition to these two measures for obtaining the mother tinctures, there is yet a third, which, though inferior to the two preceding, deserves, nevertheless, to be mentioned, as convenient in some particular cases. It is, above all, whilst the circumstances do not permit us to express the juice of the fresh plants, immediately after having gathered them; and that, fearing that their withering, no matter how little, may injure their virtues. Under these conditions we may remedy this inconvenience in *digesting* separately in alcohol each part of the plant. To do this we begin by sundering the root into four, and cutting it into little pieces—we do the same with the leaves; then, after putting each of these two parts into a separate bottle of sufficient size, we pour upon them an equal quantity of alcohol. In thus digesting the separate parts during some time, and reuniting afterwards in one bottle the obtained products, we have a mother tincture by digestion (*per digestionem*), which will not only be perfectly pure, but also sufficiently impregnated with the active principles to merit confidence. For the rest, in every case, unless absolutely obliged to have recourse to this proceeding, the preparation of the mother tinctures by expression and maceration is far preferable; but every time that we are obliged to hunt the plants which we want, in distant countries, where we cannot carry the apparatus necessary for expression, we should prefer preparing them at once, by digestion, to carrying them home withered and bereft of their active principles.

### "3. *Of the Preparation of Exotic Vegetable Substances.*

"40. All exotic vegetable substances used in homœopathy, such as plants, bark, grains, resins, wood, &c., should be selected in the crude state, and never when in powder. For, even should we fear no adulteration with other matters, the ordinary means employed in pulverising them are not of a kind to prevent all adulteration possible. All vegetable substances, even when perfectly dried, still contain, when entire and in the crude state, a certain

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amount of humidity, which becomes useless in the state of powder, and which, if not dissipated, deteriorates the powder in a short time.

"If, then, the homœopath would be perfectly sure of having a powder not only pure, but also susceptible of preservation without any alteration, he must himself undertake the necessary preparation.

"41. Hahnemann first taught the best method to reduce foreign substances to an unalterable powder, and free from all humidity. This consists in spreading the powder on a flat surface of tin with raised borders, and to shake it till it no longer forms lumps, until all the particles equally and easily slip on each other, like fine sand. To succeed well, we must take care to keep the heater constantly full of water of an equable temperature, so as not to expose the powder to a too elevated heat, as it would destroy organic substances. By inclosing the powders thus obtained in bottles well stoppered and sealed, and protecting them from the sun's rays and the light of day, we may preserve them a long time without deterioration. It is still doubtful whether, by this procedure, those substances of volatile principles do not lose their virtues during the operation, and whether, in consequence, it would not be preferable to make an alcoholic tincture of them immediately after pulverization.

"42. To prepare the tincture of dry substances, we begin by breaking them in a mortar of marble; then, after having reduced them to a fine powder, we add twenty parts of alcohol, in which we digest them six or eight days, after which we decant the clear liquor, to preserve it for use. Those substances which are very susceptible of attracting the humidity of the air, should either be deprived of it before pulverization, or powdered in a warm mortar, and, if particularly hard and tenacious, they should be grated or filed. As to the proportion in which alcohol ought to be added, many physicians have proposed to make it 1 to 10, instead of 1 to 20, that is to say, to pour but 10 parts of alcohol on the pulverized substance; but, independent of the certainty there is in the proportion of 1 to 20, the vehicle will necessarily take up all the medicinal virtues, and the tinctures of many, as cinchona, opium, ratanhia, &c., seem to be so fully saturated in this proportion, that it is very doubtful whether, in the proportion of 1 to 10, they would really acquire more energy.

"43. Lately, Hahnemann has advised that dry vegetable substances should not be prepared in the form of tincture, but made after the manner of solid mineral substances; that is to say, by triturating them with the necessary quantity of sugar of milk. It is evident that, for all the substances which we wish to employ at a certain degree of concentration, and to mix with the vehicle in the proportion of 10 to 100, this procedure would, as far as regards the preservation of the preparations, be subject to all the inconvenience that we have spoken of in the beginning of this article. Even in weighing the substance with the vehicle, in the proportion of 1 to 100, the humidity it



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would communicate to the trituration would still be too sensible to obviate all fear of the alteration of the preparation, should it be put into stoppered bottles. But the question differs when we wish to use only a preparation of a low attenuation (6, 15, 30); in this case, the proposed plan would do, in effect, not only for *dry* vegetable substances, but also for all the *fresh* plants which contain too small a quantity of juice to afford tinctures by *expression;* when we do not wish to preserve any of the low attenuations above the *third* trituration, this would always be sufficiently exempt, for example, from vegetable humidity, to leave nothing to desire, and the triturations being, in general, less subject to alteration than the tinctures, this proceeding would unite the double advantage of preserving all the active principles of the medicines, and of rendering their preparations as unalterable as possible.

"4. *Of the Preparation of Mineral and Animal Substances—Trituration.*

"44. All the non-vegetable substances made use of in homœopathy, such as animal substances, mineral bodies, and chemical products, are generally prepared by trituration with sugar of milk, whether, in their natural state, they are liquid or solid, soluble or non-soluble in alcohol. Certain substances only, such as the acetate of copper, several acids, and all those of which the chemical qualities do not permit a mixture with sugar of milk, should be prepared in a particular way, which will be specially indicated under the head of each substance. As to the substances which are soluble in alcohol, we can equally well prepare the tinctures of them by solution in 20 parts of this liquid; but for the safe preservation of the preparations, and the development of the medicinal virtues, the trituration with sugar of milk merits by far the preference. Even for those recent animal substances which are commonly prepared by digestion in 20 parts of alcohol, after a reduction to a fine paste, trituration is infinitely better.

"45. To submit all these substances to trituration, we may, in the majority of cases, take them as they are found in their pure state; only as to the metals, if we cannot procure them in very thin leaves, like gold, silver, tin, &c., it is necessary to reduce them to powder. To effect this, we may treat them in two ways: the first of which consists in rubbing under water a small fragment of the regulus against a good hone, until we have obtained a sufficient quantity of metallic powder. The majority of homœopaths employ this measure, but should the stone we use be too soft, the powder obtained in this manner is rarely pure, and, in such a case, it is better to obtain it by the decomposition of the solutions of these metals in acids. In plunging in such solution a small polished rod of a metal whose affinity with oxygen is stronger than that of the metal in solution, it is immediately precipitated on the rod, and adheres to it in the form of powder. To obtain, then, this powder perfectly pure, we wash it frequently with distilled water, until it does not show a trace of acid. The reduction to powder of metals by the

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file is a proceeding which is suitable to iron alone, since, by the observation of Wells, it is proved that the metal thus obtained easily acquires the virtues of that against which it has been rubbed.

"46. As the trituration of substances with sugar of milk has chiefly in view the development of all the active principles, by the division of molecules, it is essential that the proportion in which the medicine is mixed with the vehicle be not too great, and that the quantity that is submitted to trituration at one time be small enough to be well manipulated. To effect this, Hahnemann has proposed never to make a trituration which contains more than 5 grammes (100 grains) of sugar of milk, and to mingle the medicine in the proportion only of 1 to 100, that is to say, of the weight of 5 centigrammes (1 grain) nearly, so that the trituration being made, each gramme of this contains but one centigramme of the primitive medicine. This proportion of 1 to 100 is, in general, that upon which all the homœopathic physicians rely; but as for many substances, the volume of five centigrammes of their weight is too small in proportion to that which the sugar of milk makes, and as it is essential that the whole should be impregnated with the medicine, many physicians have lately preferred making all the *first* triturations in the proportion of 10 to 100. In consequence, instead of taking but five centigrammes (1 grain) of the medicine, they take 50 (10 grains) to mix with five grammes (100 grains) of sugar of milk, so that each gramme of the trituration, when finished, contains 10 centigrammes of the medicine. It is easy to see that this proceeding has the preference in every case, since it not only affords a greater surety for the exactitude of the mixture, but also because afterwards, to establish the proportion indicated by Hahnemann, we have only to take 50 centigrammes (10 grains) of the obtained trituration, and triturate them anew with five other grammes (100 grains) of sugar of milk.

"47. As to the operation of trituration, Hahnemann recommends the following. After having weighed the necessary quantity of the medicine and of the sugar of milk, take about a third of this last and place it, with the entire quantity of the medicine, in a mortar of porcelain; mix these two portions with a spatula of bone or horn, and triturate with sufficient force six minutes; detach with the spatula the mass from the sides and bottom of the mortar and pestle, and mingle them anew, after which continue the trituration for another six minutes; that done, again detach the matter from the mortar and pestle, and add the *second third* of the sugar of milk, which mingle with the rest with the spatula and triturate afresh during six minutes; detach, triturate and detach afresh as for the first third; finally add the last third of the sugar of milk, which is mingled, triturated and detached in the same way and during the same space of time as with the first two. In thus triturating each third during twice six minutes, and counting about four minutes for the time

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taken up in detaching and remingling the powder, we shall occupy one hour in the preparation of each trituration.

" 48. In the first article of this chapter we have already observed that, for the triturations, mortars of serpentine can in no way be admissible, and that the best are of porcelain. Wood and glass are not more suitable either: the first, on account of its porosity; the second, because the rubbing detaches from it particles, which contain sodium. As to those of porcelain, the unpolished ones are to be preferred, since the smoother the surface the less true is the rubbing, and this is the reason why, if we can only obtain mortars of polished porcelain, we must unpolish them by working them previously with sand. The pestle should be of the same material as the mortar, and treated in the same way. To prevent, with the greatest certainty, all possible alteration of the preparations, either by particles of silex which the porcelain might afford, or by the remains which previous triturations might leave in the mortar, it has been proposed to coat this, as well as the pestle, with a thin covering of pure ichthyocolla, mingled with a little sugar of milk, and to renew this covering for each new preparation. We cannot decide on the absolute necessity of this method, but we think, nevertheless, that it merits, at all times, the serious attention of practitioners.

" 49. As to the form of mortars, it is easy to see that those with flat bottoms are no ways suitable, since, in such, the substance would tend to enter the corners, which would impede the trituration being made equally. The best form to give the interior of mortars is that of the butt-end of an egg. At the same time, it should have a large enough capacity to allow the rubbing with the necessary force, and hindering the powder from dispersing; its sides should be level and without the least inequality, and its weight such as, during the process, it can easily be held in the left hand without fatigue. The pestle should be large enough at its base to fit exactly to the concave bottom of the mortar. In order to detach the triturated mass which adheres to the pestle and mortar, Hahnemann advises us to use a spatula, but this operation is much better accomplished with a hard brush of a suitable form, made for the purpose. As to the other necessary instruments, such as the spatula, spoon, &c., we have already said that they should be of bone, or horn, or porcelain, and that those in metal are absolutely inadmissible, except the mortars of iron to break down certain substances of considerable hardness before preparing them for trituration.

## " OF HOMŒOPATHIC ATTENUATIONS.

### " *On the Attenuations in general.*

" 50. In speaking of the nature and form of homœopathic medicines, we have already observed that, instead of correcting the too energetic effects of

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some substances by the addition of another medicinal substance, homœopathy seeks to mollify them by the preparation of a series of *attenuations*, in which the medicine is found mingled in the vehicle but in a very small proportion. In the commencement of his medical career, Hahnemann limited himself in these attenuations to 1 to 100; that is to say, in mingling a very small quantity of the concentrated substance with a quantity 100 times larger of a substance non-medicinal; but seeing that these preparations often acted too powerfully still, he soon went further and prepared a *second*, and then a *third* attenuation, in mingling for the second the 100th part of the first, and for the third the 100th part of the second with 100 parts of the vehicle. This third attenuation, though only containing the medicine in the proportion of 1 to 100-3, or of 1 to 1,000,000, Hahnemann still found at times too active, which induced him to carry the attenuations yet further, and to go from attenuation to attenuation, in order to find the one the most appropriate. It is thus that, latterly, he has carried the number of attenuations, for all the medicinal substances without distinction, up to 30, so that, in this last attenuation, the medicine is found mingled with the vehicle but in the proportion of 1 to 100-30, or of 1 to 1,000,000-10.

"51. However absurd the first view of these infinitesimal attenuations may appear, it is not the less true that, even the 30th, far from having lost all efficacy, often shows itself too energetic; and Dr. Korsakow, of St. Petersburg, who has carried the attenuations as high as 1500, has declared the same fact as to the last preparation of his series. In effect, on examining attentively the degree of intensity with which the various homœopathic attenuations act, we may easily perceive that the diminution of their energy is in no way proportioned to the diminution of their matter. On the contrary, many substances which, in their state of concentration, have little or no action on the body, as lycopodium, vegetable charcoal, &c., often become very active at the second or third attenuation, so that we are almost inclined to believe that the mode of preparation adopted by Hahnemann rather contributes to develop than to weaken the virtues of medicines, or, at any rate, to render them more apt to exercise, in the smallest doses, their influence on the organism. Hence Hahnemann has, for a long time, ceased to look upon these preparations as *dilutions*, in the true acceptation of this word; and if, at the present time, he wishes all the medicines to be carried to the 30th attenuation, it is only in the supposition that by this procedure they can best develop all their active principles,* and become more suitable for practice.

"52. To explain the extraordinary fact of the efficacy of his attenuations, Hahnemann has endeavoured to set down as a principle, that the

* Or be more readily received into the system in consequence of the minute subdivision or segregation of the particles.—J. L.

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more we destroy the material parts of a substance, so much the more we develop or loosen the dynamic force, or, in other words, the *spirit* of the medicine; and that, to augment the energy of preparations to an incredible extent, we have only to carry them from attenuation to attenuation, in submitting them at the same time to a great number of triturations and shakes. If this principle were conformable to experience, it would result that, from a substance, for example, of which one grain would be sufficient to cause death, the same dose of the 30th attenuation would produce the same effect in a much more certain manner, which, however, is not the fact. If we would even limit this principle to those substances which only exhibit their virtues by attenuation, it is still equally adverse to observation that the 30th attenuation, for example, of these substances have an action *absolutely* more energetic than the 6th, 12th, 15th, &c. On the contrary, to judge from the experience of many homœopaths, the degrees of energy among the attenuations of a medicine are so small, that thus far a decision has not been formed with certainty whether it is the first or the last attenuations which exhibit the strongest action. This is the reason why, in admitting the efficacy of the attenuations, many homœopaths have rejected the explanation given by Hahnemann, and have considered the procedure by which they acquire their efficacy as analogous to the infection by miasm. According to them, the active principle of the drug being set free by the destruction of the matter, it communicates itself to the vehicle, which thereby becomes infected and as active as the drug itself.

"53. As to the comparison with miasms, this last opinion is, without contradiction, that which merits the most attention; but the explanation it gives is far from satisfying all demands, since, instead of explaining the difficulty, it refers it to another order of facts, which, though generally admitted, are not, however, themselves yet explained. Miasm, though being an imponderable body, is not the less for that, a body; that is to say, matter, and amenable to the laws of matter. Now, every action of matter, whether mechanical or dynamical, is proportioned to the quantity of active atoms which a given volume presents; and every one knows, that not only a large stone weighs more than a small one, but also that a magnet of considerable volume is capable of developing and of manifesting a much stronger action than another which is less voluminous. If, then, we would pretend that there is manifested somewhere the action of a body either ponderable or imponderable, we are absolutely obliged to admit also the presence of a certain quantity of atoms; and, what is still more certain is, that as this quantity diminishes in a given volume, the action of it will also diminish in energy. Thus we see that, even should we prove that our attenuations, to be able to act, only require to be impregnated with imponderable particles, like miasms, we shall still have accomplished nothing in demonstrating that their energy does not diminish in proportion to the loss of matter which they suffer; or

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in explaining how an attenuation, for example, which contains but the billionth part of the medicinal atoms of another, manifests an intensity not only equal, but often also superior to that of this last.

" 54. These facts are, however, such as we cite them ; and, perhaps, we should not have found anything astonishing if, at the beginning, we had reflected better on the manner in which our medicines act in general, and on the changes which substances undergo by our mode of preparation. We ought to have noticed that each medicinal dose contains a great number of atoms which are perfectly inactive, in consequence of their being shut up in the interior of the molecules, and not brought into contact with our organs ; it therefore follows that every time we, by any means whatever, come to divide these molecules into smaller corpuscules, and thus augment their whole surface, the energy of the dose will so increase that the smallest part will become capable of exercising an influence, if not superior, at any rate equal to that of the entire dose in its primitive condition. It is thus that Dr. Doppler, of Prague, has explained the efficacy of our attenuations ; and such is, according to him, the effect which the infinite division produces on the molecules, that if the molecules of a fine powder are, at the dose of 5 centigrammes (1 grain), in a condition to constitute, by the sum of their surface, a total superficies of 100 metres square, and if each trituration of 20 minutes only divided each molecule into 100 lesser corpuscules, the molecules of the 30th attenuation would be so divided that, at the dose of one drop only, they would occupy, by the sum of their surfaces, a total superficies of many millions of decametres square.

" 55. If this calculation, which any one can easily verify, is just, there is nothing, in truth, more easy than to conceive, not only how the 30th attenuation may yet be able to exhibit efficacy, but also how a single globule of this attenuation may still have virtue enough to render a tumbler of water almost as energetic as the pure drug. For let us suppose that the total superficies of a drop of the 30th attenuation can cover, by the surfaces of its infinitely small molecules, even only four thousand decametres square, on imbibing with this drop 200 sugar-globules, each globule will contain enough to cover a superficies of at least 200 metres square, and will act, in consequence, with a force not less than that which 10 centigrammes (2 grains) of a non-attenuated substance would exhibit, but which will be reduced to a powder fine enough for the molecules of each centigramme to cover a total superficies of 20 metres square. Now, if one globule of the 30th attenuation has such power, it is clear that, in dissolving it in a volume of 8 spoonfuls (4 ounces, or 120 grammes) of water, the preparation we shall obtain will in no instance be less efficacious than a mother tincture, which, in 30 grammes (one ounce) of liquid, will contain 5 centigrammes (one grain) of the preceding, and dissolved so that the molecules of this grain may cover a total superficies of 500 metres square. All these calculations are, it is true, not

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rigorously exact; but if there is error, it is rather on account of having placed the ciphers too low than too high; and if we suppose, which is more than probable, that each trituration of 20 minutes changes each molecule of the primitive substance into more than two or three smaller corpuscules, the result will be still more astonishing.

"56. Arguments have been raised against homœopathic preparations, that if the influence exercised by trituration and succussion were really such as the homœopaths pretend, the energy of the attenuations ought not only to increase with the number, but also increase in a prodigious manner, since more powerful means are employed in each attenuation to effect the division of the molecules. This is undoubtedly true in principle, and we should daily obtain practical evidence of the fact, were it always possible to make use of the increase in surface which a given volume has gained in the said manner. But the total surface which, after the usual triturations and succussions, a single globule of the 20th attenuation would afford is really so vast, *that if time be not allowed*, it will never find sufficient space in the organs to develop itself so that all its infinity of molecules can enter into action; and it is thus that all that we could add to this quantity of molecules would only increase the number of those which remain inactive. This is the explanation, also, why two, three, or four globules, and even a whole drop of an attenuation, often appear to produce no more effect than a single spoonful of a solution of a globule in eight spoonfuls of water; and if we seek the reason why these last attenuations are not distinguishable from the first by any other quality than that of a more prolonged action, it is still in the same way that we shall find the means to account for it.

"57. There are, however, certain substances, whose energy really augments in a sensible manner as the attenuations advance, and which, often altogether inert in their natural condition, become by this method of preparation not less active than the most energetic medicines. Such are those substances which, even in the state of the finest powder, have probably their truly active molecules still shut up in a species of envelope, which prevents them from coming into immediate contact with the organs, and which the ordinary means of pulverization and of solution are incapable of destroying. For in rubbing, as is ordinarily done, the substances by themselves, the molecules of a powder, already very fine, escape the force which tends to render them still finer, and it is only in triturating them with another substance, against the corpuscules of which they can be rubbed, that we can succeed in accomplishing an infinite division. But we shall only accomplish this in a very incomplete way, if, at the same time, we do not take care to separate the newly obtained particles as much as possible, in proportion as the trituration increases the number; since the more the molecules remain agglomerated one with the other, so much the less easily will the whole be divided. This is the reason why many substances frequently do not seem

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to develop all their virtue till after three successive triturations, prepared so that each new trituration shall contain the 100th part of the preceding.

"58. What we have just said of the trituration of substances in powders, equally applies, in the same way, to the attenuation of liquid substances, and to the succussion of soluble substances with a liquid vehicle. For though the molecules of liquids, on account of their globular nature, are absolutely incapable of being divided by any kind of ordinary rubbing, being triturated with a vehicle in form of powder, or being treated by succussion with a liquid vehicle, they undergo, as well as solid substances, infinite division. The same holds good for all substances ordinarily insoluble in water or alcohol, whilst, by sufficient triturations, their molecules are sufficiently divided to be held in suspension between the molecules of these liquids; they then become abstracted not only from the law which held them in a state of aggregation, but being shaken with the vehicle, which has dissolved them, they also receive all the other ulterior divisions of which liquid substances are susceptible. It is thus that, after the third trituration, the attenuation even of metals may be continued, without the least inconvenience, by the succussion of these substances with the liquid vehicles; and it is thus also that all the attenuations made in this way tend, as well as the triturations, to increase the resources of our doses, so that if we submit to new succussions the solution made with a single globule of the 30th in 8 ounces of water, we may render this solution such that each drop of it shall form a dose much stronger than that of the globule which was dissolved in it.

"59. If then there is a method more than any other capable of furnishing energetic medicines, it is, without contradiction, the mode of preparation adopted by homœopathy. As to the substances which, in their natural state, have their virtues already suitably developed, this proceeding will not, it is true, augment the energy of the usual doses of the school, since, as we have above said, there is scarcely a means of making use of all the resources which these doses may create; but the advantage we shall derive from them will always be that of finding the attenuations of these substances, at the dose of a single globule, not only equally as efficacious as the entire dose of which they have been made, but also more appropriate in exercising a longer and more continued action. The same may be said of those substances whose virtues are latent, when their virtues have been fully developed; the attenuations made beyond this point cannot act with any more striking effect over the energy of usual doses, but the farther we carry them, the more we shall see that the smallest possible dose is still more than sufficient to produce all the effects that can be produced by medicines, given in the strongest usual doses; that may even be carried to the point that if, by simple mixture and without any succussion, we dissolve a single globule of a sufficiently high attenuation in a volume of three or four glasses of water, and even more,

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each teaspoonful of this mixture would still be equal to produce all that could be obtained from an entire drop of the ordinary medicinal preparations.

"60. From this we see that if we wish to obtain much from little (*multum per pauca*), it is indispensable to prepare the medicines after the prescribed method of homœopathy; whilst, if we wish to render the effects of the usual doses, at times already too violent, more prompt and more violent still, this proceeding will be not only useless, but altogether contrary to the end we propose. For though the resources of doses augment by this method of preparation, it is, however, not the less ascertained, that many substances also lose their primitive energy by attenuation, as for example, all poisons, which, as all homœopaths well know, are much less to be feared in their attenuations than in their primitive state. This will even be the case with all substances whose molecules, besides the property of being easily absorbed and spread in the organism, have likewise that of undergoing a certain solution or division. In the attenuations they will still possess the first of these properties, but as soon as art has divided them more than the organism can do, none of the subsequent attenuations can, at a given dose, be in a state to furnish to the absorbing faculty as many active elements as the substance in its primitive condition. Up to this point the energy of doses will even gradually diminish; whilst, this limit passed, their resources will augment in proportion as art shall operate, in the subsequent attenuations, the ulterior division of molecules the same as that which takes place in other substances.

"61. All the theoretic explanations which we have just given would be entirely without value, if practice did not confirm all the facts which we have above mentioned. Many homœopaths, it is true, have supposed that they have observed that the last attenuations which they make use of do not always produce effects conformable to those which they had the right to look for, if the theory, upon which this doctrine is based, were correct. But, according to our view, these exceptions are rather made to confirm the theory than to destroy it; above all, if we remember that these contradictory observations have been made for the most part by individuals who did not prepare the attenuations they employed, or who did not conform more or less exactly to the indispensable rules to be attended to in their peparation. For it is certain that if we neglect to produce in each new attenuation a new division of molecules, the first attenuatíons thus obtained may still have sufficient resources; but as we advance in this way, the more will they become exhausted. If the division of molecules in the first triturations has been carried to a sufficiently high degree, it is even possible that, without any new division, we may continue the simple partition of doses up to the 30th, without this last failing in its resources; but the preparations thus obtained will not the less be pure *dilutions* and not *dynamizations*, as they

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would be if, in each one, we had anew augmented the resources of the doses. In the following article we shall give the rules and precautions to be observed, in order to prepare the attenuations so that they shall all be true *dynamizations.*

"2. *Of the Preparation of the Attenuations.*

"62. We have already said that the homœopathic attenuations are obtained, in general, in such a way that the first contains one grain (5 centigrammes), or one drop of the medicine mingled with 100 grains (5 grammes) of sugar of milk, or 100 drops of alcohol; and that, after sufficient triturations and succussions, the second is obtained in manipulating, in the same manner, the 100th part of the 1st with 100 new parts of vehicle; the 3d, in submitting to the same process the 100th part of the second, and so on to the 30th. This way of making the attenuations, in the proportion of 1 to 100, is that of Hahnemann, and which is always understood when we indicate an attenuation by its number. Latterly, however, it has been found more suitable to make the mixtures only in the proportion of 10 to 100, so that instead of mingling only *one* grain or *one* drop with 100 parts of vehicle, we mingle 10 each time. This process has the advantage of giving more certitude that in each preparation the molecules of the medicine are well mingled with those of the vehicle, though, on the other hand, it permits less extension. But as we can easily repair this inconvenience, in preparing two attenuations each time, in the proportion of 10 to 100, instead of 1 to 100, we recommend this process to all the homœopathic physicians and pharmaceutists; cautioning, however, these last that every time that they make use of another proportion than that of 1 to 100, they shall take care to indicate it on the label of the preparations, in order that we may know in what proportion the number which each attenuation bears, is made.

"63. In general, we can lay it down as a principle, that the smaller the proportion in which the medicine is mingled with the vehicle, the more difficult will it be to obtain a perfectly intimate mixture, and to spread the molecules of the drug over all the points of the preparation; likewise, the larger the volume of each preparation, the less easy will it be to make the necessary division of the medicinal molecules. One drop of a medicine poured into a lake will never make a homœopathic attenuation, though the proportion which this drop bears to the lake in question is far from being a fraction so small as that which is found in the 30th attenuations. But that which causes this attenuation, notwithstanding the infinitely small proportion in which it contains the drug, to possess, nevertheless, all its virtues is, that it has been obtained by degrees, in preparing at first, at the farthest, but 100 grains, or 100 drops, of a vehicle with 1 or 10 of the drug, and in not employing this preparation to make a second, until it has been thoroughly impregnated

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with the molecules of the drug. It is thus that we are successively enabled to spread out and increase the number of infinitely small particles, so that at last, at the 30th, they are as much disseminated through the whole preparation as in the first. This is the reason, also, why the attenuations obtained in the proportion of 10 to 100 are much more sure than those of 1 to 100; and it is also the reason why *we should never prepare any attenuation which contains more than* 100 *grains* (*five grammes*), *or more than* 100 *drops of the vehicle.*

"64. The attenuations of substances which, from the commencement, have been prepared under the form of *tinctures*, are made of alcohol from first to last. For this purpose, if we wish to preserve all the attenuations, we prepare, for each substance, 30 small bottles, *quite new*, each of the capacity of 150 drops; we fill all these bottles with alcohol to two thirds of their capacity, and mark, on the label as well as on the cork, the name of the substance we are to attenuate. This done, we take one of these bottles and pour into it, after the process of Hahnemann, *one* drop of the mother tincture, and give to it 100 or 200 sufficiently strong shakes, after which we mark on the bottle the cipher 1, to indicate that the preparation it contains is the *first* attenuation. Of this attenuation we in like manner pour *one* drop into another of these bottles, containing about 100 drops of alcohol, and after having submitted it also to 100 or 200 shakes, we mark it with the cipher 2, to indicate that this one contains the *second* attenuation. In this manner we continue to prepare and to label to the 30th, in pouring each time one drop of the attenuation just obtained into the bottle which will contain the following attenuation. The rule is the same when we wish to prepare each attenuation in the proportion of 10 to 100; but instead of pouring but *one* drop each time, we must pour *ten;* but as, after this method, we want *two* attenuations each time to equal *one* in the proportion of 1 to 100, the same ciphers will not be suitable to indicate these two sorts of attenuations, but we may make them agree, in using, for the preparation of 10 to 100, *halves*, in such a way as to designate the *first* of this series by $\frac{1}{2}$, the second by 1, the third by $1\frac{1}{2}$, the fourth by 2, and so on to the 30th.

"65. For the substances which, from the first, have been prepared by *trituration*, we prefer to obtain the first *three* by the same process. To effect this, we take one grain (five centigrammes) of the *first preparation*, obtained by the trituration of one grain of the primitive substance with 100 grains (five grammes) of sugar of milk, and which carries the name of the first *attenuation;* we mix this grain (five centigrammes) with 100 other grains (500 centigrammes) of sugar of milk, and triturate this mixture as described in the article on the Preparation of Dry Substances. This trituration made, we give to it the name of the 2d *attenuation*, and we take of it one grain to mingle with 100 other grains of sugar of milk to obtain the 3d attenuation. Of this trituration we then take one grain, which we

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dissolve in a bottle filled with 100 drops of water to two thirds of its capacity, and shake this mixture, as in the attenuations made with alcohol, to which we give the name of 4th *attenuation*. This 4th attenuation should be made with water, or at least with equal quantities of water and alcohol, because the sugar of milk does not dissolve in the least in pure alcohol, but all the following attenuations are then made with pure alcohol, the same as the tinctures. Should we wish to make the triturations, for the first as well as the subsequent ones, not in the proportion indicated by Hahnemann, but in that of 10 to 100, we shall be obliged to make *six* of them instead of *three*, and designate the *first* of this series by the cipher $\frac{1}{2}$, the second 1, the third by $1\frac{1}{2}$, and so on. The attenuation made with diluted alcohol should then bear the cipher $3\frac{1}{2}$.

"66. As we rarely preserve all the attenuations, and we seldom use in practice any but the 1st, 3d, 6th, 9th, 12th, 15th, 18th, 24th, 30th, it would be useless to sacrifice, each time, more bottles than necessary, since, for example, if we do not wish to preserve the 2d attenuation, it will suffice, in order to obtain the 3d, to decant nearly to the last drop the bottle which contains the 2d, to fill it afresh with 100 drops of alcohol, and to submit this mixture to the necessary number of shakes. It is thus that, should we wish to have but the 30th attenuation of a substance, we can make all the intermediate attenuations, by pouring off to nearly the last drop of the attenuation last obtained, and filling up this with 100 fresh drops of alcohol. In a series of attenuations of such a length we can even, as regards those we throw away, make use of distilled water; but for the last two, that which we wish to preserve and that which precedes it, it is most proper to use alcohol. The alcohol, which is proper for the preparation of the attenuations, should not be so concentrated as that used for the preparation of the mother tinctures, but it ought not to be less than 60° or 70° Centigrade.

"67. There was a time when Hahnemann, for fear of imparting too great a force to his preparations, advised only one or two shakes to be given to each attenuation, whilst, at present, he counsels the contrary; that is to say, to give each attenuation a considerable number of shakes (200 to 300), so as to be sure of obtaining preparations sufficiently efficacious. It is in starting from this last point of view that many homœopaths have even tried to construct machines of succussion, by means of which they might submit their attenuations to 2000 or 3000 shakes of the greatest force; whilst others have dreaded even to displace a bottle, lest the movement beyond the prescribed cipher might impart too great energy to the dose. The fact is, that as we have shown the succussion increases the effect of the doses, and if each attenuation ought to be a new dynamization, the succussion consisting of two shakes only is insufficient. If, as we have also shown, the first attenuations have produced a considerable division of the molecules, we may obtain, perhaps, 10 or even 12 subsequent attenuations, each of which shall possess sufficient power without having been subjected to any new succussion; but,

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in continuing in this way, we shall inevitably arrive at nothing but mere *dilutions*, which, deprived more and more of their active elements, shall be by degrees weakened, even to the utter extinction of their virtue.

" 68. Hence, however, it does not yet result that, to obtain as many new dynamizations as attenuations, it is indispensable to make use of machines, such, among others, as the famous *catapult*, invented and recommended by M. Mure, as the only means to obtain efficacious preparations. For, after the explanations which we have just given in the preceding paragraph, it is easy to see that, so soon as the succussions have given sufficient medicinal power to an attenuation, all the surplus added to it can be of no advantage, not even in the small homœopathic doses, from the circumstance that there would be no means of making use of them. This is why we believe that if we bestow 100 or 200 shakes on each attenuation, this number will be more than sufficient in every case ; and those who have no machines, will find that, apart from the inconvenience of being fatigued, their arms are as appropriate as the best mechanism to communicate to the attenuations the *indispensable* resources. Do we not constantly find that the homœopathic preparations which have been carried great distances, during which they have been shaken for weeks at a time, do not show more intensity in their effects than those which have not undergone, at the farthest, but 200 shakes at each attenuation ; an evident proof that the resources which, by this process, they should have gained, had no effect on their *indispensable* elements, but on what was superfluous.

" 69. Another question of no less importance would be to know if, to obtain all the advantages that attenuations can give, it is indispensable to go as far as the 30th. What is certain is, that the mass of new particles which is furnished by the division of molecules must be diminished from time to time, in order to permit a greater extension of the surface of those which remain, and thus to facilitate their ulterior division. But what is equally certain is, that this division of molecules can no longer have any object, as soon as it has succeeded in developing all the virtues of substances of latent virtue, or even in rendering too energetic substances incapable of experiencing any further solution in the organism. This is the case, in all probability, after having arrived at the 6th or even at the 3d attenuation ; and if we, examine the manner in which all our attenuations act, from the 15th, or even the 10th, up to the 30th, it is easy to discover that this process ceases to exert any influence, in a *sensible* manner, even in the smallest possible doses ; so that we are almost inclined to think that all that we do, beyond the 12th, must be superfluous. Nevertheless, as the attenuations carried out farther do not become less suitable for use than the preceding, provided they have been well prepared, we have not hesitated to carry, according to received usage, the *officinal* number to 30, leaving to those who may find it too high, as well as to those who would go still higher, the choice of the cipher which may appear to them the most suitable.

" 70. In the commencement of his homœopathic career, Hahnemann had

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fixed, for each particular substance, the attenuation at which it appeared to him to be employed with the greatest success; but latterly, to simplify the preparation of medicines, and render it more uniform, he has advised to carry them all, without distinction, to the 30th. So in the old homœopathic pharmacopœias we find, carefully noted, the number of attenuations suitable to each substance—numbers, which many persons respect as a sort of gospel, imagining that all would be lost if they had not the medicine at the attenuation which the authors of pharmacopœias have been pleased to mark out. All homœopaths, even Hahnemann himself, make use of different attenuations, from the 1st to the 30th, and not one of those who have entered the least into the spirit of homœopathy any longer regard those ancient ciphers than as purely *arbitrary* marks.

## "OF THE DISPENSATION AND PRESERVATION OF HOMŒOPATHIC MEDICINES.

### "1. *Of the Dispensation of Homœopathic Medicines.*

"75. Homœopathic medicines are generally administered in the form of powder. To effect this, we mix the drop or the prescribed number of globules with a few grains of sugar of milk, and inclose it in a paper, to be administered to the patient either dissolved in a spoonful of water or in the dry state. The sugar of milk being only intended in this case to act as the vehicle and not to produce a new dynamization, we have no need of rubbing it up with the medicinal dose; we should even guard against doing it, if we wish that this last should not act with too much force, since by doing so we should still increase the power. Again, should we wish this dose to act more promptly and with more energy, we dissolve it in a spoonful of water, which immediately develops more powers, and presents them to the organs in a greater extension than when the dose is taken dry. In some cases also, in order to avoid the continued administration of a white powder, which might in time become disgusting to the patient, we may add to the sugar of milk a small portion of the powder of cocoa, liquorice, or salep; these powders will give to the doses another colour, without interfering in the least with their virtues. The quantity of sugar of milk we ought to add to the dose is usually two, three, or four grains; but for those patients who would not be satisfied with such small powders, we may add as much as they seem to wish.

"76. Another method, not less frequently made use of in homœopathy, is to dissolve the dose we wish to administer in four or six ounces of water, and to give to the patient a single spoonful, or several, at intervals, more or less extended. As, in this case, the water is no more designed than the sugar of milk to augment the powers of the doses, but only to develop

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them, and render the reception easier, it would be equally adverse to the end proposed to submit this solution to new succussions. In general, the best way to obtain these solutions is, to put the dose in a bottle of a sufficiently large size to permit the wished-for quantity of filtered water to be poured on it, and to leave the medicine to dissolve of itself; after which we give a few shakes to this solution, sufficient only to mingle the parts well, without, however, operating a new division of molecules. We will only add, that if for each solution we employ a new bottle, we shall do better than if we make the solution in a tumbler belonging to the patient himself, for, notwithstanding the most careful recommendations on the part of the physician, these tumblers are scarcely ever cleansed with sufficient care, to prevent an alteration of the medicine by the particles which might remain of the preceding one.

"79. In cases where the imagination of the patient must be gratified, we add to the medicinal doses a few powders of sugar of milk alone.* Thus, for example, if we wish to give the patient six powders, of which three only contain the medicine (*Aurum* for instance), we should write, if these powders are to be taken alternately,

Aur. 3/15. No. 1. 3. 5.
Pulv. sacch. lact. q. s. No. 2. 4. 6.

Or else, if the first three are to contain the medicine:

Aur. 3/15. No. 1. 2. 3.
Pulv. sacch. lact. q. s. No. 4. 5. 6.

A still more simple plan consists in not indicating the sugar of milk in the prescription, but placing the numbers which are to contain this vehicle behind those which are to contain the medicine, and separating them by the following sign (#), as for example:

Aur. 3/15. No. 1. 3. 5. # 2. 4. 6.

Or else:

Aur. 3/15. No. 1. 2. 3. # 4. 5. 6.

## "2. *On the Preservation of Homœopathic Medicines.*

"81. All the medicines, not excepting the powders, ought to be preserved in bottles; boxes afford too great access to air, and allow too much evaporation. For the alcoholic tinctures, cork stoppers are the best, since they adapt themselves to the bottle in a more exact manner than those of glass, and more effectually guard against evaporation. As to very strong and very volatile substances, it is better to tie a piece of prepared bladder over the stopper. Moreover, these stoppers ought to be changed from time to time,

* A procedure which is often necessary where patients have long been accustomed to the daily use of medicine under allopathic treatment.—J. L.

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above all, those of bottles which contain metallic solutions ; and in general, we should not neglect to do so as soon as we discover that their extremity begins to change colour ; for in the latter case, alcohol may, without this precaution, dissolve a little of their medicinal virtue, and impair the efficacy of the preparation. Acids do not admit of the use of cork stoppers, they attack them immediately, and the portion dissolved alters the purity of the medicine ; we must, therefore, use stoppers of ground glass ; but in order to prevent evaporation they, as well as the neck of the bottle, should be coated with wax.

"82. As nothing has more influence on the preservation of homœopathic medicines than heat, the rays of the sun, and light of the day, we must be very careful to exclude these as much as possible. The action of the solar light and of the light of day easily acidifies alcohol, and, besides, destroys the virtues of the medicines. This is the reason why we should preserve homœopathic preparations in a cool and dark place, and assure ourselves, from time to time, that they are in a good state of preservation. We discover when they have become acidified by letting a drop fall on the surface of a piece of pure carbonate of lime, flattened by pressure ; if the drop insinuate itself tranquilly, the tincture is still good, but if it form bubbles, it it has become acid, and cannot, in consequence, be made use of any more. As to substances and their dilutions, which are more especially sensible to the action of the light, as the prussic acid, phosphoric acid, &c., it is prudent to preserve them in bottles of black glass, or, at any rate, covered with black paper. Finally, it is also advisable to put the homœopathic medicines, particularly the acetate of lime, hepar sulphuris, barytes, and all the preparations which are preserved in the form of powder, beyond the reach of humidity,—as they become deteriorated when exposed thereto.

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# LIST OF MEDICINES

WHICH ARE WELL ADAPTED TO PARTICULAR

## TEMPERAMENTS, CONSTITUTIONS, AND DISPOSITIONS.

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LYMPHATIC TEMPERAMENTS (characterized by superabundance of the humours with repletion of the cellular tissue, giving a considerable bulk to the whole body, which is, moreover, distinguished by roundness of form, softness of the muscular system, fair hair, pale clear skin, and a lustreless, or hazy, inanimate eye. The circulation is slow, the brain inactive, and the passions languid.) *Merc.*, *Sulph.*, *Calc.*, *Puls.*, *Caps.*, *China*, *Ars.*, *Acid. nit.*, *Bella.*, *Hyos.*, *Phosph.*, *Hell.*, *Dulc.*, *Sep.*, *Ant.*, *Lyc.*, *Carb. v.*, *Arn.*, *Dig.*, *Con.*, *Clem.*, *Sil.*, etc.

SANGUINE TEMPERAMENT (indicated by predominant activity in the circulating system, with a moderately full habit, soft skin, florid complexion, blue eyes, red, auburn, or yellow hair; corporal and mental activity.) *Acon.*, *Arn.*, *Bella.*, *Calc.*, *Hep.*, *Merc.*, *Cham.*, *Nux v.*, *Bry.*, *Lach.*, *Phosph.*, *Ac. nitr.*, *Ars.*, *Cocc.*, etc.

BILIOUS TEMPERAMENT. (By this term is meant that habit of body which is distinguished by black hair, dark eyes and skin, the latter generally inclining to yellow, moderate fulness, but much firmness of flesh; the countenance strongly marked, and expressive of the great energy of character which this temperament obtains; the passions violent, the pulse strong, hard, and frequent.) *Acon.*, *Bry.*, *Nux v.*, *Cham.*, *Cocc.*, *Ars.*, *Arn.*, *China*, *Sulph.*, *Plat.*, etc.

MELANCHOLIC TEMPERAMENT. (A modification of the bilious, with less activity of the nervous and muscular systems; black hair, dark complexion; the disposition grave, meditative, suspicious, and gloomy. Derangement of the functions of the nervous system, with sluggish bowels, dry habit of body, hard, slow, and habitually contracted pulse, usually attend this, so to speak, abnormal modification of the bilious temperament.) *Nux v.*, *Lach.*, *Sulph.*, *Aurum*, *Staph.*, *Veratr.*, *China*, *Con.*, *Grat.*, *Mosch. natr.*, *Phosph.*, *Stann.*, *Viol. odor.*, *Acid. nitr.*, *Plat.*, *Ambra*, *Ars.*, *Bry.*, *Sil.*, *Puls.*, *Sep.*, *Magn. m.*, etc.

NERVOUS TEMPERAMENT. (Defined by fine thin hair, thin skin, small, attenuated muscles, paleness of countenance and often indifferent or delicate health. Predominant activity of the brain and entire nervous system; suddenness and mutability of decision and judgment; quickness in muscular motion.) *Acon.*, *Coffea*, *Bry.*, *Cham.*, *Nux v.*, *Sep.*, *Plat.*, *Lach.*, *Ac. nitr.*, *Cocc.*, *Ambr.*, *Ars.*, *China*, *Zinc.*, *Cup.*, *Ign.*, *Phosph.*, etc.

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CONSTITUTION OR HABIT OF BODY, CACHECTIC. *Ars., Sulph., Calc., China, Merc., Ac. nitr., Phosph., Sil., Natr. m., Carb. v., Arn.*, etc.

——— DEBILITATED OR EXHAUSTED: *Ars., Sulph., Calc., Phosph., Phosph. ac., Ars., Carb. v., Nux v., China, Lach., Merc., Natr. m., Staph., Ac. nit., Sep., Veratr., Sil., Ant. c., Kali, Arn., Can.*, etc.

——— DRY: *Bry., Nux v., Ac. nitr., Ambra, China*, etc.

——— PLETHORIC, CORPULENT, Leuco-phlegmatic: *Acon., Bella., Calc., Arn., Baryt. c., Ant., Sulph., Puls., Hell., Merc., Sep.*, etc.

LEAN HABIT OF BODY: *Nux v., Sil., Lach., Ac. nitr., China, Ambra, Bry.*, etc.

DISPOSITION, CHOLERIC: *Bry., Nux v., Cham., Cocc., Acon., Sulph., China*, etc.

——— HYPOCHONDRIACAL: *Nux v., Sulph., Staph., Veratr., Aurum, China, Con., Stann., Phosph., Grat., Mosch., Puls., Asa., Bella., Cham., Magn. m., Hell., Plumb., Mez., Val., Zinc.*, etc.

——— MELANCHOLY: *Acon., Ign., Natr. m., Lach., Ars., Nux v., Bry., China, Sulph., Merc., Graph., Calc., Staph., Aur., Lyc., Plat., Puls., Veratr., Sil., Sep., Ac. nitr., Stram., Calc., Con., Chel.*, etc.

——— MILD (quiet, easy): *Puls., Ign., Ambra, Cic., Mag. arct., Stann., Sulph., Calad., Lyc., Sil.*, etc.

——— PHLEGMATIC, (inactive, inanimate, indolent): *Caps., Cocc., Puls., Ac. phos., Sep., Anac., Ars., Hell., Bella., Scill., Sil., Sulph., Zinc., Ac. mur., Natr. m., Cyc., Euph.*, etc.

——— SENSITIVE: *Ign., Cap., Phosph.*, etc.

As we very frequently meet with mixed forms of temperament, such as a combination of the sanguine and lymphatic, the nervous and lymphatic, and the nervous and bilious, forming the sanguine-lymphatic, the nervo-sanguine and the nervo-bilious temperaments, the remedies which correspond to the two pure varieties which form the compound one ought to be selected where possible, or those which correspond best to the more prominent development of temperament, when a medicament cannot be found which is equally well adapted to the two different temperaments forming the mixed variety. We must, of course, be guided by the entire morbid picture in making a selection from amongst the medicaments which are most applicable to particular temperaments.

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# TABLE OF MEDICINES

CONTAINED IN THIS WORK,

## TOGETHER WITH THE ABBREVIATIONS EMPLOYED.

1. Acon.—Aconitum napellus.
2. Act.—Actæa spicata.
3. Æth.—Æthusa Cynapium.
4. Agar.—Agaricus muscarius.
5. Agn.—Agnus castus.
6. Al.—Aloës.
7. Alum.—Alumina.
8. Ambr.—Ambra grisea.
9. Am. c.—Ammonium carbonicum.
10. Am. m.—Ammonium muriaticum.
11. Anac.—Anacardium.
12. Anis.—Anisum stellatum.
13. Ang.—Angustura vera.
14. Ant.—Antimonium crudum.
15. Arg.—Argentum.
16. Arn.—Arnica montana.
17. Art.—Artemesia vulgaris.
18. Ars.—Arsenicum album.
19. Arum.—Arum maculatum.
20. Asa.—Asafœtida.
21. Asar.—Asarum europæum.
22. Aur.—Aurum foliatum.
23. Aur. m.—Aurum muriat.
24. Bar. c.—Baryta carbonica.
25. Bar. m.—Baryta muriatica.
26. Bell.—Belladonna.
27. Berb.—Berberis vulgaris.
28. Bis.—Bismuthum.
29. Bor.—Borax veneta.
30. Bov.—Bovista.
31. Bry.—Bryonia alba.
32. Bruc.—Brucea anti-dysenterica.
33. Cal.—Caladium seguinum.
34. Calc.—Calcarea carbonica.
35. Calc. ph.—Calcar. phosphorata.
36. Camph.—Camphora.
37. Cann.—Cannabis.
38. Canths.—Cantharis.
39. Caps.—Capsicum.
40. Carb. an.—Carbo animalis.
41. Carb. v.—Carbo vegetabilis.
42. Casc.—Cascarilla.
43. Cast.—Castoreum.
44. Caus.—Causticum.
45. Cham.—Chamomilla.
46. Chel.—Chelidonium.
47. Cin.—Cina.
48. Cic.—Cicuta virosa.
49. Cinch., Chin.—China, Cinchona officinalis.
50. Cinn.—Cinnabaris.
51. Cinnam.—Cinnamomum.
52. Cist.—Cistus canadensis.
53. Citr.—Citri acidum.
54. Clem.—Clematis erecta.
55. Coccion.—Coccionella.
56. Cocc.—Cocculus.
57. Cof.—Coffea cruda.
58. Colch.—Colchicum.
59. Coloc.—Colocynthis.
60. Con.—Conium maculatum.
61. Conv.—Convolvulus arvensis.
62. Cop.—Copaivæ balsamum.
63. Coral.—Corallia rubra.
64. Croc.—Crocus sativus.
65. Crot.—Crotum Tiglium.
66. Cub.—Cubebæ.
67. Cupr.—Cuprum.
68. Cyc.—Cyclamen.
69. Daph.—Daphnæ indica.
70. Diad.—Diadema.
71. Dict.—Dictamus albus.
72. Dig.—Digitalis purpurea.
73. Dros.—Drosera rotundifolia.
74. Dulc.—Dulcamara.
75. Eug.—Eugenia Iambos.
76. Euph.—Euphorbium officinale.
77. Euph.—Euphrasia.
78. Evon.—Evonymus europæus.
79. Fer.—Ferrum.
80. Fer. ch.—Ferrum chloratum.
81. Ferr. mg.—Ferrum magneticum.
82. Fil.—Filix mas.
83. Frag.—Fragaria vesca.
84. Gran.—Granatum.
85. Graph.—Graphites.
86. Grat.—Gratiola officinalis.
87. Guai.—Guaicum officinale.

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88. Hæm.—Hæmatoxyl. camp.
89. Hell.—Helleborus niger.
90. Hep.—Hepar sulphuris calcareum.
91. Hyos.—Hyoscyamus niger.
92. Jalap.—Jalappa.
93. Iatr.—Iatropha.
94. Ign.—Ignatia amara.
95. Ind.—Indigo.
96. Iod.—Iodium.
97. Ipec.—Ipecacuanha.
98. Kal.—Kali carbonicum.
99. Kal. ch.—Kali chloroticum.
100. Kal. h.—Kali hydriodicum.
101. Kreos.—Kreosotum.
102. Lach.—Lachesis.
103. Lac.—Lactuca virosa.
104. Lam.—Lamium album.
105. Laur.—Laurocerasus.
106. Led.—Ledum palustre.
107. Lyc.—Lycopodium.
108. Magn.—Magnesia carbonica.
109. Magn. m.—Magnesia muriat.
110. Magn. s.—Magnesia sulphur.
111. Mang.—Manganum oxydat.
112. Men.—Menyanthes.
113. Meph.—Mephitis putorius.
114. Merc.—Mercurius.
115. Merc. c.—Mercur. subl. corr.
116. Mez.—Mezereum.
117. Mil.—Millefolium.
118. Mosc.—Moschus.
119. Mur. ac.—Muriatis acidum.
120. Natr.—Natrum carbonicum.
121. Natr. m.—Natrum muriaticum.
122. Natr. n.—Natrum nitricum.
123. Natr. s.—Natrum sulphuricum.
124. Nic.—Niccolum.
125. Nitr.—Nitrum.
126. Nitr. ac.—Nitri acidum.
127. Nitr. sp.—Nitri spirit. dul.
128. N. mos.—Nux moschata.
129. N. vom.—Nux vomica.
130. Oleand.—Oleander.
131. Ol. an.—Oleum anim. æther.
132. Ol. jec.—Oleum jecoris morhuæ.
133. Onis.—Oniscus asellus.
134. Op.—Opium.
135. Pœon.—Pœonia.
136. Par.—Paris quadrifolia.
137. Petr.—Petroleum.
138. Petros.—Petroselinum.
139. Phell.—Phellandrium aquat.
140. Phos.—Phosphorus.
141. Phos. ac.—Phosphori acidum.
142. Pin.—Pinus.
143. Plat.—Platina.
144. Plumb.—Plumbum.
145. Prun.—Prunus spinosa.
146. Puls.—Pulsatilla.
147. Ran.—Ranunculus bulbosus.
148. Ran. sc.—Ranunculus sceleratus.
149. Rat.—Ratanhia.
150. Rhab.—Rhabarbarum (Rheum palmatum).
151. Rhod.—Rhododendron.
152. Rhus.—Rhus toxicodendron.
153. Rhus v.—Rhus vernix.
154. Rut. g.—Ruta graveolens.
155. Sabad.—Sabadilla.
156. Sabin.—Sabina.
157. Samb.—Sambucus nigra.
158. Sang.—Sanguinarius canadensis.
159. Sap.—Sapo domesticus.
160. Sass.—Sassaparilla.
161. Sec.—Secale cornutum.
162. Selen.—Selenium.
163. Seneg.—Senega.
164. Senn.—Senna.
165. Sep.—Sepiæ succus.
166. Sil.—Silicea.
167. Sol. m.—Solanum mammosum.
168. Sol. n.—Solanum nigrum.
169. Spig.—Spigelia.
170. Spong.—Spongia.
171. Squill.—Squilla (scilla) maritima.
172. Stann.—Stannum.
173. Staph.—Staphysagria.
174. Stram.—Stramonium.
175. Stront.—Strontiana.
176. Sulph.—Sulphur.
177. Sulph. ac.—Sulphuris acidum.
178. Tab.—Tabacum.
179. Tan.—Tanacetum vulgare.
180. Tarax.—Taraxacum.
181. Tart.—Tartarus emeticus.
182. Tart. ac.—Tartari acidum.
183. Tax.—Taxus baccata.
184. Tereb.—Terebinthina.
185. Teucr.—Teucrium marum verum.
186. The.—Thea cæsarea.
187. Ther.—Theridion curassavicum.
188. Thuj.—Thuya occidentalis.
189. Tong.—Tongo.
190. Urt.—Urtica urens.
191. Uva.—Uva Ursi.
192. Valer.—Valeriana.
193. Verat.—Veratrum album.
194. Verb.—Verbascum thapsus.
195. Vinc.—Vinca minor.
196. Viol. od.—Viola odorata.
197. Viol. tr.—Viola tricolor.
198. Zinc.—Zincum.
199. Zinc. s.—Zincum sulphuricum.
200. Zing.—Zingiber.

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201. Mgs.—Magnus artificialis.
202. M. arc.—Magnetis polus arcticus.
203. M. aus.—Magnetis polus australis.

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## ERRATA.

Page 41, line 21, *for* Connulsio cerealis *read* Convulsio cerealis.
„ 114, — 14 from the foot, *transfer* the clause or section commencing with "an abuse of coffee and tea," and terminating with "and will be found useful," to the chapter on HEADACHE.
„ 155, — 10, *for* exterior *read* interior.
„ 221, — 18 from the foot, *after* beyond, *insert* the words "the fact of their occasional evacuation at stool."
„ 233, — 11 from the foot, *transfer* the clause commencing with "Conium maculatum," to after that terminating with "remain unmitigated."
„ 306, — 4 from the foot, *after* Dose, *erase* the words which precede "a dessert-spoonful every two to six hours."
„ 351, — 2, *for* "and is so called from being nearly peculiar to drunkards," *read* and is nearly peculiar to drunkards, hence its name.
„ 373, — 6 from the foot, *after* heart, *insert* "friction sounds."
„ 374, — 3, *for* lung *read* sac.
„ — last line, *after* the, *insert* general.
„ 376, line 8, *erase* the words "burning pain in the seat of the surface."
„ 466, — 20, *for* urethretis *read* urethritis.
„ 473, — 13, *for* humeralis *read* humoralis.
„ 481, — 2, *for* (siphilida) *read* (siphilides).
„ 484, — 11 from the foot, *for* "Arsenicum or Carbo was," *read* "Arsenicum and Carbo were."
„ 526, — 20, *for* "we find swelling of the psoas muscle and in the region of the groin," *read* "we find some degree of external swelling."
„ 542, — 3, *for* Irichiasis *read* Trichiasis.
„ 760, — 2, *for* ventricularum *read* ventriculorum.

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THE Medicines which the Author has been in the habit of using, in common with the principal homœopathic practitioners in this country, are those prepared by Mr. WM. HEADLAND, Chemist, 15, Princes street, Hanover square, London, and Hanover street, Edinburgh, who has for years devoted himself *exclusively* to homœopathic pharmacy. From having tested their efficacy both in private and dispensary practice, the Author feels that he can with safety recommend them to the continued confidence of the public.

N.B. Mr. Headland's Homœopathic Preparations may be had of the Publisher of this work.

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HOMŒOPATHIC

# PRACTICE OF PHYSIC.

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It has been repeatedly found that some remedies act very beneficially when administered after the previous employment of certain others. The subjoined list affords a few such examples, and may prove useful in the treatment of particular cases: the remedy to be selected must be in accordance with the symptoms.

ACIDUM NITRI. *Calc.*, *Petr.*, *Puls.*, *Sulph.*, are often used with success after *Acidum nitri.*

ACIDUM PHOS. *China*, *Lach.*, *Rhus*, *Verat.*, are sometimes suitable after *Acidum phos.*

ACIDUM SULPH. *Puls.* is sometimes useful after *Acid. sulph.*

ACONITE. *Arn.*, *Ars.*, *Bella.*, *Bryon.*, *Cann.*, *Ipec.*, *Spong.*, *Sulph.*, &c., will frequently be found of use after *Aconite.*

ALUMINA. *Bryon.* is often of great use after *Alumina*, when it is indicated.

ANT. CRUDUM. *Puls.* and *Merc.* sometimes answer well after *Antimony.*

ARNICA. *Acon.*, *Ipec.*, *Rhus*, *Sulph. ac.*, are sometimes suitable after *Arnica.*

ARSENICUM. *China*, *Ipec.*, *Nux vom.*, *Sulph.*, *Veratr.*, will sometimes be found beneficial after *Arsenic.*

BELLADONNA. *China*, *Ipec.*, *Dulc.*, *Hepar*, *Lach.*, *Rhus*, *Seneg.*, *Stram.*, *Valer.*, are sometimes the most appropriate medicines after *Belladonna.*

BRYONIA. *Alum.* and *Rhus* will sometimes be found suitable after *Bryonia.*



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CALCAREA CARBONICA. *Lycopodium*, *Nitr. ac.*, *Phos.*, and *Silicea*, will be found most useful after *Calcarea*.

CARBO VEGETABILIS. *Arsen.*, *Kali.*, *Merc.*, will often be found suitable after *Carbo vegetabilis*.

CINCHONA. *Arsen.*, *Bella.*, *Puls.*, *Veratr.*, are sometimes suitable after *Cinchona*.

CUPRUM. *Calc.* and *Veratr.* are sometimes of service after *Cuprum*.

HEPAR SULPH. *Bella.*, *Merc.*, *Nitr. ac.*, *Spong.*, *Silicea*, are sometimes suitable after *Hepar sulph*.

IPECACUANHA. *Arn.*, *Ars.*, *Chin.*, *Cocc.*, *Ign.*, *Nux*, are sometimes suitable after *Ipecacuanha*.

LACHESIS. *Alum.*, *Ars.*, *Bell.*, *Carb. v.*, *Con.*, *Dulc.*, *Merc.*, *Nux vom.*, *Phos. acid.*, are sometimes useful after *Lachesis*.

LYCOPODIUM. *Graph.*, *Ledum*, *Phos.*, *Puls.*, *Silic.*, are sometimes serviceable after *Lycopodium*.

MERCURIUS. After *Mercurius*, *Bell.*, *Dulc.*, *Hepar*, *Lach.*, *Nitr. acid.*, *Lep.*, *Sulph.*, are sometimes suitable.

NUX VOMICA. *Bryon.*, *Puls.*, and *Sulph.*, will frequently be found efficacious after *Nux vomica*.

OPIUM. After *Opium*, *Calc.*, *Petr.*, *Puls.*, will sometimes be found of use.

PHOSPHORUS. *Petr.* and *Rhus* will be found suitable after *Phosphorus*.

PULSATILLA. *Asa.*, *Bryon.*, *Nitr. ac.*, and *Sepia*, are sometimes suitable after *Pulsatilla*.

RHUS TOXICODENDRON. *Am. c.*, *Ars.*, *Bryon.*, *Calc.*, *Con.*, *Phos.*, *Phos. ac.*, *Puls.*, and *Sulph.*, are sometimes useful after *Rhus tox*.

SEPIA. After *Sepia*,—*Carbo v.*, *Puls.* are sometimes suitable.

SILICEA. After *Silicea*,—*Hepar*, *Lach.*, *Lyco.*, *Sepia*, are sometimes of service.

SPONGIA. *Hepar sulph.* is sometimes suitable after *Spongia*—for instance in croup.

SULPHUR. *Acon.*, *Bell.*, *Calc.*, *Cupr.*, *Merc.*, *Nitr. ac.*, *Puls.*, *Rhus*, *Sepia*, *Sil.*, are sometimes suitable after *Sulphur*.

TARTARUS EMETICUS. After *Tatar. emet.*, *Bar. c.*, *Ipec.*, *Puls.*, *Sep.*, are sometimes useful.

VERATRUM. After *Veratrum*, *Ars.*, *Arn.*, *Chin.*, *Cupr.*, *Ipec.*, are sometimes suitable.

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# SYNOPSIS OF THE RULES FOR DIET.

## UNDER HOMŒOPATHIC TREATMENT.

### ALIMENTS ALLOWED.

*Soup* or *broth* made from the lean of beef, veal, mutton, or chicken: to which may be added, well boiled sago, tapioca, vermicelli, rice, semolina, or maccaroni, young peas, carrots, pearl barley, or other farinaceous materials, seasoned merely with a little salt.

*Meats.* Beef, mutton, (poultry rarely,) pigeons, larks, rabbits, (venison, and game in general, may in most cases be partaken of in moderation, but never when high,) plainly cooked, and roasted, broiled, or stewed in its own juice, in preference to boiled. (Ham or neat's tongue rarely.)

*Fish.* Soles, whiting, smelts, trout, and flounders, perch, and such like, boiled in preference to fried; when cooked in the latter manner, the white must alone be partaken of, and the outer or fried portions rejected.

*Vegetables.* Potatoes, brocoli, green peas, cauliflower, spinach, artichokes, parsnips, carrots, turnips, French-beans, sea-cale, vegetable marrow, stewed lettuce, well cooked, and prepared with the gravy of meat, or with milk, where required, instead of butter.

*Eggs* lightly dressed; all kinds of light bread, not new-baked; and biscuit, free from soda, potash, and the like ingredients.

*Light puddings*, such as those made from vermicelli, semolina, fecula of potato, sago, arrow-root, bread, rice; simple cakes, composed of flour or meal, eggs, sugar, and a little *good* butter.

*Fruit.* Baked, stewed, or preserved apples and pears: also gooseberries, raspberries, grapes, or any other wholesome fruit not of an acid quality, fully ripe, preserved, or in the form of jelly, may occasionally be partaken of.

*Beverage.* Water, milk, cocoa, chocolate (unspiced), arrow-root or gruel (made thin), toast-water, barley-water, milk and water, sugar and water, rice-water.

*Salt* should be used in moderation.

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## ALIMENTS PROHIBITED.

*Soups.* Turtle, mock-turtle, ox-tail, giblet, mulligatawny, and all rich and seasoned soups.

*Meats.* Pork, bacon, calf's head, veal, turkey, duck, goose, sausages, kidney, liver, tripe, and every kind of fat and salted meat.

*Fish.* Crab, lobster, oysters, and shell-fish in general; and almost all other fish not specified in *Aliments allowed.*

*Vegetables.* Cucumber, celery, onions, greens, cabbage, radishes, parsley, horseradish, leeks, thyme, garlic, asparagus; and every description of pickles, salads, and raw vegetables, or vegetables greened with copper.

*Pastry* of all kinds, whether boiled, baked, or fried.

*Spices, Aromatics,* and *Artificial Sauces* of all kinds; as also the ordinary condiments, mustard and vinegar.

*Cheese.*

Chesnuts, filberts, walnuts, almonds, raisins, and indeed the entire complement of a dessert, except what has been mentioned in *Aliments allowed,* under *Fruit.* (See also article REGIMEN.)

The above regulations are subject to considerable modifications in particular cases, both as regards the articles allowed, and those which are prohibited. Regularity in the hours of meals should be observed; and too long fasting, as well as too great a quantity of food at one time should be avoided.

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# PART I.

## ON THE SYMPTOMS, CHARACTER, DISTINCTION, AND TREATMENT OF DISEASES.

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## FEVERS. *Febres.*

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### GENERAL CONSIDERATION OF FEVER.

### CAUSES, TREATMENT, AND DIET TO BE OBSERVED.

PERHAPS no form of disease has more occupied the attention of pathologists, or given rise to a greater number of theories than Fever. Many authors consider fever and inflammation as synonymous terms, others as mere modifications of the same pathological state of the system. The investigation is certainly one possessing peculiar interest; but, fortunately, in the homœopathic system, no theory can in the slightest degree affect the practice, since, in the treatment of this class of disease, the external phenomena present sufficient indications for the selection of the proper remedies.

Acute diseases have always been considered as the true touchstone of every system of therapeutics. Homœopathy has been submitted to the test, and the results have at once proved the bold assertion of its founder, that its principle is a law of Nature,—the minute doses act in these cases with a promptness and certainty scarcely to be credited, except by those who have either witnessed or experienced their power: under this system, the disease is brought to a salutary crisis, before any great expenditure of vital energy has taken place; and, from this circumstance, combined with the absence of debilitating measures, the period of convalescence is greatly shortened, and in many instances scarcely perceptible, the patient being, as it were, at once restored from a state of disease to one of perfect health.

Although I shall avoid entering into any of the theories respecting fever and inflammation, I cannot but render the tribute of my admi-

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ration to the gifted men who have devoted so much of their time and energies to the elucidation of this difficult point, since every new pathological discovery serves to throw light upon the specific action of medicinal substances. Practically speaking, when we find a medicine produce a change of health resembling that present in fevers, we know that in such fevers it is curative; still it would be a satisfaction to be enabled to trace the connexion more closely, and to show the perfect affinity between medicinal and morbid action. There is no doubt, that, if a perfect theory of fever be ever given to the world, it will be found in perfect accordance with the homœopathic law.

In all forms of acute disease fever is present; in fever, properly so called, there is generally functional disturbance, accelerated action of the vascular, with the participation of the nervous system, and a tendency to increased development of heat. The symptoms common to most fevers are, at first, a feeling of coldness or shivering, then heat, accelerated pulse, thirst, restlessness, and languor. Fever also possesses the property of passing from one species into another. Thus inflammatory fever may, by severe antiphlogistic measures, be altered into a low typhus; or, on the other hand, a simple fever, by injudicious treatment, may be changed into an inflammatory one; and that again assume the intermittent form; also, one attack may present all these different phases.

Fevers, terminating fortunately, and running a regular course, may be divided into five stages: the accession, increase, crisis, decrease, and convalescence. When the result is fatal, it may arise from a metastasis, the exhaustion of the vital energy of the patient, or the disorganization of some important function.

The belief in critical days is of very ancient origin, though there is some difference in the calculations of physicians upon this point: some counting from the day the shiverings declare the onset, others from the first hot fit; except in cases where a marked periodicity exists, as in quotidian and other forms of ague, such distinctions are of little value, inasmuch as the homœopathic treatment is directed to forwarding the crisis, and thereby materially shortens the duration of the disease. Statistics prove that the average continuation of acute affections is much shorter under the homœopathic system, than it is where they are treated allopathically, or left to nature; consequently, any calculations based upon other modes of treatment are not to be depended upon, and the best plan for the physician to follow is to watch attentively the disease before him, and apply the remedies his

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knowledge and experience point out as best calculated to conduct it to a satisfactory issue.

A crisis may declare itself by diarrhœa, profuse perspiration, hemorrhage, or increase or alteration of other secretions, or by the appearance of an eruption, after which, if salutary, the skin becomes moist and resumes its functions, and the pulse returns to usual standard.

Fevers have been differently classified by various medical writers. The arrangement we shall adopt is as follows: simple irritative fever, inflammatory fever, typhus, putrid, and gastric or bilious fevers, intermittent fevers, and then eruptive fevers, such as scarlatina, measles, &c.

Although this mode of classification is adopted for the sake of convenience, the author has no intention of generalizing disease: every febrile attack presents peculiar features, and is to be treated as an individual affection, and according to the nature of the symptoms presenting themselves, not by a blind adherence to the nomenclature of disease.

Causes of Fever. It cannot be denied that there exists in certain individuals, a particular predisposition to acute diseases, and, as before remarked in the Introduction, the sanguine, nervous, and bilious temperaments possess this susceptibility in a far more marked degree than the phlegmatic.

The exciting causes are numerous. Miasms, epidemic influences, contagion, powerful mental emotions, derangement of some important organ, external lesions, excess or errors in diet, heat or cold, or alterations of temperature, exposure to cold or damp, repercussed eruptions—in fact, anything that causes derangement of the equilibrium of the system may produce fever.

## GENERAL TREATMENT IN FEVER, AND DIET.

The great essentials in the treatment of fever are:

Perfect rest, mental and bodily.

Pure air and a cool apartment; the temperature of the patient's room should never exceed 55 degrees.

Feather-beds should be discarded and mattresses substituted, when practicable, and the bed-clothes be light but sufficient.

Nature herself generally prescribes the regimen to be observed by taking away appetite, while the thirst present, as an eminent

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medical writer has well observed, may be considered as her voice calling for fluid. Water is the best diluent; no solid food, broth, or even gruel and the like, should be permitted in cases where the inflammation runs excessively high; and the utmost caution is to be observed in allowing gruel or weak broths during the decrease: an error in this respect often causes irreparable mischief, and it is always safer to err a little on the side of abstinence than on that of indulgence.

Toast-water, or weak barley- or rice-water, sweetened with a little sugar or raspberry or strawberry syrup, or orangeade, may be allowed when the fever is somewhat abated, though then we must still carefully avoid incurring the risk of a relapse, by giving any aliment likely to tax, in however slight a degree, the digestive powers. Fruits, such as those which have been enumerated in the Rules for Diet (see Introduction), are very generally allowable in most forms of fever, unattended with diarrhœa. Drinks ought, for the most part, to be given, in preference, frequently, and in small quantities, than in large draughts.

## SIMPLE OR EPHEMERAL FEVER.

*Febris simplex.*

The disease seldom presents any distinct character, and generally runs its course in twenty-four hours; as, however, it frequently forms the initiative of other more serious disorders, it deserves attention. Before attacks of scarlatina, measles, smallpox, &c., it is generally present, although occasionally showing itself as a distinct affection.

Diagnosis. Shivering, followed by heat, restlessness, thirst, accelerated pulse, general uneasiness and lassitude, terminated by profuse perspiration.

In allopathic practice, unless the immediate cause of the affection can be traced,—for instance, indigestion,—the treatment is occasionally hazardous; for, if the simple fever be merely the commencement of an attack of severe inflammation, the allopathic physician incurs either the risk of increasing it by using stimulants, under the idea of its being a precursor of typhus; or, acting upon the opinion of its being a forerunner of inflammation, of weakening the constitution by antiphlogistic methods, if it should unfortunately run on to the former. In this case, the safer plan was to wait quietly the development of the

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affection, in order to see if it would terminate in a crisis, or take upon it a more virulent form, and then deal with it accordingly.

TREATMENT. Throughout this work the disease will be found treated of, both when arising from indigestion or cold, and when appearing as the precursor of other affections; but when it is encountered along with the symptoms already detailed, and cannot be traced to any particular exciting cause, and particularly when *hot dry skin* is present, ACONITE should be prescribed, which, if it be simple fever properly so called, will speedily dissipate all the symptoms; and, if it be the forerunner of any more severe disorder, either at once check its further progress or materially modify its malignancy. The former is more peculiarly the case with purely inflammatory attacks: the latter holds good as far as relates to typhus, exanthematic diseases, and some other affections, which run a regular course.

## INFLAMMATORY FEVER. SYNOCHAL FEVER.

*Febris inflammatoria simplex. Synocha. Febris synochalis.*

DIAGNOSIS. Rigors (generally considerable), followed by burning heat; pulse strong, hard, and greatly accelerated; dryness of the skin, mouth, lips, and tongue; the latter generally of a bright red, in some cases slightly coated with white; thirst; urine red and scanty; constipation; respiration hurried, in accordance with the pulse; amelioration of symptoms as the pulse assumes a more normal state. It runs its course with rapidity, rarely exceeding fourteen days, and progressing with regularity to a crisis, which shows itself in profuse perspirations, critical urine, diarrhœa or hemorhage, principally epistaxis. The period mentioned is its ordinary average of duration, but under homœopathic treatment, the perfect crisis is considerably hastened without the long convalesence entailed by the usual antiphlogistic means.

It is peculiarly apt, if not carefully treated, to change into typhus, or, by metastasis, to fix upon some important organ.

CAUSES. Sudden chill, or check of perspiration, exposure to damp or wet, dry easterly winds, violent mental emotion, high living, external injury or lesion, local inflammation, and slight febrile attacks mismanaged.

Individuals, of what is denominated a plethoric habit, are particu-

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larly subject to this disease; it generally attacks between the ages of 15 and 30 years.

Under the *diagnosis* we have given the pathognomonic symptoms of synocha; we, however, find it complicated, in the majority of cases with more or less cerebral disturbance, which we shall consider more in detail under INFLAMMATION OF THE BRAIN OR ITS TISSUES.

TREATMENT. Although, throughout this work, the author purposes to confine himself to pointing out the remedies most valuable in disease, without entering into any disquisition upon their efficacy, or the principle of their employment, yet he cannot refrain, in this instance, from briefly noticing a medicament, which has so successfully superseded all the antiphlogistic measures of the old school, subduing, as it does, the inflammation, without lowering the vital energy. No one, who compares the pathogenetic symptoms of ACONITE given in the *Materia Medica Pura* of Hahnemann, and carries in mind the principle of its application, can forbear being struck with the close resemblance which they present to those of pure inflammatory disease; and by this powerful auxiliary, the author has no hesitation in declaring, that disease of the said description is brought so fully under the control of the physician, as to be in a great measure divested of its malignancy, and in no case is the superiority of Homœopathy more strongly evidenced.

When, therefore, the symptoms above mentioned are present, we may at once prescribe ACONITE as follows:—

℞ Tinct. Acon. 3, gtt. iij.
Aq. pur. ℥iij. M.

*Dose.* ℥ss every three to six hours, according to the intensity of the fever. The pulse should be carefully watched, and also the appearance first of simple moisture of the skin, and subsequently of copious sweating, which generally takes place after the first or second dose of Aconite. The intervals between the doses must be lengthened as soon as this favorable crisis sets in.

A slight degree of delirium is frequently present in this affection, chiefly at night, which—unless it threatens to run on to inflammation of the brain, in which case *Belladonna* must be had recourse to—*Aconite* of itself is sufficient to subdue. When, however, during the course of the affection, other symptoms, besides those mentioned, develop themselves, we may find it necessary to have recourse to different remedies, such as *Belladonna*, *Bryonia*, &c.

BELLADONNA is especially useful after the previous employment

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of *Aconitum;* but it may be prescribed at the commencement of the attack in all cases when the cerebral system seems prominently affected, and there is *great heat in the head*, with violent cephalagia, particularly in the *forehead, and redness of the face; distension of the arteries of the neck and temples;* nocturnal sleeplessness, with furious delirium; eyes red, shining and fiery; general internal and external heat; burning thirst and agonizing restlessness.

℞ Tinct. Bellad. 6, gtt. ij.
Aquæ puræ, ℥ij.

*Dose.* ℥ss every four hours, until amelioration supervenes, or we observe unequivocal symptoms of *medicinal aggravation;* in which latter case we must cease to prescribe altogether, until the reaction has taken place; and in the former, lengthen the intervals of repetition, as the improvement advances.*

Bryonia. When the orgasm is chiefly concentrated in the thoracic viscera, or when there is gastric complication, and the fever inclines to degenerate into synochus. This medicament is accordingly indicated when, in addition to the usual symptoms of inflammatory fever already given, we find a heavy stupefying headache, with a sensation as if the head would burst at the temples, much aggravated by movement, *vertigo and giddiness on rising up or moving; burning heat* of the head and face, with redness and swelling of the latter; delirium; *oppression at the pit of the stomach;* excessive thirst, sometimes followed by vomiting; *constipation;* aching or shooting pains in the limbs, short cough, oppression at the chest, and laborious breathing.

℞ Tinct. Bryon. 3, gtt. iij.
Aq. puræ, ℥iij.

*Dose.* ℥ss every six or eight hours; few cases are so particularly urgent, as to require more frequent administration of this remedy; indeed, when the virulence of the disease has been subdued, a single dose is generally found sufficient, and no further exhibitions should take place, as long as the patient manifestly continues improving.

Cantharis has been recommended in irritative fever bearing a close resemblance to pure synocha, and especially when the following symptoms become developed: the fever is very intense during the night, and is accompanied by burning heat of skin, strong accelerated pulse, general redness of the surface, dryness of the mouth, and violent thirst. Further, when pains are complained of in the right side of

* See remarks on medicinal aggravation, in the Introduction.

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the body, attended with great anxiety and raving. CHAMOMILLA is useful in pseudo synochal fever, with burning heat and bright redness of the cheeks, tremulous, anxious, palpitation of the heart, extreme irritability of temper, and over sensibility of the senses, alternate heats and chills, and, sometimes, spasmodic attacks, &c. CHAMOMILLA is peculiarly applicable when the above symptoms have been excited by a fit of passion or vexation. A dose or two of ACONITE is, however, generally requisite, in the first place, when the derangement has been excited by the aforesaid cause.

When inflammatory fever seems to arise from a primary inflammation of some important organ, such as the Head, Lungs, Liver, or Stomach and Bowels, the treatment will be found under the head of INFLAMMATION of the function most evidently the seat of the disorder.

It is sometimes the result of severe lesion, in which case the patient is to be treated as prescribed under EXTERNAL INJURIES.

## NERVOUS FEVER. SLOW-FEVER.

*Febris nervosa. Typhus.*

It is sometimes extremely difficult, particularly when the disease arises from some local affection of the more important viscera, to discriminate, at the commencement, between a nervous and inflammatory attack, so as to give a decided diagnosis. However, in such cases the marked advantage of the homœopathic system is again shown; for, by exhibiting medicines in accordance with the symptoms that declare themselves, we run no risk either of weakening the vital energies, should we err in our diagnosis, and treat it on its first appearance as an inflammatory attack,—or of stimulating the inflammation by what is commonly denominated an anti-nervous treatment, should the precursory symptoms lead us to consider it typhus, and it afterwards assume the inflammatory form.

DIAGNOSIS. Typhus rarely sets in with such marked symptoms as announce the approach of inflammatory fever; instead of severe chills or shiverings, we first find a complaint of general uneasiness, a sensation of chilliness, occasionally followed by a greater or less degree of heat. The patient either complains but little, or of pains in his head, chest, and abdomen, and frequently an unusual degree of drowsiness is present, arising from a comatose state of the brain—there is also occasionally a slight dyspnœa—after various alternations

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