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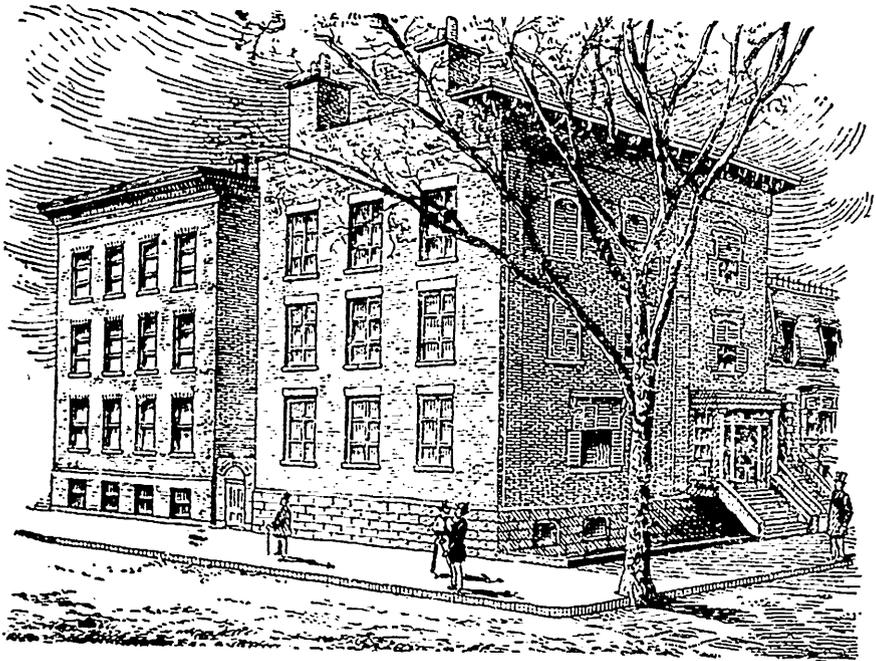
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LA GRIPPE.

By WILLIAM McHARRIE, M.E.

From somewhere near to where the waters of the Baltic Sea wash the shores of the land of Czars, bears and suggestions for a general disarmament of the armies of the world and kindred other equally interesting topics, there came to the shores of the new world in 1889 a visitor, or rather, I should say, an immigrant, for unlike the usual coming of distinguished visitors from the lands of crowns and coronets, its coming was unheralded and unsung. As subsequent history shows, however, this apparent lack of courtesy was more than made up for by the prolonged visit of our stranger from the east, and the way in which things in general were made to hum during its stay. Just why this emigration took place has not yet been made quite clear. Could it have been that an autocratic form of Government had become distasteful to it, and that a longing desire to take the freedom that democracy offers shaped its flight to the land of free thought and new-born expansion theories, or was it because, even as far back as 1889, it had a premonition of this general disarmament business, and becoming alarmed that its mode of warfare would also be included

in the discussion of a treaty for general peace, it at once made up its mind that new fields had to be sought, and that a country with a Munroe Doctrine of various interpretations, was its mecca. Be this as it may, it might be said with a considerable degree of certainty that "It came, it saw, and it conquered." At least, I think those who were unfortunate enough to become entangled in its embraces in 1889-90 will so testify. Manifestly pleased with its reception during a former visit, and undoubtedly with a view of showing its due appreciation of the same, it comes amongst us once more, and we are told that "La Grippe" is raging, but its wrath is of a more subdued form. If we were to believe all the stories we hear and the literature we read of its appalling nature and dire effects, truly the night of sickness would seem very long, and the daylight of health afar off indeed. Suicide clubs would have an excuse for existence and melancholia tea parties become the order of afternoon enjoyments for the fair sex. Fortunately, however, for the future of our fair country, the utter extermination of the race, by grip or any other equally familiar visitor, is a long way off, and the public are paying very little attention to the cries of medical alarmists and their co-workers—the patent medicine vendors. It is not in the grip itself that lies the great danger to life and future good health, but rather is it due to the bad treatment the individual unfortunate enough to be its host, receives at the hands of many so-called doctors. A passing glance at its personal character will reveal its good traits. It is not insidious in its approach on the individual, but, on the contrary, gives fair warning of its coming, in the little chilliness, languid feeling, slight temperature, etc., that is experienced by all who make its acquaintance, and right here, at the door, so to speak, is the

place, through the proper treatment spoken of later on, to hand back its card and say "not at home, not my day for receiving." It is no respecter of persons, treating rich and poor alike, and in this points a moral worthy of our highest emulation. It is not a bore, because when its acquaintance is once made, if *properly treated* by gentle yet firm means, it will not persist in its attentions. On the whole, any way we look at it, the grip is not such a dangerous fellow after all, but with a grit and persistency born of a land of frozen wastes and autocratic rule, he will resent, and resist, *bad treatment*.

Now, let us consider briefly the proper treatment of this visitor. I say briefly, because it is simple. First, a glance at the *bad treatment*. First of all it is necessary to capture and duly label the "bug" or *casus belli* of the trouble. This is done and this formidable animal may be seen, at a reasonable price of admission, in most bacteriological laboratories caged and labelled as the *lacillus* of *Pfeiffer*. Next thing in the ordinary mode of treatment was to find some "anti" with which to combat this fearful (?) enemy. In 1889, when the enemy first appeared on our shores, an order went out from our old school headquarters to the graduates to charge their guns, *ad internicionem* with all kinds of shot and shell, prominent amongst which were the usual massive doses of quinine, phenacetin, antipyrine anti-kamnia, and a host of others equally as futile in their efforts to displace the intruder, but dangerous to the general health. After calmly watching this unscientific, cowardly and unwarranted mode of warfare, the little grip would leave in disgust, but mark what followed. A train of sequela, consisting of persistent headaches, neuralgias, sleeplessness, melancholia, chronic discharges from the ears, various forms of heart disorders, a greater increase in pulmonary phthisis and many others, and the poor, comparatively inoffensive grip got all the blame. In this same connection the fact must not be lost sight of, that a great number of the agents thus employed to eradicate this disease were depressants, that is, their tendency in large doses was to depress the vital functions: there would, in consequence, set in as complications, pneumonias, pleurisies, oedema of the lungs, and various heart lesions. These, of course, were all charged to the "grip," when, in reality, the doctor prescribing knew perfectly well, if he knew anything at all about the action of these drugs, that

he was simply prolonging and complicating the illness, and at the same time endangering the patient's life, who, if fortunate enough to pull through the present attack, would probably have entailed upon him some chronic form of disease which only the grave would eradicate. Now for the proper treatment. In strong contrast to the above, the homœopathic physician, guided in this, as in all other forms of diseases, by the unerring law of "Similaris," would select his remedy, as called for by the symptoms shown in each individual case, and administer it in doses just sufficient to overcome and extinguish the disease, thus avoiding complications from over-drugging, and the dangers of a long train of sequela following. While there is no specific for any one particular disease more than another, in Homœopathy, yet this disease, per se, taking as it does such a similarity of form in nearly every case, will be covered by a few remedies, chief amongst which are Gelsemium, Eupatorium, Per. Arsenicum Iod, others being called for as the patient shows changes. As an illustration let us take a brief look at the provings of Gels, showing its similarity to symptoms of grip in its first stages: Chilliness, languid aching in back and limbs, sense of fatigue, chills running up the back, drowsiness, complete relaxation and prostration of the whole muscular system, and a general feeling of wanting to be by a hot fire. These simple but effective remedies if taken in time, will almost invariably cut short what might otherwise be a severe illness; in fact, in most cases a person need not lose a day from business through the grip, and besides this beneficial effect, there will be no lasting injury done to any of the vital organs. This I realize may not be very profitable to the doctor, but the patient will be the gainer by adopting this method. Our friends of the allopathic school are to be congratulated on the advancement made in the treatment of grip since its first visit. A more careful selection is made, smaller doses given, and at less frequent intervals; in fact, one prominent physician here puts his patient to bed and leaves the large doses at a safe distance in the drug store. He will get better results with this than with the huge doses of nine years ago. Let us hope that but a few more years shall roll by ere they see the grand guiding star of Therapeutics as shown in the Homœopathic text books, when their then patients will have reason to arise and call them blessed.

TRUE HOMŒOPATHY.

Practice of the homœopathic method of cure is one of the most difficult problems for a physician. There is no royal road to effect a safe and permanent cure. If you are to cure patients homœopathically you have to work hard to study the pathogenetic effects of every remedial agent. Without this all other attempts in this direction prove futile.

There are palliative measures in other systems of treatment. Allopathy has palliative medicines for various ailments. They have the cough mixtures to loosen and expel mucus from the air passages, they have purgatives to unload the bowels and cause diarrhoeic evacuations. Kábirajes exert their utmost to bring about a cure by oils, pills, purgatives, demulcents and so forth. But they often act only as a palliative and nothing more.

If we endeavor to effect a cure in any patient, according to Homœopathy we must proceed according to law. We have no palliatives, we have to select our remedies in accordance with a fixed law of nature which has been fortunately discovered by our master—the illustrious Samuel Hahnemann. It is a curative method. If you can hit at the right remedy, you give a certain death blow at the root of the disease.

We find on the one hand a picture of the disease by its symptoms and signs, while we have in the other a picture of the medicine developed by symptoms, produced in healthy body. And if the one coincides in all appreciable respects with the other, a true selection is made, and we have every expectation of the cure—a permanent and thorough cure.

It is a matter of great regret that many among our own rank often forget this fundamental principle of our system. The selection of a remedy for a particular patient requires a good deal of study of the case on one side and the symptomatology of drugs in our *materia medica* on the other. Without doing that through negligence, inattention, laziness and so forth, the so called homœopathic physician takes to all sorts of nostrums and fads and the consequent result is utter failure and disgrace to the system of medicine he professes to practice.

Our plain duty, therefore, is to guard against this sort of practice. As followers of Hahnemann we must be true to his teachings. It is curious that we take advantage of his discoveries but we do not follow up his advice. We take materials from him and try to build up a structure according to our own whims. How then can we be successful? After

a thorough and persevering study Hahnemann built up his system of cure.

His mature experience and profound study enabled him to find out a true and scientific method of cure, and is it possible for a young and immature physician to attain that excellence in a few days' practice without any knowledge or experience. It is, therefore, our bounded duty to follow his suit.

Many of our homœopathic physicians use two, three or more remedies in alternation and resort to various kinds of external applications with the hope of effecting a rapid cure, but alas! they are doomed to utter failure. In our country especially people have a firm conviction in Homœopathy and they know what a homœopath should do and what he should not. By following the true Hahnemannian principles of the homœopathic healing art, we gain the confidence of our countrymen and secure the best and the most permanent effects for our patient.—India Homœopathic Review, Calcutta.

HINTS.

Dr. C. M. Boger, of Parkersburg, West Virginia, says that in cases where a trifling cut or injury produces alarming swelling or discoloration *Pyroquinum* will remedy the physical condition that causes this.

Infantile convulsions where the eyes turn *down* find a remedy in *Ethusa cymapium*.

A cough excited by tickling in the throat-pit, worse on walking, may be relieved by *Rumex crispus*.

Where there is disease with oily sweat, sour, tinged the linen yellow, *Mercurius* may relieve the whole condition.

Red, swollen, spongy, easily bleeding gums and toothache in decayed teeth, call for *Mercurius*.

Whenever any inflammatory state is accompanied by *throbbing* it is safe to rely on *Belladonna* as a remedy.

The patient complains of no sore throat, but you can scarcely hear him speak; "the disease is in the wind-pipe or the entrance to it." Such cases of hoarseness require *Phosphorus*, says Dr. James Kitchen

"A characteristic of *Ladum* is a deficiency of vital heat, inducing a predominant coldness and chilliness."—Kaspar.—Envoy.

SOME BOSTON FIGURES.

During the year 1897 there were treated at the Massachusetts Homœopathic Hospital, Boston, 1,566 patients, with 54 deaths. This gives a mortality of 3.41 per cent. During the same year there were treated at the Massachusetts General Hospital (allopathic), 4,312 patients, with 361 deaths. This gives a mortality of 8.37 per cent. or more than twice that at the homœopathic institution. At the homœopathic hospital the death rate on the medical service was 4.40 per cent., on the surgical service, 3.12 per cent. For a general hospital these figures are remarkably low, being approached only by a few private hospitals having a picked clientele. At the allopathic institution the death rate on the medical service was 10.06 per cent., on the surgical service 7.33 per cent. As might be expected the greatest difference is found in the medical figures. The general run of patients at the two institutions is the same. Both are private corporations.

There is one great hospital in Boston, the Boston City Hospital. The last printed report at hand is for the year ending January 31, 1897. During that year the report shows that of the 8,393 patients treated 835 died. This gives a mortality of 9.94 per cent. Of the two hospitals under old school control, one, the Massachusetts General, is owned and controlled as a private corporation; the other is a city charity. To those familiar with hospital ethics this will at once explain the difference in mortality between the two. Eleemosynary institutions supported solely from the public funds are obliged to receive all comers. Hospitals owned and controlled by corporations can make their own rules and regulations. In consequence the public hospitals are invariably the recipients of patients rejected by the others.

The overwhelming difference between

the homœopathic and the allopathic death rates can be explained only by the difference in the treatment employed.

The Boston City Hospital also has a department for acute infectious diseases, the figures of which were not included above. During the year ending January 31, 1897, there were 1,889 cases of diphtheria treated, with 267 deaths, a mortality of 14.13 per cent. Antitoxin is used. The report states that from 1876 to 1894 the mortality in the Boston City Hospital for diphtheria was 46 per cent. The present comparatively low death rate is placed to the credit of the antitoxin. The only homœopathic figures at hand are those of Tooker, published in a Western journal in 1896. These gave a mortality of 7.30 per cent. in diphtheria treated by homœopathic medication alone.

Should the above figures fall under the eye of some good old-school brother, he probably will tell you that statistics are unreliable and mean nothing. With the next breath he will very likely point to the great efficacy of diphtheria antitoxin by quoting mortalities before and after its use. The study of comparative statistics is the only way he has of finding the comparative value of different methods of treatment within his own school, yet he pooh-poohs figures comparing the results of homœopathic and allopathic treatment. Nevertheless such figures should be promulgated. The public will learn the truth if the hide-bound old school brother will not.—North American Journal of Homœopathy.

One of the women who have done much for the science of trained nurses is the Queen of Portugal. She goes regularly to the dispensary for children, which she founded. On arriving, she at once dons a nurse's uniform and proceeds to work.—Outlook.

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SUN BATHS.

Sun baths, I verily believe, should be more frequently used in the treatment of diseases than they are. In strumous and rachitic children, in anemic adults, in consumptive cases and in many other types of disease it is, I verily believe, the best recuperative agent we can make use of. No drug or medicine can take its place, no remedy can compare with it. I believe one of our most powerful tonics is the sunshine. A sun bath for an hour or two a day is very strengthening, revivifying and more exhilarating than old wine. Put your feeble patients in a room where the sun can reach them, strip them naked and let them absorb the sun in every pore of the surface, and health will be restored and life renewed. We will find this more efficacious in making the old young and the feeble strong than all the Brown Sequard's elixirs or any other means which have been discovered.—Dr. Geo. J. Monroe in Medical Summary, Nov. 9, 1898.

"POPULAR INSTRUCTION."

A "Professor of Diseases of Children" instructs the readers of November *Babyhood* in the matter of the treatment of whooping cough. This is his treatment:

"The moment the disease is recognized, I order an average dose of tincture of belladonna, given once every eight hours, the dose to be increased by one drop daily until the full physiological effect is obtained, viz., widely dilated pupils, flushed cheeks, dry fauces, etc., the maximum dose being reached in five or six days. The maximum dose is continued until there is a decided lessening of the severity of the cough, which may be confidently expected within ten days from the beginning of treatment. In addition to the belladonna I give every three hours during the night full doses of potash, bromide combined with phenacetine, which insures prolonged, tranquil sleep and fewer coughing 'spells.'"

Exactly how "tranquil sleep" can come to the *Belladonna* poisoned little one with its "widely dilated pupils, flushed cheeks, dry fauces, etc.," is something that only the very learned can find out. To a common, every day sort o' person it looks as though the baby who could stand the whooping cough and that load of drugs all at the same time must have an admirable constitution.

SOME CANDIES FOR CHILDREN.

Yes, indeed, there is candy for the children. The real craving for sweets that almost every child has is a normal one and can be satisfied by a vastly smaller amount of candy than most parents imagine. Explain to the small person that his stomach cannot make good blood and strong muscles out of much sweet stuff, and he will learn to accept his one malt bonbon or lump of cut loaf sugar directly after the noon meal, and ask for no more.

Here is a list of some wholesome candies—not a long one, to be sure—but by using one kind several days and then changing to another the children will enjoy these simple sweets for years. First come the Malted Milk Lunch Tablets, which are a food, and which the child will value all the more if only a small number are allowed each day.

Honey candy may be made by letting a square of honey boil in a small granite iron pan until, when it is set aside to cool, it is hard. The wax can be scraped off when hard. One small boy whose mother tried this simple sweet, said: "It isn't like real candy; it is real candy."

Cut loaf sugar is recommended because the pressed is not so pure, having glutinous substances used in the pressing.

Malt extract bonbons are made by Boericke & Tafel. These are a more expensive candy, costing 75 cents a pound, but they are delicious and pure, contain 25 per cent. of malt, and are much cheaper in the end than the "unknown quantities" eaten under the name of candy.—F. A. W., in November *Babyhood*.

Blatta orientalis is an unproved remedy, but it has made many cures of the worst cases of asthma—of cases where the patient was very near to death.

For "distressed" stomach, or indigestion, with sore throat and general malaise, *Homarus* 4x trit., will prove a useful remedy. Proved by Dr. A. M. Cushing.

Horrible itching of the anus may be promptly cured with *Ratanhia* suppositories and *Ratanhia* 3x internally.

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